

Public Relations Kyotango Magazine – July 2025



Notice from the Tango Regional Employment Training Center

Employment Training Course (Nighttime)

1) Starting August 8th

Introductory Course to PC Documents – Course B

2) Starting August 20th

Type 2 Electrician Certification Test Prep Course (Latter Term Subjects)

Registration Deadline: 1) by July 25th 2) by August 6th

Please check the website for course fees and other information.

※*This course is eligible for aid under the Kyotango Employment Skill Improvement Support Assistance Program.*

Scan here for the course website:



By the **Tango Regional Employment Training Association** TEL 0772-66-3445

Burning Trash Outdoors is Illegal!

It is forbidden by law to burn your trash outdoors (*noyaki*). Even if the fire is allowed by rule of exception, please do not burn your trash if it does not comply with fire safety standards or if there are complaints from the community. Please take your household trash out to your local collection site or directly to the Mineyama Clean Center for disposal.



By the **Life Environment Section** TEL 0772-69-0240

Kyotango’s Swimming Beaches

Seasonal Schedule and Hours

This year, Kyotango’s fourteen swimming beaches will be open for the summer!

Before going swimming in the sea, make sure to check in with how you’re doing physically. Be sure to stay hydrated and stretch properly before going into the water. Let’s stay safe while having fun by the sea!

Swimming Beach Open Seasons and Hours by Town

	Swimming Beach	Open Season (Hours)
Tango	Nakahama	7/19~8/20 (8:00AM – 5:00PM)
	Kyuso	7/19~8/24 (9:00AM – 5:00PM)
	Takashima	7/12~8/17 (9:00AM – 5:00PM)
	Takeno	7/12~8/17 (9:00AM – 5:00PM)
	Tateiwa/Nochigahama	7/12~8/17 (9:00AM – 5:00PM)
	Sunagata	7/12~8/17 (9:00AM – 5:00PM)
Amino	Kotobikihama-Asobi	7/19~8/17 (9:00AM – 5:00PM)

	Kotobikihama-Kakezu	7/5~8/17 (9:00AM – 5:00PM)
	Kobama	7/19~8/24 (9:00AM – 5:00PM)
	Hacchohama	7/19~8/24 (9:00AM – 5:00PM)
	Hamazume-Yuhigaura	7/17~8/17 (9:00AM – 5:00PM)

Kumihama	Hakoishihama	7/19~8/24 (9:00AM – 5:00PM)
	Shotenkyo/Kazurano	7/19~8/24 (9:00AM – 5:00PM)
	Kamaihama	7/19~8/17 (9:00AM – 4:00PM)

Check swimming conditions and parking availabilities ahead of time on your smartphone!

You can also enter “Kyotango beach” into your preferred search engine for more information about swimming conditions and parking availabilities in Kyotango.



1) Check Swimming Conditions in Real-time

Check if the beach is okay for swimming by looking at the icon!



2) Check Total Capacity and Availability in the Parking Lots

If you tap the swimming beach you’d like to visit on the map, you can view information about parking capacity and availability at a glance!



The One Hand Beach Clean Initiative – Ongoing During Beach Season

For the sake of the Sustainable Development Goals and making Kyotango City into a sustainable and eco-friendly tourist destination, we are asking locals and visitors alike to come together and help protect the environment. During the beach season, we would like visitors to Kyotango's beaches to pick up at least one handful of trash that has washed up on the beach. Please participate in this initiative when you visit!

Duration: During each swimming beach's swimming season (please refer to the chart above)

Locations: At all swimming beaches in Kyotango City



By the **Tourism Promotion Section** TEL 0772-69-0450

A Notice from the Japan Coast Guard in Maizuru

So that everyone has a safe time at the beach, please take caution of the following:

- Do not swim on days with bad weather
- Do not swim in forbidden areas
- Do not drink alcoholic beverages if swimming
- Do not let young children out of your sight or unsupervised
- Be cautious of riptides (currents flowing out to sea)

Other: If you see this tsunami flag (pictured right), evacuate away from the beach immediately to higher ground. Report accidents and other incidents at sea to #118.



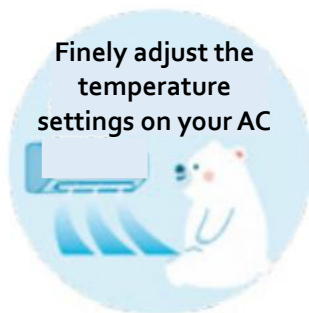
By the **Japan Coast Guard in Maizuru** TEL 0773-76-4120

Prepare for the Summer Heat!

