

Wakayama City International Affairs Div.



Special Edition

We Want You To Be Healthy

What You Can Do For Your Health Today

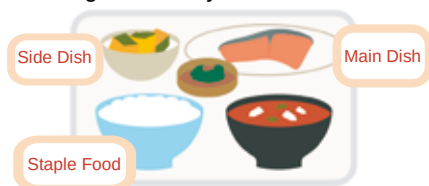
Regional Health Division ☎ 488-5121

September is the Month of Promoting Healthy Living
Is there anything you can do today to stay healthy?

① Nutrition and Diet

Let's understand our ideal weight and learn about eating proper foods and portions

- Eat a balanced meal with a main dish, side dish, and a staple food
- Limit salt intake, aim for flavors that aren't too strong, and keep fruits/vegetables in your diet



② Physical Activity and Exercise

- Create a habit of vigorous exercise for 30 minutes at a time, and exercise at least two times a week
- Increase your step count in your daily life

③ Healthy Heart

- Discuss your worries and burdens with someone and don't bottle them up
- Aim to go to bed early, wake up early, and get good sleep
- Get the correct information on child-raising, proactively use support resources, and have fun raising your children

④ Smoking

- Deepen your knowledge of what it does to your body and stop smoking
- Limit second-hand smoke exposure of children and pregnant women, and protect children from accidental ingestion
- If you're under 20 years old or pregnant, don't smoke

⑤ Alcohol

- Gain proper knowledge on what alcohol does to the body
- Limit heavy drinking (Alcohol consumption of over 40g (men) or over 20g (women) in one day)
- If you're under 20 years old or pregnant, don't drink

⑥ Oral Care

- Enjoy your food by chewing well
- Be mindful of your oral health, chew well, learn the proper way of brushing your teeth, use floss, and visit the dentist regularly



Professional Care
Tooth Protection by
Dental Professionals



Self Care
Daily Personal
Maintenance

⑦ Preventing Nursing Care

- Maintain a healthy diet of high energy foods and carbohydrates to protect against low nutrition
- Gain knowledge in and protection from Locomotive Syndrome
- Get interested in local activities, proactively participate in events, volunteer, and find purpose in life



⑧ Prevention and Health Management

- Get screened for cancer once a year (twice a year for stomach, breast, and uterine cancer), and learn about your health situation
- Learn about conditions that can result from lifestyle habits, and work towards healthy living
- Always do necessary follow-up exams

⑨ Local Bonds

- Find people nearby that you can consult with
- Join local activities and make friends

Pick Up Application For Unsubmitted Flat-Amount Cut of Personal Income Tax Entitlement

Those who are applicable will receive a notification (postcard and document via mail).

However, for those who moved to Wakayama City between 1/2/2024 and 12/31/2024, those with a total income over 480,000 yen, "dependent relatives" (e.g., you are a family employee of a blue-return taxpayer, or a family employee of a non-blue-return taxpayer (white-return)), and for those who believe they are applicable but did not receive anything, an application is necessary. Please find the document from the Secretariat or from our homepage and submit. For any questions, please consult with the Secretariat.

- **Application:** Response Must be Received by **9/30/2025 (Tuesday)**
- **Notification:** Response Must be Received by **10/31/2025 (Friday)**

Details:



Wakayama City Secretariat for Rising Price Allowances
☎0120-969-861 • ☎499-5184

Wakayama City Photos Needed

Kaohsiung City, Taiwan is collecting photos for their "City Scenery" photo display.
Theme: Wakayama City's "City Scenery" that you would like to show the citizens of Kaohsiung. Tourist attractions, picturesque scenery, famous products, custom-made specialties, festivals, events, daily life, etc.
Submission Period: 9/1 (Mon.) – 10/31 (Fri.)
Submission Requirements: Photos taken of Wakayama City (Data only)
Eligibility: Living in or commuting to Wakayama City
Application: By QR Code, details on homepage (ID:1065707)
Contact: International Affairs Division ☎435-1010



① Please create multi-lingual menus, etc. for your restaurant

We are requesting your support for the introduction of multi-lingual menus, etc. so that our foreign tourists can fully experience and be satisfied by our city's food.

