

Genkainada (the sea of Genkai)



Sorted garbage collection: First Sunday of every month

- A01 Event space in front of Koga City Commerce and Industry Building
- A02 Koga Kita-ku Community Center
- A03 Shioiri Park
- A04 Koga Minami-ku Community Center
- A05 Kazurugahama Park Parking Lot
- A06 Higashigaoka Park 2
- A07 Nakagawa-ku Community Center
- A08 Nishihama Park 1
- A09 Seaside Palace Phoenix Koga
- A10 Gonsen Park
- A11 Shishibuyama Park Parking Lot
- A12 Promenade nearby 1-6-5 Miake
- A13 Harima Park
- A14 5-Kumi former non-flammable garbage area
- A15 2-Kumi former non-flammable garbage area
- A16 Hama Park
- A17 Within the walkway nearby Daikongawa River
- A18 Horikawa Park
- A19 Gonotsubo Park
- A20 Koga Highashi-ku Community Center
- A21 Kazurugaoka 1-chome Community Center
- A22 Adjacent to the assembly hall
- A23 Adjacent to Building 12
- A24 Kazurugaoka 2-chome-3-ku Community Center
- A25 Kazuru Park 4
- A26 Within Kazurugaoka 3-Chome Footoath

Sorted garbage collection: Second Sunday of every month

- B01 In front of Mainosato Internist Clinic
- B02 Nearby Chidorigaika Park Parking Lot 2
- B03 Yayoi Daichi Park
- B04 Chidori Minami-ku Community Center
- B05 Empire mansion
- B06 Higashi Hamayama Danchi
- B07 Garbage area adjacent to Building 15
- B08 Garbage area adjacent to Building 6
- B09 Muta Park
- B10 Kitagaura Park
- B11 Adjacent to Tenzaki Park
- B12 Satani Park
- B13 Kurosusuki Park
- B14 Morinoma Park

Sorted garbage collection: Third Sunday of every month

- C01 Garbage collection point within JGM Chidori Town Court
- C02 Adjacent to Employment Promotion Housing Building 3
- C03 Asahi-machi Ground(1-5 Hanami Minami)
- C04 Hanami Minami-ku Community Center
- C05 Hanami Nishi-machi Park
- C06 Green-en Park 2
- C07 Vacant land adjacent to Ruheheim Anshin
- C08 Hanamidai Park
- C09 Nearby the remains of the Nishitesu line (7-8 Hanami Higashi)
- C10 Higashi-hanami III Park
- C11 G Town Hanami Park
- C12 Orient Heights
- C13 Nearby the parking lot adjacent to Chaireir Chidori
- C14 Sunshine Chidori
- C15 Casa del Viento Pienaar
- C16 In front of MJR Chidori / Earther Chidori Ekimae
- C17 Lofty Chidori
- C18 Renaissance 21
- C19 Nearby Shiei Hanami Danchi Building 1
- C20 West side of Hanami Higashi Matsubayashi Park
- C21 Adjacent to the parking lot (2-6 Hanami Higashi)
- C22 Akenohoshi Kindergarten Parking Lot
- C23 Higashi-hanami Park
- C24 Vacant land nearby Drugstore Cosmos
- C25 Hanami-en Children's park
- C26 Green Hill Chidori

Sorted garbage collection: Fourth Sunday of every month

- D01 Shinbaru-ku Community Center
- D02 Imazaik-ku Community Center
- D03 Idesuchi Park 2
- D04 Machikawabaru 1-ku Community Center
- D05 Adjacent to Shiei Hirata Danchi Building A
- D06 Children's play area adjacent to Hibarigaoka Assembly Hall
- D07 Aoyagi-ku Community Center
- D08 Nearby Bara House
- D09 Dounoura Park
- D10 Vacant Land Nearby Chikuzen Zoki
- D11 Open Area Nearby Kiyotaki Bridge
- D12 Komono-ku Community Center
- D13 Adjacent to fire cistern (nearby Mugitabashi Bridge)
- D14 Kaminetabi Community Center
- D15 Netabi Children's Center
- D16 In front of Shimonetabi Community Center
- D17 Gionda Park
- D18 Within Shiei Hayashida Danchi
- D19 Adjacent to Netabi Fire Brigade Station
- D20 Muro Park (Open space adjacent to the community center)
- D21 Yakuouji-ku Community Center
- D22 Vacant land adjacent to Matsuzoe Park
- D23 Kishizoe Park
- D24 Open space adjacent to Taniyama-ku Community Center

You can find the sorted garbage collection locations on your smartphone or computer. Please use this QR code.

