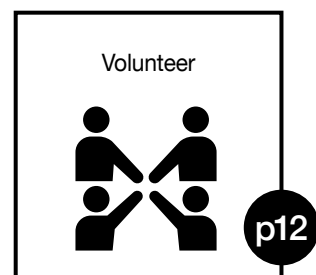
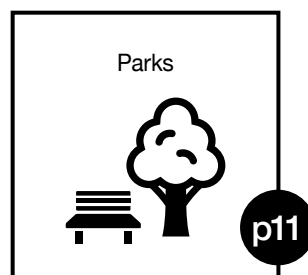
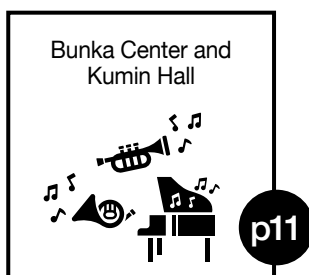
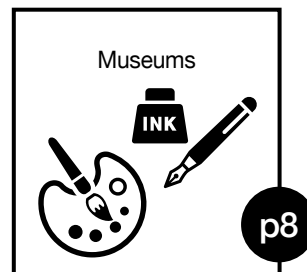
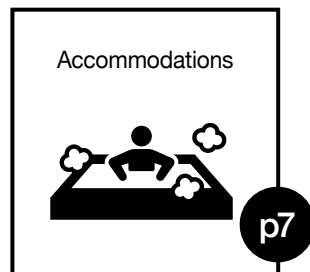
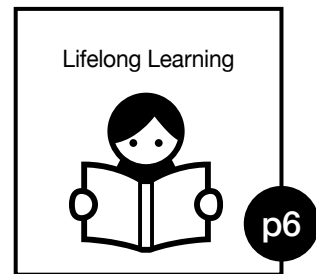
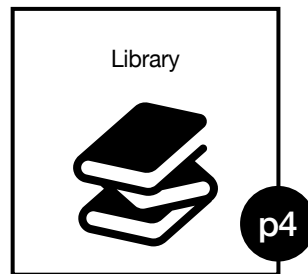
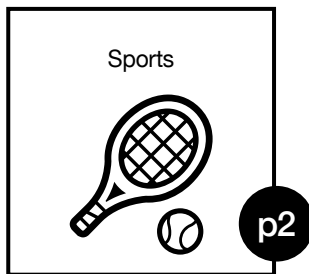


Leisure

Enjoy Your Free Time in Shinjuku City



This booklet is divided into 8 parts

1. Preparing for Emergencies and Disasters
2. Procedures for Changes of Address and Taxes
3. Insurance, Health Maintenance and Welfare
4. Employment and Status of Residence
5. Childbirth, Child-Raising, and Education
6. Living
7. Leisure
8. Useful Information

For inquiries regarding matters written in this book, please refer to the Shinjuku Foreign Resident Advisory Corner noted on the last page of this booklet where counseling in foreign languages is available. When you contact departments or telephone numbers listed in this booklet, **unless otherwise specified, be sure to speak in Japanese or have someone who speaks Japanese talk for you. The information in this publication is subject to change.**

This booklet is also posted on the Shinjuku City website.



Sports

■ Sports Facilities in the City

Shinjuku City has sports facilities, such as gymnasiums, martial arts venues, heated pools, baseball grounds, and tennis courts. Since the usage procedures (such as group use and individual use), the sports facilities available, eligibility requirements, and fees (if any) vary with each facility, please call for more information.

● Shinjuku Cosmic Sports Center

🏠 3-1-2 Okubo, Shinjuku-ku

👉 **The Shinjuku Foundation for Creation of Future**

☎ 03-3232-7701

🌐 <https://www.regasu-shinjuku.or.jp/?p=89688>

Hours: 9 a.m. to 10 p.m.

Closed: 2nd Monday of the month (or the following day if it is a national holiday), during the year-end/New Year holidays (December 29 through January 3), and special holidays

There is a heated pool, sports room, martial arts area, archery area, and toddlers' sports room. You can do water walking in the pool.

There are also sports lessons in which you can join in the sport of your choice any time, such as aerobics, yoga, stretch, and hula.

● Okubo Sports Plaza

🏠 3-7-42 Okubo, Shinjuku-ku

👉 **The Shinjuku Foundation for Creation of Future**

☎ 03-5285-1477

🌐 <https://www.regasu-shinjuku.or.jp/?p=159664>

Hours: 9 a.m. to 10 p.m.

Closed: 3rd Monday of the month (or the following day if it is a national holiday), during the year-end/New Year holidays (December 29 through January 3), and special holidays

There are a tennis court, multipurpose hall, Japanese room, etc.

● Yotsuya Sports Square

🏠 1-6-4 Yotsuya, Shinjuku-ku

👉 **The Shinjuku Foundation for Creation of Future**

☎ 03-6273-2651

🌐 <https://www.regasu-shinjuku.or.jp/?p=159666>

Hours: 9 a.m. to 10 p.m.

Closed: 2nd Monday of the month (or the following day if it is a national holiday), during the year-end/New Year holidays (December 29 through January 3), 3rd Saturday of July, and other special holidays.

The facilities include a multipurpose hall, music room and meeting room. The facilities can be used for volleyball, badminton and ping-pong, as well as for music activities and meetings.

● Outdoor Sports Facilities

You need to register your group beforehand in order to use the following outdoor sports facilities. For details, please call the following number.

