

Public Relations Kyotango – March 2025



City Information Guide

Be Comfortable While Saving Energy

Update your home electronics to save money and energy!

Let's compare with electronics from 10 years ago

Household Item	How Much Energy You'll Save	How Much Money You'll Save (Yearly)
A/C Unit	Approx. 15%	Around 4,150 yen
Refrigerator	Approx. 28~35%	Around 3,190 ~ 4,430 yen
TV	Approx. 42%	Around 1,650 yen

In your home, the electronics that use the most energy are perhaps your A/C unit, refrigerator, and TV. By choosing more energy-efficient electronics that best fit your lifestyle, you can be eco-friendly while saving yourself money at the same time.

More details here



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

Young Carers

Are you the main person taking care of your family members and other matters around the house? Feel free to talk to us about your worries.

Are you...

- Caring for Older Family Members?
- Looking After Younger Siblings?
- Caring for Sick Family Members?



If you feel burdened by family care and want to live your own life, don't keep your worries to yourself and open up to someone. At the consultation window, there's always someone here to listen to you.

**Kyotango City Child & Family Center
Consultation Room**

TEL 0772-69-0370



Kyoto Prefecture Young Carer Comprehensive Support Center

TEL 075-662-2840



If you would like help in languages other than Japanese, please contact:

Kyotango City International Association

TEL 0772-69-0120

Email: kokusai_koryu@kyotango.net

Add us on LINE →



By the **Childcare Support Section** TEL 0772-69-0370

Kyotango City Company Guidebook 2025

Learn more about Kyotango's businesses!

Read it online!



For more info about job postings:
Kyotango JobNavi



Inside the Kyotango City Company Guidebook, you can find information on Kyotango's businesses, hiring information, and testimonials from current employees! There are 55 companies listed within the guidebook and you can learn more about the benefits of living in Kyotango City.

By the **Commerce and Industry Promotion Section** TEL 0772-69-0440

One Part of the Same Community: Multicultural Coexistence

Seminar Held in Kyotango City

On January 23rd, the Kyotango City International Association held a Multicultural Coexistence Seminar at the City Hall in Mineyama. Around 25 participants joined the seminar. Currently, the City is following its 3rd Multicultural Coexistence Promotion Plan and is undertaking various initiatives to promote a multicultural society. The seminar was led



by Mr. Taro Tamura, the representative of the Japan Human Diversity Institute. In a city where around 700 foreign residents (including U.S. military personnel) live, Mr. Tamura spoke about promoting employment for future foreign residents and the necessary initiatives for better community building.

By the **Kyotango City International Association** (within the Policy & Planning Section)
TEL 0772-69-0120

March is Suicide Prevention Month

Protect Lives, Protect Hearts

For a City that is easy-to-live, protects everyone's hearts, and supports all life

♥ **Let's Understand the Matters of the Heart** ***Stress is Something Everyone Experiences***

Because stress is something that never goes away, we need to learn how to cope and live alongside it. First, try recognizing the signs when you are building up stress to help prevent mental illness. It is also important to know how to control your stress levels. When you are feeling mentally tired, burdened, or troubled, try some self-care methods to make your heart feel lighter.



♥ **Gatekeepers – Connecting Hearts and Lives** ***Feeling Connected May Be Someone's Link to Life***

For good mental health, it is very important to have understanding and support from others. Gatekeepers take notice of people who are struggling, reach out to them, listen to their worries, and connect them to proper help. Even without doing anything, you can help by letting the other person know that you care for them. That is the first thing you can do as a Gatekeeper. Please consider becoming a Gatekeeper today.

Healing Café Tsusentei

A place in Kyotango where you can talk about your worries and troubles.

Healing Café Tsusentei – Kumihama

2nd Thursday of every month / 10AM ~ 4PM

1259 Koyama, Kumihama

Contact: 0772-83-0139

Healing Café Tsuusentei – Mineyama

1st Wednesday of every month / 10AM ~ 2PM

843 Sugitani, Mineyama (Machi Machi Information Center)

For more resources where you can talk about your worries ↓



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

Please Bring Your Large Burnable Trash to the Mineyama Clean Center

*Break down the trash into its separate components as much as possible
before bringing it in.*

Items such as wooden furniture or futon bedding can have components that are made from various materials. Please break down your trash and sort by material as much as possible.

