



City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

2021年7月号

英語版

English Edition

July 2021

No.193

発行：(公財) 千葉市国際交流協会

Issued by: Chiba City International Association

〒260-0026 千葉市中央区千葉港 2-1 千葉中央コミュニティセンター2階

2F Chiba Chuo Community Center, 2-1 Chibaminato,
Chuo Ward, Chiba City

TEL: 043-245-5750 FAX: 043-245-5751

Monday to Friday from 9:00 – 19:30; Saturday from 9:00 – 16:30

ホームページ HP: <https://www.ccia-chiba.or.jp/>フェイスブック FB: <https://www.facebook.com/ccia1994>

この情報誌は 下の URL または 右の QR コードよりダウンロードすることができます。

This newsletter is available to download from the link below, and from the QR code on the right:

<https://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

新型 新型コロナウイルス 感染症 関連情報

COVID-19 Information

Vaccination for People Aged 12 to 64 Years Old

In Chiba City, COVID-19 vaccinations are mainly conducted individually at local medical institutions such as a family doctor's clinic.

Vaccination vouchers have been sent to those who are age 60 and above.

For people in other age groups, the vouchers will be sent by the date listed below.

★For people aged 50 to 59 years old: by Saturday, July 10

★For people aged 12 to 49 years old: by Friday, July 16

① When you receive your vaccination voucher, please check the notice sent along with the voucher.

② Please book your vaccination appointment when it becomes available for your age group.

③ Please be punctual at your vaccination appointment.

④ It is required to get a second shot on a set date.

⑤ For more information about when is your turn to book your appointment, please search

千葉市 コロナワクチン 個別接種 (“Chiba City COVID-19 Vaccine Individual Vaccination”)



or ask directly.

Contact: 市コロナワクチン接種コールセンター
Chiba City Coronavirus Vaccine Call Center

☎0120-57-8970, everyday 8:30-18:00

(including weekends and holidays)

★Temporary Special Benefit is Provided for Low-Income Households with Children

A special benefit is provided to support all households with children having financial difficulty due to COVID-19 (even if you're not a single-parent). The benefit amount is ¥50,000 per child. For more details such as eligibility, requirements, when to receive benefit payment, etc., please ask directly.

Contact: 千葉市子育て世帯給付金事務局 Chiba City Secretariat for Grants for Child-raising Households ☎043-400-2603

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

① National Health Insurance

The national health insurance (people under age 74) card you use now is valid until Sunday, July 31. A new national health insurance cards will be sent in mid-July. Please start using it from August 1.

Contact: 各区役所 市民総合窓口課 Citizen's

General Inquiries Division of each ward office
 Chuo ☎043-221-2131 Hanamigawa ☎043-275-6255
 Inage ☎043-284-6119 Wakaba ☎043-233-8131
 Midori ☎043-292-8119 Mihama ☎043-270-3131

② The Senior Citizens Medical Care System
 The Senior Citizens Medical Care System (mainly people age 75 and older) cards you use now is valid until Sunday, July 31 and a new card will be sent in mid-July. Please start using it 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. Depending on your income, your premium calculation, payment method, and coverage are different, so please inquire below for more details.

Contact: 各区役所 市民総合窓口課 Citizen's General Inquiries Division of each ward office
 Chuo ☎043-221-2133 Hanamigawa ☎043-275-6278
 Inage ☎043-284-6121 Wakaba ☎043-233-8133
 Midori ☎043-292-8121 Mihama ☎043-270-3133

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

“Even if the light is green, look to the right and left at the intersection.” is the slogan for the summer traffic safety campaign held from Saturday, July 10 to Monday, July 19 for 10 days. Pay attention to prevent getting involved in traffic accidents.

- ★ Most important goals for the movement
- ① Stop your car in front of crosswalks.
- ② Let children and the elderly go through safely.
- ③ Don't drive or let someone drive after drinking alcohol.
- ④ Ride a bicycle safely



Contact: 地域安全課
 Community Safety Division ☎043-245-5148

こくみんねんきんほけんりょう めんじょ
国民年金保険料の免除

National Pension Premiums Exemption

The National Pension is a public pension system participated by people aged 20 to 59 who have an address in Japan. If it is hard to pay, exemption of the contributions and the contribution postponement system are available, so please make use of them if necessary. If you don't pay the national pension premium, you might not be able to receive it in the future.

