



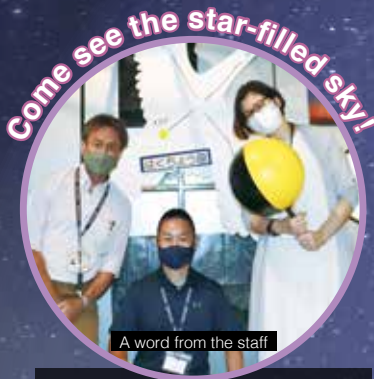
SHINJUKU NEWS

Experience the mystery of
outer space through pictures and music!

Thorough explanations
that are easy to understand

Foreign Students Experience It!

Shinjuku Cosmic Sports Center Planetarium



A word from the staff

If you'd like to see the star-filled sky in Shinjuku, we recommend coming here! Starting from January 2022, a program that shares novelist and poet's Kenji Miyazawa's perspective of the universe will begin. We look forward to seeing you!

Everyone from children
to adults can enjoy the show!

We are putting on special programs such as **Starry Sky Concert**—a combination of live music and breathtaking views of the starry sky—and **Waku-Waku (Exciting) Planetarium**, a screening that includes subtitles so that attendees with disabilities can enjoy the show as well. For more information, please check the Cosmic Sports Center website.

The starry sky displayed on the dome using the gigantic projector is awesome!

With the clear explanations given, even a beginner when it comes to the cosmos like me could enjoy the show!

Since I never had a chance to go to a planetarium in China, this was a wonderful experience.



The foreign students who came to visit

Admission: Adults (high school students and older): ¥300; Junior high school students and younger: free

Enjoy different programs during each season. For more information on the programs we present and the schedule, please check this page:

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

Note: Shinjuku Cosmic Sports Center will be closed for renovations during November and December 2021.



Location: Shinjuku Cosmic Sports Center 8F, 3-1-2 Okubo, Shinjuku-ku

Inquiries:

**The Shinjuku Foundation
for Creation of Future**

Tel: 03-3232-7701 (in Japanese)



Please: We would deeply appreciate your cooperation on anti-COVID measures, such as washing and disinfecting your hands and wearing a mask.

The next issue of *Shinjuku News* will be published in March 2022. *Shinjuku News* is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

Let's Learn Japanese

In this issue, we'll describe websites and Japanese-language classes in Shinjuku where you can learn Japanese!

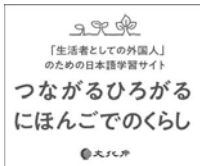


Let's Learn Online

Connect and Enhance Your Life in Japanese (Agency for Cultural Affairs)

You can learn useful Japanese expressions for everyday life in Japan. You can learn in any of ten languages, too, including English, Chinese, Portuguese and Vietnamese.

<https://tsunagarujp.bunka.go.jp/>



Easy Japanese (NHK World Japan)

You can learn forty-eight simple and useful phrases. The lessons explain the phrases, and offer examples and situation in which you can apply these phrases. You can do this in any of nineteen languages, too, including English, Chinese, Korean and Burmese.

<https://www.nhk.or.jp/lesson/>



Let's Learn from Japanese-Language Volunteers

Free Japanese-Language Lessons "Nihongo Hiroba"

Participate in Japanese-language classes without a reservation. The lessons are different every day of the week.

Eligibility: Those who are sixteen years old and older

Location: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho)

For more information, please check here:

http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_3/



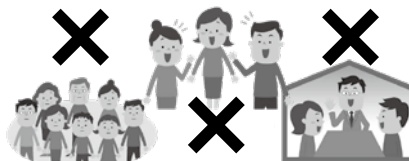
Let's Prevent the Spread of Infectious Diseases

The end of the year is the time when we have more opportunities to celebrate with others and enjoy eating and drinking together. To prevent the spread of infectious diseases, it is vital for all of us to practice preventive measures.

(1) Preventive measures in everyday life



Wash and disinfect your hands



Avoid crowds and crowded places
Avoid crowded places, close-contact settings and closed spaces



Wear a mask
Wear a mask when you speak

(2) Be careful at special events and other gatherings featuring food and drink

- If you do go to this kind of gathering, be sure to follow all the measures mentioned in (1). Avoid participating in events where people do not follow those measures.
- Avoid loud conversations ● If you aren't feeling well, stay home
- Avoid events that include people drinking large amounts of alcoholic beverages or drinking into the late hours



Note: If you develop symptoms, such as a fever or a cough, please consult your family doctor by phone. If you do not have a regular family doctor, please call the Shinjuku Fever Telephone Consultation Center or Tokyo Fever Consultation Center.

Shinjuku Fever Telephone Consultation Center

Tel: 03-5273-3836 (in Japanese)
Hours: Weekdays, 9 a.m. to 5 p.m.

