

# Rainbow

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公益財団法人  
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Fukuoka City International Foundation



Fukuoka City is promoting the “*Hitori Hitohana*” (“One Flower for One Person” campaign) starting from 2018. The campaign encourages individuals, companies, and the government to grow flowers and trees together, in order to develop hospitality, enrich life, and create “Flower City Fukuoka”.

There are many flower viewing spots in Fukuoka, and you can enjoy flowers in every season throughout the city. May is the month of roses in Fukuoka, and both Fukuoka City Botanical Garden and Uminonakamichi Seaside Park host spring rose festivals. You can enjoy more than 200 varieties of beautiful and fragrant roses there. Flowers which match well with the rain such as hydrangea and iris are in season during June. In this issue of *Rainbow*, we will introduce the flower spots in “Flower City Fukuoka.”



## Fukuoka City Zoological and Botanical Garden

Located near the city center, Fukuoka City Zoological and Botanical Garden is an oasis in the heart of downtown Fukuoka. This nice and quiet atmosphere with plenty of greenery lets you forget about the noise of the city.

There are about 2,600 kinds of plants at the botanical garden throughout the year. Starting from late April to the middle of May, the “spring rose festival” is held every year. There are about 1,100 individual roses of 250 types that are in season.

When the weather is bad, you can enjoy the tropical and subtropical plants in the greenhouse. They also have

gardening and flower arrangements classes, and exhibitions throughout the year. The admission ticket is valid for both the Fukuoka City Zoo and the Botanical Garden.

May 4 (Greenery Day) is the free admission day to Fukuoka City Zoological and Botanical Garden.

Address: 5-1-1 Ozasa, Chuo-ku, Fukuoka City

Opening hours: 9:00 to 17:00

Admission: 600 yen for adults; 300 yen for high school students; free for middle school students and younger

**Dr. Nishiyama's Column Vol. 36****Firefly Pageant and Venomous Snake s**

Unexpected dangers and incidents are not unusual in our daily life. It is by sheer chance that we are living without hard experiences. We have always to be vigilant to any possible accidents. In old days, children used to learn from their parents or seniors the know-how to live in safety. For example, how to keep away from toxic plants or insects, the fear of a bottom-less murky pond, etc.

Nowadays, however, the structure of the society as well as the relationship between siblings or between adults and juveniles are all different from the old one. For this reason, it is now difficult to transmit or inherit the old wisdom. We often hear that school children are attacked by a swarm of wasps on the hiking course. In such an incident, even a teacher is too young to know how to cope with this kind of disaster.

Here is presented a similar potential danger. Near my house in the suburbs, there is a stream known for a dance of fireflies in early summer. The city of office gives publicity to the residents of neighboring towns this seasonal pageant by placing guiding signboards along the streets. Children in lovely bath robes taken by their young parents come to see a fantastic scene. It's a good time for



them.

Here, however, lurks a big danger; venomous snake; Mamushi. Practically, the time and the place where fireflies are activated are exactly the same also for the poisonous snakes. Grass covered water areas in the warm evening is ideal for the snakes to live in. They don't bite as an intentional attack, but merely as a defensive action in fear of being tramped under human steps. It is necessary to wear boots long enough to cover the knees of adults to prevent snake-bites. Small soft feet of the children are unarmed just as the target of their bites. By the scream of an infant, everybody will know something bad took place to their children. But, who thinks of a snake bite in the darkness? Even if a victim child is taken to a hospital immediately, physicians may not think of a snake, nor will they be prepared with the antiserum. Today, reliable antiserum is available, and its proper use promises a good result. However, in the mean time, delay of the treatment may lead the victim to renal failure or even death.



Fortunately, such a tragedy has not been reported recently. Even though, if firefly tour is publicized, the warning for snake-bites should also be given by the local government.

**Japan Life Q & A****Question:**

There are many rainy days and it is very humid in June. The house gets moldy and it makes me feel depressed. Any tips on how to handle this season?

**Answer:**

June is the rainy season called "Tsuyu" in Japan. Humidity goes up in the rainy season, so you should ventilate rooms well. When it is sunny or stops raining, keep the windows open for 5 to 10 minutes. To prevent the accumulation of dust, which is a source of mold growth, clean your rooms well.

Watch out for food poisoning during the rainy season. The food goes bad quickly in this season, so try avoiding raw foods and consume cooked food as soon as possible. Put the leftovers in the refrigerator after the cooling, and reheat the food before you eat it the next time.

