



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

国民年金保険料の免除

Exemption for National Pension Premium

All registered residents of Japan aged 20 to 59 years old pay national pension premium and they can apply to start collecting their pension benefit. When your income is too low to pay contributions or you have other reasons, you can apply for an exemption from contribution payments. Please inquire for more details at the following offices:

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



国民健康保険・後期高齢者医療制度の

保険証と 保険料決定通知書

National Health Insurance/Senior Citizens Medical Care System Insurance Cards and Premium Final Notices

★National Health Insurance (people under age75) cards and the Senior Citizens Medical Care System (mainly people age 75 and older) cards will be sent in mid-July and they will be valid from August 1.

★The notice of premiums for the Senior Citizens Medical Care System will be sent in mid-July.

The current cards expire on Tuesday, July 31. Please pay premiums by the deadline. People who have low income can consult with the Citizens' General Inquiries Division at your local ward office. The phone number is in the previous article, "Exemption for national pension premium".

For 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



区役所など原則敷地内禁煙に

No Smoking on the Premises of Ward Offices

Starting from July, it is prohibited to smoke in facilities such as public buildings, hospitals and schools. No smoking is allowed except in designated areas. In addition, smoking areas in ward offices and Health and Welfare Centers will be removed. Other cities and facilities will start taking measures against secondhand smoke from now on. For more details, search '千葉市 受動喫煙 Chiba City secondhand smoking' on the Internet.

Questions: 健康企画課 Health Planning Division ☎245-5201

千葉あそび2019夏号を配布

Chiba Asobi Free Magazine 2019 Summer Edition is Available

The city's seasonal Chiba Asobi Free Magazine (2019 Summer Edition) will be available starting

Friday, July 12. It will introduce events where you can experience the city's seashore, 'Satoyama', and more between Saturday, July 20 and Monday, September 30.

Distribution Locations: City Tourism Info Centers (JR Chiba Station, Kaihimakuhari Station)/ Ward Office Community Promotion Divisions/ public halls etc. You can also view the magazine on the city's website 'ちばあそび' Chiba Asobi'.

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

行って みましよう Let's Go!

夏休み特集2019 プールを楽しもう
Special Feature Article for Summer 2019
Let's Enjoy Swimming in the Pools!

★The Inage Seaside Park Pool

One of the largest swimming pool in Chiba prefecture will be open again this year. Everyone can enjoy a full day with the ten different kinds of pools, including children's favorite water station. This year, inflatable playground is available as a new attraction (with fee).

Operation Period: 9:00-17:00 until Sunday, September 1

Fees: General Admission 1,100 yen (990 yen)

High School Students 800 yen (720 yen)

Elementary/Junior High School

Students 400 yen (360 yen)

Pre-school Age Children

over 4 years old 200 yen (180 yen)

*() marks prices for advance sale ticket (available until Friday, August 9) Junior high and high school students must provide student's ID card when you purchase the ticket.

Parking Fee: Regular cars 600 yen, Large-size cars 2,000 yen

Notice: Inage Beach will be closed due to construction. In addition, some water slides and indoor pool are unavailable due to aging.

Questions: (株)ワールドパーク World Park, Inc.
☎247-2771

★Koteshashi Onsui Pool

It is indoor heated swimming pool, but there will also be outdoor swimming pool during summer time.

① Outdoor Swimming Pool 9:00-18:00 (until

Sunday, September 1)

② Indoor Swimming Pool 9:00-21:00

(Closed on the third Mondays and new year holidays)

Fees: (Within 2 hours for both ① and ②)

General admission: 300 yen

Junior/High school students: 200 yen

Elementary school students and younger: 100 yen

Questions: こてはし温泉プール

Koteshashi Onsui Pool ☎216-0090

幕張ビーチ花火フェスタ 2019

Makuhari Beach Fireworks Festival for 2019

Enjoy live music and fireworks over the water on Makuhari beach. This year's fireworks will be bigger than last year, so it is worth going.

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

When: Saturday, August 3, 19:30-20:30

Where: Makuhari Kaihin Park
(2 Hibino, Mihama ward)

Fee: Free seats and paid seats are available.

It may be cancelled due to bad weather or high wind.

Questions: 千葉市民花火大会 実行委員会事務局
Chiba Citizens' Fireworks Festival Executive Committee ☎242-0007



夏の親子おはなし会

Summer Parent and Child Storytelling Event

There will be a storytelling event. Please come directly to the event venue on the day.

