



Shinjuku News

No. 30

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Regional and Cultural Affairs Department, Shinjuku City
1-4-1 Kabuki-cho, Shinjuku-ku, Tokyo 160-8484
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Foreign Language Website

www.city.shinjuku.lg.jp/foreign/english/

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Please make your inquiries in Japanese when calling the coordinating division.

Shinjuku City Multicultural Council Established!

Created as an affiliate institution of the Mayor's Office, the Shinjuku City Multicultural Council is meant to promote more comprehensive and effective multicultural city planning in Shinjuku City.



Name

Shinjuku City Multicultural Council

Description

The new council conducts discussions and analyses, writes reports in response to topics the mayor of Shinjuku City specifies, and submits proposals to the mayor.

32 (Term: two years)

Members

The council consists of 28 handpicked members—including those with academic experience and representatives from foreign resident community groups and local community organizations—along with four members from the general public.

Why Not Join the Shinjuku Multicultural Society Coordinating Committee?

Shinjuku City established the Network Coordinating Committee in fiscal 2005 with the goal of building a network of various entities and sharing information. The name was changed to the Shinjuku Multicultural Society Coordinating Committee in fiscal 2010. To date, the committee has held about five general meetings per year, as well as about three subcommittee meetings (with themes of "how the Shinjuku Multicultural Plaza should function," "helping children study," and "support for foreign residents during a disaster") annually to discuss issues and share information.



The third general meeting for fiscal 2012 is scheduled for December. Anyone can be part of the committee, so if you are interested in multicultural living and having friendly exchanges with Japanese nationals and foreign residents, please join. All you need to do is contact the office: Shinjuku Multicultural Plaza, Tel: 03-5291-5171.

The next issue of *Shinjuku News* will be published in January 2013. *Shinjuku News* is available at various public facilities, such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices, and public libraries.

Introducing the Shinjuku Multicultural Plaza

In this issue we will spotlight the Shinjuku Multicultural Plaza—hereafter referred to as “the Plaza”—and the consultants who support the facility.

Since the Plaza opened in September 2005, over 150,000 people have used the facility. The Plaza is a place that everyone should feel free to use, so please take advantage of all the services that are available there!



Foreign Resident Consultation Corner

Mon.	Tue.	Wed.	Thu.	Fri.
Korean (afternoon)	Chinese and Thai	English	Chinese and Myanmar	English (only the 3rd Fri. of the month) and Korean

Consultation Hours: 10 a.m. to 12 noon and 1 to 5 p.m. (closed during the year-end/New Year holidays and on national holidays and the 2nd and 4th Wednesdays of the month)
Telephone Consultation: 03-5291-5171
Consultation Fee: Free of charge



We Can Help You Solve Your Problems!

Consultants Who Assist Foreign Residents

Have you had problems studying the Japanese language or with everyday life in Japan? The Plaza’s consultants can help you deal with your issues, questions, and worries. You will feel a lot better if you talk with someone, and in the process you may find the key to solving your trouble. Please feel free to ask for advice.

English



Hello, everyone! If you ever receive something in the mail from the City Office and do not understand what it says because everything is written in Japanese, please come and ask for help as soon as possible. Promptly asking for help with matters concerning tax notifications, health checkup announcements, and other useful/necessary information can lead to an even more comfortable life. Ask us anything. We hope our consultation services will alleviate any worries and make you smile. We look forward to serving you!

Chinese



It has been seven years since we started consultation services at the Plaza. We handle all kinds of consultation matters, and we always try to put ourselves in the shoes of the person asking for help, and offer advice that will resolve the problem. People can ask for guidance on such matters as labor issues, marital problems, City Office procedural forms, and higher education. We also provide emotional support for those worried about spousal relations, and offer points to remember about everyday life in Japan. No matter what the problem or question, it is better to ask someone rather than bear the burden all by yourself.

Korean



Have you ever felt confused about cultural differences in Japan, had problems handling everyday life here, or worried about aspects such as Japanese-language studies? Please feel free to ask someone for help instead of worrying all by yourself. Let’s talk about things and find a solution together! We hope to help you enjoy everyday life by becoming a part of Japanese society as soon as possible. Please feel free to use the services the Plaza offers.