	Name of Hospital	Telephone	Address	Location
General Hospital	National Hospital Organization Fukuoka East Medical Center	092-943-2331	1-1-1 Chidori	Left A-2
Pediatrics	Otsuka Pediatric and Allergy Clinic	092-941-1700	3-15-17 Mainosato	Center A-2
	Kodemari Pediatric Clinic	092-410-5655	2-2-12 Imanosho	Right B-1
Internist	Oiwa Surgery and Gastroenterology Clinic	092-942-6231	2-1-5 Hanami Higashi	Right A-1
	Takeichi Clinic	092-943-1155	3-8-14 Mainosato	Center A-2
	Tsutsumi Clinic	092-944-2230	821-1 Aoyagi	Upper C-2
	Nakayama Internist and Gastroenterology Clinic	092-943-8831	3-7-27 Tenjin	Lower A-1
	Yano Cardiology and Internist Clinic	092-944-2380	2-4-14 Imanosho	Right B-1
	Koga Onaka Ponpon Internist Clinic	092-944-0005	203 Misato	Center A-2
	Mainosato Internist Clinic	092-944-2626	6-11-24 Chidori	Upper A-2
	Koga Central Hospital	092-944-1551	1-13-30 Tenjin	Upper B-1
Surgery	Oiwa Surgery and Gastroenterology Clinic	092-942-6231	2-1-5 Hanami Higashi	Right A-1
Orthopedics	Kai Orthopedic Surgery Clinic	092-943-2411	1-10-28 Imanosho	Upper B-2
	Kameyama Orthopedic Surgery Clinic	092-944-2112	1-25-6 Tenjin	Center B-1
	Koga Central Hospital	092-944-1551	1-13-30 Tenjin	Upper B-1
Neurosurgery	Ueda Neurosurgery Clinic	092-943-2220	1095-1 Kubo	Lower A-2
Ophthalmology	Endo Ophthalmology Clinic	092-943-0440	3-17-2 Mainosato	Center A-2
	Hanami Ophthalmology Clinic	092-944-2461	1-3-1 Hanami Higashi	Right A-1
	Hayashi Eye Hospital Koga Clinic	092-944-2050	1-6-2 Kazurugaoka	Upper B-2
Otorhinolaryngology	Hidaka Otorhinolaryngology Clinic	092-942-3281	5-3-2 Tenjin	Upper B-1
Cardiology	Yano Cardiology and Internist Clinic	092-944-2380	2-4-14 Imanosho	Right B-1
	Koga Onaka Ponpon Internist Clinic	092-944-0005	203 Misato	Center A-2
	Mainosato Internist Clinic	092-944-2626	6-11-24 Chidori	Upper A-2
Pulmonology	Mainosato Internist Clinic	092-944-2626	6-11-24 Chidori	Upper A-2
Gastroenterology	Oiwa Surgery and Gastroenterology Clinic	092-942-6231	2-1-5 Hanami Higashi	Right A-1
	Kai Surgical and Gastroenterology Clinic	092-940-1620	2-14-7 Ekihigashi	Left B-2
	Nakayama Internist and Gastroenterology Clinic	092-943-8831	3-7-27 Tenjin	Lower A-1
	Koga Onaka Ponpon Internist Clinic	092-944-0005	203 Misato	Center A-2
	Mainosato Internist Clinic	092-944-2626	6-11-24 Chidori	Upper A-2
Urology	Kano Clinic	092-944-1212	1-2-15 Hanami Minami	Right A-1
Gynecology	Ishida Ladies Clinic	0940-35-8080	2-10-17 Yuminosato, Fukutsu	Upper A-2
Dermatology	Tsutsumi Clinic	092-944-2230	821-1 Aoyagi	Upper C-2
	Yashima Dermatology Clinic	092-944-6380	2-1-2 Tenjin	Upper B-1
Psychosomatic medicine and psychiatry	Fukuoka Megumi Hospital	092-942-6181	482 Shishibu	Lower B-1
Dentistry and oral surgery	Ikeura Dental Clinic	092-942-3202	5-6-11 Tenjin	Upper B-1
	Uetani Dental Clinic	092-940-2626	5-1870-22 Chidori	Left A-2
	Uryu Dental Clinic	092-941-6480	5-1-7 Chuo	Right A-1
	Kato Dental Clinic	092-942-2401	1-8-10 Tenjin	Upper B-1
	Kanegae Dental Clinic	092-943-6100	3-4-6-2F Mainosato	A-2 Center
	Koga Kokoro Dental Clinic	092-940-0231	SunLive Koga 2F 2-5-1 Tenjin	Lower A-1
	Koga Tenjin Shika Clinic, Egao Kodomo Dental Clinic	092-942-7000	1-3-1 Tenjin	Upper B-1
	Kohama Dental Clinic	092-944-0888	1-2-15 Chuo	Right B-1
	Sakai Dental Clinic	092-943-0699	2-28-7 Hanami Minami	Center A-1
	Nozoe Dental Clinic	092-405-6748	1-12-21 Miake	Center B-1
	Hana Dental Clinic	092-942-0026	1-10-15 Hanami Higashi	Right A-1
	Hayashi Dental Clinic	092-410-3158	JF Plaza101 3-21-40 Hyoshi	Left B-1
	Hidaka Dental Clinic	092-944-4156	5-3-2 Tenjin	Upper B-1
	Masayoshi Dental Clinic	092-943-6464	1-1-32 Shinkubo	Upper B-2
	Morita Dental Clinic, Oral Surgery	092-940-7108	3-11-12 Chuo	Lower A-1
	Yu Shika Kodomo Dental Clinic	092-609-9982	Casa de Pinar1F 7-14-57 Hanami Higashi	Upper A-2
	Kirara Dental Clinic	092-942-0898	3-15-20 Mainosato	Center A-2

# Disaster Prevention and Evacuation



## ◆Disaster Prevention

Japan is a country with many natural disasters such as earthquakes and wind and flood damage. It is important to protect yourself by being prepared for disasters on a daily basis. During a disaster, you will face many problems and things you cannot do by yourself compared to normal times. That is why you should talk to and get to know your neighbors and colleagues regularly so that you can help each other in case of emergency.

◆A disaster is a dangerous situation caused by an earthquake, typhoon, or heavy rain.

## ◆Wind and Flood Damage

Wind and flood damage occurs in Japan from June to October. Heavy rain and typhoons will be forecast, so it is essential to check social media and the city's website and prepare in advance.

Please do not go near rivers as persistent heavy rain can cause rivers to flood. Also, the ground can become loose, which causes landslides, so please do not go near mountains, cliffs, and valleys.



Inside a shelter

## ◆Designated Emergency Shelters

- This is a place where you evacuate to immediately in order to protect lives from disaster temporarily.
- There are cases where community centers and private facilities are used as shelters. (In the case of typhoons or heavy rain, typically, the designated shelters listed below will open first.)

## ◆Designated Shelters

- A nearby elementary school gymnasium will be assigned as a designated shelter.
- They are opened when evacuation has become necessary, and residents will be notified on the city's website and through Disaster Prevention Mail.
- There is food and a place to sleep, but typically you bring what you need.
- You can stay at the shelter temporarily until the disaster has subsided. Those who cannot return home due to the disaster may also temporarily stay at the shelter.



Call 119 if you are ill, injured, or there is a fire.  
Call 110 when there has been an incident or accident.

## ◆Seismic Intensity (earthquake size)

Seismic Intensity 1	A small earthquake. Many people do not notice the shaking.
Seismic Intensity 2	A small earthquake. People who are in their homes, and people who are sleeping will notice the earthquake.
Seismic Intensity 3	A large earthquake. People who are in their homes will notice the earthquake. Some people will be afraid.
Seismic Intensity 4	A large earthquake. Furniture will shake significantly. People who are sleeping will wake up. Some people will be scared and take cover.
Seismic Intensity 5 - lower	A huge earthquake. Many people will be frightened. You will feel the need to hold on to something or take cover under a desk. Some people will not be able to move. *"Lower" does not mean the shaking is weak.
Seismic Intensity 5 - upper	A huge earthquake. Everyone will be afraid. It is difficult to stand or walk.
Seismic Intensity 6 - lower	A huge earthquake. It is difficult to stand. *"Lower" does not mean the shaking is weak.
Seismic Intensity 6 - upper	A huge earthquake. You will not be able to stand. You can only move by crawling.
Seismic Intensity 7	A huge earthquake. You will not be able to move.

\*From the Disaster Prevention Manual, Fire and Disaster Management Agency, Ministry of Internal Affairs and Communications

## ◆Emergency Supplies

You bring A and B with you when you evacuate. A is to be kept in a backpack on a daily basis. When evacuating, you bring A along with B.



\*For illustrative purposes only.

## ◆What to Do Before a Disaster Occurs

- Check on the hazard map whether your apartment or house is safe.
- If your house or apartment is not safe, decide on a place to evacuate.
- With friends and family, decide on a place to evacuate and how to communicate.
- Secure the inside of your house or apartment.
- Secure furniture so that it will not fall. Do not place objects near entrances.
- Prepare items that will be necessary when you evacuate (emergency supplies).
- Check where shelters are (evacuation location), and make sure you can go there.