Please inquire for more details such as time, eligibility, capacity, etc.

Where/Ask:

★Chuo-ku

Chuo Library Sat., July 20 ☎287-3980

Miyako Library Tue., Aug. 6 ☎233-8333

Shirahata Library Wed., Aug. 21 ☎264-8566

★Hanamigawa-ku

Hanamigawa Library Fri., July 19 ☎250-2851

Hanamigawa Danchi Branch Library
Sat., July 20 ☎250-5111

Mizuho Hasu no Hana Library
Sat., July 20 ☎275-6330

★Wakaba-ku

Wakaba Library Fri., July 26 ☎237-9361

Nishitsuga Branch Library
Wed., July 24 ☎254-8681

★Midori-ku

Midori Library Fri., July 19 ☎293-5080



Asumigaoka Library Wed., July 24 ☎295-0200
★Mihama-ku
Utase Branch Library Thu., July 25 ☎272-4646

^{しぜんほごこうしゅうかい} ^{みすべ} ^{どうぶつ} ^{おもしろ}
自然保護講習会 水辺の動物って面白い!

Nature Conservation Course

Explore Fun Facts about Animals by Waterside

There will be a lecture on the ecology of animals by waterside, such as finless porpoise, catfish, littletern, etc.

When: Saturday, July 27, 13:00-15:00

Where: ^{けんりつちゅうおうはくぶつかん} ^{ちゅうおうくあおばちょう}
県立中央博物館 (中央区青葉町955)

Natural History Museum and Institute, Chiba
(955 Aoba-cho, Chuo-ku)

Capacity: First 60 applicants on the day

Questions: ^{かんきょうほぜんか}
環境保全課

Environmental Conservation Division ☎245-5195

^{どうぶつこうえん}
動物公園サマースクール ずーろじらボ

Summer School at Chiba Zoological Park

'Zoology-Labo' (Zoological Lab)

The zoological park will turn into the zoological lab. You will learn about animal through quizzes and zoological specimens. (Animal handling experience is not available.)

When: Mon., July 22 and Tue., July 23
11:00-12:00/13:30-14:30

Contents: Theme

① Bird's beak (July 22)

② Body structure of Asian elephant (July 23)

Eligibility: Elementary school students
(3rd, 4th, 5th, and 6th graders)

Capacity: First 100 applicants each session
(Numbered tickets will be distributed at Dobutsu Kagakukan (Zoological Science Center) 30 min prior to the event.)

Fees: Junior high school student and below: Free
High school student and up: 700 yen

Questions: ^{どうぶつこうえん} ^{わかばくみなもとちょう}
動物公園 (若葉区源町280)

Chiba Zoological Park

(280 Minamoto-cho, Wakaba-ku) ☎252-7566

^こ ^{こうりゅうかん}
子ども交流館

Friendship Center for Children

Please come directly to the Friendship Center for Children. Children below elementary school age must come with a parent/guardian.

★Storybook Time: Summer Picture Books

When: Sat., July 27, 14:00-14:30/15:00-15:30

Eligibility: Children younger than elementary school age

★Open Kitchen: It's Summer! Let's Make a Parfait!



When: Tues., July 30, 10:30-11:30/12:30-13:30

Eligibility: Ages 4 through high school age (first 25 people each session)

Questions: ^こ ^{こうりゅうかん} ^{ちゅうおうくちゅうおう}
子ども交流館 (中央区中央4)

Friendship Center for Children (4 Chuo, Chuo-ku)
☎202-1504

^{しょうがいがくしゅう}
生涯学習センター

Lifelong Learning Center

Please come directly to the Lifelong Learning Center. The reception for the event starts 30min prior to the event.

★Famous Movie Thursday: *Visas for Life*

Thur., July 18, 10:00-11:55/14:00-15:55

★Summer Break Children's Movie Screening

Wed., July 31

① *Dumbo*, 10:30-11:35

② *Ninjaboys: Quest for the Cosmic Front*,
14:00-14:50

Capacity: For both events, first 300 people to arrive

Questions: ^{しょうがいがくしゅう} ^{ちゅうおうくべんてん}
生涯学習センター (中央区弁天3)

Lifelong Learning Center (3 Benten, Chuo-ku)

☎207-5820 (closed every 4th Monday)

^{ちほうおろしうりしじょうしみんかんしや}
地方卸売市場市民感謝デー

Citizen's Appreciation Day at the Local Wholesale Market

When: Sat., July 27, 8:00-12:00 (Sale of fish and seafood, etc. is until 10:30)

Details: Enjoy eating and purchasing fresh seafood and other foods.

