

「OFIX News」 Issue 10 (May 2009)  
~E-Newsletter distributed by the Osaka Foundation of International  
Exchange~

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### 【01】 Osaka Information Service for Foreign Residents News

#### H1N1 Influenza (Swine Flu) Foreign Language Support

There have recently been confirmed cases of the H1N1 strain of influenza (Swine Flu) in Osaka Prefecture. OFIX (Osaka Information Service for Foreign Residents) is working alongside the Fever Consultation Centre to provide interpreting services to foreign residents.

Furthermore the Osaka Information Service for Foreign Residents continues to provide advice on all matters including Swine Flu from Mon-Fri (9:00 ~ 17:45)

Osaka Information Service for Foreign Residents  
(Mon~Fri, not open on weekends and national holidays)  
Tel (direct line) 06 6941 2297 (Hours 9:00 ~ 17:45)  
Languages : English, Chinese, Korean, Portuguese, Spanish,  
Vietnamese, Filipino, Thai, Japanese

#### H1N1 Influenza (Swine Flu) Information

Symptoms include sore throat, runny nose, sneezing, coughing, as well as high temperature, chills, stiffness, joint pain etc. This strain of influenza is highly infectious, however many of the people who have contracted it have only had a mild case, and recovered well. Standard flu medicine has been seen to be effective in curing illness, and the strain has been confirmed as sharing many similarities with the normal seasonal influenza virus.

### 【Protection against infection】

- Etiquette when coughing
  - We ask all those coughing and sneezing to wear a mask.
  - Try to maintain a distance of 2 metres or more from those coughing and sneezing. Airborne droplets from coughs and sneezes can travel up to 2 metres.
  - Those without a mask, please be sure to cover your mouth and nose with a tissue or handkerchief.
  - Throw all used tissues away. Wash hands after sneezing or coughing.
- On returning home:
- Be sure to gargle and wash your hands.

### 【If you start to show symptoms】

If you start to show symptoms such as a high temperature, sore throat, coughing etc, first of all call the Fever Consultation Centre. In order to prevent the spread of the infection please do not go straight to hospital.

Osaka Prefecture Fever Consultation Centre (open every day of the week)

- Advice in Japanese  
Tel : 06 6944 6791 (24 hour advice service)
- Advice in foreign languages  
Tel : 06 6943 8530 (9:00 ~ 17:45)  
Languages : English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino, Thai, Japanese
- Further Information
- Osaka Prefectural Government Homepage  
<http://www.pref.osaka.jp/chiiki/kenkou/influ/foreignlang.pdf>
- Ministry of Health, Labour, and Welfare Homepage  
[http://www.mhlw.go.jp/english/topics/influenza\\_a/index.html](http://www.mhlw.go.jp/english/topics/influenza_a/index.html)

### 【02】 Notices

Careers Information Day for Foreign Students (Friday June 26th)

OFIX works to support international students in seeking work in Osaka after graduation and to provide them with opportunities to meet and talk with prospective employers in the region.

Eligible to attend :

Foreign students due to graduate in spring 2010 and wishing to work for a company in Japan

Those companies (foreign companies included) seeking to employ foreign students.

Schedule:

Company Booths (around 30 companies will have their own booths)

Individual Consultation Corners (career counseling, status of residence counseling)

Seminars (changing visa status, advice on job hunting etc)

Date/Time: Fri 26th June 2009, 13:00 ~ 17:30

Venue: Umeda Crystal Hall, (Umeda Centre Building B1F)

Admission Free

Further Details: OFIX (TEL 06-6966-2400)

Email: [info@ofix.or.jp](mailto:info@ofix.or.jp)

Homepage (including map):

<http://www.ofix.or.jp/english/shien/index2.html>

\*\*\* We look forward to seeing you there \*\*\*

## Free Information and Advice Day for Foreign Residents

Free information and counseling services will be offered to foreign residents at International House, Osaka to help with difficulties experienced in everyday life, and offer advice on how to live comfortably in Osaka. Specialist advice will be available regarding many common difficulties experienced by foreign residents such as legal advice, visa issues, work, insurance, and child-rearing. Volunteers will provide interpretation in 9 languages, and all advice is offered free of charge. Please tell your foreign friends about it.

Date/Time: Sunday 7th June 2009, 11:00 ~ 17:00

(Reception will close at 16:30)

Venue: 2nd Floor Meeting Room, International House, Osaka

Admission Free

Languages available: English, Chinese, Korean, Spanish, Portuguese, Indonesian, Thai, Filipino, and Vietnamese

Further Details: OFIX, Tel: TEL 06-6966-2400

Homepage (including map) :

<http://www.ofix.or.jp/english/news.html#information>

### 【03】Osaka International Club News

#### OFIX Scholarship Student Gathering

On Tuesday 28th April, two new OFIX scholarship students paid a courtesy visit to the Osaka Prefectural Government. During the afternoon they were joined by existing scholarship students for a visit to the Shinsekai area of Osaka. One of the students, Heyun Shen from China wrote to us with a report about the visit.

