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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/>

## CITY NEWS

ねん ちばし ぎょうじ  
2014年 千葉市の行事

### Chiba City Events in 2014

There are many fun events planned throughout the year 2014. Major events from January to December are listed below. Please attend and participate!

#### January

- ◇ 13<sup>th</sup> (Hol), The Coming of Age Celebration
- ◇ 19<sup>th</sup> (Sun), Sanspo Chiba Marine Marathon

#### February

- ◇ 9<sup>th</sup> (Sun), Chiba International Cross Country
- ◇ 9<sup>th</sup> (Sun), Chiba City International Fureai Festival 2014



#### March

- ◇ Early to mid of March, JEF Chiba J2 League Season Opener at Fukuda Denshi Arena
- ◇ Late March to early April, Chiba Castle Sakura Festival

#### April

- ◇ 1<sup>st</sup> (Tue), Chiba Lotte Marines Pacific League Opener at QVC Marine Field

- ◇ Late April to early of May, Sanyo Museum Spring Fair

#### May

- ◇ 25<sup>th</sup> (Sun), Zero Trash Clean Day
- ◇ Late May, Healthy Chew Chew

#### June

- ◇ Mid to late June, Sanyo Museum Lavender Fair
- ◇ Mid June to mid of July, Best time to see the city flower, the Oga Lotus

#### July

- ◇ Mid July to August 31 (Sun)
  - Inage Seaside Pool is open
  - Inage Beach is open

#### August

- ◇ 17<sup>th</sup> (Sun), Chiba Three Generations Summer Festival
- ◇ Early August, Chiba City Citizen's Fireworks Festival (Makuhari Beach Fireworks Festival)

#### September

- ◇ 20<sup>th</sup> (Sat), Youth Day Festival
- ◇ Late August to early September, Coalition of Nine Regional and Local Governments Joint Disaster Prevention Drill (Disaster Prevention Week)

#### October

- ◇ 18<sup>th</sup> (Sat), Citizen's Day
- ◇ Mid October, Chiba Urban Monorail Festival 2014

#### November

- ◇ 8<sup>th</sup> (Sat); 9<sup>th</sup> (Sun), Chiba Zoo Festa 2014
- ◇ 24<sup>th</sup> (Hol), International Chiba Ekiden 2014

#### December

- ◇ Late November to late December, Chiba Port

Tower Christmas Illumination

- ◇ Early December to mid of January 2014,  
Downtown Chiba Illumination

**Inquiry:** <sup>しやくしょ</sup>市役所コールセンター  
Chiba City Call Center ☎245-4894

## はじめましょう <sup>けんこう</sup>健康づくり

### Let's Promote Health Awareness

Health gives us the power to live an active daily life. Start the challenge! Make use of the city's running and walking courses, health and sports facilities to promote good health. Have fun and start with easy steps so not to strain yourself. A



13kms long jogging course, the new Makuhari-Inage Seaside Running Course, is now available. Here, you can also enjoy the view of the shore and the World Heritage Mt. Fuji while enjoying the comfort of the ocean breeze.

## 海外へ旅行するときは <sup>かんせんしょう</sup>感染症に気をつけて ください

### Avoid Infectious Diseases When Traveling Abroad

To avoid infectious diseases such as polio, cholera, dysentery, typhoid, rabies, malaria, etc. while overseas,



please take the following precautions. Those travelling in tropical countries like Africa are especially advised to consult the Quarantine Station before the departure.

#### Before going

- ◇ Search on the common infectious diseases at your destination using the Quarantine Station homepage, etc.
- ◇ Consult about available vaccinations beforehand.

#### While abroad

- ◇ Avoid drinking tap water and drinks with ice and eating raw foods
- ◇ Promptly see a local doctor if inhibit symptoms of diarrhea, fever and rash
- ◇ Stay away from live animals especially chickens, ducks and dogs

- ◇ Avoid insects bite

#### Upon arrival in Japan

- ◇ Consult the Quarantine Office if you exhibit symptoms of diarrhea and fever

#### After return to Japan

- ◇ Promptly see a doctor if you exhibit symptoms of diarrhea or fever and inform them of your trip details.

