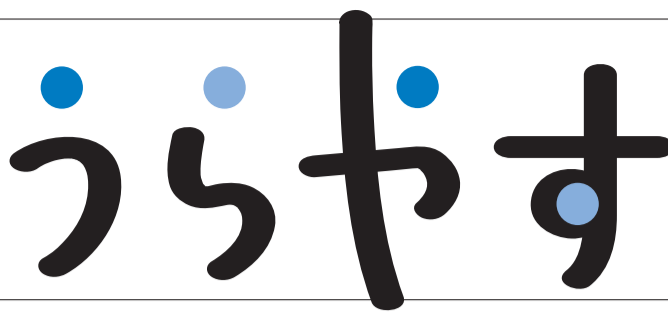




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City  
News



U R A Y A S U

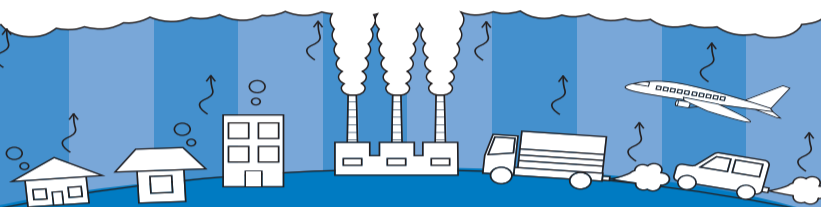
Population and No. of  
Households in Urayasu

Population: 170,947  
Male: 82,973  
Female: 87,974  
Households: 84,921  
Foreign Residents: 4,408  
(As of May 31, 2023)



# Global Warming and Heat Stroke

The average temperature in Japan has been rising through a cycle of fluctuations. Over the long term, it has risen at a rate of 1.30°C per 100 years, with global warming as one of the causes. These rising temperatures are increasing the risk of heat strokes every year, and the number of deaths from heat strokes in Japan has been on the rise. Heat strokes are life-threatening, but they can be prevented if you know measures to prevent it. Stay safe and healthy during the hot summer months.



## Measures Against Global Warming: Mitigation and Adaptation



Countries around the world, including Japan, have announced their goal of virtually complete elimination of greenhouse gas emissions by 2050. In 2020, Urayasu City also announced its intention of becoming a "Zero Carbon City" with the same goal, and has been promoting efforts to reduce greenhouse gas emissions from the city. As part of this effort, Urayasu promotes "One more ECO," which are environmentally friendly actions such as energy-saving measures that can be taken close at hand.



Global warming is already affecting countries around the world. In Japan, weather disasters caused by extreme heavy rains and larger typhoons, as well as the risk of health problems such as heat strokes due to extreme weather changes, are increasing. In particular, extremely high temperatures are possible depending on the day during the summer, making it necessary to take even greater precautions against heat strokes.



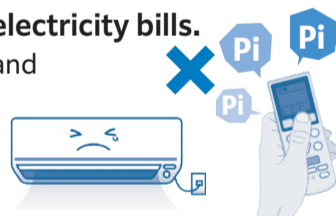
### Reasonable Energy-saving Measures: Effective Use of Air Conditioners

There is a risk of heat stroke even indoors under certain conditions. In 2021, of the heat stroke deaths in the 23 wards of Tokyo that occurred indoors, over 90 percent occurred when air conditioning was not in use. This indicates that the use of air conditioning is an important heat stroke prevention measure, in addition to frequent hydration. That said, air conditioners account for a large portion of household electricity consumption during the summer. Below are effective ways to use air conditioners as precautions against heat strokes while saving energy.

#### When do air conditioners consume the most energy?

Reducing energy consumption will also lead to lower electricity bills.

- ⚡ When the difference between the outside temperature and the temperature setting on the air conditioner is large
- ⚡ Right after the air conditioner is turned on
- ⚡ Frequently changing the temperature setting



#### Effective Air Conditioner Use

- ☑ Close curtains to prevent direct sunlight from entering the room, close doors
- ☑ If the room is full of hot air, ventilate the room before turning on the air conditioner
- ☑ Do not change the temperature setting or turn the power on and off frequently
- ☑ Use a circulator or fan in conjunction with the air conditioner to send the cold air from the air conditioner to places where the air does not reach
- ☑ Set the airflow level to "auto"
- ☑ Set the airflow direction to horizontal or upward since cold air tends to accumulate around the bottom of the room
- ☑ Install outdoor units in locations that are not exposed to direct sunlight or ground glare, or provide shade with plants, etc.
- ☑ Clean the filter every two weeks



### Points to Prevent Heat Stroke

point

#### 1 Avoid heat

- Do not go outdoors unnecessarily on hot days
- Take breaks as necessary
- Make sure rooms are well ventilated, and use air conditioners



point

#### 2 Hydrate frequently

- Hydrate before you feel thirsty
- Drink at least 1.2 liters of liquid per day
- Do not forget to also replenish sodium after sweating a lot



point

#### 3 Beware of sudden temperature changes and continuing heat

- Refer to weather forecasts, do not force yourself when it is hot, and take measures to gradually get used to the heat



point

#### 4 Stay healthy to prepare for the heat

- Exercise moderately when it begins to get hot to help your body regulate its temperature effectively (remember to stay hydrated)



point

#### 5 Watch out for each other during group activities

- Remind others to stay hydrated



## Ministry of the Environment Heat Illness Prevention Information Website

The Heat Illness Prevention Information Website of the Ministry of the Environment disseminates information such as the heat stress index, which indicates the risk of developing heat stroke. When the risk of heat stroke is predicted to be extremely high, a "Heat Stroke Alert" is issued. It also offers an individual email distribution service. If you wish to receive this service, register at the Heat Illness Prevention Information Website (<https://www.wbgt.env.go.jp>).

