

Rainbow

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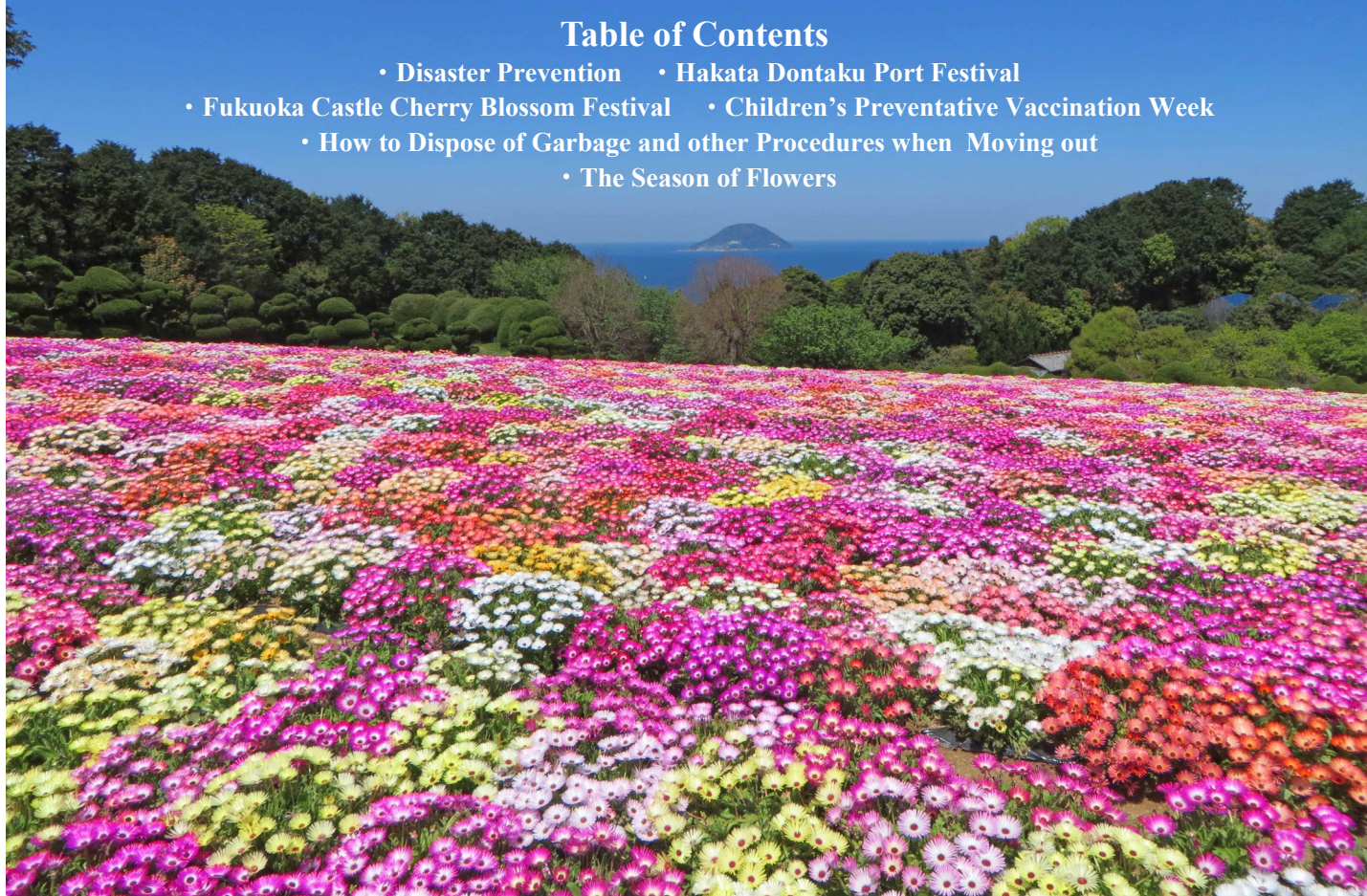


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Fukuoka City International Foundation

Provided by Nokonoshima Island Park

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In Japan, the fiscal year ends in March, and begins in April. Whether it be school graduations/entrances, employment, or moving house, a lot of people find themselves at an important juncture. As you begin a new phase of your life, it's good to remember the importance of disaster prevention. In recent years, there have been many occasions where you may have heard about natural disasters or even missile threats. This edition of Rainbow focuses on disaster prevention, including information on the Fukuoka City Disaster Prevention Center, and initiatives taken by the City to prevent disasters. It should serve as an opportunity for you to see where your evacuation locations and potential danger areas are, as well as encourage you to think about provision stocking.

