



Shinjuku News



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

To Those Who Want to Learn Japanese... Information on Japanese-Language Classes

There are many places in Shinjuku City where you can study Japanese. In this issue, we introduce two classes hosted by the city.

For those who want to study regularly near their house

Ten locations in Shinjuku City!
Twelve classes

Shinjuku City Japanese-language Classes

Volunteers teach basic conversational Japanese in these classes, which require you to apply for each term. The fees are as follows:

	First term (Apr.–July)	Second term (Sep.–Dec.)	Third term (Jan.–Mar.)
One class/week	2,000 yen	2,000 yen	1,500 yen
Two classes/week	4,000 yen	4,000 yen	3,000 yen

For details about the Shinjuku City Japanese-language class, please visit our website:
http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_1/



Let's Have Fun Learning Together!

Japanese-Language Lessons

For people who want to attend on a casual basis whenever they have time

Shinjuku Multicultural Plaza offers you the opportunity to learn Japanese free of charge. Volunteers teach in an easy-to-understand way, so you can join in with confidence. Classes that are held on Mondays, Tuesdays, Thursdays and Saturdays from 2 p.m. have different themes in each session, so you can choose the class that suits you best. No application is necessary; please feel free to join in at any time.

This time we covered a lesson called, "Minna de Nihongo (Japanese with Everyone)," which is conducted on Tuesdays. It has been very impressive to see how everyone has been studying and having fun together!

For details about the Japanese-language lessons, please visit our website:
http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_3/



Participant feedback



Sun Yu (from China)

My Japanese-language school teacher introduced me to the Shinjuku Multicultural Plaza's Japanese-language study lessons about two years ago. They provide info on Japanese culture and traditional events, so it's a lot of fun. There are many opportunities to speak Japanese in the class, and it is an attractive way to practice your conversation skills.

My current goal is to be able to watch Japanese movies without subtitles. I'd like to work as a licensed guide interpreter and introduce Japanese culture and sightseeing spots to

people that visit Japan.

Inquiries:

Shinjuku Multicultural Plaza
Hygeia 11F, 2-44-1 Kabuki-cho
Tel: 03-5291-5171, Fax: 03-5291-5172

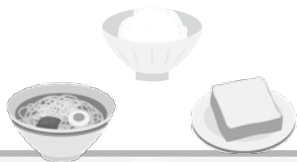
Regional Exchange Division, the Shinjuku
Foundation for Creation of Future
3-1-2 Okubo
Tel: 03-3232-5121, Fax: 03-3209-1833
E-mail: sjc@regasu-shinjuku.or.jp

To Prevent
Heat Exhaustion...

Try a More Balanced Diet!

Staples

Rice, bread,
noodles



Main dish types

These dishes use fish, meat,
eggs, soybeans, products made
from soybeans and so on.



Side dishes

Side dishes that incorporate
vegetables, mushrooms,
seafood, etc.



The "Shinjuku Vegetable Day" logo

It's easy to forget to add side dishes to your meals. Vegetables are the main ingredients of side dishes for most people. Your daily diet should include at least 350 grams of vegetables (five servings a day) to prevent lifestyle diseases. Be sure to add vegetables to your daily meals.

Shinjuku City is promoting the usefulness and charm of vegetables to help city residents maintain their health. To provide chances for you to eat vegetables, Shinjuku City is hosting a variety of activities on the eighth of every month, designating this day "Shinjuku Vegetable Day." We will also introduce some vegetable-based recipes in issue 5 of *Koho Shinjuku* (Shinjuku bulletin) and via the city's official website. By all means, please try out these recipes!

www.city.shinjuku.lg.jp/kenkou/kenko01_vr_001.html



Tips

土用の丑の日

Doyo no Ushi no Hi (Day of the Ox)



Do you know about Doyo no Ushi no Hi, otherwise known as the "Day of the Ox"?

Hmmm, "Day of the Ox"? Some people might think this refers to people eating beef (*ushi* means "ox" in Japanese) on Saturday (*doyo* in Japanese). However, in Japan this is a day on which many people traditionally eat *unagi* (eel).

● What is Doyo no Ushi no Hi?

First of all, in Japanese, *doyo* refers to the periods during which one season turns into another—about eighteen days for each season: spring, summer, autumn and winter. (For this summer, that will be from July 20 to August 6.)

Then we have *ushi*, which refers to the ox in the Twelve Branches (an ancient zodiac system from East Asia). You may be unfamiliar with this zodiac system; for example, people often say this year is the "Year of the Dog." Years, periods and days in East Asia were once calculated using this zodiac. Since there are twelve zodiac signs, the "Day of the Ox" comes in the twelfth cycle (such as in July, the 8th and the 20th; and in August, the 1st, 13th and 25th).

