

Farewell Ning! さよならネイさん！

This month those of us in the International and Domestic Relations Section find ourselves bidding farewell to a dear colleague, Obihiro City's Coordinator for International Relations from China, Ms. Ning Wenyang. Ning was kind enough to allow us to interview her before leaving.

this area because it's home to amazing moor hot springs, delicious sweets, and many people who supported me with warmth and kindness. When my friend asked me for suggestions on where to visit in Japan, I responded that they should visit Hokkaido and Obihiro.

Obihiro Pioneer: Thank you for giving us the time to interview you Ning. You must be very busy getting ready to head back to China. Is there anything you're looking forward to about going home? And is there anything you think you will miss about Obihiro?



Ning: I'm really looking forward to meeting my friends and family in China again soon. Before going home though, I felt that it would be nice to meet all the

Ning (left) with her friends during her time studying in Joetsu University of Education before coming to Obihiro

people who had supported me since I came to Japan, so last month I planned a "reminiscence trip" to 7 cities in 5 different prefectures to meet everyone. It was a great experience, looking back on all those memories and making new ones too. To love and be loved by others is something really special I think.

As for Obihiro specifically, I think I will miss the scenery and seasons of Obihiro. The spring and summer gardens, the autumn leaves, the snowy scenery, it can't be accurately captured in pictures. You have to experience it in person to really understand the beauty of the area. As well as that, I love

Obihiro Pioneer: Is that right? Thank you for being such a great ambassador for Obihiro! In your interview with Obihiro Pioneer after you first arrived, you said that you'd like to ski more while living in Obihiro. Did you manage to?

Ning: You remembered that quite well! Unfortunately I didn't even get to go even once. Since I don't have a driving license, I rode my bicycle most of the year and had to walk during winter. When my friend visited me in Obihiro, we made plans to go, but unfortunately

Continued on Page 3

Contents:

Farewell Ning! **1, 3**

2019 Novel
Coronavirus
Prevention **2**

Events **2, 4**

Movie
Schedule **4**



Farewell Ning! (pg 1, 3)



2019 Novel
Coronavirus
Prevention (pg 2)



Events (pg 2, 4)



Movies (pg 4)

2019 Novel Coronavirus Prevention 新型コロナウイルス感染防止

With the 2019 novel coronavirus spreading throughout Japan, we'd like to give you a few tips on how to help keep yourself and others around you safe during this time.

● Wash your hands thoroughly

The virus is currently understood to be spread through two main methods, droplet contagion (spread of the virus via the coughing etc. of an infected person) and contact contagion (particles of virus on an object are picked up by another person when touching the object, and are then infected when touching mouth/nose/eye area). This means that currently, making sure your hands are properly clean is the best method of prevention we have for the coronavirus. When washing your hands, use plenty of soap and build up a good lather. Make sure to get every part of your hand, including in between your fingers, the folds of skin in your palms, your fingertips and nails and your wrists as well. Afterwards make sure to dry your hands thoroughly with a towel. Using an alcohol-based hand wash afterwards is also recommended.

● Try not to touch your face

Even after washing your hands, there is still a chance that the virus may be on them. To prevent any remaining particles from getting into your system, try not to touch your eyes, nose and mouth.

● Don't take unnecessary trips

According to Tohoku Medical and Pharmaceutical University, the virus' incubation period is approximately 2-12.5 days. During this time you may not display any symptoms but may still be contagious. Because of this it is advised that even if you feel okay do not take any unnecessary trips to help limit the spread of the virus.

● Safely dispose of any infectious material

If you are feeling unwell, it would be best to wear a mask, particularly if you feel the need to cough. While wearing the mask, make sure it covers your nose and mouth fully, and once you have put it on do not touch it. Do not re-use masks, and make sure to safely dispose of any masks or tissues used immediately after use. Immediately after removing the mask or blowing your nose etc. please wash your hands.

● Contact health professionals if you are feeling unwell

If you display any cold or flu symptoms, do not go to school, work or any other public gathering spots. Measure and record your temperature twice daily, once in the morning and once in the evening. If you have had a fever over 37.5°C and/or flu-like symptoms for over 4 days (2 days for the elderly and those with a pre-existing medical condition), please present yourself at a Coronavirus Consultation Center. When doing so, please wear a mask, and do not use public transport to travel there. A list of consultation centers can be found at https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/kenkou_iryou/covid19-kikokusyasessyokusya.html (Page is in Japanese)

● Do your research

There is currently a lot of misinformation spreading about coronavirus, and it can be very easy to get confused by conflicting information. It is important to make sure that your information is coming from qualified health professionals and government sources.

The sources used for this article are from Tohoku Medical and Pharmaceutical University, the Hokkaido Foreign Resident Support Center, the Ministry of Health Labour and Welfare, the Hokkaido Government and the Council of Local Authorities for International Relations.

Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
	<p>In order to prevent the spread of the 2019 novel coronavirus, <u>we have decided to cancel or postpone the events planned for the month of March at TIRC.</u></p> <p>The planned changes are as follows:</p> <p>Cancelled events:</p> <ul style="list-style-type: none">● International Talk: Farewell CIR Ning (Mar 7th)● International Mini Volleyball Night (Mar 11th)● Japanese Conversation and Learning Table (Mar 14th, 28th) <p>Postponed events (Date TBD):</p> <ul style="list-style-type: none">● Kids Playground: Ireland (Mar 14th)	<p>Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiko.hokkaido.jp</p>

Farewell Ning! さよならネイさん！

Continued from Page 1

That, combined with the fact that I can't ski all that well meant that ultimately we decided not to go.

Obihiro Pioneer: *That's really unfortunate. Hopefully at some point in the future you'll have a chance to go skiing again. Speaking of the future, do you have any plans for after you leave Obihiro?*

Ning: When I get home I'd like to get my driving license. Although public transport is pretty convenient in my hometown of Shenyang, I think it would be useful for finding employment and going on trips. After I find a



Ning (second from left) experiencing local ethnic Ainu culture

job, I most likely won't have much time to go to a driving school, except maybe on the weekend, which is far too valuable to spend at a driving school!

After I get my license, I think I'd like to travel around to meet my friends in various parts of China. I'm hoping that that would also be a great opportunity to learn about the regional cultures of other parts of China, and find a place I'd like to work. If possible, I'd like to find a job in the future that would allow me to work both in China and Japan, and to maintain my level of Japanese.

Obihiro Pioneer: *You've put a lot of thought into that plan! On a slightly different topic, is there any advice you'd like to give to your successor?*

Ning: Above all else, I think you should allow yourself time to get used to the job. If you don't understand something, it's better to simply say "I don't understand". Because you're a newcomer, you'll have to put in a lot more effort at the beginning. Many of the methods that other people use might not work for you, so it would be good to get a lot of advice,

then organize your work and figure out a method that works for you. Soon you'll become able to work without disturbing others, and that's when you'll be able to start really enjoying your work.

Obihiro Pioneer: *That's some good advice! Finally, is there anything you'd like to say to the citizens of Obihiro and Tokachi?*

Ning: Everyone tends to hold some prejudices against foreign people. In this day and age where information is so readily available from media and on the internet, there's a lot of cases where we have to rely on our own personal judgement. There might be a lot of bad publicity about China or Chinese people in the news, but rather than accept that point of view, please try talking to a Chinese person in person or making a few Chinese friends that you get along with if you have the chance. This way I think you can get a better idea of foreign people to make your judgement on.

Thank you for your time Ning!

We wish you all the best in your future endeavors!

Movies At Cinema Taiyo, in Obihiro

(Nishi 3, Minami 11)
Tel: (0155) 20-1525

Times and movies are subject to change! (for space reasons not all movies are listed)
To confirm, call or check online at: http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml

	Title	Language	Dates
	Richard Jewell	Jpn Sub	Until 12 th
	Onward (2分の1の魔法/ <i>Ni bun no ichi no mahou</i>)	Jpn Dub	All Month
	Harley Quinn: Birds of Prey (ハーレイ・クインの華麗なる覚醒/ <i>Hārei Kuin no kareinaru kakusei</i>)	Jpn Sub	From 20 th
	Sonic the Hedgehog	TBD	From 27 th

Events Continued

Please be aware that these events may be cancelled as a result of the spread of the 2019 novel coronavirus. To find out if these events are still running, please contact the respective organizers.		
When	What	Where/Contact
3/15 (Sun) 10:00-11:00 14:00-15:00	Higashitaisetsu Nature Center Backyard Tour 自然館バックヤードツアー Tour the storage room of the Higashitaisetsu Nature Center. Tours are done twice a day. No reservation is required and participation is free!	Lake Nukabira, Kamishihoro 上士幌糠平 ひがし大雪自然館 01564-4-2323
3/27-4/3 (Fri-Fri)	Obihiro Forest Exhibition Caravan 帯広の森展示キャラバン Come see Obihiro Forest, which stretches 11km and covers 406.5 hectares, replicated in 1/1300 scale aerial photographs. Walk along the photographs and experience the forest like it were reality! You can also learn about the history of the forest, how it was created, and how to enjoy it via an educational panel at the exhibition.	Citizen's Hall, 1 st Floor, Obihiro City Hall 帯広市役所、1階市民ホール 帯広市みどりの課 0155-65-4186

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, Obihiro University International Center, Obihiro Tourism and Convention Center inside the Obihiro JR Station, Obihiro Public Library, Tokachi Plaza, Cinema Taiyo, Joy English Academy and online at www.city.obihiro.hokkaido.jp (click on "Information for Foreigners")

"Obihiro Pioneer" is a newsletter published monthly by the Obihiro International and Domestic Relations Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the International and Domestic Relations Section or the City of Obihiro. Questions? Tel (0155) 65-4133 or send e-mail to the Editing Team at international@city.obihiro.hokkaido.jp.