



A PR bulletin produced especially
for the foreign residents of Shinjuku City

SHINJUKU NEWS

We'll Help You Solve Your Problems!

In this issue, we'll introduce you to various services that can help you
with your problems and concerns.

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1

Are there any medical
institutions with
services in my mother
tongue?



2

Are there places
where I can learn
Japanese?



3

I want to learn how
to dispose of garbage
properly.



5

We received mail from
the City Office. I want
to know what it says.



4

What should I do if
there's an earthquake
or fire?



6

How do I look for a
job? Can someone
teach me how?



For more information, please read pages 2 and 3.



Feel free to ask for advice!



Here are some services that will help you live with peace of mind.

1 If you're ill or injured

Himawari (Tokyo Metropolitan Health and Medical Information Center)

Consultants offer information on medical institutions with staff who speak foreign languages as well as information on Japan's medical system.

Languages : English Chinese Korean Thai Spanish

Tel: 03-5285-8181 (9 a.m. to 8 p.m.)

There are also services that help you search for medical institutions and pharmacies via the Internet.



4 Prepare for disasters



Visit the Shinjuku City website and read the disaster preparedness handbook "Preparing for Disasters" in ten different languages! The handbook explains in easy-to-understand language what you can do on a regular basis to prepare for a disaster, and the proper actions to take when a disaster strikes. Please read the publication when you have a chance.



Disaster Preparedness Training in Easy Japanese

The Ikebukuro Life Safety Learning Center conducts hands-on training for foreign residents.

Dates: November 19 (Sat.), December 17 (Sat.), January 21 (Sat.), February 18 (Sat.) and March 18 (Sat.)

Hours: 9:20 to 11 a.m.

Application: Apply by phone or via the website.

Tel: 03-3590-6565



Free

2 If you want to learn Japanese

Shinjuku City Japanese-Language Classes (SJC)



"Nihongo Hiroba"



There are many places in Shinjuku City where you can learn Japanese in a casual atmosphere. Why not take advantage of these classes!

5 First try asking for advice

Consultations are free

For more information on the location and hours, scan here:



Foreign Resident Advisory Corner



Languages :

English Chinese Korean

Foreign Resident Consultation Corner

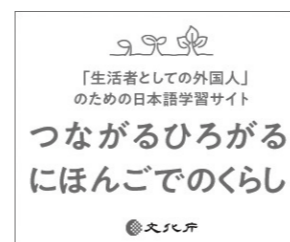


Languages :

English Chinese Korean Thai Nepali Myanmar (Burmese)

If you have any questions, worries or problems, please feel free to ask for help.

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



If you want to learn Japanese online



You can learn Japanese expressions that are useful in everyday life in Japan through videos. Available in sixteen languages.

3 Garbage and Recyclable Resource Sorting App 3R (Three R)



San R (Three R) is a convenient app that you can use to check your local garbage collection schedule. It also teaches you how to sort and dispose of garbage and recyclable resources. Please take advantage of this app.

Main functions

- Garbage collection calendar
- Garbage sorting reference
- Notifications from Shinjuku City Office
- Available in various foreign languages

To download the app, scan here:



Inquiries: Operation Section, Shinjuku Waste Collection Office, Tel: 03-3950-2962 (in Japanese)

6 Foreign Residents Support Center (FRESC)

What types of service counters are there?

Tokyo Employment Service Center for Foreigners

This service counter helps foreign students and those with a work visa that permits employment in specialized or technical fields find employment.



Tokyo Labour Bureau Consultation and Support Office for Foreigners

This consultation service counter can help you with problems involving work, such as working hours, wages and layoffs.



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.



Other consultation service counters offer assistance related to human rights and legal affairs.

Year-end/New Year's Garbage Collection Schedule

Garbage and recyclable resources will not be collected during the year-end/New Year's holidays (December 31 [Sat.] to January 3 [Tue.]).