**Inquiries: About global warming and energy-saving: Environmental Preservation Section, Tel: 352-6481**  
**About heat stroke: Health Promotion Section, Tel: 381-9001**





**Cooperate with Proper Waste Disposal** Inquiries: Clean Center, Tel: 381-5300

**There was a fire at the Clean Center**

At approximately 10:40 p.m. on April 10, a fire broke out in the non-combustible waste/bulky item disposal facility of the Clean Center. Currently, waste collection is being carried out as usual, but neighboring municipalities are supporting us by processing the garbage of Urayasu. We will continue to investigate the cause of the fire and take measures to prevent its recurrence, and will do our utmost to restore facility functions as soon as possible.

**Danger! There is a risk of fire during these cases in the disposal process of non-combustible waste**

**Small rechargeable batteries such as lithium-ion batteries**  
Small rechargeable batteries such as lithium-ion batteries used in cellphones and smartphones may ignite due to external shock. Bring them to the Garbage-Free Section (6th floor of City Hall) or to a cooperative recycling store such as an electronics store for disposal.

**Cassette gas cylinders and spraying cans**  
Cassette gas cylinders and spraying cans may contain flammable gas, which may cause a fire if the gas leaks. To prevent fires, use up the contents completely before disposing of them as noncombustible waste in the city-designated garbage bags. Do not pierce a hole in them. If you cannot use up the contents of the can, or if the expiration date has expired, bring the item to the Garbage-Free Section. If you pierce a hole in the items while the contents are still in it, the contents will spew out and it is very dangerous, so do not pierce the items.

**List of cooperative recycling stores**

Name	Address	Tel
Yamada Denki Tecc Land (Aeon Shin-Urayasu Store)	Aeon Shin-Urayasu Store 3F Shopping Center, 1-4-1 Irifune	304-5151
Aeon Style Shin-Urayasu Store	1-4-1 Irifune	350-1147
K's Denki Tokyo Bayside Shin-Urayasu	4-1-8 Hinode	390-6720
Keiyo D2 Shin-Urayasu Store	5-1-5 Akemi	306-4510
Joshin Outlet Urayasu Store	1-21-32 Nekozone	353-3461

**Daily Life Orientation for Foreign Residents**

Daily life information for foreign residents in Urayasu, such as about waste disposal rules, disaster prevention, visiting a hospital, and Japanese-language classes are given in simple Japanese.  
**Date and time:** Every second Tuesday and Sunday, 2 p.m. to 3:30 p.m.  
**Location:** International Center  
**Eligibility:** Foreign residents, up to 15 people  
**Registration:** Urayasu International Center website (<https://urayasu-ic.jp>)  
**Inquiries:** International Center, Tel: 306-5181



**Urayasu City Federation of Local Community Associations 60th Anniversary Noryo Bon Odori Festival**

**Date and time:** August 14 (Mon.) and 15 (Tue.), 6:30 to 9 p.m.  
**Location:** Urayasu Elementary School (Cancelled in case of rain. If it rains on both days, the event will be postponed to August 16 [Wed.])  
**Inquiries:** Local Activities Promotion Section, Tel: 712-6246



**Receive Your My Number Card as Soon as Possible**

**Date and time:** Sunday to Friday, 9 a.m. to 4:30 p.m.  
«Temporary Service Window»  
▷ Tuesdays and Thursdays, 5:30 to 7:30 p.m.  
▷ Second and fourth Saturdays, 9 a.m. to 12 noon

**Reservations:** A reservation in advance is required to receive the card. Once you receive the issuance notification, call the Civic Affairs Section (Tel: 712-6249) to make a reservation.  
**Inquiries:** About receiving the My Number Card: Civic Affairs Section, Tel: 712-6249  
About My Number Points: Communication Network Promotion Section, Tel: 712-6142

**Usage Guide for Higashino Swimming Pool**

**Date and time:** July 1 (Sat.) to September 3 (Sun.), 9 a.m. to 4 p.m. (up to two hours per person per visit)  
**Capacity:** 500 people on a first-come, first-served basis  
**Fees:** 390 yen (130 yen for junior high school students and younger)  
**Registration:** Higashino Swimming Pool website (<https://www.urayasu-zaidan.or.jp/higashino/>)  
**Note:** For more information about reservation periods, points to note and the like, visit the Higashino Swimming Pool website.  
**Inquiries:** Higashino Swimming Pool, Tel: 352-6891 (during the above period only) Indoor Swimming Pool, Tel: 304-0030 (all other times)

