



2011年12月号
英語版
English Edition
December 2011

Chiba City Residential Newsletter

千葉市生活情報誌

Chiba City ・ ちば

発行：(財) 千葉市国際交流協会

Issued by: Chiba City International Association

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この情報誌は、下記のアドレスよりダウンロードすることができます。

This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

Additional information not listed in this publication can be found at the Chiba City International Association's blog which is updated regularly.

Chiba City International Association Blog (URL): <http://cciachiba.blog21.fc2.com/>

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CITY NEWS

がつ ふほうとうきぼうしきょうかげっかん
12月は不法投棄防止強化月間

December is the Month of Illegal Waste Disposal Prevention

Illegal waste disposal refers to any violation of proper garbage disposal rules, such as throwing garbage or other items away in spaces other than the designated collection sites. The disposal of office or business waste at residential collection sites is also considered littering. Please respect the three principles of waste disposal: the right time, the right location and proper separation. The collection schedule for the holiday season will be announced in the December 15 and January 1 editions of the residential newsletter.

Procedures for the collection of large garbage items

- Call the *Sodaigomi Center* (粗大ゴミセンター) at (302) 5374.
(Monday to Friday, 9:00 - 16:00 and Saturdays, 9:00 - 11:30)
- Apply on-line at: <http://www.city.chiba.jp/cgi-bin/sodaigomi/top.cgi>
- Bring items directly to the appropriate facilities

*Please note that there are objects that are not collected by the city. Please refer to the table "How to Dispose of Household Waste" or see the city website for more information.

Beware of individuals offering to dispose of used consumers electronics for you

There have recently been incidents of individuals asking for large sums of money from citizens to dispose of their consumer electronics. These individuals drive around in *kei* trucks and appear to be legitimate waste disposal contractors. A permit from the city is required to dispose of domestic garbage, and contractors authorized by the city do not patrol the city and announce their services. Individuals without a license who charge a fee for waste disposal are violating the law. To avoid problems, see the chart above for information on how to properly dispose of your consumer electronics and other items.

Information: 収集業務課 Collection Operations Section Tel: (245) 5246 Fax: (245) 5477
環境事業所 Each Environmental Center

Chuo – Mihama Wards: Tel: (231) 6342 Fax: (233) 8046

Hanamigawa – Inage Wards: Tel: (259) 1145 Fax: (257) 6561

Wakaba – Midori Wards: Tel: (292) 4930 Fax: (292) 4305

ど 12/10 (土) — 31 (土) は冬の交通安全運動期間
Winter Traffic Safety Month is from 12/10 – 12/31

Please be careful of the following:

1. Stop drunk-driving
2. Prevent accidents involving children and the elderly
3. Take care when driving in the evening and at night.

Remember to check for cyclists, and follow the rules of the road. If you are riding a bicycle or scooter, be sure to have use lights and a helmet.

Information: 地域振興課 Regional Promotion Section
Tel: (245) 5148 Fax: (245) 5550

がつ ちきゅうおんだんかぼうしげつかん
12月は地球温暖化防止月間

December is Global Warming Prevention Month

Using ecologically friendly technology and conserving energy directly links to preventing global warming. Please talk with your family and friends about what you can do to help stop this problem.

The 9 Prefecture/City Alliance is promoting a global warming prevention program to encourage residents to “start, maintain and share” eco-friendly measures in their own homes and communities. City facilities will all be set at 19°C in order to lessen the use of energy. Why not turn your heaters down to 20°C and adopt an earth-friendly lifestyle this winter!

• Chiba City is distributing “2012 Eco-Life Calendars”

Learn useful tips on how to save energy and lessen your impact on the earth. Go to any ward office, community center, citizens’ center, public center, health and welfare center, Gender Equality center, the lifelong learning center, any library, or the Consumer Affairs center to receive one.