Myanmar

These days, there are people from not only Myanmar but also the Philippines and other Asian countries coming in for consultation. It does not matter how insignificant your question may seem, whether it concerns problems in everyday life or not knowing whom to turn to for advice, you can always ask us. Simply come to the Plaza and ask a consultant. There is most likely an answer to your problem or question. Do not struggle with it by yourself.



Thai

We work at the Plaza every Tuesday. Whenever you have a specific problem or there is something you would like to know, we are here to help you enjoy life in Japan. Call the Plaza or simply visit us in person—it doesn’t matter what the topic is. We’re also here if you just need someone to talk to. All matters are kept strictly confidential.



Description of the Facilities



Multipurpose Space

The Plaza offers Japanese-language classes as well as seminars and events that are helpful in everyday life. One event, the International Exchange Salon, is particularly popular because participants can meet people from various countries and enjoy talking with each other. Why not join the event to introduce other people to the culture and language of your home country?



Japanese-Language Study Corner

The Plaza provides learning materials for studying the Japanese language as well as materials related to Japanese culture and international exchange. You can read these materials freely and study independently. In addition, volunteers offer Japanese-language group study sessions free of charge (see chart below).

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Kanji 2 to 3:30 p.m.	Japanese-Language Together 2 to 3:30 p.m.		Let's Begin Japanese 2 to 3 p.m.		Japanese-Language Saturday Salon 2 to 4 p.m.
Eligibility: Those who can speak a little Japanese			Eligibility: Those who are studying Japanese for the first time		Eligibility: Anyone is welcome to join.



Everybody's Message Board

You can use this message board to post requests and freely exchange information, such as "I would like to be friends with a foreign resident" and "I am looking for someone with whom I can exchange languages." Why not try to expand your circle of friends through this message board?



Information and Reference Corner

There are various kinds of reference materials here that are useful for foreign residents, such as general information on everyday living, Shinjuku City administration services, volunteer activities, and special events. Since there are a lot of multilingual materials, foreign residents who do not speak Japanese can also take advantage of this area. There are plenty of free pamphlets and fliers you can take home as well.



Consultation Support Center for Foreign Residents

The Plaza incorporates the Consultation Support Center for Foreign Residents, which the Immigration Bureau oversees, and the organizations work together here. You can consult specialists about administrative procedures—such as immigration and visa procedures—free of charge.

Hours: 9 a.m. to 4 p.m. (except when the Plaza is closed)

Telephone Consultation: 03-3202-5535 or 03-5155-4039

Consultation Fee: Free of charge

Languages: Consultations in English, Chinese, and Portuguese are available whenever the Plaza is open. Help in four other languages is also available depending on the day of the week.

For More Information: www.immi-moj.go.jp/info/onestop/pdf/soudan.pdf



Shinjuku Multicultural Plaza

Address: Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku-ku 160-0021

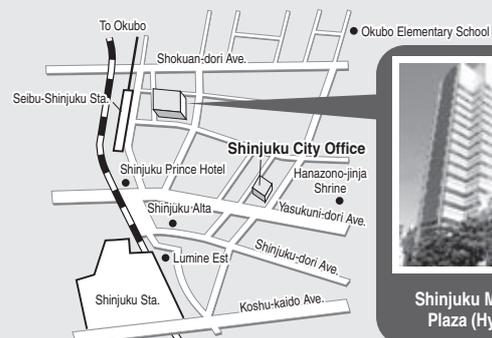
Inquiries: Tel: 03-5291-5171, Fax: 03-5291-5172

How to Get There: A 10-minute walk from JR Shinjuku Station's east exit or a five-minute walk from Seibu-Shinjuku Station

Hours: 9 a.m. to 9 p.m.

Closed: 2nd and 4th Wednesdays and during the year-end/New Year holidays (December 29 through January 3)

Website: <http://www.city.shinjuku.lg.jp/foreign/english/plaza.html>



Shinjuku Multicultural Plaza (Hygeia 11F)

Living Together

Multicultural living refers to people of different nationalities and ethnic races living together and accepting and understanding the differences between their cultures.

In this article, we will report from the front lines of multicultural living.