For tatami mats (five mats and over), demolition waste (one *kei* truck full or more), please visit the Center to confirm capacity. Please remove any metal, glass, or springs from wooden furniture, square lumber, mattresses, or sofas (within 1 m long, 20 cm thick) before bringing it in for disposal.



By the **Mineyama Clean Center** TEL 0772-62-4626

Blood Donation Calendar – March

Date	Reception Hours	Location
3/18 (Tues.)	9:30AM~11:30AM 12:45PM~3:30PM	Kyotango City Hall (Mineyama)
3/25 (Tues.)	10:00AM~11:30AM	Kumihama Town Hall
3/30 (Sun.)	9:30AM~11:30AM 12:45PM~3:30PM	Shopping Center Mine

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

Demographic Changes in Kyotango City

Timestamp	End of Dec. 2024	End of Jan. 2025	Change
Total Population	50,042	49,956	-86
Male	24,074	24,030	-44
Female	25,968	25,926	-42
Households	22,922	22,903	-19
Changes by Main Criteria	Move-ins		57
	Move-outs		62
	Births		20
	Deaths		102
Other reasons			+1

Sports Events

Sports Lecture Featuring Two Olympic

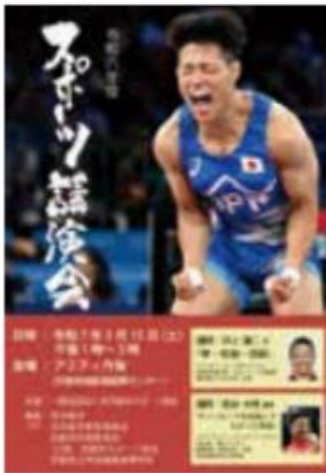
Medalists from Kyotango!

Hosted by the Kyotango Sports Association

Mr. Kenji Inoue – Athens 2004 Bronze Medalist // Japan Wrestling Association, Chief of HQ

Mr. Taichi Takatani – Paris 2024 Silver Medalist

Date: March 15th (Sat.) 1PM ~ 3PM



(Doors Open 12:30PM)

Location: Amity Tango

After grabbing the silver medal at the Paris Olympics this past summer, Takatani has brought attention to Kyotango's wrestling spirit on the world stage! Joined by Kenji Inoue, another Japanese wrestling legend and Olympic medalist from Kyotango, learn about their experiences as professional wrestlers at this special talk event.

By the **Kyotango City Sports Association** TEL 0772-66-3900

Nordic Walking – Ouchi Pass Ichijikan Park

Date: March 23rd (Sun.) 9AM – 11AM
(Reception begins at 8:50AM)

Meeting Place: Former Mie Nursery
Grounds (near 1441 Mie, Omiya)



Enjoy one of the famous views of Amanohashidate on a scenic Nordic walking trek! The course is a total of 4.2 km, so even beginners can enjoy this activity! This event is for participants elementary school age and above. An adult must accompany elementary school and junior high school age participants. **The event will be cancelled in the event of poor weather.*

On the day, please wear comfortable athletic clothing, and bring a towel and a water bottle! Upon request, you can also rent walking poles!

Details here:

By the **Kyotango City Sports Promotion Council Office**
(Within the Lifelong Learning Section) TEL 0772-69-0630

Events Calendar

3/1 (Sat.)

Japan-U.S. Joint Concert

Enjoy an afternoon of exciting music at this concert featuring the U.S. III Marines

Expeditionary Forces Band from Okinawa and the Tango Winds Ensemble!

Time: From 2:00PM (Doors open at 1:00PM)

Location: Tango Performing Arts Hall (Mineyama)

Capacity: First 800 people

To Register: Please sign up via the online form (e-mail) or call the phone number below.

