

# Time Out



Iwaki City Monthly Event & Information Guide

Volume 291 January 2016

## IIA Christmas Party

I was among 63 participants from 10 countries (US, Australia, Korea, Sri Lanka, Thailand, China, Nepal, Pakistan, The Phillipines and Myanmar) who took part in the IIA Christmas Party on Sunday the 13<sup>th</sup> of December.

The party was held in a Japanese style building known as the old temporary Han residence located in Iwaki Taira Castle Ruins. The party began with an opening greeting from the manager Mr. Igari who talked about the building's history.

Following that was an opening performance by a group of six Thai dancers who offered a beautiful dance in traditional clothing and who received dance lessons from Thai resident Ms. Sakata.

The second performance was a Shigin show by American resident Justin, who has a strong interest in Chinese Poems. He had received lessons from Ms. Toriumi and chanted a classical Chinese Poem that expresses the importance of true friends. We were all absorbed in his sonorous voice.



Following Justin was a more relaxed and healing performance by Ms. Chie Toyoda who played the ocarina to the tune of four songs including *Kojo no Tsuki* and *Miagete goran yoru no hoshi wo*.

Finally there was a brilliant Hula Dance performance from Ms. Ikuko Tabe and Ms. Keiko Hashimoto before Justin sang White Christmas.

Participants all brought their own dishes to the party, with everyone engaging in lively conversation about the various international flavours introduced by the foreign resident participants. Everyone including the international participants also brought excitement to the party by singing Japanese Karaoke songs.

I really enjoyed seeing so many people at the IIA's final event for 2015 and I look forward to seeing everyone at future events next year.



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The Division of Coordination and Citizenry Affairs  
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drop by, call, or e-mail us anytime. Website:

<http://www.ii-fukushima.or.jp>;

<http://www.city.iwaki.fukushima.jp/gaikokugo/english/>

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市民協働課及び公益財団法人いわき市国際交流協会は皆  
さんを歓迎します。お気軽にお立ち寄り下さい。お電話、  
e-mail をお待ちしております。

# Festivals & Events



Your guide to what's happening around Iwaki City and beyond this month

## Iwaki

**28<sup>th</sup> November-11<sup>th</sup> January: Iwaki Cherry Blossom Illumination Festival** @ main street of Iwaki Station, Taira. From 5-11pm. Taira's city centre will be lit up in a forest of sakura cherry blossom lights throughout December. There will be various other concerts and events as part of the illumination festival. For inquiries, please contact the Iwaki Youth Meeting Place Executive Office: TEL 0246-24-0780

**27<sup>th</sup> December-12<sup>th</sup> January: Aquamarine Fukushima New Year's Events** @ Aquamarine Fukushima. From 9am-5pm. Since 2016 marks the year of the Monkey according to the Chinese Zodiac, Aquamarine Fukushima will have Monkey Orchid plants which resemble monkey faces and Lesser Slow Loris primates for viewing. Other events include a giant Karuta Japanese playing cards competition between the 1<sup>st</sup> and 3<sup>rd</sup> and 10<sup>th</sup> and 11<sup>th</sup> of January and mochi scattering and games between the 1<sup>st</sup> and 3<sup>rd</sup> of January. For inquiries, please contact Aquamarine Fukushima: TEL 0246-73-2525. Email: [amf@marine.fks.ed.jp](mailto:amf@marine.fks.ed.jp)

**27<sup>th</sup> December-31<sup>st</sup> January: Coloured Carp and Fukudaruma Goldfish display** @ 1<sup>st</sup> floor of Aquamarine Fukushima. From 9am-5pm. In order to celebrate the new year, Aquamarine will have Fukudaruma Goldfish and coloured carps on display. There will also be traditionally crafted Aizu Tojin kites near the entrance to coincide with this colourful exhibition. For inquiries, please contact Aquamarine Fukushima: TEL 0246-73-2525.

