



2012年1月号
英語版
English Edition
January 2012

Chiba City Residential Newsletter

千葉市生活情報誌

Chiba City ・ ちば

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/>

TABLE OF CONTENTS

CITY NEWS

Disaster Prevention Training for Foreign Residents	3
Support System for School Attendance	3
Take Simple Steps to Protect Yourself from Burglars	3
Free Rental of Radiation Measuring Machines for Residents	4

HEALTH CARE

Avoid Infectious Diseases When Traveling Abroad	4
Extra Dates Added for Group Breast Cancer Screenings	5
AIDS and Chlamydia Testing and Consultation Services	5
Chiba City Emergency Medical Services	6

EVERYDAY LIFE

How to Help Victims of Domestic Violence	6
Class on Providing Basic Emergency Life Support	7
Chit-chat Time for Mothers	7

EVENTS

Let's Play Karuta at the Life Long Learning Center	7
Caretaker's Fun Day at the Chiba Zoological Park	8

CONSULTATIONS

Rental Housing Problem Consultations by a Judicial Scrivener	8
Consultation Services (Permanent Consultation)	8
Legal Consultation for Foreign Residents	8
Consultation by Certified Social Insurance Labor Consultants	9
Human Rights Consultation Services	9
Consultations for those with Multiple Debts	9
Special Legal Consultations	9
Other Useful Information for Residents	10

CITY NEWS

がいこくじん ぼうさいくんれん
外国人のための防災訓練

Disaster Prevention Training Drill for Foreign Residents

- What:** Learn how to use a fire extinguisher, experience an earthquake in a simulation vehicle, practice lifesaving techniques and more.
- Capacity:** 40 individuals (first-come, first-serve)
- When:** Wednesday, January 18 from 13:20 – 18:00
- Where:** Chiba City International Association (CCIA) Plaza (2 Chuo, Chuo-ku)
- Fee:** Free
- Apply:** Call, email or fax the CCIA, or apply in person.
- 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 Email: ccia@ccia-chiba.or.jp

しゅうがくえんじよせいど
就学援助制度

Support System for School Attendance

- What:** Chiba City will offer financial support to cover the costs of school items and school lunches of those children attending city elementary or junior high schools, and whose guardians are facing financial difficulties.
- Target:** Anyone who meets any of the following criteria:
- ① Welfare benefits have been stopped or canceled
 - ② Exempt from municipal taxes
 - ③ Receiving dependent child allowances
 - ④ Exempt from paying National Pension or National Health Insurance premiums
 - ⑤ Other special circumstances which complicate school attendance
- Apply:** Consult with the headmaster of your child's school and fill in an application form (distributed at all elementary and junior high schools).
- Information:** かくしょう ちゅうがっこう がくじか
各小・中学校または学事課 Your child's school or the School Affairs Section
Tel: (245) 5928 Fax: (246) 6424

いま ぼうはんたいさく
今すぐできる！防犯対策

Take Simple Steps to Protect Yourself from Burglars

Crimes such as burglaries and bicycle theft happen because people do not protect their belongings and homes. In order to keep your homes and belongings safe, take the following steps:

1. Homes – often broken into through living room windows

1. Add extra locks to each window so that it can't be opened in only one place.
2. Put a security film over your window to make it more difficult to break.
3. Keep hedges and trees well trimmed so that your windows are visible.
4. Take part in neighborhood patrols and community activities.

2. Bicycle Theft – bicycles that are unlocked or only have one lock are often stolen

1. Always put a wire lock on your bicycle if you are leaving it, even for a short time. Be sure to wrap the lock around two locations of the bicycle's frame and the front or back wheel.

2. Always park your bicycle in a bicycle parking area and not on the street or sidewalk.

3. Purse Snatching – purses are often stolen from the front baskets of bicycles

1. Put a cover on your bicycle basket
2. When walking, keep your purse away from the road, or wear the purse strap across your body.
3. If you hear a motorcycle/bike approaching behind you, turn to face it.
4. Be extra careful when leaving banks and ATMs.