How to apply: You can apply in your ward and get an application form at your ward office. You can also print it from the city's website. For more

details, please search for 千葉市 国民年金保険料
 免除 (“Chiba City national pension premium exemption”)

Contact/Apply: 各区役所 市民総合窓口課
 Citizen's General Inquiries Division of each ward office
 Chuo ☎043-221-2133 Hanamigawa ☎043-275-6278
 Inage ☎043-284-6121 Wakaba ☎043-233-8133
 Midori ☎043-292-8121 Mihama ☎043-270-3133

い
行って みましよう
Let's Go!

しんがた えいきょう もよお
新型コロナウイルスの影響で 催し
 (イベント)が 変更・中止・延期になる場合が
あります

Due to COVID-19, Events May be Changed, Cancelled, or Postponed.

When you are unwell, do not attend events. For up to date information, please inquire with the event host.

こだいたいけんきょうしつ
まいぶん古代体験教室

Buried Cultural Property (Maibun) Archeology Experience Class

Dates: Tuesday, July 27th/Thursday, 29th/Tuesday, August 3rd/Thursday, 5th/Tuesday, 10th/Thursday, 12th/Tuesday, 17th/Thursday, 19th/Tuesday, 24th/Thursday, 26th

Time: 10:30-12:00 or 13:30-15:00

Contents: Make your own magatama in the same way as the ancients.

Eligibility: Elementary school students (Accompanied by a guardian for children under 3rd grade)

Capacity: 10 people each session

Apply: Send an email to the address below.
 maibun.fukyu@cellf.jp

Venue/Contact: 千葉市 埋蔵文化財

調査センター Chiba City Buried Cultural Property Survey Center ☎043-266-5433



ことし いなげかいひんこうえん
今年もオープン 稲毛海浜公園プール

Pool Season is Here Inage Kaihin Park Pool

The biggest pool in Chiba prefecture, Inage Kaihin Koen pool will be open again this year. There are 8 kinds of pools, such as a whirl-pool. It is fun for everyone, from children to adults. Operating hours: Saturday, July 17 to Sunday, August 29 10:00-17:00 (Come by 16:00)

Closed on Monday, July 19 to Thursday, July 21.
Fees: General Admission 1,200yen, High School Students 850 yen, Elementary/Junior High School Students 400 yen, Children 4+ 200 yen
Parking Fee: Regular cars 600 yen, Large cars 2,000 yen

Please purchase an advance sale ticket at Inage Sunset Pool.

Same-day tickets are not sold.

Contact: (株)ワールドパーク
World Park, Inc. ☎043-247-2771



市営プール オープン

Municipal Pool will be Open

The following 6 municipal pools will be open
Fees: General Admission 220yen/ Junior and high school student 100yen/under Elementary school student 70yen

Contact: For more details such as operating hours, please inquire directly.

- | | |
|---------------------------------------|---------------|
| ① Chiba Park Swimming Pool | ☎043-253-7844 |
| ② Mitsuwadai Daini park swimming pool | ☎043-254-0105 |
| ③ Ariyoshi Koen Suiei Pool | ☎043-291-1800 |
| ④ Furuichiba Koen Suiei Pool | ☎043-265-3005 |
| ⑤ Takasu Sports Center Pool | ☎043-279-9235 |
| ⑥ Saiwaicho Koen Suiei Pool | ☎043-241-5305 |

公民館の講座

Events at the Public Centers

★Idol-dance Class

Date: July 29 to August 12 on Thursdays, 13:00-17:00, total 3 classes

Eligibility: 3rd to 6th year elementary school students

Capacity: first 10 people

Fee: 500 yen

Location/Apply/Contact:

宮崎公民館 Miyazaki Public Center ☎043-263-5934

★Boccia for Beginners

Date: June 22 (holiday), 10:00-12:00

Eligibility: Adults

Capacity: first 10 people

Location/Apply/Contact: 朝日ヶ丘公民館

Asahigaoka Public Center ☎043-272-4961

★Introduction to Scratch Programming

Date: Fri., August 6, 10:00-12:00

Eligibility: elementary school students

Capacity: first 10 people

Location/Contact: 山王公民館 Sanno Public Center ☎043-421-1121

★Parent-and-child Bread Making Class



Date: Sat., August 7, 9:30-12:30

Eligibility: Elementary/junior high school students and their guardians

Capacity: First 5 groups of two, total 10 people

Location/Contact: 更科公民館 Sarashina Public Center ☎043-239-0507

★Magatama-making Summer Vacation Class

Date: Sun., August 1, 10:00-12:00

Eligibility: 4th to 6th year elementary school students

Capacity: First 12 people

Fee: 250 yen

Location/Contact: 打瀬公民館
Utase Public Center ☎043-296-5100



健康・相談

Health and Consultations

熱中症を予防しましょう

Prevent Heatstroke

Heatstroke can happen even when it's not very hot. You must be careful on days with high humidity, little breeze, or when your body is not accustomed to the heat.

