



Chiba City ・ ちば

2014 9 月号
英語版
English Edition
September 2014

No.111

発行：(公財) 千葉市国際交流協会
Issued by: Chiba City International Association
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This newsletter is available at:

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

ちばし ちば 千葉市からのお知らせ CITY NEWS

さいがい じしん 災害(地震や たくさんのあめなどで危なくなる

こと) への じゆんび 準備は できていますか?
Are you prepared for disasters such as earthquake or heavy rain?

- ① Check the emergency evacuation sites and emergency evacuation shelters nearest you.
- ② Ready an emergency survival kit.
- ③ Check the safety of your home.

The city distributes a handbook the “Disaster Prevention Guidebook for Foreigners”. Please read it and be prepared for emergencies. You may also check the handbook through this link:

URL:http://www.city.chiba.jp/somu/shichokoshitsu/kokusai/bousaiguide_portal.html

★When a big disaster occurs

In times of big calamities, operations of train are cancelled, roads are congested and returning home will be difficult. In time like this, it is very important to stay calm and not to hurry in returning home. Make sure to ensure your safety first. Know information about train operations and road conditions. Also, plan ahead your safe route to home on foot.



★Emergency support station for those who have to walk home

In time of disasters, establishment such as convenience stores and gasoline stations that display sticker shown on the left can be of help such as providing water or rest room.



Inquiry: 危機管理課 Crisis Management Division
☎245-5151

12月1日(月)から

傘をゴミとして 出す方法が 変わります
New rule in disposing umbrellas to start on Dec. 1

★Present rule

Take it out with the umbrella tied up with one of the 20L or two of the 10L combustible garbage bag.

★New rule (starting Dec. 1)

Put out in a combustible garbage bag regardless of the number. May also be disposed with other combustible items.

Inquiry: 収集業務課
Waste Collection Operations Division ☎245-5246

気づいてください! 体と心の限界サイン
Notice the Warning Signs! Body and Mind Limit
From September 10 (Wed) to 16 (Tue) is a suicide prevention week. This year, many lives were lost to suicide. It is said that people committed suicide

suffered from various troubles and weak mind. It is very important for people living nearby to notice and help out those people who are in trouble. If you know somebody around you suffering from difficulties, please consult with any of the listed below:

★Mental Anguish/Distress

①By phone

- Chiba City Kokoro consultation line ☎204-1583 (Weekdays from 10:00 – 12:00; 13:00 – 17:00)
- Chiba Inochi consultation line ☎227-3900 (24hrs)
- Jisatsu Yobo Inochi consultation line ☎0120-738-556 (10th of each month from 8:00 - 8:00 of the following day)

②In-person

Chiba City Kokoro to Inochi consultation room
☎216-3618
Time: Mondays and Fridays from 18:00 - 21:00
Where: Chuo-ku Shinmachi 18-12, No. 8 Azuma Bldg., Rm 501
Reservations required.

★Work and labor

Labor consultation room ☎300-8282
Weekdays from 9:00 - 16:00, Saturdays and Sundays from 9:00 - 15:00

★Debt consultation

Consumer Affairs Center ☎207-3000
Weekdays and Saturdays from 9:00 - 16:30

★Business administration / Project fund

Chiba City Foundation for the Promotion of Industry ☎201-9505
Weekdays from 9:00 - 17:00

★School life consultation

Education Consultation Dial 24 Hotline
☎0120-101-830 (24hrs)

★Physical health condition

Each district's Health and Welfare Center, Health Division
Chuo ☎221-2582 Hanamigawa ☎275-6296
Inage ☎284-6494 Wakaba ☎233-8714
Midori ☎292-2630 Mihama ☎270-2221



Inquiry: 地域福祉課 Regional Welfare Division
☎245-5218

パパスクール

Papa School

The class includes discussion on how to raise a child, household chores, make friends with the same circle, etc.