Information: ちいきしんこうか 地域振興課 Regional Promotion Section
Tel: (245) 5264 Fax: (245) 5550 Email: chiiki.CIC@city.chiba.lg.jp

ほうしゃせんそくていき せきさんせんりょうけい か だ
放射線測定器 (積算線量計) を貸し出し

Free Rental of Radiation Measuring Machines (Integrating Dosimeter)

Chiba City is lending measuring machines so you can check radiation levels in your neighborhood.

Target: Adults age 20+ who are residents of Chiba City
Machine: An easy to use type that tests the air for radiation particles (tests for radiation dose rate and integrated radiation dose, but cannot test food, water or soil radiation).
Rental period: 1 day or 1 week per person, until Saturday, March 31
Apply: Make a reservation by phone at the number below. You will need to show your driver's license, health insurance card, passport, or some other form of identification.
Information: かんきょうそうむか 環境総務課 General Affairs Section of the Environmental Bureau
Tel: (245) 5184 Fax: (245) 5557 Email: somu.ENP@city.chiba.lg.jp

HEALTH CARE

かいがいにりよこうじ かんせんしょう ちゅうい
海外旅行時には感染症にご注意を

Avoid 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
しほけんじよかんせんしょうたいさくか 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 Email: kansensho.PHO@city.chiba.lg.jp

にゅう しゅうだんけんしん ついかについて
乳がん集団検診の追加日程

Extra Dates Added for Group Breast Cancer Screenings

Extra days have been added for breast cancer screenings. Only residents of Chiba City who have examination vouchers may apply. Appointment required. Please call the number below for more information on whether or not you are eligible for an examination.

Apply: Call the number below.

Echo test – Target: Women in their 30’s who did not receive an examination last year. Cost: ¥600

Mammogram – Target: Women in their 40’s who did not receive an examination last year. Cost ¥750

Examination Times	Ⓐ = 9:10 – 10:10 a.m., Ⓑ = 13:30 – 14:30 p.m.,	
Target	Ⓒ = age 30 – 39, Ⓓ = age 40 - 49	
January 11 (Wed)	Inage Public Health and Welfare Center	Ⓑ Ⓓ
January 12 (Thurs)	Chiba City Public Health Center	Ⓐ Ⓑ Ⓒ
January 12 (Thurs)	Hanamigawa Public Health and Welfare Center	Ⓑ Ⓓ
January 19 (Thurs)	Chiba City Public Health Center	Ⓑ Ⓒ
January 23 (Mon)	Chuo Public Health and Welfare Center	Ⓐ Ⓑ Ⓓ
January 30 (Mon)	Chuo Public Health and Welfare Center	Ⓑ Ⓒ
February 1 (Wed)	Inage Public Health and Welfare Center	Ⓑ Ⓒ
February 6 (Mon)	Hanamigawa Public Health and Welfare Center	Ⓑ Ⓒ
February 14 (Tues)	Wakaba Public Health and Welfare Center	Ⓑ Ⓓ
February 17 (Fri)	Midori Public Health and Welfare Center	Ⓐ Ⓑ Ⓓ
February 22 (Wed)	Chiba City Public Health Center	Ⓐ Ⓓ

Information: けんこうしえんか
健康支援課 Public Health Support Section
Tel: (238) 1794 Fax: (238) 9946

「エイズ」・「クラミジア」けんさ そうだん 検査と相談

AIDS and Chlamydia Testing and Consultation Services

Testing: Same-day results: Tuesday, January 10 and 24 from 13:30 – 14:30

Regular testing: Tuesday, January 24 from 18:00 – 19:00

Consultations: Every Tuesday from 10:00 – 12:00, 13:00 – 16:00 (phone consultation available)

Wednesday, January 18 from 14:00 – 17:00 (phone consultation available)

Every fourth Tuesday from 18:00 – 19:00 will be in person appointments only

Where: しほけんじょ みはまきさいわいちよう
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ょうたいさくか
市保健所感染症対策課 City Public Health Office, Infectious Diseases Control Section
Tel: (238) 9974 Fax: (238) 9932

