



City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

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<http://www.ccia-chiba.or.jp/index.php/forforeign/residentialnewsletter.html/>



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 ほけんしよ
国民健康保険・後期高齢者医療制度の保険証

と ほけんりょうけつていつうちしよ
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 age74) 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. 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 fee might be decreased.

Regarding National Health Insurance

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

Regarding the Late-Life Elderly Healthcare System

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

なつ こうつうあんぜんうんどう
夏の交通安全運動

Traffic Safety Campaign for Summer

“Life in danger is hide-and-seek at intersections.” is a slogan. Keep traffic rules and drive with carefully so you are not involved in traffic accidents.



- ① Children and the elderly can go through safely.
- ② Prevent bicycle accidents
- ③ Fasten your seatbelt and car seat properly
- ④ Don't drive or let someone drive after drinking alcohol.

Contact: ちいさあんぜんか
地域安全課

Community Safety Division ☎245-5148

マイナンバーカードの とうふに
じぜんよやく ひつよう
事前予約が必要になります
Advance Reservation Required
to Issue My Number Card



Reservation is required to issue a My number card to reduce the crowds at the front desk at city halls after Wednesday, July 29. You can make a reservation starting from Wednesday, July 15. My number card notification form issuance and inquiry form.

Eligibility: Those who applied for a My number card online, by mail, or by tablet at the front desk in a city hall.

How to book: Book through the website or made a reservation for issuance at the call center.

For more details, please search for ちばし マイナ
ンバーカード交付予約 “Chiba City My Number
issuance reservation”.

Contact: 交付予約コールセンター Issuance
reservation call center ☎0120-086-489

でんわ さぎ ちゅうい
電話de詐欺にご注意ください!

Beware of Telephone Fraud



Fraudsters trick people out of their money by telephoning them at home. The total loss in Chiba City for 2019 was about 400 million yen.

★In order not to be deceived

- ① Don't answer unknown numbers
- ② Don't give your cash card to someone else and don't tell anyone your "My number" card number.
- ③ If someone on the phone tells you that he/she needs money, hang up and think twice.

Telephone consultation for Telephone Fraud ☎0120-494-506

★Pay attention to special cash payments (100,000 yen from the Japanese government) fraud
If someone asks you to pay a service charge or asks for your My number card's number on the phone, please do not hesitate to inquire ☎0120-213-188 (everyday 10:00-16:00)
Telephone consultation for Telephone Fraud ☎0120-494-506

Or go to a police station in your area.

Contact: 地域安全課

Community Safety Division ☎245-5264

国民年金保険料の免除

Exemption from National Pension Plan

The National Pension is a public pension system participated by all persons aged 20 to 59 years who have an address in Japan. Those who are age of 65 can receive it. If it is difficult to pay the premium, please take advantage of the exemption system.

How to apply: Bring your pension handbook to your ward office. You might need to submit the proof of your income. Please inquire for more details.

Contact: 各区市民総合窓口課 Citizens' General Inquiries Division

Chuo: ☎221-2133 Hanamigawa: ☎275-6278

Inage: ☎284-6121 Wakaba: ☎233-8133

Midori: ☎292-8121 Mihama: ☎270-3133

テイクアウトや 宅配利用時の

食中毒にご注意を!

Watch Out For Food Poisoning

When You Use Takeout or Delivery Services

When you order food, it takes more time until you eat, so the possibility of food poisoning tends to be high. Eat as soon as possible, ideally within two hours. Cautionary points are on the website.

Please search for 千葉市 テイクアウト 注意点 "Chiba City Takeout Cautionary Points".



Contact: 生活衛生課 General Sanitation Division ☎245-5215

熱中症を予防しましょう

Prevent Heatstroke

Heatstroke could happen even when the temperature is not high. You might get numbness in your arms or legs, your head may throb or you might feel nauseous. It can be fatal if the condition gets worse.