★To prevent heatstroke

- ① Have plenty of water and sodium
- ② When at home, use air conditioning to moderate the temperature. Use curtains or shades to prevent the temperature from rising. Keep yourself cool with water or cold towels.
- ③ When going outside, don't forget to take a parasol or hat, walk in shaded areas, and take regular breaks

★Be extra careful when wearing a mask

When wearing a mask, you might not realise that you are thirsty. Be sure to drink enough water.

Contact: 健康推進課 (健康について)
Health Promotion Division (regarding health)
☎043-245-5146

救急課 (救急について) Ambulance Service Division (regarding emergencies)
☎043-202-1657

環境保全課 (暑さの対策について) Environmental Conservation Division (regarding how to deal with heat) ☎043-245-5504

こころの健康センターの催し

Events at the Mental and Emotional Health Center



① Addiction Treatment and Recovery Program
Date: Wed., July 21 • Wed., August 4, 14:00-15:45
Eligibility: People with alcohol or drug addictions
Note: A preliminary interview will be conducted

② Meeting for People with Depression
Date: Tues., July 27, 13:30-15:00
Content: Group talk about the illness, lifestyle, job struggles, etc.
Eligibility: People being treated for depression
Contact/Apply: こころの健康センター Mental and Emotional Health Center ☎043-204-1582

幼児の尿検査を受けましょう
Have Your Child Get a Urine Analysis

Urine analyses are done to detect nephritis/nephrosis early in infants. The fees for the analysis are free.

Location (Health and Welfare Center in each ward), analysis dates:

- ① Chuo, Mon., Sept 6,
- ② Hanamigawa, Tues., Sept 7
- ③ Inage, Wed., Sept 8
- ④ Wakaba, Mon., Sept 13
- ⑤ Midori, Mon., Sept 13
- ⑥ Mihama, Tues., Sept 14



Reception hours: 10:00-11:00

Eligibility: Children born between April 2, 2015 and September 30, 2017. Note that children attending kindergartens or nursery/daycares in Chiba City will have the analysis done there, so there is no need to apply.

How to apply: Call the 健康支援課 Health Promotion Division by Fri., July 30.

Check-up method: Around the end of August, a container for collecting urine will be sent to all people who applied. Take this container to the examination location on the day of your analysis.

Apply/Contact: 健康支援課 Health Promotion Division ☎043-238-9925

LGBT電話相談

LGBT Phone Consultations

People who identify as LGBT (or those related to them) can consult their thoughts and concerns towards their gender identity or sexual orientation over the phone. You do not have to say your name.

Phone Consultations: ☎043-245-5440

(30 minutes per person per consultation day)

Date: Every third Sunday of the month
 14:00-18:00

Contact: 男女共同参画課 Gender Equality

Division ☎043-245-5060

人権擁護委員常設相談

Special Consultations with a Human Rights Commissioner

You can consult over the phone regarding discriminative treatment, defamation, harassment, bullying, etc.

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

Date: Weekdays, 8:30-17:15

Contact: 千葉地方法務局人権擁護課 Human Rights Protection Division, Chiba District Legal Affairs Bureau ☎043-302-1319, or 男女共同参画課 Gender Equality Division ☎043-245-5060

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 8, 13:00-16:00

② Legal consultations with a lawyer

Sat., August 21, 13:00-16:00

Location: 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/Contact: 千葉市国際交流協会 Chiba City International Association ☎043-245-5750



【編集後記 Editor's Note】CCIA Staff Member "N", 「饅饨 and 饅饨」

How do you read these kanji? They're quite difficult and not ones you normally encounter, but both are the kanji for dishes loved all over the world: "udon" and "wonton". Japanese udon and Chinese wontons are said to have similar origins, and it has taken over 1000 years for them to reach the form they appear in now. In China, the pronunciation of wonton differs by region, ranging from "hwe-twe", "hwan-twan", and "wan-don", similar to how there are different varieties of udon depending on the region in Japan. It's very interesting to think how a food that looks so different today was born through the interactions of our ancestors.