Chiba City Emergency Medical Services

◆^{やかん きゅうじつしんりよう}夜間・休日診療 Night Time, Holiday Examinations

	Night Examinations	Holiday Examinations
	Kaihin Hospital Night Emergency Examination	General Health Medical Center Holiday Emergency Medical Examination Center
Telephone	(279) 3131	(238) 9911
Open	Every day	Sundays, national holidays, year-end holidays
Location	3-31-1 Isobe, Mihama-ku	1-3-9 Saiwaicho, Mihama-ku
Reception time		8:30 – 11:30, 13:00 – 16:30
Examination hours	Monday to Friday 19:00 – 6:00 (next day) Sat, Sun & Holidays, Year End Holidays 18:00 – 6:00 (next day)	9:00 – 17:00
Divisions	Internal, Pediatric Medicine	Internal, Pediatric, Trauma, Orthopedic Surgery, Eyes/Nose/Throat, Optometry, Dental Medicine

◆^{きゅうきゅういりよう}救急医療テレホンサービス Emergency Medical Hotlines

	General Health Medical Center	Emergency Doctor on Call for Holiday Obstetric and Gynecological Care	Guidance for Medical Facilities Open at Night	Nighttime Emergency Trauma Treatment
Tel.	(244) 5353	(244) 0202	(246) 9797	(244) 8080
Open	Sundays, national holidays, year-end holidays	Sundays, national holidays, year-end holidays	Monday to Saturday	Every day
Time	8:00 – 16:15	8:00 – 17:00	17:30 – 19:30	8:00 – 6:00(next day)
What	Reception/exam hours, units, place	Information for the doctor on call	Information on medical facilities open at night	Information for the doctor on call
How	Automated answering system	Automated answering system	Speak to a nurse	Automated answering system

◆^{きゅうびようでんわそうだん}子ども急病電話相談 Telephone Consultation Service for Children with sudden illness

(Speak to a pediatric doctor or nurse) If you dial #8000 from within Chiba prefecture, your call will automatically be forwarded to a health consultation service run by the prefectural government office. Every day from 19:00 – 22:00

EVERYDAY LIFE

それってDV? ^{みぢかひとそうだん}身近な人に相談されたら

Lecture: How to Help Victims of Domestic Violence

When: Every Wednesday from February 1 – 29, five times total.

Capacity: 30 individuals maximum

Apply: Send a pre-paid postcard with your name, address, phone number, age and the course name to: 〒260-0844 ^{ちゅうおうくちばでらちよう}中央区千葉寺町1208-2 ^{だんじよきょうどうさんかく}男女共同参画センター

Deadline: Wednesday, January 17

Information: だんじょきょうどうさんかく
男女共同参画センターEqual Gender Participation Center (closed Mondays and holidays)
Tel: (209) 8771 Fax: (209) 8776

ふつうきゅうめいこうしゅうかい
普通救命講習会

Class on Providing Basic Emergency Life Support

When: Sunday, January 29 from 9:00 – 12:00
Where: Fire Department 1F (1 Nagasu, Chuo-ku)
Capacity: 10 individuals (first-come, first-serve)
Apply: By phone at the phone number below.
Information: しほうさいふきゅうこうしゃ
市防災普及公社 Chiba City Disaster Prevention Corporation
Tel: (248) 5355 Fax: (248) 7748

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

When: 10:00 to 12:00 (please feel free to come anytime with your child)

Ward	Date & Public Center	Information
Chuo	1/16 (Mon) Matsugaoka Public Center 1/23 (Mon) Miyazaki Public Center	Matsugaoka Public Center Tel: (261) 5990
Hanamigawa	1/12 (Thu) Makuhari Public Center 1/26 (Thu) “ “ “	Makuhari Public Center Tel: (273) 7522
Inage	1/16 (Mon) Konakadai Public Center 1/27 (Fri) Kusano Public Center 1/30 (Mon) Tsuga Public Center	Konakadai Public Center Tel: (251) 6616
Wakaba	1/12 (Thu) Sakuragi Public Center 1/26 (Thu) Mitsuwadai Public Center	Chishirodai Public Center Tel: (237) 1400
Midori	1/16 (Mon) Honda Public Center	Honda Public Center Tel: (291) 1512
Mihama	1/20 (Fri) Takahama Public Center	Inahama Public Center Tel: (247) 8555

EVENTS

しょうがいがくしゅう もよお あそ
生涯学習センターの催し かるたで遊ぼう！

Lifelong Learning Center's Event Schedule

Let's Play Karuta!

