

Edited and issued bimonthly by FUKUOKA CITY INTERNATIONAL FOUNDATION
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公益財団法人
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Fukuoka City International Foundation



Fukuoka Zoo

<http://zoo.city.fukuoka.lg.jp/>
1-1, Minamikoen, Chuo-ku, Fukuoka City
Night Zoo
Every Saturday from August 3 to September 14
Night Zoo is a summer-only program in which the zoo is kept open until 9:00 p.m.

Go see the animals!

In Fukuoka there are many places you can go to be in contact with animals! Feed an animal for a healing experience. The city of Fukuoka also has many animal cafés. There are cat cafés, a café with mame Shiba Inu and retro Showa-era ambience, and a café where you can get to know an owl. Recently, animal cafés have opened that have other kinds of animals, including an Asian small-clawed otter, hedgehog, and flying squirrel.



Uminonakamichi Seaside Park Animal Forest

<https://uminaka-park.jp/animal/>
18-25, Saitozaki, Higashi-ku, Fukuoka City, Fukuoka Prefecture
The Animal Forest is a zoo in a natural setting where about 50 species of animals live. It offers visitors the chance to observe animals up close. About 100 black-capped squirrel monkeys from South America live on an island surrounded by a moat. Visitors can watch them climbing trees and running around and see baby monkeys being carried on their mother's backs. Capybaras and maras are bred in another area, and these large rodents can be seen in a roped-off area.

Provided by Uminonakamichi Seaside Park



Mo-Mo Land (Aburayama Farm)

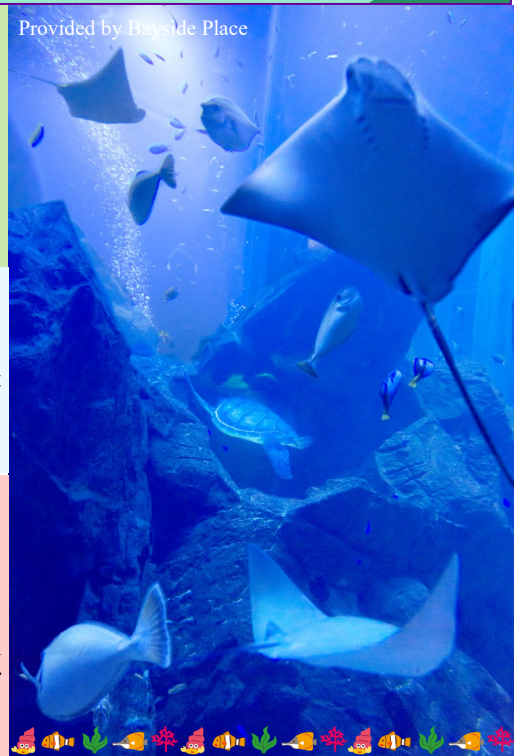
<https://www.mo-mo-land.com/>
710-2, Kashiwara, Minami-ku, Fukuoka City
There are many animals at this ranch that can be petted, including horses, sheep, goats and chickens. Horse riding is also available for a fee. Visitors can feed animals, try making butter by hand, or milk a cow. The shop sells soft-serve cream made from Jersey milk.



Marine World

<https://marine-world.jp/>
18-28, Saitozaki, Oaza, Higashi-ku, Fukuoka City
Every summer, Marine World stays open until 9:30 p.m. for the Night Aquarium. The inside lighting creates a magical atmosphere, and shows are available that one does not usually see. Visitors can enjoy seeing fish sleeping and sea fireflies lighting the water.

Provided by Bayside Place



Bayside Place HAKATA

<http://www.baysideplace.jp/>
13-6, Chikko-Honmachi, Hakata-ku, Fukuoka City
A massive cylindrical water tank, 8 meters in height and 9 meters in diameter, houses more than 30 species of marine creatures at Terminal 1 of Bayside Place. The tank is surrounded by benches to relax on, making it seem as if you are at an actual aquarium, as you watch the sea turtles, tropical fish, rays, and other creatures. There is no charge, and you can enjoy the Port Tower next door also for free.



