

# City Office Notices

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January 1, 2018

## Topics

- Garbage Collection on January 8
- Subsidy for Cultural Activities
- Hot Japan Expo 2018 at International House
- Health Check-ups for National Health Insurance Holders
- Save Energy at Home to Stop Global Warming

## Garbage Collection on January 8

1月8日(祝・月)の家庭ごみの収集(P4)

Although January 8 is a national holiday, household waste will be collected as scheduled.

In January, collection days for recyclable garbage, toxic garbage, plastics other than recyclable plastics, and incombustible garbage might fall on dates different from the usual schedule in some areas. Please

check the schedule on the 「katei-gomi-shushu-nittei-hyo家庭ごみ収集 日程表」 (Hiroshima City Garbage Disposal Guidelines), which has been distributed to each household.

Burning garbage at home should be avoided, because it produces smells, smoke and soot which may disturb to neighbors. Please note that burning garbage at home is illegal in principal.

**INQUIRIES:** *Gyomu Daiichi Ka* (Operation Division I) Tel. 504-2220 Fax. 504-2229

## Subsidy for Cultural Activities

文化活動助成事業募集(P5)

For details, please refer to the *Bunka Shinko Zaidan* website.

**APPLICATION:** Send a prescribed application form postmarked by Friday, January 19 to *Bunka Shinko Ka*, Hiroshima City. The applications are available online at *Bunka Shinko Zaidan's* official website. Applicant screening will be held.

**INQUIRIES:** *Bunka Shinko Zaidan* Tel. 249-8385 Fax. 249-7531

## Hot Japan Expo 2018 at International House

2018 HOT JAPAN EXPO(P5)

This event offers opportunities of hands-on experience of authentic Japanese culture.

**DATE & TIME:** Saturday, January 13, 1:00 pm – 4:00 pm

**PLACE:** International House (*Ryugakusei-kaikan*), 1-1 Nishi-kojin-machi, Minami-ku

**INQUIRIES:** International House Tel. 568-5931 Fax. 568-5600 (Closed on Mondays)

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International Affairs Department, International Relations and Cooperation Division  
Tel: (082) 242-8879, Fax: (082) 242-7452, E-mail: [internat@pcf.city.hiroshima.jp](mailto:internat@pcf.city.hiroshima.jp)  
International Exchange Lounge  
Tel: (082) 247-9715, E-mail: [golounge@pcf.city.hiroshima.jp](mailto:golounge@pcf.city.hiroshima.jp)  
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## Health Check-ups for National Health Insurance Holders

元気じゃ健診(特定健診)を受けましょう(P4)

Health check-ups becomes available for free of charge for National Health Insurance holders who are 60+ years old from this fiscal year.

**WHO:** National Health Insurance holders who are 40 to 74 years old.

**WHEN:** Until Saturday, March 31

**WHERE:** Your local clinic or group health check-ups at community centers, or Health Promotion Center (3-8-6 Senda-machi, Naka-ku)

**HEALTH CHECK-UPS:** Including height and weight measurements, blood pressure measurement, urine and blood tests. Please bring your National Health Insurance card and a health check-up ticket sent by the City.

**FEE:** 500 yen (below 60 years old)

**INQUIRIES:** *Kenko Choju Ka* (Health & Long Life Division)

Naka	504-2528	541-3835	Asaminami	831-4942	877-2299
Higashi	568-7729	262-6986	Asakita	819-0586	815-3906
Minami	250-4108	252-7179	Aki	821-2809	822-8069
Nishi	294-6235	232-9783	Saeki	943-9731	923-5098

## Save Energy at Home to Stop Global Warming

はじめよう冬の省エネライフ (『市民と市政』2017.12.15 P3)

Hiroshima City promotes the campaign against climate change for individuals and companies to take action on this issue. Here are easy ways to help stop global warming inside your home.

### Lower the temperature to 20 degrees Celsius on your heater.

Layering clothes and drawing thermal insulated curtains will help keep you warm. You can save approx. 1,430 yen per year if you turn your heater down by 1 degree.



### Set the right temperature on your refrigerator.

Check the temperature of your refrigerator so it is not kept unnecessary low. If you change the temperature from High to Medium temperature, you can save approx. 1,670 yen per year.



### Set your water heater at 38 degrees Celsius.

If you lower the temperature from 40 degrees to 38 degrees Celsius, you can save approx. 1,580 yen per year.\*

\*In the case that you use 65 liters of tap-water (approx. running water for 5 minutes) per day.



### Replace with LED lights.

Why don't you switch your old lights to LED lights which are energy efficient?

You can reduce electricity costs by up to 50 % and save 3,190 yen per year if you replace your old fluorescent lights (120W) with LED lights (61W).

**INQUIRIES:** *Ondanka Taisaku Ka* (Climate Change Policy Division) Tel. 504-2185 Fax. 504-2229



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Tel: (082) 242-8879, Fax: (082) 242-7452, E-mail: [internat@pcf.city.hiroshima.jp](mailto:internat@pcf.city.hiroshima.jp)  
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