When: Sunday, January 15 from 10:00 – 13:00
Target: Elementary School Students
Where: Atrium Garden of the Central Library
Apply: Come directly on the day of the event.
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) *The LLC is closed every 4th Monday of the month.
Lifelong Learning Center (3 Benten, Chuo-ku)
Tel: (207) 5823 Fax: (207) 5817

どうぶつこうえん しゅうがかり たの じゅうい へん
動物公園・飼育係によるお楽しみDAY 「獣医さん編」

Chiba Zoological Park・Caretaker's Fun DAY “Veterinarian's Day”

- What:** Learn about and touch the 7 main instruments a veterinarian uses to take care of animals.
Where: Chiba Zoological Park (Minamoto-cho, Wakaba-ku)
When: Saturday, January 21 from 13:15 – 14:00
Capacity: 20 people (first come, first serve)
Fee: Park admission is ¥500 for adults and ¥100 for elementary and middle school students
Apply: Meet at the General Information Desk of the Animal Science Hall at 9:30 to receive a pass.
Information: ちば どうぶつこうえん 千葉動物公園 Chiba Zoological Park (closed Mondays)
Tel: (252) 1111 Fax: (255) 7116

CONSULTATIONS

しほうしよし ちんたいじゅうたく そうだん
司法書士による賃貸住宅トラブル相談

Rental Housing Problem Consultations by a Judicial Scrivener

- What:** Consult with an expert on legal issues related to rental housing (contracts, etc.). Only cases dealing with less than ¥1,400,000 in disputed fees will be accepted.
When: Monday, January 16 from 10:00 – 13:00
Where: Keiyo Bank Plaza (1 Fujimi, Chuo-ku)
Apply: Come directly to the Keiyo Bank Plaza on the 16th. Phone consultations are not possible.
Information: ちばしほうしよしかい 千葉司法書士会 Chiba Judicial Scrivener Association
Tel: (246) 2666 Fax: (247) 3998
しみんそうむか 市民総務課 Citizen's General Affairs Section
Tel: (245) 5156

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. Phone and in person consultations are available.
When: Monday through Friday from 10:00 – 15:00 (except public holidays).
Where: ししゃかいふくしきょうぎかいしんぱい そうだんじょ ちゅうおうくち ぼでらちやう ない
市社会福祉協議会心配ごと相談所 (中央区千葉寺町ハーモニープラザ内)
City Social Welfare Council *Shinpaigoto Soudanjo*
(Chibaderacho, Chuo-ku in the Harmony Plaza)
Information: しんぱい そうだんじょ
心配ごと相談所 Shinpaigoto Soudanjo
Tel: (209) 8860 Fax: (209) 8866

がいこくじん ほうりつそうだん
外国人のための法律相談

Legal Consultation for Foreign Residents

- When:** Monday, January 16 from 13:00 – 16:00
Where: こくさいこうりゅう 国際交流プラザ International Communication Plaza (Chuo 2, 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: 4 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

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 16 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: けんしゃろうしかい ちばし ぶ
県社労士会千葉支部
Chiba Branch of the Prefectural Certified Social Insurance Labor Consultants Organization
Tel: (224) 9027 Fax: (224) 9058
しみんそうむか
市民総務課 General Affairs Section of Citizens' Affairs Bureau Tel: (245) 5156

じんけんようごいいんとくせつそудん
人権擁護委員特設相談

Human Rights Consultation Services

What: Issues regarding human rights such as discrimination, bullying, defamation, etc.
When: Every Tuesday, 10:00 – 15:00 (phone consultation not available)
Where: ちゅうおう
中央コミュニティーセンター2階 Chuo Community Center 2F
Contact: ほうむきよくじんけんようごか
法務局人権擁護課 Law Bureau, Human Rights Section Tel: (302) 1319
Information: しみんそうむか
市民総務課 General Citizen's Affairs Section
Tel: (245) 5153 Fax: (245) 5155