Email: [amf@marine.fks.ed.jp](mailto:amf@marine.fks.ed.jp)

**10<sup>th</sup> January: Konpira-sama Festival** @ in and around Kotohira Shirine, Yumoto. From early morning to late at night. This festival is held shortly after every new year on the 10<sup>th</sup> of January where up to several hundred thousand people come and pray for a happy and trouble-free year. In continuation of last year, this year will also include wishes for increased revitalisation after the earthquake. For inquiries, please contact the Kotohira Shrine: TEL 0246-43-1001

**29<sup>th</sup> January: Asian Youth Jazz Orchestra Concert 2016** @ Main Hall, Alios. From 7pm (doors open at 6:15pm). Ticket prices are 1000 yen but free for those 25 years and under (must show proof of age). For inquiries, please contact the Alios Ticket Centre: TEL 0246-22-5800 (closed Tuesdays).

Website: <http://iwaki-alios.jp/cd/app/?C=event&H=default&D=01693>

## In the surrounding areas

**7<sup>th</sup> January: Yanaizu Naked Man Festival** @ Enzouji, Main Temple Building, Yanaizu Town, Aizu. From 8:30pm. A traditional event held every year on the 7<sup>th</sup> of January for hundreds of years. Around 300 men wearing loincloths race each other towards Enzouji temple and climb a rope to reach a large gong at the top in order to gain a year of good fortune and health. For inquiries, please contact the Yanaizu Town Tourism Association. TEL: 0241-42-2346.

Website: <http://aizu-yanaizu.com/>

## Evacuation drill in Iwaki's five coastal districts

16<sup>th</sup> January from 10am

An evacuation drill will be carried out in Iwaki City's five coastal districts (Taira, Onahama, Nakoso, Yotsukura and Hisanohama-Ohisa) to help people better prepare themselves during an earthquake or when a tsunami strikes.

A siren will sound at 10am from the Disaster Prevention and Administrations Radio Communication System. There will also be emergency warning emails sent out to everyone's mobile phones and emergency interruption broadcasts on FM Iwaki.

Please be careful NOT mistake this drill for an actual disaster.

For more details about the drill, please contact the Disaster Response Section of the Crisis Management Division by calling 22-1242.



## Iwaki: Progressing Towards Revitalisation



Iwaki is steadily recovering from the 2011 disaster. Here are some of the projects that have been going on recently

Reconstruction projects are being implemented at the same time across the five districts of Iwaki that received damaged during the tsunami: Hisanohama, Usuiso, Toyoma, Obama and Iwama. Currently work is advancing on constructing housing, and further upgrades to public facilities such as roads and waterways and other essential utilities.

Construction of housing has already been completed in Hisanohama and work is progressing in upgrading retaining walls around residential land, nearby roads, waterways and utilities.

Other recent projects include the opening of the Kitashirado estate in Taira which, in combination with the existing Nagasaki estate, currently has 1255 apartments with plans to upgrade to 1513 apartments by the end of the fiscal year. Meanwhile in Onahama construction is almost complete in adding additional lanes to the arterial road that connects Taira to Onahama Port.

## Information Board

The information board is a bulletin board limited to IIA members. You can post anything as long as it is not associated with any profit organisation, religion or political-based. (does not apply to businesses with IIA membership) Please send us your posts by the 20th of each month. We look forward to hearing from you.

## Aikido Classes



Aikido is not a martial art designed for the sake of hurting your opponent. Rather, it aims to improve mental stability, support health, improve fitness and harmonise the soul; which is why it is also referred to as "moving Zen".

These classes are for those who would like to try Aikido for the first time. Feel free to take this opportunity to experience some Japanese culture.

### Class times and locations:

4 <sup>th</sup> February (Thu) 7:15-8:15pm:	Nanbu Arena, (Minami no Mori Sports Park, 102-58 Hosoya Nishiki).
6 <sup>th</sup> February (Sat) 11am-12pm:	Nanbu Arena
7 <sup>th</sup> February (Sun) 1:30-2:30pm:	Aikido Tokojuku (18 Ota, Hontani, Izumi)
27 <sup>th</sup> February (Sat) 6:45-7:45pm:	Kusano Community Centre 28 Mukaihara, Izumizaki, Taira)

Please select a day that is convenient for you and apply (the capacity for each class is 15 people) . Please wear clothing that's comfortable for exercise. Please contact directly for more details.