Watch Out for Danger from Heavy Rains and Other Natural Disasters

Last year between June 28 and July 8, a series of torrential downpours occurred nationwide, mainly in western Japan, resulting in the “July 2018 Japan floods,” which caused serious damage in Fukuoka City. Record-high three-day precipitation levels were recorded in 123 separate locations. Many rivers breached their banks, causing large-scale flooding. It was the deadliest freshwater flood-related disaster in the country since 1989, with more than 200 victims. In Fukuoka City, there are still areas where an evacuation order is in effect.



In recent years, disasters caused by torrential rains have occurred with great frequency, and public caution is particularly critical in the rainy season on through to typhoon season. Based on the criteria of once-in-50-years weather event, a Heavy Rain Emergency Warning was issued in Fukuoka Prefecture in two consecutive years—in July 2018 and July 2017, when there were torrential rains in Northern Kyushu. Although Fukuoka has relatively few natural disasters compared to other regions, residents understand that disasters caused by heavy rain are not something that happens only to other people.

Torrential downpours concentrate heavy rains in limited areas, causing the flooding of rivers, landslides, and mudslides, depending on the location. Make sure you are prepared ahead of time, stay alert to disaster- and weather-related information, and evacuate early.

Prepare in Advance

- Check your local flood hazard map.
- Confirm your evacuation shelter and evacuation route.
- Check weather information and disaster information.

In Heavy Rains

- Evacuate early.
- Watch out for manholes and ditches on flooded roads.
- Stay out of underground malls and basements that could become flooded.
- When it is too dangerous to try to reach a shelter, stay safe inside a building. Go to the upper floors, or if the building is against a mountainside or cliff in danger of landslide, move to a room on the other side of the building.



Get Disaster-related Information

Fukuoka City has a disaster prevention e-mail distribution service, which provides information related to disaster prevention by e-mail. (Japanese language only)

1. Send a blank e-mail to entry@fukuoka-city.jp
2. You will receive a registration email within a few minutes.
3. Access the registration page from the received email.
4. Select which categories you want to receive information on and submit. A registration page appears that completes the process.



Dr. Nishiyama's Column

Heat Stroke, a Fearful Summer Incident

Tokyo Olympic Games is coming soon. Is it safe to hold a sport competition in the mid-summer? Global warming may bring even hotter days during the Games.

On a hot day, you may feel exhausted from the heat, especially after physical exercise under the burning sun. This is caused by excessive heat accumulation in the body, combined with dehydration due to massive sweating. This is a great concern not only for athletes, but also for military staff, farmers or roof workers, etc..

The elderly, infants, patients on certain medications such as of diabetes mellitus, or the handicapped are more prone to fall into the most severe condition; heat stroke.

It can happen even in a shaded place of high humidity and poor ventilation where the high body temperature can hardly be controlled. Unfortunately each year in Japan, babies are found dead in hot vehicles after being left unattended.

Trained athletes or participants in organized activities are less at risk for heat stroke, as are unlike inexperienced amateurs.

Heat disorders are classified in order of severity from 1) heat syncope due to hypotension, 2) heat cramps due to salt depletion, 3) heat exhaustion; a severe manifestation of formers, to 4) heat stroke accompanied even by fatal damage in the brain, muscle, and kidney.



To recover from overheating, you can retreat to some shade, change to more appropriate clothing, and cast your body in a cool breeze. Take plenty of water or balanced electrolyte fluids, and you will recover soon. However, do not take alcohol or coffee. They may exacerbate dehydration.

If you ignore the sign of overheating, the consequence may be disastrous. Excessive perspiration causes profound dehydration of the body, which makes it even more difficult to control body temperature. Core temperature can be known by checking rectal temperature. Dark urine is the sign of urinary concentration, namely dehydration. Red urine without red blood cells shows the myoglobinuria, the sign of skeletal muscle damage.

Once heat stroke or nearly severe condition are suspected, cool the body immediately by whatever means; water, ice, fans etc. Ice bags should be put in the neck, groin, and axillary cavity to lower the core temperature efficiently. Call an ambulance if severe. Prompt intensive care in the ER including massive intravenous re-hydration, is essential.

When the outside temperature rises up to ordinary body temperature, around 37 C or above, it is advisable to refrain or withdraw from participating in strenuous activities to avoid these fearful summer incidents.



