

Important Announcement to our Readers

Thank you for subscribing to the KYC newsletter! We would like to inform you that, following our March 2023 edition, we will cease mailing physical copies of the KYC. Accordingly, we have begun distributing the KYC newsletter through Wakayama City's Official LINE account. **Refer to the city website for instructions regarding how to register for LINE announcements** (Wakayama City→ID:1006056→"Registering to Wakayama City's Official Line")

※For those who are unable to access LINE or have trouble with smartphones: we can continue to mail copies of the KYC newsletter to your address (though we would greatly appreciate your cooperation with the transition to LINE). Please contact the International Affairs Division for assistance ☎ 073-435-1010.

Organized by KNOW, Kokusai Volunteer Network of Wakayama Cleaning & Cherry Blossom Viewing at Wakayama Castle

In the cherry blossom season, let's get together and volunteer to clean up Wakayama Castle! After the cleanup, we will have lunch and watch the cherry blossoms, "ohanami!"

Description: After completing cleaning activities, such as picking up trash at Wakayama Castle, we will have a "hanami" (cherry blossom viewing) party while eating bento.

Date and time: Apr 2 (Sun), 2023, from 11:00 a.m.

Place: Wakayama Castle Park (meet in front of the Wakayama History Center)

Cost: Free

Eligibility and capacity: Foreign residents of Wakayama City and their family members or accompaniment; first 30 applicants

Application: Feb 13 (Mon) to Mar 17 (Fri) by e-mail

Please include the participant's name and kana (Japanese reading), address, and telephone number.

*Applications will close upon reaching the maximum number of participants, even if this occurs during the application period.

Applications should be sent to: Kokusai Volunteer Network of Wakayama (KNOW) Secretariat

Contact: kokusai@city.wakayama.lg.jp

Notes:

- We will prepare the tools required for clean up.
- We plan to prepare bentos and tea. Please bring any other drinks you may need.
- We will disperse after the cherry blossom viewing.
- In the case of rain, the event may be cancelled.
- Please inform us ahead of time if you can no longer attend after applying.

Contact: KNOW, Kokusai Volunteer Network of Wakayama ☎ 073-435-1010 (8:30AM-5:15PM except Saturdays, Sundays and national holidays)

Deadline for Tax and Insurance Payments

Feb 28 (Tues)

National Health Insurance premium (Period 9)

National Health Insurance and Pension Division

☎435-1214

Nursing Care Insurance premium (Period 9)

Nursing Care Insurance Division ☎435-1334

Advanced Elderly Medical Insurance premiums (Period 8)

General Insurance Affairs Division ☎435-1062

Have you paid your municipal tax?

If you have not paid the property tax, municipal and prefectural residence tax (regular collection), and light motor vehicle tax (tax rate by type) for fiscal year 2022, please pay them immediately at a financial institution or at the Tax Revenue Division.

※Payments via account transfer are preferred.

Applications can be completed at a financial institution.

Inquiries: Tax Revenue Division (2nd floor of City Hall)

☎435-1038

Difficulties paying insurance due to COVID-19

You may be eligible for reduction or exemption of various insurance premiums for fiscal year 2022. In addition to those listed below, there are other conditions that must be met in order to be eligible for this service.

Eligible households

(1) Households in which the main financial provider has died or been seriously injured due to COVID-19.

(2) Households whose main financial provider's income has decreased by 30% or more from 2021 due to COVID-19.