In other words, the day when the *doyo* period and the twelfth Day of the Ox overlap (July 20 and August 1) is considered the official "Day of the Ox."

● Why do people eat *unagi* on this day?

There are various theories for all of this, one of which we will introduce here.

Long ago, there was a doctor named Hiraga Gennai. One day, a man who owned an *unagi* shop consulted the doctor, asking for help because sales of *unagi* were nonexistent in the summer. Dr. Hiraga told the shopowner to make a poster with the words "Doyo no Ushi no Hi: The Day of the Eel," because it was said that if you eat something that starts with the Japanese syllable "u" (as in *unagi*) on the Day of the Ox, you can avoid heat exhaustion.

People that saw these posters began eating *unagi* in the summer, and *unagi* sales of the shop boomed! Other *unagi* shops began doing the same thing, and the Day of the Ox became a day to eat *unagi*.

● Eating *unagi* on the day

As the Day of the Ox approaches in midsummer, you'll probably see local shops featuring *unagi*. Eel is very nutritious and chock full of vitamins and minerals, so enjoy this great food and get through the hot summer!

Municipal Elementary and Junior High School Enrollment in April 2019

Elementary school first-graders:

Children born between April 2, 2012 and April 1, 2013

First-year students in junior high school:

Children born between April 2, 2006 and April 1, 2007

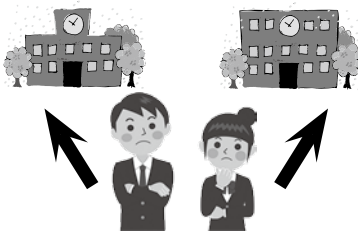
For a child of a foreign resident to enter a municipal elementary or junior high school, an application must be filed. Please bring the residence cards or special permanent resident certificates of you and your children to the School Management Division office to apply.

Note: Other than new first-graders, the procedure is the same for those who wish to transfer into a municipal elementary or junior high school in Shinjuku City. For more information, please contact the School Management Division.

Enrollment
application
period

8:30 a.m. to 5 p.m., excluding Saturdays, Sundays, national holidays and the year-end/New Year holiday period

School Selection System
(Junior High School)



Shinjuku City has a program that allows new first-year junior high school students to select and attend a school outside of their assigned school district. Please complete the school selection application form you received at the time you applied for your child to enter school and submit it during the submission period (October 1, 2018 [Mon.] through 31 [Wed.], excluding Saturdays, Sundays and national holidays) to the School Management Division. Please note that, depending on the school, a lottery may be used to determine who is admitted.

Note: The school selection system for elementary schools will be eliminated from April entrance in 2018. If special circumstances prevent you from enrolling your child at the school within his/her school district, there is a designated school change system. For more information, please call the School Management Division.

Schools are open to the public on certain days so that you can see what the school is like. The days the schools are open to the public are on designated days for elementary school, and from late September through late October for junior high schools. Please call the particular school for its schedule and more information.

Inquiries:

School Management Division, Board of Education Secretariat (Shinjuku City Office Annex 1, 4F), Tel: 03-5273-3089 (in Japanese)



Two More Years to the Tokyo 2020 Olympic and Paralympic Games

Enjoy a Healthy Life of Sports with Family and Friends!

The upcoming Olympics Games will encompass a total of 33 sports, while the Paralympic Games will host 22 of them. In addition to enjoying these great events live or on TV, why not try some of them yourself? Shinjuku is home to many facilities where you can enjoy numerous sporting activities. In addition, sports events and lectures about sports are held in various places. For more details, please check our website:

http://www.foreign.city.shinjuku.lg.jp/en/goraku/goraku_2/



Discover Shinjuku's Most Attractive Qualities

Sixth in the Series

These Waterside Spots Are Cool Even in Summer

Summer has finally arrived, and it's the perfect time to enjoy playing in water!

This time out we'd like to introduce some great water spots and green spaces where children can have fun and you can easily take refuge from the heat. One is a water terrace in the Kanda River where access is usually not allowed. There is also a wading pool, which is very popular with kids. Please refer to this information when planning your next outing.