For article and photo click here:

<http://www.ofix.or.jp/english/club/shin.pdf>

### 【04】2008-2009 NPO Activity Grant Support Programme Reports

Every year OFIX supports NPO activity through its grant support programme. The aim being to promote the internationalization of Osaka.

International Exchange via Web Radio

Takatsuki Broadcast Agency

Shitennouji Wasso

Shitennouji Wasso Culture Association

For further details of the activities click here :

[http://www.ofix.or.jp/english/mail/backnumber/mail\\_english\\_no10.pdf](http://www.ofix.or.jp/english/mail/backnumber/mail_english_no10.pdf)

### 【05】International Student Hall News

Exchange Party for international students and local residents

On Saturday 9th May an exchange party for international students and local residents was held at the Sakai International Hall (Orion International House), which OFIX runs.

For further details and photo click here:

【06】 OFIX Coordinator for International Relations Report

Getting Hitched!!

Hi everyone, Richard here again!

In June I will be making a brief trip back to the UK to attend a good friend's wedding. So with my mind on that I thought that this month I'd write a little bit about weddings in the UK and Japan. In the UK a traditional wedding is much as you see in the movies. It will take place at a church, with the bride in a beautiful white wedding dress and the groom in a stylish wedding tux. The bride is walked down the aisle by her father, and there follows a ceremony at which the bride and groom exchange wedding vows, and the wedding rings are handed over by the Best Man.

The ceremony is followed by a reception and party usually at a nearby hotel or event hall. These are always fun affairs, with lots of food, alcohol, and more often than not a dance floor and even a live band! Evening events will go on long into the night, and the following day many couples will head straight off for their honeymoon. Of course in the UK there are people of all faiths, and for each one the style of the wedding ceremony and party will be slightly different. Obviously people of no religious denomination get married too. These people will tend to have a ceremony at a registry office, and follow this up with a reception and party. Another point of interest is that a few years ago, gay marriage was made legal in the UK. Although some people were against this the majority of British people have been happy to accept it (myself included!)

A traditional Japanese wedding will take place at a temple with the bride and groom in full traditional dress. After the ceremony there will be a reception and meal. This is a very formal affair, at which the guests of honour are the managers of the bride and grooms respective companies! The bosses even make speeches during the reception. In the UK you may well ask co-workers to the party, but they certainly wouldn't give speeches! In the UK this honour goes to family and close friends. I am always amazed when I go to Japanese wedding receptions to find the bride and grooms' parents sitting at the back rather than at the front with their children. Although Japanese weddings feel very formal, as soon as people start drinking the atmosphere changes and things get much more relaxed!

These days however many couples in Japan will choose a white wedding over the traditional temple wedding. I always find it amusing that despite the couple not being Christian these are held in mock-up chapels, replete with crosses, organ, choir, and priest. In fact, since this is all for purely aesthetic rather than religious reasons, the priest is more often than not a foreigner acting the part for a few thousand yen! Oh, and the aisle is called the "Virgin Road" in Japan. A reminder of purer times perhaps!

Which ever way a wedding is celebrated one thing remains the same. It is a joyous occasion, and always a pleasure to be invited!

For photo click here:

[http://www.ofix.or.jp/english/mail/backnumber/mail\\_english\\_no10.pdf](http://www.ofix.or.jp/english/mail/backnumber/mail_english_no10.pdf)

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Information for foreign residents in Osaka  
<http://www.ofix.or.jp/english/life/index.html>  
Event Calendar (Japanese only)  
<http://www.ofix.or.jp/cgi-bin/calender.cgi>  
Seeking residents for the Orion International Hall  
<http://www.ofix.or.jp/english/shien/index.html>  
Seeking New OFIX Supporting Members  
[http://www.ofix.or.jp/english/ofix/index3\\_1.html](http://www.ofix.or.jp/english/ofix/index3_1.html)  
The Japan Times now available to read at OFIX Plaza.  
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Comments/Suggestions: [info@ofix.or.jp](mailto:info@ofix.or.jp)  
Please send Osaka International Club reports to the following  
address:  
[clubnews@ofix.or.jp](mailto:clubnews@ofix.or.jp)  
To cancel your registration or change your registered email  
address  
<http://www.ofix.or.jp/english/mail/index.html>  
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Back Numbers  
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