★Lifelong Learning Center (Chuo-ku Benten 3)

Sep 28 (Sun), Oct 19 (Sun), Nov 9 (Sun)
from 10:30 - 12:00

★Gender Equality Center

Chuo-ku Chibadera-cho inside Harmony Plaza
Dec 14 (Sun) from 10:30 - 12:00

Target: Pre-elementary school student and father (mothers may also participate)

Limit: first 10 pairs

Apply/Inquiry: 保育支援課 Child Care Support Division ☎245-5105

参加者を募集します「プレ パパママ講座」
Looking Participants for Pre-parenting Class

Parents to be will be taught through various workshops about the importance of raising a child together, each other's role after the child born, etc.
Oct 4 (Sat), Nov 1 (Sat), Dec 13 (Sat)
from 10:00 - 11:30

Where: Lifelong Learning Center (Chuo-ku Benten 3)

Target: couples who are becoming parents

Limit: first 10 couples

Apply/Inquiry: 保育支援課 Child Care Support Division ☎245-5105

行って みましよう
EVENTS

「鏑木清方」の展覧会 (千葉市美術館)

Kiyokata Kaburagi Art Exhibition at Chiba City Museum of Arts

Kiyokata Kaburagi was a famous Japanese artist dated back 1878-1972. Enjoy his masterpieces among other arts from Edo period known as Ukiyo-e depicting Sumo, portraits, landscapes, lifestyle and block prints arts.

Where: Chiba City Museum of Arts, 7F and 8F Exhibition Hall (Chuo 3-10-8)

When: Sep 9 (Tue) - Oct 19 (Sun) from 10:00 - 18:00 (until 20:00 on Fridays and Saturdays)

Fee: Regular: 1,000 yen; university students: 700 yen, senior high school students and younger: Free

* Oct 18 (Sat) Citizen's Day, Free Admission!

Inquiry: 千葉市美術館 Chiba City Museum of Arts ☎221-2311

公民館の講座

Classes at the Public Center

Here are some fun events for families.

★ Chuo Ward: Kawado Public Center (Kawado-cho 403-1)

'Family Exercise Class for 2-3 Year Olds'
Oct 4, Oct 11, Oct 18, Saturday

from 10:00 - 12:00

Target: Children aged 2-3 and their guardians

Limit: First 10 groups

Application/Inquiry: In person or by phone starting from Sept 13 (Sat) ☎265-9256

★ **Hanamigawa Ward: Kotehashi Public Center**

(Kotehashi-cho 162-1)

‘Rhythmic Exercises for 2-3 Year Olds’

Sept 18, Oct 2, Oct 16, Nov 6, Thursday from 10:00 - 12:00

Target : Children aged 2-3 and their guardians

Limit: First 15 groups

Apply: In person or by phone ☎259-2958

★ **Inage Ward: Inage Public Center**

(Inage 1-10-17)

‘Parenting of 2-3 Year Olds’

Sept 30, Oct 7, Oct 14, Tuesday from 10:00 - 12:00

Target : Children aged 2-3 and their guardians

Limit: First 15 groups

Apply: In person or by phone ☎243-7425

★ **Wakaba Ward: Chishirodai Public Center**

(Chishirodai-nishi 2-1-1)

‘Family Exercise Class’

Oct 3, Oct 10, Oct 17, Friday from 10:00 - 11:30

Target : Children aged 2-3 and their guardians

Limit: First 20 groups

Apply: In person or by phone ☎237-1400

★ **Midori Ward: Shiina Public Center**

(Tomioka-cho 290-1)

‘Family Eurhythmics in English’

Oct 3, Oct 17, Friday from 10:00 - 11:00

Target : Children aged 2-3 and their guardians

Limit: First 20 groups

Apply: In person or by phone ☎292-0210

★ **Mihama Ward: Inahama Public Center**

(Inage Kaigan 3-4-1)

‘Exercise Class for Mom and Baby’

Sept 10, Sept 17, Sept 24, Wednesday from 10:00 - 12:00

Target : Infants younger than 6 months old and their mothers

Limit: First 25 groups

Apply: In person or by phone ☎247-8555

かいせいあんちやしつこうかい ちゃ
海星庵茶室公開とお茶のふるまい

Tea at the Kaiseian Tea Room

When: Sep 14, Sep 21, Sep 28, Sunday from 11:00 - 14:00

Where: かいせいあん いなげかいひんこうえんない
海星庵(稲毛海浜公園内)
Kaiseian (inside Inage Seaside Park)

Limit: First 100 people on the day



Inquiry: いなげきねんかん Inage Memorial Center
☎277-4534 Closed the 4th Monday of the month

ちゅうごくざんりゅうこじ たいげん き かい
中国 残留孤児の 体験を聞く会

Hear from Japanese Left in China after WWII

Come hear Japanese who were left in China as children after World War II share their experiences, in addition to an *erhu* (Chinese instrument) performance.

