



City Residential Newsletter

千葉市生活情報誌

# Chiba City ・ ちば

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## 千葉市からのお知らせ CITY NEWS

### 災害が起きる前に できること

#### Things You Can Do Before a Disaster Comes

It is important to be prepared for unexpected disasters such as earthquake and heavy rains, to minimize the damage.

#### Prepare yourself

★Prevent your furniture from tipping over or falling down.



Use metal fixtures to secure your large furniture or home electric appliances to prevent them from falling.

★Have a rotating stock of emergency food (Top-up regularly)

Stock extra foods with a long shelf life in bulk and always replace whatever you eat.

★Register for ちばし安全・安心メール (Chiba City Safe and Secure Mail)

Receive important information for crime and disaster prevention by email. Search [ちばし](#)

[安全・安心メール](#) for more information such as registration method

Questions: 防災対策課 Disaster Prevention Division ☎245-5113

### 災害時に 慌てないために

#### Be Prepared for Disasters

In the event of major disaster, it is possible that

disruption to communication and transportation may occur.

★When a disaster occurs

- ① Ensure you and your family are safe.
- ② Verify traffic conditions.

★On a daily basis, think of a way to walk home safely in case of disasters.

- ① Check your route back home and the disaster support station.

Convenience stores and restaurants displaying this sign will support people walking home by providing water, restroom, and traffic information in case of disasters.



- ② Bring a map and a portable battery for your cellphone.

- ③ Keep water and comfortable shoes at work.

Questions: 危機管理課 Director of Crisis Management ☎245-5151

### 電話de詐欺にご注意ください!

#### Be Wary of Phone Scams

In Chiba City, various scams have occurred using the telephone, such as 'it's me scam' (bank transfer scam), refund scam, etc. Protect yourself by understanding specific methods of scammers.

★How to avoid phone scams

- ① Do not answer calls from an unknown number.
- ② Do not make a judgement for yourself, consult your family or police when you feel the call is suspicious.



③ If you think you have received a suspicious call, hang up the phone and make sure to confirm.  
電話de詐欺相談専用ダイヤル Consultation hotline exclusive for phone scam ☎0120-494-506 or contact closest police station.

**Questions:** 地域安全課 Community Safety Division ☎245-5264

### あなたの声かけが大切な命を守ります！

#### Your Awareness May Save a Precious Life

Chiba City has carried out a campaign against suicide to reduce the numbers of suicide victims. If you know anybody who is struggling with problems, do not hesitate to call any of the following numbers.

#### **Consultation regarding mental health**

- ① 千葉いのちの電話 (available 24/7)  
Chiba Life Line ☎227-3900
- ② 千葉市こころの電話 Chiba City Mind Hotline  
☎204-1583  
**When:** Weekday, 10:00-12:00/13:00-17:00
- ③ こころと命の相談室 (face-to-face consultation, reservation required) Mind and Life Consultation ☎216-3618

\*Make reservation between 9:30-16:30 on weekdays.

**When:** Monday/Friday (except holidays)

18:00-21:00

Sunday (once a month), 10:00-13:00

**Where:** The 8<sup>th</sup> building Rm501, 18-12 Shinmachi, Chuo-ku

**Questions:** 精神保健福祉課 Mental Health and Welfare Division ☎238-9980

#### 秋の全国交通安全運動週間

#### The Autumn National Road Safety Week

From Saturday, September 21 to Monday, September 30 is the Autumn National Road Safety Week and its slogan is 'put on reflective materials for protection at night time.'

★Priority Goals

- ① Ensure safe passage for children and elderly.
- ② Prevent elderly driver accidents.
- ③ Prevent pedestrian and bicyclist accidents during dusk and night.
- ④ Ensure the correct usage of seatbelts and child safety seats.
- ⑤ The elimination of drunk driving



**Questions:** 地域安全課 Community Safety Division ☎245-5148

#### 幼児教育・保育の無償化が始まります

#### Free Early Child Education Begins

The government will make preschool education free for all children between 3 and 5 years old starting in October. Please inquire about the details such as how to apply and the duration

★For kindergarten

**Questions:** 幼保支援課 Early Childhood Education and Care Support Division ☎245-5100

★For Daycare/Certified Child Center/Small-sized childcare

**Questions:** 幼保運営課

Early Childhood Education and Care Administration Division ☎245-5726



#### 市営住宅の空き家入居者

#### Seeking Tenants for Available Municipal Housing

##### ① General

**Application Requirements:** Must fulfill requirements such as having a household income that meets tenant standards, and paying municipal/prefectural residential taxes.