Information: かんきょうほぜんか 環境保全課 Environmental Protection Section
Tel: (245) 5199 Fax: (245) 5553

HEALTH CARE

よぼう
インフルエンザを予防しよう
Let's Stop Influenza

To prevent the spread of infection, please consider the following guidelines:

1. Wash your hands and gargle every time you enter your house and before meals
2. Avoid crowded places.
3. Get enough rest and eat nutritious food.
4. If you have any symptom of influenza, respect common etiquette and wear a mask
5. If you use a humidifier, set it to an appropriate humidity level (50% – 60%).
6. Get vaccinated against influenza

* Note that the vaccination fee varies depending of the medical institution.

Information: しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office Infectious Disease Control Section
Tel: (238) 9974 Fax: (238) 9932

ま ふう よぼうせつしゆ う
麻疹・風しんの予防接種を受けましょう
Please Vaccinate Against Measles and Rubella

What: Vaccinations against Measles and Rubella are being performed for those in the following stages:

- Stage 1: 1 year of age
- Stage 2: Children entering school next April
- Stage 3: 1st year Middle School students
- Stage 4: 3rd year High School students

※ Information regarding scheduling an appointment can be picked up at your local hospital or medical clinic. Please complete these vaccinations in a timely manner.

Information: しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office, Infectious Disease Control Section
Tel: (238) 9941 Fax: (238) 9932

じょせい けんこうそうだん
女性のための健康相談

Health Consultations for Women

Phone Consultations: Speak to a health specialist between Mon-Fri from 9:00 - 12:00, and from 13:00 - 16:00

In-Person consultations: Speak to a female doctor on Wednesday, December 21 between 13:15 - 15:20 at the City Public Health Office (1 Saiwaicho, Mihama-ku). You must call and make an appointment first.

Information: しほけんじょほけんしどうか 市保健所保健指導課 City Public Health Office Health Guidance Section (closed holidays).
Tel: (238) 1220 Fax: (238) 9946

かんせんせい いちょうえん しょくちゅうどく ちゅうい
ノロウイルスによる感染性胃腸炎や食中毒にご注意を!

Avoid Food Poisoning and Infectious Gastroenteritis Caused by the Norovirus!

Norovirus can cause cases of food poisoning and infectious stomach inflammation between winter and early spring. Nausea and diarrhea are two main symptoms of this highly infectious disease that can spread through shared living spaces and cause food poisoning, etc. Children and the elderly are in the most danger, so please be careful to avoid transmission.

How to prevent transmission:

1. The feces and vomit of an infected person are highly contagious, so if you ever come into contact with them please wear a disposable mask and gloves and disinfect yourself well.
2. Make sure you wash your hands/fingernails thoroughly, using warm water and soap.
3. Be sure to wash your hands well after using the toilet, before eating or cooking. Use a towel or other clean surface to dry your hands.
4. If you cook food and feel feverish, nauseous, or have diarrhea, do not to touch any of the food directly.
5. If you eat any shellfish, make sure it is well cooked (at 85°C for over 1 minute) before eating.

Information: しほけんじょかんせんしょうたいさくか 市保健所感染症対策課 City Public Health Office Infectious Diseases Control Section

Tel: (238) 9974 Fax: (238) 9932

しほけんじょしょくひんあんぜんか
市保健所食品安全課 City Public Health Office Food Safety Section

Tel: (238) 9935 Fax: (238) 9936

Homepage: www.city.chiba.jp/pho/kansensho/

けんさ そうだん
「エイズ」・「クラミジア」検査と相談

AIDS and Chlamydia Testing and Consultation Services

Testing: Same-day results: Tuesday, December 13 and 20 from 13:30 – 14:30

Regular testing: Tuesday, December 13 and 20 from 18:00 – 19:00

Consultations: Every Tuesday from 10:00 – 12:00, 13:00 – 16:00 (phone consultation available)
Every Wednesday from 14:00 – 17:00 (phone consultation available)

Every second and third Tuesday from 18:00 – 19:00 will be in person appointments only

Where: しほけんじょ みはまぐさいわいちょう
市保健所 (美浜区 幸 町 1) City Public Health Office (1 Saiwaicho, Mihama-ku)

※Consultations are anonymous, and are administered by professional counselors.