👉 **The Shinjuku Foundation for Creation of Future**

☎ 03-3232-7701

🌐 <https://www.regasu-shinjuku.or.jp/?p=159668>

○ Baseball Fields/Soccer Fields

- Nishi-Toyama Park Baseball Field
🏠 4-1 Hyakunin-cho, Shinjuku-ku
- Ochiai Chuo Park Baseball Field
🏠 1-2 Kami-Ochiai, Shinjuku-ku

○ Tennis Courts

- Kansen-en Park Tennis Courts (2 courts)
🏠 3-5 Nishi-Waseda, Shinjuku-ku
- Nishi-Ochiai Park Tennis Courts (2 courts)
🏠 2-19 Nishi-Ochiai, Shinjuku-ku
- Ochiai Chuo Park Tennis Courts (1 court)
🏠 1-2 Kami-Ochiai, Shinjuku-ku
- Okubo Sports Plaza Tennis Courts (2 courts)
🏠 3-7-42 Okubo, Shinjuku-ku

○ Facilities/Sports Grounds Mainly for Elementary School Children

- Kita-Shinjuku Multipurpose Square
🏠 3-20 Kita-Shinjuku, Shinjuku-ku
- Myoshojigawa Park Athletic Square
🏠 1-33 Matsugaoka, Nakano-ku
- Nishi-Ochiai Park Youth Baseball Field
🏠 2-19 Nishi-Ochiai, Shinjuku-ku
- Toyama Park (Hakoneyama area) Multipurpose Athletic Square
🏠 3-2 Toyama, Shinjuku-ku

- Former Yodobashi Junior High School Multipurpose Athletic Square
(🏠 1-21-10 Kita-Shinjuku, Shinjuku-ku)
- Multipurpose exercise plaza at the Shinjuku Kokokara Hiroba (Adults also may use some areas.)
(🏠 7-3-29 Shinjuku, Shinjuku-ku)

● Shinjuku Sports Center

(🏠) 3-5-1 Okubo, Shinjuku-ku

(👉) **Shinjuku Sports Tech & Science Consortium**

(☎) 03-3232-0171

(🌐) <https://www.shinjuku-sportscenter.jp/>

Hours: 9 a.m. to 10 p.m.

Closed: Every 4th Monday (If the day falls on a national holiday, the following day), year-end/New Year holidays (between December 29 and January 3), and special holidays

There is a training room, a jogging course, a heated swimming pool, a gymnasium, and a martial art room. Public lessons and other events are held here.

● Municipal Genkikan

(🏠) 3-18-1 Toyama, Shinjuku-ku

(👉) **Tokyu Sports Oasis Co., Ltd. and Tokyu Community Consortium**

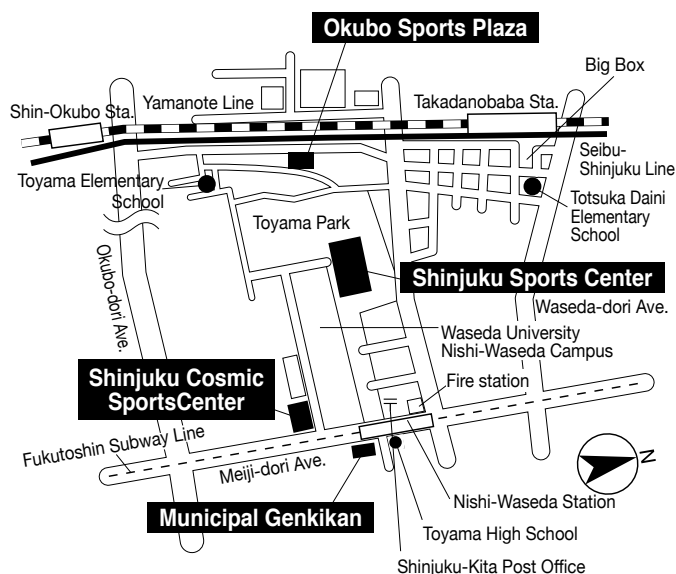
(☎) 03-3202-6291

(🌐) <https://www.sportsoasis.co.jp/sh45/>

Hours: 9 a.m. to 9 p.m. (A training room until 8:45 p.m. on Monday through Saturday; until 5:45 p.m. on national holidays)

Closed: 2nd Monday of the month (The following day if it is a national holiday) and during the year-end/New Year holidays (December 29 through January 3)

There are various exercise programs that everyone from infants and toddlers to the elderly can participate in to maintain good physical and mental health, such as yoga and stretching. There are also training rooms where you can walk and do muscle training. In addition, you can rent the gymnasium for basketball, badminton, ping-pong and other activities and meeting rooms (on a reservation basis). Since the fees and hours vary, please call for more information.



● Shinjuku Chuo Park Futsal Facility (one court)

Group registration is required in advance. Please call for more information, such as usage fees, group registration procedures and usage application procedures.

(🏠) 2-11 Nishi-Shinjuku, Shinjuku-ku

(👉) **Shinjuku Chuo Park Futsal Administrative Building**

(☎) 03-5321-6237

(🌐) <https://parks.pr.fj.or.jp/shinjuku/futsal/>

Hours: 9 a.m. to 10 p.m.

Closed: During the year-end/New Year holidays (December 29 through January 3)

Note: The facility may also be closed for maintenance.

■ School and Other Facilities Open to the Public

(👉) **Regional Exchange Division, the Shinjuku Foundation for Creation of Future**

(☎) 03-3232-5121

The facilities of municipal elementary and junior high schools, etc. are open to groups of those who live or work in Shinjuku City insofar as their use does not interfere with school classes. The facilities available, hours they are open, and so on vary with each facility, so please call the City Office for more information.

Library

Municipal Library

Maintenance Section, Chuo Library

There are ten public libraries in Shinjuku City besides Chuo Library, with a total of over 1,000,000 volumes of books, over 60,000 audio-visual materials, over 200 types of newspapers, and 1,900 types of magazines in storage. You can take advantage of the photocopying services for these materials, using copy machines in each library (fees charged) within the limits of copyright laws. Audio-visual materials include CDs, videos, DVDs, and cassette tapes.

Books and audio-visual materials stored in municipal libraries except for the City Administration Information Center (branch library of Chuo Library) can be searched for and reserved via Internet. This system for searching for and reserving materials is available on a 24-hour basis. If you do not use Internet, the search and reservation service is available by telephone within the opening hours of each library. If there is a book that is not stored in Shinjuku City, you may borrow the book using the mutual check-out system between metropolitan Tokyo and other autonomous local groups, so please do not hesitate to ask at the counter.

Note: Since the hours, materials, and services vary with each library, please check the service dates and hours before you visit the library.

You can borrow the books and audio-visual materials stored in the City Administration Information Center as well, but the materials of this center cannot be returned to any other municipal libraries.

To Borrow Materials

In addition, a library card is required to borrow and reserve books and materials. Please bring your health insurance card, driver's license, residence card, or other official document that confirms your name and address to the nearest municipal library when you register for your library card. A requirement for the library card registration is those who live in Tokyo, or work or study in the city.