**Recruiting Tenants for Chiba Prefecture Housing**

**Application:** Apply by July 15 (Sat.) (must be postmarked by this date) by sending an application form [available at the Housing Affairs Section (Urayasu City Hall 6F), General Affairs Section (Urayasu City Hall 1F), City Service Centers, or on Saturdays, Sundays and national holidays, at the Central Management Office (Urayasu City Hall 1F)] to the Chiba Prefecture Public Housing Corporation (1-16 Sakaecho, Chuo-ku, Chiba City, 260-0016).  
**Note:** For more information, please refer to the Chiba Prefecture Public Housing Corporation website: <https://www.chiba-kousya.or.jp>  
**Inquiries:** Chiba Prefecture Public Housing Corporation Recruiting Section, Tel: 043-222-9200



**Updating the Health Insurance Card, etc.**

**Updating the Health Insurance Card:** To all those who are enrolled in National Health Insurance, a new card will be sent by July 31 (Mon.) via simple registered mail. Please contact us if you do not receive the card by August.

**Updating the Eligibility Certificate for Ceiling-Amount:**

The Eligibility Certificate for Ceiling-Amount, in which you will pay for the co-payment up to a ceiling-amount, is only valid until July 31 (Mon.). National Health Insurance members who currently have an Eligibility Certificate for Ceiling-Amount and wish to renew it must also re-apply. Once you receive your new Health Insurance Card, please visit the National Health Insurance & Pension Section with your card.

**Delivery of Tax Notice:**

A tax notice for National Health Insurance of FY2023 will be sent to the head-of-household, dated July 13 (Thu.). National health insurance taxes are an important source of revenue that covers medical expenses when members become ill or injured. We strongly advise you to make the payment by the specified due date. The tax levy limit and some reduction measures for National Health Insurance have been revised, starting this fiscal year onwards. For more information, please refer to the tax notice or visit the Urayasu City website.  
**Inquiries:** National Health Insurance & Pension Section, Tel: 712-6280



**A Stroll with the Mayor**

Etsushi Uchida, Mayor of Urayasu City

**Education Center for Children**

The Education Center, which is located within Tomioka Elementary School, was established in 2002 by the Urayasu City Board of Education.

In addition to research of the educational curriculum, the center works to enhance and promote education by handling various problems faced by children through measures such as faculty training, special support education and truancy countermeasures.

The COVID-19 pandemic caused schools to close, cancellations and postponements of school events, and the wearing of masks, which had a major impact on the school life of children.

This has led to an increase in the number of children and parents/guardians who have problems or concerns about

school and home life. It is increasingly necessary to create a support system that is comforting for children.

Certified psychologists and other professional staff of the Education Center provide consultation and support through the "Icho Gakkyu (Ginkgo Class)" at two locations in the city.

A trivial incident for an adult may be a major incident in the eyes of children.

That is why our professional staff value dialogue with children, and support them to become independent in school and society through academic guidance and participation in group activities.

Additionally, the Manabi Support Educational Consultation Service provides consultation for concerns

that a parent/guardian may have, such as about the child's development, learning, and communication abilities.

The staff will work with the parents/guardians to create a better educational environment for children, and provide appropriate advice.

The Education Center will continue to cooperate with schools to promote an educational environment where children who will lead the next generation can grow into their own persons, even as the environment surrounding children undergoes major changes.



**Recyclable Waste Disposal Schedule**

Collection Area	Bottles/Cans/PET plastic bottles	Newspapers/Magazines
Nekozone, Kitazakae, Todaijima	Every Tue.	Every Mon.
Horie, Higashino, Fujimi, Maihama, Tekkadori 3-chome	Every Wed.	Every Sat.
Kairaku, Mihama, Irifune, Hinode, Akemi	Every Thu.	Every Mon.
Tomioka, Imagawa, Benten, Takasu, Minato, Tekkadori 1- and 2-chome, Chidori	Every Fri.	Every Sat.

\* Please put out your garbage between 7 a.m. and 8 a.m. It is against the rules to put it out earlier or later than this designated time as it could become a nuisance in your neighborhood.  
\* Bulky items will be collected separately on request by phone. Call the Bulky Items Reception Center ☎ 305-4000. For inquiries, contact the Garbage-Free Section ☎ 712-6467.

**FOREIGN RESIDENTS' ASSISTANCE DESK**

Urayasu City provides consultation services concerning daily life such as medical, educational or job-related matters.  
**HOURS:** 10 a.m. - 12 noon, 1 - 4 p.m. weekdays  
**LANGUAGES:** English, French, Chinese, Polish, Russian and Japanese  
**PHONE NUMBER & LOCATION:** 712-6910  
Urayasu City Hall Local Activities Promotion Section

**Foreign Residents Advisory Corner**

**Hours:** Every Monday to Friday, 9 a.m. to 9 p.m., every Saturday and Sunday, 9 a.m. to 5 p.m.  
**Languages:** English  
**Phone Number & Location:** 306-5181, International Center