



City Residential Newsletter

千葉市生活情報誌

Chiba City ・ ちば

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ちばし 千葉市からのお知らせ CITY NEWS

こくみんけんこうほけん こうきこうれいしゃいりようせいど
国民健康保険・後期高齢者医療制度の
ほけんしょう ほけんりょうけつていつうちしょ
保険証と 保険料決定通知書

National Health Insurance/The Elder Senior Citizen Medical Care System Insurance Cards and Premium Final Notices

★National Health Insurance (people 74 years old and younger) cards; and The Elder Senior Citizen Medical Care System (mainly people 75 years old and older) cards and premium fee final notices will be sent by post in mid-July. The National Health Insurance premium fee notices were sent on June 15.

★You can use your current insurance cards until Tuesday, July 31. Starting August 1, you must use your new insurance card. The cards will arrive in mid-July.



For the National Health Insurance

Questions: 健康保険課 Health Insurance Division
☎245-5145

For the Late-Life Elderly Healthcare System

Questions: 健康保険課 Health Insurance Division
☎245-5170

こくみんねんきん
国民年金

The National Pension

All people who registered to reside in Japan aged between 20 - 59, pay into the national pension system, and those funds will be a source of the pension for people who are 65 years old and

above. The Disability Basic Pension and Bereaved Basic Pension are also paid from this fund. Don't forget to submit your status notification for Disability Basic Pension. People who have trouble affording the pension payments should use the exemption system.

Please inquire for more details.

Questions: 区役所市民総合窓口課 Ward Office
Citizens' General Inquiries Division

Chuo Ward: ☎221-2133
Hanamigawa Ward: ☎275-6278
Inage Ward: ☎284-6121
Wakaba Ward: ☎233-8133
Midori Ward: ☎292-8121
Mihama Ward: ☎270-3133



ようじ しょうけんき う 幼児の尿検査を受けましょう Get a Urinalysis for your Young Children

Get a urinalysis done at a Health and Welfare Center Health Division to quickly discover if your child might have nephritis or nephrosis. The exam is free.

★When/Where

- ① Monday, September 10/ Chuo ward
- ② Tuesday, September 11/ Hanamigawa ward
- ③ Wednesday, September 12/ Inage ward
- ④ Tuesday, September 18/ Wakaba ward
- ⑤ Tuesday, September 18/ Midori ward
- ⑥ Wednesday, September 19/ Mihama ward

Reception Hours: 10:00 - 11:00

★Eligibility

Children born between April 2, 2012 - September 30, 2014. Children attending a child care center (including nursery schools and kindergartens) in

Chiba City will have the examination done at their care facilities, therefore there is no need to apply for this program.

★Apply

Contact the Health Support Division (健康支援課) by phone or email by Tuesday, July 31.

★Exam Process

People who applied will be sent a urine sample container around the end of August. Bring it to the exam location on the day of your appointment.

Questions: 健康支援課 Health Support Division
☎238-9925

ねっちゅうしょう よぼう
熱中症を予防しましょう

Let's Prevent Heatstroke

Whether indoors or outdoors, it is easy to get heatstroke when you spend long periods of time in a place that is hot or very humid.



To prevent heat stroke, it is important to realize your condition and take measures as soon as possible. Avoid the heat and stay hydrated.

★How to Prevent Heatstroke

- ① Drink fluids. If you sweat, drink water mixed with a little salt (liquid and salinity).
- ② Use the air conditioning at home to adjust the temperature. Prevent the heat using curtains or blinds. Cool your body with ice or a cool towel.
- ③ Don't forget a UV umbrella or hat when you go outside. Take care how you dress to prevent from overheating. Walk in places where the sun doesn't reach and rest from time to time. Avoid going out in broad daylight on sunny day, which tend to be really hot.

★If You have Heatstroke

① Mild or Moderate Severity
Symptoms: dizziness, light-headedness, headache, nausea, and feeling listless
Response: move to a cool place, cool your body, and take fluids and salt content. Go to the hospital if the condition doesn't improve.

