



Chiba City ・ ちば

2014 6月号
英語版
English Edition
June 2014
No.108

発行：(公財) 千葉市国際交流協会
Issued by: Chiba City International Association
〒260-0013 千葉市中央区中央 2-5-1 千葉中央ツインビル 2号館 8階
Chiba Chuo Twin Building 2nd Tower 8F
2-5-1 Chuo, Chuo-ku, Chiba City
TEL : 043-202-3000 FAX : 043-202-3111
Monday to Friday from 9:00 – 20:00; Saturday from 9:00 – 17:00
ホームページ HP : <http://www.ccia-chiba.or.jp/>
フェイスブック FB: <http://www.facebook.com/ccia1994>

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>

ちばし 千葉市からのお知らせ CITY NEWS

「^{がいこくじん}外国人のための^{ぼうさい}防災ガイドブック」が

もらえます
**‘Disaster Prevention
Guidebook for
Foreigners’ is Now
Available**

The City of Chiba has created a book that can help you protect yourself in times of natural disaster (such as earthquakes and typhoons). The guidebook is written in English, Chinese, Korean, and simple Japanese. It is available at the Chiba City International Association, the Citizens’ Affairs Division of each ward office, each ward’s Health and Welfare Center, and the City of Chiba International Relations Division. It can also be seen on the City of Chiba International Relations Division website. There are also videos.



Inquiry: ^{ちばしこくさいこうりゅうか}千葉市国際交流課 City of Chiba International Relations Division ☎245-5019

^{とくていけんこうしんさ}特定健康診査・^{けんこうしんさ}健康診査について
Special Health Examinations and Health Examinations

The city offers special health examinations and health examinations to help prevent adult-onset diseases. Examination vouchers (with stickers)

have been sent to those who are eligible, so please check your mail.

Eligibility is as follows:

- ★ Special health examinations: Those aged 40-74 who are enrolled in National Health Insurance. The fee is 500 yen.
- ★ Health examinations: Those aged 75 or older who are enrolled in Long-Term Care Insurance. Exams are available at no cost.

The vouchers may be used until Saturday, February 28 of next year. For a list of eligible institutions and an explanation of how to get an examination, please see the information guide that was sent with the vouchers.

Inquiry: ^{けんこうほけんか}健康保険課 Health Insurance Division ☎245-5146

^{りんじふくしきゅうふきん}臨時福祉給付金・^{こそだせたいりんじとくれいきゅうふきん}子育て世帯臨時特例給付金

を ^{しきゅう}支給します

Special Welfare Benefits/Special Benefits for Households with Children Will Be Distributed

In April, the consumption tax was raised. In order to decrease the financial burden on those with limited incomes or families raising children, special benefits will be distributed one time only. The amount will be 10,000 or 15,000 yen. An information guide will be sent to all households in the mail in August, so please read it carefully. Those who are eligible for the benefits should submit the application between Friday, August 1 and Sunday, November 30. Benefits will not be distributed if an application is not submitted.

Inquiry: ^{ちばしりんじきゅうふきん}千葉市臨時給付金コールセンター

^{こくみんけんこうほけん} 国民健康保険・^{かいごほけん} 介護保険の^{りょうきん} 料金が^{けつてい} 決定
National Health Insurance and Long Term Care Insurance Premiums Have Been Decided

Notifications of the insurance premiums for fiscal year 2014 will be sent through the mail. Please be sure to pay any amount owed within the time allotted. Late payments will incur additional fees.

Inquiry:

- ① Regarding National Health Insurance Premiums

^{けんこうほけんか} 健康保険課 Health Insurance Division
☎245-5144

- ② Regarding Long Term Care Insurance Premiums

^{かいごほけんか} 介護保険課 Long Term Care Insurance Division ☎245-5061

^こ 子どもの^{つういんいりょうひ} 通院医療費の^{じょせいたいしょう} 助成対象を

^{ちゅうがく} 中学3年生までひろげます

Support for Children's Hospital Fees Will Expand to Third Year Junior High School Students

Until now, children up until third year elementary school students were eligible, but starting with medical expenses for August, coverage has been expanded to third year junior high school students. Information will be sent to families who are newly eligible. A voucher is necessary in order to receive support. Please be sure to complete the procedures by Thursday, June 19.

Inquiry: ^{きかくか} こども企画課 Children's Future Planning Division ☎245-5178

^{じどうてあて} 児童手当を^{つづ} 続けて^う 受けるには^{げんきょうとどけ} 現況届が^{ひつよう} 必要です

A Status Report is Necessary to Continue Receiving Child Allowances

Those who are receiving child allowances will be sent a status report form (*genkyoutodoke*). Fill in the necessary information and submit the form to the Child and Domestic Affairs Division at the Health and Welfare Center directly or via mail by Monday, June 30. Without this report, it is not possible to receive an allowance from June.

