



If you're not feeling well

If you're not feeling well, don't put up with it, go to the hospital.

Japan has the largest number of hospitals in the world. There are large hospitals and small clinics.

If you know exactly what is wrong, go to a clinic. If you are not sure what is wrong, go to a general hospital.

Clinics have their own specialties, which are indicated on their signboards and advertisements. For example, **xxx Clinic, where ** is the name and xxx is the specialty or department. There are more than 60 medical specialties. Some of the most representative ones are listed below.

■ 内科 (Naika) Internal medicine

It mainly deals with the organs of the body. When you have a stomachache, headache, feeling sick, cold, fever, loss of appetite, high blood pressure, hay fever, etc., you go to an internal medicine. The signboard says ** Internal Medicine", ** Clinic, and so on.

■ 小児科 (Shounika) Pediatrics

Take your children here when they are sick. Most of the time, it is together with internal medicine. It is okay to go to the internal medicine instead of pediatrics. Signs indicate ** Pediatrics (Shounika), ** Internal Medicine/ Pediatrics (Naika/Shounika), etc.

■ 眼科 (Ganka) Ophthalmology

This is where eye diseases are treated.

■ 耳鼻咽喉科 (Jibi-inkouka) Otorhinolaryngology

It is a place to treat diseases of the ears, nose, and throat. Hay fever is also treated

■ 皮膚科 (Hifuka) Dermatology

Dermatology provides treatment for skin conditions such as itching, rashes, redness, and burns.

■ 産婦人科 (San-fujinka) Obstetrics and Gynecology

You go there when you are pregnant, when you have a baby, or when you have a gynecological problem. There are also facilities for childbirth.

■ 歯科 (Shika) Dentistry, 口腔外科 (Koukuu-geka) Oral Surgery

This is the place to go when you have a cavity, bad teeth, or a bad oral condition.

■ 整形外科 (Seikei-geka) Orthopedic Surgery

It is a place to go when you have a pain in your shoulder, neck, or back, or when you have a broken bone. There are also 接骨院 (Sekkotsuin) orthopedic clinics, 整骨院 (Seikotsuin) osteopathic clinics, 整体院 (Seitaiin) acupuncture and 鍼灸院 (Shinkyuin) moxibustion clinics, マッサージ院 massage clinics, etc.

■ 精神科 (Seishin-ka) Psychiatry, 心療内科 (Shinrou naika) Psychosomatic medicine

The mind can also become ill. We visit here when we feel highly stressed, unable to be cheerful, have a hard time living, or panic.

■ Multilingual Medical Questionnaire

mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryuu/iryuu/kokusai/setsumei-ml.html



■ General hospital

If you do not know which department to go to, tell the receptionist at the general hospital about your symptoms and ask which department to go. General hospitals may require an appointment or a referral letter from a private hospital. Always call to confirm before going to the hospital. Some hospitals offer web-based appointments.



Procedures when moving out and how to dispose of bulky waste



■ When you decide to move

1. Procedures with government offices

- ① If you move within the same municipality, complete the "Notification of Change of Address" procedure.
- ② If you move to a different municipality, you need to complete two procedures: "notification of moving out" and "notification of moving in".
- ③ You must complete the procedure within 14 days from the time of your move.



2. You need to notify other places besides the government office.

- ① Report a change of address at the post office
The post office will forward your mail for one year after you move.
- ② Procedures must be taken to stop and start the use of electricity, gas, and water
- ③ If you have a driver's license, change your address at the police station or driver's license center responsible for your new address



■ How to dispose of bulky waste

When you move, you will have a large amount of garbage. It costs money to throw away sofas, bicycles, and other bulky waste.

★ Home appliances cannot be disposed of as bulky waste, as stipulated in the Home Appliance Recycling Law. The following four types of home appliances must be disposed of by paying a recycling fee: **TV, refrigerator, freezer, washing machine, clothes dryer, air conditioner**

The way to dispose of garbage differs from municipality to municipality. Disposing of garbage takes time and effort. When you want to dispose of your garbage, please check the website of the municipal office or the booklet distributed to each household.

Café FICEC



Sri Lankan Home Cooking Class

- Date, Time: June 29 (Sat.) 11:00-13:00
- AEON TOWN FUJIMINO 2F **cotokoto**
- Instructor/ Nadeesha
- Menu
 - Parripu (bean curry),
 - Sambol (carrot salad),
 - Black tea
- Participation fee: 3000 yen
- Contact: FICEC Tel.049-256-4290
- Application: **cotokoto** Tel.080-7394-2998




Let's study Japanese!

A list of Japanese language classes along the Tobu Tojo Line is now available. English translation and maps are included. Please find a Japanese language class near your residence.

It is posted on FICEC's website.



There is no parking available at the FICEC office. Please use nearby coin-operated parking lots.