In addition, a publication called *Shinjuku Municipal Library Guide* (in Japanese, English, Chinese, and Korean) is available for free at each library. Information can also be viewed in foreign languages via the Shinjuku City Information on Everyday Living for Foreign Residents website.

www.foreign.city.shinjuku.lg.jp/en/pdf

Multicultural Library Services

Multilingual Book Search Assistance (Okubo Library)

Okubo Library, which aims to improve its multicultural services, offers assistance in searching for books and doing research in Korean and Chinese. In addition, there are staff members who can speak English, Chinese, and Korean. If you have any questions or problems, please feel free to ask for help at the circulation desk.

Multicultural Book Corner

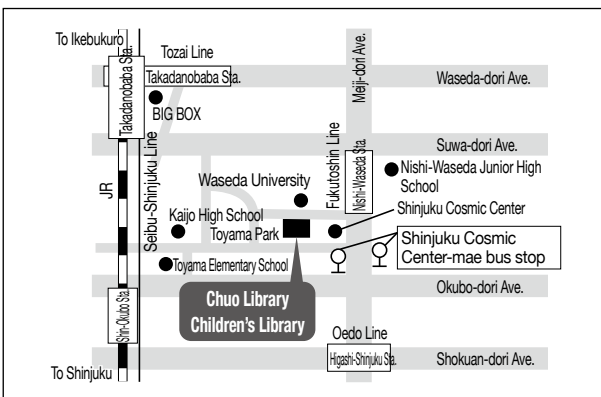
Yotsuya Library and Okubo Library both have a multicultural book corner with books in Korean, Chinese, English, and other languages. You can request foreign-language books using a request card for multicultural books. These cards are available at these libraries.

Storytelling in Foreign Languages

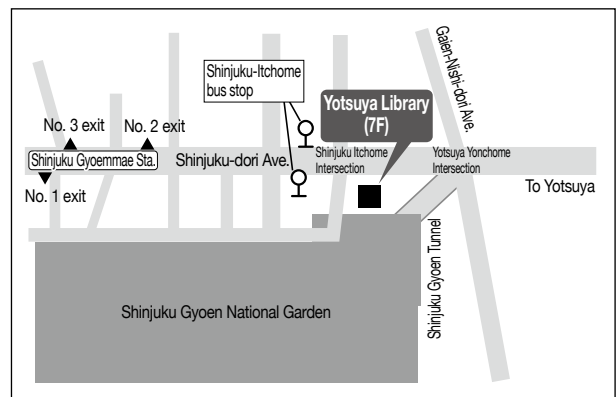
Storytelling events in foreign languages for children are held on an ongoing basis at Children's Li-