◆Koga City Hazard Map



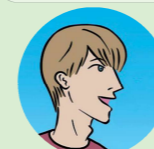
## ◆Warning Level in Case of Heavy Rain or Typhoon

Warning level	What you need to do
1	There may be heavy rain. Please check the news on the TV and internet.
2	Please prepare to evacuate. Check the safe areas on the Koga City hazard map.
3	Elderly people and pregnant women, please evacuate.
4	Everyone please evacuate to a safe place.
5	It is dangerous. It is life-threatening. Please take action to protect your life.



Nguyệt from Vietnam

The other day I was asked by the teacher at my Japanese class "When a big typhoon comes, where do you evacuate to?" . . . Where do you evacuate to? I didn't know what to say, so my teacher told me. I evacuate to an elementary school! After that, I also found out about what to bring when I evacuate. With this, I felt a little reassured.

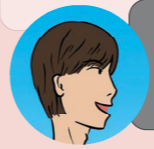


So that you do not panic when a big typhoon comes, it is important to be prepared on a daily basis. First, let's check where the nearby shelters are. Next, it is good to put your emergency supplies in a backpack and keep this by the entrance to your home so that you can evacuate at any time.

Tu and Phuong from Vietnam

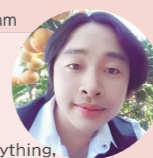


There are many hospitals in Japan. There are also many hospitals in my country. My body was recently very itchy, and I spoke with a Japanese friend about what I should do. My friend looked at my arm and told me, "You should get that seen at a hifuka." (Hifukua = Dermatologist) "Hifuka?" I looked confused, so my friend told me all about hospitals. In Japan, when you have a cold, you go to the internist, when you have a toothache, you go to the dentist, and when you have issues with your nose, you go to the otorhinolaryngologist. The hospital you go to depends on your symptoms!



Yes, that's true. In Japan, the hospital you go to depends on what symptoms you have. That is why we have many different hospitals in the city. When you don't feel well, look at this leaflet and check the hospital that corresponds to your symptoms before getting an examination.

Thao from Vietnam



When I didn't feel well, I didn't know what to do, so I decided to stick it out for the time being. There are many things I don't understand about hospitals. Where are the hospitals? How do you get an examination? I cannot communicate my symptoms clearly, and more than anything, I was worried about how much it would cost. Luckily, I felt better from the next day.



It must have been hard to endure, even though you did not feel well. Hospital costs are also a concern. In Japan, you pay part of the costs related to medical examinations. The share of the medical costs you bear ranges from 0% to 30%. The share of the costs depends on your age and living conditions.

However, you have to have health insurance or be enrolled in National Health Insurance, and bring your health insurance card. Also, for children, there are subsidies for medical expenses, and in this case you need to bring your medical insurance card. When having a medical examination at a hospital, if you do not have your health insurance card or medical insurance card, you will have to pay the full amount, so don't forget to bring it with you.



←Koga City Website Regarding Children's Medical Fees

# Hospitals

In Japan, there are many different types of hospitals.

In Japan, there are many types of hospitals, including internists, dentists, and pediatrics. So when you want to receive a medical examination, you need to choose the hospital depending on your symptoms.

Also, some hospitals require an appointment or a referral letter when receiving a medical examination, so please check before going.

To be seen, you will need a health insurance card. If you do not have a health insurance card, you will have to bear 100% of the medical costs so remember to bring it with you. When prescribed medicine at a hospital, you do not collect it at the hospital but a pharmacy close to the hospital.



## Where is giving you trouble?

Part	Symptoms	Type of Hospital	Map icons
Mainly the entire body	Any disease or ill health ★Go when recommended by other hospitals ★Non-urgent matters	General Hospital	
	Medical treatment for children Vaccinations Health checks for young children	Pediatrics	
Head, Entire body	Headaches · Cold symptoms Fever · Nausea, sickness	Internist	
Mainly the entire body	Injury Bruising	Surgery	
Neck, Shoulders, Back, Waist, Joints	Pain in neck or shoulders · Bruising Pain in hands or joints Lower back pain · Back pain	Orthopedics	
Face, Hands and feet	Facial paralysis Numbness in hands and feet	Neurology Neurosurgery	
Eyes	Eye pain Eye discharge	Ophthalmology	
Throat, Nose, Ear	Sore throat, cough, lots of phlegm Runny nose, pain in the back of the nose Difficulty hearing · Dizziness · Hay fever	Otorhinolaryngology	
Chest	Palpitations, irregular pulse Chest pain High blood pressure	Cardiology	
Lungs	Shortness of breath, difficulty breathing	Pulmonology	
Abdomen	Heartburn, nausea, sickness · Diarrhea Pain around the solar plexus, abdominal pain · Constipation	Gastroenterology	
Urinary organ	Blood urine, frequent urination Painful urination, difficulty urinating	Urology	
Lower abdomen (women)	A lot of discharge · Irregular periods Swelling of the lower abdomen Matters related to pregnancy and giving birth	Gynecology	
Skin	Hives, allergies Burns · Insect bites	Dermatology	
Oral	Cavities, oral or tooth pain	Dental Oral surgery	
Mental health	Difficulty sleeping, persistent irritation Forgetfulness, cognitive issues	Psychosomatic medicine, Psychiatry	

Koga City Living Information Leaflet for Foreign Residents

## Kogatomo

Chapter 3: Emergency Information

Issued February 2021

Issued by Koga City Hall International Exchange and Multiculturalism Office,  
Community Development Division,  
General Administration Department  
Telephone: 092-942-1165 Email: kokusai@city.koga.fukuoka.jp

Translated by TwoBloom Co., Ltd.  
Designed by Ryuichi Sakazaki Office  
Illustration by Taichi Sato

Everyone who assisted in creating this leaflet.

- Fukuoka Kenritsu Genkai High School International Culture Course 1st year students
- Created the icons for the types of hospitals

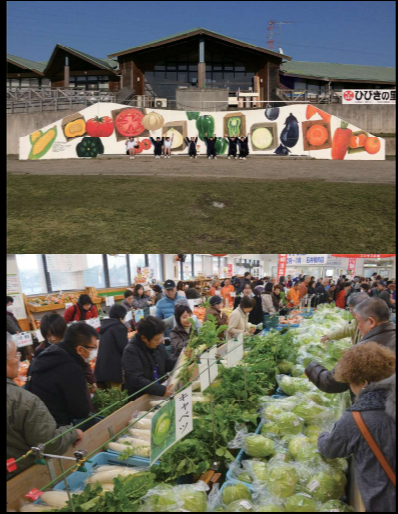
We give our sincere thanks for your cooperation.