In the rainy season, you can expect your body to swell and you can feel heavy and tired. It is recommended to consume citrus fruits which contain citric acid to help in the recovery from exhaustion. For the swelling, easy leg stretches are effective. Sit on a chair, stand on your tiptoes with your knees and ankles together and keep this posture for 10 seconds. Next, let your heels down to the ground and stand on your heels. Keep the posture for 10 seconds.

It may be a good idea to read a book or watch a DVD in the room on a rainy day, but why not go out? There are a lot of facilities where you can get exercise indoors for

example "Spo-Cha," and "Papiro Ice Arena." Or you can go out to see colorful hydrangeas for this season and take Instagram photos of them.

**Spo-Cha**

This is one entertainment space in the sports facility Round 1. You can enjoy various sports including mini soccer, tennis, table tennis, roller skating, archery, and Segway which are all included with the admission fee.

Round 1 Stadium Spo-Cha, Hakata Hanmichibashi  
Opening hours: 10:00 am to 6:00 am

Address: 2-2-8 Hanmichibashi, Hakata-ku, Fukuoka City

Tel: 092-475-6613

Free shuttle bus available from Chikushiguchi, Hakata Station

Price: 2,190 yen for a 3 hour package service, etc.

**Papiro Ice Arena**

This is an ice skate rink you can enjoy even in the summer, which is rare in Fukuoka. Also available are a bowling center, and practice rooms for music or play.

Papiro Ice Arena Open 10:00 to 19:00

Closing day: Third Wednesday

Address: 1-15-30 Chiyo, Hakata-ku, Fukuoka City

Tel: 092-633-2468

13 minutes by walk from JR Yoshizuka Station

Price (including shoes rental): 1,650 yen

### Travel Insurance

The number of tourists coming to Japan is growing rapidly. Your family or friends might be coming to visit as well. One needs to keep in mind that having insurance is very important in case of running into accidents or getting sick while traveling.

When uninsured tourists become sick or run into accidents, their medical bills could be large or they may not be able to receive sufficient medical treatment.

Travel insurance for foreign tourists coming to Japan is listed below.



#### Sompo Japan Nipponkoa:

##### Travel insurance for foreign visitors to Japan

- Foreign visitors to Japan can buy insurance online after entering Japan.
- Multilingual service (English, Korean, Chinese)
- Travelers who are going to stay in the country for less than 30 days are eligible.
- Up to 10 million yen for medical treatment, etc .

#### Tokio Marine & Nichido:

##### Travel insurance for foreign visitors to Japan

- Foreign visitors to Japan can buy insurance online after entering Japan.
- Multilingual service (English, Korean, Chinese)
- Up to 10 million yen for medical treatment and transfer to home country, etc.

### Air Pollution

#### The Yellow Dust Phenomenon:

The phenomenon whereby clouds of dust (yellow dust particles) are blown into the air by strong winds from deserts and yellow earth regions of the Asian mainland. These particles are widely measured in spring in Japan, and at times the air may appear a smoky yellowish brown color.



**PM 2.5:** airborne and extremely fine particles with diameter 2.5µm or less that may originate from natural sources, such as volcanic ash, yellow dust or sea salt, etc., or they may be artificial in nature, such as exhaust gases from automobiles or factories.

#### Health Effects

Yellow dust and PM2.5 pollutants are made up of extremely fine particles that, when inhaled through the nose and mouth, accumulate in the lungs where, in addition to lung cancer and respiratory illnesses, their effects on the circulatory system are cause for concern.

It is especially the case for asthmatics, and sufferers of respiratory illnesses or allergies, that even low concentrations of yellow dust or PM2.5 in excess of the environmental standard can have effects on their health.

#### Pollution Countermeasures

We can't prevent yellow dust and PM2.5 pollutants from floating our way, so it is very important to keep yourself informed of pollution forecasts and to take measures such as wearing masks.

### Fukuoka City International Center

Address: 4-1 Tenyamachi, Hakata-ku, Fukuoka City  
TEL: 092-262-1799

Floor	Floor Guide	Hours
4F	International Exchange Floor	7 days a week 8:45 ~ 21:00
1F	Office	Weekdays 8:45~18:00

### Hello Work Fukuoka

Hello work Fukuoka has moved to the following address:  
Address: Elgala Office 12F, 1-4-2 Tenjin, Chuo-ku, Fukuoka

Hours: 10:00 ~ 18:00  
(closed on Sat., Sun., Holidays, and 12/29 ~1/3)

English (Mon., Wed. 10:00~12:00, 13:00~15:30)  
Chinese (Mon., Thur. 10:00~12:00, 13:00~16:30)

**Fukuoka City International Foundation's Website has been redesigned !**

<http://www.rainbowfia.or.jp/>

### Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
<b>Dates</b>	May. 5th, 16th June. 2nd, 20th	May. 13th June. 10th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
<b>Time</b>	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
<b>Appointment</b>	Required	Not Required (Reception until 3:30)	Required
<b>Language</b>	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

### Uminonakamichi Seaside Park

Uminonakamichi Seaside Park is a large site near the sea, and is a home for various seasonal flowers.

