



# Shinjuku News

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

## Get Prepared for Major Earthquakes

Here Are Some Things We Can Do

Japan is the site of a large number of the world's earthquakes, including around 20 percent of those registering a magnitude of 6 or more. The chances of an earthquake directly hitting Tokyo within thirty years are estimated at 70 percent.

We never know when an earthquake will occur. However, we can prepare for emergencies by deepening our knowledge of earthquakes and ensuring that our households have adequate supplies.



### What to Do When an Earthquake Hits

When an earthquake hits



It is paramount to protect yourself physically. Crawl under a desk or table to shield yourself from falling objects.

If you are cooking or using fire



Wait until the shaking subsides; being in a hurry can be dangerous. After confirming your safety, make sure that all sources of fire (such as in a kitchen) are shut off.

When the shaking stops



Open a door or window to secure an exit. Do this before the doors and windows are damaged by stress-induced warping and cannot be opened. Since broken glass can accumulate in various areas, wear slippers. Stay informed about the situation by turning on the radio or TV, connect to social media, or listen to the neighborhood broadcast on the local loudspeakers.

When outside



Use any type of baggage or item that you have to shield your head from things that might fall from above, such as telegraph poles. Also stay away from things that may collapse, such as broken wires and buildings that appear unstable. If you know of buildings that are highly resistant to earthquakes, seek refuge inside.

### Things You Can Do in Advance

Water, food, electricity, gas and so on may be severely limited for several days after an earthquake. Keep a stock of food and drinking water for three days or more at home (three liters per day per person, as a rule), along with daily necessities such as a simple toilet. If you are not Japanese, please be sure to carry your resident card and passport. For more details on disaster prevention measures, please visit:

[http://www.foreign.city.shinjuku.lg.jp/en/kinkyu/kinkyu\\_7/](http://www.foreign.city.shinjuku.lg.jp/en/kinkyu/kinkyu_7/)



### Useful Japanese Words to Know in Case of Disaster

Most of the information provided through TV, radio and neighborhood broadcasts is in Japanese, so please commit the following words and phrases to memory:

Earthquake	<i>Jishin</i>	The Japanese word for "earthquake"
Aftershocks	<i>Yoshin</i>	The term given for "aftershocks"
Seismic scale	<i>Shindo</i>	This is the Japanese system for measuring an earthquake's scale. It goes from 0 to 7, with 7 being the strongest.
Evacuate	<i>Hinan</i>	To escape to somewhere safe
Evacuation site	<i>Hinan-basho</i>	An evacuation site, such as a big park, which can serve as a place of refuge from fire and aftershocks.

I'd like to go to the nearest evacuation site.

*Hinan-basho ni ikitai desu*

I'm injured.

*Kega wo shiteimasu*

Please help me!

*Tasukete kudasai*

### ◆ Evacuation site map

[http://www.foreign.city.shinjuku.lg.jp/en/kinkyu/kinkyu\\_9/](http://www.foreign.city.shinjuku.lg.jp/en/kinkyu/kinkyu_9/)



### Disaster prevention/disaster information sent via social media



Disaster-related information will be posted on various social media networks in the event of an earthquake or other incident. Please follow Shinjuku's SNS foreign-language accounts.

[http://www.foreign.city.shinjuku.lg.jp/en/sns/sns\\_1/](http://www.foreign.city.shinjuku.lg.jp/en/sns/sns_1/)

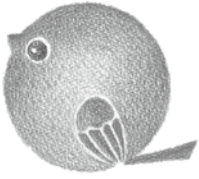


### Shinjuku Disaster Prevention Festa

This event will take place on May 26 (Sat.) at Okubo Park. You can improve your knowledge about disaster prevention in a relaxed, enjoyable setting.

Please Feel Free to Visit!

# Shinjuku Multicultural Plaza



Have you ever been to Shinjuku Multicultural Plaza, which is in the Kabukicho area? About 20,000 people use the plaza every year, and it is a base for international exchange in Shinjuku City. The plaza also has many books for studying Japanese, as well as information on Japanese culture and areas of Japan. You can use the Foreign Resident Consultation Corner for free, and the staff is available to offer assistance on any difficulties you might experience in daily life. We can provide advice over the phone or in person at the office. Everything you tell us will be kept confidential, so please don't hesitate to contact us. Below are some warm words from our office counselors.

## Foreign Resident Consultation Corner

Tel: 03-5291-5171

● **Dates and hours:** 10 a.m. to noon and 1 to 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
Korean (only during the afternoon session)	Chinese, Thai and Nepalese	English	Chinese and Burmese	English (only during the third week of the month) and Korean

## Messages from Our Consultation Staff

Chinese



We also offer advice about marriage, divorce and opening bank accounts. For example, we get inquiries from people worried about their permanent residence visa and that their residence status may be canceled if they divorce. As counselors, we listen intently to your words and needs. We will be happy to refer you to other public institutions for anything out of the ordinary.

Korean



We receive many inquiries about Japanese-language study, but we can also provide vital information about daily life, such as information on visa renewal, education, admission to school and sightseeing. We also get questions about problems related to cultural differences and international marriage. It doesn't matter if you can't understand Japanese. We are standing by to answer your inquiries about anything and everything.