How to Prevent Heat Illness

Avoid the Heat

You can cool down your home by putting up reed screens or blackout curtains to shade against direct sunlight, or scatter water in front of your front door or yard.



If you're not used to the summer heat...

If you're someone who doesn't sweat a lot, it may be difficult for you to keep your body temperature down and you may be more likely to be affected by heat illness.

Make sure to get moderate exercise, nutrition, and rest, and take warm baths to promote sweat production.

Stay Hydrated with Water and Electrolytes!

Regardless if you're indoors or outdoors, **you might not feel thirsty when you are lightly dehydrated, so make sure to drink water and get your electrolytes frequently throughout the day.** You should aim to drink about 1.2L of water per day.



When a Heat Illness Alert or Special Heat Illness Alert is in Place, Avoid Going Outdoors As Much As Possible.

When a Special Heat Illness Alert is announced, officials predict unprecedented heat conditions for the area. Please refrain from exercising outdoors, and practice more caution than usual to prevent heat illness. Please use the designated community

centers and Citizens' Bureaus as cooling shelters to avoid the heat. Especially for higher risk groups such as children, the elderly, and those with chronic illness, make sure to move them to cooler areas, encourage them to using the A/C, and hydrate frequently.

Watch Out for These Signs of Heat Illness!

Dizziness Lightheadedness Sudden Yawning
Lower Leg Cramps Profuse Sweating Muscle Pain

First, get to a cool place and loosen your clothes to cool down your body. Hydrate with an electrolyte drink, or electrolyte tablets and water.

If symptoms progress...



Headaches Vomiting Lethargy
Despondency Loss of Ability to Focus Impaired Judgement

If someone can't drink water on their own, converse, or respond properly, don't wait and call the ambulance immediately!



By the **Health Promotion Section** TEL 0772-69-0350

Let's Stay Healthy and Overcome the Hot Days of Summer while Saving Energy!

During the summer, as we use cooling devices like air conditioners more, we will also consume more energy. While watching our health and preventing heat illness, let's conserve energy and overcome the summer in an eco-friendly way!!

Tips for your A/C Unit

- Adjust the wind direction
- Clean the filter frequently (once every two weeks)
- Don't let the room get too cold (Recommended setting at 28°C)



Tips for your Refrigerator

- Don't let your refrigerator get too cold and reduce the number of times you open and close the door.
- Don't overpack your refrigerator with food.
- Leave an appropriate amount of space around your refrigerator.

By the **Life Environment Section** TEL 0772-69-0240

TANGO 100KM ULTRAMARATHON

Sign Up as a Volunteer!

On Sunday, September 14th, you can be a part of this great event by supporting the runners!

Details here:



Upcoming Event Guide

7/6 (Sun.)

Summer Story-time

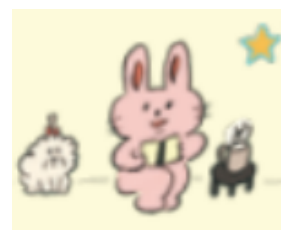
Enjoy story-time with large picture books and a panel theater.

Admission is free. We hope to see you there!

Time: 10:30AM~11:15AM

Place: Amino Library

Contact: Amino Library TEL 0772-72-4946



7/12(Sat.)

Nursing Day Event

Enjoy a live performance by Miyazu Tenkyo High School's chorus club and talks by current nursing students and newly-certified nurses! You can also have hands-on disaster support training, maternity and elderly care experiences, first-responders' experience, while also receiving career advice.



Time: 1:30PM ~ 4:00PM (Registration/Doors Open at 1:15PM)

Place: Miyazu City Central Community Center, Large Meeting Room (Miyazu History Museum, 3F)

For Who?: For Junior High/High School students in the Northern Tango region, and their parents and teachers.

Contact: Miyazu Takeda Hospital Nursing Department TEL 0772-22-2157

7/13 (Sun.)

Story-time Plaza – Summer Special

Time: 10:30AM~11:30AM

Place: Mineyama Community Center

Capacity: First 30 people

Registration: Begins 6/28 at 10:00AM

Contact: Mineyama Library TEL 0772-62-5101

7/20 (Sun.)

Mineyama's Summer Cultural Festival – Stage Variety Show

Enjoy all sorts of cultural performances by local groups at this midsummer event!

Time: 1:15PM ~ 4:30PM (Doors Open at 12:00PM)

Place: Tango Performing Arts Hall

Contact: Kyotango City Cultural Association, Mineyama Branch TEL 0772-69-0661

7/24 (Thurs.), 7/25 (Fri.)

