



# Culture Pot MITO

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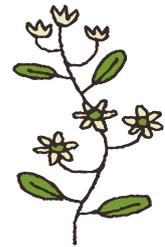
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"Culture Pot MITO" is a monthly newsletter published by the Mito City International Association which aims to share various living information with the city's foreign residents. In its title, Mito city is likened to a pot stuffed with various cultures which resembles a multicultural city loved by every citizen. We are hoping that this newsletter will be useful in your daily life and that you will feel more attached to Mito City in the near future.



# E V E N T S



## Noh Mask Exhibit ~Knowing the traditional Japanese Culture~

Noh Masks used in Japanese traditional theater "Noh" are displayed, all of which are made by Mito citizen. Through this exhibit, you can feel the Japanese spirit and sense of beauty.

- Period/2011/7/14(Thu)~8/10(Wed)
- Place/2F Lounge at Mito City International Center
- Time/9:00am~9:00pm    • Admission Fee/Free
- Closed/Every Monday, 7/19(Tue)
- Host/Mito City International Association TEL/029-221-1800  
(Cooperation/Nakamaru Noh Mask Carving & Painting Class)



## Maneki Neko Tei's collection -welcome to the Cat Art World-

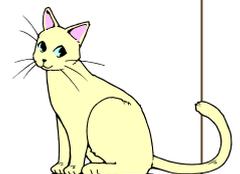
Art works themed on cats by Japanese and foreign artists from Edo Period to modern are displayed. You can feel the variety of impressions they got from the familiar but mysterious animal.

- Period/until 2011/7/18(Mon)
- Time/9:30am~5:00pm (admission until 4:30pm)
- Place/Kasama Nichido Museum of Art; East Wing
- Closed/Every Monday (Except for 7/18(Mon))
- Admission Fee/Adults ¥1,000, high school & college students ¥700, elementary & junior high school students ¥500, people aged 65 or over ¥800    ※A group of 20 or more people can get ¥200 discount each.
- Contact/Kasama Nichido Museum of Art TEL/0296-72-2160



【ACCESS GUIDE】 from Tomobe Station; take Kasama City Tour Bus

Kasama-shinai-kankoh-shuyu-bus (笠間市内観光周遊バス) to nichido-bijutsukan (日動美術館)



**Mito Kohmon Festival****■8/5(Fri) Fireworks Exhibition 7:30pm~8:30pm**

[Place/Senba Lakeside] You can enjoy about 4,100 fireworks.

\*In case of heavy rain or wind, it will be postponed to 8/12(Fri)

◎Associated event will be held at Mito International Center! see bottom

**■8/6(Sat) · 8/7(Sun) Mito Kohmon Parade etc.**

[Place/Street from Mito Central Post office to Daikumachi Intersection]

10:00am~ Floats Parade

2:00pm~ Mito Kohmon Parade, Kids Portable Shrine Carry (only 8/6)

4:30pm~ Citizens' Carnival in MITO (only 8/6)

...and more !



[Place/Art Tower Mito square]

1:00pm~ Summer Dream Music (performance of brass band, dance, a cappella, Bluegrass, etc.)

[Place/Minamimachi Free Square] ⇒ near Keisei Dpt. Store

11:00am~ Summer Dream Festival

(band performance, Japanese drum show, catching goldfish and shooting games, food & drink booths, etc.)

• Contact/Mito Kohmon Festival Executive Committee TEL/029-224-0441

[For details] Visit Kohmon Festival page on Mito Tourism Association website;

<http://www.mitokoumon.com/maturi/koumon/koumon.html>

**[Associated Event] Fireworks Party**

Let's all view the fireworks together! \*This party is for foreigners.

• Date/2011/8/5(Fri)

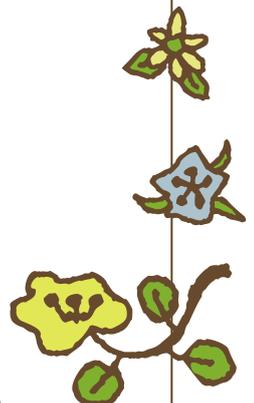
\*In case of heavy rain or wind, it will be postponed to 8/12(Fri)

• Time/7:00pm~8:30pm • Application/unnecessary

• Place/Mito City International Center 3F

• Admission Fee/¥100 (soft drinks and snacks are available)

• Contact/Mito City International Association TEL/029-221-1800





# HEALTH INSURANCE/健康保険 kenko hoken

In Japan, every resident is required to have health insurance.