Information: しほけんじょかんせんしょうたいさくか 市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section
Tel: (238) 9974 Fax: (238) 9932

Chiba City Emergency Medical Services

◆夜間・休日診療 Night Time, Holiday Examinations

	Night Examinations	Holiday Examinations
	Kaihin Hospital Night Emergency Examination	General Health Medical Center Holiday Emergency Medical Examination Center
Telephone	279-3131	238-9911
Open	Every day	Sundays, national holidays, year-end holidays
Location	3-31-1 Isobe, Mihama-ku	1-3-9 Saiwaicho, Mihama-ku
Reception time		8:30 – 11:30, 13:00 – 16:30
Examination hours	Monday to Friday 19:00 – 6:00 (next day) Sat, Sun & Holidays, Year End Holidays 18:00 – 6:00 (next day)	9:00 – 17:00
Divisions	Internal, Pediatric Medicine	Internal, Pediatric, Trauma, Orthopedic Surgery, Eyes/Nose/Throat, Optometry, Dental Medicine

◆救急医療テレホンサービス Emergency Medical Hotlines

	General Health Medical Center	Emergency Doctor on Call for Holiday Obstetric and Gynecological Care	Guidance for Medical Facilities Open at Night	Nighttime Emergency Trauma Treatment
Tel.	244-5353	244-0202	246-9797	244-8080
Open	Sundays, national holidays, year-end holidays	Sundays, national holidays, year-end holidays	Monday to Saturday	Every day
Time	8:00 – 16:15	8:00 – 17:00	17:30 – 19:30	8:00 – 6:00(next day)
What	Reception/exam hours, units, place	Information for the doctor on call	Information on medical facilities open at night	Information for the doctor on call
How	Automated answering system	Automated answering system	Speak to a nurse	Automated answering system

◆こども急病電話相談 Telephone Consultation Service for Children with sudden illness
(Speak to a pediatric doctor or nurse) Dial #8000 or 242-9939. Every day from 19:00 – 22:00

EVERYDAY LIFE

けいぞくぼしゅう らいねん がつにゆうしょ ほいくしょ えん じどう
継続募集 来年4月入所 保育所(園)児童

Still Accepting Applications for Day Care Enrollment Beginning in April 2012

If you were unable to submit an application between November 4 – 18 to have your child enter day care, you can still apply. Applications will be accepted for April entries. Please see the instructions below:

Deadline: Friday, January 6 at 17:30

Apply: Go to the Health and Welfare Center Child and Family Section that oversees the day care center you wish to enroll your child in and apply directly.

*In cases where the severity of the need for child care is the same, the day care centers will

prioritize people who applied during the original application period of Nov. 4 – 18.

Information: かくほけんふくし 各保健福祉センター かていか こども家庭課

Each Health and Welfare Center's Family and Child Welfare Section

Chuo: Tel: (221) 2172 Hanamigawa: (275) 6197 Inage: (284) 6137

Wakaba: (233) 8150 Midori: (292) 8137 Mihama: (270) 3150

ほいくうんえいか 保育運営課 Childcare Management Section

Tel: (245) 5729 Fax: (245) 5894

こそだ 子育て はいふちゆう ハンドブックを配布中

Child Care Handbooks Distributed for Free

The "Child Care Handbook" contains a lot of useful resources and information on childcare support for parents in Chiba City. If you are interested in receiving a copy, you can go to any Health and Welfare Center, Ward Office's Residential Section, Citizens' Center, Child Care Support Center (Qiball 4 Chuo, Chuo-ku) where they are distributed at no cost. If you would like to have one mailed to you, please send a letter that says "子育てハンドブック希望" in red on the front, and include a large, self-addressed envelope with a ¥290 stamp and send it to: 〒260-8722 ちばしやくしょ 千葉市役所 きかくか こども企画課.

Information: きかくか こども企画課 Children's Future Planning Section

Tel: (245) 5178 Fax: (245) 5547

EVENTS

かし クリスマスのお菓子づくり Christmas Candy Making

When: Saturday, December 17 from 13:30 – 16:30

Where: Nanbu Youth Center (1 Shirahata, Chuo-ku)

Target: Grade 3 elementary school students – middle school students

Capacity: 24 people (first-come, first-serve)

Fee: ¥700

Apply: Call the number below for a place.

