

SHINJUKU NEWS

新宿ニュース



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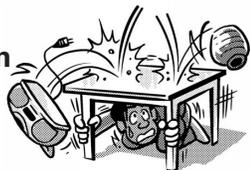
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Let's Be Constantly Prepared - Earthquake Countermeasures

Japan is a country with a lot of earthquakes. To protect precious lives and valuable property from earthquakes, we need to be prepared at all times. It is a good idea to be familiar with your local evacuation site and prepare emergency supplies in advance.

Inquiries: Security Affairs Section, Security Affairs Office
Tel: 03-5273-4592

1 Secure Your Own Safety



3 Don't Rush Outdoors



What to Do if You're at Home When an Earthquake Strikes

5 Be Careful So You Don't Get Hurt



2 Quickly Turn Off Heat



4 Open the Door to Secure a Way Out



6 Obtain accurate Information



Frequently Asked Questions - Q&A

Q ① What should I do if my home collapses?

- Local elementary and junior high schools serve as evacuation sites, and disaster victims can lodge at these sites, where food, blankets and everyday supplies are available.
*For the location of evacuation sites, check the map at the end of the section "1. Emergency" in the Living Guide Handbook for foreign residents, published by Shinjuku City.

Q ② How can I obtain information when a disaster strikes?

- Listen for information announced by the Shinjuku City Office, the Fire Department, Police Department or local evacuation sites. On TV, NHK will broadcast in English on the sub-channel. On the radio, the news is broadcast in English on NHK No. 2 and AFN. In addition, Inter-FM offers broadcasts in 10 languages (English, Japanese, Chinese, Korean, Indonesian, Tagalog, Portuguese, Spanish, Thai and French). It is a good idea to carry a portable radio with you.

Q ③ Please tell me if there is a hospital that speaks my language.

- Tokyo Metropolitan Health & Medical Information Center (Tel: 03-5285-8181, 9 a.m. to 8 p.m.) offers information every day free of charge on hospitals and medical institutions with foreign language-speaking staff, as well as information in foreign languages.

Q ④ Is there a consultation center if I am burglarized during a disaster?

- Call the Metropolitan Police Department Foreign Residents' Telephone Consultation Corner (Tel: 03-3503-8484). Consultation services are available in 13 languages (English, Mandarin, Cantonese, Korean, Thai, Spanish, French, German, Portuguese, Persian, Urdu, Tagalog and Russian), Monday through Friday, 8:30 a.m. to 5 p.m.

Reference: "Q & A Manual" of the Tokyo Metropolitan Disaster Information Center for Foreign Residents, Bureau of Citizens and Cultural Affairs, Tokyo Metropolitan Government.

Multicultural Disaster Prevention Drills Will be Conducted

Disaster prevention drills will be conducted for Japanese and non-Japanese residents at Okubo Elementary School. The drills include an observation of various activities that will take place in an actual evacuation and the chance to experience an earthquake



simulation truck and smoke houses, practice fire-extinguishing and first-aid techniques. Local town councils and volunteer interpreters will also participate.

Date and time: October 29 (Sat.), 1 to 3:30 p.m. (subject to change)

Place: Okubo Elementary School (1-1-21 Okubo)

Inquiries: Shinjuku Foundation for Culture & International Exchange

Tel: 03-3341-2255

The next issue of Shinjuku News will be published in January 2006. Shinjuku News is available at various public facilities such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

Autumn is for Stepping out at the Grand Shinjuku Festival! October 1 (Sat.) ~ 16 (Sun.)

With special events held in all areas of the city during this period, the entire city of Shinjuku will be full of festivities!

Inquiries: Shinjuku Festival Executive Committee Office
Tel: 03-5273-4069

♪ Shinjuku Art Heaven Parade

There will be a parade of a total of 870 people with mainly elementary, high school and college brass bands and folk entertainment. This year, there will also be performers from Korea re-enacting a procession of a historical Korean mission to Japan.

Date and time: October 9 (Sun.), from 11:10 a.m.