3D Printing & Factory Tour

Time: 1:15PM ~ 4:15PM

Place: Sekishin Co., Ltd

For Who?: Upper Elementary School ~ Junior High School Students

Capacity: 4 students per day



Registration: Please apply using the application form or call the number below by July 10th.

Contact: Citizens' Affairs Section TEL 0772-69-0210



Silver Morning Market

Dates: On the 1st and 3rd Saturdays of the month

Time: 9:00AM ~ 10:00AM

Place: In front of the Mineyama General Welfare Center

7/31 (Thurs.)

Summer Break Craft & Book Event

Make a paper-mache windchime and enjoy a storybook read-a-loud!

Time: 9:30AM ~ 12:00PM

Place: Kumihama Town Hall

For Who?: Elementary School Students

Capacity: First 10 people

※Please bring a handkerchief and a drink for hydration.

Registration: Begins July 20th at 10:00AM

8/18 (Mon.)

Talk Show by Yoshio Itoi, Former Player on the Hanshin Tigers!

There will also be an autograph session (children will be prioritized)!

Time: 7:00PM – 8:30PM

Place: Agri Center Omiya

Capacity: 100 people (chosen by lottery drawing)

Registration: Apply using the online form below, or apply by fax or directly to the service window from 7/8 to 7/18.

※If applying in person, please go to the Omiya Social Gymnasium (208-1 Kuchiono, Omiya-cho).

Contact: Kyotango City Sports Association TEL 0772-66-3900



Let's Not Waste Anything!

Tasty Tidbits of Knowledge

Great with freshly-cooked rice!

Goya Tsukuda-ni (Sliced Bitter Melon Simmered in Soy Sauce and Mirin)

Perhaps Not the Most Popular Vegetable...

People say the best medicine is often bitter...

The chemical compound that makes bitter melon bitter is called momordicin and helps to promote appetite and gut function. Bitter melon is also a great source of vitamin C, making it the perfect ingredient for keeping heat fatigue at bay during the summer.

Ingredients (serves two):

Bitter Melon (goya)... 1 melon

a) Soy sauce ... 2 tablespoons

a) Sugar... 1 tablespoon

a) Mirin ... 2 tablespoons

a) Vinegar ... 1 teaspoon

Bonito flakes ... 1 small packet

White sesame seeds ... to taste



Instructions:

1. Slice the bitter melon vertically in half and remove the seeds and white pith. Then slice horizontally into 2-3mm thick slices.
2. Add 2 teaspoons of sugar and 1/2 teaspoon of salt (not listed in the ingredients above) and massage the bitter melon slices. Leave it for 10 minutes before squeezing out the excess moisture.
3. In a pot, add the seasonings (denoted with "a") and the bitter melon and simmer until the excess water evaporates. Stir frequently to prevent burning. Add the bonito flakes and sesame seeds, and serve.

Trivia

Around town, you might see "green curtains" during the summer months. There are many plants, like the bitter melon plant, that bear fruit and grow beautiful flowers.

Not only does the curtain shade out direct sunlight, but the plants also induce a natural cooling effect, which can help you save energy. Plus, the green curtain grows flowers and leaves that are pleasant to the eyes, its vegetables are also fresh and delicious, and it helps you save money on your energy bills! Having a green curtain is not killing just two birds with one stone, but three! Why not have this Japanese summertime signature for your home?

How to Sort Your PET Bottles!

Make sure to bring it out to the collection site before 8AM!

Does the bottle have this mark?

※*i.e. bottles for water, juice, cooking wine, seasonings, etc.*



Take off the cap

※*Dispose of the cap with the other plastics*



Rinse the bottle with water

※*You don't have to remove the label*



Bring it to the Recyclables Station

※*Remove the cap on seasoning bottles and dispose of it with the Other Plastics.*

※*Please do not crush or flatten the bottle.*



By the **Life Environment Section** TEL 0772-69-0240

Demographic Changes in Kyotango City

Timestamp	End of Apr 2025	End of May 2025	Change
Total Population	49,579	49,517	-62
Male	23,859	23,844	-15
Female	25,720	25,673	-47
Households	22,910	22,914	+4
Changes by Main Criteria	Move-ins		89
	Move-outs		100

	Births	17
	Deaths	69
Other reasons		+1

International Exchange News

International Exchange through World Cooking!

On May 31st, the International Association held an International Cooking Class, where participants learned how to cook dishes from around the world. This time, the participants made Filipino home-style dishes, like banana turon and more! Japanese and international residents from many different countries worked together to make the dishes.