Reception Period: by Mar 31 (Fri)

Inquiries: National Health Insurance and Pension Division ☎435-1057; Nursing Care Insurance Division

☎435-1334; General Insurance Affairs Division

☎435-1062

Announcements



Feb 15 (Wed) from 11:00AM - Test Broadcast of the J-Alert System

“Koreha J-arato no tesuto desu” (this is a J-Alert test) will be broadcasted simultaneously over the Disaster Prevention J-Alert system, which instantly provides emergency information via government satellites and other means regarding earthquakes, tsunami, armed attacks, etc. Any cancellations will be announced on the city website. **Contact:** Disaster Prevention Division ☎ 435-1199

Lectures



Employment Support Seminar for Women - Word (beginner's level)

▼**Date and Time:** Feb 25 (Sat), 26 (Sun) 10:00AM - 3:00PM

▼**Location:** Aiai Center (Kobitomachi 29)

▼**Target:** Women who can participate in both seminars and have basic computer input skills ▼**Capacity:** First 10 people

▼**Fee:** ¥ 1,000 (for teaching materials)

▼**Applications:** Feb 10 (Fri) to 16 (Thu) via phone or at reception ▼**Contact:** Gender Equality Promotion Division (Aiai Center)

☎436-8704

Wakayama Pay can be used until 11:59 PM on Feb 15 (Wed)!

The deadline for using Wakayama City Premium Merchandise Coupons (Wakayama Pay) is approaching. If you still have a remaining balance, please do not forget to use it before the expiration date.

Contact: Wakayama City Premium Merchandise Coupon Call Center ☎ 0120-885-205 (weekdays 9AM - 5PM)

※For more information regarding applicable stores, please visit the dedicated portal site.





A Walk around Waka-no-Ura

▼**Date and Time:** Mar 4 (Sat), 1:00PM-4:00PM ▼**Location:** Gather at Tamatsushima Shrine ▼**Details:** While listening to a tour guide, walk around "Waka-no-ura, a treasure-trove of superb views." The Japanese Heritage site has been enjoyed for its beautiful views since the Manyo Period ▼**Capacity:** 10 people (chosen by lottery) ▼**Applications:** Apply via postcard by Feb 20, Mon (postmark deadline). ※Write participants' address, name, birthdate, and phone number (up to two people per group application) ▼**Contact:** Culture Promotion Division ☎ 435-1194

Kumano Kodo Walking

▼**Date and Time:** Mar 18 (Sat) 1:30PM-4:30PM ▼**Location:** Gather at Hoshiya Station, JR Wakayama Line (Hoshiya 621・2). ▼**Details:** While listening to a tour guide, walk around Kumano Kodo's "Kii-ji" route within the city. ▼**Capacity:** 10 people (chosen by lottery) ▼**Applications:** Apply via postcard by Feb 27, Mon (postmark deadline). ※Write participants' address, name, birthdate, and phone number (up to two people per group application) ▼**Contact:** Culture Promotion Division ☎ 435-1194

Kinokuni Trekking & Climbing Classes for Boys and Girls

▼**Date & Time:** Mar 5 (Sun), 8:30 am – 3PM ※Postponed to Mar 12 (Sun) in the case of rain. ▼**Course (around 14 km):** Gather at Musota Station→M t. Daifukuyama→Katsuragi Shugen Third Sutra Mound→M t. Manaitaishiyama→Disperse at Hakotsukuri Station ▼**Target:** ①Elementary school and above *Elementary school students will participate in climbing classes for kids. Must be accompanied by a leader or legal guardian ▼**Capacity:** First 100 people ▼**Fee:** 500 yen (collected on the day) ▼**Things to bring:** Rucksack, hat, non-slip shoes, lunch box, drink, rain gear, etc. ▼**Application:** From Feb 10 (Fri) to 26 (Sun), via postcard *Write the participant's name, gender, address, phone number and "トレッキングさんかきぼう" (wish to join trekking) - (in the case of elementary school students, write both the students' and accompanying person's name) ▼**Application/Inquiries:** Prefectural Alpine Club (Contact Name: Yokode) ☎ 090・8825・2475 (phone: weekdays from 7:00PM to 9 :00PM), FAX: 446・8881

Events Related to Wakayama Castle's Water Supply Area

①Wakayama History Center Special Winter Exhibition: "Excavation Results and Restoration of Wakayama Castle's Water Supply Area" ▼**Date and Time:** From Feb 1 (Wed) to Mar 13 (Mon), 9:00AM to 5:30PM ※Entry until 5PM

▼**Location:** Wakayama History Centre, 2nd Floor, History Exhibition Room ▼**Admission fee:** ¥ 100 for adults, free for elementary and middle school students. *Can enter with a joint admission ticket to Wakayama Castle. ¥ 410 for adults, ¥ 200 for elementary and middle school students *Free for those aged 65 and older, and those with a disability certificate.