② Extreme Severity
Symptoms: cannot drink water by yourself, feeling dopey, and body goes into convulsions.
Response: immediately call an ambulance

Questions: 健康支援課 Health Support Division
☎238-9968

だい かい せかいじよし
**第16回WBSC世界女子ソフトボール
選手権大会**

16th Women's Softball World Championship

The championship to determine the world's best women's softball team will be hosted in Chiba Prefecture. Sixteen countries including Japan and the United States will participate. The final eight teams will proceed to the finals, which will be hosted at ZOZO Marine Stadium (美浜区美浜, Mihama, Mihama-ku)

When: Friday, August 10 - Sunday, August 12
For more information such as ticket prices

search **世界女子ソフト 2018**
(‘world women’s softball 2018’)

Questions: 世界女子ソフトボール
選手権大会組織委員会 Women's
Softball World Championship
Organizing Committee
☎307-9380



はい
**そろそろプールに入りたくなってきた！！
It's About to be Pool Time!**

The Inage Seaside Park Pool (美浜区高浜7, 7 Takahama, Mihama-ku), one of the largest in Chiba Prefecture, will be open Saturday, July 14 - Sunday, Sep 2, from 9:00 - 17:00.

Everyone from children to adults can enjoy a full day with the twelve different kinds of pools, including three different slides, a waterfall pool, a wave pool, the kids' favorite water station, and more.



★Pool Fees

- ① General Admission: ¥1,100 (¥990)
- ② High School Students: ¥800 (¥720)
- ③ Elementary/Junior High School Students: ¥400 (¥360)
- ④ Pre-school Age Children over 4 years old: ¥200 (¥180)

*() marks prices for advance sale tickets.
The advance sale tickets are available until Friday, Aug 10.
Parking Fee: Regular cars ¥600, Large-size cars ¥2,000

For more details search **稲毛海浜公園プール**
(Inage Seaside Park Pool)

Questions: 株式会社ワールドパーク
World Park, Inc. ☎247-2771

ちば なつごう くば
千葉あそび(2018夏号) 配っています

Chiba Asobi Free Magazine (2018 Summer Edition) is Available

The city's seasonal Chiba Asobi Free Magazine (2018 Summer Edition) will be available starting Thur., July 12. It will introduce events where you can experience the city's seashore, 'Satoyama', and more between Tuesday, July 17 and Sunday, September 30.

Distribution Locations: City Tourism Info Center (JR Chiba Station, Kaihinmakuhari Station)/ Ward Offices' Community Promotion Divisions/ public halls/ 7-Elevens in the city, etc.

You can also view the magazine on the city's website.

Questions: 観光プロモーション課 Tourism Promotion Division ☎245-5066

東京2020大会
Tokyo 2020 Games

In two years' time, eight events will be hosted in Chiba Prefecture.

★Olympics

When: Fri., July 24, 2020 - Sun., Aug 9, 2020

The number of events: 33 (fencing, surfing, taekwondo, and wrestling will be hosted in Chiba Prefecture)

★Paralympics

When: Tue., Aug 25, 2020 - Sun., Sep 6, 2020

The number of events: 22 (goal ball, sitting volleyball, taekwondo, and wheelchair fencing will be hosted in Chiba Prefecture)

Where: 幕張メッセ Makuhari Messe (Surfing will be hosted at Tsurigasaki Beach in Ichinomiyamachi, 一宮町釣ヶ崎海岸)

★Used small home appliances such as cellphones will be turned into Olympic and Paralympic medals!

Many different types of events are planned to build momentum for the Olympics and Paralympics. Old cellphones and smartphones will be collected at the venue. Please cooperate with this project.

Questions: オリンピック・パラリンピック振興課 Olympics and Paralympics Promotion Division ☎245-5739

行って みましよう
Let's Go!

まくはり はなび がつ にち
幕張ビーチ花火フェスタ 7月27日

Makuhari Beach Fireworks Festival on July 27

The 40th Annual Chiba Municipal Fireworks Festival

20,000 beautiful fireworks will be set off at Makuhari beach.

When: Friday, July 27
19:30 - 20:30

Where:

① 有料観覧席 幕張海浜公園 (美浜区美浜)



Reserved seats with fee are available at Makuhari Beach Park. (Mihama, Mihama ward)

② 自由観覧席 (無料)

幕張メッセ駐車場・豊砂公園 (美浜区豊砂)

Free unreserved seats are available at Makuhari Messe parking and Toyosuna Park (Toyosuna, Mihama ward)

The event may be cancelled due to bad weather and strong wind.

Questions: NTT ハローダイヤル NTT Hello Dial ☎050-5548-8686 or

search 幕張ビーチ花火フェスタ (Makuhari beach fireworks festival)

なつやす り か けんきゅうそうだんかい
夏休み 理科学研究相談会

Summer Vacation Science Research Project Consultation

When: Friday, July 27 and Saturday, July 28
10:00 - 16:00

Where: 子ども交流館 Kodomo Koryu Kan

Eligibility: Elementary school and junior high school students and their parents, who live in City of Chiba.

