

Kobe PR Digest October 2026

Home Insulation

【特集】もっと話そう【住まいの断熱】のこと

冬は室内どこでも
18℃以上が
理想！

冬も暖かい家で
健康に過ごそう

冬、家の中が寒いのは当たり前？
実は、室内の温度は運動・食事と同じく
健康に関わる大切な要素。
断熱のポイントやメリットを知って
住まいの冬支度を考えてみませんか。

If you have any question about word
office procedures, financial support
For raising children, etc.

Call the Kobe International
Community Center (KICC) !

☎078-742-8721 (11 languages)



↑ Scan here
to visit the
website!



Home Insulation

Proper Home Insulation Can Transform Your Winter

Better insulation, especially around windows, can help keep homes comfortable all-year-round. Why not make life at home healthier and more budget-friendly this winter?

Better Insulation Has Many Benefits

Various studies and government surveys have shown the benefits of home insulation.

For example:

- Lower health risk from sudden temperature changes
- Better sleep
- Lower energy bills
- Better soundproofing and security

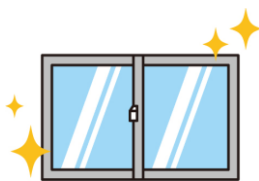
Learn more →



Windows Are Key To Better Home Insulation

More heat enters and escapes through windows than through walls, floors, or ceilings, making them the part of your home most affected by outdoor temperatures.

See examples of
insulation upgrades →



Learn more about Kobe!

Save Money and Reduce Food Waste

Kobe City offers food-sharing services to reduce food waste and help residents cope with rising prices. Choose from three ways to receive food, with ¥1,000 worth of coupons available through each service.

How to Use

1. Pick up at a store

Services: TABETE, Too Good To Go

2. Pick up from a locker

Purchase in advance with the Wakeatte app, or buy directly at the locker.

3. Have it delivered to your home

Service: Loss Zero



Special Offers at Local Markets

Select food items are available at discounted prices through participating local markets and shops.

Kobe Ichiba Bento Lunch Boxes

Dates: Until Sunday, February 28, 2027

*Sales suspended between Monday, December 21, 2026 and Monday, January 11, 2027.



Evening Discounts

Dates: Until January 2027 (subject to change)

Ooyasutei Market: Mondays and Wednesdays, 5:00PM to 8:00PM

Marugo Market: Mondays, 5:30PM to 7:00PM (except public holidays)



Learn more about Kobe!

Cycle Stamp Rally: Explore Kobe's rural landscapes, historical attractions, and local gourmet food by bicycle this fall.

Join a digital stamp rally along the Kande Yamada Cycling Road, connecting Kita-ku and Nishi-ku, where you can visit historic sites and local restaurants. You can also rent a ShareCycle bike at designated locations and earn coupons for participating businesses based on the number of stamps you collect.

Dates: Until Monday, November 23

Fee: Free (ShareCycle rental fees apply)



Taste the Best of Kobe at the KOBE Gourmet Collection

Experience Kobe's rich food culture all in one place, featuring booths with local meat, sake, fresh vegetables, rice, and more.

Date & Time: Saturday, October 31 and Sunday, November 1, 11:00AM to 4:00PM. (Held rain or shine; canceled in severe weather)

Location: Kobe East Park

Admission: Free

Contact: 078-265-6080



(Photo for illustrative purposes only)

Learn more about Kobe!

Make the most of Fall at the Hyogo Unga Festa!

Immerse yourself in Jazz performances made in collaboration with Hyogo-no-Tsu JAZZ LIVE and stage shows by local schools and community groups.

Date & Time: Sunday, November 1, 11:00AM to 5:00 PM (Held rain or shine; canceled in severe weather)

Location: Shinkawa Canal Promenade and AEON MALL Kobe Minami (2-1 Nakanoshima, Hyogo-ku)

Admission: Free



Take a Ride on the “Bluey” Train!

Kobe and Brisbane, Australia, have been sister cities since 1985, maintaining close ties for over 40 years. A special train decorated with characters from Bluey, the popular animated series set in Brisbane, is now running on the Subway Kaigan Line.



Local Recommended Spots

Nada Sake Brewery Puzzle-Solving Tour 2026 (Higashinada-ku, Nada-ku, and other areas)

Solve puzzles as you explore sake breweries and other areas in Nada-Gogo, Japan's leading sake-producing region.

Dates: Until Sunday, February 28, 2027

Participation: Free to join



Kobe Higashinada Sweets Tour (Higashinada-ku)

A popular fall event featuring a wide variety of Japanese and Western –style sweets.

Dates: Until Sunday, November 8

Participation: Free to join



Tarumi Fish Market (Tarumi Station East Plaza)

Local restaurants and fishers are working together to hold a market featuring delicious Tarumi seafood.

Date & Time: Sunday, October 25, 11:00AM to 3:00PM. (Held rain or shine; canceled in severe weather)

*Ends when items sell out.

Admission: Free

