

PLAZA NEWSLETTER(November 2024)

It is at last mid-October and a season of pleasant weather. Although the new season presents new opportunities to go outside, it is also a difficult time to take care of one's health due to the change of seasons. "Mycoplasma pneumonia" has now become a nationwide pandemic. It is said to be difficult to distinguish from the common cold because of the similarity in symptoms. For example, the main symptom of mycoplasma pneumonia is a long-lasting cough, prolonging from a week or two—or perhaps even longer, whereas the cough associated with the common cold often subsides within a few days. If you are in doubt about whether you have a cold or not, please seek medical attention as soon as possible. Don't forget to wash your hands, gargle frequently, and enjoy a healthy autumn!

We received 52 consultations in September. We have shared below examples of questions and answers. ※Some content has been edited for privacy concerns.

Q : I want to get rid of my electronic tablet, but I don't know how.

A : Kumamoto City has set up dedicated collection boxes (25cm x 10cm) at community centers and local community centers for the purpose of recycling used small home appliances. Collection is free of charge. Personal computers are excluded. For more information, please check the city website below.

https://www.city.kumamoto.jp/hpKiji/pub/detail.aspx?c_id=5&id=1400

Q : I will be graduating from university soon and would like to remain in Japan. I have not yet found a job, but does my status of residence allow me to continue job hunting?

A : You can change to "Designated Activities" but you need to apply for permission to change your status of residence. Please refer to the Immigration Services Agency's website below for the necessary documents and requirements for the application. Immigration Services Agency's website:

<https://www.moj.go.jp/isa/applications/status/designatedactivities14.html>

Q : I want my Chinese wife to participate in the Foreign Wives Association. How can she participate?

A : The "Foreign Wives Group" is a meet-up between foreign residents of various nationalities who are married to Japanese nationals living in Kumamoto. The group also sees the participation of Japanese women. If you would like to participate in this meet-up, please contact us. A representative of the group will reach out to you.

Q : I have a friend who wants to study at a Japanese language school in Kumamoto. Can you give me information on Japanese language schools where s/he can obtain a "Study abroad" visa?

A : Information on Japanese language schools in Kumamoto is available on the Kumamoto International Foundation's website.

<https://www.kumamoto-if.or.jp/kiji0031789/index.html>

If you have any problems, please contact the Kumamoto Consultation and Support Plaza for Foreign Residents.



Ritto



Ritto (the first day of winter) is a time when the year is divided into four seasons: spring, summer, fall, and winter. Each of these is further divided into six seasons and assigned a word to represent the season.

Ritto is one of the 24 solar terms and is the day that winter begins on the calendar. Ritto this year is Thursday, November 7. Around this time of year, the temperature difference between day and night is greater due to the change of seasons, and it is considered the most vulnerable time of the year for people to become ill. Therefore, Ritto is said to be a period of sufficient rest and nourishment to prepare for the overcoming of winter.



There is no special food for Ritto, but it is common to eat winter melon rich in vitamin C. It's the perfect food for this season and, as a summer vegetable, has a cooling effect on the body.

Apples are rich in nutrients, where it is even said, "an apple a day keeps the doctor away," in Europe. The abundant dietary fiber improves the intestinal environment, while citric and malic acids help relieve fatigue. It is also rich in vitamins B and C and antioxidants, making it the perfect food for this time of year when colds and flu become more prevalent.

Did you know that Ritto is actually "hot chocolate day"? This drink is rich in catechins and other ingredients that are good for the body. Warm hot chocolate tastes great as the weather gets colder, doesn't it?

Ritto is the time to start preparing for a full-blown winter. Prepare winter clothes, bedding, heating equipment such as a kotatsu (a low table with a special futon placed over it with an electric heater attached beneath to keep your lower body warm), or heaters. Use the stated equipment wisely, consume foods and beverages that warm the body, and make it through the winter in good health!





The 3rd Free Professional Consultation for Foreign Residents

The 3rd Free Professional Consultation for Foreign Residents will be held again this year on Sunday, November 17, 2024.

