



【Information】



Free Consultations for Foreign Residents

(外国人のための無料生活相談会)

Free Consultation for foreign residents regarding immigration and resident status, etc. with administrative specialists.

When: Feb.4th (Sat.) 13:00-16:00

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

Register: In advance or at the door.

For more info: SAME Shimizu, Tel: 054-354-2009

There will be interpreting in English, Spanish, Portuguese, Chinese, and Tagalog. All consultations are confidential.



SAME Japanese Course

(日本語講座)

When: Jan. 10th ~ Mar. 27th (Tue.) 11lessons

Jan. 10th~Feb. 28th, 6:30pm-8:00pm

Mar. 6th, 13th, 27th, 6:30pm-8:30pm

Where: SAME Shizuoka office

(4-16 Ote-machi, Aoi-ku)

Fee: 4,000 yen (11 times)

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

Tel: 054-273-5931

E-mail: junkow@samenet.jp

URL: <http://www.samenet.jp/english/index.html>



Japanese Course

-Shimizu area- (日本語講座)

For more info: Shimizu Nihongo Koryunokai

<http://www.ac.auone-net.jp/~s.n.kk/> or

Tel: Ms. Yoshino 054-335-5124 (Japanese only)



【Events】

Tamageta-Flea Market

(たまげたフリーマーケット)

"Recycle" or "Reuse" is an action that everyone can do. How about coming to Hinode Park to find used or brand new items, such as clothes, toys, sundries, etc.? If the weather permits, you can clearly see Mt. Fuji from the park.

When: Jan.14th, 15th(Sun.)10:00am-3:00pm

Where: Shimizu Hinode Marine Park (Shimizu-ku)

※Sorry, any parking is not available.

For more info: NPO Shizuoka Recycle Committee Tel: 054-363-1273



~A little about New Year in Japan~

The "firsts" of the year

(日本のお正月「初」について)

Celebrating the New Year in Japan also means paying special attention to the first time something is done in the new year. Have you already done anything the "firsts" of 2012?

"Hatsuhinode" (初日の出) is the first sunrise of the year, which is the one on Jan.1st.

"Hatsumoude" (初詣) is the first trip to a shrine or temple.

"Hatsuyume" (初夢) is the first dream.

"Waraizome" (笑い初め) is the first laughter, starting New Year with a smile is considered a good sign ☺

"Hatsu-uri" (初売り) is the first shopping sale of the new year. It's usually on Jan. 2nd.

"Shigoto-hajime" (仕事始め) is the first work. Jan.4th is the day for City hall.

"Keiko-hajime" (稽古始め) is the first practice of the new year.

Access to SAME

Website



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!



SAME WEB-TV

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

*がいこくごニュース
Newsletters in Japanese, English, Spanish, Portuguese, Filipino, and Chinese.
*おしらせテレビ
Web-tv programs in Japanese, English, Spanish, Portuguese, Filipino and Chinese.



One Point Advice for Preparation for the Tokai Earthquake

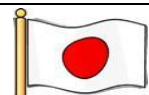
"Dealing with Stress" ~ストレス症状の発生~

It is possible that soon after a major disaster, such as an earthquake, people can start suffering symptoms similar to PTSD, so we need to know how to deal with these symptoms with ourselves and with others.

Some of the emotional reactions are feelings of fear, anger, powerlessness, and despair. Other changes in behavior include loss of concentration and indecisiveness. Physically, it is not uncommon for people to not be able to sleep, experience trembling, shortness of breath, or have elevated blood pressure or heart rates.

It is thought by some that this PTSD can take up to three years to recover from and that such recovery requires a safe place to live and sleep, a steady source of income, and methods to deal with the stress itself. Some coping methods include not getting talking, to someone who cares about them and about what happened, getting enough rest and sleep, spending time with friends and family, and expressing their needs clearly.

It is also important to remember that the physical and emotional stress from a disaster is natural and cannot be cured so easily. Recovery may take a long time. Treat yourself and those around you with care and consideration.



National Holiday
Jan. 9th.

We are sorry for the inconvenience.
Jan.9th is "Seijin-no-hi" (Coming of Age Day).