Go to a public pool in Fukuoka!

Another hot summer has arrived. Aren't you dying in the heat?

The public pools run by Fukuoka City include indoor pools that can be used even on rainy days. The indoor pools are heated and can be used all year round. During summer vacation, some pools have an outdoor kiddie pool for young children. Shower rooms and lockers are also available.

* To use a pool, you must wear a bathing suit and swimming cap. Follow the rules and etiquette and use the pool safely.

Sogo Nishi Shimin Pool

Nishinooka 1 chome 4-1, Nishi-ku, Fukuoka City
Closed on Tuesdays and fourth Wednesday

Higashi Shimin Pool

Najima 2 chome 42-1, Higashi-ku, Fukuoka City
Closed on Fridays and last Thursday

Hakata Shimin Pool

Higashinaka 1 chome 9-15, Hakata-ku, Fukuoka City
Closed on Wednesdays and 2nd Thursday

Chuou Shimin Pool

Nishikoen 14-30, Chuou-ku, Fukuoka City
Closed on Thursdays and third Wednesday

Minami Shimin Pool

Miyake 3 chome 31-1, Minami-ku, Fukuoka City
Closed on Thursday

Last day of the month. (If the last day falls on Thursday, Saturday, and Sunday, it will be closed on a day before the last day of the month.)



Jonan Shimin Pool

Katae 1 chome 5-1, Jonan-ku, Fukuoka City
Closed on Tuesdays and second Wednesday

Sawara Shimin Pool

Akebono 1 chome 3-15, Sawara-ku, Fukuoka City
Closed on Wednesdays, and third Thursday.

Fukuoka City Civic Gymnasium and Pool

Higashikoen 8-2, Hakata-ku, Fukuoka City
Closed on third Monday

*If the closed day falls on a public holiday, the following day will be closed instead.

Fee for two hours: (May to October)

Elementary to Jr. Highschool Students : 110 yen

Highschool Students : 160 yen

General : 320 yen

65 ~ 69 years old : 160 yen

Fukuoka City Consultation Support Center for Foreign Residents

The Fukuoka City International Center set up the Fukuoka City Consultation Support Center for Foreign Residents in April 2019. In addition to English, Chinese, and Korean, a telephone interpretation service is now offered in 17 languages. Anyone can call for general life counseling or to get information.

Specialist consultations include legal advice and administrative document preparation as well as psychological counseling. Interpretation can be arranged for legal consultation as needed. For consultation on administrative document preparation, English and Chinese interpreters are regularly available, but please inquire for other languages. Psychological counseling is available in Japanese and English.

Consultations

Call: 092-262-1799

Weekdays 8:45 a.m.-6:00 p.m. (Closed: Saturdays, Sundays, public holidays, year-end/New Year holidays)

Languages

- Italy • Indonesian • English • Korean • Khmer • Spanish • Thai • Tagalog • Chinese • German
- Nepali • French • Vietnamese • Portuguese • Malaysian • Burmese • YASASHII Nihongo • Russian

A website version of the Welcome Kit for newly registered foreign residents in Fukuoka City is now available.

You can discover useful information for living in Fukuoka, so please have a look !

<http://www.fcif.or.jp/en/en-information/welcome-kit/>

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	July 6th, 17th	July 14th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	August 3rd, 21st	August 11th	
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.

Summer Festivals

Summer Festivals are held in July and August at Shinto shrines, local community centers, and schools in many districts. Summer festivals originated in ceremonial gatherings held to ward off evil and keep away infectious diseases in the summer, as well as in religious services to mourn the deceased and ceremonial efforts to protect crops from typhoons and pests.

One notable summer festival in Fukuoka is Hakata Gion Yamakasa, which is registered as a UNESCO Intangible Cultural Heritage. From July 1 to 15, colorful traditional floats can be seen all over Hakata and throughout the city. Teams of men in happi coats with shimekomi (loincloth: male underwear) can be seen running together, shouting “oissa, oissa” in preparation for the main race held on July 15 when the festival reaches a climax, something definitely worth seeing.

In addition to the major summer festivals, smaller summer festivals are held at local community centers and schools. Local summer festivals are a summer tradition held in neighborhoods by local people working together. Children are dressed up in summer yukata robes, and people have the chance to get to know their neighbors through a portable shrine parade, Bon Odori dancing, stalls and fireworks events.