# Kogatomo

Koga City Living Information Leaflet for Foreign Residents

## Chapter 3: Emergency Information



**1 Nanohana Festival**  
There are wide open canola flower fields in Mushirouchi District. Every year in early March, the Nanohana Festival is held and is visited by many tourists. The festival is packed with people from inside and outside the city. At the festival venue agricultural products are sold, and hands-on events are held. Feel the refreshing spring breeze while enjoying the blue sky and the fields of yellow flowers! [Location 1 Upper B-2]

**2 Dondo - Yaki**  
"Dondo - Yaki" is held in early January every year at Koga Junior High School. "Dondo - Yaki" is an event where we wish for health and a good harvest for the year. This is done by bringing New Years' decorations such as kadomatsu and shimekazari and burning them with bamboo assembled at the center of the venue. People watching erupt into cheers at the intense burning flames. [Location 2 Upper B-2]

**3 Saturday Night Market**  
Every year in late July, the Saturday Night Market is held at the Koga Station Shopping Street. It is right at the start of the summer holidays, so many families come. Many food stalls are set up in front of the station, and there are events with singing and dancing. [Location 3 Upper B-1]

**4 Koga City Nursery Rhyme Festival**  
Every year in late February, the "Koga City Nursery Rhyme Festival" is held in the Large Hall of Leapass Plaza Koga. At the festival, you can listen to the songs of kindergarten, preschool, elementary school, and junior high school children. Also, there are musical performances and dancing from the members of the city music club. There are nursery rhymes that show affection for our hometown and those that wish for children's healthy development.

**5 Cosmos Plaza**  
Cosmos Plaza is the farmers market operated by local farmers and vendors at the Cosmos Hall within Koga Green Park. With seasonal vegetables and local products from Koga are on offer, it is bustling with shoppers. Items sold include agricultural products such as rice, vegetables, fruit, flowers, processed goods such as miso, soy sauce, dressings, as well as meat and fish. [Location 5 Center C-2]

**6 Koga Green Park**  
A lush park in Aoyagi-machi established under the theme of nature and health. There are various facilities such as a multipurpose area equipped with lighting, a skatepark, Cosmos-kan, where local vegetables and specialties are sold directly. There is also CrossPal Koga, which has a gym and a pool, and welfare facilities Rin, and Himart Dongurinomori. At the picnic area, there are flowering trees of all seasons, including cheery blossoms and lawns. You can enjoy playground equipment as well as picnics and barbecues (from April to October, reservation necessary). [Location 6 Upper C-2]

**7 Yakuouji Mizube Park**  
Mizube Park is a park abundant in nature located in Yakuouji. You can get acquainted with the greenery and water while surrounded by mountains, trees, and the chirping of wild birds. You can enjoy the water safely, take a roughly 1km walk around the pond, and there is a stream that draws flow from upstream. There are refreshing hot springs in the Yakuouji district. [Location 7 Upper C-3]



**8 Koga Shrine**  
Koga Shrine is located in front of Koga City Hall. It is famous for its charming heart-shaped washbasin. The shrine is gaining attention as a matchmaking spot. A love fortuneslip with a doll charm is sold on the morning of the 1st and 15th of every month at the front shrine. Why don't you visit with someone special? [Location 8 Upper B-1]



**9 Koga Coast**  
Green pine forest, white beach, and blue sea. There is a trail for walking, and you can watch a beautiful sunset. Local people, including members of the Pinewood Conservation Activities Council, regularly clean the pine forest and mow the grass. The Koga Coast is where Dr. Tetsu Nakamura, who worked tirelessly on greening Afghanistan's deserts, played when he was a child. [Location 9 Lower A-1]

## The Sights of Koga

Koga City is abundant in nature with lush mountains, beautiful rivers, and coastline. There are many relaxation spots in the city, including parks where you can get familiar with each season's beautiful nature. Also, throughout the year, there are many events and festivals that are adored by residents. Koga City also has lots of great food! Make the most of your time at Koga City.

**10 Food Festival**  
Every May, the "Food Festival," which is food-themed festival, is held at the Koga City food products industrial area. Companies from the food products industrial area set up booths at the festival, and products are sold at great prices. [Location 10 Lower B-1]

**11 Hamabou Festival**  
In July, a festival featuring the blooming of hundreds of yellow flowers called "Hamabou" is held at the Kazurugahama Park located at the mouth of the Daikongawa River. There are stalls and dances, and visitors can enjoy themselves on the park lawn adjacent to the beautiful coast with its green pine trees and white sand. [Location 11 Upper B-1]

**12 Lightweight Truck Market**  
The lightweight truck market, held in summer and winter, is an event where local farmers load their best fruit and vegetables on to lightweight trucks to sell directly to people at the city hall parking lot and other locations throughout the city. This is a great event to go to because you can buy fresh, safe Koga produce directly from farmers. [Location 12 Upper B-1]

**13 Koga Festival**  
The Koga Festival held every November is the largest festival in Koga, and restaurants and food-related companies set up stalls at the festival. Products are sold at great prices, so it is jam-packed every year. There are events such as rice cake throwing and raffles.

**14 Gosyo Hachimangu Houjyouya Okudari (Festival)**  
Every year on October 4th and 5th, the Aoyagi Houjyouya is held at the Goshohachimangu shrine. At the Okudari held every two years, you can watch the mikoshi and children's parade. [Location 14 Upper C-2]

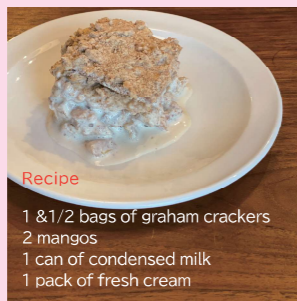
**15 Funabaru Tumulus**  
There was a buzz around the horse tack excavated at the Koga City Funabaru Tumulus (which dates back to around the end of the sixth century) because it was the first in Japan to have used jewel beetle shells! Until now, horse tack decorated with jewel beetles was only recognized in Korea—in royal tombs of the Silla Period—, so this new find is gaining attention as valuable historical material that indicates interaction with the Silla. [Location 15 Upper C-3]

**16 Citizens' Walk**  
The citizens' walk is held four times a year. We walk a charming and exciting route that explores Koga's history, culture, and beautiful scenery. You can walk at your own pace, and it is a great way to refresh as you can interact with the people, places, and experiences of Koga!



## Instructions

- Crush a few of the crackers inside a bag. These will be used as a topping at the end.
- Put the fresh cream and condensed milk into a bowl and mix well.
- Cut the mango. Without cutting the skin, cut lines into the fruit and move on to 4.
- Use a big spoon and remove the fruit. Cut the thick pieces into thin strips.
- In a container, use the sauce, cookies, and mango from 2 to create several layers, in this order. Break the cookies and arrange them so there are no spaces.
- As a finishing touch, cover with the crushed crackers from 1 as a topping.
- Leave in the refrigerator for one day to cool and harden. Place onto a plate without breaking the layers.



### Recipe

- 1 & 1/2 bags of graham crackers
- 2 mangos
- 1 can of condensed milk
- 1 pack of fresh cream



This item is not Koga cuisine. However, 1st-year students from the International Culture Course at Fukuoka Kenritsu Genkai High School will introduce their recommendation, **Mango Float**, a dessert from the Philippines.

Mango float is a famous icebox dessert from the Philippines and is sometimes referred to as the national dessert. It is made by combining several layers of mango, fresh cream, condensed milk, and graham crackers, giving it a beautiful appearance.