A year and a half has passed since the Great East Japan Earthquake. Although various recovery programs are being conducted in the disaster-struck areas, many difficulties and issues remain, and many people continue to carry on with their everyday lives full of worries about the future.

There are estimates that an earthquake with Tokyo as the epicenter will occur soon. Since there are over 30,000 foreign residents living in Shinjuku City, providing information when an earthquake strikes is an important issue.

Focusing on providing information to foreign residents when a disaster strikes, we visited the Sendai International Center—the base for the Sendai International Relations Association (SIRA)—which conducts programs that are ahead of their time. We spoke with Ms. Nobuko Sudo, who works in the planning of programs at the center, and had a chance to observe the situation in the disaster-struck area.

Providing Information to Foreign Residents When a Disaster Strikes

Sendai International Center



Exterior of the center

—Please tell us about the main activities of your group.

As an organization affiliated with the city government, we conduct activities that promote multiculturalism with the goal of making Sendai an international city. We also operate the Sendai International Center, which is the central facility for our activities.

We have been training language volunteers since the year 2000 to help foreign residents when a disaster strikes, and since 2010 we have been operating a multilingual support center that provides information in various languages after a disaster. In addition, we provide information on obtaining assistance when a disaster hits via FM radio.

—Please share your thoughts on providing information to foreign residents during a disaster.

I have heard that when the disaster struck, many people headed for their embassy or consulate to tell their family and friends in their home country that they were safe. We realized that we need to work together with these institutions to smoothly provide information to foreign residents.

We think that the radio is an important medium for doing that. During the recent disaster, information was transmitted with news tickers on TV. However, since the tickers used a lot of kanji, it was apparently difficult for foreign residents to read. In comparison, since the radio is audio only, many people said they found it comforting and easier to understand at a time when people were panicking. Another merit was that we could

define the transmission area. In addition, when transmitting information in foreign languages, we discovered we had a lot of volunteer interpreters who could interpret immediately, while translation took more time. Currently, in Sendai City, disaster information is provided via FM radio; however, we are thinking of using Internet radio and YouTube, for example.

Word-of-mouth communication is also indispensable to our information network. During the recent earthquake, we transmitted an e-mail magazine via smart phones and provided information and confirmed the safety of many people from the center. While there was merit of transmitting information to many people at once, there was no way for the center to know how people were able to turn that information into specific action. In comparison, while word-of-mouth was slower, the information was reliable because it was from the person himself/herself or his/her family, friends, host families, and other people who know the individual, and people more easily transfer the information into specific action. When the disaster struck, many Japanese-language volunteers immediately heard directly from their students that they were safe. Many volunteers said they were happy about being volunteers because they taught the Japanese language and were also able to confirm people's safety.



Lobby



Friendly exchange corner

—Please tell us what you learned about the activities of SIRA through the disaster and what your group would like to do in the future.

We realize now that when the earthquake struck, the range of our support was very small. Our staff members also had a physically and emotionally hard time, but we were very disappointed that our support system did not work efficiently and could not transmit much-needed information.

From the recent earthquake we learned that the most crucial thing is to be prepared. For example, we regrettably had not printed reception cards for foreign residents beforehand, and since the photocopy machine was out of order, we had to distribute handwritten cards. In addition, since it was difficult for foreign residents to receive emergency supplies when the disaster hit, we should have stored some supplies at the center on a regular basis.

In the future, we believe we have to eliminate the gap between what we tell foreign residents and what we tell Japanese nationals. This does not mean special treatment for foreign residents. We believe that treating people equally by providing information that everyone can understand is important for eliminating this gap. For this reason, we hope to improve on our aforementioned preparations in providing information, and conduct support activities when a disaster strikes, with the City Office employees as well as volunteers and various organizations, such as NPOs, all helping each other.

Sendai International Relations Association (SIRA)

Inside Sendai International Center, Aobayama, Aoba-ku, Sendai-shi 980-0856

Website: www.sira.or.jp

The Current Situation in Disaster-Struck Areas Sendai Now

Even after a year and a half, many scars of the disaster remain.



A stone wall that shifted position remains untouched.



No one lives in this private residence gutted during the catastrophe.



A gasoline station that collapsed remains untouched.