Parade course: Shinjuku-dori Avenue and Meiji-dori Avenue Intersection → Shinjuku-dori Avenue → In front of Alta Building → O-Guard → Shinjuku Station West Exit → In front of Kogakuin University



♪ Fureai Festa 2005

Various activities that children particularly enjoy, such as a miniature train, a zoo, hands-on fabric dyeing, classes in "go," "shogi" and Japanese traditional games, international exchange corners and refreshment stands, will be held in eight plazas. There will also be all kinds of fun events, such as performances of Japanese taiko drums, traditional "ohayashi" music and modern jazz performances!

Date and time: October 16 (Sun.), 10 a.m. to 4 p.m.

Place: Toyama Park (Okubo area)

AIDS
Consultation

Are You Thinking, "It's Not My Problem"?

World AIDS Day (December 1 every year) was established by the World Health Organization (WHO) in 1988 with the goal of preventing the spread of AIDS and eliminating discrimination and prejudice against AIDS patients and carriers internationally. Why not take advantage of this opportunity to prevent these diseases by gaining accurate information on AIDS and sexually transmitted illnesses (STI)?

♥ Shinjuku City HIV Consultation and Testing (Nishi-Shinjuku Public Health Center)

● AIDS Telephone Consultation, Tel: 03-3369-7110

Available in English, Portuguese, Spanish and Thai. Consultations are conducted on an anonymous basis, free of charge.

Consultation Days: Thursdays (Thai, on the 2nd and 4th Thursdays of the month), 1 to 5 p.m.

● HIV Antibody Testing, Tel: 03-3369-7110

Available in Japanese, English, Portuguese, Spanish and Thai. STI (syphilis, chlamydia, gonorrhea) testing is also conducted at the same time. Conducted on an anonymous basis, free of charge.

Testing Days: As a rule, the 2nd and 4th Thursdays of the month (in October, the 1st and 3rd Thursdays), 1 to 2:30 p.m.

Place: Nishi-Shinjuku Public Health Center (7-5-8 Nishi-Shinjuku, Shinjuku-ku)

♥ Japanese Foundation for AIDS Prevention Telephone Service

Tel: 03-5521-1177

Available in Japanese, English, Spanish, Portuguese, Thai, Chinese, Korean and Tagalog. Please use a touch-tone telephone.

Consultation Days: Daily on a 24-hour basis

♥ Japan HIV Center, Tokyo Branch

Tel: 03-5259-0256

Available in English.

Consultation Days: Saturdays, 11 a.m. to 2 p.m.

Part of the Nursing Care Insurance Law Has Changed

Nursing Care Insurance is a program in which those 40 years of age and older become members, bear insurance premiums and can use nursing care services by paying a portion of the expense (usually 10%) when nursing care is needed and authorized. If you are a foreign resident who has completed foreign resident registration in Shinjuku City and (usually) has an initial visa period of stay of one year or longer, you must enroll in this program.

Usage Fees of Nursing Care Facilities, etc., Will Change

Under a revision to the Nursing Care Insurance Law, fees for facilities such as special homes for the elderly and short-stay (accommodation fees) and meal expenses, as well as meal expenses for day service and commuting rehabilitation, will no longer be applicable for nursing care insurance as of October, and will become personally borne expenses.

Inquiries: Benefits Section, Long Term Care Insurance Division

Tel: 03-5273-4176

Stop! Do Not Abandon Bicycles

Nationwide Stationfront Abandoned Bicycle Cleanup Campaign, October 22-31

Abandoned bicycles make the streets even narrower, obstructing pedestrian traffic and causing traffic jams. They are particularly dangerous for the elderly and the disabled. Furthermore, if a disaster strikes, abandoned bicycles can obstruct evacuation and rescue activities.

Please do not leave your bicycle on the road; use bicycle parking lots located near train stations. Some parking lots can be used for the whole day.

Abandoned bicycles may be removed.

Inquiries: Bicycle Countermeasures Section, Roads and Greenery Affairs Division Tel: 03-5273-3896

Sports Recreation 2005 **Free of Charge**

October 10 (Mon., Sports Day), 9 a.m. to 5 p.m.