Watch the instruction video here.

## Koga Cuisine

## 古賀の食

Koga City is a region blessed with nature, where agriculture, commerce, and industry thrive.

Koga offers up a hometown flavor cherished throughout the ages.

We will introduce three longtime favorite Koga dishes that are still popular today!

### Torisuki



"Even if you add lots of sugar, it is not too sweet. The sweetness is just right, and it is delicious. The chicken was of excellent quality. It was a sumptuous meal. I would like to go and eat it again!"—A Taiwanese exchange student. "Torisuki is a unique hotpot. It uses premium chicken and has many vegetables, is sweet, fresh, and tastes good!" said Consul General Chen of the Fukuoka Branch, Taipei Economic and Cultural Office in Osaka.

Known as Koga's soul food, Gyumeshi is the firm favorite at school canteens. Members of the Koga City Dietary Improvement Promotion Committee assisted us with making Gyumeshi.

### Gyumeshi



"The slightly sweet sauce goes well with the beef and rice. It is a flavor loved by adults and children alike. It tastes great when you make a lot and eat it with your family or friends."

### Kashiwameshi

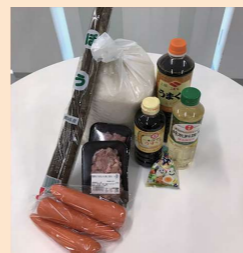


A traditional hometown flavor made using just chicken, burdock roots, and carrots. It can be made easily and is simple to season and prepare.

"It tasted great. I ate it all without leaving anything. It was sweet, and the chicken was tasty"—It seems like Vietnamese people are also big fans of Kashiwameshi!



Phuong from Vietnam



### kashiwameshi



Watch the instruction video here.

(For 5 to 6 people)	Light soy sauce	20cc
Rice 3 go (450g)	Dark soy sauce	20cc
Chicken 180g	Sake	20cc
Burdock roots 50g	A pinch of salt	
Carrots 80g	Water	Appropriate amount



1 Wash the rice and transfer it to a sieve.



2 Cut the chicken into small pieces.



3 Shave the burdock roots and cut the carrots into strips.



4 Mix the seasoning.



5 Add the rice, an appropriate amount of water, the ingredients, seasoning, and then cook on standard settings.

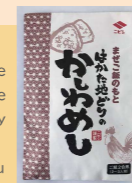


If you have leftovers, make them into onigiri (rice ball) and put them in the fridge so you can enjoy them whenever you want.

#### Kashiwameshi No Moto (Prepared food mix for Kashiwameshi)

Kashiwameshi is simple and easy to make from scratch. Still, for those who want an even more straightforward way to make Kashiwameshi, we recommend Kashiwameshi No Moto. By simply mixing with freshly cooked rice, you can make Kashiwameshi just like mom used to.

¥540 inc.tax/Nibishi Shoyu



### Torisuki

Watch the instruction video here.



(For 4 people)

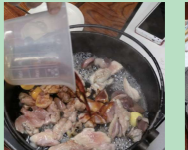
Chicken	800g	Leek	2
Tofu	1/2 a block	Burdock roots (thinly shaved)	1
Konnayaku noodles (Yam noodles)	1 bag	Onion	1
Chinese cabbage	1/4 cut	Sugar	200g
Shungiku (Chrysanthemum greens)	1 bundle	Soy sauce	140cc
Sweet potato (boil lightly)	1	Somen (Thin wheat noodles, boil hard)	2 bundles



1 Spread the sugar on the pan, and lay the chicken on top.



2 Turn on the hob, and once the sugar melts, fry the chicken.



3 Add soy sauce, and once the chicken is cooked, check the taste.



4 Add the vegetables that take time to cook: Onion, sweet potato, tofu, konnayaku noodles.



5 Add the vegetables one by one, and once cooked, eat them after dipping them in a bowl with a whisked out raw egg.



6 Once there is more broth, eat the boiled somen after adding to the broth for a few seconds.

#### Tip

When adding vegetables or meat, please add sugar and soy sauce as appropriate.

#### Torisuki sauce

A wonderful blend of the sweet sauce that is the hallmark of Torisuki. With this one bottle, you can make superb Torisuki. We particularly recommend somen soaked in the sauce to finish. An adaptable sauce that can also be used with boiled dishes and donburi (rice bowls). ¥380 inc.tax/Aoyagi Shoyu [Location: Lower B - 2]



Koga City Living Information Leaflet for Foreign Residents

## Kogatomo

Chapter 1: Information on the Sites and Food of Koga City

Issued February 2021

Issued by Koga City Hall International Exchange and Multiculturalism Office, Community Development Division, General Administration Department  
Telephone: 092-942-1165 Email: kokusai@city.koga.fukuoka.jp

Translated by TwoBloom Co., Ltd.  
Designed by Ryuichi Sakazaki Office  
Illustration by Taichi Sato

Everyone who assisted in creating this leaflet.

- Fukuoka Kenritsu Genkai High School International Culture Course 1st year students
- Created and took part in the video linked by QR code
- Making the Mango Float
- Members of the Koga City Dietary Improvement Promotion Committee
- Making Gyumeshi

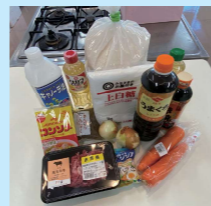
We give our sincere thanks for your cooperation.



## Kogatomo

Koga City Living Information Leaflet for Foreign Residents

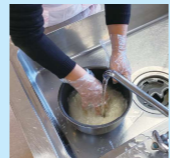
### Chapter 1: Information on the Sites and Food of Koga City



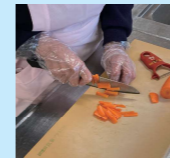
(For 4 to 5 people)	<Seasoning>
Rice 3 go (450g)	◆Soft brown sugar 2 tablespoons
Beef 110g	◆Sake 2 teaspoons
Onion 55g	◆Mirin (Sweet cooking rice wine) 2 teaspoons
Carrots 35g	◆Dark soy sauce 2 tablespoons
Tsuki konnayaku (Yam noodles) 20g	◆Consommé 7g
A dollop of cooking oil	◆A pinch of salt
	◆Sukiyaki sauce An appropriate amount to your liking

### Gyumeshi

Watch the instruction video here.



1 Wash the rice, and soak in water a little under 3 go,



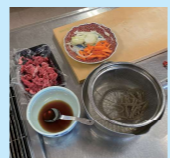
2 Chop the onion and carrot into thin pieces.



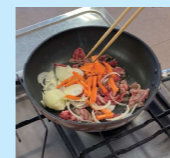
3 Cut the meat into small pieces.



4 Add and mix in all the seasoning with the marked with "◆."



5 Preparation is complete.



6 Add the ingredients and seasoning to the frying pan and fry them.



7 Transfer the moisture from the frying pan to the rice cooker, and add water sufficient for 3 go. Finally, add the ingredients.