Information: なんぶせいしやうねん 南部青少年センター Nanbu Youth Center (closed Mondays, holidays)

Tel: (264) 8995 Fax: (268) 1032

ふゆやす セーフティーちば こけんがくかい 冬休みちびっ子見学会 Safety Chiba Children's Winter Field Trip

What: Get a close look at fire engines while enjoying a mini-concert held by the firemen!

Where: Safety Chiba (1 Nagasu, Chuo-ku)

When: Friday, December 23 (holiday) from 10:00 – 11:50

Capacity: 100 people, call below to reserve a spot. Places are first come, first serve.

Information: しょうぼうきょくよぼうか 消防局予防課 Fire Bureau, Prevention Section

Tel: (202) 1664 Fax: (202) 1669

もよお
いきいきプラザ・センターの催し

Events at the *Iki Iki* Plazas and Centers

	Event	Where	When	Target	Cost/Capacity
①	Family Pottery Class “Let’s make Christmas trees!”	Hanamigawa Iki Iki Plaza (Sankakuchō) Tel: (216) 0080 Fax: (216) 0083	Sun. 12/18 9:30 – 11:30	Elem. school students and their family	¥300/person, 10 groups max.
②	Winter <i>Kakizome</i> (Calligraphy) Class		Sun. 12/25 10:00 – 12:00	Elem. school students	15 students
③	Freshen up your make-up techniques!	Hanamigawa Iki Iki Center (9 Hanamigawa) Tel: (286) 8030 Fax: (286) 8031	Thurs. 12/22 13:30 – 15:30	Women over the age of 60	30 people max.
④	Retro Song Sing-a-Long	Inage Iki Iki Plaza (6 Inage-Higashi) Tel: (242) 8005 Fax: (242) 8175	Sat. 12/17 13:30 – 15:00	People over the age of 60	60 people max.
⑤	New Years Flower Arranging Class	Omiya Iki Iki Center (7 Omiyadai, Wakaba) Tel: (265) 1751 Fax: (265) 1741	Fri. 12/23 10:30 – 12:00	People over the age of 60	16 people max. ¥1,000/person

All events are first-come, first-serve. For ① – ④, apply by phone/fax or in person at the Iki Iki Plaza/Center. For ⑤, just come to the event on the day of with your participation fee.

はな びじゅつかん もよお
花の美術館の催し

Flower Museum Events

- Christmas Hand Bell Concert:** Saturday, December 17 from 13:30 and 17:00 in front of the Monet Salon.
- Christmas Guitar and Mandolin Concert:** Saturday, December 17 from 18:00 at the Monet Salon.
- Evening Events:** Illuminations and candle lighting ceremonies on Sat. 12/17 and Fri. 12/23 from 16:30 – 19:00.

Information: はな びじゅつかん 花の美術館 Flower Museum (inside Inage Kaihin Park, closed Mondays)
Tel: (277) 8776 Fax: (277) 8674

としよかん ふゆ おやこ かい
図書館の「冬の親子おはなし会」

“Winter Story Time for Families” will be held at Chiba Libraries

Ward	Location, Time, Participant Information
Chuo	Chuo Library (3 Benten) Tel: (287) 3980 Saturday, December 17 from ① 11:00, and ② 15:00 ① is for 3-4 year olds and ② is for 5 – elementary school children. 30 children max.
	Miyako Library (3 Miyakocho) Tel: (233) 8333 Saturday, December 24 from ① 10:00 and ② 11:00 ① is for 3 – 6 year olds and ② is for elementary school children. 40 children max.
	Shirahata District Library (1 Shirahata) Tel: (264) 8566 Wednesday, December 21 from 15:30 for children ages 3 – elementary school 30 children max.
Hanamigawa	Hanamigawa Library (5 Kotehashidai) Tel: (250) 2851 Friday, December 16 from ① 11:00, and ② 16:00 ① is for 1-3 year olds and ② is for 4 – elementary school children. 30 children max.
	Hanamigawa Housing Complex Library (3 Hanamigawa) Tel: (250) 5111 Wednesday, December 21 from 15:30 for children ages 3 – elementary school 30 children max.
Inage	Inage Library (5 Konakadai) Tel: (254) 1845 Friday, December 16 from ① 15:15, and ② 16:00 ① 3-6 year olds and ② elementary school children. 60 children max.

