

FY2025 List of lifelong learning courses on demand

1. Sports & Recreation

No.	Name of classes	Eligibility	Organized by
R7-101	Experience wheel chair sports!	Groups from companies, university students and others	Hanazono/Sports Business Strategy Division
R7-102	"Dream soccer lesson" by FC Osaka players	Anyone Elementary or junior high school students in the city	Hanazono/Sports Business Strategy Division
R7-103	Easy sponge tennis class	People aged 18 or older	Citizen's Sports Support Division
R7-104	Easy sponge tennis class for parents & kids	Children aged 4 or older and their guardians	Citizen's Sports Support Division

2. Education & Career

No.	Name of classes	Eligibility	Organized by
R7-201	Industrial cluster and support measures for manufacturing business in Higashiosaka	People aged 18 or older	Manufacturing Support Office
R7-202	Guide to lifelong learning (For beginners)	People aged 18 or older	Social Education Division
R7-203	About "Kominkan" or community center	People aged 18 or older	Social Education Center
R7-204	Beginner's guide to SDGs	Anyone	Planning Division
R7-205	Nursing care work to make everyone happy	Elementary, junior high or high school students in the city	Elderly Care Division

3. Education and Child-rearing

No.	Name of classes	Eligibility	Organized by
R7-301	About child abuse	Anyone	Counseling Division of Child Affairs Department
R7-302	City's initiative for "Young carers"	Anyone	Counseling Division of Child Affairs Department
R7-303	The 3rd phase of educational policy action plans of Higashiosaka City	People aged 18 or older	Educational Policy Office
R7-304	Board of education system	People aged 18 or older	Educational Policy Office
R7-305	About school education in Higashiosaka City	Guardians of elementary (higher grade) and junior high school students	Educational Promotion Office
R7-306	Human rights class for PTA	PTA members	Human Rights Education Office
R7-307	School preparatory loan system by Higashiosaka City	Junior high school students or older	School Affairs Division
R7-308	About Education Center	People aged 18 or older	Education Center
R7-309	How to use electronic library	Elementary and junior high school students	Social Education Division
R7-310	Library Guide	Elementary and junior high school students	Social Education Division
R7-311	On-site picture book reading	Lower and middle graders of elementary school	Social Education Division
R7-312	Hand play for parents and kids	Infants and their guardians	Social Education Division

3. Education and Child-rearing

No.	Name of classes	Eligibility	Organized by
R7-313	Guide to research study	Elementary and junior high school students	Social Education Division
R7-314	Book talk	Elementary and junior high school students	Social Education Division
R7-315	Electronic library experience for university students	Students and employees of universities	Social Education Division

4. Daily living and health

No.	Name of classes	Eligibility	Organized by
R7-401	Lecture about disaster prevention	Neighborhood associations, etc.	Risk Management Office
R7-402	Process for publishing city's newsletter	Junior high school students or older	Public Relations Division
R7-403	Higashiosaka City's comprehensive plan	Junior high school students or older	Planning Division
R7-404	Relation between local governments and ordinance	High school students or older	Legal Affairs Division
R7-405	Guide to Higashiosaka City Hall	Elementary school children or older	Facility Management Division
R7-406	~On-site lecture~ Infectious Disease Control for facilities	Elderly facilities in the city	Infectious Disease Control Division
R7-407	How to operate voluntary anti-crime patrol (Blue colored anti-crime patrol)	Motivated volunteer groups for blue-colored anti-crime patrol	Community Activity Support Office
R7-408	Guide to NPO	Anyone	Community Activity Support Office