Starting from late March to the end of the Golden Week holiday, the event called “flower picnic” which is said to forecast the coming of spring is held. This event features the ground drawing of the sea with nemophila flowers, and other drawings with flowers.

“Uminaka Rose festival” which exhibits 1,800 roses of 220 kinds is followed by “flower picnic” starting from the middle of May to June. You can enjoy the fragrance and comfortable sea breeze at the same time.



Address: 18-25 Saitozaki, Higashi-ku, Fukuoka City

Opening hours: 9:30 to 17:00

### Uminonakamichi Fireworks 2018

Starting at 19:45, Saturday, May 19, 2018

<https://www.fukuoka-hanabi.com/>

Uminonakamichi Fireworks, was held on Saturday, May 13, 2017 for the first time in commemoration of the opening of Hakata Bay Panorama Square in the Uminonakamichi Seaside Plaza. It will take place this year as well. Leading firework programmers and firework artists in Japan will exhibit art fireworks. Some 10,000 fireworks will be shot off over one hour in concert with various types of music.



### Maizuru Park

Located at the ruins of Fukuoka Castle, Maizuru Park attracts many people in the spring with cherry blossoms.

After the cherry blossoms, peony, wisteria, water nymph, iris, and lotus are in season.

At the “Peony Garden (Botan Shakuyaku En), 1,800 peonies start blooming from early April to the middle of May, and you can enjoy the

vivid colors and graceful fragrance. Around the same time, the beautiful wisteria trellis is also worth seeing and experiencing it’s gorgeous fragrance. When wisterias are in season, Fukuoka Castle Wisteria Trellis Rest Space is open to relax under the trellis.

Address: 1-4 Jonai, Chuo-ku, Fukuoka City

Opening hours: 9:00 to 17:00

Admission: free



Provided by Fukuoka City



### Hakozakigu

The “Hydrangea Festival” is held at the “Hydrangea Garden (Ajisai En)” located inside of the shrine during June. Hydrangea originated in Japan and various kinds have been developed across the world. Hydrangea change colors with soil acidity and alkalinity. There are few places where you can enjoy some 3,500 hydrangeas of some 100 kinds. The flower is believed to be most beautiful when it is wet. It might be a good idea to go take a walk to see hydrangeas which add colors to the rainy season.



1-22-1 Hakozaki, Higashi-ku, Fukuoka City

Opening hours: 9:30 to 17:00 Admission: 300 yen

### Dazaifu Tenmangu

Dazaifu Tenmangu Shrine (the God of literature) is a hot tourist spot and it is famous for its plum trees. About 6,000 plum trees of 200 kinds are in full bloom in the shrine from late January to early March. Starting from May to the middle of June, about 30,000 white and purple irises of 55 kinds are in full bloom. The shrine hosts some music concerts and night illuminations in early June and the hydrangeas come into full bloom around the same time.



4-7-1 Saifu, Dazaifu City, Fukuoka

### Kyushu National Museum

#### Impressionist Masterpieces from the E.G. Buehrle Collection

May 19 (Sat.) – July 16 (Mon., national holiday), 2018

<http://www.buehrle2018.jp/>

Admission: 1,600 yen (1,400 yen) for adults; 900 yen (700 yen) for college and high school students; 500 yen (300 yen) for middle and primary school students

The exhibition features 64 masterpieces, and half of them will be shown for the first time in Japan. “The Water Lilies: Green Reflections,” a masterpiece of Monet’s later years, is exhibited here for the first time outside of Switzerland. As the Buehrle Collection will be transferred to the Zurich Art Museum in 2020, this is the last chance to see the collection in Japan. Don’t miss it.

4-7-2 Ishizaka, Dazaifu City, Fukuoka

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E.G.Bührle  
Collection, Zurich  
(Switzerland)  
Photo: SKI-ISEA,  
Zurich (J.-P.Kuhn)  
Waterlilies Pond,  
Green Reflection  
Claude Monet