Tokyo Fever Consultation Center

Tel: 03-5320-4592
Hours: On a 24-hour basis
(in English, Chinese, Korean, Vietnamese, Tagalog, Nepali, Burmese, Thai, French, Portuguese or Spanish)



For the latest updates, please check:
<http://www.foreign.city.shinjuku.lg.jp/en/>

Sending Energy from Kabukicho Kuyakusho-dori Avenue Illumination—Lights On!

**Dates: November 1 (Mon.), 2021 through February 28 (Mon.), 2022,
4:30 p.m. to 3 a.m.**

Marking its sixteenth year, this popular illumination event has become an energizing winter tradition in Kabukicho. Decorating the trees along Kuyakusho-dori Avenue with LED lights, we promote Kabukicho as a town that is cheerful, safe, and easy to walk around.

Inquiries:

NPO Shinjuku Kabukicho Kuyakusho-dori 3A Association, Tel: 03-3209-2238

Culture and Tourism Section, Culture and Tourism Division, Tel 03-5273-4069 (In Japanese for both)

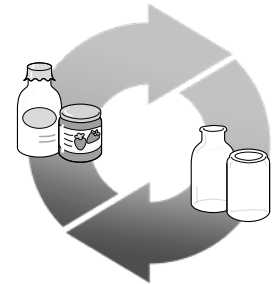


How to Sort and Dispose of Garbage Correctly

**Disposing of garbage the wrong way can cause problems!
Please check the designated rules and follow them carefully.**

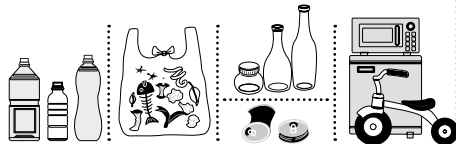
Why do we sort garbage, anyway?

Because there are many items among the things we throw away that are useful and recyclable resources. Sorting items properly before disposal separates these recyclable resources from the rest and also reduces the amount of waste.



Rules When Disposing of Garbage

- 1 Sort items according to category: recyclable resources; combustible garbage; metal, ceramics, and glass; and oversized garbage**



For information on garbage categories and the collection schedule, please check the flier or handbook the Shinjuku City Office distributes.

"How to Separate and Dispose of Recyclable Resources/Garbage"

https://www.city.shinjuku.lg.jp/seikatsu/file09_02_00001.html

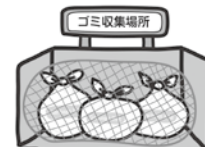


- 2 Take your garbage to the collection site by 8 a.m. on the designated collection days**

Disposing of garbage the night before a collection day or after garbage has been collected is prohibited! The garbage collection schedule is different depending on the community you live in.

- 3 Be sure to dispose of your garbage at the designated collection site for garbage and recyclable resources**

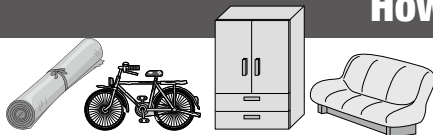
If you live in a single-family house and do not know where your garbage collection site is, ask one of your neighbors. If you live in an apartment or condominium complex, please check with the building superintendent or owner.



How to Dispose of Oversized Garbage

A reservation is required

There is a fee



Oversized garbage: This refers to household items that measure over thirty centimeters on any side, such as furniture, bedding, electric appliances and bicycles.

You must make a reservation for pickup with the Oversized Garbage Reception Center before disposing of oversized garbage. There is a fee for this pickup service. Please purchase the appropriate Shinjuku City Oversized Garbage Handling Fee Tickets, attach them to your items, and take your items to the designated location on the collection day specified.

Because people are staying home and spending more time there due to COVID-19 restrictions, we are receiving more applications for oversized garbage collection. The phone lines have become busier as well, and it takes longer from the time people apply to when their items are picked up. Whenever possible, please use the Internet to make your reservation.

Oversized Garbage Reception Center

Tel: 03-5296-7000 (Mon. through Sat., 8 a.m. to 7 p.m.)

Note: First-time applicants can also apply by calling Tel: 0570-03-7000. (Mon. through Fri., 8 a.m. to 7 p.m.; This excludes individuals who are changing or canceling a previous application.)



Making a reservation for pickup via the Internet (on a 24-hour basis)

<http://sodai.tokyokankyo.or.jp/>
(in English, Chinese and Korean as well)

The city does not collect garbage and recyclable resources during the year-end/New Year's holidays. Depending on the amount of garbage and traffic conditions, the collection time may change even on regular collection days. The last collection day of the year and the first collection day of the following year are announced via the online information sources below, so please be sure to check them.