There are still no specific plans for dealing with the countless piles of rubble.

Shinjuku Fashion Field 2012

In the fall, you'll have a great chance to see some unique fashions up close. A fashion contest with the theme "Cosmopolis Dreaming" will be held in late November. It will be fascinating to see how the designs capture images of the international city of Shinjuku and the fashion culture. Fashion models will wear the entries that pass the preliminary screening, and a grand prize-winner will be chosen.

Date and Time: November 23 (Fri.), 2012; show begins from 2 p.m. (hall opens at 1:30 p.m.)
Location: Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku-ku)
Admission: Free of charge
Inquiries: Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141



Fureai Festa 2012

This annual local festival will be held in Toyama Park. There will be various performances, such as *taiko* (Japanese drums), jazz music, and Japanese and foreign dance shows, at three stage areas. There will be plenty of events, vendors selling local specialties, and various stalls in eight plazas. There will be something fun for everyone, from children to adults. Why not step out with your family to enjoy the city's biggest festival?



Date and Time: October 21 (Sun.), 2012, 10 a.m. to 4 p.m.

Location: Toyama Park (Okubo 3-chome)

How to Get There: A three-minute walk from Nishi-Waseda Station on the Fukutoshin Subway Line, a 10-minute walk from Takadanobaba Station on the JR Yamanote Line or Seibu-Shinjuku Line, or a 15-minute walk from JR Shin-Okubo Station
Note: Because there is no parking available, please refrain from coming by car.

Inquiries: Culture and Tourism Division, Tel: 03-5273-4069

Dance Festa 2012

Welcome to our exotic world! Dance Festa 2012 is an event with the goal of promoting multicultural living through dances, performances, food and crafts from various countries around the world. While you're enjoying the folk dancing and music and street performers, please stop by the booths that fill the event site. They introduce various countries and their cuisines, as well as traditional crafts that are full of attractive qualities.

We look forward to welcoming you!



Date and Time: November 10 (Sat.), 2012, 11 a.m. to 5 p.m.

Location: Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku-ku)

Admission: Free of charge

Inquiries: Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141

Popular Spots to View Autumn Leaves

Let's Enjoy the Colors of Fall!

In Japan, stepping out to enjoy the colors of autumn is called *momiji-gari* (literally, "hunting for maples") and many people do just that between October and December as the leaves dramatically change color. Shinjuku City has many places where you can enjoy the display. Why not take a leisurely stroll while enjoying the colors of fall that are rendered even more vivid against the backdrop of a blue autumn sky?

▣ Toyama Park (Hakone-yama Area)

Peak Season: November through early December
 Location: Toyama 2-chome, Shinjuku-ku
 How to Get There: About a five-minute walk from Waseda Station on the Tozai Subway Line
 Point: This park is popular as a spot for enjoying vivid fall colors while taking a walk along the promenade path.

▣ Kansen-en Park

Peak Season: November through early December
 Location: Nishi-Waseda 3-chome, Shinjuku-ku
 How to Get There: A one-minute walk from Omokagebashi Station on the Toden Arakawa Line or about a seven-minute walk from Waseda Station on the Tozai Subway Line
 Point: A leisurely stroll around a lake is the perfect way to enjoy natural autumn scenery.



▣ Shimo-Ochiai Yachono-Mori Park

Peak Season: November through early December
 Location: Shimo-Ochiai 2-chome, Shinjuku-ku
 How to Get There: A 10-minute walk from Shimo-Ochiai Station on the Seibu-Shinjuku Line
 Point: Trees turning red and yellow around a lake where wild birds visit is a spectacular sight.

▣ Autumn Colors of Sotobori (Outer Moat) Area

Peak Season: November
 Location: Ichigaya-Tamachi 1-, 2-, and 3-chome, Shinjuku-ku; Ichigaya-Funagawara-machi area; and Kagurazaka 1-chome
 How to Get There: Between JR Ichigaya Station and JR Iidabashi Station
 Point: This location is famous for autumn colors in the fall and cherry blossoms in the spring. The beautiful natural scenery can be enjoyed even from inside a train.