English



Hello, everyone! When you get mail from the city office and can't understand it completely because it is written in Japanese, please come talk to us. You can ensure that your daily life is worry-free by getting on top of things such as announcements about taxes and health checkup notices. Please feel free to contact us about anything—we are always standing by.

Burmese



We receive many questions about National Health Insurance and visas. We also handle inquiries regarding pregnancy, childbirth, and school attendance. We would be thrilled if more people used our Burmese-language consultation services. For those who have never visited or used the plaza, please feel to call on us anytime!

Nepalese



We receive many inquiries from people wishing to study Japanese during breaks at work and other periods of free time. Some come to ask for help filling out application forms, such as visas, since their Japanese reading and writing ability is not good enough yet. Please don't fret about the small things all alone—just call us up!

Thai



We respond to various inquiries on everything from small problems to big problems (school life, advanced studies, work, cultures and customs, relationships with neighbors, and so on). For anything you're not sure about, such as letters from school, please feel to call us anytime.

## Shinjuku Multicultural Plaza

**Location:** Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku-ku, Tokyo 160-0021

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

**Closed:** Every second and fourth Wednesday of the month, and during the year-end/New Year's holidays (Dec. 29 to Jan. 3)

For more details, please visit the Shinjuku City website.

[http://www.foreign.city.shinjuku.lg.jp/en/plaza/plaza\\_1/](http://www.foreign.city.shinjuku.lg.jp/en/plaza/plaza_1/)



## For Those New to Life in Shinjuku City

As of March 1, 2018, Shinjuku has a total of 42,170 foreign residents representing a total of 130 countries. We are striving to be an attractive city to live in that allows both Japanese and non-Japanese to understand and get to know each other in ways that go beyond differences in culture and language.

It is important to observe various rules, such as how to separate and dispose of garbage properly, and to co-exist with those around us in a pleasant way and live comfortable lives. In addition to daily life rules, our *Guide to Living in Shinjuku* (shown at right) introduces a lot of useful information that will make life in the city (such as medical guidance, Japanese-language learning and Japanese bathing etiquette) much easier and more pleasant.

Learning the Japanese language, customs and rules will help you make your life in Shinjuku easier and more fun.

Guide to Living in Shinjuku (in Japanese, English, Chinese and Korean)

Guide to Living in Shinjuku (in Japanese, Nepalese, Vietnamese and Burmese)

**Places that have copies of the guide:** Shinjuku City Office, Branch Offices and other public facilities in the city

**For more information about the *Guide to Living in Shinjuku*:**  
[http://www.foreign.city.shinjuku.lg.jp/en/start/start\\_1/](http://www.foreign.city.shinjuku.lg.jp/en/start/start_1/)

**For more information of various rules in daily life:**  
[http://www.foreign.city.shinjuku.lg.jp/en/seikatsu/seikatsu\\_1/](http://www.foreign.city.shinjuku.lg.jp/en/seikatsu/seikatsu_1/)



## Information on Labor Consultation Services

Foreign residents working in Japan can obtain advice on working conditions, wages, dismissal, retirement, working hours and holidays. Any worker at any level is welcome, whether you're a full-time company staff or a part-time worker.

### ● Advisory Services for Foreign Workers

(Inspection Division, Labor Standards Department, Tokyo Labor Bureau)

**Location:** 1-2-1, Kudan-Minami, Chiyoda-ku  
**Tel:** 03-3512-1612

Language	Day	Hours
English	Mon., Thu. and Fri.	10 a.m. to 4 p.m. (excluding noon to 1 p.m., and closed on national holidays and from Dec. 29 to Jan. 3)
Chinese	Tue. and Thu.	
Tagalog	Tue. and Wed.	
Vietnamese	Wed. and Fri.	

**Note:** Since the service days may change, please confirm the schedule and make an appointment first.

### ● Tokyo Metropolitan Government Labor Consultation Center

**Location:** Tokyo Shigoto Center 9F, 3-10-3 Iidabashi, Chiyoda-ku  
**Tel:** 03-3265-6110

Language	Day	Hours
English	Mon. to Fri.	2 to 4 p.m. (closed on national holidays and from Dec. 29 to Jan. 3)
Chinese	Tue., Wed. and Thu.	

#### Notes:

1. An appointment is necessary for in-person consultations.
2. Interpretation services are also available for Spanish, Portuguese, Korean, Thai and Persian. Please make an application in advance.

**For information on the Tokyo Labor Bureau's Telephone Consultation Service for Foreign Workers, please check the link below.**

[http://tokyo-roudoukyoku.jsite.mhlw.go.jp/news\\_topics/kyoku\\_oshirase/roudou\\_kijun/20050415-foreigner.html](http://tokyo-roudoukyoku.jsite.mhlw.go.jp/news_topics/kyoku_oshirase/roudou_kijun/20050415-foreigner.html)



## You Must Apply to Conduct a Private Lodging Business

The Private Lodging Business Act Becomes Law on June 15, 2018

### What is the "private lodging business"?

This term refers to the short-term rental of private housing to lodgers for a fee by someone other than an operator regulated by the Inns and Hotels Act. In Japanese, this system is known colloquially as *minpaku*, or "home sharing."