This is a sports event where you can experience "naginata" traditional Japanese martial arts, rhythmic kung fu and "sports-chambara" sword-fighting! At the same time, the Sports Center pool and training room will be open to the public free of charge. Simply come to the site on the day of the event.

Place: Sports Center (3-5-1 Okubo)

Cosmic Center (3-1-2 Okubo)

Inquiries: Shinjuku City Lifelong Learning Foundation

Tel: 03-3232-7701

Takadanobaba "Yabusame" Horseback Archery Demonstration **Free of Charge**

"Yabusame" is a military art in which a person shoots arrows at three targets while riding a galloping horse. Long ago, it was used for Samurai training, but now most of it is usually performed as part of the celebrations at shrine festivals. Come and see the historic and traditional "Yabusame."



*The audience will stand to watch.

Date and time: October 10 (Mon., Sports Day), from 2 p.m.

Place: Hakoneyama area of Toyama Park

Inquiries: Shinjuku Historical Museum

Tel: 03-3359-2131

The 2nd World "Waku-Waku" Chatting Area **Free of Charge** Enjoy Family Communication!

Let's talk freely about child-raising and school in your mother tongue. You can also join in on the day of the event. **Eligibility:** 20 foreign and 10 Japanese family groups (parents-only and children-only are also welcome) who live or go to school in Shinjuku; babysitting services are also available for preschoolers/infants.

Date and time: October 8 (Sat.), 10 a.m. to 12 noon

Place: Shinjuku Cosmic Center (3-1-2 Okubo)

Inquiries: "Waku-Waku" Executive Committee Office, within Shinjuku City Lifelong Learning Foundation

Tel: 03-3232-7701

Pictures and Calligraphy Serve as Links in the Circle of Friendly Exchanges **Free of Charge** Friendship City Schoolchildren/Student Artwork Exhibition Admission

Shinjuku City has friendship city agreements with cities in Japan and overseas, and conducts various exchange programs. About 350 works of drawing and calligraphy have been collected again this year from children in Lefkada of the Hellenic Republic (Greece), the Dongcheng District of Beijing (People's Republic of China) and Takato Town in Nagano Prefecture.

Why not try to gain a sense of the character, tradition and culture of other countries through children's art?

Exhibit dates: October 7 (Fri.) to 10 (Mon., national holiday), 10 a.m. to 7 p.m.

*Until 5 p.m. on the last day of the exhibit.

Place: Shinjuku Station West Exit Event Corner (1 Nishi-Shinjuku)

Sponsored by: Shinjuku Foundation for Culture & International Exchange, and Shinjuku City; co-hosted by the Tokyo Metropolitan Public Corporation for Road Improvement and Management

Inquiries: Shinjuku Multicultural Plaza

Tel: 03-5291-5171

A Leisurely Stroll in Shinjuku City

Hanazono Jinja Shrine

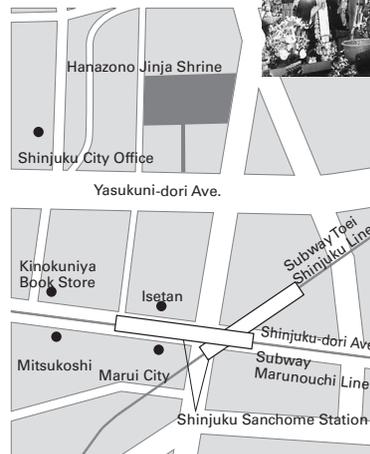
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Hanazono Jinja Shrine is about a five-minute walk away from Tokyo Metro Shinjuku-sancho-me Station near Kabukicho, where there are rows of unique restaurants.

Although the shrine itself has an atmosphere of peace and quiet, an antiques market is held every Sunday when the area is full of people searching for bargains from early morning. Hanazono Jinja Shrine has deep and strong ties with the arts as well. You can see the names of entertainers written on the "tamagaki" fence and sometimes a small stage hall is set up within the shrine grounds.