## ◆Having a health insurance means...

- you need to pay insurance premiums
- you will only have to pay a portion of the whole medical expense in case of illness or injury.



## OBLIGATION RATE

pre-elementary school aged infants/children	20%
elementary school ~ 69 yrs old	30%
70 ~74 yrs old	10% or 30% depends on income level

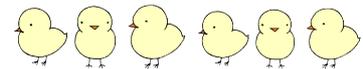


\* Be sure to present your health insurance card at the hospital in order to benefit from the system !

\*On-the-job injuries are covered by workers' compensation insurance.

## ◆Types of health insurance

- ① National Health Insurance "国民健康保険" kokumin-kenkoh-hoken
- ② Health insurance of your (or your spouse's) workplace



**If you do not belong to a workplace health insurance program(②), you should sign up for the National Health Insurance(①).**

## National Health Insurance 国民健康保険 kokumin-kenkoh-hoken

### ~ You should sign up if you ...

- are self-employed
  - make a living in agriculture /fishery
  - work on part-time basis and do not belong to workplace health insurance program
  - quit company and are no longer covered by workplace health insurance program
- (above are major examples)

Babies are also required to have health insurance. If you are expecting a baby, you must go to the city office soon after birth. Make sure to take with you your "母子健康手帳" boshi-kenkoh-techo (maternal & child health handbook)



### ~Applicable foreigners

Foreign residents who have made the alien registration and are entitled to stay in Japan for one year or longer. If your duration of stay is less than one year, you should provide a document which shows that your residence will be of at least one year.

### ~WHERE to sign up

Mito city office "国保年金課" kokuhon-nenkin-ka 029-232-9166 (city office is currently undergoing restoration; meanwhile "国保年金課" kokuhon-nenkin-ka is set up in rm.102 of the adjacent building 市民会館 shimin-kaikan)

### ~WHEN to pay premiums

Every month starting from July to next year's February. Payment is due on the last day of each month except for December when it is due 25<sup>th</sup>. If you receive the payment notice, take it to a bank or convenience store and make the payment.

when the last day of a month is holiday, the deadline is extended to next business day.

### **Deadline for 2011 July payment is August 1<sup>st</sup>.**

(If you wish to have them deducted automatically from your bank account, take the payment note, bankbook and your personal seal (inkan) that you used upon creating the account to the bank counter and fill out the necessary documents.)



## MEDICAL WELFARE COST REDUCTION / マル福 maru-fuku

### ① What is maru-fuku マル福?

A system in which those who qualify can receive medical treatments at reduced fee.  
If you are eligible and have not yet applied, prepare now !

### ② What are the qualifications?

Applicants must meet ALL of the following 4 requirements.

1) Registered to Mito City

(resident registration/ju-min-toh-roku 住民登録 OR alien registration/gai-koku-jin-toh-roku 外国人登録)

2) Have health insurance

3) Fit into any one of the categories below

● **Parturient**... Women who have the maternal & child health handbook/boshi-techo 母子手帳 AND are pregnant or have just given birth (including miscarriage).

Eligible until the end of the month following the month of birth or miscarriage.

● **Children**... Children in grade 6 or under.

Eligible until the end of March of grade 6, elementary school.

● **Single-parent family**... Single parent and his/her (a.) child(ren) under 18  
(b.) child(ren) under 20 who are disabled or are enrolled in high-school

● **People with severe physical or mental disabilities**...

Those who have physical disability certificate/shin-tai-shoh-gai-sha-techou 身体障害者手帳 degree 1, 2, etc.

4) Income level is lower than the specified criteria(\*)

### ③ How to apply

Submit necessary documents(\*) at the city office kokuho-nenkin-ka "国保年金課".

You will be issued a certification card/kyukyusha-sho 受給者証 which is to be presented at the hospital together with health insurance card when receiving medical treatment.