Garbage and recyclable resources will not be collected during the year-end/New Year's holidays. Please check the schedule for your community carefully.

Your cooperation in following the rules below would also be appreciated:



Collection calendar for garbage and recyclable resources

- 1 Dispose of your garbage and recyclable resources no later than 8 a.m. on the specified collection day.
- 2 Do not dispose of garbage and recyclable resources on days not designated as collection days.

- 3 Please confirm the collection schedule for your community via the website.
- 4 Do not dispose of large amounts of garbage or recyclable resources all at once. Keep the amount of your items to a minimum whenever possible.

Inquiries: Shinjuku Waste Collection Office, Tel: 03-3950-2923 (in Japanese)

How to Dispose of Oversized Garbage

Collection is conducted by reservation only. Since many requests are submitted during the year-end/New Year's period, please apply as early as possible.

Oversized garbage refers to items that measure more than 30 cm on any side, such as electric appliances, furniture and bedding.

Please submit a request for collection to the Oversized Garbage Reception Center by phone or via the Internet.

	By December 28, 2022	From January 4, 2023
Oversized Garbage Reception Center	Tel: 03-5296-7000 Hours: Monday through Saturday, 8 a.m. to 7 p.m.	Tel: 03-5304-8080 Hours: Monday through Saturday, 8 a.m. to 7 p.m.
Internet	Hours: On a 24-hour basis	



Note: Closed between December 29 (Thu.) and January 3 (Tue.).

For other information and updates, please scan here!

Information on Everyday Living for Foreign Residents website





Traditional Japanese New Year The Charm of



In Japan, the New Year begins on January 1, and the first three days from January 1 are known as *sanganichi*. Many companies and shops are closed during this period. Family and friends celebrate the New Year together. Japan has many unique traditions for the New Year, such as decorating the home with a *kagamimochi* rice cake ornament, feasting on *osechi ryori* foods, and visiting the temple for the first time of the New Year, which is known as *hatsumode*. In this issue, we will describe some typical New Year's customs.

Traditional New Year foods

Osechi ryori

The meaning of *osechi ryori*



① **Kuromame** (sweet black soybeans)
The beans signify diligence and health, symbolizing prayers that one can work in good health.

Osechi ryori is an indispensable part of the New Year celebration. Each morsel signifies prayers for good health and prosperity.

② **Kuri kinton** (candied chestnut and sweet potato mash)

The gold color of this sweet symbolizes good luck for financial success.

③ **Kazunoko** (herring roe)

The abundance of fish eggs symbolizes prayers for the prosperity of future generations.

④ **Ebi** (shrimp)

Shrimp symbolize prayers that you can live a long life until your back bends.

⑤ **Datemaki** (sweet rolled omelette)

Since the rolled egg is shaped like a scroll*, it is the symbol of prayers for wisdom.

*The shape of ancient documents; pictures and texts on paper were rolled up in a scroll.



A lucky charm for the new year *Hatsu hinode* (first sunrise)

Viewing the sunrise on January 1 is considered to bring good luck. Tokyo Skytree and Haneda Airport are popular spots for catching the year's first dawn.

Praying for safety and good health

Hatsumode

The first visit to a temple or shrine to welcome the New Year is called *hatsumode*. Since some shrines allow food stands and street vendors, many people visit them.



Stacking round two rice cakes



Kagamimochi

This is a traditional New Year decoration symbolizing prayers for happiness and good health. There are various types of *kagamimochi*, such as ornaments made of plastic or glass and individually wrapped rice cakes.

New Year's greeting

For New Year's, people greet each other by saying, "*Akemashite omedetou gozaimasu* (Congratulations on the start of a new year)." This greeting expresses the feeling of joy upon safely welcoming a new year. Try exchanging this New Year's greeting with your friends and coworkers!



The year-end/New Year's holidays will bring many opportunities for people to get out and about and gather. When you go outside, please be sure to practice all the usual COVID countermeasures.