Business operators that have applied to the city for certification can conduct business from June 15, 2018 for up to 180 days per year. (Shinjuku City began accepting applications on March 15.)



### Obligations of those involved in private lodging business (excerpts)

- Ensure the safety of lodgers and proper sanitation
- Explain to the lodgers how to avoid adversely affecting the surrounding living environment
- Respond to complaints from neighbors, etc.

**Inquiries:** Sanitation Section, Sanitation Division

**How to apply for private lodging business certification, Tel:** 03-5273-3870

### Shinjuku City Ordinance to Ensure Appropriate Operation of Private Lodging Businesses

Shinjuku City has enacted its own ordinance to so that private lodging businesses do not adversely affect the living environment of city residents.

#### Main contents

- Private lodging businesses must explain their operations in advance to neighboring residents and also report to the city
- All private lodging businesses, etc. must properly handle garbage at their own cost and risk
- Shinjuku City will make information on private lodging businesses public
- ★ Private lodging businesses cannot operate between noon on Monday and noon on Friday in exclusive residential districts.

#### Further information is available from the Sanitation Division and Branch Offices

- Leaflet: Contents of the law and ordinance (in Japanese, English, Chinese and Korean)
- Rule book: For private lodging business operators (in Japanese only)
- Please visit the website for the leaflet (PDF).

[http://www.foreign.city.shinjuku.lg.jp/en/seikatsu/seikatsu\\_23/](http://www.foreign.city.shinjuku.lg.jp/en/seikatsu/seikatsu_23/)



**All other inquiries, Tel:** 03-5273-3841

# Discover Shinjuku's Most Attractive Qualities

Fifth in the Series

## Shinjuku: A Town of Dyes

Shinjuku has strong ties to the traditional dyeing industry. Did you know that amid the towering skyscrapers and downtown areas Shinjuku was home to dyed goods makers such as Tokyo Somekomon and Tokyo Tegakiyuzen?

For this article, two international students experienced the depth and charm of traditional Japanese industry through making *shiborizome* (a leading dyeing techniques in Japan somewhat like tie-dyeing). Each of them dyed an original and beautiful pattern into cloth to make handkerchiefs that are one of a kind.

We regularly hold events to convey Japanese culture—the Shinjuku City Workshop Experiences of Japanese Traditional Culture. We will hold six such events during 2018. Details on dates and times will be announced on the Shinjuku City website and on social media.



Shiborizome Tie-Dyeing Experience for International Students

### Challenge Yourself and Make an Original Handkerchief!

The *shiborizome* tie-dyeing process  
Three types of pattern are available in this session: circular, squared, and straight. Zhou and Ge made a square pattern and a circular one, respectively.

#### What is *shiborizome*?

*Shiborizome* is a Japanese manual-resist dyeing technique that binds fabrics via threads and produces patterns on fabric. The bound parts do not absorb the dye, which creates unique patterns.

#### STEP. 1



profile

**Zhou Yufei**

Birthplace: China

Department of Education,  
Waseda University



profile

**Ge You**

Birthplace: China

Graduate School of International  
Culture and Communication  
Studies, Waseda University



Pinch the center of the handkerchief and bind it with rubber bands from the tip.



Fold the handkerchief fabric and pinch it with disposable chopsticks.

#### STEP. 2

Dip the fabric in hot water containing dye and wait twenty seconds.



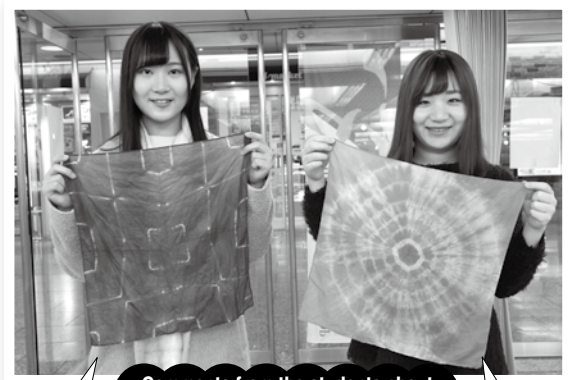
#### STEP. 3

Unfold the cloth



#### STEP. 4

That's it! The tie-dyeing process took only five minutes.



#### Comments from the students about the *shiborizome* tie-dyeing experience

I like Japanese culture a lot, and it was good to learn how to do Japanese traditional tie-dyeing. I practice shakuhachi as a hobby, so I'd like to use the handkerchief I made to take care of my shakuchachi. I want to try other various Japanese traditional things as well.

I've known about this type of traditional Japanese tie-dyeing for a while. When I actually tried it, though, I was deeply impressed by the resulting unexpected pattern. The pattern is a one-time thing. I think it's really cool that the same pattern can never be reproduced. I might use these handkerchiefs to decorate my room or as *teru teru bozu*.\*

\* A traditional Japanese handmade doll made of white paper or cloth that is hung outside when someone desires a sunny day, particularly after many days of rain.