8 Cook on standard white rice settings. (If there is a "Takikomi Gohan" (Japanese style pilaf) setting, then that is also okay.)



#### Gyumeshi No Moto

Gyumeshi that is sold in a flavor enjoyed by children and adults alike. You can easily make mixed freshly cooked rice at home by simply mixing Gyumeshi No Moto with rice. ¥540 inc.tax/Nibishi Shoyu



### Other Koga Cuisine

The following three dishes are historic local dishes that have been passed down through the ages.

#### Sarasara

A local dish made by pouring thick chicken soup flavored with salt and light soy sauce over rice. It tastes best while hot, garnished with onion and seri (water dropwort) flavor, with egg poured on top.



#### Dabu



A local dish comprised of root vegetables including radish, carrots, burdock roots, taro, and lotus root, as well as chicken and astsuage (fried tofu), all of which are cut into small pieces and cooked together until soft. Made by simply cooking the ingredients together in a dried shiitake mushroom and chicken broth. Flavored with salt and soy sauce and thickened with potato starch. It warms you up and tastes best in winter.

#### Ishigawara - ni

This local dish uses all the edible parts of a chicken. Soy sauce, garlic, and sugar give this dish a unique salty-sweet taste. It is said to be often made to be eaten by many people at local events and tastes better when made in large quantities.



# The Garbage from Your Home



×82,517

Various types of garbage are generated from daily life. Have you ever thought about what happens to that garbage after you throw it out?  
At Koga City, we process 19,804 tonnes of garbage annually. (FY 2019) This is the same as 82,517 regular household baths (240 liters) worth of garbage!  
We use lots of fuel when processing garbage. However, this fuel is a limited resource.  
If we don't use it carefully, one day it will run out.  
Read this leaflet, stick to the rules for throwing out garbage, and let's recycle what we can.  
Together, our efforts make a big difference and will lead to the creation of a sustainable society.

## Garbage Categories in Koga City

### ① Burnable Garbage

• Burnable garbage is thrown out in a specified garbage bag.

### ② Recyclable Garbage

• Recyclable garbage is sorted for recycling purposes before it is thrown out.

### ③ Bulky Garbage

• Garbage that cannot fit into specified bags or separation containers is bulky garbage.

### ④ Garbage That Cannot Be Processed at Koga City

• Garbage outside of the above ① to ③ is typically not accepted as garbage at Koga City.

## Who Are the Rules for Throwing out Garbage for?

There are many types of garbage, including burnable, non-burnable, recyclable, and bulky.

The rules for throwing out garbage depend on its type.

It might be difficult to stick to the rules for throwing out garbage, but there are many benefits.

\*If you throw out garbage without separating it, it is just garbage. However, if you separate it before you throw it out, we can change it into something else and use it again.

Your Actions	Benefits
<p>Drain food waste and throw it out as burnable garbage!</p>	<p>○ The odor is reduced, making you and your neighbors happy.</p> <p>○ Burnable garbage will be lighter, so this will help the garbage collectors.</p> <p>○ The garbage is easy to process. It is good for the environment as less fuel is needed to process the garbage.</p>
<p>Separate garbage before throwing it out!</p>	<p>○ Through recycling, garbage can be changed into something else. This careful use of limited resources is good for the environment.</p> <ul style="list-style-type: none"> <li>Aluminum cans → Car wheels, Pots, Frying pans</li> <li>Steel cans → Cars, Refrigerator</li> <li>Glass bottles → Asphalt for roads, Tiles</li> <li>PET bottles → Buttons, Rulers, Tracksuits, Stationery</li> <li>Paper cartons → Tissue paper</li> </ul>

## ① Burnable Garbage

The below items are burnable garbage. Burnable garbage is put into a specified garbage bags and thrown out.

### Burnable Garbage



\*Recyclable waste such as clean paper, plastic packaging, and PET bottles. Please refer to ② Recyclable Garbage items on the right.

- How to throw out: Put it in the specified garbage bag, and tie the top. You can throw out garbage on collection days only.
- Collection time and location: Throw out garbage in front of your house or at the predetermined location by 7 am.
- Collection day: Twice a week. Differs depending on where you live.
- Specified garbage bags: Sold at supermarkets, convenience stores, and other locations.

- Large bag (45 liter) ¥629 for 10
- Small bag (30 liter) ¥366 for 10
- Mini bag (20 liter) ¥209 for 10

- List of stores that sell specified garbage bags
- \*There is a list of stores on the city website.

\*The pink bags are for commercial garbage. Residential garbage bags only come in yellow, as shown in the photo.



\*How the garbage bags look when they are for sale at stores

- Collection day

Monday and Thursday	Tuesday and Friday
Komono-ku, Netabi-ku, Yakuouji-ku, Oyamada-ku, Taniyama-ku, Shinbaru-ku, Imazaik-ku, Aoyagi-ku, Odake-ku, Machikawabaru (1-ku and 2-ku), Hi Yoshidai-ku, Shishibu-ku, Koga (Kita-ku, Minamiku, Higashi-ku), Kazurugaoka (1-Chome-ku, 2-Chome-1-ku to 3-ku, 3-Chome-ku)	Sho (Kita-ku, Minami-ku), Kubo-ku, Kubo Nishi-ku, Mushiouchi-ku, Chuo-ku, Chidori (Kita-ku, Minami-ku, Higashi-ku), Koga Danchi-ku, Takata-ku, Byouin-ku, Saya Danchi-ku, Chidori Town Court-ku, Higashi Hamayama Danchi-ku, Mainosato (1-ku to 5-ku), Nakagawa-ku, Kita Hanami-ku, Hanami Minami-ku, Hanami Higashi (1-ku and 2-ku)

## One Last Squeeze

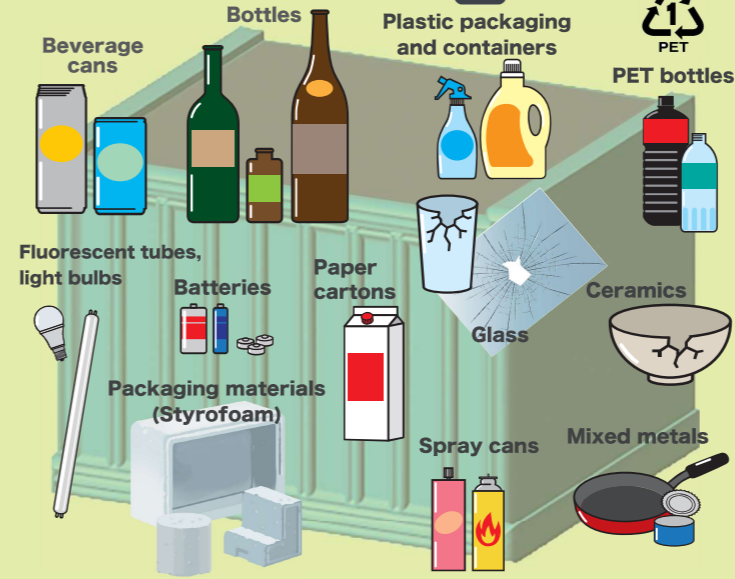
Roughly 40% of burnable household garbage is food waste. Food waste contains a lot of water. The main cause of heavy garbage bags, bad smells, and liquid dripping is this water content. Before putting food waste in the garbage bag, give it one last squeeze to remove moisture, and let's throw out garbage in a way that everyone is happy.