たじゅうさいむしやとくべつそ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 in person, by the debtor.
When: Thursday, January 12 and 26 from 13:00 – 16:00.
Apply: Call the number below for an appointment. 6 individuals maximum per day.
Information: しょうひせいかつ
消費生活センター Consumer Affairs Center (1 Benten, Chuo-ku)
Tel: (207) 3000 Fax: (207) 3111

とくせつほうりつそуд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. Phone consultations not available.
When: Saturday, January 28 from 13:00 – 16:00
Where: Consultations will be held at the Chuo Community Center 2F.
Apply: Call for an appointment after Thursday, January 19 at 9:30. 16 individuals maximum.
Information: しみんそうむか
市民総務課 General Affairs Section of the Citizens' Affairs Bureau
Tel: (245) 5156 Fax: (245) 5155

Other Useful Information for Residents

EMERGENCY NUMBERS

Fire Department & Ambulance.....119 Police.....110

Chiba City International Association043-202-3000

Services in:	MON	TUE	WED	THU	FRI	SAT
ENGLISH	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	9:00 – 16:30	10:00 – 16:30
CHINESE	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 19:30	9:00 – 16:30
KOREAN	10:00 – 15:30		10:00 – 15:30		10:00 – 15:30	
SPANISH		10:00 – 15:30		10:00 – 15:30		9:00 – 16:30

Chiba Prefectural Telephone Advisory Service.....Tel: 043-297-2966

- Mon. – Fri., 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m. (English)
- Tues., 9 a.m. – 12 p.m. (Chinese)
- Mon. – Wed., 9 a.m. – 12 p.m.; 1 p.m. – 4 p.m. (Spanish)

Tokyo English Life Line.....Tel: 03-5774-0992

- Free telephone counseling service Every day 9 a.m. – 11 p.m.
- **TELL Community Counseling Service** (English, Japanese) Flexible fee scale
- Face-to-face counseling service, Mon. – Fri., 10 a.m. – 6 p.m.
- For appointments: in English.....Tel: 03-4550-1146 in Japanese.....Tel: 03-4550-1147

AMDA International Medical Information Center.....03-5285-8088

- Every day, 9 a.m. – 8 p.m. (English, Thai, Chinese, Korean, Spanish)
- Mon., Wed., Fri., 9 a.m. – 5 p.m. (Portuguese)
- Wed., 1 p.m. – 5 p.m. (Tagalog)
- Wed., 1 p.m. – 5 p.m. (Vietnamese)

Immigration Information Center (Tokyo)

- Callers from within Japan, Tel: 0570-013-904, IP, PHS, Overseas callers, Tel: 03-5796-7112
- Mon. – Fri., 8:30 a.m. – 5:15 p.m. (English, Chinese, Korean, Spanish, and other languages)

Consultation Support Center for Foreign Residents (Tokyo).....Tel: 03-3202-5535, Fax: 03-5155-4039

- Mon. – Fri., 9:00 – 12:00, 13:00 – 16:00
- English, Chinese, Spanish, Portuguese speakers are available at all times (closed 2nd, 4th Wednesdays)
- Other languages as follows:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Bengal	Vietnamese		Bengal	Bengal
Week 2	Bengal	Indonesian	<i>CLOSED</i>	Bengal	Bengal
Week 3	Bengal	Vietnamese		Bengal	Bengal
Week 4	Bengal	Indonesian	<i>CLOSED</i>	Bengal	Bengal

Chiba City Call Center.....Tel: 043-245-4894

- Mon. – Fri., 8:30 a.m. – 9 p.m. Saturday, Sunday, and holidays, 8:30 a.m. – 5 p.m.
- Fax: 043-248-4894 E-mail: call4894@chihanachan-chiba.jp

The Chiba City International Association is a free resource for residents of Chiba City, both Japanese and non-native. If you have questions or concerns about life in Chiba City, or would like to get involved in volunteer efforts and international exchange activities, feel free to stop by. There are also plenty of resources in foreign languages, Japanese language learning opportunities, and experienced staff on-hand to help you with life in Chiba City. (Address: 8F Tower 2, Chiba Chuo Twin Building, 2-5-1 Chuo, Chuo-ku, Chiba City)

Tel: 043-202-3000 Fax: 043-202-3111 Email: ccia@ccia-chiba.or.jp