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Fukuoka City International Foundation

## Aburayama Citizen's Forest



Aburayama Shimin no Mori is a facility where you can spend an enjoyable time relaxing in a forest. This season is an especially nice time to visit. Hear the calls of wild birds carried on warm spring breezes. You might catch sight of the cute blue-and-white flycatcher or narcissus flycatcher flitting from branch to branch, or chirping from a treetop. If you hike up the mountain, you have an even better chance to see one. It is also a time when many beautiful flowers are in bloom. The most well known is the *sakura*—cherry blossoms. Aburayama Shimin no Mori has approximately 2,000 cherry trees, including such varieties as *somei-yoshino*, *yamazakura*, and *ōshimazakura*. Violets bloom in the grassy areas, and in the forest one can also see colorful gentiana and swamp pink flowers.

If you would like a nature guide familiar with Aburayama Shimin no Mori, please inquire at the Nature Observation Center.

Get a panoramic view of the city of Fukuoka from the central lookout, which also has rest facilities and places to sit down and take a breather. Close by is a grass ski area created on a natural slope. Why not have some fun sliding down a hillside on grass?

The campground area is a place to enjoy day camping or pitching a tent to stay overnight in the outdoors. Enjoy a barbecue with friends or family gathered around a warm fire, or gaze up at the starry night sky. Taking a morning walk under the blue sky is another idea. The shop sells lots of things you might need for camping, including firewood, charcoal, and paper plates. For a fee you can also rent a mesh or plate grill, or a mess kit for cooking rice. Camping is an outdoor activity that you don't ordinarily get the chance to

experience. It might be a fun thing to do, offering the relaxing scents of spring.

Please make a reservation in advance for day camping or an overnight tent site at the Aburayama Shimin no Mori office.

When spring arrives, many people hike up Aburayama. There are many hiking trails to the top of the mountain, but the easiest ones start at Aburayama Shimin no Mori, which we explain here.

Aburayama Shimin no Mori has three routes to the top of the mountain. "Course A" is a ridge hike. Along the way is a rock known as Kunimiwa. It is said that a Kuroda clan feudal lord often stood upon this rock for the panoramic view of Chikuzen Province (from Asakura to Onga) to assess the land surrounding his castle. This hiking route is perfect for the blend of history and exercise it offers. "Course B" takes you across a suspension bridge to the summit. It is a safe, basic route taken by a large number of hikers. "Course C" leads you from the campground through a forest to the top. The path follows a mountain stream for a cool, refreshing hike. When you arrive at the summit, the sea breeze will greet you to say "A job well done!" and cool you off from the hike. The view of buildings and cars now tiny in the distance can produce an "on top of the world" feeling—the realm of giants. Each route has its attractions and offers different ways to enjoy your hike. Whichever you choose, the hike will take about 90 minutes up and 60 minutes down. There are many signboards to guide you along, making it an easy hike, so you can check on your map as you go.

For more information, check the Aburayama Shimin no Mori website. <https://www.shimi-mori.com/>  
Please come here and enjoy!

**This spring many people may have moved to Fukuoka. If you are one of them, welcome!**

**New residents of the city of Fukuoka must attend to the following procedures at their ward office within 14 days of moving here.**

If you are new to Fukuoka, don't forget to go through the procedures listed below.



- ☐ Notification of moving in
- Items below only if applicable:
- ☐ National health insurance/Children's medical care certificate
- ☐ National pension
- ☐ Nursing care insurance
- ☐ Child support allowance
- ☐ Moving procedures for elementary or junior high school,

For information on living in Fukuoka, please check the website "Living in Fukuoka":  
<https://www.fcif.or.jp/information/living/>

The following website offers information about the Japanese national pension system in several languages.  
<https://www.nenkin.go.jp/pamphlet/kokunenseido.html>

Consultations on living and international exchange in Fukuoka and other information are provided at the Fukuoka City International Center in English, Chinese, Korean, and telephone interpretation is available in 15 other languages. Please contact the center if you have any questions on living in Fukuoka.  
<http://www.fcif.or.jp/consultation/life-interaction/>

**If you are returning to your home country, do not forget to take care of the following procedures before departing.**

#### **Checklist for Returning to Your Home Country**

##### **(1) Ward Office**

- ☐ Notification of moving out
- ☐ Withdrawal from national health insurance system and settlement of account
- ☐ Withdrawal from national pension system (application for lump-sum refund)

##### **(2) Bank**

- ☐ Close bank account.
- ☐ If automatic deduction had been set up to pay utilities or your phone or other bills, settle payments before closing account

##### **(3) Residence**

- ☐ Notify landlord of moving at least one month prior to departure.
- ☐ Arrange for pickups of furniture, oversized garbage, etc.
- ☐ Cancel contracts for electricity, gas, water, etc., and pay remaining bill.

##### **(4) Cell phone**

- ☐ Complete procedures for canceling contract before leaving the country and pay remaining bill.

##### **(5) Settle tax bill**

- ☐ Municipal taxes (Pay full amount before leaving the country.)

\*At tax section of ward office

- ☐ Year-end tax adjustment, income tax return (Settle income taxes.)