Library Map

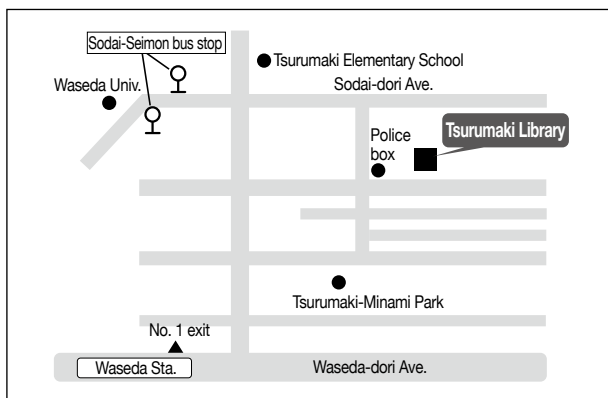
Chuo Library/Children's Library



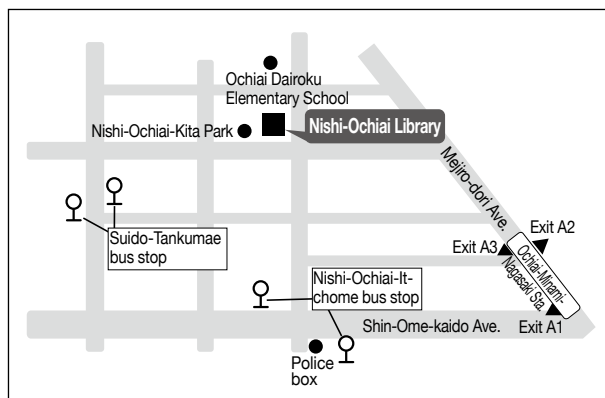
Yotsuya Library



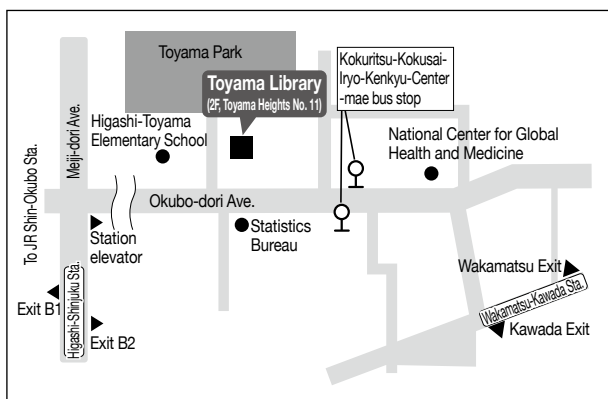
Tsurumaki Library



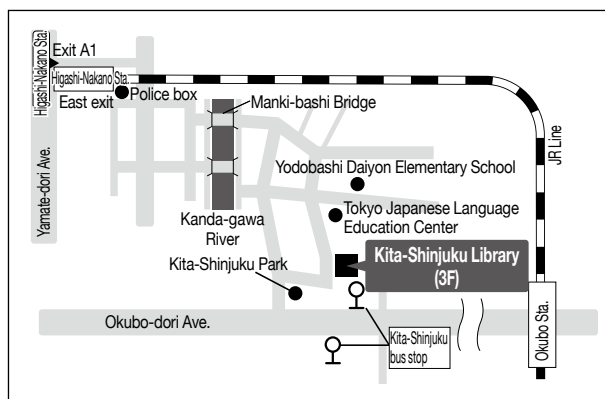
Nishi-Ochiai Library



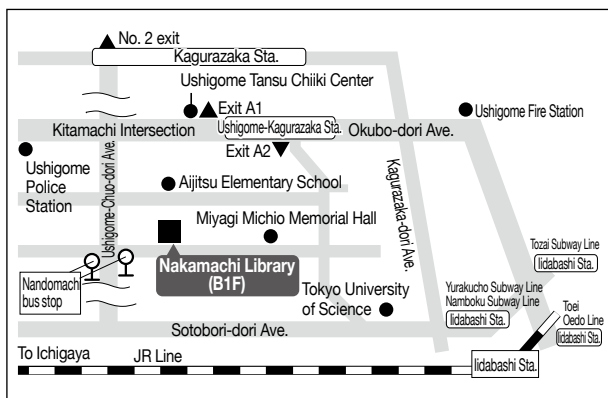
Toyama Library



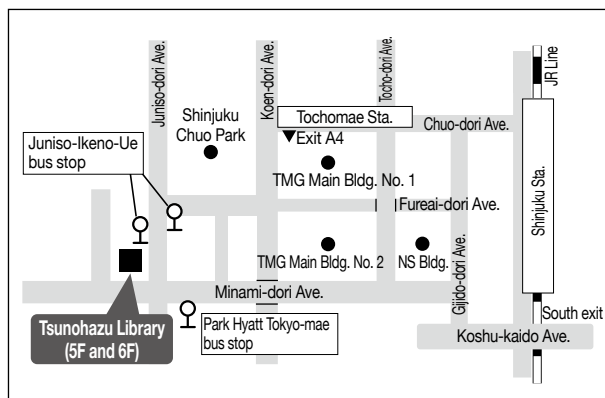
Kita-Shinjuku Library



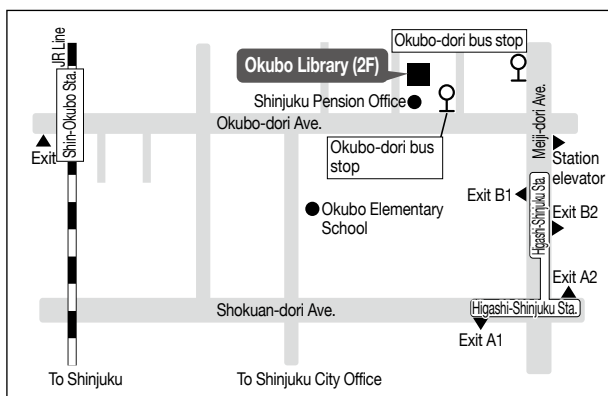
Nakamachi Library



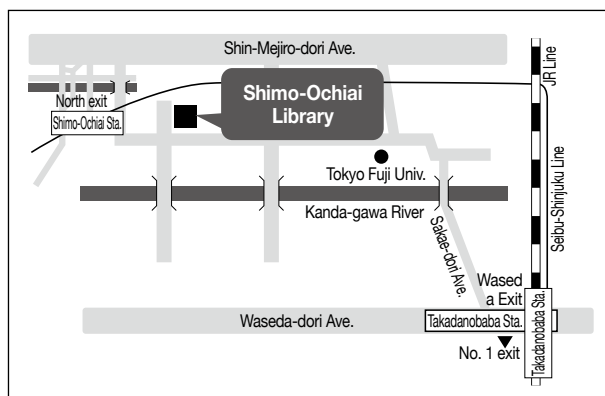
Tsunohazu Library



Okubo Library



Shimo-Ochiai Library



brary, Yotsuya Library, Nishi-Ochiai Library, Toyama Library, Kita-Shinjuku Library, Nakamachi Library, Tsunohazu Library, Okubo Library, and Shimo-Ochiai Library.

- Chuo Library/Children's Library
 3-1-1 Okubo, Shinjuku-ku
 03-3364-1421
- Yotsuya Library
 87 Naito-machi, Shinjuku-ku
 03-3341-0095
- Tsurumaki Library
 521 Waseda-Tsurumaki-cho, Shinjuku-ku
 03-3208-2431
- Nishi-Ochiai Library
 4-13-17 Nishi-Ochiai, Shinjuku-ku
 03-3954-4373
- Toyama Library
 2-11-101 Toyama, Shinjuku-ku
 03-3207-1191
- Kita-Shinjuku Library
 3-20-2 Kita-Shinjuku, Shinjuku-ku
 03-3365-4755
- Nakamachi Library
 25 Naka-cho, Shinjuku-ku
 03-3267-3121
- Tsunohazu Library
 4-33-7 Nishi-Shinjuku, Shinjuku-ku
 03-5371-0010
- Okubo Library
 2-12-7 Okubo, Shinjuku-ku
 03-3209-3812
- Shimo-Ochiai Library
 1-9-8 Shimo-Ochiai, Shinjuku-ku
 03-3368-6100
- City Administration Information Center
 (Branch library of Chuo Library in the City Office)
 Shinjuku City Office Main Bldg. 1F, 1-4-1
 Kabuki-cho, Shinjuku-ku

Lifelong Learning

Enjoy Lifelong Learning

-  **The Shinjuku Foundation for Creation of Future**
 03-3232-7701

The Shinjuku Foundation for Creation of Future conducts programs for various types of people, such

as for children, adults, families, disabled persons, and senior citizens.

Please feel free to contact this association for sports events and lessons, various lifelong learning classes and introduction of instructors and more.

Lifelong Learning Consultation

-  **The Shinjuku Foundation for Creation of Future**
 03-3232-7701

Various consultation services are available concerning general lifelong learning, such as when you want to study something, participate in some type of sports, join a circle, or manage a study group. Please feel free to ask for advice.









Lifelong Learning Halls

-  **Culture and Learning Division, the Shinjuku Foundation for Creation of Future**
 03-3350-1141

These are facilities for events planned by resident groups that conduct lifelong learning programs. There are five such facilities in the city.

Any individual/group that has filed a registration can apply up to two months before the day it wishes to use one of these facilities. A group registration is accepted if it meets designated requirements. A group can apply for a facility for dates up to three months in advance—starting on the fourth Saturday (third Saturday in December) of the initial month—and the rental fee may be discounted as well.

Please feel free to use these halls as neighborhood lifelong learning facilities. Facility staff can also refer you to groups that conduct activities at each hall. Please feel free to inquire for details about the facility you plan to use.