Wakaba	Nishi-Tsuga District Library (2 Nishi-Tsuga) Tel: (254) 8681 Wednesday, December 21 from ① 15:00, and ② 15:45 ① 3-4 year olds and ② 5 – elementary school children in year 3. 20 children max.
	Izumi District Library (Norocho) Tel: (228) 2982 Saturday, December 24 from 11:00 for children ages 3 and up. 30 children max.
Midori	Midori Library (3 Oyumino) Tel: (293) 5080 Friday, December 16 from ① 11:00, ② 15:30 and ③ 16:00 ① 2-3 year olds and ② 4 and older, ③ elementary school children. 36 children max.
	Asumigaoka District Library (7 Asumigaoka) Tel: (295) 0200 Wednesday, December 14 from 15:45 for children 3 and older. 40 children max.
	Toke Library Tel: (294) 1666 Saturday, December 17 from 14:00 for children 3 and older. 30 children max. *The library is located at the Toke Community Center.
Mihama	Mihama Library Tel: (277) 3003 Saturday, December 17 from ① 10:30, and ② 11:30 ① Children 3 and older ② children 5 and older. 40 children max. The venue is the Takasu Kosodate Relax Center (3 Takasu).
	Utase District Library (2 Utase) Tel: (272) 4646 Thursday, December 22 from ① 15:30, and ② 16:00 ① 3 and older ② 5 – elementary school children. 20 children max.

Each event is 30 minutes long, free, participation is first-come, first-serve. For more information, please inquire at each library for more information. Or call the Chuo Library at: Tel: (287) 3980, Fax: (287) 4074.

こそだ あい
子育てふれ愛フェスタ 2011
Child-Raising Festival 2011

The Chiba City Friendship Center for Kids will be hosting the 2011 Child-Raising Festival on Sunday, December 18. This year's programs are based on a theme of "Happiness with Friends and Family." Please come with your children and friends! (Participants will need to register at the friendship center, at no cost.)

1. Picture book exchange corner (10:00 – 15:00) Exchange Picture books that you don't read anymore!
2. Let's make sock puppets! ¥200 per person, children age 3+ with a guardian or children in elem. school.
20 people per session, first-come, first-serve.
3. Playful expressions (10:15 – 11:45, 13:30 – 15:00) Make fashion items from newspapers and show off!
Elem. school students, up to 20 people per session.
4. Play with tops and kendama (10:15 – 11:45, 13:30 – 15:00) children age 3+ with a guardian or children in elem. school. 30 people per session, first-come, first-serve.
5. Story Time with Grandma Poplar (11:00 – 12:00) Read, "You look tasty!" Pre-schoolers and parents, elem. school students. 255 people, first-come, first-serve.
6. Rakugo (comedic stories) is fun! Let's learn with *Kikujuu!* (12:00 – 13:00, 15:15 – 16:15). Elem. school students, up to 20 people, first-come, first-serve.
7. Christmas Tea Party with a Snowman (14:00 – 16:00) Make a snowman cake and listen to music while enjoying a tea party. Elem. school students and older. 24 people max. ¥1,000 per person.
8. Dance and Play with *Tanizo* (15:00 – 16:30) Dance Tanizo's famous dance! Pre-school kids and parents, elem. school students and older. 255 people, first-come, first-serve.

All events that are underlined require advance applications. To apply, call or come in person to the Friendship Center after Wed. 11/16. *Unless otherwise marked, all events are free.

Information: こども 交流館 Children's Friendship Center (closed Tuesdays)

Tel: (202) 1503 Home page: www.kodomo-koryukan.jp/

Looking for Participants for a Chiba Bicycle Racing Tour

Come see the Olympic sport created in Japan! You will have a chance to listen to racers speak, tour the velodrome/track, *and* see a race!