▣ Shinjuku Chuo Park

Peak Season: Late October through early December
 Location: Nishi-Shinjuku 2-chome, Shinjuku-ku
 How to Get There: About a seven-minute walk from JR Shinjuku Station or less than a minute walk from Tocho-mae Station on the Toei Oedo Line
 Point: The view of autumn colors from the upper floors of high-rise buildings is attractive in a different way than the view from the ground.



▣ Shinjuku Gyoen National Garden (Admission fee required)

Peak Season: October through December
 Location: Naito-machi, Shinjuku-ku
 How to Get There: A five-minute walk from Shinjuku Station or a two-minute walk from Shinjuku Gyoen-mae Station or Shinjuku Sanjome Station
 Point: You can enjoy a pleasant stroll around the grounds of the spacious park, and there are many interesting spots. You can see particularly beautiful and vivid autumn colors near the row of platanus trees. In addition, with about 47,000 plants and flowers for visitors to enjoy the change of seasons, the recently completed Tamagawa and Naito Shinjuku Waterworks Promenade, which stretches about 540 meters, is a recommended walking course. (Use of the promenade is free of charge.)

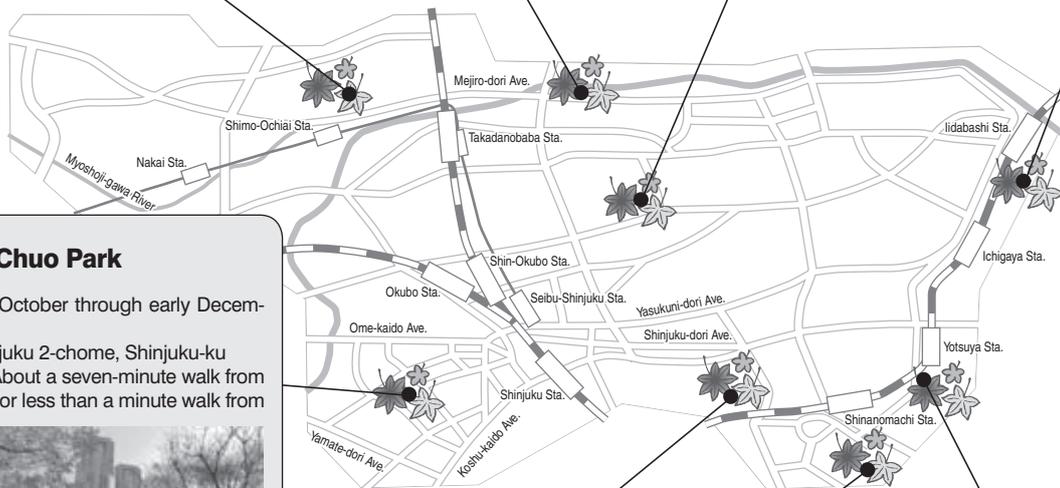


▣ In front of the main gate of the Geihinkan (State Guest House)

Peak Season: November
 Location: Yotsuya, Shinjuku-ku
 How to Get There: A one-minute walk from Yotsuya Station
 Point: The word "spectacular" best describes the combination of the variety of autumn colors with the main gate of the Geihinkan.

▣ Meiji Jingu Gaien

Peak Season: Mid-November
 Location: Kasumigaoka-machi, Shinjuku-ku, and Kita-Aoyama, Minato-ku
 How to Get There: A three-minute walk from JR Shinanomachi Station or Kokuritsu-Kyogijo Station on the Toei Oedo Line
 Point: This is one of the leading spots for viewing the colors of fall in Tokyo. A row of ginkgo trees stretching hundreds of meters turns yellow to create a dreamy world.



Holiday Service Counter (limited services available)

The City Office now has a holiday service counter offering limited services for those who are unable to come in on weekdays.



Days and Hours: The fourth Sunday of every month, from 9 a.m. to 5 p.m.

Location: Shinjuku City Office Main Bldg. 1F (there is a special service counter on the first floor for services related to National Health Insurance and city tax certificates)

Note: Branch Offices do not have a holiday service counter.

Services Available

In the following cases, notification forms and issuing requests may not be handled: (Please be sure to call the responsible division before coming to the City Office, and visit the Shinjuku City website as well.)