- Don't get it wet: For example, throw out dry food waste such as onion peel without getting it wet
- Dry it: For example, throw out vegetable scraps after drying them on a tray or paper
- Drain off: For example, drain wet food waste in a drainage net before throwing it out

## ② Recyclable Garbage

The items below are recyclable garbage. Recyclable garbage is sorted for recycling purposes before it is thrown out.

### Recyclable Garbage



\*Soiled paper, dirty plastic packaging, and dirty PET bottles cannot be recycled, so please throw them out as ① Burnable Garbage.

- How to throw out: Empty the contents and clean it before throwing it out. Items larger than the container (30cm x 40cm x 30cm) cannot be thrown out.
- Collection day: Once a month (Sunday). The week differs depending on where you live.
- Collection time and location: The time and location depend on where you live, so please contact the person in charge of your local community or the Environment Division at city hall.

For more details, please refer to the Koga City website.→



Collection Day	Address
First Sunday of every month	Koga (Kita-ku, Minami-ku, Higashi-ku), Shishibu-ku, Nakagawa-ku, Hi Yoshidai-ku, Kazurugaoka (1-Chome-ku, 2-Chome-1-ku to 3-ku, 3-Chome-ku)
Second Sunday of every month	Byouin-ku, Saya Danichi-ku, Mainosato (1-ku to 5-ku), Chidori (Kita-ku, Minami-ku, Higashi-ku), Higashi Hamayama Danchi-ku
Third Sunday of every month	Sho (Kita-ku, Minami-ku), Kubo-ku, Kubo Nishi-ku, Mushiouchi-ku, Chuo-ku, Koga Danchi-ku, Takata-ku, Chidori Town Court-ku, Kita Hanami-ku, Hanami Minami-ku, Hanami Higashi (1-ku and 2-ku)
Fourth Sunday of every month	Komono-ku, Netabi-ku, Yakuouji-ku, Oyamada-ku, Taniyama-ku, Machikawabaru (1-ku and 2-ku), Shinbaru-ku, Imazaik-ku, Aoyagi-ku, Odake-ku



Garbage collection and separation

Collecting and sorting garbage is also available at the Koga City Hall parking lot to provide further opportunities to separate what you throw out!

- Available to: Koga City residents
- Processing fee: None
- Location: Parking lot in front of City Hall
- Times: 8:30~11:00
- Days: The 1st, 3rd and 5th Saturday of every month (except for public holidays and New Year holidays)

- Waste paper collection warehouse

- Items collected: Newspapers, books, magazines, cardboard, mixed paper

Collection Location	Day of the week	Time
JA Kasuya Northern Plaza	Monday to Friday (Excludes holidays such as national holidays and New Years holidays)	9:00~16:00
Cosmos Plaza Parking Lot	Monday to Sunday (Excludes holidays such as Bon holidays and New Years holidays)	
Chidorigaike Park Parking Lot 2	Tuesday to Friday (Excludes holidays such as national holidays and New Years holidays)	9:30~16:00
Leapass Plaza Koga Parking Lot	Tuesday to Sunday (Excludes holidays such as Bon holidays and New Years holidays)	

## ③ Bulky Garbage

Garbage that cannot fit into specified bags or separation containers is bulky garbage.

### Bulky Garbage



- How to throw out.

Step 1: The collection of bulky garbage requires a reservation.

\*Also, the company to contact differs depending on where you live. (Refer to the below table)

Step 2: Purchase bulky garbage stickers.

\*1 sticker is required for each bulky garbage item.

Step 3: Throw out the bulky garbage at the specified time and location.



- Bulky garbage stickers: Sold at supermarkets, convenience stores, and other locations < ¥523 for 1 sticker >

- List of stores that sell bulky garbage stickers

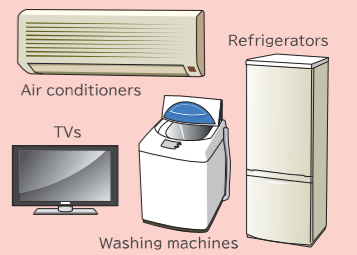
\*There is a list of stores on the city website.



Address (administrative district)	Company to Contact	Office Hours
Hanami Minami - ku, Hanami Higashi (1 - ku and 2 - ku), Kita Hanami - ku, Part of Nakagawa - ku (the area from National Route 495 to the sea)	Cosmos Environment Service Co., Ltd. ☎092-942-3302	Monday to Friday 9:00-16:00
Areas excluding the above (administrative district)	Koga Kanbi Service Center Co., Ltd ☎092-942-4277	*Excludes holidays such as New Year holidays

## ④ Garbage That Cannot Be Processed at Koga City

The following items that exclude burnable, recyclable, and bulky garbage cannot be accepted as garbage at Koga City. Typically, you request collection from the store where you purchased the product or from a store that will replace the item.



Dangerous Items	Fire extinguishers (once used up, they are thrown out for garbage collection)
Large machinery, instruments or equipment	Cars, motorcycles, (50cc motorcycles can be thrown out as bulky garbage if the gasoline, oil, and the battery is removed)
Car parts	Tires, batteries, paint
Electric appliances, computers	TVs, air conditions, refrigerators and freezers, washing machines, clothes dryers, computers
Industrial Waste	Waste construction materials, medical waste

## Good to Know! Rules for Throwing out Garbage

When I first came to Japan, I was surprised at the number of rules for throwing out garbage. It was hard to remember them, and there were many things I did not understand. However, in my Japanese class, I learned that by following the rules for throwing out garbage, garbage can be reused, which is good for the environment. I am currently working as a technical training intern. When I return to my country, I want to tell everyone about this.



Ivy from the Philippines

Thi from Vietnam



I was a little nervous when I first went to separate garbage. However, I was happy that a Japanese person spoke to me. "Hasn't it gotten cold recently? Do you have a blanket?" Everyone is so kind!! By sorting garbage, not only has my apartment become clean, but I was also able to get to know my neighbors.



### Let's Go Shopping with an Eco - Bag!!

In Japan, bags for your shopping that you bring home with you are not free. When you go shopping, bring an eco - bag with you!

#### Why aren't bags free?

- ☞ Plastic bags were scrapped to try to reduce plastic usage as much as possible.
- ☞ It is important to prevent global warming to protect the environment. It is not just in Japan. There is a global effort to reduce plastic waste.

Bringing an eco - bag with you when you go shopping is not only friendly to the environment but also to your wallet as you do not have to spend money on bags.