**Inquiries:** Azuma Oshiyama

TEL: 0246-58-8300

FAX: 0246-26-3238

Email: touko-j@dream.jp



## Seeking Participants for a Special Japanese Class

Nihongo no Kai will be holding special Japanese Classes. Participation is free. Please inquire with Ms. Suzuki for more information.

**Date and Time:** 27<sup>th</sup> January, 17<sup>th</sup> February, 9<sup>th</sup> March (Wednesdays) 10am-12pm  
**Venue:** Meeting room inside the Iwaki City Lifelong Learning Plaza  
**Inquiries:** Ms. Yoko Suzuki  
 TEL: 0246-62-3218 or 090-6788-0290 (mobile)  
 Email: yohkosuz2000@yahoo.co.jp

## Chinese New Year Festival

We'd like to celebrate the Chinese New Year, a traditional Chinese Holiday, with everyone. Please come and enjoy some traditional Chinese culture with fun entertainment and delicious New Year's Gyoza. We look forward to seeing you!

**Date and Time:** 16<sup>th</sup> January (Sun) 12-2pm  
**Venue:** Iwaki City Labour and Welfare Centre, Large Meeting Room (3<sup>rd</sup> Floor)  
**Contents:** Experience the culture of a traditional Chinese New Year's Festival (Chinese short stories, dances, nursery rhymes, Chinese Koto performance, Gyoza tasting and games)

**Participants:** Anyone who is interested  
**Inquiries:** Ms. Wang Ling  
 TEL: 090-9426-7680  
**Organisers:** Fukushima "Kokoro no Hashi" Multicultural Association, Fukushima Assembly for Overseas Chinese and Ethnic Chinese, EIWAN Fukushima

## Iwaki International Association Events

For applications and more information on IIA events, please contact the IIA.  
 TEL: 0246-22-7409 FAX: 0246-22-7609 Email: [info@iia-fukushima.or.jp](mailto:info@iia-fukushima.or.jp) Website: [www.iia-fukushima.or.jp/](http://www.iia-fukushima.or.jp/)

### Sri Lankan Cooking Class



The IIA is holding its first Sri Lankan Cooking Class.

**Date:** 20<sup>th</sup> January (Wed)  
**Time:** 10am-1pm  
**Venue:** Iwaki City Cultural Centre, cooking room (2<sup>nd</sup> floor)  
**Participants:** Anyone is free to participate  
**Capacity:** 30 people  
**Dishes:** Sri Lankan homemade cooking  
**Fee:** 1500 yen for IIA members; 2000 yen for non-members  
**Instructor:** Ms. Reia Asurappulige (from Sri Lanka)  
**Applications:** Please apply by 13<sup>th</sup> January (Wed). Applications will close once capacity is reached.

### English Conversation Seminar



**Date:** 20<sup>th</sup>, 27<sup>th</sup> January; 3<sup>rd</sup> February (Wednesdays, 3 classes in total)  
**Time:** 6:30-8:30pm  
**Venue:** Large Meeting Room 2, Iwaki City Lifelong Learning Plaza  
**Fee:** 1000 yen for IIA members; 3000 yen for non-members (covers all three classes)  
**Participants:** People who can speak conversational English  
**Contents:** Enjoying learning English conversation skills  
**Instructor:** Benjamin McMullen (from Australia), Iwaki City Coordinator for International Relations  
**Applications:** Please apply by 13<sup>th</sup> January

## SEMINAR FOR UNDERSTANDING THE JAPANESE LEGAL SYSTEM

Have you ever heard of the Japan Legal Support Centre (Houterasu)? For foreign residents, there are times in your life when you would probably like to consult a lawyer for matters too difficult to resolve on your own. But what should you do in such situations? We will explain more about the Japan Legal Support Centre in an easy to understand way and offer some advice to help solve any matters as soon as possible.