Hanazono Jinja Shrine is at its most crowded in November for the Tori-no-Ichi Market (held this year on the 9th and 21st; pre-festival on the 8th and 20th). With rows of vendors starting from near the Shinjuku City Office, the area is bustling with people buying good-luck "kumade" bamboo rakes and others enjoying the festive atmosphere. In the Kanto area, all the Otori Jinja Shrines have a Tori-no-Ichi Market on this day, but the market at Hanazono Jinja Shrine is said to be the most crowded of the uptown events, with 600,000 visitors every year.

The spectacular display of "Kumade" good luck rakes is worth seeing!



Tori-no-Ichi Market (market held on the day of the Cock/Hen)

This is a festival that has continued since the Edo period to celebrate hopes for prosperity in business, good fortune and a successful career.

Living Together

Forefront of Multicultural Living

“Multicultural Frontiers” introduces and spotlights people who are actively involved in community programs that promote living in harmony with foreign residents.

In this second article of the series, we visit the International Exchange Salon, where people can gain an understanding of each other’s cultures through friendly and casual conversation.

Conversations Beyond National Borders

“I want to make friends with people from around the world”; “I want to speak in Japanese”; “I’m interested in foreign cultures” – if you share any of these sentiments, we heartily recommend the monthly “International Exchange Salon.”

We took a peek at the August Salon.



Intercultural Exchange in a Free and Relaxed Environment

At 6 p.m., volunteers start preparing the reception and salon areas. “I’ve been a volunteer for three or four years now,” Ms. Yokota comments with a smile. “I learned of this Salon program at a tea ceremony and was introduced to foreign residents. I love to join in activities with young people!” She added: “I’ve even prepared traditional green tea at the Salon as an introduction to Japanese culture.”

Japanese and non-Japanese people get together (maybe because they are thinking, “I want to speak English” or “I want to practice speaking Korean since I’m learning the language”) and at 7 p.m., the Salon begins! There are no formal speeches or stiff self-introductions. Circles of people form naturally and people chat with tea and snacks in hand.

Friendly Exchanges in a Blend of Japanese and Foreign Languages

“I came from Korea in January because I wanted to learn

about Japanese cuisine, especially sushi,” relates Mr. Ryo. He enjoyed speaking in a mixture of Korean and Japanese with Mr. Uto, who is studying Korean and was participating in the Salon for the first time.

In the women’s group, the conversation was very light and casual, with such comments as, “In Korea, Ayumi Hamasaki is really popular among young people” and “Why are all the women in Japan so skinny?”

People also make new discoveries, such as, “In Korea, people are really careful about interpersonal relationships between juniors and seniors. Even if people are not blood-related, they fondly refer to older people as ‘Older Brother So-and-So’ or ‘Older Sister So-and-So.’”

Mr. Nakata comments, “I think we have been able to continue operating this program for so long because we just provide the time and the place and leave the rest up to the natural flow of time and people.” Mr. Matsuura, who has been involved in the program since it was originally started in 1999, summarized the program best: “Sometimes, we have as many



The volunteer staff

as 70 people. It is a lot of fun. I look forward to your coming by and adding new color to the Salon!”



Why Not Enjoy the International Exchange Salon?

Date and Time: 2nd Friday of the month, 7 to 8:30 p.m.

Place: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabukicho)

Eligibility: Everyone is welcome!

Fee: ¥200 per person

Inquiries: Shinjuku Multicultural Plaza

Tel: 03-5291-5171

Announcements from Shinjuku Multicultural Plaza

Class: Are You Familiar with Everyday Living Rules? Japanese Customs and Manners

Have you ever felt confused about everyday living in Japan? This class introduces manners for everyday living. Let’s follow the rules for garbage disposal, bicycle parking and storefront signs to facilitate friendly ties with your neighbors! (There is an interpretation service in Korean.)

Date and time: November 11 (Fri.) 3 to 5 p.m.

Place: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabukicho)

Eligibility: 35 people (Japanese people can also participate. On a first-come, first-served basis.)

Application/Inquiries: If you would like to participate in this class, please call the Plaza (Tel: 03-5291-5171) no later than November 10.