



August 2018

KUMAGAYA FRIENDS

"KUMAGAYA FRIENDS" is the official English-language newsletter for the City of Kumagaya, Saitama.

KUMAGAYA FRIENDS

Published periodically by: Kumagaya Municipal Office, Saitama
Edited Public Relations Section, Kumagaya Municipal Office
2-47-1, Miya-cho, Kumagaya, Saitama 360-8601
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URL: <http://www.city.kumagaya.saitama.jp/>

Suggestions for being outside in the Summer

If you are outside, you need to always be careful in the summer, to stay hydrated and avoid heat stroke.

① Wear light and cool clothing.

Choose loose-fitting clothing that reflects sunlight (light -not dark colors), breaths, allows perspiration to evaporate, and dries quickly. Be sure to protect your head when you go outside, avoid direct sunlight by using a hat or parasol.



② Be aware of the time of the day when you are planning to exercise.

Avoid exercising during the peak heat hours. It is recommended to exercise in the morning or evening when the sun is not directly overhead.



③ Consume liquids frequently.

Avoid becoming dehydrated and /or becoming light-headed by replenishing your body's water. Intake flavored waters or sports drinks to help maintain electrolyte balances. Be sure to drink liquids frequently, even before feeling thirsty during exercising. (100 cc every 15 minutes as a guide)

● Inquiries

Health Promotion Section
TEL 048-528-0601



Medical office open during nighttime, weekends and holidays

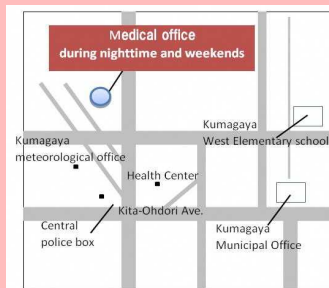
Consultation day Aug 5・11・12・19・26
Sep 2・9・16・17・23・24・30

Weekends and Holidays Consultation

Reception time : 9:00 to 11:00 am / 1:00 to 3:00 pm
Consultation hours : 9:00 am to noon / 1:00 to 4:00 pm
Internal medicine/Pediatrics : Tel: 048-525-2720
Dentistry : Tel: 048-525-2721
(morning only)

Night Time Consultation (everyday)

Reception time : 7:00 to 9:30 pm
Consultation hours : 7:30 to 10:00 pm
Internal medicine/Pediatrics
Tel: 048-525-2720



Access Map

Japanese Speech Contest

☆ Anyone who is interested in making a speech in Japanese

about your experience is welcome.
(application down loadable or contact us)

Time: October 7th, Sunday
1:00~5:00 am

Venue: Shoko kaikan 2F (Chamber of Commerce)

Inquiry: 048-524-1111 Ext.220

Public Relations Section

☆KIFA☆ Information

Kumagaya International Friendship Association



Japanese Language Class

You can learn Japanese for your daily life. All you need to do is just turn up on the day and fill in the registration form.

Date & Hours=

2 pm-4 pm Every 1st, 2nd, & 3rd

Sundays

Place=Green center

(next to the Kumagaya City Hall)

Fee= 100yen (*free of charge for members)

Office information

Days: Monday through Friday

(Closed on Saturdays, Sundays and national holidays)

Hours: 8:30 am to 5:15 pm

Location: Public Relations Section, Kumagaya Municipal Office

Tel: 048-524-1111 Ext.220 Fax: 048-520-2870

E-mail: info@k-ifa.jp

URL: <http://www.k-ifa.jp>

Population (As of August 1st, 2018)

Population: 198,080

The number of Foreign Registrants: 3,201