Inquiries: Tourism Division ☎435-1234



Please Provide Support for Hospitality to Foreign Tourists

② Please provide information on free Wi-Fi connection services

Internet during a trip is extremely valuable for gathering information, so we are looking for businesses or stores that can cooperating with us in providing free Wi-Fi. Details are on the city homepage (ID:1065451).

Wakayama International Cultural Forum

Time and Date: 9/14 (Sun.) 10:30 – 17:00
Location: Wakayama Big Ai Great Hall Showcase Room
Part 1 (10:30 -12:00) Nanki Music Library Musical Performance

Part 2 (13:30 - 16:30) Memories of Japan-China Friendship Shirahama Pandas, "History and Meaning of Japan-China Friendship supported by the Shirahama Pandas" Keynote Speech
14:30 - 16:30: "The Future of Panda Cultural Exchange, Contributions to Local Revitalization, etc." Panel Discussion

Organizer: Wakayama International Cultural Forum Executive Committee (Provisional Name)
☎400-6836
(Closed on Mondays, or the following day if Monday is a holiday)

2025 Women's Job Search Support Fair

Time and Date: 10/3 (Fri.) 10:00 – 15:00
Location: Wakayama Big Ai
Eligibility: Women who want to work while raising children, women thinking of changing jobs, etc.
Details: Job fair with 30 companies from within the city
Additional Information: Child-Raising Consultation Corner, Job Search Make-Up Seminar, Personal Color Analysis, etc.
* Free childcare space offered
For more details, please visit the website (QR Code)
Inquiries: Career Bless You ☎425-3331



Wakayama Job Search Support Project: Technology and Engineering Company Fair

Time and Date: 10/12 (Sun.) 13:00 - 15:30
Online via Zoom
Eligibility: University students, Masters Program students, Junior College students, Technical College students, Vocational/Technical school students, and those job searching
Details: 8 Technology/Engineering companies from within the city will participate, giving information on their company and socializing with job seekers.
For applications and further details, please visit the Wakayama Job Search Support Project's website.

Inquiries: Wakayama Employers' Association
☎431-7376



46th Citizens' Culture Festival ~The Splendor of Culture~

Event	Time and Date	Price
PTNA's "We love music" Music Creation Piano Concert	9/15 (Mon.) 14:30	¥1500
WAKAYAMA Ballad Festival	9/21 (Sun.) 10:00	Free

- **Location:** Wakayama-jo Hall
- **Inquiries:** Culture Promotion Division ☎435-1194

Deadline for Taxes and Insurance

9/30 (Tuesday)

- **Senior's Health Insurance (3rd Period)**
Insurance General Affairs Division ☎435-1062
- **National Health Insurance (4th Period)**
National Health Insurance and Pension Division ☎435-1214
- **Nursing Care Insurance (4th Period)**
Nursing Care Insurance Division ☎435-1334

Regarding City Tax Payments

For the 2025 Fiscal Year:

Property Taxes (1st and 2nd Periods)
Municipal/Prefectural Tax (1st Period)
Light Vehicle Tax (Full Year)

The payment deadline has already passed. Late fees may be applied, so if you have not already paid, please do so ASAP.

Tax Revenue Division ☎435-1038

2025 National Census – All Individuals and Families in Japan are Included –

The National Census is conducted once every 5 years and is the most important statistical study. Every individual and family living in Japan (as well as foreign residents) are included.

From the beginning of September, census takers will visit homes and hand out census documents, as well as ask a few questions about your name and household members. Please fill out the census information by October 8th (Wed.) via computer or smartphone for quick and easy completion (submission by mail also accepted).

Wakayama City Center for Census (Planning and Policy Division) ☎497-5580

School Entrance Procedures for the 2026 Fiscal Year

Procedures for Enrolling in Elementary School for Children with Foreign Resident Status

Applicable to: Children born between 4/2/2019 and 4/1/2020
Education Support Division ☎435-1139

Consultation on School Entrance Procedures for Children with or Suspected to have a Disability:
Consult with individual schools, or
Education Support Division ☎435-1139