By the **Kyotango City International Association** TEL 0772-69-0120

Call #189 If You Suspect Child Abuse

When you call 189, you will be connected with a specialist at a nearby child services office. You may also use a nickname when making a call. All matters will be kept confidential.



By the **Child and Family Center (Childcare Support Section)** TEL 0772-69-0370



Get Medical Attention on the Weekends Doctors Available for an Emergency Diagnosis

Hours: 9AM – 12PM / 2PM – 5PM

Specialty: Internal Medicine

6/29 (Sun)	Kumihama Hospital	TEL 0772-82-1500
7/6 (Sun)	Yasaka Hospital	TEL 0772-65-2003
7/13 (Sun)	Kumihama Hospital	TEL 0772-82-1500
7/20 (Sun)	Yasaka Hospital	TEL 0772-65-2003
7/21 (Mon)	Tango Furusato Hospital	TEL 0772-72-5055

7/27 (Sun)	Nakae Clinic	TEL 0772-62-0266
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**Please visit the physician on duty if you are experiencing fever or other symptoms, or need your child to be checked up.*

**Please call to confirm reception times, as each medical facility may differ.*

**City hospitals with emergency services are Tango Central Hospital, Yasaka Hospital, and Kumihama Hospital.*

By the **Medical Affairs Section** TEL 0772-69-0360

Blood Donation Calendar

Date	Reception Hours	Location
7/6 (Sun.)	9:30AM~11:30AM 12:45PM~3:30PM	Shoppinc Center Mine
7/16 (Wed.)	9:30AM~11:30AM 12:45PM~3:30PM	Kyotango City Hall (Mineyama)

By the **Health Promotion Section** TEL 0772-69-0350

Consultation Services

※The following services are, in principle, free. All matters will be kept confidential.

Consultation Service	Dates	Place	Matters Addressed	Reservations	To Sign Up or Contact
Healing Café Tsusentei	8/6 (Wed.) 10AM~2PM	Machi Machi Information Center	Talk about your troubles in a relaxed space.	Not required	Health Promotion Section TEL 0772-69-0350
	8/7 (Thurs.) 10AM~4PM	Kissako Tsusentei Café			Tsusentei Management Committee TEL 0772-83-0139 Health Promotion Section TEL 0772- 69-0350

Education Consultations with a Clinical Psychologist	7/25 (Fri.) 1:00PM~5:15PM 7/31 (Thurs.) 1:00PM~5:15PM	Omiya Town Hall	Consultations about your child's development or truancy	Prior reservation required	Schools & Education Section TEL 0772-69-0620
Mental Health Consultation Service	7/28 (Mon.) 9:00AM~5:00PM	Mineyama General Welfare Center	A public health nurse and clinical psychologist will listen to your worries.	Prior reservation required	Health Promotion Section TEL 0772-69-0350
Health & Nutrition Consultation Service	7/28 (Mon.) 9:00AM~11:30PM	Mineyama General Welfare Center	A public health nurse and nutritionist will provide advice on improving your health and diet.	Prior reservation required	Health Promotion Section TEL 0772-69-0350
Hikikomori Consultation Service	Weekdays 9AM~6PM (excluding Wednesday afternoons)	Hitotowa	For people in reclusion, their families, and related persons (50 min slot per person) Prior reservation required	Prior reservation required	Enterprise Union Labor Cooperative Center Project "Hitotowa" TEL 080-2507-9010
Yoriso Shien Comprehensive Support Center	Mon-Fri 9AM~5PM *Closed on public holidays	Mineyama General Welfare Center, West Annex	A one-stop place to discuss and get support for worries about everyday issues and employment.	Not required	Consultations: 0120-125-294 Yoriso Shien Comprehensive Support Center TEL 0772-62-0032
Individual Consultations for Jobseekers	7/3 (Thurs.) 10AM~4PM 7/17 (Thurs.) 10AM~4PM	Amino Town Hall Annex (7/3) Mineyama General Welfare Center (7/17)	One-on-one counseling for job-seeking activities (50 min per person)	Prior reservation required	Northern Kyoto Job Park TEL 0773-22-3815
Nurse Employment Consultation Group	7/3 (Thurs.) 1:30~3PM	Hello Work Mineyama	Consult about restarting your career or changing	Not required	Northern Kyoto Prefecture Nurse Support Center