March 20 is Fukuoka's "Citizen's Disaster Prevention Day"

Are you familiar with the Western Fukuoka Offshore Earthquake? On March 20, 2005 at 10:53, a magnitude 7.0 earthquake occurred in the *Genkai-nada* Sea. There are many residents of Fukuoka who likely had their first experience of a large quake because of this event. Up until then, it's true that locals may have thought "Fukuoka doesn't get earthquakes". In order to encourage citizens to be vigilant against disasters, Fukuoka has set up this "Citizen's Disaster Prevention Day".

National Holidays
for March & April

March 21 (Wed.) (春分の日) Vernal Equinox Day
April 29 (Sun.) (昭和の日) Showa Day
April 30 (Mon.) (振替休日) Substitute Holiday

Fukuoka City International Center is
open from 8:45am to 6pm on
weekdays.

Fukuoka City Disaster Prevention Map

Fukuoka City produces Disaster Prevention Maps of each Ward to assist in your disaster preparation. Find the map for your local ward here :
<http://bousai.city.fukuoka.lg.jp/bousai/index.html>

Fukuoka City Flood Hazard Map

Made to encourage evacuation preparedness in the event of a flood and to provide other information on the flooding situation during large rainstorms.
<http://bousai.city.fukuoka.lg.jp/hazard/index.html>
 *The Disaster Prevention Map and Flood Hazard Map are also available at City Hall's Information Plaza and any ward office.

Additionally, from the Foundation's website you can find videos in multiple languages on "How to Protect Yourself in Times of Disaster". They cover earthquakes, tsunamis, typhoons, and flooding, so you can learn quite a bit about preparing for these by watching them.

**If an earthquake occurs, what should you do?**

- When at home
 - In order to avoid injury, stay away from windows or places where something is likely to fall over, and wait for the shaking to stop.
 - Open doors, and secure an exit/entranceway.
 - If you rush outside falling glass may fall on you, so don't panic.
 - After the shaking has stopped, shut off gas valves and electricity breakers to prevent fire.
- When outside
 - Cover your head, and find a safe place. Avoid billboards, glass, and concrete fence walls.
 - If you feel tremors when near the ocean or a river, quickly move to high ground.
- When in traffic
 - Follow any directions given by staff on trains or busses.
 - If driving a car, turn on your hazard lights and pull over to the left-hand side of the road.

September 1~7 is "Provision Advocacy Week"

Fukuoka City sets one week from Disaster Prevention Day (September 1st) as "Provision Advocacy Week". After the 2016 Kumamoto earthquakes, due to the suspension of transportation lines, it took 3 days for resources to arrive from the national government. Learning from this, we encourage all households to prepare enough food and beverage provisions for at least 3 days.

Do you know how much water you would need for 1 day?

It is said that one adult needs roughly 3 liters of water per day. Therefore, 3 days of water for one adult might be around 9 liters. However, keep in mind that this is only drinking water—for regular daily-use water, you will need to account for another 3 liters per person per day.

Disaster Prevention Goods**Emergency Kit**

If your home is caught up in a disaster, you will need to evacuate to a safe place and spend some time there. You will need a backpack with the bare minimum of necessary items to bring in the event of an emergency where you must evacuate.

Points to keep in mind:

- Put the items in a backpack so you can use both hands
- Keep it as light and compact as possible, so it does not become a burden while evacuating
- Put in food you regularly eat, and things you like
- Check the contents regularly
- In the event of a tsunami or situation where your house may collapse, escaping is more important than taking the kit

Items to put in your kit

- Drinking water
- Emergency Food
- Medical Supplies (e.g. household medicines)
- Clothing (to protect against cold)

Below are items you can buy at a 100-yen shop:

- Torch/flashlight
- Cold prevention aluminium sheet

- Rainwear
- First Aid Kit
- Knife • Scissors
- Towel
- Portable battery for mobile phones

**Provisions**

Typically when a large-scale natural disaster occurs, it will take more than 3 days to repair roads and utilities such as electricity, waterworks, and gas. We encourage everyone to do what they can to ensure that they can make it through 3 days on their own.

