

英語

Only healthy person brings happiness to his family like an angel.

# Basic Health Checkups

## Free of charge

Those who are in the prime of life are not only corporate drudges but also support their families as worker bees. You may have a latent disease. You will be able to nip a disease in the bud by basic health checkups.

**Eligibility** Foreign nationals with the registration, aged 40 and over (those who were born before March 31<sup>st</sup>, 1965), except those who are enrolled in public medical insurance and have health checkup at workplace.

**Checkup items** Essential items (questionnaire for medical examination, physical measurements, blood pressure, urine test, internal medicine, liver function test, kidney function test, lipid test {total cholesterol, HDL cholesterol, triglyceride, Blood-sugar level, anemia}  
Optional items (electrocardiograph test, funduscopy, HbA1c test)

☺ You can have colon cancer, lung cancer and viral hepatitis test in the basic health checkups.

**Period of time:** until end of November, 2004

**Charge of checkups:** free

**Application:** Call and make an appointment at the institution in the designated medical institutions list delivered to your family. If you have any question, please call us, FICEC exclusive line for foreign residents advisory center, 253-7744. We can advise you for your health checkups.

(Details of basic health checkups such as period of time, charge, medical institutions, etc. are nearly the same in two cities and two towns.)

Other checkups and special ones for women until end of November

Stomach cancer checkup (aged 40 and over, ¥500 of charge), colon and lung cancer checkups (aged 40 and over, free of charge)

Breast cancer checkup (aged 30 and over; questionnaire· inspection· palpation, ¥400 of charge)

Uterine cancer checkup (aged 30 and over, questionnaire· inspection· cervical canal cyto-diagnosis, ¥1000 of charge)

英語

2004 International Forum (Fujimishi)

Here comes the festival for multinational residents  
**heart to heart de oTomodachi**

Here comes an annual event where Japanese and foreign culture meet. This is an annual event where you may be struck by the foreign culture.

Date and time Oct. 17<sup>th</sup> (Sun.) 12:30~16:30  
Venue Fujimi Municipal Fujimino Koryu center  
Program Part one 「Let's try and learn foreign culture」 . . . . Try on ethnic dress or kimono and get a picture of yours taken, enjoy Japanese and Chinese tea ceremony, learn to play tai chi, learn seal engraving, challenge Wadaiko performance, try calligraphy to write a picture without a character, quiz on international matters and so on.  
Part two 「Forum-Opinions of foreign nationals in Japan」  
Foreign nationals living in Japan speak what they think about Japan and Japanese, how to associate with Japanese, how to live wisely here and so on.

**Get together! Pin-pong lovers**

Sports meet with foreign residents  
Kamifukuoka-shi

Get together! Green-born, beginners, good players! After sweating a great deal, have a Philippine lunch and enjoy conversation.

Date and time: Oct. 31<sup>st</sup> (Sun.) 10:00~14:00  
Venue: Kamifukuoka municipal Komabayashi gym (Saginomori elementary school gym 2 floor)  
Program: learning how to play by player of table tennis club and exhibition match  
Pickup: pickup service is available, if you want.

**For children of mixed parentage in six grade and their guardians**

**Last consultation chance  
For high school guidance**

Date and Time: Oct. 3<sup>rd</sup> (Sun.) 13:00~16:00  
Place: Koshigaya kaijyo (Koshigaya Tyuo Shiminkaikan 5floor)  
Access: 5 minutes walk from Koshigaya station, Tobu Isesaki line  
Application: Fax your name, Tel no, address, what grader, nationality and interpreter requirements to Saitama International Association. Fax no 048-833-3291  
Sponsor: Sainokuni Saitama Kokusaikoryu . kyuryoku network

**Workbook for Japanese beginners**

**Hiragana workbook**

**Katakana workbook**

FICEC has published Hiragana and Katakana workbook for Japanese learners (beginners).

These workbooks help the beginners exercise Hiragana and Katakana repeatedly. It cost ¥320 per copy. If you want to buy it, please call us.

Tel No. 049-275-0370