



SHINJUKU NEWS

Ask for Help If You Have a Problem



Foreign Residents Support Center

The Foreign Residents Support Center (FRESC) is a new center to help foreign residents living in Japan.

Foreign Residents Support Center (FRESC)

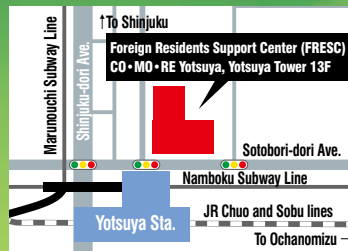
Tel: 0570-011000 (Navi-Dial)

For some IP phones and calls from overseas, call 03-5363-3013.
Hours: 9 a.m. to 5 p.m.

Note: Closed on Saturdays, Sundays, national holidays, and during the year-end/New Year's holidays.

Location Yotsuya Tower 13F, 1-6-1
Yotsuya, Shinjuku-ku, Tokyo

Access
- A one-minute walk from Yotsuya Station on the JR Chuo and Sobu lines.
- A three-minute walk from Yotsuya Station on the Marunouchi Subway Line.
- A one-minute walk from Yotsuya Station on the Namboku Subway Line.



What Does FRESC Do?

FRESC helps foreign residents find employment and complete visa application forms, and also assists corporations that hire foreign residents and local governments that support foreign residents.

What Makes FRESC Convenient?

- There are eight service counters on one floor, and you can take advantage of various consultation services in one location.
- You can ask for help in languages other than Japanese. There are staff members at the reception desk who speak Japanese, English and Chinese. You can also use a multilingual* tablet for consultation in other languages.

* Korean, Portuguese, Spanish, Filipino, Vietnamese, Thai, Indonesian and Nepali.

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Shinjuku News has been redesigned as of July 2020 to make it easier to read. In addition to a more universal design, the bulletin's front and back pages are now in color. Shinjuku News is published three times a year, in July, November and March.

The next issue of Shinjuku News will be published in March 2021. Shinjuku News is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.



The Eight Consultation Service Counters and Their Primary Services



Immigration Services Agency Information Disclosure Request Office

You can see documents managed by the Immigration Services Agency, such as immigration/emigration (returning) records and alien registration records.

Tel: 03-5363-3005

http://www.immi-moj.go.jp/news-list/kaiji_release.html



Tokyo Employment Service Center for Foreigners

This service counter helps foreign students and highly skilled foreign professionals (such as specialists and those in engineering fields) find employment.

Tel: 0570-011000 (Navi-Dial: Press ③ according to the instructions)

<https://jsite.mhlw.go.jp/tokyo-foreigner/>



Tokyo Regional Immigration Services Bureau

You can ask the bureau for help in changing your visa status and/or renewing your visa. You will need a reservation for a consultation.

Tel: 03-5363-3025 Note: The above line is for making reservations for consultations.

Visa consultation reservation form (Japanese)

<https://www12.webcas.net/form/pub/fresc/yoyaku-jpn>

Visa consultation reservation form (English)

<https://www12.webcas.net/form/pub/fresc/yoyaku-eng>

<http://www.immi-moj.go.jp/soshiki/kikou/tokyo.html>



Tokyo Legal Affairs Bureau, Human Rights Department

This department offers consultations on human rights issues, such as discrimination against or the bullying of foreign residents or persons with disabilities.

Tel: 0570-003-110 (in Japanese)

Tel: 0570-090-911 (in foreign languages)

<http://houmukyoku.moj.go.jp/tokyo/>



Japan Legal Support Center (the JLSC, Houterasu)

This support center offers help on solving legal problems, and introduces consultation offices free of charge.

Tel: 0570-011000 (Navi-Dial: Press ⑥ according to the instructions)

Tel: 0570-078377

(multilingual information in English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Tagalog, Nepali and Thai)

<https://www.houterasu.or.jp/>



Japan External Trade Organization (JETRO)

JETRO promotes the employment of highly skilled foreign professionals through information at seminars and on its portal site.

Tel: 03-3582-5203

E-mail: OpenforProfessionals@jetro.go.jp

<https://www.jetro.go.jp/hrportal/>

Note: The above email address is for setting up consultations.



Ministry of Foreign Affairs Visa Information

The ministry offers general consultations about the application forms for the visa authorization necessary for entering Japan.