Everybody loves wading pools

Shinjuku Chuo Park

(2-11 Nishi-Shinjuku)

Date and time (wading pool):

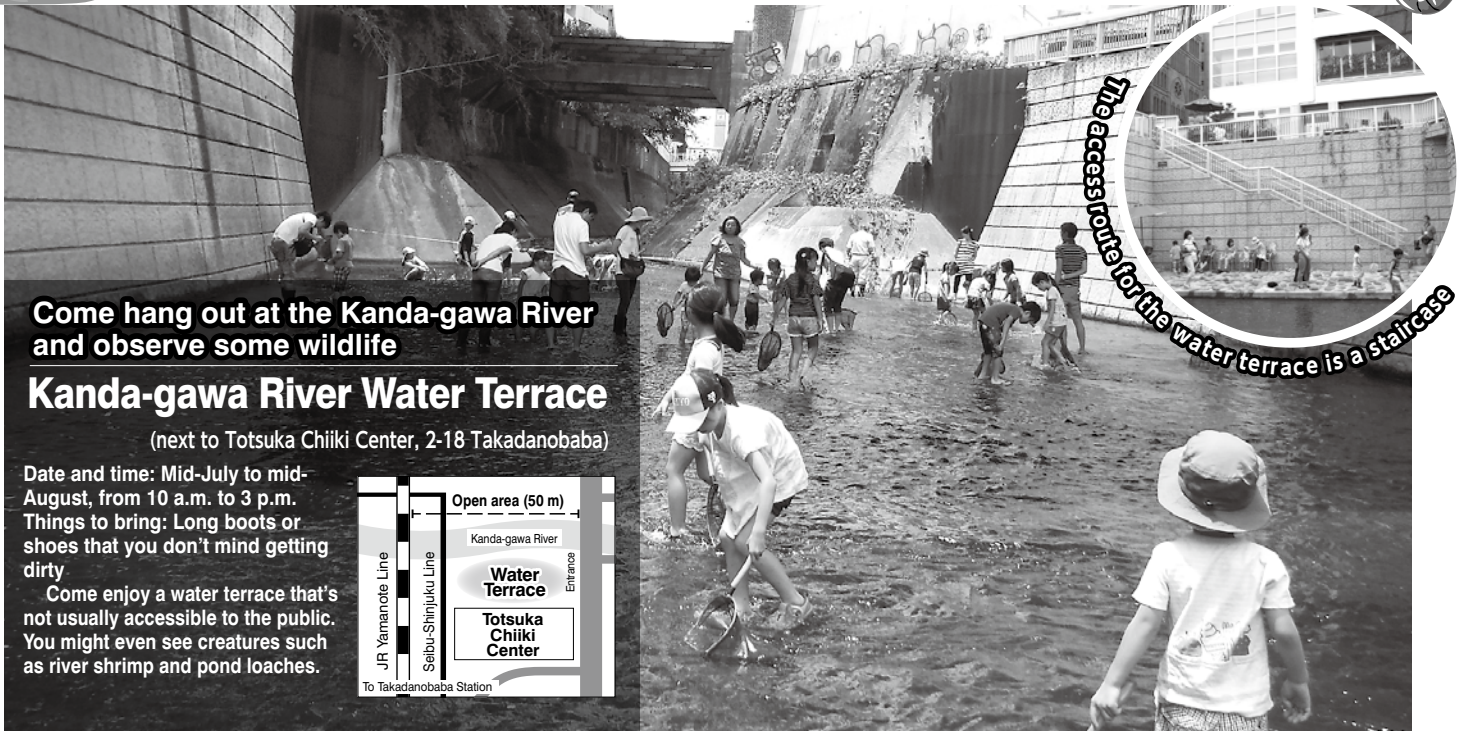
Mid-July to early September, from 11 a.m. to 4 p.m.

Note: Canceled in case of rain

Small children can play in a big pool at a depth that only reaches up to the knee.



Notice!
The equipment at the children's playland area has been completely renovated, and the playland's big slide in particular gets full marks for fun!



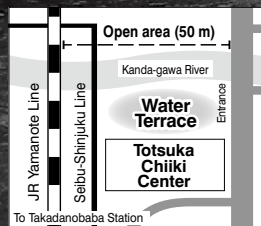
Come hang out at the Kanda-gawa River and observe some wildlife

Kanda-gawa River Water Terrace

(next to Totsuka Chiiki Center, 2-18 Takadanobaba)

Date and time: Mid-July to mid-August, from 10 a.m. to 3 p.m.
Things to bring: Long boots or shoes that you don't mind getting dirty

Come enjoy a water terrace that's not usually accessible to the public. You might even see creatures such as river shrimp and pond loaches.



The access route for the water terrace is a staircase

Mist from a stone pillar

Minami-Motomachi Park

(20 Minami-Mmoto-machi)



Date and time (for mist):

Late April to late October

The flowing water is beautiful here, and visitors can enjoy cool mist emitted from a stone pillar at timed intervals.

Playing in a water shower

Shirogane Park

(3 Shirogane-cho)



Date and time (for water shower): Early July to mid-September, from 10 a.m. to 4 p.m.

This water play area, featuring a shower of water gushing out from the top of a pillar, is very popular among children.

Always be sure that you and your children stay hydrated and are fully protected from heatstroke and water-related accidents. Everyone should take the proper measures to stay safe in the heat and enjoy summer in the park.