

Bringing you news from Kobe City every month

# KOBE

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Start off the new year staying active!



If you have any questions about ward office procedures, financial support for raising children, etc.

Call the Kobe International Community Center (KICC)!

☎ 078-742-8705 (11 languages)



↑ Tap here to visit the website!



Edited by: Kobe City International Division

## COVID-19 Vaccination Information

Vaccination vouchers (booster vaccine/3rd dose) are being mailed out

The vaccination vouchers for the booster vaccine will be mailed out about 8 months from the date you received your second dose in Kobe (people aged 18+).



Keep an eye out for the same blue envelope your 1st- and 2nd-dose vouchers came in, which will be labeled "Booster vaccination (3rd dose)" (or similar translation) to the upper right of your address.

### Mailing schedule

Recipient Category	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Healthcare workers		→						
Seniors			→	→	→	→		
Everyone else						→	→	→

### Booster vaccine types

The booster dose will be administered using the vaccines manufactured by Pfizer and Moderna. You can receive a vaccine from a different manufacturer than that of your 1st and 2nd doses.

### Vaccination venues & appointments

Vaccinations will be administered at hospitals and clinics, as well as government-run vaccination centers from early February.

Further details on venues and appointments will be posted soon.

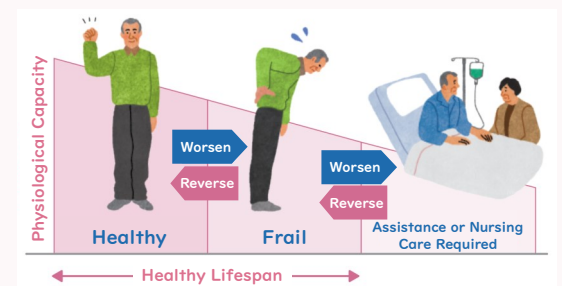
Tap the code on the right for the latest updates in multiple languages! →



## Prevent Frailty!

### What is frailty?

Frailty is a health state involving muscle weakness and cognitive decline during the process of aging, and it is the stage leading up to needing hospice care. It can happen to anyone, and especially to people over the age of 65. Frailty can be delayed, and even reversed, if measures are taken early.



### Do a simple self-assessment

If 1 or 2 of the following apply to you, you may be showing early signs of frailty. If 3 or more apply, you may have frailty syndrome.

- You've lost 2-3 kg (5-7 lbs) within 6 months
- You become tired more easily than before
- You have fewer outings and socialize less
- You have difficulty opening PET bottles
- You can't cross the street quickly enough before the light changes to red

### What should you do?

Staying active—enjoying hobbies, joining group activities, socializing with people, etc.—can make a big difference in preventing and reversing frailty.

Talk to your local Disabled and Senior Citizen's Welfare Center (あんしんすこやかセンター) for information on activities, support, and receiving official frailty assessments! (JP) →



## Preparing for a Disaster



### The Great Hanshin-Awaji Earthquake

On January 17, 1995 at 5:46 am, a large earthquake struck southern Hyogo Prefecture. Kobe's urban area was close to the epicenter and was heavily damaged, and 6,434 lives were lost. A vigil is held every year on January 17 in Higashi Yuenchi Park to remember the victims of the quake.

#### What should I do if an earthquake happens?

Be prepared. Be sure to read your Disaster Prevention Guide, make an evacuation plan, and pack an emergency kit. During an earthquake, **protect yourself (keep your body low, cover your head, and don't move)**. Then check the latest news and take refuge/evacuate.



Get the guide here! (JP) →

## One-Time Benefits for Households with Children

A one-time 100,000-yen lump-sum benefit is being given to qualifying households with children who have been affected by the pandemic.

**No application needed:** Already sent via wire transfer on Dec. 27 to child allowance depositing account

- ① Recipient of child allowance for Sep. 2021
- ② Recipient of child allowance for Oct. 2021 & child was born in Sep. 2021
- ③ Recipient of high school-aged\* childcare allowance for Oct. 2021

**Application required:** Application forms mailed to eligible people in mid-Jan. 2022

- ① Person who is only caring for a high school-aged child\*
- ② Civil servant who is caring for a high school-aged child\* or younger

\*Born between April 2, 2003—April 1, 2006.

**Inquiries (multilingual support available):**

☎ 078-277-3322 Weekdays  
8:45-17:45 (Closed 12/29~1/3)



Tap for more details! (JP) →

## Special Commuter Bus to Port Island



To ease the morning rush on the Portliner, there is a temporary commuter bus you can take instead that runs from Sannomiya to Port Island and Kobe Airport. (Show your normal Portliner commuter pass when boarding & getting off the bus.)

**Campaign period:** Jan. 11 - Feb. 25, 2022  
Weekdays 7:25 - 9:00 am (excluding holidays)

**Who can ride:** Anyone with a valid Portliner commuter pass (excluding student commuter passes)

**Bus stops:** Kobe Station south exit, Sannomiya Station (north side of Kobe Hankyu Dept. Store), Sannomiya Station, Shin-Kobe Station

(JP)



## Ibasho for Kids



At "kodomo no ibasho" (こどもの居場所), elementary and junior high school kids have a safe place to spend time (studying, playing, learning, etc.) after school and on weekends. These community-run places are great opportunities for them to make friends with kids from different age groups and interact with seniors and other members of the community.

#### What do *ibasho* do?

For example, at the Misora Children's Diner in Chuo Ward, local members of the community help tutor kids and give out bentos. There are 157 *ibashos* in Kobe. Tap here for details!



(JP/Automatic translation)

## Easy Recipes to Make at Home (Winter Edition)

Bring a special twist to home-cooked meals with these unique recipes that both kids and adults will love! The recipes are accompanied by easy to understand videos and also feature recipes developed by local chefs from bakery Comme Chinois, Chinese meat bun shop Roshoki, and other popular local restaurants in Kobe.



Tons of tasty-looking recipes! → (JP)



## Transformation of Kobe

### Renovation of Higashi Yuenchi Park

Higashi Yuenchi Park is expected to reopen in autumn 2022, featuring a café, restaurant, library, and other new changes that will facilitate new opportunities for learning and socialization among people of all ages.



### New Children's Library

Set to open in spring 2022, the KOBE Children's Book Forest was designed by famous architect Tadao Ando, who "wanted children to read all kinds of books, nurture their sense of empathy, and develop their creative abilities". The library will contain 25,000 books for children, and also provide space for kids to enjoy reading both inside the library and outside on the grass.