Tel: 0570-011000 (Navi-Dial: Press ⑤ according to the instructions)

<https://www.mofa.go.jp/mofaj/toko/visa/index.html>



Tokyo Labour Bureau Consultation and Support Office for Foreigners

This consultation service counter can help you with problems involving work, such as layoffs and disputes about working hours and wages. You can also consult them about issues related to the health and safety of foreign laborers.

Tel: 0570-011000 (Navi-Dial: Press ② according to the instructions)

Tel: 0120-816703 (toll-free)

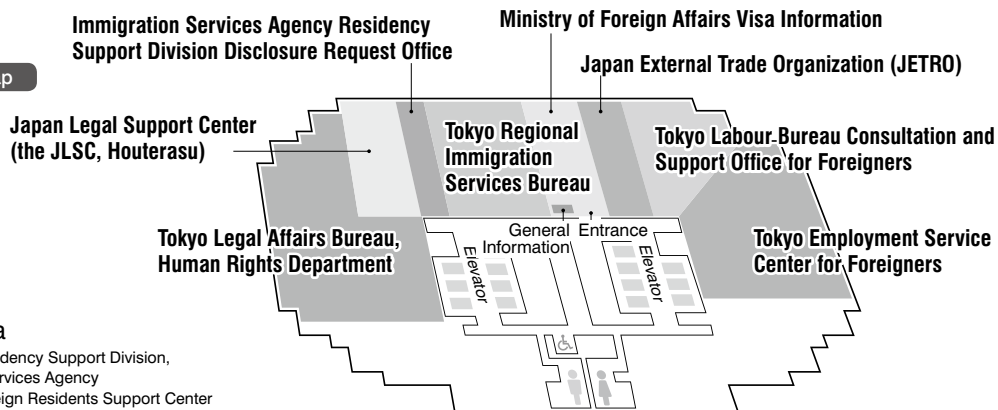
<https://jsite.mhlw.go.jp/tokyo-roudoukyoku/fresc.html>

(Health and safety)

<https://www.toukiren.or.jp/fresc/>



Floor Map



Koji Tabira

Director of Residency Support Division,
Immigration Services Agency
Director of Foreign Residents Support Center

To all foreign residents: FRESC has eight service counters to help everyone lead comfortable lives in Japan. We look forward to serving you!

Keep Contagious Diseases from Spreading!

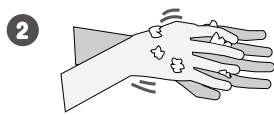
To prevent contagious diseases like COVID-19 and influenza from spreading, it's essential to be careful in our everyday lives. That includes taking basic preventive measures such as washing our hands, wearing a mask, and keeping rooms well ventilated.

Washing Hands

Viruses and bacteria, which are invisible to the naked eye, frequently get on our hands. It's a good idea to wash your hands as soon as you get home, or after touching things and surfaces a lot of people have probably touched.



(1) Wet your hands under running water; apply soap and develop lather by rubbing the palm of your hands together.



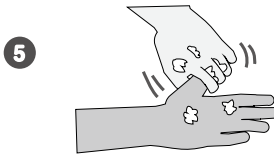
(2) Spread the lather to the back of your hands.



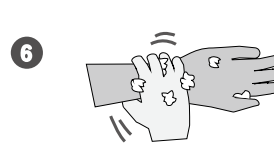
(3) Spread the lather to your fingertips and under your fingernails.



(4) Wash in between your fingers as well.



(5) Wrap the palm of one hand around the thumb of your other hand and wash your thumbs.



(6) Remember to wash your wrists as well.

After washing with soap, be sure to rinse the lather off completely and dry your hands with a clean towel or paper towel.



You can watch a video with instructions on how to wash your hands properly.

<https://youtu.be/-yFZPjZyp8Y>
(in Japanese)

Wear a Mask

Even people who are asymptomatic or only slightly ill can spread diseases to other people. When meeting others, always wear a mask even if you do not have any symptoms. Be sure to wear your mask so that it covers your nose, mouth and chin completely.



Ventilation

Be sure to open the window for a few minutes once or more every thirty minutes to reduce the level of viral material in the room you are using.



● Eating nutritionally balanced meals and getting plenty of sleep will raise your immunity level.