★ Points of caution

- ① Have plenty of water and sodium.
- ② Be aware that the heat from the ground affects infants or people in a wheelchair.
- ③ The elderly are less sensitive to temperature and humidity and can suffer heatstroke, even indoors.
- ④ When you go outside, use a sun umbrella and wear a hat and light clothes.
- ⑤ Walk in shaded areas and take frequent rests.

★Be extra careful this year

Due to COVID-19, if you spend more time indoors and wearing masks, you are at high risk of heatstroke this summer.

★How to prevent indoor heatstroke

- ① Use an air conditioner or a fan to adjust the temperature.
- ② Put up a curtain to keep out the light.

★When wearing a mask

- ① Stay hydrated
- ② Remove the mask when you are outside and have enough distance from others.
- ③ Don't do strenuous exercise or back-breaking work. Separate yourself from people to take off a mask and take a rest.

Contact: 健康推進課 Health Promotion Division ☎245-5794

行って みましょう

新型コロナウイルスの影響で 催し

(イベント)が 中止・延期・になる場合が あります

Due to COVID-19, Events and Consultations Might be Cancelled or Postponed.

For up to date information, please search for 千葉市 新型コロナ イベント "Chiba City Novel Coronavirus Events"

加曽利貝塚 夏休み 縄文ウィーク

Kasori Shell Mounds Summer Jomon Week

The Kasori Shell Mounds are among the largest in



Japan and you can learn lifestyle and culture of the Jomon era by experiencing digging clay pots or making things at the Kasori Shell Mounds.

Date:

Tuesday, Aug 18 to Friday, Aug 21 9:00-17:00
Saturday, Aug 22 • Sunday, Aug 23 9:00-19:00

Venue:

The Kasori Shell Mounds (8-33-1 Sakuragi, Wakaba-ku)

Contents:

① Make a Magatama (a comma-shaped bead)

Date: Tuesday, Aug 18 • Wednesday Aug 19
10:00-12:00

Eligibility: Students in grades 4 to 6

Capacity: 10 people each day

② Make shell accessories

Date: Tuesday, Aug 18 • Friday, Aug 21

Eligibility: Students in grades 4 to 6

Capacity: 10 people each day

③ Make braids

Date: Wednesday, Aug 19 • Thursday, Aug 20
13:00-15:00

Eligibility: Elementary school students

Capacity: 10 people each day

④ Digging experience

Date: Thursday, Aug 20 • Friday Aug 21
10:00-12:00

Eligibility: Students in grades 4 to 6

Capacity: 10 people each day

Apply: Send an email to the address below including which event you would like to apply for, date and time, your name, address, age, grade, and phone number by Friday, July 31.

E-mail: kasori.jomon@city.chiba.lg.jp

Contact: かそりかいづかほくぶつかん Kasori Shell Mounds Museum ☎231-0129 Closed on Monday.



しびじゅつかん
市美術館が リニューアルオープン

The Renewed Chiba City Museum of Art Has Opened



The Chiba City Museum of Art has been reborn into a facility where people from children up to adults can enjoy a variety of art up close. The following are new facilities to the museum.

① Permanent Exhibition Room

From “modern paintings”, “contemporary art”, to “artists and authors of the Boso region”, the theme of the exhibition will change every month.

② Workshop Room

With a water fountain, video equipment, and audio equipment, you can experience many different things here.

③ Children’s Atelier

Every 3 months they hold the “Tsukuri-kake Labo” event.

④ Sayado Hall

The Sayado Hall, with architecture that gives off a Western European atmosphere, has become the entrance.

⑤ Citizen’s Atelier

It boasts a broad, wide space for you to work at.

⑥ Library

Apart from having books related to art, it also hosts events like storytelling events.

Contact: しびじゅつかん 市美術館(中央区中央3-10-8) ☎221-2311
Chiba City Museum of Art (3-10-8 Chuo, Chuo-ku), not available on the first Monday of the month

どうぶつこうえん
動物公園にチーターがやってくる

Cheetahs Are Coming to the Chiba Zoological Park

Cheetahs, the fastest animal on land (able to run up to speeds of 110km/h), are coming to Chiba from France. You can also look at spotted hyenas, lions, giraffes, elephants, etc.