Contact: Japan-U.S. Joint Concert Representative (Regional Coordination Division, Kinki-Chubu Defense Bureau Planning Department)

TEL 06-6945-4956



3/3 (Mon.)

Baby Social Plaza – Ai Ai Room (Yasaka)

Talk about your worries and troubles about childcare in a relaxing space! You can bring your baby and invite your friends to come too.

Time: 10:00AM ~ 11:30AM (Reception begins 9:30AM)

Place: Mizotani Community Center (District Office)

For Who?: Guardians/Caretakers of young children 5 and under who live in Kyotango City

Please bring some drinks for hydrating and a towel.

Registration: Please sign up via phone to the number below.

Contact: Yasaka Community Center TEL 0772-69-0665



3/5, 3/12, 3/19 (Wed.)

Kids English Conversation Class

Let your kids play games and picture books using English! We hope to see you there!

Time: 5:00PM ~ 6:00PM

Place: Mineyama Community Center

For Who?: Kids 3 to 7 years old

Registration: Please sign up via phone to the number below.

Contact: Kyotango City International Association TEL 0772-69-0120



3/9 (Sun.)

Mineyama Library - Special Spring Storytime

Listen to fun stories and make your own frog with a crazy tongue!

Time: 10:30AM ~ 11:30AM

Place: Mineyama Community Center

Capacity: First 30 people

Registration: Please sign up beforehand.

Contact: Mineyama Library TEL 0772-62-5101



3/15 (Sat.) ~ 4/19 (Sat.)

Kyotango Regional Archive Museum - Seasonal Exhibition "O-Hinasama ~Season of Peach Blossoms~"

Traditional Japanese hina dolls stored in the Regional Archives Museum will be on display for a limited time. On April 3rd, visitors can enter the museum for free and participate in a lecture about the exhibition.



Open Hours: Mondays, Thursdays, Saturdays

9:30AM ~ 12:00PM, 1:00PM ~ 4:00PM

*Last AM Entry is at 11:30AM

Place: Regional Archive Museum

Admission: Adult 190 yen, Student (Elementary to Junior High) 90 yen

**Group discounts available*

Other: The exhibition lecture will begin at 10:30AM on April 3rd (Thurs.)

**Admission is free on the day.*

Contact: Kyotango Regional Archive Museum TEL 0772-72-4600

3/16 (Sun.)

Kumihama Library Room - Spring Storytime

Enjoy stories from all around the world with panel theaters and more! There will be recreational activities planned too.

Time: 10:30AM ~ 11:30AM

Place: Kumihama Town Hall

For Who?: Anyone can join!

Other: No prior registration needed

Contact: Kumihama Library Room TEL 0772-69-0344



3/16 (Sun.)

Rakuza Music Live

Two singer-songwriter groups from Kyoto will perform live in a mini-concert!

Admission is free, and no prior registration is needed! We hope to see you there!

Time: 3:30PM ~ 5:30PM

*Doors open at 3:00PM

Place: Mineyama General Welfare Center

Other: We encourage you to carpool, as parking space is limited.

Contact: Hagoromo Station TEL 0772-62-8560



3/22 (Sat.)

Careers in Medicine and Healthcare – Joint Info-session

Twelve healthcare providers from Kyotango City will come together to give a joint infosession about careers in medicine and healthcare. On Monday the 24th, online interviews (by appointment only) will also be conducted.

Time: From 1:30PM (Reception begins 1:15PM)

Place: Kyoto Sangyo Kaikan Hall

For Who?: Jobseekers and students who are due to graduate from a university, two-year college, or vocational school in March 2026.

*Students graduating in March 2027 may also participate.

Contact: Commerce and Industry Promotion Section TEL 0772-69-0440



3/30 (Sun.)

Movie Days at Tango Performing Arts Hall

~ A Samurai in Time ~

A samurai from the end of the Edo Period slips through time only to find himself in a historical movie set!