Influenza Immunizations

(available from October 1, 2020 through January 31, 2021)

Undergoing immunizations is effective at preventing the spread of contagious diseases and alleviating symptoms if you are infected. Please take along the preliminary checkup sheet the Shinjuku City Office has sent you and undergo immunizations at a medical institution Shinjuku City has approved. If you do not have this sheet, please contact the Public Health Promotion and Disease Prevention Division. If you do not understand the materials delivered to your home, please visit the Foreign Resident Advisory Corner (Shinjuku City Office Main Bldg. 1F).

The personally borne expense will be exempted as a measure against COVID-19 for the current fiscal year.



	Those between one and twelve years of age	Those who belong to households receiving public financial assistance for everyday living, etc.	Those 65 years of age or older and those between 60 and 64 years of age with the disabilities below
Eligibility	Shinjuku City residents between one and twelve years of age as of October 1, 2020 Note: If you have a child between six and eleven months of age and would like him/her to be immunized, please call us.	Shinjuku City residents between 13 and 64 years of age as of October 1, 2020, that belong to a household that receives public financial assistance for everyday living, etc. Note: An application must be filed first.	Shinjuku City residents who as of December 31, 2020, are either: (1) Aged 65 or older (2) Between 60 and 64 years of age who have a severe disability of the heart, kidneys, respiratory organs or immune system (about Level 1 in the <i>Handbook for the Physically Disabled</i>)
No. of Times	Twice	Once	Once
Personally-Borne Expense	Free of charge	Free of charge	Free of charge Note: If you fall under category (2) above and would like to receive immunizations for the first time, please call the number below.

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



Discover

Shinjuku's Most Attractive Qualities

Tenth in the Series



A Metropolitan Oasis

Grassy park area: 8,500 m²

Shinjuku Chuo Park

Shinjuku Chuo Park is the largest municipal park in Shinjuku, and many people love this green oasis surrounded by high-rise buildings.

The park recently added a new complex called ShukNova, and its lawn area has undergone renovations and is now even more attractive! In this issue, we'll describe both new developments.



Exchange Center ShukNova

This new facility includes a coffee store, restaurant and outdoor fitness club. On the second floor, there is a rooftop space called Miharashi Terrace that anyone can use. Please take advantage of this open area to relax or enjoy a meal.

1F Coffee Store Starbucks



48 seats

Restaurant Musashino Mori Diner



107 seats

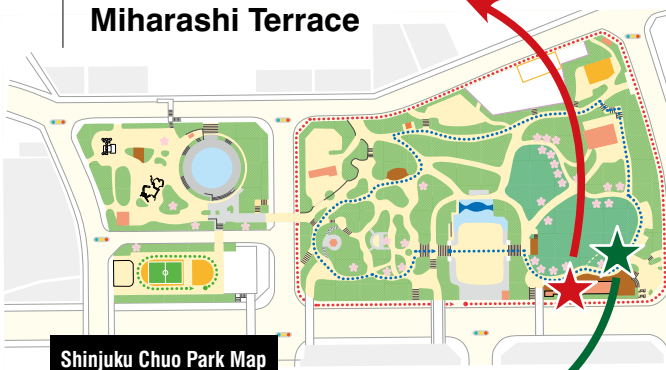
2F

Outdoor fitness club (yoga studio, bouldering gym, runners' locker and shower room)

Parkers Tokyo

Terrace

Miharashi Terrace



Shinjuku Chuo Park Map

Location: 2-11 Nishi-Shinjuku, Shinjuku-ku

Access:

- About ten-minute walk from Shinjuku Station on the JR, Odakyu, and Keio lines.
- About five-minute walk from Nishi-Shinjuku Station on the Marunouchi Subway Line.
- A one-minute walk from Tochomae Station on the Toei Oedo Line.

Lawn Area

This comfortable, open expanse of green grass is a great place to relax. The original lawn area was redone, creating a new section that is green year-round and pleasant to see.

Note: As a rule, the new grassy area is for viewing purposes only. Please do not enter the area without permission.



What does

ShukNova

mean?



Shuk



A place where various cultures come together and people can stop by.

Nova



Nova is Latin for "new." This name was selected with the hope of widening the circle of various cultures and encouraging friendly exchanges among people.