Provisions necessary for 3 days

- Water (9 liters) per person.
- Food (3 meals a day for 3 days)
- Portable gas cartridge stove
- Gas cartridges
- Easy-use Toilet



Convenient items in an emergency

- Plastic cling wrap (If wrapped around dishes, you won't have to wash them after eating)
- Disposable hand warmers



FUKUOKA & the WORLD

The Latest Statistics of Fukuoka City

【Area: 343.39 km² (as of Dec, '17)】 【Population (Dec '17) : 1,529,040 (Households: 751,365)】 【Registered Foreigners (Oct. '17) : 35,257】

【Foreign Trade (million ¥, Nov. '17) : Exports - (Hakata Port - 247,527 / Fukuoka International Airport - 41,386), Imports - (Hakata Port - 87,316 / International Airport - 45,729)】

Hakata Dontaku Port Festival

Date: May 3rd (Thur.) 4th (Fri.)

The name of the festival “*Dontaku*” comes from the Dutch word “*Zondag*” which means Holiday or Sunday, and it is originated from “*Hakata Matsubayashi*” which has a history of over 800 years. “*Hakata Dontaku*” consists of a variety of performances on stages and a parade.

The parade starts from *Tsunaba-machi* (Hakata-ku) and runs about 1.2km, and ends at the square in front of the Fukuoka City Hall. A variety of groups called “*Dontaku-tai*” from all over such as music bands, cheerleaders will perform at the parade. Every year, six light-up buses called “*Hanajidosya*” decorated with popular animation and folktale characters also join the parade.

People perform music and dance on stages throughout the city, and *Dontaku* livens up Fukuoka City’s golden week. People in Fukuoka have heard of “*Dontaku* brings a rain” jinx. What about this year’s weather will be for the *Dontaku*?

How to dispose of garbage and other procedures when moving out

Many people move to new addresses around this time of year. Depending on where you live, the days on which you can dispose of garbage will differ, so make sure you know when to throw things out if you’re about to move.



Here we will go over how to dispose of larger unwanted items, which you may want to get rid of before moving.

Fukuoka City collects garbage separated into different categories. There are three such categories: combustible garbage, non-combustible garbage, and glass and PET bottles. These must be separated into designated bags available from supermarkets and convenience stores and thrown out only on designated days. For large items that don’t fit in these bags, you must apply, through the Oversized Garbage Disposal Call Center, to have someone come and collect them.

For more details, check the Household Garbage Rulebook.

<http://www.city.fukuoka.lg.jp/kankyo/jigyokeigomi/life/katei-bunbetsu/gomi-download.html>

Rolling Stock

Buying 3 days’ worth of provisions can be troublesome, and it is possible that the expiration date may have passed when it finally comes time to use them. 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 many rations at once. By replacing only the amount you actually used, you cycle through two sets of stock, guaranteeing that there are always non-expired provisions to use.



Points about rolling stock

- Items such as snacks, easy-prep food, and other dry-storage goods are best bought in bulk
- Large quantities of water should be placed in a place where they are unlikely to fall
- Store the food in order, so you can eat the oldest food first

Recommended items

- Food that can be eaten immediately (canned fruit or pouch foods/MREs)
- Foods that can be made with hot water (instant ramen, freeze-dried soup)
- Snacks

Evacuation Sites

Public halls, schools, parks, and other public facilities are registered as evacuation sites in Fukuoka City, and all citizens are encouraged to confirm the location of those around their neighborhood.

Evacuation sites are facilities designed to house those fleeing from disasters or who can no longer stay in their house.

Evacuation Centers are facilities such as public halls meant to hold over 50 people

Evacuation Shelters are facilities such as elementary and junior high schools meant to hold over 100 people

Evacuation sites are places to avoid the danger of collapsing buildings or fire in disaster situations.

Fukuoka Citizens’ Disaster Prevention Center

This is a place where you can learn about disasters in a fun way via mock simulations.

Here you can simulate an earthquake up to magnitude 7, as well as fire extinction and smoke.

Hours: 9:30~17:00 (Entrance until 16:30)

Admission: Free

Address: 1-3-3, Momochi-hama, Sawara-ku, Fukuoka City

Phone: 092-847-5990

Closed Mondays, final Tuesday of each month (if a holiday, then the following weekday), Dec. 28 to Jan. 4.

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Children's Preventative Vaccination Week

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March 1 to 7 is Children's Preventative Vaccination Week. Some medical facilities provide out-of-hours vaccination (appointments required). If your child is enrolling at a new childcare facility or school, have them vaccinated beforehand to help prevent illness. Since October 1 2014, the chickenpox vaccination has been classified as a routine vaccination.