**Inquiry:** <sup>しほけんじょかんせんしょうたいさくか</sup>市保健所感染症対策課  
Public Health Office, Infectious Disease Control Section ☎238-9974

## こくみんけんこうほけん <sup>し</sup>国民健康保険からの お知らせ

### Announcement from National Health Insurance

The National Health Insurance encourages the use of generic drugs. Generic drugs are cheaper and by using it moderates the government spending on medicines, so please cooperate. May you want to switch to generic drugs, please consult a doctor or a pharmacist. Payment by bank Automatic transfer for your National Health Insurance is encouraged!

#### **Inquiry:** <sup>かくくやくしよほけんねんきんか</sup>各区役所保険年金課

Each district's Health Insurance and Pension Section:

Chuo: ☎221-2131 Inage: ☎284-6119  
Hanamigawa: ☎275-6255 Midori: ☎292-8119  
Wakaba: ☎233-8131 Mihama: ☎270-3131

## こそだ <sup>こ</sup>子育てママの おしゃべりタイム

### Chit-Chat Time for Mothers

Starts at 10:00-12:00. Child-rearing individuals or expecting mothers gather to talk about child-rearing. Accompanying children allowed. You may come and go at your own convenience. No need reservation. Come directly to the center.

- ◇ Chuo-ku:  
Shinjuku Public Center, Jan 20 (Mon)  
Miyazaki Public Center, Jan 27 (Mon)  
Inquiry: <sup>まつがおかこうみんかん</sup>松ヶ丘公民館  
Matsugaoka Public Center ☎261-5990
- ◇ Hanamigawa-ku:  
Makuhari Public Center, Jan 23 (Thu)  
Inquiry: <sup>まくはりこうみんかん</sup>幕張公民館  
Makuhari Public Center ☎273-7522
- ◇ Inage-ku:  
Konakadai Public Center, Jan 20 (Mon)  
Inquiry: <sup>こなかだいこうみんかん</sup>小中台公民館  
Konakadai Public Center ☎251-6616
- ◇ Wakaba-ku:  
Sakuragi Public Center, Jan 16 (Thu)  
Mitsuwadai Public Center, Jan 23 (Thu)

Inquiry: 千城台公民館  
Chishirodai Public Center ☎237-1400

◇ Midori-ku:  
Honda Public Center, Jan 20 (Mon)

Inquiry: 誉田公民館  
Honda Public Center ☎291-1512

◇ Mihama-ku:  
Takahama Public Center, Jan 17 (Fri)

Inquiry: 稲浜公民館  
Inahama Public Center ☎247-8555

## 行ってみましょう！ Events

生涯学習センター映画上映会  
Movie Screenings at the Lifelong Learning Center

Showing twice at 10:00 and 14:00  
Gate opens 30 minutes prior to the showing time

- ① Family Anime Screening “Comet in Moomin Land”  
**When:** Jan 11 (Sat)  
**Limit:** first 80 people
- ② Thursday Masterpiece “The Lion in Winter”  
**When:** Jan 16 (Thu)  
**Limit:** first 250 people
- ③ Monday Classic Cinema “First Love”  
**When:** Jan 20 (Mon)  
**Limit:** first 250 people

**Inquiry:** 生涯学習センター  
Lifelong Learning Center ☎207-5820

バレンタインのお菓子づくり  
Valentine Confectionary-Making

**When:** Feb 8 (Sat) 13:30-16:30

**Where:** 南部青少年センター  
(中央区白旗1)

Nanbu Youth Center  
(Chuo-ku Shirahata 1)  
**Target:** Elementary and  
Junior High School  
students (students  
under elementary 2<sup>nd</sup>  
grade must be  
accompanied by  
guardians)

**Limit:** first 24 people  
**Fee:** 700 yen

**Apply/Inquiry:** 南部青少年センター  
Nanbu Youth Center ☎264-8995



いきいきプラザ・センターの催し  
Iki-iki Plaza/Center Events

◇ Soga Iki-iki Center (Chuo-ku Imai 1)  
Festival at the Center  
**When:** Jan 25 (Sat); Jan 26 (Sun) 10:00-15:00  
There will be shops, exhibits and presentations.

Come directly to the venue.

**Inquiry:** 蘇我いきいきセンター  
Soga Iki-iki Center ☎264-6966

◇ Hanamigawa Iki-iki Center (Hanamigawa-ku Hanamigawa)  
Festival at the Center  
**When:** Jan 18 (Sat); Jan 19 (Sun) 9:30-15:00  
There will be exhibits, presentations and shows.

