



Chiba City Residential Newsletter

千葉市生活情報誌

Chiba City ・ ちば

2011年1月号
英語版
English Edition
January 2011

発行：(財) 千葉市国際交流協会
Issued by: Chiba City International Association
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この情報誌は、下記のアドレスよりダウンロードすることができます。

This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

Additional information not listed in this publication can be found at the Chiba City International Association's blog which is updated regularly.

Chiba City International Association Blog (URL): <http://cciachiba.blog21.fc2.com/>

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CITY NEWS

せいかつほご てきせいじっし む じゅきゆうしゃ じりつしえん きょうか
生活保護の適正実施に向けて・受給者の自立支援を強化します！

Appropriate Use of Welfare Benefits • Promoting Self-Reliance in Aid Recipients

Welfare benefits are offered to residents who have lost their jobs, are ill, or who are facing financial problems for various reasons and are unable to pay for the basic costs of living. The government calculates the amount each person can receive, and provides assistance with the goal of helping that individual become self-sufficient again.

With the continuation of economic difficulties everywhere, the number of aid recipients has increased in Chiba City, and has become a large burden on the City's financial situation.

In an effort to help aid recipients become independent and to help reduce the strain on the City's budget, Chiba City has created the "Welfare Beneficiary Self-Reliance Support Project Team." In addition to adding staff to the employment counseling services, the following projects will be enacted:

1. Aid Recipient Employment Promotion Program

Assistance will be provided in finding employment and career development.

2. Employment in Agriculture, etc. and Workplace Experience Program

Promote work ethic through participating in hands-on workplace training and volunteer activities with agricultural and business operations.

3. Educational Support for Households Receiving Aid

Educational support will be provided to 3rd year middle school students with the aim of helping them enter high school and continue their studies.

- Each Health and Welfare Center's Social Assistance Section will conduct the above programs. If you have any questions or concerns regarding welfare assistance, please contact the following section.

Information: ほごか
保護課 Protection Section

Tel: (245) 5165

Fax: (245) 5541

Email: hogo.HW@city.chiba.lg.jp

HEALTH CARE

けんこうそうだん
スポーツ健康相談

Sports Fitness Consultations

What: A physical fitness assessment and counseling session with a sports doctor.
When: Every Saturday from 13:00 – 16:00
Where: Chiba Port Arena's Physical Fitness Assessment Room (Tonyacho, Chuo-ku)
Target: Elementary school students and up
Capacity: 6 individuals (reservation required, apply in person or by phone)
Fee: General: ¥1,050, Middle/ High School: ¥500, Elementary School: ¥300
Information: ちば
千葉ポートアリーナ Chiba Port Arena
Tel: (241) 0006 Fax: (241) 0164

ま ふう よぼうせつしゅ う
麻疹・風しんの予防接種を受けましょう

Please Vaccinate Against Measles and Rubella

What: Vaccinations against Measles and Rubella are being performed for those in the following stages:

- Stage 1: 1 year of age
- Stage 2: Children entering school next April
- Stage 3: 1st year Middle School students
- Stage 4: 3rd year High School students

※ Information regarding scheduling an appointment can be picked up at your local hospital or medical clinic. Please complete these vaccinations in a timely manner.

Information: しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office, Section for the Control of Infectious Diseases
Tel: (238) 9941 Fax: (238) 9932

かいがいにりよこうじ かんせんしやう ちゆうい
海外旅行時には感染症にご注意を

Watch Out for Infectious Diseases When Traveling Abroad

- In particular, those traveling to tropical Africa are asked to visit the Quarantine Station prior to departure.
- To prevent influenza, cholera, dysentery, typhoid and other infectious diseases, take the following steps:

Prior to Departure: Research common infectious diseases at your destination (at the Quarantine Station).

While Abroad: Avoid consumption of tap water, iced drinks and raw foods.
Promptly see a doctor if you exhibit symptoms of diarrhea, fever and measles.
Stay away from live animals (in particular, chickens and ducks).

Upon Arrival in Japan: Consult the Quarantine Office if you exhibit symptoms of diarrhea or fever.

After Return to Japan: Promptly see a doctor if you exhibit symptoms of diarrhea or fever and inform them of your trip details.

※For more information, please see the FORTH website (Information on Overseas Infectious Diseases):
<http://www.forth.go.jp/>.