- Akagi Lifelong Learning Hall
 1-3 Akagi-Moto-machi, Shinjuku-ku
 03-3269-2400
- Toyama Lifelong Learning Hall
 2-11-101 Toyama, Shinjuku-ku
 03-3207-1181
- Kita-Shinjuku Lifelong Learning Hall
 3-20-2 Kita-Shinjuku, Shinjuku-ku
 03-3365-3541
- Sumiyoshicho Lifelong Learning Hall
 13-3 Sumiyoshi-cho, Shinjuku-ku
 03-3351-6566

- Nishi-Toyama Lifelong Learning Hall
 - 🏠 4-7-1 Hyakunin-cho, Shinjuku-ku
 - ☎ 03-3368-3221

■ Environmental Studies and Information Center

This center rents exhibition rooms and training rooms where exhibitions and presentations of activities pertaining to the environment of city residents can be held. In addition, the center holds various events and classes related to the environment throughout the year. Consultations on environmental studies and activities are also offered on an ongoing basis.

This center, a joint facility with the Resident Gallery, is nicknamed the “Eco Gallery.”

🏠 Eco Gallery Shinjuku 2F, inside Shinjuku Chuo Park, 2-11-4 Nishi-Shinjuku, Shinjuku-ku

☎ Eco Gallery Shinjuku
☎ 03-3348-6277

■ Galleries

These facilities are available for residents and resident groups as a venue to exhibit the fruits of culture and art programs, such as paintings, literature, and photographs. For more information, please contact the particular facility.

● Resident Gallery

🏠 Eco Gallery Shinjuku 1F, inside Shinjuku Chuo Park, 2-11-4 Nishi-Shinjuku, Shinjuku-ku

☎ Eco Gallery Shinjuku
☎ 03-3348-6277

● Mirukku (Gallery O-Guard)

🏠 1-30 Kabuki-cho, Shinjuku-ku (North side pedestrian walkway under the Shinjuku O-Guard)

☎ Culture and Learning Division, the Shinjuku Foundation for Creation of Future
☎ 03-3350-1141

Accommodations

For Reservations: Shinjuku City resort facility reception (Main Bldg. 1F)

☎ 03-5273-3881

Hours: Weekdays from 9 a.m. to 5 p.m. (excluding holidays and during the year-end/New Year’s holiday)

Note: On Saturdays, Sundays, and national holidays,

please call Nippon Travel Agency (☎ 03-5369-3902; 10 a.m. to 6 p.m.; reservations are accepted by phone only).

■ Resident Resort Facilities and Resident Health Villages

🏠 Lifelong Learning and Sports Division

Shinjuku City has resident resort facilities in Hakone-machi, Kanagawa Prefecture, and a Resident Health Village in Hokuto-shi in Yamanashi Prefecture. You can lodge at these facilities at discounted rates, enjoy delicious meals and take a refreshing *on-sen* (hot spring bath).

- Eligibility: Shinjuku City residents and non-residents (Only Shinjuku City residents may participate in the lottery.)
- Usage Procedures: First, a lottery for Shinjuku City resident applicants is conducted. Applications are then accepted from Shinjuku City residents for the remaining vacant rooms, after which applications from nonresidents will be accepted if any rooms are left. For more information, please read *Koho Shinjuku* (in Japanese; issued on the 25th of every month).

● Hakone Tsutsuji-so (Naka-Gora Resident Resort Facility)

🏠 1320 Gora, Hakone-machi, Ashigara-Shimo-gun, Kanagawa Prefecture

☎ 0460-82-1144

How to Get There: From Hakone-Yumoto Station on the Odakyu Line, take the Hakone Tozan Railway to Gora Station and then ride the cable car to Naka-Gora Station; a seven-minute walk from the station.

🌐 <http://www.hakone-tsutsujiso.jp>

● Green Hill Yatsugatake (Resident Health Village)

🏠 1622 Nakamaru, Nagasaka-cho, Hokuto-shi, Yamanashi Prefecture

☎ 0551-32-7011

How to Get There: Get off at Nagasaka Station on the Chuo-Honsen Line; a 10-minute bus ride from the station. Or get off at the Nagasaka Takane bus stop on the Chuo Expressway Bus; a 15-minute hotel bus ride from the bus stop.

🌐 <http://www.kenkoumura.jp>

■ Village Megamiko

🏠 Educational Activities Support Section, Education Support Division

These facilities are open to the public for those who live or work in the city and their accompanying persons. There is a south building (residents' building) that can be used year-round, and the north building (school building) can be used if a school is not using it.

● Village Megamiko (Megamiko Kogen School)

🏠 994 Aza-Akanumadaira, Oaza-Ashida-Hakkano, Tateshina-machi, Kita-Saku-gun, Nagano Prefecture
Facilities:

South bldg. (residents' bldg.): 10 Japanese-style rooms; capacity: 40 persons

North bldg. (school bldg.): 26 Japanese-style rooms; capacity: 156 persons

Eligibility: Those who live or work in Shinjuku City, and persons accompanying them

Application: Applications are accepted by phone or in person at the service counter. The Village Megamiko website (🌐 <http://megamiko.net/>) provides information as well.

Museums

■ Shinjuku Historical Museum

🏠 12-16 Yotsuya-San-ei-cho, Shinjuku-ku

☎ 03-3359-2131

FAX 03-3359-5036

🌐 <https://www.regasu-shinjuku.or.jp/rekihaku/>

This museum presents local history and culture focusing on Shinjuku City. The facility has a reading room for investigating and researching local history and cultural assets. It can be used with no restrictions.

The exhibit rooms have a permanent exhibit and special exhibits. The special exhibits are particularly interesting, as they take up themes that are relevant to the times.

● Information

Hours: 9:30 a.m. to 5:30 p.m. (Admission until 5 p.m.)

Closed: 2nd and 4th Mondays (the following day if Monday is a national holiday), during the year-end/New Year holidays (from December 29 through January 3), and special holidays

Admission: ¥300 for adults and ¥100 for elementary/junior high school students (there are special free-admission days for elementary/junior high school students). Free of charge for those who show their *Handbook for the Disabled* (for the disabled person and one accompanying helper). A separate fee is charged for special exhibits.