**Date:** 28th January (Thu)  
**Time:** 10am-12pm  
**Venue:** Meeting room inside the Iwaki City Lifelong Learning Plaza  
**Lecturer:** Ms. Kaori Suganami, lawyer for the Iwaki Law Office (Legal Professional Corporation)  
**Capacity:** 20 people  
**Fee:** 500 yen for IIA members (including foreign residents), 1000 yen for non-members  
**Participants:** Foreign residents and people with a connection to a foreign resident



# Iwaki Cafe



Do you have any recommended spots in Iwaki for sightseeing that not many people know about? What would you like Iwaki to have or do to make it a better place? We would like to hear about your opinions so we can help create a city that's more comfortable and appealing for both tourists and residents. So let's share some ideas!

**Date:** 28th January (Thu)  
**Time:** 12:10-2pm  
**Venue:** Meeting room inside the Iwaki City Lifelong Learning Plaza  
**Contents:** Exchange ideas about making Iwaki more appealing  
**Lecturer:** Mr. Hiroaki Kobayashi, IIA Auditor  
**Participants:** Foreign residents, people who work in the commerce and tourism industry as well as those interested in the topic  
**Fee:** Free  
**Applications:** Please apply by 20th January via phone, fax or e-mail

## Find out more about the Japanese Caretaking System

*Daily Life Information Seminar and Consultations*

How much do you know about Japan's long-term care insurance and Japan's support system for caretaking? Being aware of the services available and how to access them helps lessen the worry and anxiety if you ever had to take care of someone in your family. Using real case studies, this seminar will help explain more about how the Japanese caretaking system works. After the seminar in the first session, we will provide individual consultations during the second session.

**Date:** 4<sup>th</sup> February (Thu)  
**Venue:** Iwaki Lifelong Learning Plaza, Large Conference Room 2 (4<sup>th</sup> Floor)  
**Content:** First Session: Daily Life Information Seminar 10am-12pm  
Theme: Learning about the Japanese caretaking system  
Lecturer: Mr. Takayuki Mori of the Elderly Persons Welfare Division, Department of Health and Welfare in Iwaki City Government  
Participants: Foreign residents or citizens interested in the theme  
Second Session: Consultations on Everyday Life 12-2pm (foreign residents only; reservation required)  
**Fee:** Free  
**Applications:** Please apply by the 29<sup>th</sup> January (Fri) by telephone, fax or email  
**Consultants:** IIA consultants for multiculturalism – Kumi Kanoda and Yiping Sato



## From the Editor ●●●

I think most people enjoy Christmas and the New Year holidays. Usually around this time of year, many people tend to go travelling around the country or abroad or go back home to visit family.

I recently got to travel around some parts of Fukushima and Iwaki as part of the recent JET Study Tour in late-November. The tour aims to show participants some of the appealing features of Fukushima as well as offer insight into the prefecture's path towards reconstruction.



During the Iwaki leg of the tour, I got to experience making Tono Japanese Paper, which uses a delicate and ancient handmade process that has been passed down over several centuries. I also got to view the construction of upgraded tsunami walls and newly built housing across Toyoma and Usuiso coastline as well as learn more about the damage Iwaki La La Mew and Aquamarine Fukushima suffered during the tsunami and how far it has recovered since then.

Despite living in Iwaki for nearly half a year, I really enjoyed the chance to learn more about this city and experience things I might not have otherwise been able to. I hope the other participants gained a better understanding of Iwaki and Fukushima as a result of this tour and that we can all use our experiences to help convey a more positive image of the city and prefecture towards the rest of Japan and the world.