##### ② Limited Term (for households with children)

**Application Requirements:** In addition to the requirements in ①, you must be a household that has only parents under 45 years old and children in and under elementary school age.

**Scheduled Move-in Day:** After January 1, 2020

**Lottery Date:** Thursday, October 31

**Application Form:** Forms will be distributed starting from Wednesday, September 25 at the Chiba City Housing Supply Corporation, the Community Promotion Division of each Ward Office, and the Prefectural Housing Information Plaza (中央区栄町1-16, 1-16 Sakae-cho, Chuo-ku).

**Apply:** Please send your application form and all the necessary documents and apply by Thursday, October 10<sup>th</sup>. If you apply more than once, your application will be void. For more information, please inquire directly.

#### **★Start regular recruitment for the available municipal housing**

You can apply for an available spot anytime on first-come-first served basis when there are no candidates. Chiba City Housing Supply Corporation (2-1 Chiba Minato, Chuo-Ward) will

distribute recruitment notices.

**Questions:** 千葉市住宅供給公社 Chiba City Housing Supply Corporation ☎245-7513

行って みましよう

Let's Go!

パラテコンドーを体験しよう!  
Para Tae Kwon Do Experience

An instructor from All Japan Tae kwon do Association will teach you the basic rules and you can experience Tae kwon do. The Tae kwon do event at the Tokyo 2020 Paralympic Games will be held at Makuhari Messe.

**When:** Sunday, October 20, 10:00-12:00

**Where:** 療育センターふれあいの家

Ryoiku Center Fureai no ie (3F Harmony Plaza, 1208 Chibadera-cho, Chuo-ku) ☎216-5130

**Capacity:** 30 people (First 30 arrivals)

**Apply:** Please call Fureai no Ie by the day before.

**Questions:** 療育センターふれあいの家 Ryoiku Center Fureai no Ie ☎216-5130

せいしやうねん ひ  
青少年の日フェスタ

Youth Day Festa

**When:** Saturday, September 21, 10:00-16:00

**Where:** 生涯学習センター(中央区弁天3) Lifelong Learning Center (3 Benten, Chuo-ku)

Experience playing boccia, choir recitals, dance recitals, and other events.

**Questions:** 健全育成課

Healthy Child Development Division ☎245-5973

こそだ  
子育てママのおしゃべりタイム

Chit-Chat Time for Mothers

Parents and guardians who have children may use the Public Centers together. Feel free to participate between 10:00-12:00. You may come and go at your convenience. Please come directly to the event venue on the day.

★Chuo-ku

**When:** Monday, September 30

**Where:** 星久喜公民館 Hoshiguki Public Center

**Questions:** 松ヶ丘公民館 Matsugaoka Public Center ☎261-5990

★Hanamigawa-ku

**When:** Wednesday, September 25

**Where:** 幕張公民館 Makuhari Public Center

**Questions:** 幕張公民館

Makuhari Public Center ☎273-7522

★Inage-ku

**When:** Friday, September 20

**Where:** 緑が丘公民館

Midorigaoka Public Center

**Questions:** 小中台公民館 Konakadai Public Center ☎251-6616

★Wakaba-ku

**When:** Thursday, September 26

**Where:** みつわ公民館

Mitsuwadai Public Center

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

★Mihama-ku

**When:** Thursday, September 19

**Where:** 高浜公民館 Takahama Public Center

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

ジャズストリート JAZZ STREET  
BAY SIDE JAZZ 2019 CHIBA

"Jazz Street" will be hosted on Saturday, September 28th. Over seventy professional musicians and 50 amateur groups will perform at 25 different locations throughout Chuo Ward. Take this chance to enjoy some jazz.

★Free Venues

- ① 中央公園特設ステージ Chuo Park special stage, 11:00-11:45/12:00-20:00
- ② 葭川公園 Yoshikawa Park, 11:00-17:00
- ③ そごう千葉店 京成千葉駅前広場 Sogo Chiba Keisei Chiba Station Square, 11:00-20:00
- ④ そごう千葉店9階 Sogo Chiba 9F, 12:00-12:40/14:00-14:40
- ⑤ JR千葉駅中央改札前 In front of JR Chiba Station Central Exit 12:30-13:00/13:30-14:00
- ⑥ レクサス千葉中央(中央区新町10), Lexus Chiba Chuo (10 Shinmachi, Chuo-ku), 13:00-13:40/15:00-15:40

**Questions:** 市文化振興財団 Chiba City Foundation of Cultural Promotion ☎221-2411

けんこう そうだん  
健康・相談

Health and Consultations

けっかく そうきはっけん たいせつ  
結核は早期発見が大切です

Catch Tuberculosis Early

Tuesday, September 24-Monday, September 30 is Tuberculosis Prevention Week.