■ Hayashi Fumiko Memorial Hall

🏠 2-20-1 Nakai, Shinjuku-ku

☎ 03-5996-9207

FAX 03-5982-5789

🌐 <https://www.regasu-shinjuku.or.jp/rekihaku/fumiko/>

Hayashi Fumiko Memorial Hall is the home where novelist Hayashi Fumiko lived from 1941 until her death in 1951, and where she poured her spirit into penning such masterpieces as *Ukigumo* and *Meshi*.

From the time she was a child, Fumiko moved from one place to another. In 1922, she moved to Tokyo, achieved success with her work *Horoki* and was nicknamed “the wandering writer.” Then in 1930, she moved to Ochiai, purchased this land in 1939 and built a new home. The house that became the museum has the simple comforts of a private home combined with the details of a tastefully artistic building, making the ambience very relaxing.

● Information

Hours: 10 a.m. to 4:30 p.m. (Admission until 4 p.m.)

Closed: Monday (the following day if Monday is a national holiday) and during the yearend/New Year holidays (December 29 through January 3)

Admission: ¥150 for adults and ¥50 for elementary/junior high school students (however, there are special free-admission days for elementary/junior high school students). Free of charge for those who show their *Handbook for the Disabled* (for the disabled person and one accompanying helper).

■ Saeki Yuzo Atelier Museum

🏠 Inside Shinjuku Municipal Saeki Park, 2-4-21 Naka-Ochiai, Shinjuku-ku

☎ 03-5988-0091

FAX 03-5988-0092

🌐 <https://www.regasu-shinjuku.or.jp/rekihaku/saeki/>

The atelier is re-created on the property of the former home of the artist Yuzo Saeki. The atelier is open to the public, and a panel exhibition and film are

presented to show the life and works of Yuzo Saeki (1898–1928).

● **Information**

Hours: 10 a.m. to 4:30 p.m. (May through September), and 10 a.m. to 4 p.m. (October through April)

Closed: Monday (the following day if Monday is a national holiday) and during the yearend/New Year holidays (December 29 through January 3)

Admission: Free of charge

■ Nakamura Tsune Atelier Museum

🏠 3-5-7 Shimo-Ochiai, Shinjuku-ku

☎ 03-5906-5671

FAX 03-5906-5672

🌐 <https://www.regasu-shinjuku.or.jp/rekihaku/tsune/>

The atelier of painter Tsune Nakamura (1887–1924) has been restored and is open to the public as a memorial museum. The atelier displays replicas of the easels and furniture that Tsune used, and visitors can see the artist's everyday life and works via 4K video as well as photo panels.

● **Information**

Hours: 10 a.m. to 4:30 p.m. (Admission until 4 p.m.)

Closed: Monday (the following day if Monday is a national holiday) and during the yearend/New Year holidays (December 29 through January 3)

Admission: Free of charge

■ Natsume Soseki Memorial Museum

🏠 7 Waseda-Minami-cho, Shinjuku-ku

☎ 03-3205-0209

FAX 03-3205-0211

🌐 <https://soseki-museum.jp/>

Literary artist Natsume Soseki (1867–1916), who is loved by many people even today, was born and raised in Shinjuku City, and lived in Waseda-Minami-cho for the last nine years of his life (from 1907) in a home nicknamed “Soseki Sanbo.” Soseki wrote such masterpieces as *Sanshiro*, *Kokoro* and *Grass on the Wayside*, and held a literary salon called the Thursday Club at Soseki Sanbo. The Natsume Soseki Memorial Museum is located on the grounds of this property, and includes an exhibition that re-creates his study, as well as an exhibition of valuable reference materials, such as Soseki's rough drafts and letters.

Audio guides in Japanese, English, Chinese and Korean can be borrowed free of charge. Please take advantage of this service.

The library also has Soseki works in foreign languages.

● **Information**

Hours: 10 a.m. to 6 p.m. (Admission until 5:30 p.m.)

Closed: Mondays (the following day if Monday is a national holiday) and during the year-end/New Year holidays (December 29 through January 3)

Admission: ¥300 for adults and ¥100 for elementary/junior high school students (there are special free-admission days for elementary/junior high school students). Free of charge for those who show their *Handbook for the Disabled* (for the disabled person and one accompanying helper). A separate fee is charged for special exhibits.

■ Planetarium

👉 The Shinjuku Foundation for Creation of Future

☎ 03-3232-7701

🌐 https://www.regasu-shinjuku.or.jp/?page_id=116732

On the eighth floor of Shinjuku Cosmic Center.

Projections open to the public are shown with themes such as the starry skies of the season and stories about the constellations, outer space and the future. Admission is ¥300 for adults and free for junior high school aged children and younger.

There are such regular programs as the Starry Sky Concert, at which you can enjoy a music performance while viewing planetarium projections, as well as Starry Sky events and Barrier-free Planetarium, which can be enjoyed together with those having disabilities. You must purchase a ticket for the event.

■ Shinjuku Mini Museums

Aspects of Shinjuku City that could be considered our cultural heritage, such as the cultural assets of our temples and shrines, are designated as Shinjuku Mini Museums and the traditional arts and their workshops/collections are open to the public.

- Some-no-Sato Ochiai Futaba-en (traditional art/local industry)
 - 🏠 2-3-6 Kami-Ochiai, Shinjuku-ku
 - ☎ 03-3368-8133
- Suga-jinja Shrine Sanju Rokkasen-e (local history/cultural asset)
 - 🏠 5 Suga-cho, Shinjuku-ku
 - ☎ 03-3351-7023

- Tsumami-Kanzashi Museum (traditional art)
 Hills Ishida 401, 4-23-28 Takadanobaba, Shinjuku-ku
 03-3361-3083
- Juniso Kumano-jinja Shrine (local history/cultural asset)
 2-11-2 Nishi-Shinjuku, Shinjuku-ku
 03-3343-5521
- Naito Shinjuku Taiso-ji Temple (local history/cultural asset)
 2-9-2 Shinjuku, Shinjuku-ku
 03-3356-7731
- Mejiro Gakuen Remnant (local history/cultural asset)
 4-31-1 Naka-Ochiai, Shinjuku-ku
 03-5996-3115
- Tokyo Somemonogatari Museum (traditional art/local industry)
 3-6-14 Nishi-Waseda, Shinjuku-ku
 03-3987-0701
- Kigumi Museum (traditional craftsmanship/cultural asset)
 Hall Eight 3F, 2-3-26 Nishi-Waseda, Shinjuku-ku
 03-3209-0430