- When:** Wednesday, December 14 from 13:00 – 16:30
Target: Adults (age 20 and up)
Capacity: 20 people max (a lottery will be held in the event of an excess of applications)
Cost: Free (betting tickets can be purchased separately)
Apply: Send a pre-paid postcard with your name, address, age, phone number to 〒260-0045
ちゅうおうくべんでん こうえいじぎょうじむしょ
中央区弁天 4 – 1 – 1 公営事業事務所 by Wednesday, December 7. If you are applying with
other people, you must include their information on your card as well.
Information: こうえいじぎょうじむしょ
公営事業事務所 Public Enterprise Office
Tel: (251) 7111 Fax: (255) 9909

CONSULTATIONS

しゃかいほけんろうむしそудん
社会保険労務士相談

Consultation by Certified Social Insurance Labor Consultants

- What:** Receive advice on labor, social insurance and pensions. Phone consultations available.
When: Monday, December 19 from 10:00 – 16:00. Come directly on the day of.
Where: けんしんりんかいかん
県森林会館 Prefectural Shinrin Hall, Room 304 (1 Nagazu, Chuo-ku)
Information: けんしゃかいほけんろうむしかい
県社会保険労務士会 Prefectural Organization of Certified Social Insurance Labor Consultants
Tel: (224) 9027 Fax: (224) 9058
しみんそうむか
市民総務課 General Affairs Section of Citizens' Affairs Bureau Tel: (245) 5156

じんけんようごいいんとくせつそудん
人権擁護委員特設相談

Human Rights Consultation Services

- What:** Issues regarding human rights such as discrimination, bullying, defamation, etc.
When: Every Tuesday, 10:00 – 15:00 (phone consultation not available)
Where: ちゅうおう
中央コミュニティーセンター2階 Chuo Community Center 2F
Contact: ほうむきよくじんけんようごか
法務局人権擁護課 Law Bureau, Human Rights Section Tel: (302) 1319
Information: しみんそうむか
市民総務課 General Citizen's Affairs Section
Tel: (245) 5153 Fax: (245) 5155

たじゅうさいむしやとくべつそудん
多重債務者特別相談

Consultations for those with Multiple Debts

- What:** Consult with an attorney regarding debts (30 minutes per person).
Consultations must be made in person, by the debtor.
When: Thursday, December 22 from 13:00 – 16:00.
Apply: Call the number below for an appointment. 6 individuals max.
Information: しょうひせいかつ
消費生活センター Consumer Affairs Center (1 Benten, Chuo-ku)
Tel: (207) 3000 Fax: (207) 3111

しんぱい そろだん じょうせつそろだん
心配ごと相談 (常設相談)

Consultation Services (Permanent Consultation)

- What:** Consult with a welfare commissioner or a children's welfare commissioner. Phone and in person consultations are available.
- When:** Monday through Friday from 10:00 – 15:00 (except public holidays).
- Where:** ししゃかいふくしきょうぎかいしんぱい そろだんじょ ちゅうおうくち ぼでらちょう
市社会福祉協議会心配ごと相談所 (中央区千葉寺町ハーモニープラザ内)
City Social Welfare Council *Shinpaigoto Soudanjo*
(Chibaderacho, Chuo-ku in the Harmony Plaza)
- Information:** しんぱい そろだんじょ
心配ごと相談所 Shinpaigoto Soudanjo
Tel: (209) 8860 Fax: (209) 8866

がいこくじん ほうりつそろだん
外国人のための法律相談

Legal Consultation for Foreign Residents

- When:** Monday, December 19 from 13:00 – 16:00
- Where:** こくさいこうりゅう
国際交流プラザ International Communication Plaza (Chuo 2, Chuo-ku)
- What:** Consultation with a lawyer. You may not ask for advice about cases currently in trial. Those requiring an interpreter must request one when making an appointment.
- Capacity:** 4 people, consultations are first come, first serve.
- Information:** ちばしこくさいこうりゅうきょうかい
千葉市国際交流協会 Chiba City International Association
Tel: (202) 3000 Fax: (202) 3111