Information: なりたくうこうけんえきしよ 成田空港検疫所 Narita Airport Quarantine Station
Tel: (0476) 34-2310
しほけんじょかんせんしやうたいさくか 市保健所感染症対策課
City Public Health Office's Infectious Disease Control Section
Tel: (238) 9974 Fax: (238) 9932

けんさ そうだん
「エイズ」・「クラミジア」検査と相談

AIDS and Chlamydia Testing and Consultation Services

Testing: Regular testing is available on Tuesday, January 25 from 13:30 – 15:30 and 18:00 – 20:00.
Appointments must be made for testing.

Consultations: Every Tuesday from 10:00 to 12:00, 13:00 to 16:00 (phone consultation available)
Every Wednesday from 14:00 to 17:00 (phone consultation available)
Every fourth Tuesday from 18:00 to 20:00 (in person only)

Where: しほけんじょ みはまくさいわいちょう 市保健所 (美浜区 幸町 1) City Public Health Office (1 Saiwaicho, Mihama-ku)

※Consultations are anonymous, and are administered by professional counselors.

Information: しほけんじょかんせんしやうたいさくか 市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section
Tel: (238) 9974 Fax: (238) 9932

やかん きゅうじつ きゅうびょう こま とぎ
夜間・休日に急病で困った時は・・・

For Sudden Illness at Night or on a Holiday...

If you fall ill at night or on a holiday, receive medical attention by contacting one of the following facilities. Early detection is important, so if you notice any irregular symptoms, please visit your doctor immediately.

① **Night Examinations** (Nighttime Emergency Examination Department, Kaihin Hospital)

Tel: (279) 3131
Location: 3-31-1 Isobe, Mihama-ku
Divisions: Internal and Pediatric Medicine only
Holidays: Open every day of the year
Hours: Monday through Friday from 19:00 – 6:00 (next day)
Saturday, Sunday, Holidays, Year End Holidays from 18:00 – 6:00 (next day)

② **Holiday Emergency Medical Examination Center** (General Health Medical Center)

Tel: (244) 5353 Telephone Service
Guidance: Sundays, National Holidays, Year End Holidays from 8:00 – 16:15
Divisions: Internal, Pediatric, Trauma, Orthopedic Surgery, Eyes/Nose/Throat, Optometry, Dental
Exam hours: 9:00 – 17:00
Reception: 8:30 – 11:30, 13:00 – 16:30

③ **Medical Facilities on Duty for Nighttime Emergency Trauma Treatment**

Tel: (244) 8080 Telephone Service
Guidance: 8:00 – 6:00 (next day)
Divisions: Trauma, Orthopedic Surgery
Exam hours: 18:00 – 6:00 (next day)

④ **Emergency Doctor on Call for Holiday Obstetric and Gynecological Care**

Tel: (244) 0202 Telephone Service
Guidance: Sundays, National Holidays, Year End Holidays, 8:00 – 17:00
Exam hours: 9:00 – 17:00

⑤ **Guidance for Medical Facilities Open at Nighttime**

Tel: (246) 9797 (Closed on national holidays and Year End Holidays)
Guidance: Monday through Saturday from 17:30 – 19:30.

Information: Medical Institution Information Homepage <http://www.city.chiba.jp/doctor/top.html>

*For information on hospitals with English language resources, please search online for

“ちば救急医療ネット” (the Chiba Emergency Medical Net) and enter English as one of your search keys.

EVERYDAY LIFE

こそだ
子育てママのおしゃべりタイム
Chit-Chat Time for Mothers

Who: Those in the process of raising children
When: 10:00 to 12:00 (please feel free to drop in anytime)

Ward	Date & Public Center	Information
Chuo	1/17 (Mon) Matsugaoka Public Center 1/24 (Mon) Miyazaki Public Center	Matsugaoka Public Center Tel: (261) 5990

Hanamigawa	1/13 (Thu) Makuhari Public Center 1/27 (Thu) “ “ “	Makuhari Public Center	Tel: (273) 7522
Inage	1/17 (Mon) Konakadai Public Center 1/28 (Fri) Kusano Public Center	Konakadai Public Center	Tel: (251) 6616
Wakaba	1/13 (Thu) Sakuragi Public Center 1/27 (Thu) Mitsuwadai Public Center	Chishirodai Public Center	Tel: (237) 1400
Midori	1/17 (Mon) Honda Public Center	Honda Public Center	Tel: (291) 1512
Mihama	1/14 (Fri) Takahama Public Center	Inahama Public Center	Tel: (247) 8555

EVENTS

いなげきねんかん もよお
稲毛記念館の催し

Events at the Inage Memorial Hall

① Public Exhibition of the Kaiseian Tea Ceremony Room and Complimentary Tea Service

What: The Kaiseian tea ceremony room will open to the public and complimentary tea will be served.