Times: 1st Showing – 10:00AM

2nd Showing – 2:00PM

(Runtime: 2 hr 14 min)

Tickets:

General: 1,200 yen (at-the-door +300 yen)

Senior (proof of I.D. required): 1,000 yen (at-the-door +100 yen)

Persons with Disabilities: 1,000 yen (at-the-door +100 yen)

High School and below: 800 yen (Kids under 3 are free)



*Members tickets are 1000 yen for presale only (limit two)

Contact: Tango Performing Arts Hall TEL 0772-62-5200

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	3/5 (Wed.) 10AM~2PM	Machi Machi Information Center	Talk about your troubles in a relaxed space.	Not required	Health Promotion Section TEL 0772-69-0350
	3/13 (Thurs.) 10AM~4PM	Kissako Tsusentei Café			Tsusentei Management Committee TEL 0772-83-0139
Women's Consultation Service Window	3/5 (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
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	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

Nurse Employment Consultation Group	3/6 (Thurs.) 1:30~3PM	Hello Work Mineyama	Consult about restarting your career or changing jobs. Gather useful information and information on trainings for re- employment	Not required	Northern Kyoto Prefecture Nurse Support Center TEL 0772-46- 9002
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	Prior reservation required	Northern Kyoto Young Person Support Station, Kyotango Satellite Office TEL 050-3559- 2804
Government Administration Consultation Service	2/26 (Wed.) 9:30~11:30AM 3/12 (Wed.) 9:30 ~ 11:30AM	Omiya Town Hall (2/26) Yasaka Community Center (3/12)	Grievances, opinions, and hopes about national policies	Not required	Kyoto Administrative Monitoring and Administration Consultation Center 075-802-1100
Legal Consultation Service	3/6 (Thurs.) 1:30~4:30PM 3/13 (Thurs.) 3:00~5:00PM	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
Administrative Legal Consultation	3/5 (Wed.) 10:00AM~12:00PM	Mineyama General Welfare Center	Construction permits, matters concerning the Agricultural Land Act, inheritances/wills,	Not required	Prefectural Administrative Lawyer's Association First Chapter Bureau TEL 0772-68-0237

			contract writing, etc.		
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, domestic violence, or more.	Prior reservations required	Women's Telephone Consultation Hotline TEL 0772-69-0217
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)
Human Rights Consultation Service	Every Thursday 9:00AM~4:00PM	Kyoto Local Legal Bureau, Kyotango Branch	Discrimination, harassment, and other infringements on human rights	Not required	Kyoto Regional Legal Bureau Kyotango Branch Office 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.		

Mental Health Consultations	3/24 (Mon.) 9:00AM~5:00PM	Mineyama General Welfare Center	A public health nurse and a clinical psychologist will listen to your worries.	Prior registration needed	Health Promotion Section TEL 0772-69-0350
Bullying Consultation Hotline	24/7, 365 days a year	N/A	An overseeing staff member and a clinical psychologist will lend an open ear.	Not required	City Bullying Hotline TEL 0120-889-061 Schools & Education Section TEL 0772-69-0620
Health & Nutrition Consultation	3/24 (Mon) 9:00~11:30AM	Mineyama General Welfare Center	A public health nurse and nutritionist will provide advice about improving health and dietary habits	Prior reservation needed	Health Promotion Section TEL 0772-69-0350



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

Hours: 9AM – 12PM / 2PM – 5PM

Specialty: Internal Medicine

3/2 (Sun)	Tango Furusato Hospital	TEL 0772-72-5055
3/9 (Sun)	Yasaka Hospital	TEL 0772-65-2003
3/16 (Sun)	Tango Furusato Hospital	TEL 0772-72-5055
3/20 (Thurs)	Kumihama Hospital	TEL 0772-82-1500
3/23 (Sun)	Yasaka Hospital	TEL 0772-65-2003
3/30 (Sun)	Kumihama Hospital	TEL 0772-82-1500

**Please visit the physician on duty if you are experiencing fever or other symptoms, or need your child to be checked up.*

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

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

Introduction of Mobi Services into New Areas & Launching

Public Rideshare Services Officially in Kyotango

At the Regional Public Transport Vitalization Council Meeting on February 3rd, the Council approved Mobi and public rideshare services to operate within the following areas beginning April 1st in place of retired bus services:

Mobi – Yasaka-Amino Sakkyu Line (from Amino Station to Seishin High School)

Public Rideshare Service – Mineyama-Yotsutsuji Line, Mineyama-Nobutoshi Line, Yasaka-Amino Sakkyu Line

Mobi

Rideshare service where you call for a ride at one of the many stops within the service area.