Foreign-language website

<http://www.foreign.city.shinjuku.lg.jp/en/>



SNS foreign-language editions

http://www.foreign.city.shinjuku.lg.jp/en/sns/sns_1/

Working to Create a Zero-Carbon City

Shinjuku City is working on a “zero-carbon city” program that aims to reduce CO₂ emissions to zero by the year 2050. As global warming progresses on a worldwide scale, we need to cut carbon dioxide (CO₂) emissions, which is one of its primary causes. The amount of CO₂ emission from households across Japan is relatively high. Please take the time to think about how to make environment-friendly living your way of life.

What Is a “zero-carbon city”?

It's a program led by the national government in which local governments pledge to work on projects meant to achieve zero CO₂ emissions by 2050*, and in the process create a carbon-free society.

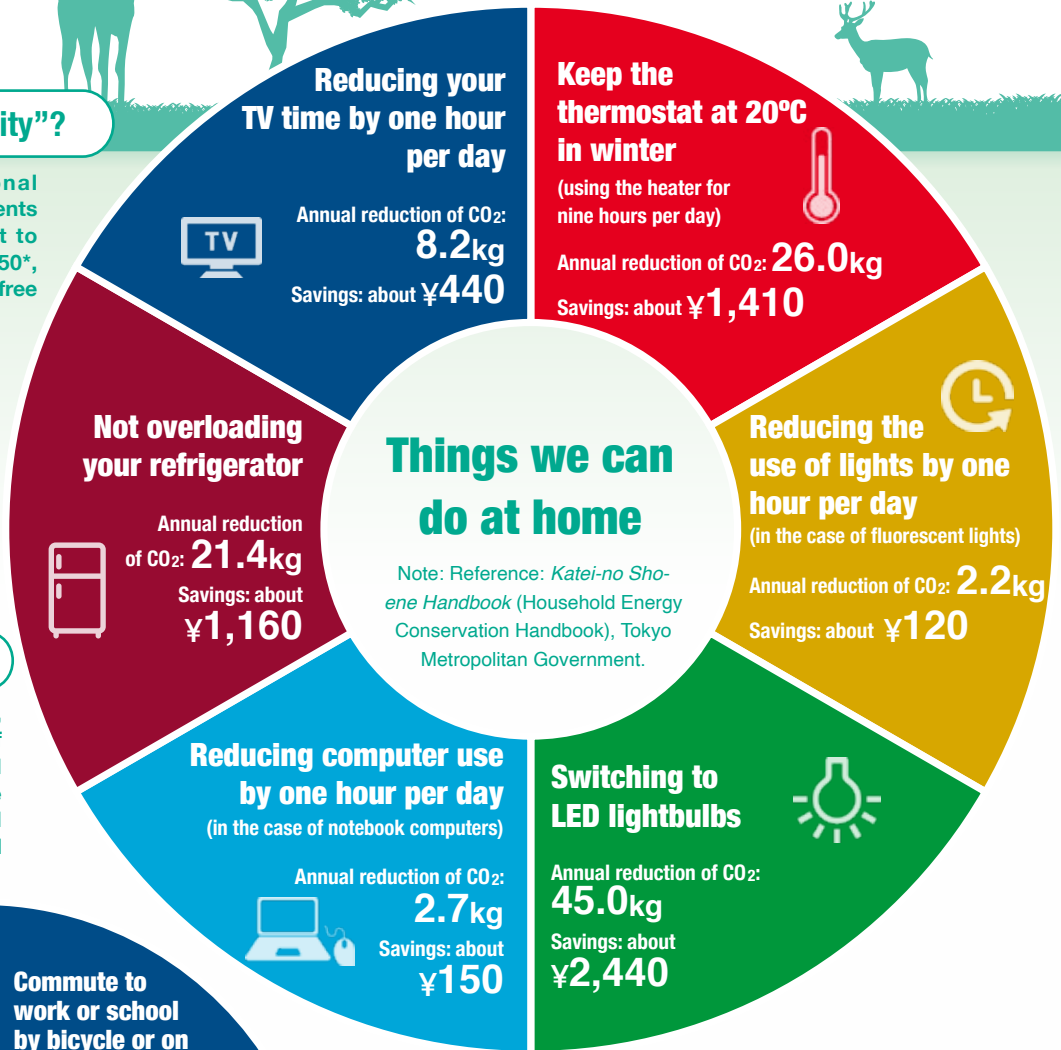


*This means achieving a balance between the level of emissions from manmade sources of greenhouse gases such as CO₂ and the amount removed through absorption, such as by forests.

If global warming progresses ...

This will cause changes in climate, such as a rise in the number of tropical heat days, heavy rains and flooding. These changes will have an adverse effect on humans as well as animals, plants and the overall ecosystem.

You can save on your electricity bill



To overcome global warming, the efforts of every individual, however small, are vital!

Look for things we can do ourselves and start doing them today!



Shinjuku City is working on programs to make Shinjuku a “zero-carbon city,” with the aim of eliminating all emissions of CO₂.