-Ben 弁



# Iwaki Hospital Guide



The following is a guide to hospitals open on Sundays and public holidays in Iwaki City during January and early February

## January Guide

### Friday 1 January

Onahama Area	Iwaki Central Hospital Fuzoku Shinryojo	9-5	53-3511
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Tono Area	Komatsu lin	9-5	89-2041
Joban Area	Katayose Clinic Sanka Fujinka (obstetrics & gynaecology)	9-5	42-4135

### Saturday 2 January

Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Nakoso Hospital	9-5	65-7755
Nakoso Area	Iwaki Minami Clinic	9-5	77-1663
Joban Area	Nemoto Naika Ichoka lin (internal and gastroenterology)	9-5	43-4100

### Sunday 3 January

Onahama Area	Ishii Noshinkei Geka Ganka Hospital (neurosurgery and opthamology)	9-5	58-3121
Nakoso Area	Yabuki Hospital	9-5	63-1818
Nakoso Area	Hanada Naika Clinic (internal)	9-5	62-5000
Joban Area	Hisa lin	9-5	43-2313

### Sunday 10 January

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Nakayama Clinic	9-5	73-1112
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Taira Area	Yamagiwa Kodomo Clinic (paediatrics)	9-12	28-8686

### Monday 11 January

Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	New Town Jin-Naika Clinic (internal & nephrology)	9-12	46-0606
Onahama Area	Ozaka Clinic	9-5	56-8777
Nakoso Area	Sukegawa Naika Clinic (internal)	9-5	77-0710
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

### Sunday 17 January

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Kazawa Naika Ichoka lin (internal and gastroenterology)	9-5	54-6200
Nakoso Area	Kushida Hospital	9-5	63-3202
Joban Area	Kamome Clinic	9-5	28-1010
Joban Area	Muramatsu Shonika (paediatrics)	9-12	72-0707

### Sunday 24 January

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060

Onahama Area	Nakamura Hospital	9-5	53-3141
Nakoso Area	Kojima Jiai Hospital	9-5	63-5141
Joban Area	Hakozaki lin	9-5	42-3131
Taira Area	Fukuda Shonika lin (paediatrics)	9-12	22-4272

### Sunday 31 January

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Sakamoto Seikeigeka lin (orthopaedic surgery)	9-12, 2-5	38-2830
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Nakayama lin	9-5	55-8141
Nakoso Area	Nakoso Hospital	9-5	65-7755
Joban Area	Oriuchi lin	9-5	44-1133
Onahama Area	Shiga Kodomo Clinic (paediatrics)	9-12	58-5505

## February Guide

### Sunday 7 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Yamaguchi lin	9-12, 2-5	24-1811
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Taira Area	Shiga Seikeigeka-Geka (orthopaedics & surgery)	9-12	23-5050
Onahama Area	Clinic Abe	9-5	85-5801
Nakoso Area	Kureha General Hospital	9-5	63-2181
Joban Area	Seki Seikei Geka Clinic (surgery)	9-5	84-9905
Onahama Area	Konnai Kodomo Clinic (paediatrics)	9-12	73-8815

### Thursday 11 February

Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Nao Heart Clinic	9-5	54-1262
Nakoso Area	Yokogi Naika Ichoka Clinic (internal medicine and gastrology)	9-5	65-1111
Joban Area	Tokiwakai Joban Hospital	9-5	43-4175

### Sunday 14 February

Taira Area	Takahashi Clinic	9-12, 2-5	46-1231
Taira Area	Shirai Geka Ichoka lin (surgery & gastroenterology)	8:30-12	25-3788
Uchigo Area	Suda lin	8:30-12	27-6060
Onahama Area	Kashima Hospital	9-5	58-8010
Nakoso Area	Yabuki Hospital	9-5	63-1818
Joban Area	Iwaki Yumoto Hospital	9-5	42-3188
Taira Area	Wakamatsu lin (paediatrics)	9-12	22-3838

## Emergencies

### Emergency Dental Care

All emergency dental care will be provided at the **General Health and Welfare Centre** (*Sogo Hoken Fukushima Senta*) in Uchigo.

This centre is open on Sundays and all national holidays from 9am to 12pm and 1pm to 4pm. The reception closes at 3:30pm.

For more information please contact the centre on 27-8620.