4. Daily living and health

No.	Name of classes	Eligibility	Organized by
R7-409	On-site consumer's affairs class	People aged 18 or older	Consumers Center
R7-410	How to make the best use of health checkups	People aged 18 or older	Insurance Management Division
R7-411	Enroll in National Pension when reached 20 years of age	University students who are going to turn 20 years old soon	National Pension Division
R7-412	Outline of city taxes	People aged 18 or older	Tax System Division Municipal Tax Division Fixed Assets Division Tax Payments Division
R7-413	Visit consultation for employers	Employers and people in charge of general affairs and human resources	Labor & Employment Policy Division
R7-414	About CSW (Community social worker)	People of elementary school age or older	Social Welfare Division
R7-415	Guide to adult guardianship	Anyone	Social Welfare Division
R7-416	Sign language class for beginners	People of elementary school age or older	Policy Promotion Division for the Disabled
R7-417	Dementia patient supporter training course	Anyone	Social Welfare Council (Community Comprehensive Care Promotion Division)
R7-418	Support for single-parent family	Anyone	Child and Family Division
R7-419	Blood donation seminar	People of elementary school age or older	Community Health Planning Division
R7-420	Stress check class	People aged over 18 who are residing, working or studying in the city	Health Promotion Division

4. Daily living and health

No.	Name of classes	Eligibility	Organized by
R7-421	Alcohol & health educational class	People who are residing, working or studying in the city (High school student or older)	Health Promotion Division
R7-422	Dietary education at company's cafeteria	Workers at business establishments	Health Promotion Division
R7-423	How to eat healthy	People aged 18 years or older	Health Promotion Division
R7-424	Adult disease prevention class	Anyone (Including employees in the business establishments in the city)	Health Promotion Division
R7-425	Long-term care prevention class	People aged about 65 or older	Health Promotion Division
R7-426	Suicide prevention gatekeeper training class	People who are residing, working or studying in the city (People aged 18 or older)	Health Promotion Division
R7-427	On-site food sanitation class	Anyone	Food Sanitation Division
R7-428	Let's participate in community planning	High school students or older	Urban Planning Office
R7-429	Higashiosaka city planning	Junior high school students or older	Urban Planning Office
R7-430	Public transportation system connecting cities and people	People aged 18 or older	Transport Strategy Office
R7-431	Earthquake resistance seminar	Groups of neighborhood associations	Building Safety Division
R7-432	Empty houses issue	People aged 18 or older	Vacant Houses Measures Division

4. Daily living and health

No.	Name of classes	Eligibility	Organized by
R7-433	First aid class	People who are residing, working or studying in the city	Eastern, Central and Western Fire Station of Fire Bureau
R7-434	Water supply system in Higashiosaka	4th graders of elementary school	Planning Division of Sewage Management Office
R7-435	Sewerage system in Higashiosaka	4th graders of elementary school	Planning Division
R7-436	Muscle strength improvement class (to prevent locomotive syndrome)	People aged 65 or older who are allowed to exercise by doctor or who don't need assistance	Citizen's Sports Support Division
R7-437	Let's start fitness exercise (to eliminate metabolic syndrome)	High school students or older who are allowed to exercise by doctor or who don't need assistance	Citizen's Sports Support Division
R7-438	To stay healthy (To extend health life expectancy)	People aged 60 or older who are allowed to exercise by doctor or who don't need assistance	Citizen's Sports Support Division
R7-439	Environmental education class	Pre-school age or older	Environmental Planning Division, Recycle-oriented Society Promotion Division

5. History and literature

No.	Name of classes	Eligibility	Organized by
R7-501	Former Kawazumi family residence	Elementary school students or older	Cultural Property Division

6. Human rights, peace and gender equality

No.	Name of classes	Eligibility	Organized by
R7-601	Programs offered by Gender Equality Center	Please contact organizer	Gender Equality Center (Multicultural Information and Gender Equality Division)
R7-602	Human rights class	People aged 18 or older	Human Rights Awareness-raising Division
R7-603	Literacy measures in Higashiosaka	People aged 18 or older	Social Education Division

7. Culture, international affairs and Art

No.	Name of classes	Eligibility	Organized by
R7-701	Do you know the Multicultural Information Plaza?	People aged 18 or older	Multicultural Information and Gender Equality Division
R7-702	What is the supporter for Culture Creation Hall?	People aged 18 or older	Cultural City Promotion Division
R7-703	Cultural policy of Higashiosaka	People aged 18 or older	Cultural City Promotion Division