\*Income criteria and necessary documents differ depending on which category you fit into (② - 3). For details, visit Mito city website or contact city office as noted below.

**For details about** maru-fuku マル福, **visit Mito city website or contact city office**

◆ About Medical Welfare at Mito city website;

<http://www.city.mito.lg.jp/list.rbz?nd=1365&ik=1>

◆ city office; kokuho-nenkin-ka "国保年金課" Place/Chuo 1-4-1, Mito city TEL/029-232-9166

Child Allowance

Applied already? If you apply in July, you will be able to receive the allowance for August and September (¥1,3000/child × 2 months). Contact the city - office kodomo-ka "子ども課" for detail; 029-232-9176 / city office is currently undergoing restoration; meanwhile kodomo-ka "子ども課" is set up in rm.203&204 of the adjacent building shimin-kaikan 市民会館

## ENVIRONMENT

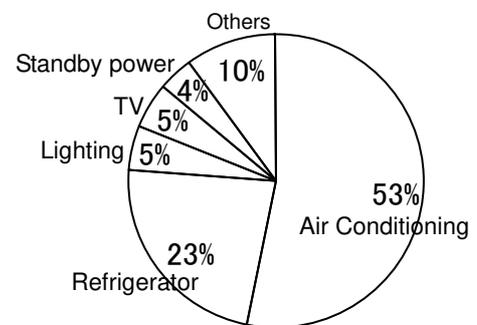
### Save electricity !

Due to the effects of Tohoku Area Pacific Offshore Earthquake (March 11, 2011), electricity have been in short supply and the Japanese government is asking families and companies to cut down the daily use of electricity by 15% in order to prevent electricity shortage this summer.

The pie graph on the right shows the predicted amount of electricity used by ordinary families in summer (without electricity saving). You will see that it is very important to reduce the usage of air-conditioner which account for more than 50 percent of the total. For example, use an electric fan instead and it will cut down the electricity consumption to half compared to when you use an air-con.

There are more ways to save electricity as listed below. Mark on the boxes when you performed what is written in the table. Please discuss with your family and friends and make a conscious effort to save electricity every day, especially during the daytime between 9 a.m. and 8 p.m. when electricity consumption rate tends to become high.

**Predicted Amount of Electricity Used in Summer at 2pm (without saving)**



menu for saving electricity			Reduction (%)	Reduction (W)	<input checked="" type="checkbox"/>
Air conditioning	①	Raise the temperature setting (+2°C)	10%	130W	<input type="checkbox"/>
	②	Use a 「Sudare」 *	10%	120W	<input type="checkbox"/>
	③	Use an electric fan (don't force yourself)	50%	600W	<input type="checkbox"/>
Refrigerator	④	Change setting from 「strong」 to 「middle」 Don't stuff too much food	2%	25W	<input type="checkbox"/>
Lighting	⑤	Turn off in the daytime (& night, if possible)	5%	60W	<input type="checkbox"/>
TV	⑥	Set to energy-saving mode Turn off when you don't watch	2%	25W	<input type="checkbox"/>
Bidet toilet	⑦	Turn off the seat-warming and water-warming function	1%	5W	<input type="checkbox"/>
	⑧	Unplug when not in use	1%	5W	<input type="checkbox"/>
Rice cooker	⑨	Cook rice of daily requirement and put in the fridge	2%	25W	<input type="checkbox"/>
Standby power	⑩	Shut off the power supply of electric appliances / UNPLUG !	2%	25W	<input type="checkbox"/>

# ENVIRONMENT



(word explanation)

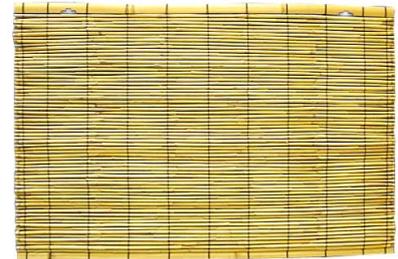
\* 「Sudare」

A blind made of slats of decorative wood, bamboo, or other natural material woven together with simple string, colored yarn, or other decorative material.

It could be either rolled or folded up out of the way.

Sometimes called 「Misu」 as well.