\*The centre will also be open over the New Year holiday period from the 1<sup>st</sup> to the 3<sup>rd</sup> January with the same hours as above

### After Hours and Holiday Emergency Treatment Centre

(Located in Iwaki Kyoritsu Hospital)

If you need to see a doctor urgently in the evening or on a weekend or public holiday, the **After Hours and Holiday Emergency Treatment Centre** is open at the following times:

Weekdays: 8pm - 12am

Saturdays: 8pm - 7am (next day)

Sundays: 1pm - 12am.

Public Holidays: 9am - 12am.

\*New Year's Day, 3<sup>rd</sup> Jan: 9am-12am

2<sup>nd</sup> Jan: 9am-7am (next day)

TEL: 27-1208

Please make sure whenever possible to bring a Japanese- speaker with you when visiting the hospital in Iwaki.

### Emergency Contact Numbers

**Police:** 110

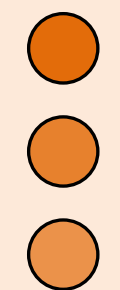
**Fire & Ambulance:** 119

### Children Emergency, First-Aid Telephone Consultations

The Fukushima Prefecture Children Emergency, First-Aid Telephone Consultation Centre (*Fukushima-ken Kodomo Kyukyu Denwa Sodan*) is a free telephone service that provides professional advice when your child has become sick during the night. This telephone service is available in Japanese only.

TEL: 024-521-3790 or #8000

From 7pm to 8am.



# JANUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 27	Dec 28	Dec 29 	Dec 30	Dec 31 <b>New Year's Eve</b> 	1 <b>New Year's Day</b> 	2
3	4	5	6  Free Legal Consultations ( Social Welfare Centre)	7 i	8 Primary and JHS Opening Ceremonies 	9
10	11 <b>Coming of Age Day</b> 	12	13  Free Legal Consultations (City Hall)	14  Yu no Hanakai	15	16 Chinese New Year Event 
17	18	19	20 Sri Lankan Cooking Class English Conversation Seminar 1  Free Legal Consultations (City Hall)	21  Yu no Hanakai	22	23
24	25	26	27 English Conversation Seminar 2  Nihongo no Kai  Très bien  Free Legal Consultations (City Hall)	28 Seminar for Understanding the Japanese Legal System  Iwaki Cafe  Yu no Hanakai	29	30
31	Feb 1	Feb 2	Feb 3 English Conversation Seminar 3	Feb 4	Feb 5	Feb 6

## IIA Custom-made Plans



Très bien – Inquiries to Yamazaki-san  
090-1934-0506



Yu no Hanakai – Inquiries to Ohba-san  
0246-42-2135



Wa – Inquiries to Cho-san 070-6493-2859



Potluck Party – Inquiries to Takahashi-san  
080-5576-1024



For more information on any of the IIA events,  
please contact Suko-san 22-7409



### Legal Consultations:

Iwaki City Hall provides free general legal consultations. Scheduled days are as listed on the calendar; however these are subject to change. Please contact City Hall (Hometown Revitalisation Division TEL 0246-22-7438) and confirm the date, time and place. Reservations are required for consultations. For Iwaki City Council of Social Welfare consultations (held at the Social Welfare Centre), please contact 0246-23-3320.

### Counselling Service for Foreigners

**Yoriso Hotline (Helpline for Foreigners):** Consultation service available in Japanese, English, Korean, Tagalog, Chinese, Spanish, Portuguese and Thai. Available languages vary depending on time. Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement or human trafficking? Please call us about any problem you may have. Your privacy will be protected.

Free. TEL: 0120-279-226. Mon-Fri, 10am-10pm.

**TELL Lifeline:** TELL is a professional non-profit organisation that provides counselling to English-speaking foreigners all over Japan. The lifeline is staffed by highly trained volunteer phone counsellors and provides free, non-judgemental and confidential phone counselling and information 365 days a year from 9am - 11pm.

TEL: 03-5774-0992. For more information, check out their website at <http://www.telljp.com> or e-mail them at [admin@telljp.com](mailto:admin@telljp.com).

**Safety and Consultation Centre for Women (Police Box in front of Iwaki Station):** For consultations related to women's safety. Free. Can only speak Japanese. 10am-6pm daily.

TEL: 0246-25-9344.