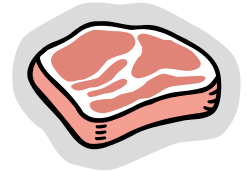
Inquiry: ^{きかくか} こども企画課 Children's Future Planning Division ☎245-5178

^{しょくちゅうどく} 食中毒を^{よぼう} 予防しましょう

Prevent Food Poisoning

It's the season when food poisoning becomes more common. The basic guidelines for prevention are to avoid touching, prevent spreading, and to kill the germs that cause food poisoning. Prevent food poisoning in your home with the following tips:

- ① When buying food
Buy raw foods such as meat, fish, and vegetables while they are fresh.



- ② Storing food
Place items that need to be refrigerated or frozen into the refrigerator or freezer right away

- ③ Before cooking
Disinfect cooking utensils with chlorine based bleach or boiling water



- ④ When cooking
Make sure cooked food is heated thoroughly (the center should reach 85-90°C for at least 90 seconds)

- ⑤ Always wash your hands before eating.

- ⑥ Leftover food
Do not leave leftovers out but instead put them into clean containers and eat them soon. Be sure to reheat foods properly before eating.



Inquiry: ^{しほけんじょしょくひんあんぜんか} 市保健所食品安全課 City Health Center Food Safety Division ☎238-9935

^{ふほう} 不法(法律を^{まも}守らない) ^{とうき} 投棄(ごみ^す捨て)をしない させない

Do Not Dispose of Waste Illegally

It is illegal to throw away trash on roads or in empty lots. Please follow the rules for proper garbage sorting and disposal.

- ★ Recyclable Household Appliances

For household appliances such as air conditioners, TVs, refrigerators, freezers, washing machines, dryers, you can:

- ① Return them to the store they were bought from
- ② Bring them to designated collection spots yourself



- ③ Ask a business licensed by the city to come collect them

Apply/Contact: ^{ちばし}千葉市^{じぎょうきぎょうどうくみあい}リサイクル事業協同組合
Chiba City Waste Recycling Cooperative
☎204-5805

- ★ Bulky Waste (Large Items) Other Than Household Appliances
- ① Request collection at the Bulky Item Reception Center ☎302-5374
Reception hours: Monday Friday, 9:00 – 16:00; Saturday, 9:00 – 11:30
- ② Contact a waste management facility in advance and bring it there yourself

Inquiry: ^{しゅうしゅうぎょうむか}収集業務課 Waste Collection Operations Division ☎245-5246

行って みましよう EVENTS

^{こうみんかん}公民館^しのお知らせ

Public Center Announcement

Introducing fun events for parents and children; and ladies! Application can be made directly to the center or by phone.

★ **Chuo-ku: Tsubakimori Public Center**

(Tsubakimori 6-1-11)

☎254-0085

Hula Dance Lesson for Beginners

Jun 21 (Sat); Jun 28 (Sat)
from 13:00 – 15:00

Target: Ladies

Limit: first 15 people

★ **Hanamigawa-ku:**

Nagasaku Public Center (Nagasaku-cho 1722-1) ☎258-1919

Playtime for Parent and Child and Friends Interaction for Mothers

Jun 20 (Fri); Jul 4 (Fri); Jul 18 (Fri) from 10:00 – 12:00

Target: children aged 4 mos. to 1 year old and guardian

Limit: first 12 pairs

★ **Hanamigawa-ku: Hanazono Public Center**

(Hanazono 3-12-8) ☎273-8842

Fureai Class for Parent and Child

Jul 2 (Wed); Jul 9 (Wed); Jul 16 (Wed) from 10:00 – 12:00

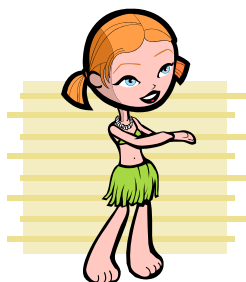
Target: children aged 1 and 2 and guardian

Limit: first 20 pairs

★ **Hanamigawa-ku: Hanamigawa Public Center**

(Kashiwai-cho 1590-8) ☎257-2756

Fureai Class for Children Aged 2 and Guardian



Play with your kid, listen, and read picture books, etc.

Jun 18 (Wed); Jun 25 (Wed); Jul 2 (Wed) from 10:00 – 12:00

Target: children aged 2 and guardian

Limit: first 15 pairs

★ **Inage-ku: Kusano Public Center** (Sonno-cho 384-93) ☎287-3791

Fureai Class for Parent and Child through 3B Exercise
Jun 13 (Fri); Jun 20 (Fri); Jun 27 (Fri)
from 10:00 – 12:00

Target: children aged 1 and 2 and guardian

Limit: first 15 pairs

★ **Inage-ku: Tsuga Public Center** (Sakusabe 2-8-53) ☎251-7670

Parent and Child Fureai Fitness Class
Jun 17 (Tue); Jun 24 (Tue) 10:00 – 12:00

Target: children ages 2 and 3 and guardian

Limit: first 15 pairs

★ **Wakaba-ku: Kasori Public Center** (Kasori-cho 892-6) ☎232-5182

Parent and Child Fun Science Class

Find the color secret of the non-permanent marker pen.

