



【Information】



Childcare Support①

しずおかし こそだ しえん
(静岡市の子育て支援①)

The City of Shizuoka is taking a variety of approaches to support families in raising the next generation of citizens.

1) The City provides several locations where parents and small children can gather to have fun, make friends, and exchange information on child care, with instructional courses or consultations available for those who need them. Shizuoka has 18 *kosodate shien sentaa*, or Childcare Support Centers around the City which provide these services: 6 in Aoi Ward, 4 in Suruga Ward, and 8 in Shimizu Ward.

2) If you need your child to be looked after for a few hours, the City provides a few options on what can be done, accepting kids from infancy up to kindergarten age.

For more info: Childcare Support Division (*kosodate shien ka*) at 054-221-1169.



Golden Week

(ゴールデンウィーク)

The end of April through around May 5th is called "Golden Week" in Japan since there are many Japanese national holidays during this period. Many Japanese offices close for about a week to 10 days, depending on the calendar. People take a vacation and travel around the country or abroad, so tourist attractions in Japan are very crowded during Golden Week.

※Our offices are closed from May 1st to 5th.

【Events】



SAME Japanese Course

にほんごこうざ
(日本語講座)

When: 5/11~7/27 (Tue.) 18:30-20:00

Where: SAME Shizuoka office
(4-16 Ote-machi, Aoi-ku)

Fee: 4,000 yen (12 times)

For more info: SAME (Contact: Ms. Otsuka)

Tel: 054-273-5931

E-mail: satomio@samenet.jp



Shimizu Port Import Bazaar & Flower Show

しみずこう
(清水港インポートバザール&フラワーショー)

The festival of flowers and the import bazaar will be held in the Shimizu Marine terminal. There is an exhibition and sale such as overseas gardening products, food, clothes, and interior goods, too.

When: 5/22(Sat.), 23 (Sun.) 10:00-16:00

Where: Shimizu Marine Terminal 2F (10-80 Hinode-cho, Shimizu-ku)

For more info: Executive committee

Tel: 054-353-3401 (Japanese only)



Shizuoka KAGU Messe

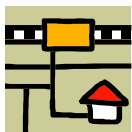
(シズオカ KAGU メッセ)

The exhibition of new works held by the furniture manufactures of Shizuoka.

When: 6/5(Sat.), 6/6 (Sun.) 10:00-17:00

Where: Twin messe Shizuoka South Exhibit Hall (1-10 Magarikane 3-chome, Suruga-ku)

For more info: <http://www.s-kagu.or.jp/kagumesse2009/index.html> (Japanese only)



One Point Advice for Preparation for the Tokai Earthquake

“Crush Syndrome”

とうかいじしん しょうこうぐん
~東海地震にそなえて：クラッシュ症候群とは？~

In the aftermath of the huge earthquake in Kobe and Osaka a few years back, a lot of people were rescued from beneath the rubble. Unfortunately, some of the people's conditions suddenly started to worsen in the few hours after they were rescued, and some of them died. This was caused by "crush syndrome", which occurs when a limb is caught and compressed for a long period of time, and then suddenly released.

When muscles are compressed in such a manner, the muscle tissue starts to break down. The resulting materials and toxins accumulate in the blood, and when they spread throughout the body, they can cause heart or renal failure, with a high probability of death. In the Kobe earthquake, 372 people were reported to have crush syndrome, and 50 of them died.

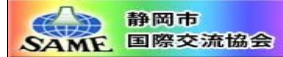
Because there are no visible symptoms of Crush Syndrome immediately after rescue, it is often overlooked. If, over 2 hours after rescue, you feel some muscle pain, numbness, or weakness in your limbs, if you have blood in your urine or it looks tea-coloured, or if the amount of urine is a lot lower than normal, those may be signs of Crush Syndrome.

To avoid this condition, it is best to be extracted from the rubble as soon as possible. If you see someone trapped after a quake, call 119 and request an emergency team, talk to the injured person and try to keep his or her spirits up, and if possible, keep the person's body temperature from dropping with a blanket or something, and find out which body part is being squeezed. This way, when medical personnel arrive, you can give them information that could help them save that person's life.



Access to SAME

Website & Radio



SAME Homepage:

<http://www.samenet.jp/>

In English, Chinese, Korean, Indonesian, Filipino, Portuguese, Spanish, & Vietnamese

*Find Guidebook on living in Japan

*Japanese language school list

*Hospitals with English speaking staff and more!



<http://www.same-web.com>

Click the がいこくごにゅうず link and you can access SAME's Web TV in Japanese, English, Spanish, Portuguese, Filipino, and Chinese.



FM Radio

TAKE FIVE

Every Monday - Friday, 6:50-6:59

Mon-Chinese

Tues-Spanish

Wed-Filipino

Thurs-English

Fri-Portuguese



Audio Blog

TAKE FIVE PLUS

If you miss the SAME radio show Take Five just visit our audio blog where you can hear all new and many archived episodes. Follow the link from the SAME HP.