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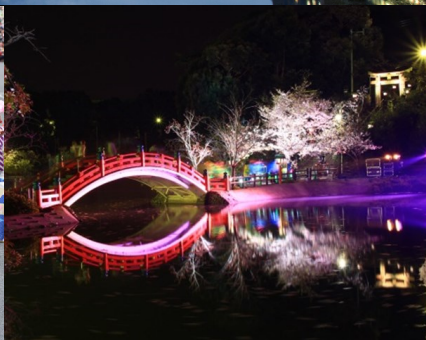
## Places to visit in Spring



Provided by Fukuoka City



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### Golden Week 2019: 10 Consecutive Days Off

Coinciding with the succession of the next Japanese emperor, the Golden Week holiday will be 10 consecutive days off, starting on Saturday, April 27. Perhaps a number of people have plans to travel abroad or domestically. For those who have no plans yet, we introduce Fukuoka-area events and sightseeing information.



\* There is expected to be a lot of traffic during Golden Week. Please use public transportation whenever possible.

#### Hakata Dontaku Festival

Dates: May 3rd, 4th

The word "Dontaku" is derived from the Dutch word "Zontag," meaning "Sunday" (holiday). This traditional event dates back more than 800 years to the "Hakata Matsubayashi" Festival. Hakata Dontaku is divided broadly into a parade and stage performances.

The parade starts in Tsunabamachi, Hakata-ku, and goes about 1.2 km, ending at the city hall plaza in Tenjin. The parade features marching bands, cheerleading, and "Dontaku troupes" who come from all over Japan to showcase their performances. In addition, stages are set up in various places around the city for various kinds of performances such as singing and dancing.

#### Fukuoka City Zoological Garden

The Fukuoka City Zoological Garden is undergoing renovations on a 20-year plan. The entrance area was completed in October of last year. New facilities include experiential booths for learning about animal ecosystems. The restaurant and gift shop are among the renovated facilities.

The zoological garden hosts a Rose Festival from the end of April to the middle of May. Entrance is free on Monday, May 4, Greenery Day, to both the zoo and the botanical garden.

1-1 Minamikoen, Chuo-ku, Fukuoka

Open: 9:00 a.m. to 5:00 p.m.

Admission: Adults: 600 yen, High school students: 300 yen, Free for Junior high school students and younger

#### Uminonakamichi Seaside Park

The Uminonakamichi Flower Picnic festival is held every year from late March to early May. A cheap-eats gourmet event is held during Golden Week every year. This huge park offers many things to do from cycling to putter golf, animal petting and feeding, and flower viewing. You won't regret a visit to Uminonakamichi Seaside Park where you can enjoy a full day of activities.

Uminonakamichi Seaside Park 18-25 Saitozaki, Higashi-ku, Fukuoka

Admission: Adults (15 and up): 450 yen,

Seniors (65 and over): 210 yen, Junior high school and younger: free



### Fukuoka Disaster Prevention Day

Since the Fukuoka Earthquake that struck on March 20, 2005, March 20 every year has been designated "Citizen's Disaster Prevention Day" in Fukuoka.

Most people think of earthquakes first when it comes to natural disasters, but there are many other kinds, such as torrential rain, flooding, tsunamis, and volcanic eruptions.

In recent years, torrential rains have been occurring with greater frequency throughout the country, generating serious damage every time. Last July, record rains caused serious landslides within the city limits of Fukuoka. In order to protect yourself, you must decide to evacuate early.

Especially in the case of heavy rain, rivers can overflow and homes can become flooded in a very short time.

Please use this opportunity to look closely at the flood hazard map and again confirm the route to your evacuation center.

Also, check the items to have ready for an emergency, emergency food, and your rolling stock of supplies. Disasters are not somebody else's problem.

#### Fukuoka City Flood Hazard Maps

These maps were created to provide information on flood conditions at times of heavy rain and information useful for evacuating, aimed at preparing people to evacuate.

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



#### Supplies

In a large-scale disaster, it can easily take more than three days to restore lifelines such as electricity, water, and gas, and roads in many cases. So be prepared to survive on your own for those three days.