Warning: Please do not bring your pets.

Questions: ^{ちほうおろしうりしじょう} ^{みはまくたかはま}
地方卸売市場(美浜区高浜2) Local Wholesale Market (2 Takahama, Mihama-ku)

☎248-3200

^{けんこう} ^{そうだん}
健康・相談

Health and Consultations

^{ようじ} ^{にょうけんさ} ^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's Health Division to discover quickly if your child might have nephritis or nephrosis. The exam is free.

Chuo: Mon., Sept. 9 Hanamigawa: Tue., Sept. 10

Inage: Wed., Sept. 11 Wakaba: Tue., Sept. 17

Midori: Tue., Sept. 17 Mihama: Wed., Sept. 18

Check-in for all exams is 10:00-11:00.

Eligibility: Children born between Apr. 2, 2013



and Sept. 30, 2015. Children attending a childcare center in Chiba City will have the examination done at their care facilities, so there is no need to apply for this program.

Apply: Contact the Health Support Division (健康支援課) by phone by Wed., July 31.

Exam Process: People who applied will be sent a urine sample cup 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

熱中症を予防しましょう

Prevent Heat Stroke

You can contract heat stroke even when the temperature is not hot. You must also be careful on humid days and non-windy days, and when your body is not used to the heat.

★How to Prevent Heat Stroke

- ① Drink fluids and intake salt
- ② Use the air conditioning at home to adjust the temperature. Prevent the heat using curtains. Cool your body with ice or a cool towel.
- ③ Don't forget a parasol or hat when you go outside. Walk in places where the sun doesn't reach and rest from time to time.

★Be Especially Careful

- ① Small children and/or wheelchair users can become hotter than expected because of light reflected by the ground.
- ② The elderly can be insensitive to temperature and humidity, so it's possible for them to develop heat stroke even indoors.

Questions: 健康支援課 Health Support Division ☎238-9926

海外旅行時には「感染症」にご注意を！ Beware of Infectious Diseases When Traveling Overseas!

Those planning to travel overseas should take the following precautions to avoid infectious diseases such as dysentery, malaria, avian flu, etc.

- ① Before your trip, research information about infectious diseases at your destination (or the area around it). The Ministry of Health, Labour and Welfare provides information on its homepage (search for 'FORTH').
- ② While traveling, avoid untreated water, drinks with ice, or raw foods. Do not touch animals and be sure to use insect repellent.

③ If you develop symptoms such as fever, diarrhea, etc. after returning home, be sure to consult with the quarantine station.

④ If you feel unwell after returning home, go to the doctor right away and be sure to tell them where you traveled.

★ Be careful of measles

Cases of measles are appearing around the world. Please consult with us if you are worried about measles and would like a vaccine.

Questions: 感染症対策課 Infectious Disease Control Division ☎238-9974

外国人のための法律相談

Legal Consultations for Foreigners

- ① Labor consultations with a labor and social security attorney Thur., Aug. 1, 13:00-16:00
- ② Legal consultations with a lawyer Sat., Aug. 17, 13:00-16:00

Where: 千葉市国際交流プラザ (中央区千葉港2-1) Chiba City International Exchange Plaza (2-1 Chibaminato, Chuo-ku)

Capacity: First 4 people to apply for each, ① and ②.

Consultation is free. Those who desire translation services should request them when making a reservation.

Apply/Ask: 千葉市国際交流協会 Chiba City International Relations Association ☎245-5750

【編集後記】“THANKS の H マン”

【Editor's Note】“THANKS'S Mr. H”

Many people these days feel that international exchange and multiculturalism is difficult. Language barriers now are less intense than they used to be. Thanks to the spread of automatic translators, you can use a smartphone to understand a decent amount of a language you have never learned. However, the true meaning hidden by words and cultural differences still cannot be translated via smartphone. On the other hand, even two people from the same country are raised in different households with their own respective family cultures; so it must be challenging for them to marry and create a new household together. What happens when they are also from different countries? Your culture and values can be very different if you grew up in different environments or countries. That is why I think that creating a multicultural society is not a straightforward process. So what should we do? I think it is important to find ways to compromise instead of imposing your own culture on others.