- If you are not eligible to file a notification form or a request
- If confirmation with another institution is necessary
- If you do not have the required documents or documents to confirm your identification (or in the case of a proxy, the proxy has no proxy letter or documentation to confirm his/her identity)

	Services Available	Responsible Division/Tel.
Resident registration	Notification of moving in/out/within Shinjuku City and change of household. Note: Notification of Japanese nationals moving in from overseas is not handled.	Resident Registration Section, Family and Resident Registration Division Tel: 03-5273-3601 Fax: 03-3209-1728
	Notification of address of foreign resident. Note: A residence card or special permanent resident certificate (or foreign resident registration card for those who have not yet converted the card) is required.	
	Copies of residence records and certificates of registered items in the residence record. Note: Only the applicant himself/herself or a family member living in the same household (someone included in the same residence record) can request copies.	
	Certificate of nonresidence	
	Application for and cancellation of personal seal registrations	
	Personal seal registration certificate. Note: The person's personal seal registration card is required.	
	Applications to register to use automated issuing machines	
Family registration	Applications pertaining to special permanent residents. Note: For application for special permanent residence for a newborn baby, the birth notification must already have been received.	Family Register Section, Family and Resident Registration Division Tel: 03-5273-3509 Fax: 03-3209-1728
	Receipt of family register-related notification. Note: Confirmation of information in the notification will be conducted on the next City Office business day.	
	Cremation/reburial permits and city resident funeral discount	
	Copies of complete family registers or extracts of these registers, deleted family registers, or family registers created before the family registration system changed; certificates of registered items in family registers (or deleted family registers) for the entire (or part of) household; copies of address history (appendices of the family register) Note: Only the person noted in the family register, the spouse, and direct blood relatives (documentation showing the family relationship is required) can apply for copies of these documents.	
National Health Insurance	Certificates of identification (a document showing that you are not an adult ward, etc.) and certificates of nonregistration	National Health Insurance Eligibility Section, Medical Insurance and Pension Division (Shinjuku City Office Main Bldg. 4F) Tel: 03-5273-4146
	Procedures related to obtaining eligibility (Certificate of loss of eligibility of worker's health insurance is required. If there are no dependents, the retirement certificate can be used instead.)	
City taxes	Procedures related to loss of eligibility (The health insurance card from the place of employment is required.) Foreign residents should bring their residence card or special permanent resident certificate (or foreign resident registration card for those who have not yet converted the card) and passport.	Collection Section, Tax Affairs Division (Shinjuku City Office Main Bldg. 6F) Tel: 03-5273-4139
	Certificates of payment, taxation, and tax exemption (issued only for those who filed a tax or income report and whose tax information is recorded at the City Office)	

★ Hours are extended to 7 p.m. every Tuesday. Some procedures cannot be handled during these hours, however—because confirmation with another institution is necessary, or for other reasons—the same as during holiday service hours. Please call the responsible division in advance for more information.

If You Do Not Pay Your National Health Insurance Premiums

If you are behind in paying your health insurance premiums, the expiration date of your health insurance card is September 30, 2012. Unless you pay your premiums, you will have to turn in your health insurance card and will receive an eligibility certificate instead. Having an eligibility certificate means you must pay all medical costs upfront when receiving treatment at a hospital or clinic. (In some cases, you can receive a reimbursement of 70 percent of the cost upon application.) If you continue to avoid making premium payments, your wages may be seized and applied to the balance due on your health insurance premiums.

Before that happens, please ask for advice. We have programs for reduction/exemption of health insurance premiums or issuing a health insurance card in certain cases if there are special circumstances behind the failure to pay, such as an extreme decrease in income due to illness or other such circumstance.

Please visit the Shinjuku City website or ask for more information if you have any questions concerning the National Health Insurance program or concerning health insurance premiums.

Inquiries: Payment Consultation Section, Medical Insurance and Pension Division, Tel: 03-5273-3873 (in Japanese)

Polio Immunizations Now Use Inactive Vaccines

Live vaccines were previously used for polio immunizations, and group immunizations were conducted at Public Health Centers and other locations during the spring and fall. On September 1, 2012, the type of immunization changed to individual immunization using inactive polio vaccine, and immunizations are conducted throughout the year at medical institutions designated by Shinjuku City.