Days of Operation: Every day excluding the year-end/new year holidays within the Mineyama and Omiya service areas // Weekdays only for the Yasaka-Amino Sakkyu Line Area.

Hours: 7:30AM ~ 8:30PM

**From 7:30AM to 8:30AM, high school student riders will be prioritized for school commute.*

Public Rideshare

Rideshare service where you reserve ahead of time for pick up at any of the former bus stops.

Days of Operation: Weekdays only.

Hours: Around 7:30AM ~ Around 7PM

Fare (Same for Mobi and Public Rideshare)

One-time – 400 yen (Adult), 200 yen (Child)

*All-you-can-ride plan is available for ¥7000 per month.

By the **Policy and Planning Section** TEL 0772-69-0120

Let's Not Waste Anything!

Tasty Tidbits of Knowledge

Sake lees, the fermented rice byproduct pressed out from the sake-making process, are an important part of Kyotango's local cuisine. The best season to enjoy sake lees is when fresh sake is produced from December to March. Not only is it known to improve your skin, but it also helps with relieving constipation and preventing high blood pressure. You can mix it in with blanched vegetables for a classic Japanese side dish called *sakekasu-ae*, add it in soups for a floral note, combine it with sugar and hot water to make *amazake*, or use it as a marinade for meat, fish, and vegetables. Sake lees are a great multi-purpose ingredient to use in your everyday meals!

This time, we will introduce a way to use sake lees with a western twist. It's easy to make, and even those who don't like the taste of sake can enjoy this treat. Please give it a try!

A Novel Combo!

Sake Lees & Cream Cheese

Ingredients

- Sake lees ... 50 g
- Cream cheese ... 100 g
- Milk ... 1 tbsp
- Honey ... A drizzle
- Raisins and/or Nuts ... 50 g (if you have some)



Instructions

- 1) In a bowl, place the sake lees and cream cheese and microwave until soft (about 30 seconds). Combine until it comes together as a smooth paste.
- 2) Once the mixture cools, combine the rest of the ingredients and serve! *Bon appetit!*

Spread it on your favorite cracker and enjoy as a snack or appetizer! Great as a snack for your kids too!

Tips to Level Up the Flavor!

If using raisins, try boiling the raisins until soft before patting dry and adding them to the mixture. The flavors will come together better. Also, roast the nuts for around 10 minutes at 150°C for a crunchier, nuttier spread!

Amino-Choshiyama Burial Mound – Special Opening Event

Date: April 26th (Sat.)

For more information and details about the social media campaign, scan here!



The poster is a central graphic with a white background and a large, stylized orange and yellow flower-like shape in the center. The text '京丹後市の古墳' (Ancient Burial Mounds of the City of Aino) is written vertically in large orange characters on the left, and '網野銚子山古墳' (Ami no Chosiyama Ancient Burial Mound) is written vertically in large orange characters on the right. A small 'と' (and) is placed between them. Above the central text is a circular logo with '20' and 'KYOTANGO CITY'. Below the central text is a small blue and white logo. Surrounding the central text are six small images of archaeological artifacts, each with a caption in Japanese. The artifacts include a green and white spiral object, a bronze horse head, a bronze bowl, a bronze horse head, a bronze bowl, and a bronze bowl. The captions are: '玉類 (谷塚18号墳)', '西外古墳群 馬具 (個人蔵)', '石室内土器類 (山1号墳)', '須恵器 (太田2号墳)', '鉄剣・大刀、ほか (太田南2号墳、オデジ台古墳、鉢古墳)', and '器文部神獣鏡 (大田南2号墳)'.