For more information on summer festivals held at community centers, schools, etc., refer to the local newsletter.

• Portable shrines (Mikoshi)

A mikoshi is a vehicle for shrine deities. Many of them are modeled on a shrine, and during a festival, deities ride portable shrines to get out and cleanse an area by absorbing calamities and impurities.



Two months have passed since the change from the Heisei era to the Reiwa era in Japan. Did you know there is a certain place in Fukuoka Prefecture that has historical ties to the name Reiwa?



The government announced that the era name Reiwa was derived from a preface to 32 poems about plum blossoms in Japan’s oldest poetry anthology, the Man’yōshū. The court noble’s residence where the remarks were said to have been made about 1300 years ago at a plum-viewing party was near Sakamoto Hachiman Shrine, located in the northwest of the present-day Dazaifu Government Office Ruins. Now known as the birthplace of the new historical era, tourists are flocking to Dazaifu.

What is the Man’yōshū?

The Man’yōshū is the oldest existing collection of Japanese poems—about 4,500 poems organized into 20 books, edited from the late 7th century to the late 8th century. The poems were written by people from all walks of life—from peasants to nobility, including emperors and royal family members. “Man’yo Monuments” exists in many places in Fukuoka with poems from the collection. There are more than 40 in Dazaifu City alone, and if you are interested in the Man’yōshū, it may be fun to go around looking for them.

• Bon Odori dance

The Bon Odori dance began in ancient times as a Buddhist ceremony (Nembutsu odori) to greet and send off the spirits of ancestors who returned in the Obon season. The music played in Fukuoka for the Bon Odori dance is a tanko bushi, Japanese folk song, said to have been sung by coal miners. The dance moves are simple and easy to understand. They include motions such as digging with a shovel or carrying an object. Since Bon Odori dance basically allows anyone to join in, go ahead give it a try.



• Yukata summer robe

The yukata is a casual kimono worn in summer. Originally it was indoor wear for after a bath, but it has become common to wear for fashion purposes as a summer feature during the Bon Odori dance and summer festivals.

• Outdoor Stands

Outdoor stands at summer festivals include those that serve cold desserts such as shaved ice or ice cream, or foods such as takoyaki and kushiyaki, plus many other stands, including those popular with kids, such as lottery and a water balloon hooking game.

The Tenjin Summer Festival was held last year in the area in front of Fukuoka City Hall. On the streets in the Tenjin area, a high stage was set up and where a Bon odori dance was performed. The Hakata Summer Festival was held in the public square in front of JR Hakata Station. Many people dressed in yukata gathered and enjoyed the stage performance and Bon Odori dancing.

How would you like to wear a yukata and join in a traditional Japanese summer festival?

Kyushu National Museum

Special Exhibition: The Muromachi Shoguns: Fifteen Generations of Ashikaga in War and Art

July 13, 2019 – September 1, 2019

The Muromachi shoguns were in power for 15 generations starting from the first Shogunate Ashikaga Takauji, lasting about 240 years, establishing a distinctive culture of art and beauty.

The exhibition will feature 14 national treasures and 71 important cultural properties among 134 items in total connected to the Muromachi Shoguns.

Closed: Mondays

Will be open July 15 (public holiday) and August 12 (holiday) and closed on Tuesday, July 16.

Hours: Sundays, and Tuesdays to Thursdays 9:30 a.m. to 5:00 p.m.

(Last admission at 4:30 p.m.)

Fridays/Saturdays: Open late

9:30 a.m. to 8:00 p.m. (Last admission at 7:30 p.m.)

Admission: General 1,600 yen (1,400 yen) High school and university students 1,000 yen (800 yen) Elementary and junior high students 600 yen (400 yen)

The Kyushu National Museum’s Cultural Exchange Exhibition on the 4th floor will feature the Man’yōshū until Sunday, December 22 in commemoration of the new Reiwa era.



The Shimane Museum of Ancient Izumo Important Cultural Property Yoroi Type Armor, Red lacing with White Corner Accents in katajiri Style 15th century/ Muromachi period Izumooyashiro Shrine, Shimane