Come directly to the venue.

**Inquiry:** 花見川いきいきセンター  
Hanamigawa Iki-iki Center ☎286-8030

保健・相談

## Health & Consultations

女性のための健康相談  
Health Consultation for Women

Have an interview consultation with a female physician about mental or physical health concerns related to female hormones, etc. Reservation required.

**When:** Jan 22 (Wed) 13:15-15:20

**Where:** 市保健所(美浜区幸町1)  
Municipal Public Health Office (Mihama-ku Saiwai-cho 1)

Phone consultation with public health nurse is also available. Ask for details.

**Apply/Consult/Inquiry:** 健康支援課  
Health Support Section ☎238-1220

不妊専門相談  
Infertility Consultation

**When:** Jan 22 (Wed) 14:45-17:00

**Where:** 市保健所(美浜区幸町1)  
Municipal Public Health Office (Mihama-ku Saiwai-cho 1)

Consultation with a physician or midwife. Accept couple consultations.

**Target:** those whose dealing with infertility or having problems with pregnancy.

**Limit:** first 3 couples

**Reserve/Inquiry:** 健康支援課  
Health Support Section ☎238-9925

Reservation on phone is available from Jan 6, 2014 (Mon)

とくせつほうりつそうだん

**特設法律相談**

**Special Legal Consultation**

**When:** Jan 25 (Sat) 13:00-16:00

Consultation with a lawyer. Cases that are currently in arbitration will not be accepted.

**Limit:** first 16 people (about 20mins per consultation) Reservation required.

**Reservation:** by phone until Jan 16 (Thu) until 17:00. Consultation on the phone is not available.

**Where:** 中央コミュニティセンター2階  
Chuo Community Center, 2F

**Reserve/Inquiry:** 広聴課 ☎245-5609  
Public Comment and Opinions Section

がいこくじん むりょうほうりつそうだん

**外国人のための 無料法律相談**

**Free Legal Consultation for Foreigners**

**When:** Jan 20 (Mon) 13:00-16:00

**Where:** 千葉市国際交流プラザ会議室 (中央区中

央2) Chiba City International Communication Plaza, Conference Room (Chuo-ku, Chuo 2)

**Limit:** first 4 people Please consult in advance if an interpreter is desired.

**Apply/Inquiry:** 千葉市国際交流協会  
Chiba City International Association ☎202-3000



**Chiba City Emergency Medical Services (for Nighttime/ Holidays medical care)**

You can receive medical care on weekends and late at night at the following places. It is important to get a proper medical attention even if the sickness or injury is minor.

Nighttime	Weekends/Holidays/Year-Ends
<p><b>Chiba City Nighttime Emergency Care</b> Where: 3-31-1 Isobe, Mihama-ku ☎279-3131 Division: Internal Medicine • Pediatrics only Hours: Mon-Fri 19:00-6:00 the next day. Sat/Sun/Ho./Year-End: 18:00-6:00 the next day.</p>	<p><b>Holiday Emergency Examinations (at the General Medical Center)</b> ☎244-5353 Where: 1-3-9 Saiwaicho, Mihama-ku Division: Internal Medicine, Pediatrics, External Medicine, Orthopedics, Otorhinolaryngology, Optometry, Dentistry Appointment Hours : 9:00-17:00 Reception Hours: 8:30-11:30, 13:00-16:30</p>
<p><b>If you are injured or need emergency surgery</b> ☎244-8080 (Appointment Hours: 8:00-6:00 the next day) Division : External medicine • Orthopedics Hours : 18:00-6:00 the next day</p>	<p><b>Gynecologist on Call</b> ☎244-0202 (8:00-17:00 on weekends/holidays) Hours: 9:00-17:00</p>
<p><b>Medical Centers that are open at night</b> ☎246-9797 Appointment hours: 17:30-19:30 Appointment Days: Mon-Sat (Closed Holidays and Year-End/New Years)</p>	

**Bring the following things with you when you go to the hospital:**

- ① Health Insurance Card (If you have a special medical voucher or a fee reduction card)
- ② Money (For the appointment fee)
- ③ Medicine (If you are taking any medicine, bring it with)
- ④ Prescription booklet/chart (If you have one)

**Website with more information about hospitals in Chiba City**

<http://www.city.chiba.jp/doctor/top.html>