## Learn Japanese!

I am learning words used in daily life while speaking easy Japanese with my native Japanese learning partner. How to throw out garbage, disaster prevention, Japanese culture, and traditions, I am having fun learning many things. I am surprised by many things, but it is fun to learn with everyone!



Hoa from Vietnam who is currently learning Japanese

The exchange party venue

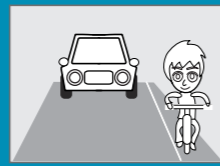


#### [Face to Face]

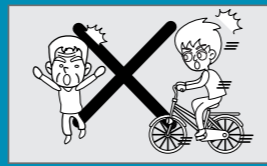
- Fun Japanese exchange meeting: typically Wednesdays from 19:00 to 20:30 at Leapass Plaza Koga
- Japanese class: typically Sundays from 10:00 to 11:30 at Leapass Plaza Koga

#### [Websites for Learning]

- Connect and Enhance your Life in Japanese (Agency for Cultural Affairs)
- Website <https://tsunagarujp.bunka.go.jp/>



Under Japanese law, bicycles are the same as cars. On roads, keep to the left as much as possible.



Give priority to pedestrians when riding on the sidewalk. Ride close to the road at a speed where you can stop immediately.



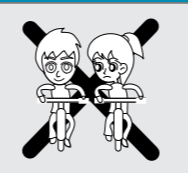
Cyclists in Fukuoka Prefecture will be required to take out insurance, etc. as of October 2021.



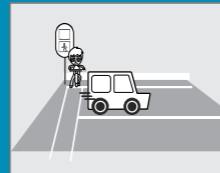
① Do not ride after drinking alcohol!



② Do not ride with two people!



③ Do not ride side by side!



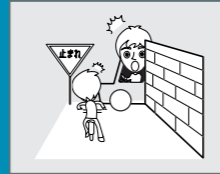
④ At crossroads, observe traffic signals and come to a temporary stop!



⑤ Put your light on when riding at night



⑥ Do not use your smartphone while riding your bicycle!



⑦ Always stop at intersections and check the route is safe!



⑧ Do not cycle with one hand or while holding an umbrella!



⑨ Do not listen to music while riding your bike!

### Follow the Rules and Ride Safely! (Rules for Riding a Bicycle)

### Making Too Much Noise



Singing, dancing, drinking, laughing, chatting, smiling, good times! Time flies when you are having fun



It's great to have a fun dinner with everyone! Today is Marcel's Birthday! A birthday is something to be celebrated with everyone!

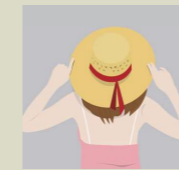


What have we done!?



Police officer: "FWEET!" "Why are you making so much noise!"

Even when you are having fun, you will startle and annoy people around you if you are too loud. Especially after 8 pm, you should be quiet.



When we were enjoying ourselves, we were surprised that a police officer came. Now, even when we are having fun, we take care to be quiet not to disturb our neighbors.

### Waste Oil



Fried food with lots of oil! I cannot get enough of this taste; it's so GOOD!



Japanese food is good, but I like the food from my home country best.



A few days later. The pipes are clogged with oil.



Tonight's dishes were delicious; now it's time to clean up!

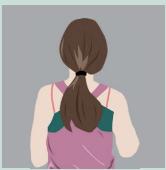
Ah, that's better. Now everything is clean.

(Oil goes down the drain!)

Pipes need to be replaced. ((+\_+)) I didn't know. Oil shouldn't be poured down the drain.

You cannot pour oil used in cooking down the drain. You absorb it with paper and throw it out with burnable garbage.

In my Japanese class, I learned that we shouldn't pour oil down the drain. If you do, it will not only cause issues with your pipes but also for the animals that live in the river. Since then, I don't pour oil down the drain. I want to continue to learn many more things at Koga City.



### Kogatomo

Chapter 2: Information Regarding Daily Life  
Issued February 2021

Issued by Koga City Hall International Exchange and Multiculturalism Office, Community Development Division, General Administration Department  
Telephone: 092-942-1165 Email: kokusai@city.koga.fukuoka.jp

Translated by TwoBloom Co., Ltd.  
Designed by Ryuichi Sakazaki Office  
Illustration by Taichi Sato

Everyone who assisted in creating this leaflet.  
○Sanin Kouka Danchi  
Illustration: Rules for Riding a Bicycle

We give our sincere thanks for your cooperation.

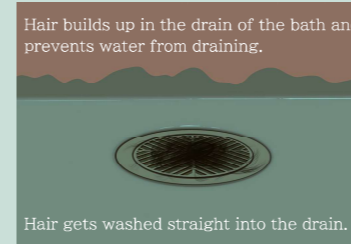


### Kogatomo

Koga City Living Information Leaflet for Foreign Residents

### Chapter 2: Information Regarding Daily Life

### Hair



Hair builds up in the drain of the bath and prevents water from draining.

Hair gets washed straight into the drain.



Taking a shower feels great.



Clean hair and a clean bath. I'm happy.



A few days later. The drain is clogged! ((+\_+))

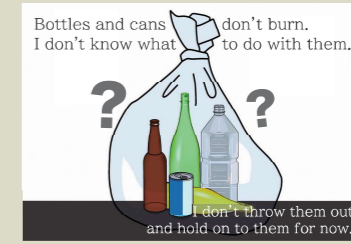
You cannot wash hair down the drain. If you do, it will block the drain. Wrap the hair in paper and throw it out with burnable garbage.



I remove hair that builds up in the drain of my bath daily and throw it out in a burnable garbage bag. Thanks to this, I can keep my bath clean. It has become a very good habit.



### Sorted Refuse Collection



Bottles and cans don't burn. I don't know what to do with them.

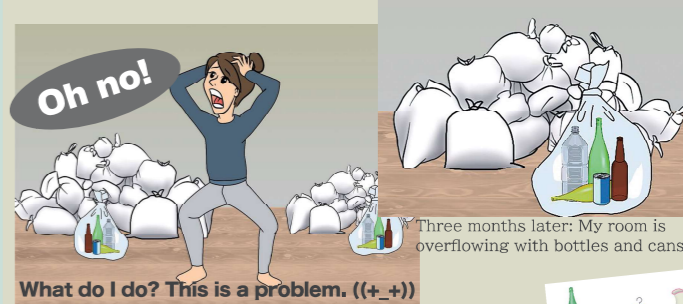
I don't throw them out and hold on to them for now.



Burnable garbage is collected on Monday and Thursday every week.

I know where to throw it out. At my local garbage collection spot.

\*Burnable garbage is collected on either Tuesday or Friday depending on the district.



Oh no!

What do I do? This is a problem. ((+\_+))

Three months later: My room is overflowing with bottles and cans.

Bottles and cans are collected and processed in the region once a month as recyclable garbage. The collection day and location is different depending on where you live, so please refer to this leaflet.



The first time I went to a location for sorted garbage collection, I was surprised by the number of rules. I thought it would take a lot of effort to separate garbage, but it is good fun when you know the types of garbage and get used to it.