②Field Study Tour ▼**Date and Time:** Feb 19 (Sun) ①11AM-12PM ②1PM-2PM ※Cancelled in the event of rain ▼**Meeting Place:** In front of the Wakayama History Center ▼**Capacity:** 20 people per session (chosen by lottery) ▼**Application:** Feb 1 (Wed)~13 (Mon) via phone ▼**Clothing:** Clothes that are easy to move in.

Both ① and ② ▼**Applications/Inquiries:** Wakayama Castle Maintenance and Planning Division ☎435・1044

Wakayama Job Fair for Welfare, Nursing Care and Childcare

Meet with HR personnel from employment offices. ※Held both in-person, and online ▼**Date and Time:** Mar 4 (Sat) 1PM-4PM ※Reception opens from 12:30 pm ▼**Location:** Wakayama Big Ai ▼**Target:** People seeking employment/interested in welfare jobs ▼**Contact:** Wakayama Prefectural Council of Social Welfare, Welfare Human Resources Center, "Heart Work" ☎ 435-5211

Wakayama City Employment Event

Share with your family and friends!

Company Research & Exchange in Umeda

30 companies from Wakayama City will gather in Osaka! This is a great opportunity to learn about job hunting, companies and work!

● **Date and Time:** Tuesday, Feb 14, 1:00PM–6:00PM ● **Location:** Hankyu Grand Building 26th floor ● **Target:** General job seekers and university students who are scheduled to graduate in March 2023 and 2024. ●

Inquiries: Wakayamaken Eigyoisha Kyokai (Wakayama Prefecture Managers Association)

☎497-8115

Apply Here



Wakayama Job Fair in Kyoto

● **Date and Time:** Feb 27 (Mon), 1:30PM–4:30PM

● **Location:** Kyoto Terrsa

● **Target:** University students etc. scheduled to graduate in March 2023 and 2024; job seekers within 3 years of graduation and general job seekers **Inquiries:** Career Bless You Co.

☎425-3331

Apply Here



Wakayama Job Fair in Osaka

● **Date/Time:** March 4, Saturday 1pm–4pm ●

● **Location:** Osaka Sangyo

● **Targets:** Students, etc. scheduled to graduate in March 2023 and 2024; Job seekers within 3 years of graduation; and people under 35 years old

Inquiries: Career Bless You Co. ☎421-8002

Apply Here



Basics of Cancer Prevention "Stopping Lifestyle-related Diseases"

While regular cancer screenings are important to reduce cancer death rates, it is equally important to develop lifestyle habits that prevent cancer. According to the National Cancer Institute, practicing five healthy habits can almost halve your risk of getting cancer.

Quitting Smoking

It is harmful not only to the smoker but also to the health of those around them. Medical insurance may cover the cost of medical treatment. For a list of medical institutions in the prefecture that accept insurance for smoking cessation therapy, scan the QR code on the right.



Moderation in Drinking

Approximate amount of alcohol to be consumed: 180 ml of sake; large beer bottle (633 ml); 1 bottle of shochu or awamori; 120ml of undiluted Shochu or Awamori; 1 double glass of whiskey; about 1/3 of a bottle of wine.

Revising Eating Habits

The goal for vegetable intake is 350g/day. Wakayama citizens tend to lack one serving (about 70g). Let's cook more vegetables!

Exercise

60 minutes of walking, or more strenuous physical activity per day, plus 60 minutes of exercise per week that increases respiration and perspiration rate.

Maintaining Healthy Body Weight

Manage your weight so that your BMI is in the range of 21-27 for men and 21-25 for women! BMI = (weight in kg) / (height in m x height in m)

Let's try to make stress-free health improvements