Jun 21 (Sat) from 10:00 – 12:00

Target: elementary school students 1st to 3rd grade and guardian

Limit: first 10 pairs

★ **Wakaba-ku: Sakuragi Public Center** (Sakuragi 3-17-29) ☎234-1171

Parent and Child Rhythmic Class

Jun 27 (Fri); Jul 4 (Fri) from 10:30 – 12:00

Target: children aged 1 up to pre-kindergarten and his/her guardian

Limit: first 15 pairs

★ **Midori-ku: Honda Public Center** (Honda-cho 1-789-49) ☎291-1512

Parent and Child Rhythmic Class in English
Jun 21 (Sat) from 9:45 – 10:45 and from 11:00 – 12:00, twice

Target: children aged 2 and 3 and guardian

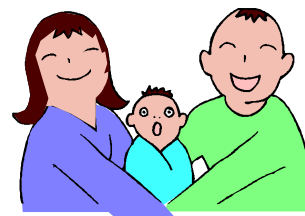
Limit: first 10 pairs for each class

★ **Mihama-ku: Inahama Public Center** (Inage Kaigan 3-4-1) ☎247-8555

Fitness Class for Children Age 3 and Guardian
Every Friday from Jun 13 to Jul 4 from 10:00 – 12:00

Target: children aged 3 and guardian

Limit: first 25 pairs



^{おやかてい たなばた}ひとり親家庭 セタフェスタ

Tanabata Festa for Single-Parent Household

Jul 6 (Sun) from 13:00 – 16:00

There will be talk about single-parenthood experiences and concert. No need to reserve. Come to the venue directly on the day.

Where: 市ハーモニープラザ多目的ホール(中央区
千葉寺町 Chiba Harmony Plaza, Multi-purpose
Hall (Chuo-ku Chibadera-cho)

Inquiry: 健全育成課 Healthy Child Development
Division ☎245-5179

各種 相談

Consultations

青少年の 悩みごと 相談

Youth Consultations

Monday to Friday from 9:00
– 17:00

- Misconduct/delinquency
- Trouble with school life
- Bully problem
- Future/career options, etc.

Consult your worries!

Consult/Inquiry: 青少年サ

ポートセンター(中央区中央

4 県教育会館4階) Youth Support Center (Chuo-ku
Chuo 4, Prefecture's Education Center, 4F)

☎227-7830.

Consultation is also available at nearby annexes.
Please ask the Youth Support Center for the
location and contact number.

不妊専門相談

Infertility Consultation

Consultation is available for couples who have
concerns about infertility, miscarriages, etc.

- ① Consultation with a doctor
Jun 19 (Thu) 13:45 – 15:30
Limit: 3 pairs (reservation required)
- ② Consultation with a midwife
Jun 25 (Wed) 15:00 – 17:15
Limit: 2 pairs (reservation required)



Where: 市保健所(美浜区幸町 1) City Public
Health Office (Mihama-ku Saiwai-cho 1)

Apply (Reserve): By phone. 健康支援課 Health
Support Division ☎238-9925

女性のための健康相談

Health Consultation for Women

Consultation is available for those with mental
and physical concerns related to female hormones,
etc.

- ① Consultation with a female physician
(Gynecology)

Jun 25 (Wed) from 13:15 – 15:20

Where: 市保健所(美浜区幸町 1) City Public
Health Office (Mihama-ku Saiwai-cho 1)
Reservation (by phone) required.

- ② Consultation with a nurse
Monday to Friday (except holiday) from 9:00 –
12:00; 13:00 – 16:00

Apply/Consult/Inquiry: 健康支援課
Health Support Division ☎238-1220

外国人のための無料法律相談

Free Legal Consultation for Foreigners

When: Jun 16 (Mon) from 17:00 – 20:00

Where: 千葉市国際交流プラザ 会議室 (中央区
中央2) Chiba City International Communication
Plaza, Conference Room (Chuo-ku Chuo 2)

Limit: First 4 people.
Reservations required.
Please consult when
applying if an
interpreter is desired.

Apply/Inquiry: 千葉市
国際交流協会 Chiba
City International
Association ☎202-3000



Seven Bank International Money Transfer Service

You can transfer money,
24hours a day,
365days a year

Money can be
received in a
few minutes !

The receivers will be able to
collect money at 490,000
receiving locations affiliated
with Western Union
in about 200 countries.

Inquiries about the Account and International Money
Transfer Service of Seven Bank[10:00-20:00 Sunday-Friday
except for the National Holidays, Dec 31 to January 3]
<http://www.sevenbank.co.jp/soukin/en/>

0120-033-253 Free



SEVEN BANK