			jobs. Gather useful information and information on trainings for re-employment		TEL 0772-46-9002
Consultation Rounds for Physical Disability Aids	7/11 (Fri.) 1:00PM ~ 2:30PM (Last registration at 2:10)	Mineyama Community Center	Consultations about physical aids	Prior reservation required	Disability Welfare Section TEL 0772-69-0320
Employment Consultation Service for Young People	Mon, Tues, Thurs. 11AM~4PM *Closed on public holidays	Yoriso Shien Comprehensive Support Center	Employment support for job hunting 15- to 49-year olds and family members (50 min per person)	Prior reservation required	Northern Kyoto Young Person Support Station, Kyotango Satellite Office TEL 050-3559-2804
Government Administration Consultation Service	7/9 (Wed.) 1:30~3:30PM 7/23 (Wed.) 9:30AM~11:30AM	Amino Town Hall (7/9) Mineyama Community Center (7/23)	Grievances, opinions, and hopes about national policies	Not required	Kyoto Administrative Monitoring and Administration Consultation Center 075-802-1100
Legal Consultation Service	7/3 (Thurs.) 1:30~4:30PM	Mineyama Community Center	Issues regarding household registry, debts, and laws and regulations (30 minutes per person)	Prior reservations required	Kyoto Judicial Scrivener's Association Comprehensive Consultation Center TEL 075-255-2566
	7/9 (Wed.) 2:00PM~4:00PM	Kyoto Regional Legal Affairs Bureau, Kyotango Branch	Issues regarding inheritance and wills (30 minutes per person)	Prior reservations required	Kyoto Judicial Scriveners TEL 075-585-4113
Administrative Legal Consultation	7/2 (Wed.) 10:00AM~12:00PM	Mineyama General Welfare	Construction permits, matters	Not required	Prefectural Administrative

		Center	concerning the Agricultural Land Act, inheritances/wills, contract writing, etc.		Lawyer's Association First Chapter Bureau TEL 0772-68-0237
Tax Consultation - Kinki Tax Accountants' Association, Mineyama Branch	8/6 (Wed.) 1:00PM ~ 4:00PM	Mineyama Community Center	Issues regarding income tax and others (30 minutes per person)	Prior reservation required	Mineyama Tax Payment Association TEL 0772-62-5458
Hearing Consultations	7/3 (Thurs.) 1:30PM~4:30PM	Kumihama Town Hall	Hearing exams and consultations regarding hearing ability/hearing aids offered by a Hearing Therapist	Prior reservation required	Kyotango City Hearing and Speech Disability Center TEL 0772-62-5529
Pension Consultations by the Pension Office	7/24 (Thurs.) 10:30AM~3:45PM 8/29 (Fri.) 10:30AM~3:45PM	Mineyama General Welfare Center	Please bring your Pension Booklet or anything that shows your pension code	Prior reservation required	Maizuru Pension Office TEL 0773-76-5772
Consumer Affairs Consultation Service	Weekdays 9:00AM ~5:00PM *Closed on public holidays	Consumer Living Center	How to go about contracts, cooling off periods, and other consumer affairs	Not required	Kyotango City Consumer Living Center TEL 0772-62-6768 Consumer Support Hotline (TEL 188)
Women's Consultation Service Window	7/23 (Wed.) 1:15PM ~ 4:05PM	Announced when you reserve an appointment	Find solutions to problems you face as a woman with a supportive counselor	Prior reservation required	Citizen's Affairs Section TEL 0772-69-0210
Women's Phone Consultation Service	Mon. ~ Fri. 8:30AM-5:15PM (Closed on public holidays)	N/A	Call if you have problems in the home, interpersonal relationships,	Not required	Women's Telephone Consultation Hotline

			domestic violence, or others.		TEL 0772-69-0217
Adult Conservatorship Support Center	Mon.~Fri. 8:30AM~5:15PM (Closed on public holidays)	Mineyama General Welfare Center	Consultations and support regarding rights protection support for adult conservatorship	Not required	Yorisoi Shien Comprehensive Support Center TEL 0772-62-0032 Longevity Welfare Section TEL 0772-69-0330 Disability Welfare Section TEL 0772- 69-0320
Human Rights Consultation Service with a Human Rights Protection Officer	Every Thursday 9:00AM~4:00PM	Kyoto Local Legal Bureau, Kyotango Branch	Discrimination, harassment, and other infringements on human rights Not required	Not required	Kyoto Local Legal Bureau, Kyotango Branch TEL 0772-62-0365
Consultation Service for Young Carers	Weekdays 8:30AM ~ 5:15PM *Closed on public holidays	Mineyama General Welfare Center	Accepts requests from both children who take on responsibilities caring for relatives or doing chores at home and their guardians	Not required	Child & Family Center (within the Childcare Support Section) TEL 0772-69-0370
Child & Family Center			Pregnancy, birth, childcare, home matters. Accepts consultations by phone or in-person visits to the center or home.		