#### Supplies for Three Days

- Water (9 liters)
- Food (3 meals a day for 3 days)
- Portable butane gas cooker
- Butane gas cassette
- Simple toilet



#### Handy Items for an Emergency

- Plastic wrap (cover dishes so that dishes don't need to be washed)
- Disposable chemical hand warmers

#### Rolling Stock Food Rotation

To plan and prepare three days' worth of food supplies is a big job, and by the time you need the food, the expiration dates are already passed. A method known as "rolling stock" resolves this issue. Rolling stock is the practice of rotating food and drink that you normally use, regularly replacing only what you use, rather than stockpiling large amounts for an emergency. This method makes it possible to keep stocks of everyday items that remain fresh and have time left before the expiration date.

**Now we will introduce events you may not have heard about that are held in Onga and Nakama.  
They might be fun to go and see!**

#### Chikuzen Nakama Cherry Blossom Festival

Habu Park, the largest park in Nakama, is a well-known cherry blossom viewing spot. It is often crowded with cherry-blossom viewers during the daytime, and at night the park is lit by lanterns to further enhance the experience. Please go see the cherry blossoms in full bloom and see how their beauty differs in the daytime and at night.

Location: Habu Park 428 Habuyatsuhiro, Nakama, Fukuoka 809-0001

Duration: Late March to early April (depending on the flowering of the cherry blossoms)

Inquiries: Nakama mayor's office planning department

Phone: 093-246-6234

#### Ashiyagama no Sato Hina Matsuri Tea Ceremony

Ashiyagama no Sato is a facility working to revive production of the traditional cast iron kettles from the area used in the tea ceremony, known as Ashiyagama, whose production ceased about 400 years ago. The facility includes a Japanese garden full of seasonal flowers and greenery, the Ashiyagama studio foundry, an exhibition room such as Ashiyagama, a tea room (Ryurei-seki) where you can enjoy powdered green tea anytime, and a large and small tea house. We hold a tea ceremony in connection with the Doll's Festival of the traditional event of Japan this time. You can experience the etiquette of a tea ceremony in a genuine tea house.

Date and time: March 3 (Sun) 9 a.m. to 3 p.m.

Location: Ashiyagama no Sato Tea House

1558-3 Yamaga, Ashiya-machi, Onga-gun, Fukuoka

Event: Tea ceremony with Hina Matsuri sweets and green tea (Gyokuro)

Charge: Junior high school student or older: 500 yen, Elementary school student: 300 yen, Preschool children: 200 yen (entrance fee and tea fee)

Inquiries: Ashiyagama no Sato (Phone: 093-223-5881)

#### A new destination in Mizumaki-machi, opened in October 2018 !

The Windfarm Organic Cafe, which roasts its own organic, free-trade coffee, and Tomato Ramen Sammi, a popular restaurant in Fukuoka, are part of this new destination. You'll also find specialty food products under the Kita-no-Kyushu brand from the northeast part of Fukuoka prefecture, as well as lots of great local products at the Mizumaki antenna shop. Nearby is Midorin Park, popular for its outdoor fitness equipment, JA Yasaibatake, a shop for purchasing fresh seasonal vegetables, and the Onga Riverside Cosmos Garden, where five million cosmos bloom in autumn. These are highly recommended spots!

Location: 1-9-19 Inokuma Mizumaki-machi, Onga-gun, Fukuoka Open: 10 a.m. to 5 p.m. (Sammi is open from 10:30 a.m. to 10:00 p.m.)

#### 21st Spring Festival (Okagaki-machi)

Every spring, around the end of March when the cherry blossom season begins, a festival is held around Naritasan Fudoji Temple, a major tourist attraction of Okagaki-machi. One can enjoy walking a path lined by about 400 cherry trees in full bloom, as well as stage events and food stalls. Also, from the temple you get a spectacular view of the Sanri Matsubara Pine Forest and Hibiki Sea, allowing you to enjoy the rich nature of Okagaki Town.

Date and time: March 30 (Sat) 10:00 a.m. to 2:00 p.m.