Based on the city's immunizations records, Shinjuku City mailed a preliminary checkup sheet and announcement for the individual polio (inactive) immunizations on Wednesday, August 29 to those born between January 1, 2010 and June 30, 2012. Please be sure to confirm your child's immunization record with your *Mother and Child Health Handbook (Boshi Kenko Techo)*, and have your child receive the prescribed number of immunization shots. If you would like your child to be immunized, please make a reservation with a medical institution designated by Shinjuku City.

Please note that in some cases you may not be able to make a reservation for immunization right away, since vaccine manufacturers may not be able to supply medical institutions with enough vaccines immediately after this change.

If you want your child to be immunized but do not have a preliminary checkup sheet, please call the Public Health Promotion and Disease Prevention Division. Please note that the preliminary checkup sheets sent in

the past are no longer usable.

In addition, the introduction of the four-type combination vaccine (diphtheria, pertussis, tetanus, and inactive polio) is scheduled for around November 2012. If your child has already undergone a dose of polio immunization or the three-type combination vaccine (diphtheria, pertussis, and tetanus) before the introduction, however, he/she is not eligible for the four-type combination vaccine. In that case, please get your child an individual inactive polio immunization.

Eligibility (inactive polio): Children three months of age to seven years and five months of age

No. of shots: Four times (first immunization shot, second shot, third shot, and booster)

Notes: 1. If your child has already received the live vaccine twice, no further immunizations are needed.

2. As of September 1, 2012, the booster shot is still in clinical trials and has not been designated as a government-recommended immunization. As soon as it is approved, a preliminary checkup sheet will be mailed to those who are eligible.

Fee: Free of charge



Mailing Details on Preliminary Checkup Sheets

Who Receives Mailed Information	Checkup Sheets to Be Mailed	No. of Sheets Mailed	Mailing Period
Those born on or before December 31, 2009		Will not be contacted via mail.	If you want your child to receive immunizations, please call the Public Health Promotion and Disease Prevention Division. A preliminary checkup sheet will be sent to you.
Those born between January 1, 2010, and June 30, 2012	Preliminary checkup sheet for individual inactive polio vaccine shots	Those who have not been immunized: three sheets (for first immunization shot, second shot, and third shot) Those who have been immunized once: two sheets (for second shot and third shot) Those who have been immunized twice: Will not be notified.	August 29 (Wed.), 2012
Those born between July 1 and 31, 2012	Preliminary checkup sheet for individual inactive polio vaccine shots	Three sheets (for first immunization shot, second shot, and third shot)	Before the child turns two months old
Those born between August 1 and 31, 2012 (subject to change)	Preliminary checkup sheet for DPT-IPV (4-type-combination vaccine) immunization	4 sheets (for first immunization shot, second shot, third shot, and booster)	Before the child turns three months old

Inquiries

Disease Prevention Section, Public Health Promotion and Disease Prevention Division (Shinjuku City Office New Wing of Annex 2, 1F),
Tel 03-5273-3859



Recruiting Students for Shinjuku City Japanese-Language Class (September through December)

Let's learn basic Japanese for everyday living!

If there is an opening, you can start in the middle of the term.



Eligibility Beginning level—Those who need to learn basic Japanese necessary for everyday living (However, those who are of junior high school age and younger are not permitted to join the class.)

Date and Time Weekdays, September through December, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on Mondays and Thursdays only.) There are classes that meet once a week and those that meet twice a week. Schedules vary depending on the class location.

Location 10 locations in the city, including Shinjuku Multicultural Plaza

Fee Classes that meet once a week—¥2,000
Classes that meet twice a week—¥4,000
Note: There will be no refunds of fees.

To Apply Complete an application form and either mail or fax it to the Shinjuku Bunka Center (6-14-1 Shinjuku, 160-0022; Fax: 03-3350-4839).

Inquiries

Cultural Exchange Division, the Shinjuku Foundation for Creation of Future

6-14-1 Shinjuku, Shinjuku-ku 160-0022

Tel 03-3350-1141, Fax 03-3350-4839

E-mail bunka@regasu-shinjuku.or.jp

Website www.regasu-shinjuku.or.jp/