■ Museums and Art Museums in the City

- Yotsuya Fire Museum
 3-10 Yotsuya, Shinjuku-ku
 03-3353-9119
- Tokyo Toy Museum
 Inside Yotsuya Hiroba Plaza, 4-20 Yotsuya, Shinjuku-ku
 03-5367-9601
- Min-on Music Museum
 8 Shinano-machi, Shinjuku-ku
 03-5362-3555
- The Sato Museum of Art
 31-10 Daikyo-cho, Shinjuku-ku
 03-3358-6021
- Korean Cultural Center, Embassy of the Republic of Korea in Japan
 4-4-10 Yotsuya, Shinjuku-ku
 03-3357-5970
- Meiji Memorial Picture Gallery
 1-1 Kasumigaoka-machi, Shinjuku-ku (inside Meiji Jingu Gaien)
 03-3401-0312

- Statistics Museum
 19-1 Wakamatsu-cho, Shinjuku-ku (inside Statistics Bureau of the Ministry of Internal Affairs and Communications)
 03-5273-1187
- Museum of Haiku Literature
 3-28-10 Hyakunin-cho, Shinjuku-ku
 03-3367-6621
- Tokyo Opera City Art Gallery
 Tokyo Opera City Bldg. 3F, 3-20-2 Nishi-Shinjuku, Shinjuku-ku
 03-5353-0756
- NTT InterCommunication Center
 Tokyo Opera City Tower 4F, 3-20-2 Nishi-Shinjuku, Shinjuku-ku
 0120-144199
- Miyagi Michio Memorial Hall
 35 Naka-cho, Shinjuku-ku
 03-3269-0208
- Sompo Museum of Art
 1-26-1 Nishi-Shinjuku, Shinjuku-ku
 03-5777-8600
- Century Museum
 110-22 Waseda-Tsurumaki-cho, Shinjuku-ku
 03-6228-0811
- The Tsubouchi Memorial Theatre Museum
 Inside Waseda University, 1-6-1 Nishi-Waseda, Shinjuku-ku
 03-5286-1829
- Aizu Museum
 Inside Waseda University, 1-6-1 Nishi-Waseda, Shinjuku-ku
 03-5286-3835
- Yayoi Kusama Museum
 107 benten-cho, Shinjuku-ku
 <https://yayoikusamamuseum.jp/>
- Tokyo Women's Medical University Archives: Yoshioka Yayoi Memorial Room
 8-1 Kawada-cho, Shinjuku-ku
 03-3353-8111
- Ridai Museum of Modern Science
 1-3 Kagurazaka, Shinjuku-ku
 03-5228-8224
- Korea Museum
 Daini Kankoku Hiroba Bldg. 7F, 1-12-1 Okubo, Shinjuku-ku
 03-5272-3510
- Exhibition and Reference Library for Peace and Consolation
 Shinjuku Sumitomo Bldg. 33F, 2-6-1 Nishi-Shinjuku, Shinjuku-ku
 03-5323-8709

Bunka Center and Kumin Hall

These facilities are available for music appreciation and as venues for the art activities.

○ Shinjuku Bunka Center

🏠 6-14-1 Shinjuku, Shinjuku-ku

☎ 03-3350-1141

The center includes a large hall (1,802 seats), a small hall (210 seats), an exhibition room and meeting rooms.

○ Yotsuya Kumin Hall (452 seats)

🏠 87 Naito-machi, Shinjuku-ku

☎ 03-3351-2118

○ Ushigome Tansu Kumin Hall (392 seats)

🏠 15 Tansu-machi, Shinjuku-ku

☎ 03-3260-3421

○ Tsunohazu Kumin Hall (238 seats)

🏠 4-33-7 Nishi-Shinjuku, Shinjuku-ku

☎ 03-3377-1372

Parks

○ Shinjuku Gyoen National Garden

🏠 11 Naito-machi, Shinjuku-ku

Hours: 9 a.m. to 4 p.m. (to 5:30 p.m. from March 15 through June 30, and August 21 through September 30; to 6:30 p.m. from July 1 through August 20)

Closed: Mondays (or the following day if Monday is a national holiday; open daily from March 25 through April 24 and November 1 through 15) and December 29 through January 3

Admission: ¥500 for adults, ¥250 for those 65 years of age or older and students of high school age or older, and free for junior high school students or younger

Transportation: A 10-minute walk from JR Shinjuku Station

Shinjuku Gyoen, which is rich in natural greenery, was constructed on the site of a private mansion belonging to Lord Naito, a *daimyo* (feudal lord) of the Shinshu Takato Clan of the Edo era. Completed in 1906 as an imperial garden, it was opened as a national garden after World War II and is now enjoyed by everyone as a favorite relaxation spot in the city.

With an area of land of 58.3 hectares (144 acres) and a circumference of 3.5 km, it blends three distinct styles: French Formal, English Landscape, and Japanese Traditional. It is famous as a rare scenic garden in Japan.

○ Shinjuku Chuo Park

🏠 2-11 Nishi-Shinjuku, Shinjuku-ku

Transportation: A 10-minute walk from JR Shinjuku Station

Situated near the skyscrapers of the west exit area of Shinjuku Station, this park provides a space for office workers and others to relax. Inside, you will find a waterfall and grassy areas, temporarily forgetting you are in Tokyo's new urban center. Visitors also enjoy the ample greenery and the different flowers which bloom according to season.

○ Otomeyama Park

🏠 2-10 Shimo-Ochiai, Shinjuku-ku

Hours: 7 a.m. to 7 p.m. (until 5 p.m. from October to March)

Transportation: A seven-minute walk from JR Takadanobaba/Mejiro Station

During the Edo era this park and the surrounding area were the official hunting grounds of the shogun's family; all others were forbidden from entering the grounds. Currently, this park has groves of small shrubs, natural springs and ponds.