Apply: Bring your consultation form (distributed at the school) and apply on site at the event.

Questions: 教育指導課 Education Guidance Division ☎245-5936

たけざいくたいけん なが たの
竹細工体験～流しそうめんを楽しもう～
Bamboo Craft Experience ~Enjoy 'Nagashi Somen'

When: Saturday, July 21, 10:00 - 12:00

Where: Tea house 'Koujitsutei' at Chiba Park

Eligible: Elementary school children and above

Capacity: First 20 people to apply

Cost: 1,000 yen

Apply/Ask: カフェ・ハーモニー

Café Harmony ☎070-4325-3650

けんこう そうだん
健康・相談

Health & Consultations

せいしょうねん なや そうだん
青少年の悩みごと相談

Trouble Consultation for Youth

Consult about the problems that youth may have such as juvenile delinquency, bullying, Hikikomori (recluses), school career, etc.

When: Monday - Friday 9:00 - 17:00

Consult:

- ① せいしょうねん サポートセンター (ちゅうおうくやくしょない) Youth Support Center (in Chuo ward office)
☎227-7830
- ② ひがしぶんしつ ちしろだいまじんセンターない East Branch (in Chishirodai Citizen Center) ☎237-5411
- ③ にしぶんしつ しきょういっかいかんない West Branch (in City's Education Center) ☎277-0007
- ④ みなみぶんしつ かまどり コミュニティセンター とうふくこうしせつない等複合施設内) South Branch (in Kamatori Community Center) ☎293-5811
- ⑤ きたぶんしつ はなみがわしゅじんセンター とうふくこうしせつない North Branch (in Hanamigawa Citizen Center) ☎259-1110

かてい そうだん
家庭ごみ相談ダイヤルができました

Household Garbage Consultation Hotline has been Established

You can consult about household garbage, such as what to do with uncollected refuse from household garbage station, how to separate the garbage, etc.

かてい そうだん
家庭ごみ相談ダイヤル Household Garbage

Consultation Hotline: ☎204-5380

Monday - Saturday 8:30 - 17:30

You may also call City Hall

Call Center/Waste Collection

Operation Division/
Environmental Office.

Questions: しゅうぎょう課 Waste Collection

Operation Division ☎245-5246



せいかんせんしゅう けんさ そうだん
エイズなどの性感染症の検査と相談

STD (Sexually Transmitted Diseases such as AIDS) Testing and Consultation

Testing and consultation are done anonymously.

★STD Test (appointment required)

Tuesday, July 10 and Tuesday, July 24, from 14:00 - 15:00

Apply: かんせんしゅうたいさくか Infectious Disease Control Division ☎238-9974

★ Consultation

① Every Tuesday

10:00 - 12:00/13:00 - 16:00

② Wednesday, July 18 and

Wednesday, July 25, 14:00 - 16:00

You can consult with professional counselor.

Please come directly to the venue on the date.

Telephone consultation is also available.

Where: 保健所 Health Center (for both testing and consultation)

Consult/Ask: かんせんしゅうたいさくか Infectious Disease Control Division ☎238-9974



けんこう もよお
こころの健康センターの催し

Mental Health Consultation at the Center

① Alcohol Meeting

When: Friday, July 20 from 14:00 - 16:00

Eligibility: People who struggle with alcohol and their family members.

Contents: Discuss and learn as a group about alcohol addiction.

② Meeting for people with depression

When: Tuesday, July 24 from 13:30 - 15:00

Eligibility: People who are receiving treatment for depression.

Contents: Discuss as a group about the illness, lifestyle, problems at work, etc.

Where/Ask: こころの健康センター Mental and Emotional Health Center ☎204-1582

がいこくじん ほうりつ そうだん
外国人のための法律相談

Legal Consultation for Foreigners

When: Monday, August 20 from 17:00 - 20:00

Where: ちばしこくさいこうりゅうプラザ会議室(中央区

ちばみなと 千葉港2-1) Chiba City International

Communications Plaza Conference Room (2-1

Chibaminato, Chuo ward)

Consultation is free.

Capacity: First 4 people

Reservation required.

Those who require

translation services

should request when

making a reservation.

Ask/Apply:

ちばしこくさいこうりゅうきょうかい Chiba City International

Association ☎245-5750

