

7. Other Lifestyle Needs

A. Media and Entertainment

◎ Television

While Iwamizawa does not have its own TV station, you should still be able to pick up the following regular broadcast stations out of Sapporo:

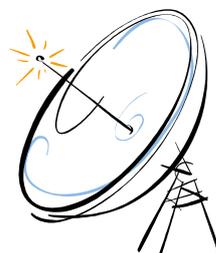
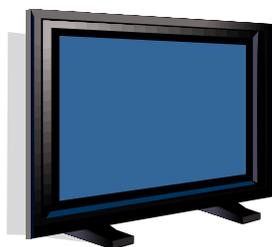
- HBC: CH 1
- NHK Educational: CH 2
- NHK: CH 3
- STV: CH 5
- HTB: CH 6
- TVH: CH 7
- UHB: CH 8

※ Remote control Number

With a small parabolic antenna and a decoder, you will also be able to receive satellite broadcast channels (BS channels etc.). Many newer televisions have built-in decoders. The antenna and decoder are sold at most electronics stores, and there is also a monthly fee for most of the channels.

A list of bilingual programs and movies shown on TV are published in the "What's On in Sapporo?" newsletter available from the International Plaza in Sapporo or on the web at:

<http://book.geocities.jp/hiwasince75/sub3e.html>



☉ Newspapers

There are a number of English-language newspapers in Japan, with most being published by the major Japanese-language papers. In Iwamizawa, you can get them from local newspaper agents who deliver them to your door and come by once a month to collect subscription fees.

Dailies:

- ☉ The Japan News
- ☉ The Japan Times

Weeklies:

- ☉ The Japan Times ST
- ☉ New York Times Weekly
- ☉ Asahi Weekly
- ☉ Mainichi Weekly

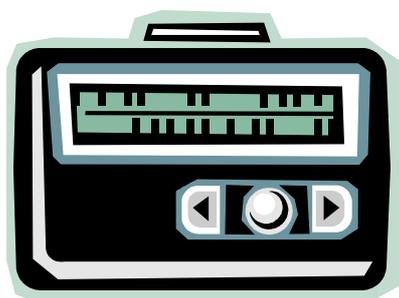
Alternatively, you can of course read News articles on Japan online, such as the Japan Times at: <http://www.japantimes.co.jp>



◎ Radio

FM radio frequencies in Japan run from 76.0 MHz up to 92.0 MHz (although some wideband frequencies go up to 108 MHz in parts of Honshu), so make sure that your radio will pick up the stations you want to listen to first! FM Hamanasu, Iwamizawa's local radio station, broadcasts regional information and music in Japanese. NorthWave and Air-G stations from Sapporo broadcast U.S. top 40 and a variety of other styles of foreign music.

- ◎ FM Hamanasu Japan: 76.1 MHz (Iwamizawa)
<http://www4.ocn.ne.jp/~hamanasu>
- ◎ FM Air-G: 80.4 MHz (Sapporo) <http://www.air-g.co.jp>
- ◎ FM NorthWave: 82.5 MHz (Sapporo) <http://825.fm/northwave>



B. Foreign Food

You may find foreign foods not available in regular Japanese supermarkets in online delivering companies such as the Foreign Buyer's Club (<http://www.fbcusa.com>) and Tengu Natural Foods (<http://store.alishan.jp>).

In addition, there are numerous stores in Sapporo that stock foreign foods and drinks, such as the following;

<p>Costco warehouse 1 jo 9chome 3-1,Utsukushigaoka Kiyota-ku, Sapporo URL: http://www.costco.co.jp</p>	<p>KALDI A number of shops; see website for details. URL: www.kaldi.co.jp (also online shop)</p>	<p>Jupiter Bottom floor of JR Tower 'ESTA', in Sapporo station. Kita 5-jo Nishi 2-chome, Chuo-ku, Sapporo URL: www.jupiter-coffee.com</p>
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C. Festivals and Recreation

There are number of festivals held throughout the year in Iwamizawa, such as the well-known *Hyappei Matsuri* festival held in September, and **you can find information on times and dates in the Iwamizawa Kouho** (a monthly Iwamizawa magazine) which you can also download from the Iwamizawa City website in Japanese:



<http://www.city.iwamizawa.hokkaido.jp>

Iwamizawa also has a lot of parks, a library, a zoo, an amusement park, swimming pools, tennis courts, a bowling alley and a variety of sports facilities. Winters in Hokkaido are long with plenty of snow, so there are many opportunities for winter sports in particular.

You can read up on these facilities, as well as more information on living in Iwamizawa **on the English version of the City website:**

<http://www.city.iwamizawa.hokkaido.jp>