Date: Tues., July 21

10:30-Commemorative Ceremony

11:00-Start of the Exhibition

Please enquire for more details

about pricing and the exhibition display period.

Location/Contact: ちばしどうぶつこうえん 千葉市動物公園(若葉区源町280) Chiba Zoological Park (280 Minamoto-cho, Wakaba-ku) ☎252-1111



けんこう そうだん
健康・相談

Health and Consultations

けんこう **こころの健康センターの催し**

Events at the Mental and Emotional Health Center

① Meeting for the Families of People with Mental Illnesses

Date: Mon., July 20, 13:40-16:50

Details: Regarding employment support for people with mental illnesses

② Addiction Treatment and Recovery Program

Date: Wed., July 22, 14:00-15:45

Wed., August 5, 14:00-15:45

Eligibility: People with alcohol or drug addictions

Conditions: A preliminary interview is conducted

to determine if you can participate

③ Meeting for People with Depression

Date: Tues., July 28, 13:30-15:00

Eligibility: People being treated for depression.

Details: Group talk about illness, lifestyle, and job struggles, etc.

Apply/Contact: こころの健康センター(美浜区高浜 2-1-16) Mental and Emotional Health Center (2-1-16 Takahama, Mihama-ku) ☎204-1582

じんけんようごいいんじょうせつじんけんそうだん
人権擁護委員常設人権相談

Special Consultation with a Human Rights Commissioner

Concerns about human rights such as discriminative treatment, defamation, harassing, or bullying.

Date: Weekdays 8:30-17:15

Consult by phone: 全国共通 人権相談ダイヤル
National Human Rights Counseling Line
☎0570-003-110

Contact: 男女共同参画課 Gender Equality Division ☎245-5060

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

You may consult about the problems that youth may have such as juvenile delinquency, bullying, recluses, school career, etc.

Date: Monday-Friday 9:00-17:00

Consultation Locations:

① 青少年サポートセンター (中央コミュニティセンター内) Youth Support Center (inside Chuo Community Center) ☎382-7830

② 東分室 (千城台市民センター内) East Branch (in Chishirodai Citizen Center) ☎237-5411

③ 西分室 (市教育会館内) West Branch (in City's Education Center) ☎277-0007

④ 南分室 (鎌取コミュニティセンター等複合施設内) South Branch (in Kamatori Community Center) ☎293-5811

⑤ 北分室 (花見川市民センター等複合施設内) North Branch (in Hanamigawa Citizen Center) ☎259-1110

でんわそうだん
LGBT電話相談

LGBT Phone Consultations

People who identify as LGBT or those related to them can consult their thoughts towards their gender identity or sexual orientation.

Reservations are not accepted. You do not have to say your name.

Consult by phone: ☎245-5440 (30 minutes per person)

Date: The third Sunday of every month 14:00-18:00

Contact: 男女共同参画課 Gender Equality Division ☎245-5060

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

Legal and Labor Consultations for Foreigners

① Labor consultations with a labor and social security attorney

Thurs., August 6, 13:00-16:00

② Legal consultations with a lawyer

Sat., August 15, 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 applicants (for ① and ② each)

The consultation is free. Those who desire interpretation services should request them when making a reservation

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



へんしゅうこうき
【編集後記 Editor's Note】

"F from T.H.A.N.K.S"

One thing that I learned from the novel coronavirus is that the world is one. A disease that broke out in one country has spread all over the world in the blink of an eye. The increase of internationalization and the ability to cross borders freely has made the disease spread around. It will now be necessary to get rid of this disease from the world. However, even if one country can get rid of the illness, unless the whole world unites to become one, then we cannot get rid of it. Each one of us needs to individually be constantly careful to not spread the disease any further.