Sudare



## Take the opportunity and start an ecological life !

After the Tohoku earthquake, many people are feeling stronger than ever the need to save electricity and are reconsidering their lifestyles so far. One effort is to use a bicycle. Bicycle is man-powered and we can travel without electricity or fuel, it can lead to environmental conservation, and it is good for health! For these reasons, bicycle users have increased after the earthquake. Let us consider ways to spend natural life and try the things we can do.

### Environment Quiz

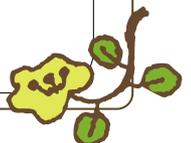
Draw a line to match the word and explanation.

- |                           |   |   |
|---------------------------|---|---|
| <b>A Ecology</b>          | • | ① Alcohol made of fermented organic material such as corn and sugarcane. It is used as fuel.  |
| <b>B Biomass ethanol</b>  | • | ② To Balance out the CO <sup>2</sup> emission made elsewhere. For example, protecting the forest or purchasing commodities whereby a portion of its sales proceeds is used in CO <sup>2</sup> reduction measures. |
| <b>C Carbon Footprint</b> | • | ③ Coexistence of human and nature   |
| <b>D Carbon Offset</b>    | • | ④ To control electricity consumption by IT. For example, when electricity consumption exceeds certain amount, the temperature setting of air conditioner adjusts automatically.                                   |
| <b>E Smart Grid</b>       | • | ⑤ To display on product package the total amount of greenhouse gases emitted from the beginning of manufacturing process (including mining of raw materials) until it gets consumed and discarded.                |



**PROBLEMS** regarding  
law, labor, marriage, education, daily life ...  
**Consult the Foreigner Consultation Center**  
located within Ibaraki International Association.  
TEL 029-244-3811  
HOUR 8:30am-12:00pm, 1:00pm-5:00pm

**Mon - Fri/** Japanese, English  
**Mon/** Portuguese(AM), Chinese(PM)  
**Tue/** Spanish, Korean  
**Wed/** Chinese, Thai  
**Thu/** Portuguese, Tagalog  
**Fri/** Indonesian, Thai



Answers to the quiz : A① B⑤ C② D④

## Tweet from Mito City International Center



**Tweet from staff**  **SOMATANI**

Mito City International Center had been closed for 3.5 months since the earthquake, but it is finally reopening!!! I have been waiting for this moment from the time I started working for MCIA in April. If you need any help or even if you don't have anything in particular, all of you are welcome here at the center. Please feel free to drop by ☺



## Tweet from a foreign resident in Mito

**Hui-Sung Son <Korea> -ACT for yourself-**

Many young Japanese people and foreigners seem to be passive about getting involved in Japanese society. This is partly because of the government which tends to prioritize losses and gains, but each of us also need to think well; what do we end up being by just working or studying? I myself have been participating in volunteer activities since 15 and feel that doing something for society has a lot to offer me in return.



## History of Mito ~ background story of 水戸黄門 (Mito-kohmon)

Tokugawa Mistukuni, one of the grandsons of Tokugawa Ieyasu we introduced last time, is well known as <sup>Mito-kohmon</sup>水戸黄門. Where did that name derive from? <sup>kohmon</sup>黄門 is originally the name of the yellow/<sup>koh</sup>黄 gate/<sup>mon</sup>門 of Chinese Royal Palace. The word gradually came to stand for the position name of those who worked inside that gate, and later in Japan as well, it came to represent the position of <sup>chu-na-gon</sup>中納言 that played much the same role in Japanese government.

Back then the descendants of Ieyasu used to take control of Mito Domain/<sup>Mito-han</sup>水戸藩 which covered the area of central and northern part of Ibaraki. Out of those descendants, seven became <sup>kohmon</sup>黄門; Tokugawa Mitsukuni (the second generation lord) being outstandingly famous amongst others for his achievement of compiling a huge book of Japanese History/<sup>Dai-nihon-shi</sup>大日本史.

This is why only Mitsukuni came to be known as *the* <sup>kohmon</sup>黄門 of <sup>Mito</sup>水戸 = <sup>Mito-kohmon</sup>水戸黄門.

### Mito City International Association

Bizen-cho 6-59, Mito City

Mito International Center 310-0024

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<http://www.mitoic.or.jp>

Closed : Mondays, National Holidays