When receiving a vaccination, don't forget your Maternal & Child Health Handbook and Vaccination Handbook.

For more information see:
<http://www.rainbowfia.or.jp/foreigner/06.html>



To advertise in
Rainbow

Please contact
 092-262-1799

Municipal Housing Information

✓ **Fukuoka Prefecture**



Application Period:
 Feb. 27 ~ March.7
 Inquiry: 092-781-8029

Japanese Chatting Salon !

The Fukuoka Foreign Student Support Association holds a "Chatting Salon" for foreign students to chat with Japanese people in Japanese. Any foreign students who would like to use the Japanese that they learn in school to speak with Japanese people are welcome. There are many friendly people in Fukuoka waiting to speak to you! If you plan on attending as a group of five persons or more, please call beforehand.

Date : The first and third Thursday of every month.

Time: 14:00~17:00

Place: Fukuoka City International Center

Address: 4-1, Tenyamachi, Hakata-ku, Fukuoka City

Fee: Free

Contact: Fukuoka Foreign Student Support Association

Tel: 092-262-1799

Fax: 092-262-2700

<http://attaka-fukuoka.jp>



Floor	Floor Guide		Hours
4F	International Exchange Floor	Conference Room, chatting space, flyer/pamphlet corner	7 days a week 8 : 45~21 : 00
1F	Office	FCIF Office, meeting/counseling room, reception counter (for clients, guests, tourists, those seeking counseling), message board, library corner	Weekdays 8 : 45~18 : 00
1F	Elevator Hall	Flyer/Pamphlet Corner	7 days a week 8 : 45~21 : 00

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	Mar. 3rd, 21st April. 7th, 18th	March. 11th April. 8th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 3:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

Dr.Nishiyama's Column Vol.35

What is Allergy ?

It's the season of hay fever. Many people suffer from some kind of allergy. Allergy itself is essentially the defensive reaction, protecting the body from harmful substances or foreign bodies. Very often, however, the overreaction, namely hypersensitivity against the naturally harmless substances, causes various allergic symptoms. Approximately 30-40% of the population have some allergic problems.

The causal substance of allergy, called allergen, is widely different from one person to another. And almost anything can be someone's allergen. Hereditary allergic constitution is called atopy. Those with a familial history of allergy, born by caesarian section, with insufficient exposure to sunlight are prone to become atopic. Atopy is rather common in upper bracket of the civilized countries than in developing ones.

Well known allergies are represented by rhinitis with sneezing and running nose, conjunctivitis with itchy red eyes or skin lesions such as eczema or urticaria. They are caused by inhalation of pollens, dandruff of pet animals, prick of insects or contact with specific substances, respectively. Allergies caused by foods or medicines show diarrhea or vomiting. The most dangerous allergic reaction is called anaphylactic shock which accompanies shortness of the breath and even eventual death.

The clue to avoid allergy is to keep away from specific allergen, if that has already been identified. Anyway, keeping pet animals are not recommended for those with possible atopic

constitution. To search for the allergen, the probability should be enclosed by whether that is inhaled, ingested, or just contacted, and is seasonal or not. Then, RAST test and patch test are also employed. Not only organic substances, but also metals such as nickel or chromium in the wrist watch or accessories may possibly cause allergy. Whereas RAST test shows positive for house-dust or pollen commonly, many people do not suffer allergic symptoms. In many cases, the allergen remains unidentified.



The symptoms of allergy are provoked by the release of histamine in the specific organ. Some medicines block the release of histamine, and are widely used to control itching. Some of them are available without the prescription mainly for eyes and nose symptoms. In severe cases, corticosteroids are useful, but cannot be used for a long time. The specialists of allergy may use leukotriene inhibitors. Its mechanism is a little difficult to explain. Similarly, those specialists may try desensitization programs.

In cases of food allergy accidents in the school lunch program, an intramuscular shot of epinephrine, which should always be prepared in the school, should be done without delay by the patient himself or by the school staff. This is a rare exception of emergency medical care permitted by the government. School boys and girls with some possible food allergy should wear a bracelet which shows the problematic food ingredients.

Life in Japan Q&A

Q. I heard about "White Day" for the first time after coming to Japan. Apparently it is related to Valentine's Day, but there is no such day in my country, even though we do celebrate Valentine's Day. What do you do on White Day?