At Plaza, we provide various types of counselling including that of daily life, job-related matters, legal matters, immigration, education, mental health and more. Normally, different types of consultation would require separate visits to the Plaza on different consultation days.

However, Free Professional Consultation day allow for multiple consultations in one day (reservations are given priority). Interpreters are available, so you can consult without worrying about language barriers. Please take this opportunity to come and resolve your daily concerns and worries.

If it is difficult for you to come to the Plaza due to issues such as living far away, you can also schedule an online consultation (reservation required).

We look forward to your reservation!



flyer



Reservation



Information on Kumamoto Consultation and Support Plaza for Foreign Residents

The Plaza offers professional consultations including legal affairs, residence status issues, job, housing and life affairs support in multiple languages. Consultants who speak English, Chinese, Vietnamese, Tagalog, Spanish, Nepali and Taiwanese are available at the Plaza as the schedule below.

November Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	01	02	03
				<ul style="list-style-type: none"> Spanish Consultation Life Consultation in Chinese English Consultation 		Culture Day <ul style="list-style-type: none"> Vietnamese Consultation Life Consultation in Chinese
04 substitute holiday	05 Chinese Consultation	06 <ul style="list-style-type: none"> Immigrational Consultation Vietnamese Consultation Life Consultation in Chinese German Consultation 	07 Korean Consultation	08 <ul style="list-style-type: none"> Life Consultation in Chinese English Consultation 	09	10 <ul style="list-style-type: none"> Immigrational Consultation Life Consultation in Chinese Educational Consultation
11 closed	12 Chinese Consultation	13 <ul style="list-style-type: none"> Job Consultation Mental Health Counseling Tagalog Consultation Life Consultation in Chinese German Consultation 	14 Korean Consultation	15 <ul style="list-style-type: none"> Life Consultation in Chinese English Consultation 	16 <ul style="list-style-type: none"> Life Consultation in Chinese Free Legal Consultation 	17 <ul style="list-style-type: none"> Immigrational Consultation Vietnamese Consultation Nepal Consultation
18	19 Chinese Consultation	20 <ul style="list-style-type: none"> Housing Consultation Vietnamese Consultation Life Consultation in Chinese German Consultation Life Consultation in Taiwanese 	21 Korean Consultation	22 <ul style="list-style-type: none"> Life Consultation in Chinese English Consultation 	23 Labour Thanksgiving Day	24 <ul style="list-style-type: none"> Life Consultation in Chinese Educational Consultation Life Consultation in Taiwanese
25 closed	26 Chinese Consultation	27 <ul style="list-style-type: none"> Life Consultation in Chinese German Consultation One-stop Consultation Service for International Students Job Consultation 	28 Korean Consultation	29 <ul style="list-style-type: none"> Life Consultation in Chinese English Consultation 	30	01
02	03	<p>Note: Consultations 1:00pm~5:00pm (apart from the ones below)</p> <ul style="list-style-type: none"> Life Consultation in Chinese 1:00pm ~ 6:00pm Immigrational Consultation 1:00pm~4:00pm Free Legal Consultation 2:00pm~4:00pm (Reservation required) One-stop Consultation Service for International Students 1:00pm~4:00pm Job Consultation 10:00am~6:00pm Mental Health Counseling 3:30pm~5:30pm Educational Consultation 10:00am~3:00pm 				

※Consultation service could be cancelled due to consultant's personal reasons.
Please e-mail or call us beforehand to check if the consultant is available.

Kumamoto Consultation and Support Plaza for Foreign Residents' Facebook

We regularly update information useful to you.

Follow us and be one of the first one to be informed!



Plaza's FB

We are offering variety of information useful to your life. Please check us!



Our website



Our Life affairs guidance

Kumamoto Consultation and Support Plaza for Foreign Residents

Location: 2nd floor of Kumamoto City International Center

Address: 4-18 Hanabata-Cho, Chuo-Ku, Kumamoto City, 860-0806

Tel: 096-359-4995

E-mail: soudan@kumamoto-if.or.jp

Opening hours: Between 10 am and 6 pm

Closed on second and fourth Mondays and between December 29 and January 3

★If second or fourth Monday is a national holiday, the plaza will be closed the following day instead.