Where: しょうがいふくし サービス じぎょうしょま
あぶるひろ (花見川区幕張町

4-524-2)

Disability and Welfare Services

Office Maaburuhiro

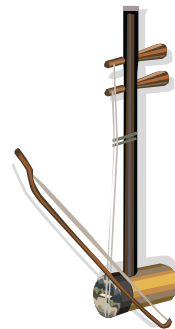
(Hanamigawa-ku Makuhari-cho 4-524-2)

When: Sep 20 (Sat) from 13:30 - 16:30

Limit: First 60 people

Fee: 300 yen

Inquiry: ほごか 保護課 Public Assistance Division
☎245-5165



ちばけん しがく
2014千葉県 私学フェア

2014 Chiba Prefecture Private School Fair

The school fair will have information about private schools in Chiba Prefecture, seminars to choose a first-choice school, and free distribution of admission materials.

Where: まくはり こくさいかいぎじょう みはまくなかせ
幕張メッセ国際会議場(美浜区中瀬2)

Makuhari Messe International Conference Hall (Mihama-ku Nakase 2)

When: Sep 21 (Sun) from 10:00 - 16:00

Inquiry: けんしりつちゅうがくこうとうがっこうきょうかい
千葉県私立中学高等学校協会 Chiba Prefecture Private Junior and Senior High School Association ☎241-7382

ほけん そうだん
保健・相談

Health and Consultations

こうくう けんしん
口腔がん検診

Oral Cancer Examinations

Examinations can be taken at participating dental institutions in the city until Monday, Dec 22.

Target : Those aged 40 and over living in the city who have the following symptoms:

- ① Swelling, lumps, sores that do not heal easily, white or red spots, etc. in the mouth
- ② Cavities, periodontal disease, ill-fitting false teeth or fillings, etc.

③ Frequent biting or injury of the tongue or cheeks

Limit: First 600 people

Fee: 1,000 yen

A list of eligible dental institutions will be sent to those who apply.

Application/Inquiry:

市歯科医師会 Chiba City

Dental Association ☎

242-2982



「エイズ」・「クラミジア」^{けんさ そうだん}検査と相談
AIDS/Chlamydia Testing and Consultation

★ Consultations

- ① Every Tuesday (excluding Sep 23) from 10:00 - 12:00 and 13:00 - 16:00
 - ② Sep 17, Sep 24, Wednesday from 14:00 - 16:00
- Consultation is available with a professional counselor. Phone consultation is also available.

★ Testing

Immediate testing (results available on the same day) Sep 30 (Tue) from 14:00 - 15:00

Application/Inquiry/Location: 市保健所感染症

対策課 (美浜区幸町1) Chiba City Health Center Infectious Disease Control Division (Mihama-ku Saiwai-cho 1) ☎238-9974

Reservations are required, but can be anonymous.

女性のための健康相談^{じょせい けんこうそうだん}

Health Consultations for Women

Consultation is available for those with physical or mental concerns related to female hormones, etc.

- ① Consultation with a female physician (gynecology)
When: Sep 17 (Wed) from 13:15 - 15:20
Where: 市保健所(美浜区幸町1) City Health Center (Mihama-ku Saiwai-cho 1)
Reservations (by phone) are required.
- ② Phone consultations with a public health nurse

Monday - Friday each week (closed on holidays) from 9:00 - 12:00 and 13:00 - 16:00

Application/Consultation/Inquiry: ^{けんこうしえんか}健康支援課
Health Support Division ☎238-1220

^{じんけんようごいいんとくせつそうだん}人権擁護委員特設相談

Special Consultation with a Human Rights Commissioner

Consultation is available for those with concerns about human rights, such as marital affairs, alimentation, neighbors, discrimination, liber/slander, abuse/harassment, and bullying.

When: Every Tuesday from 10:00 - 15:00

Where: ^{ちゅうおう}中央コミュニティセンター2階 ^{かい}Chuo Community Center, 2F

Please come directly to the venue.

For phone consultations, call the Human Rights Counseling Line.

☎0570-003-110 (8:30 - 17:15 on weekdays)

Inquiry: ^{ほうむきょくじんけんようごか}法務局人権擁護課 Legal Affairs Bureau
Human Rights Protection Division ☎302-1319

^{がいこくじん}外国人のための^{むりょうほうりつそうだん}無料法律相談

Legal Consultation for Foreigners

When: Sep 22 (Mon) from 17:00 - 20:00

Where: ^{ちばしこくさいこうりゅう}千葉市国際交流プラザ ^{かいぎしつ}会議室
(中央区中央2)

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

Limit: First 4 people

Applications are required. Please consult in advance if you would like an interpreter.

Applications/In

quiry: ^{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 ☎202-3000



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0120-033-253 Free

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