○ Kansen-en Park

🏠 3-5 Nishi-Waseda, Shinjuku-ku

Hours: 7 a.m. to 7 p.m. (until 5 p.m. from November to February)

Transportation: A seven-minute walk from Waseda Station on the Tozai Subway Line

This spot was the residence of a *daimyo* (feudal lord) during the Edo Era. It is said that the park was named "Kansen-en" (literally translated as "sweet spring park") because the spring water here was excellent for tea.

On the other side of the main gate is a wide Japanese garden that immediately imparts a feeling of harmony, allowing one to forget they are in the center of Tokyo.

Volunteer

■ Interpretation/Translation Volunteers

👉 Regional Exchange Division, the Shinjuku Foundation for Creation of Future

☎ 03-3232-5121

FAX 03-3209-1833

Quite a few foreigners live in Shinjuku City, and many of them encounter difficulties in daily life because they do not understand the Japanese language well enough. People who speak both Japanese and foreign languages are needed to help out in such instances.

The foundation is therefore asking people who know a foreign language and can translate or interpret in it to register as language volunteers and assist when the need arises. You may then be requested to interpret or translate documents at the foundation, the City Office, or at events at other institutions, such as schools and town councils.

You can register any language you like. Please note that native Japanese speakers who wish to volunteer as English translators or interpreters need to have achieved Grade Pre-1 or higher of the Eiken English test and/or TOEIC scores over 800. Please inquire at the City Office for details.

Note: Requests from the general public or groups for an interpreter/translator are not accepted.

■ Shinjuku Voluntary Action Center

🏠 Shinjuku Social Welfare Conference,
1-17-20 Takadanobaba, Shinjuku-ku

☎ 03-5273-9191

Consultation and information are provided for those who would like to do volunteer work in the community and those who are looking for volunteers.

■ Tokyo Voluntary Action Center

🏠 Central Plaza 10F, 1-1
Kaguragashi, Shinjuku-ku

☎ 03-3235-1171

FAX 03-3235-0050

The following support is provided to volunteer groups, NPOs and metropolitan volunteer/citizen activity promotion institutions:

1. Providing information related to activities
2. Advice on volunteer and resident activities
3. Providing teaching materials
4. Providing reference materials
5. Rental of meeting space and equipment

Hours: 9 a.m. to 9 p.m. (until 5 p.m. on Sundays)

Closed: Monday, national holidays, and during the year-end/New Year holidays

Service Counters Where Counseling in Foreign Languages Is Available

★ Shinjuku Foreign Resident Advisory Corner	General everyday living	English		☎ 03-5272-5060
		Chinese	(Mon. through Fri.)	☎ 03-5272-5070
		Korean		☎ 03-5272-5080
● Shinjuku Multicultural Plaza	General everyday living	Korean (afternoon only)	(Mon.)	
		Chinese, Thai, and Nepalese	(Tue.)	
		English (excluding 2nd and 4th Wednesday of the month)	(Wed.)	☎ 03-5291-5171
		Myanmar (Burmese) and Chinese	(Thu.)	
		Korean English (3rd Friday of the month)	(Fri.)	
● Consultation Support Center for Foreign Residents	Consultations concerning immigration, visa procedures, and everyday living	English and Chinese		☎ 03-3202-5535
		Spanish and Portuguese		☎ 03-5125-4039
● Foreign Residents Support Center (FRESC)	General everyday living	English, Chinese, etc.	(Mon. through Fri.)	☎ 0570-011000
● Immigration Information Center	Visa consultations	English, Spanish, Chinese, Korean, etc.	(Mon. through Fri.)	☎ 0570-013904 ☎ 03-5796-7112
● Tokyo Metropolitan Consultations for Foreign Residents	General everyday living	English	(Mon. through Fri.)	☎ 03-5320-7744
		Chinese	(Tue. and Fri.)	☎ 03-5320-7766
		Korean	(Wed.)	☎ 03-5320-7700
● Police Department Comprehensive Consultation Center	Consultations for victims of crimes	English, Chinese, Korean, etc.	(Mon. through Fri.)	☎ 03-3501-0110
			Touch-dial	☎ #9110
● Police Department Consultation for Foreign Residents	Consultations for victims of crimes	English, Chinese, etc.	(Mon. through Fri.)	☎ 03-3503-8484
● Tokyo Legal Affairs Bureau Information on Human Rights Counseling in Foreign Languages	Human rights consultations	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, etc.	(Mon. through Fri.)	☎ 0570-090911
● Shinjuku Employment Assistance and Instruction Center for Foreigners	Labor consultations Introduction of employment/part-time jobs	English and Chinese	(Mon. through Fri.)	☎ 03-3204-8609
● Advisory Services for Foreign Workers	Labor consultations	English	(Mon., Thu. and Fri.)	
		Chinese	(Mon., Tue. and Thu.)	
		Filipino	(Mon., Tue., Wed. and Fri.)	
		Vietnamese	(Mon. through Fri.)	☎ 03-3816-2135
		Nepalese	(Tue. through Thu.)	
		Cambodian	(Wed.)	
		Mongolian	(Fri.)	
● Tokyo Metropolitan Labor Consultation Center	Labor consultations	English	(Mon. through Fri.)	☎ 03-3265-6110
		Chinese	(Tue. through Thu.)	
● Himawari (Tokyo Metropolitan Health and Medical Information Center)	Medical institutions and medical system	English and Chinese	(Daily)	☎ 03-5285-8181
		Korean, Thai, and Spanish		
● Japan Anti-Tuberculosis Association	Telephone consultations for foreign residents concerning tuberculosis	English, Chinese, Korean (third week only), Vietnamese, Myanmar (Burmese; morning only), Nepalese (second and fourth weeks; morning only)	(Tue.) 10 a.m. to 12 noon, 1 to 3 p.m.	☎ 03-3292-1218/9
● Tokyo English Lifeline	Consultations on everyday living	English	(Daily)	☎ 03-5774-0992
● Japan Post Customer Service Center	Postal services	English	(Daily)	☎ 0570-046-111
● NTT East Information	Telephone services, etc.	English, Chinese, Portuguese, and Spanish	(Daily)	☎ 0120-005-250
● JR East Infoline	Information on JR East Japan	English, Chinese, and Korean	(Daily)	☎ 050-2016-1603

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