Location: 885 Utsura, Okagaki-machi (Naritasan Fudoji Temple) and other locations

Transportation: 15 minutes by car from JR Ebitsu Station

Free shuttle bus is available from Ebitsu station.

**Dr. Nishiyama's Column SLEEP APNEA SYNDROME**



Not a few people always look tired in the daytime. They are sometimes thought of as incapable or lazy persons. Some of them actually have mental problems. Some others may, however, have a physical problem called sleep apnea syndrome (SAS). This is not an uncommon entity, and literally causes temporary pause of breath during sleep. The image of the typical cases of SAS represents as a middle-aged male with a round, puffy face, short neck, and small mouth.

They are restless, have teeth grinding, night sweat, and loud snoring. Their snore stops suddenly in its culmination. The bed mate of the patient has to fear the death of the comrade all night. In the morning, the poor guy reluctantly gets up with a headache. He is drowsy all day, and can hardly be motivated for work. He may even fall asleep during an important meeting, or may cause traffic accidents.

The patient himself has not a sense of any morbidity. It will be lucky to have someone around him who knows about this disease, and kindly takes him to a hospital. Suspicious cases are put into a preliminary examination. A small device monitors how many times and how long the breath of the patient stops during sleep at home.

The pause of the snoring sometimes means apnea (holding of breath), and this causes reduction of oxygen-saturation in the blood. This hypoxemia affects the heart or the brain

causing an irregular heart rhythm, and the brain cannot recover from the fatigue which ought to be removed during sound sleep. If a significant frequency and duration of apnea is proved, the patient should undergo further examination in the hospital. A polysomnography records many parameters such as heart rate, electrocardiogram, blood oxygen-saturation and electroencephalogram all at once during sleep.

The first and essential treatment of SAS is the reduction of body weight. This is also beneficial to the treatment of concomitant hypertension or diabetes. Anatomical causes such as abnormal shape of jaw or a shallow throat may be corrected by use of a mouth piece. The snoring will be mitigated, and breath-holding may possibly be prevented. Surgery such as tonsillectomy will be indicated, if necessary. Severe cases are treated by the method CPAP (continuous positive air way pressure), using a special device to secure oxygen-saturation.

This is an air-pump and a mask which sends air into the airway during sleep. For less severe cases, using CPAP will be annoying. For severe cases, however, this method promises a good wake-up and active day life.

Similar symptoms are also seen in narcolepsy or hypothyroidism. If are appropriately treated, they may possibly change to entirely different active people to our surprise.



**Antibody Test for Rubella**

When a pregnant woman gets infected by rubella (German measles) (especially during the first trimester), the baby may be born with a disease called "congenital rubella syndrome (CRS)," which can cause defects in the eyes, ears, and heart. Vaccination is effective for the prevention of rubella. (But it is not possible to give the rubella vaccination during pregnancy.)

People who have never been infected with rubella, those who have not received a vaccination against the disease, and those who wish to become pregnant should take an antibody test to see if they have sufficient immunity against the disease.

**About the Antibody Test**

Any person at least 18 years of age who holds a certificate of residence in the city of Fukuoka at the time of testing, and for whom any of the following applies, is eligible.

A person is ineligible if he or she has been infected with rubella, has previously taken the rubella antibody test (including being tested at the time of a pregnancy

examination), or has already been vaccinated (confirmed through Maternal and Child Health Handbook or the like).

1. Women who wish to become pregnant (excluding those who are pregnant)
2. Spouse living with the woman who wishes to become pregnant (including partner), or cohabitant
3. Spouse living with the pregnant woman (including partner), or cohabitant



**What to Bring**

- Proof of address (driver's license, health insurance card, certificate of residence, etc.)

**Venues**

Public health centers in districts throughout the city of Fukuoka

Check the following website for dates and times:

<http://www.city.fukuoka.lg.jp/hofuku/hokenyobo/health/kansen/husinkoutaikensa.html>

**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.2nd, 20th	March. 10th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	April. 6th, 17th	April. 14th	
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.