When: Sunday, January 16 from 11:00 – 14:00

Where: Inage Memorial Hall *The Center is closed on Mondays

Capacity: 100 participants, (First-come, first-serve on the day of)

② Lobby Concert – “Koto (zither), Shakuhachi (flute), and Piano Recital”

What: A musical performance with Shakuhachi, Piano and Koto

When: Sunday, January 16, from 13:00 to 15:30

Capacity: 50 participants (First-come, first-serve)

Apply: Come directly on the day of for both events (first-come, first-serve)

Information: いなげきねんかん いなげかいひんこうえんない
稲毛記念館 (稲毛海浜公園内) Inage Memorial Hall (In the Inage Kaihin Park)

Tel: (277) 4534

Fax: (277) 4688

かし
バレンタインのお菓子づくり「クッキーとマカロン」

Baking Valentine Sweets – Cookies and Macarons

What: Confection of Valentine cookies and macarons. There is a ¥500 participation fee.

When: Saturday, January 29 from 13:30 – 16:30

Where: Nanbu Youth Center (1 Shirahata Chuo-ku)

Target: 3rd grade elementary school students to junior high school students

Capacity: 24 participants (First-come, first-serve)

Apply: Call at the number provided below

Information: なんぶせいしょうねん
南部青少年センター Nanbu Youth Center ※closed on Mondays and national holidays.

Tel: (264) 8995

Fax: (268) 1032

でんしゃきょうしつ
こども電車教室

Class on Railways for Children

What: Children can make small paper crafts and try conducting model railway cars.

When: January 15 (Sat) and January 16 (Sun) from 10:00 – 12:30 and 13:30 – 16:00 (4 times total)

Where: ひろば ちゅうおうくちゅうおう
きぼーる広場 (中央区中央4) Qiball Plaza (Chuo 4 Chuo-ku)

Target: Children ages 3 - 12 and their guardians, 20 pairs maximum.
Fee: ¥500
Apply: Come directly on the day of the event. Reception opens 30 minutes prior to the event (first-come, first-serve).
Information: ぜんこく でんしゃきょうしつじょういんかい 全国子ども電車教室実行委員会 Executive Committee for the Railway School for Children
Tel: 03 (5387) 8767 (13:00 – 19:30).
きかくか 子ども企画課 Children's Future Planning Section
Tel: (245) 5673 Fax: (245) 5547

しょうがいがくしゅう えいがじょうえいかい
生涯学習センター映画上映会
Lifelong Learning Center's Movie Schedule

① Wednesday Classic Cinema "Rebel without a Cause"
When: Wednesday, January 19, at 10:00 and 14:00.
Capacity: 250 individuals
② Classic Movie Screening "Going My Way"
When: Sunday, January 23, at 10:00 and 14:00.
Capacity: 80 individuals
※Admission begins 30 minutes prior to the showing. First-come, first-serve.

The center is closed every 4th Monday of the month.

Information: 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)
Tel: (207) 5823 Fax: (207) 5822

COUNSELING

とくせつほうりつそうだん
特設法律相談

Special Legal Consultations

What: Speak to an attorney. Cases currently being tried in court or in arbitration will not be accepted. An appointment is necessary. 16 individuals maximum.
When: Saturday, January 22 from 13:00 – 16:00
Where: Consultations will be held at the Chuo Community Center 2F.
Apply: Call for an appointment after Thursday, January 13 at 9:30.
Information: しみんそうむか
市民総務課 General Affairs Section of the Citizens' Affairs Bureau
Tel: (245) 5609 Fax: (245) 5155

しんぱい そうだん じょうせつそうだん
心配ごと相談 (常設相談)

Consultation Services (Permanent Consultation)

What: Consult with a welfare commissioner or a children's welfare commissioner.
When: Monday through Friday from 10:00 – 15:00 (except public holidays).
Where: Shinpaigoto Soudanjo (Harmony Plaza, Chibaderacho, Chuo-ku)
Information: ししゃかいふくしきょうぎかいしんぱい そうだんじょ
市社会福祉協議会心配ごと相談所 City Social Welfare Council Shinpaigoto Soudanjo
Tel: (209) 8860 Fax: (209) 8866 (Phone and in person consultations are available)

けんこう そうだん
こころの健康センターの相談

Consultations at the Kokoro no Kenko (Mental and Emotional Health) Center

Alcohol and Drug Abuse Consultation:

When: Thursday, January 20 from 15:00 – 17:00

Mental Health Consultations for the Elderly:

When: Tuesday, January 11 from 13:30 – 15:30 and Monday, January 17 from 15:00 – 17:00

※ All consultations are with a licensed professional and require an appointment.