A. White Day is a holiday that first began in Japan, although there is a similar custom in Korea. In Japan, Valentine's Day was generally considered to be a day where women would give chocolate to men, and confess to them, however there was no day for men to give any presents to women. Seeing this, the president of a confectionary shop in Fukuoka, *Ishimura Manseido*, thought of using his shop's marshmallows as part of a new holiday which would involve men giving gifts to women. He then picked a date 1 month after Valentine's Day, on 14 March, and called it 'Marshmallow Day'. As time passed the range of gifts widened from marshmallows to cookies, candy, flowers, and other items, eventually changing to its current name, 'White Day'. On Valentine's Day in Japan there are "*honmei* (favourite) chocolates" you give to those you are romantically interested in, and "*giri* (obligation) chocolates" you give to friends, bosses, or coworkers. For both of these types, many people return with their own gift on White Day. The Japanese trait of 'not feeling quite satisfied to leave a favour unreturned' shows up quite evidently here, wouldn't you say? If you happen to receive some chocolates on Valentine's Day here in Japan, keep White Day in mind—the other person will likely be very glad to see you know about it.



The Season of Flowers is upon us

Spring is a season that is often best known for its colorful flowers. While there are of course the usual cherry, plum, and rape blossoms, there are many places where other flowers are also on show.

Nokonoshima Island Park (from Meinohama Ferry Terminal to Nokonoshima Island)



Provided by Nokonoshima Island Park

At Nokonoshima Island Park you can find different flowers during each season, but the Livingstone Daisy (in bloom from early April to early May) is one highly recommend. Originally from South Africa, 30,000 flowers bloom in a wide array of colors—a spread of white, yellow, pink, and orange across the island's slope overseeing the *Genkai-nada* Sea. Livingstone daisies have the unique property of opening up in the presence of sunlight, and closing at night or on rainy days, so we advise anyone interested to go on a nice and sunny day. Aside from the daisies, the poppies, azaleas, and marigolds are also quite beautiful.

Nokonoshima, Nishi-ku, Fukuoka City

<http://nokonoshima.com/> After arriving on the island from Meinohama Ferry Terminal, board Nishitetsu Bus bound for "Island Park" (roughly 13 minutes)



Uminonakamichi Seaside Park

Every year from late March to early May, there is an event held at the Uminonakamichi Seaside Park known as The Flower Picnic, where many Spring flowers can be seen. There are plots of tulips and roses of course, but the real sight to see is the field of Nemophila ("Baby blue eyes") flowers, in bloom between April and early May. Nemophila flowers are from North America, known in Japanese by the name "*ruri-karakusa*" and are of a splendid cerulean hue. On the flower hill (a large field of grass), 1.5 million Nemophila flowers weave together into a great blue carpet, becoming one with the sky to form a stunning azure.

*Planned for March 24 – May 6, 2018

18-25, Oaza Saitozaki, Higashi-ku, Fukuoka City <https://uminaka-park.jp/>

Provided by Uminonakamichi Seaside Park



Kawachi Fuji-en Wisteria Garden



This is a popular spot in Kitakyushu City rather than Fukuoka, but it is one of the "31 Most Beautiful Places in Japan" as reported by CNN in the US, and attracts a lot of visitors from both home and abroad when the flowers are in bloom. From late April to mid-May, there are 22 different kinds of wisteria, in colors such as magenta, violet, crimson, and white, the fantastic gradation of the colors creates a breathtaking display. During Golden Week when the flowers are in bloom, the Garden will be full of visitors, so you will need to buy an entrance ticket at Seven-Eleven or FamilyMart ahead of time.

2-2-48, Kawachi, Yahatahigashi-ku, Kitakyushu City

<http://kawachi-fujien.com/> (site in Japanese)



Fukuoka Castle Cherry Blossom Festival

A Cherry Blossom Festival is held from late March to early April at Fukuoka Castle. There are many gourmet food stalls at the designated as National Historic Site and "*Korokan*" diplomatic guest house in *Heian* period. During the festival period, you can also see some cherry blossom light up, and it is spectacular. There will be many other event as well. Schedule is subject to change according to the flowers' condition—refer to the sites for more detail.

<http://saku-hana.jp/lang/en.html>



Provided by Fukuoka City

Art in Fukuoka Castle

Date: March 30 (Fri) ~ April 8 (Sun) 10:00 ~ 17:00 (Entrance 16:30)

Place: Fukuoka Castle Ruins (Maizuru Park)

Admission: Free *A ticket for the Fukuoka Castle Sakura Festival is require to enter to the *Tamon* Turret Area after 18:00 (Sold Separately)

Provided by Fukuoka City

