

(1) Hanami Party

We invite Japanese and foreign residents to join us for a hanami party.

<Time and Place>

We will meet at 10am on Saturday 6th April, in the southern part of Koyaike park (at the top of the stairs to the south of Swan Hall – the site at the bottom of the map on the right). The party will be from 10am until noon.

<What to bring>

Please bring your own drinks, but please do not bring alcohol. Participation in the event is free.

<RSVP>

Please call the following phone number by Friday 29th March if you wish to take part.

<Telephone>

Itami Peace and International Friendship Association Secretariat

Tel 072-784-8148



(2) Hay Fever

From the start of spring to the start of summer, Japanese cedar and cypress trees release a lot of pollen. This can cause hay fever, involving sneezing, a runny nose, and itchy eyes. Please take the following precautions to avoid problems with hay fever.

<At home>

○Keep doors and windows closed

○Clean daily

Carpets and tatami attract pollen more than floorboards, so it is important to keep them thoroughly clean

○Dry laundry inside

It is best to dry your laundry inside. When drying laundry outside, it is important to shake off dry items before bringing them inside. Pollen levels are highest between around noon and 3pm, so hanging laundry to dry in the morning and then bringing it inside can also help.



<When out and about>

○Avoid going out when pollen levels are high

You can check daily pollen levels on the weather forecast

○Prevent pollen from attaching to your face and clothes

Woolly or furry clothes, and clothes than can cause static attract pollen. Polyester and nylon clothes do not attract pollen easily. You can also try wearing a hat to prevent pollen from sticking to your hair, or using a mask to keep pollen away from your nose and mouth.

○Shake off pollen before entering your house

○Wash your hands and gargle when you get home

Washing your hands to remove any pollen stuck to your hands and nails can help. Gargling can also help clear any pollen stuck in your throat and mouth.



(3) Japanese Language Studies

Are you interested in learning some basic Japanese? There are students from all over the world studying Japanese together in Itami. The lessons are easy to understand. Taking part is free. All you need is a pen or pencil and writing paper. If you decide to join a class, please contact the following phone number the day before.

If you wish to know more about the classes, please ask by telephone.

Class	Day and Time	Place
"Nihongo Gakushu Salon"	Tuesday 19:00~20:30	Itami City Community Hall (Chuo Kouminkan) 2F, Classroom A
"Nihongo Kyoshitsu"	Thursday 9:40~11:40	Itami City Library "Kotobagura" 1F Multipurpose Room 2
"UNESCO Nihongo Kyoshitsu"	Saturday 9:30~11:30	①Toli Itami Hall 3F Lecture Room ②Chuo Community Center



<To sign up or for more information please call:>

Peace and International Affairs Section, Itami City

Tel 072-784-8148

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