Information: こころの健康センター (美浜区高浜 2) Kokoro no Kenko Center (2 Takahama, Mihama-ku)
Tel: (204) 1582 Fax: (204) 1584

しゃかいほけんろうむしそудん
社会保険労務士相談

Consultation by Certified Social Insurance Labor Consultants

What: Receive advice on labor, social insurance and pensions. Phone consultations available.

When: Monday, January 17 from 10:00 – 16:00. Come directly on the day of.

Where: けんしんりんかいかん
県森林会館 Prefectural Shinrin Hall, Room 304 (1 Nagazu, Chuo-ku)

Information: けんしゃかいほけんろうむしかい
県社会保険労務士会

Prefectural Organization of Certified Social Insurance Labor Consultants

Tel: (224) 9027 Fax: (224) 9058

しみんそむか
市民総務課 General Affairs Section of Citizens' Affairs Bureau

Tel: (245) 5156

たじゅうさいむしゃとくべつそудん
多重債務者特別相談

Consultations for those with Multiple Debts

What: Consult with an attorney regarding debts (30 minutes per person). Consultations must be made by the debtor, in person. Call the number below for an appointment. 6 individuals max.

When: Thursday, January 13 and January 27 from 13:00 – 16:00.

Where: Consumer Affairs Center (1 Benten, Chuo-ku)

Information: しょうひせいかつ
消費生活センター Consumer Affairs Center

Tel: (207) 3000 Fax: (207) 3111

がいこくじん ほうりつそудん
外国人のための法律相談

Legal Consultation for Foreign Residents

When: Monday, January 17 from 13:00 to 16:00

Where: こくさいこうりゅう
国際交流プラザ International Communication Plaza (2 Chuo, Chuo-ku)

What: Consultation with a lawyer. You may not ask for advice about cases currently in trial. Those requiring an interpreter must request one when making an appointment.

Capacity: 8 people, consultations are first come, first serve.

Information: ちばしこくさいこうりゅうきょうかい
千葉市国際交流協会 Chiba City International Association

Tel: (202) 3000 Fax: (202) 3111

せいしょうねん なや そうだん
青少年の悩みごと相談

Youth Consultation Services

What: Talk to someone about juvenile delinquency, problems at school, bullying, skipping classes, career counseling etc.

When: Monday to Friday, 09:00 – 17:00 (phone consultation available)

せいしょうねん 青少年サポートセンター けんきょういくかいかん かい 県教育会館4階	Juvenile Guidance Center Prefecture Education Hall 4F	Tel: (227) 7830 Fax: (227) 2892
とうひがしぶんしつ 同東分室 ちしろだいし かい 千城台市民センター2階	Eastern Branch Office Chishirodai Civic Center 2F	Tel: (237) 5411
とうにしぶんしつ 同西分室 しきょういくかいかん かい 市教育会館2階	Western Branch Office City Education Hall 2F	Tel: (277) 0007
どうみなみぶんしつ 同南分室 かまとり 鎌取コミュニティセンター	Southern Branch Office Kamatori Community Center	Tel: (293) 5811
とうきたぶんしつ 同北分室 はなみがわし かい 花見川市民センター等複合施設)	Northern Branch Office Hanamigawa Civic Center & Multipurpose Facility	Tel: (259) 1110

ちばし にほんご そうだんまどぐち
千葉市の日本語の相談窓口

Chiba City's Consultation Services in Japanese

- Receive advice (in Japanese) regarding daily life, accidents, city government, etc. at the Citizens' consultation rm. of the Chuo Community Center 2F or any ward office. Consultation days vary by question.
- For more details, ask at the Public Hearing and Consultation Desk, Community Promotion Section, of the Chuo Community Center 2F, or at the Consultation Desk, Community Promotion Section at any ward office (in Japanese). If you do not speak Japanese, please bring an interpreter.

Public Hearing and Consultation Desk, Community Promotion Section Tel: (245) 5140

Consultation Desk, Community Promotion Section, Chuo Ward Office Tel: (221) 2106

Community Promotion Section, Hanamigawa Ward Office Tel: (275) 6213

Inage Ward Office Tel: (284) 6106 Wakaba Ward Office Tel: (233) 8123

Midori Ward Office Tel: (292) 8106 Mihama Ward Office Tel: (270) 3123