とくせつほうりつそろだん
特設法律相談

Special Legal Consultations

- What:** Speak to an attorney. Cases currently being tried in court or in arbitration will not be accepted. An appointment is necessary. Phone consultations not available.
- When:** Saturday, December 17 from 13:00 – 16:00
- Where:** Consultations will be held at the Chuo Community Center 2F.
- Apply:** Call for an appointment after Thursday, December 8 at 9:30. 16 individuals maximum.
- Information:** しみんそうむか
市民総務課 General Affairs Section of the Citizens' Affairs Bureau
Tel: (245) 5156 Fax: (245) 5155

しみん やくだ じょうほう
市民に役立つ情報

Other Useful Information for Residents

EMERGENCY NUMBERS

Fire Department & Ambulance.....119 Police.....110

Chiba City International Association043-202-3000

Services in:	MON	TUE	WED	THU	FRI	SAT
ENGLISH	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	10:00 – 16:30
CHINESE	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 16:30
KOREAN	10:00 – 15:30		10:00 – 15:30		10:00 – 15:30	
SPANISH		10:00 – 15:30		10:00 – 15:30		9:00 – 16:30

Chiba Prefectural Telephone Advisory Service.....Tel: 043-297-2966

- Mon. – Fri., 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m. (English)
- Tues., 9 a.m. – 12 p.m. (Chinese)
- Mon. – Wed., 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m. (Spanish)

Tokyo English Life Line.....Tel: 03-5774-0992

- Free telephone counseling service Every day 9 a.m. – 11 p.m.
- **TELL Community Counseling Service** (English, Japanese) Flexible fee scale
- Face-to-face counseling service, Mon. – Fri., 10 a.m. – 6 p.m.
- For appointments: in English.....Tel: 03-4550-1146 in Japanese.....Tel: 03-4550-1147

AMDA International Medical Information Center.....03-5285-8088

- Every day, 9 a.m. – 8 p.m. (English, Thai, Chinese, Korean, Spanish)
- Mon., Wed., Fri., 9 a.m. – 5 p.m. (Portuguese)
- Wed., 1 p.m. – 5 p.m. (Tagalog)
- Wed., 1 p.m. – 5 p.m. (Vietnamese)

Immigration Information Center (Tokyo)

- Callers from within Japan, Tel: 0570-013-904, IP, PHS, Overseas callers, Tel: 03-5796-7112
- Mon. – Fri., 8:30 a.m. – 5:15 p.m. (English, Chinese, Korean, Spanish, and other languages)

Consultation Support Center for Foreign Residents (Tokyo).....Tel: 03-3202-5535, Fax: 03-5155-4039

- Mon. – Fri., 9:00 – 12:00, 13:00 – 16:00
- English, Chinese, Spanish, Portuguese speakers are available at all times (closed 2nd, 4th Wednesdays)
- Other languages as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bengal	Vietnamese		Bengal	Bengal
Week 2	Bengal	Indonesian	<i>CLOSED</i>	Bengal	Bengal
Week 3	Bengal	Vietnamese		Bengal	Bengal
Week 4	Bengal	Indonesian	<i>CLOSED</i>	Bengal	Bengal

Chiba City Call Center.....Tel: 043-245-4894

- Mon. – Fri., 8:30 a.m. – 9 p.m. Saturday, Sunday, and holidays, 8:30 a.m. – 5 p.m.
- Fax: 043-248-4894 E-mail: call4894@chihanachan-chiba.jp

The Chiba City International Association is a free resource for residents of Chiba City, both Japanese and non-native. If you have questions or concerns about life in Chiba City, or would like to get involved in volunteer efforts and international exchange activities, feel free to stop by. There are also plenty of resources in foreign languages, Japanese language learning opportunities, and experienced staff on-hand to help you with life in Chiba City. (Address: 8F Tower 2, Chiba Chuo Twin Building, 2-5-1 Chuo, Chuo-ku, Chiba City)

Tel: 043-202-3000 Fax: 043-202-3111 Email: ccia@ccia-chiba.or.jp