### Studio Ghibli Expo: From Nausicaa to Marnie

#### Fukuoka City Museum

March 15 (Fri.) – June 23 (Sun.), 2019

From “Nausicaa of the Valley of the Wind” to “When Marnie Was There,” how did Studio Ghibli create their unique animated films for the world to enjoy? We try to answer that question by looking at Ghibli’s own trial-and-error publicity materials, along with many other previously unpublished materials.

The exhibition will focus on advertising materials such as posters and leaflets from the release of each film, and present a wealth of materials including unpublished production materials and planning documents throughout the exhibition space.

There will also be an exhibition area that features a Catbus and imaginary flying machines. The narrative about Ghibli will vividly remind people of the time when each work was released.

Totoro will meet you at the entrance of the venue! Catbus also makes an appearance.



©Studio Ghibli



©Studio Ghibli

Time: 9:30 a.m. to 5:30 p.m. \*Last entry at 5:00 p.m.

Venue: Fukuoka City Museum (3-1-1 Momochihama, Sawara-ku, Fukuoka)

Admission Fee: General/University student: 1,400 yen (1,200 yen), Junior high school/High school student: 1,000 yen (800 yen), 4 years old to elementary school student: 600 yen (400 yen)

The prices in parentheses ( ) are for advance purchases, groups of 20 or more, or seniors age 65 or older who present a health insurance card or a driver’s license (or other ID for age verification)

All photos posted here were taken at the same exhibition held in Tokyo.

### G20 Fukuoka Finance Ministers and Central Bank Governors Meeting

A “World Kitchen” event was held on January 9th at the square in front of JR Hakata Station as a “150 days ahead” event in anticipation of the G20 Fukuoka Finance Ministers and Central Bank Governors Meeting to be held on June 8 and 9 in Fukuoka.

Three international students from participating G20 countries also appeared on stage as cooking instructors from the international foundation. From now until June, on the third Thursday of every month, an international student from a G20 country will give a talk on “My Hometown and Fukuoka.” Related to G20 meeting in Fukuoka, they will speak about basic living expenses and prices of goods in their home country.

<https://www.g20fukuoka.city.fukuoka.lg.jp/>

Italian and German language courses will be offered as a special edition of the foreign language classes led by international students, events connected to the hosting of the G20 meeting. We are currently recruiting students for these foreign language classes. For details, please check the Fukuoka City International Foundation website.

<https://www.fcif.or.jp/latestnews/languages/foreign-language-class-recruitment2019/>

### Golden Week Pottery Fairs

Kyushu is one of Japan’s leading producers of pottery. There are pottery production areas reachable as a day trip from Fukuoka, and pottery fairs are held in each production area.

It is definitely worth going to see at least once.

Arita Porcelain Fair April 29th to May 5th

Arita-cho, Nishimatsuura-gun, Saga Prefecture

Access: 1 hour 20 minutes by JR Limited Express from Hakata Station; get off at Arita Station

Karatsu Pottery Festival April 29th to May 5th

Central area of Karatsu, Saga Prefecture

Access: From Hakata Station (or Tenjin Station) take JR Chikuhui Line or the Fukuoka Municipal Subway to JR Karatsu Station (about 60 minutes)

Spring Minto Mura Festival May 3 to May 5

Toho Village, Asakura-gun, Fukuoka Prefecture

Access: Temporary highway bus route from Hakata Station or Tenjin Station to Koishiwara and back



### International Tourist Tax (Departure Tax)

International tourist tax (departure tax) was introduced on January 7, 2019.

Regardless of nationality, individuals departing Japan must pay a departure tax of 1,000 yen per departure.

This tax is imposed on both Japanese citizens who travel abroad and foreign visitors to Japan.

The following exceptions apply.

- Infants under 2 years of age
- Ship or aircraft crew members
- Individuals in transit who depart within 24 hours of entering the country
- Emergency landings or turning back due to weather or other reasons
- Departing Japan on a governmental aircraft
- Forced deportations



The tax is generally paid when purchasing a ticket, with the amount added to the cost of the airline ticket, in the same way as the airport tax.