Tuberculosis is not an illness of the past. Many people nowadays are still becoming infected. You can prevent it spreading to people around you by finding and treating it early. Tuberculosis can be treated without hospitalization.

★What is tuberculosis?

Tuberculosis is an illness that occurs when someone comes into contact with tuberculosis bacteria in the air from an infected person's cough or sneeze.

★Go to the hospital if these symptoms appear

- ① Coughing/phlegm continue for more than two weeks
- ② Fatigue and dizziness continue for a long time
- ③ No appetite
- ④ A fever continues for a long time
- ⑤ Sudden loss of body weight

★To prevent tuberculosis

- ① Get enough sleep
- ② Exercise
- ③ Don't smoke cigarettes
- ④ Eat a balanced diet



★ Get a periodical health exam so you can find it early

Please get a health examination once a year through your company, etc. that includes a chest x-ray. Those aged 65 or over can get a tuberculosis exam and lung cancer inspection for free (the health check-up tickets have been mailed out in May). It's also very bad if infants catch it. The tuberculosis check is done at the same time as the 4-month health check-up; please be sure to get the BCG prevention vaccine.

Questions: <sup>かんせんしょうたいさくか</sup> 感染症対策課  
Infectious Disease Control Division ☎238-9974

<sup>がつ</sup> 9月はがん<sup>せいあつげっかん</sup> 征任月間 <sup>がんけんしん</sup> がん検診を受けましょう！

September is Cancer Control Month

Get Screened for Cancer

Cancer screenings are being conducted. In 2018, approximately 300,000 people received cancer examinations and cancer was detected in about 500 of them. The examination period is until February 29, 2020. Get your checkup done early.

Questions: <sup>けんこうしえんか</sup> 健康支援課 Health Support Division  
☎238-9930

<sup>じよせい</sup> 女性のための<sup>けんこうそうだん</sup> 健康相談

Health Consultations for Women

Consultations are available for those with physical and emotional problems or concerns due to female hormones, etc.

① Examination with a female doctor (gynecology)

Consultations cannot be done via phone. A reservation is necessary.

When: Wednesday, September 25, 13:15-15:20

Where: <sup>ちばしほけんじよみはまぐさいわいぢョウ</sup> 千葉市保健所(美浜区幸町1)

Chiba City Health Center (1 Saiwai-cho, Mihama-ku)

② Phone consultation with a public health nurse

When: Monday-Friday (excluding holidays)

9:00-12:00/13:00-16:00

Consult/Apply/Ask: <sup>けんこうしえんか</sup> 健康支援課 Health Support Division ☎238-1220

<sup>がいこくじん</sup> 外国人のための<sup>ろうどうそうだん</sup> 労働相談・<sup>ほうりつそうだん</sup> 法律相談

Legal and Labor Consultations for Foreigners

① Labor consultations with a labor and social security attorney

Sat., October 12, 13:00-16:00

② Legal consultations with a lawyer

Mon., September 30, 17:00-20:00



Where: <sup>ちばしこくさいこうりゅう</sup> 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 ① and ② each). The consultation is free.

Those who desire interpretation services should request them when making a reservation.

Apply/Ask: <sup>ちばしこくさいこうりゅうきョウかい</sup> 千葉市国際交流協会 (Chiba City International Association) ☎245-5750

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【<sup>へんしゅうこうき</sup> 編集後記】 “<sup>ちばし</sup> 千葉市CIR モンカレアノ”  
【Editor's Note】 "Bianca, the Chiba City CIR"

Hello! My name is Bianca Moncaleano Gomez. I was born in Colombia and raised in Toronto, Canada. I am currently a participant on the JET Programme, and I work as a Coordinator of International Relations (CIR) at Chiba City Hall. The role of a CIR is to be the bridge that joins my culture and Japan together. My main job at City Hall is translating a wide variety of materials from English to Japanese and Japanese to English. There are also plans to further introduce my culture via events and other interactions. I hope to help make a city that is easy for foreigners to live in.

Apart from helping select articles from the Chiba City Newsletter from a foreigner's point of view, I am also in charge of the English translation for this newsletter.

I'm looking forward to working on future volumes!