\* At tax office

Residence card

- ☐ Return your residence card at the airport.
- ☐ If you forget to return your card, please mail it back to:  
 Odaiba Branch Office, Tokyo Immigration Bureau  
 Tokyo Port Joint Government Building 9F  
 2-7-11 Aomi, Koto-ku, Tokyo 135-0064

### **Putting Out Garbage When Moving Out**

The day of the week on which garbage is collected differs from area to area, so please check when you are ready to move. Also, make sure to find and follow the instructions for putting out oversized items when moving.

The city of Fukuoka collects garbage sorted into three types: burnable, non-burnable, and glass containers / PET bottles. Please sort into designated trash bags that are sold at supermarkets, convenience stores, and other locations, and put out on the proper day of collection. Large items that do not fit into a designated bag must be treated as oversized garbage (sodai gomi), which requires that you apply for pickup with the Oversized Garbage Disposal Call Center (Sodai Gomi Uketsuke Center).

For details, please refer to the Household Garbage Regulations handbook downloadable in several languages from the following site:

<https://www.city.fukuoka.lg.jp/kankyo/jigyokeigomi/life/katei-bunbetsu/gomi-download.html> Also, based on the Home Appliance Recycling Act and the Act on the Promotion of Effective Utilization of Resources, the city of Fukuoka does not collect air conditioners, TVs, refrigerators, freezers, washing machines, clothes dryers, personal computers, or computer monitors. You must take such items to the store where you purchased it or a major home appliance retailer. For more information, please refer to the following Living in Fukuoka site:  
<http://www.fcif.or.jp/information/living/garbage/>





### Dr. Nishiyama's Column Measles and Rubella

Measles and rubella are well-known viral diseases. In developed countries, where vaccination schedules for the infants are respected, few cases develop each year. In developing countries, however, these diseases are still common with a death toll of more than one hundred thousand.

Both measles and rubella develop high fever and a subsequent skin rash, but the former is much more severe than the latter. The viruses are transmitted via droplets of cough or sneeze, or even by air-born infection. Still, hand-washing can decrease the chance of infection. The complications of measles include pneumonia, encephalitis, and blindness. Reduction of the immune response may also cause secondary bacterial infections.

Also known is a rare but fatal late complication; subacute sclerosing pan-encephalitis.

High fever is less common with the rubella infection than in measles. In rubella, the typical lymph node swelling is seen behind the ears. Complications of rubella also include pneumonia or encephalitis in immune-depressed patients. Some cause thrombocytopenic purpura. It is noteworthy that if the rubella virus infection takes place in females in early the pregnant stage, her fetus is also affected to cause birth defect, congenital heart diseases, blindness or deafness. These are called congenital rubella syndrome.

One hundred-thousand cases are recorded per year all over

the world.

For healthy young males, rubella is rarely something of threat, it's true. But the rubella vaccine is intended not for healthy males, but to protect females from a rubella infection, and not to yield unhappy children with congenital rubella syndrome. Rubella should not exist in the world. The great concern of the rubella is congenital rubella syndrome.

Reliable vaccines are available contre both measles and rubella. A regular vaccination schedule is delivered 1) when a baby reached one year old, and again 2) before entering primary school. There is a measles-vaccine combined with rubella (MR) and both rubella and mumps (MMR).

By the way, the emergence of cases of measles is sometimes reported recently. In Japan, measles ought not exist today. Those include adults who have not received vaccination of measles, when they were infants. About three decades ago, there was a social turmoil to doubt the vaccination. The possible severe complications of the vaccine shot made parents of children hesitate with vaccination. Some refused the vaccination from the religious conviction. Later, the safety of vaccines are proved. Again, the vaccination is safe and mandatory.

The government and health authorities should be convinced with the following phrases.

The diseases, for which proper vaccines exist, cannot be treated by any other means. Public health prevails over personal health.



### Watch Out for Purse Snatchers

Have you heard the word “*hittakuri*”? It means the crime of purse snatching—stealing a bag or purse from a pedestrian or person riding a bicycle. Unfortunately, Fukuoka still has many purse snatchers. When a purse snatcher takes your bag, they might knock you down and you could get hurt, so watch out. The vast majority of victims are women, and most are riding a bicycle when they have their purse or bag snatched.

#### How to Avoid Purse Snatching

- Keep your purse or bag on the side away from the road.
- Don't take small roads with few people on them or go on dark roads alone.
- Put a protective net over the front basket on your bicycle.
- Try not to talk on your cell phone or listen to headphones

while walking so that you can hear around you and become aware when a person approaches.

- Be aware of sounds behind you (most purse snatchers approach from behind by motorbike).

#### What to Do If You Encounter a Purse Snatcher

- If you don't let go of your bag that the purse snatcher has grabbed, you might get dragged by the motorbike and get seriously injured. Don't struggle to chase the person. Make sure you protect yourself. Remember their clothing, license plate number, and other details, and immediately report the incident to the police. In many cases, purse snatchers repeat their crimes in the same area.



### Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	March 7th, 18th	March 8th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	April 4th, 15th	April 12th	
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 15:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

### Cherry Blossom Viewing

It's cherry blossom viewing season again! What a great season it is for a stroll to feel the arrival of spring. On a day of nice weather, how about packing a lunch and going out for a picnic?

#### Fukuoka Castle Sakura Festival

Maizuru Park, Chuo-ku, Fukuoka

The Fukuoka Castle Sakura Festival is held from the end of March to early April every year. Nearly 1,000 cherry trees come into full bloom in Maizuru Park, and there will be trees illuminated at night, too! During this festival, barbecues are allowed at Nishi Hiroba in the park. (For rules of use, please check the website in advance.)

Gourmet food stalls and food trucks will be selling food at Korokan Hiroba, giving you the chance to enjoy great food and the cherry blossoms at the same time.

The dates of the festival are subject to the estimated timing of the cherry blossoms, so be sure to check the dates on the <http://saku-hana.jp/>



#### Nishi Park (Nishi Koen)

Not far from Maizuru Park, the venue for the Fukuoka Castle Sakura Festival, Nishi Park has been named one of the 100 best places in Japan to view cherry blossoms. The park is a tranquil place with plenty of nature, despite being in the middle of the city.

Not as crowded as Maizuru Park, this park is always a nice place for a leisurely stroll. You get a great view of Nokonoshima and Shikanoshima islands from the central lookout. Terumo Shrine, at the top, is dedicated to Kuroda Josui and his son Kuroda Nagamasa, the first feudal lords of Chikuzen Province.

#### Minami Park (Minami Koen)

This park, which contains Fukuoka Zoo and Botanical Garden, has about 1,400 cherry trees in over 50 varieties. A stroll through the zoo and botanical gardens (admission fee required) offers a different way to enjoy cherry blossom viewing.

### March 20th is Citizens' Disaster Prevention Day

March 20th was established as Citizens' Disaster Prevention Day by the city of Fukuoka to ensure that the memory of the Fukuoka earthquake of March 20, 2005 would not fade.

Please take this opportunity to plan your route to an evacuation center and to review your flood hazard map. Please check which items you will take from your home in a disaster, and your "rolling stock" of emergency food. A disaster is not someone else's problem. It is something for which everyone needs to prepare.

#### Fukuoka Municipal Flood Hazard Map

Maps by district have been created to provide useful information such as likely flood areas in heavy rains and where to evacuate to, so please use them to prepare yourself.

<http://bousai.city.fukuoka.lg.jp/hazard/index.html>

Please register for the disaster prevention info-mail service, "Mamoru."

If you register, you will be able to receive notifications of:

(1) earthquakes, tsunamis, typhoons, heavy rain and other disaster prevention-related weather information; (2) family member safety confirmation email in emergencies; and (3) evacuation advisories, etc. from the local government. Such services are available in English, Chinese, Korean, and simple Japanese, so if you have not yet registered, please do so now.

<http://www.bousaimobile.pref.fukuoka.lg.jp/en/>

#### "Rolling Stock"

Buying three days' worth of provisions can be troublesome, and it is possible that the expiration date may have passed when it finally comes time to consume an item. Rolling stock is designed to solve this problem. The idea is to buy what you would ordinarily eat and drink, but simply do so in larger quantities, rather than buy a large quantity of emergency rations all at once. By replacing only the amount you actually consume, you cycle through two sets of stock, guaranteeing that you always have non-expired provisions remaining.

#### Tips on Rolling Stock

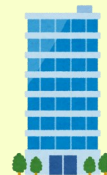
- Items such as snacks, heat-in-package food, and other dry-storage goods are best bought in bulk
- Water, which is heavy, should be kept in a place where it is unlikely to fall
- Store food in order by date, so you can eat the oldest food first



### The Tenjin Big Bang Project

This is a large-scale redevelopment project that began in 2015 to redevelop 30 private buildings in an area within a 500-meter radius around the Tenjin intersection,

taking advantage of regulations on the height of buildings and floor area ratio relaxed only for buildings scheduled to be constructed by 2024 in the Tenjin district. Construction will be starting on many buildings in the district, so we introduce here some of those buildings that have been scheduled to close and the closing dates.



#### Closing Dates

February 11, 2020	Tenjin Vivre
March 31, 2020	Tenjin Core
End of June 2020	Media Mall Tenjin (MMT)
Junkudo Bookstore Fukuoka	
End of August 2021	IMS

Below are the facilities that are scheduled to be completed and newly opened in the near future.

- Tenjin Business Center (provisional name)  
1-chome, Tenjin, Chuo-ku, Fukuoka  
September 2021 (scheduled completion)  
19 floors aboveground, 2 underground; building height: about 89 meters
- Project to utilize the site of the Old Daimyo Elementary School  
2-chome, Daimyo, Chuo-ku, Fukuoka  
December 2022 (scheduled completion)  
Offices and hotel  
25 floors aboveground, 1 underground  
Community building  
11 floors aboveground, 1 underground  
Event hall  
1 floor aboveground, 1 underground  
Building height: about 111 meters  
Kyushu's first luxury hotel "The Ritz Carlton Hotel" and high-grade offices are scheduled to be tenants.