



Shinjuku News

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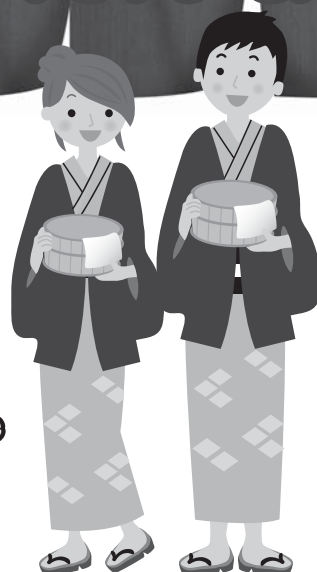


Website <http://www.foreign.city.shinjuku.lg.jp/en/>



Featuring the unique atmosphere of retro wooden architecture

Japanese Bathing Culture Experience Visit a Sento!



What exactly is a *sento*?

A *sento* is a type of public bath featuring wide bathing areas that you can enter easily for a good soak. Warmly referred to in Japanese as "bath of the town," *sento* have been traditional meeting spots in local communities as well as centers that promote health.

The feeling of a good soak in a large bathtub is amazing!



The water temperature is set at approximately 42°C. (The exact temperature varies between all *sento* baths, however.)



Take off your clothes here.



The main wall features an amazing painting!

An Introduction to *sento*

There are twenty-three public *sento* in Shinjuku City. Each has its own characteristics. Why not take a look around your area to discover your favorite *sento*?

Check out the link below for more information on each *sento* in Shinjuku City.



Shinjuku Sento Association official site:
<http://1010yuge-g.jp/en/index.html>

Bath Entry Fees	Adults (12 years old or older)	460yen
	Ages 6-11	180yen
	Ages 5 and below	80yen

Note: Body soap and 2-in-1 shampoo/conditioner are available for free at all *sento* bathhouses.

Public *Sento* Bath Manners

So that everyone can enjoy visiting traditional Japanese *sento*, proper manners are essential. The basic rules of bathing at public *sento* mainly involve not inconveniencing other people. Be sure to use your best manners when enjoying these large bathing facilities, especially the following:

- 1 Wash your body completely before entering the bath
- 2 Don't put your towel into the bath
- 3 Don't do laundry in a bath or the bathing room
- 4 Only reenter the change rooms after fully wiping yourself down

Influenza Immunizations (available from October 1, 2018 through January 31, 2019)

Undergoing immunizations is effective at preventing the spread of contagious diseases and alleviating symptoms if you are infected. Please get vaccinated at a medical institution Shinjuku City has approved, and be sure to take along the preliminary checkup sheet the Shinjuku City Office has sent you. 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) or Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho).

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)

	Children's Influenza Immunizations	General Influenza Immunizations	Elderly Influenza Immunizations
Eligibility	Shinjuku City residents between one and twelve years of age as of October 1, 2018 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, 2018, that belong to a household that receives public financial assistance for everyday living Note: An application must be filed first.	Shinjuku City residents who as of the date of immunization 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, and who wish to be immunized (about Level 1 in the <i>Handbook for the Physically Disabled</i>)
No. of Times	Twice	Once	Once
Personally-Borne Expense	¥1,700 per immunization Note: Free of charge for those who receive public financial assistance for everyday living	Free of charge	¥2,500 Note: Free of charge for residents aged 75 or older, and for those who receive public financial assistance for everyday living

Consultation/Tests for HIV, AIDS and Sexually Transmitted Infections (STIs)

Some STIs have no apparent symptoms, and they can be transmitted to the partner unknowingly. Since early detection and early treatment are crucial, it is recommended to undergo consultation and tests if you are concerned. Shinjuku Public Health Center offers anonymous consultations and tests free of charge. (Please take your test only after sixty days or more have passed since the last possibility of infection.)

HIV Consultation/Tests in Foreign Languages

Languages: English, Spanish, Portuguese and Thai

HIV/AIDS Telephone Consultation, Tel: 03-3369-7110

Consultation days and hours: Thursdays, 1 to 5 p.m.
(Thai is available twice a month, only on the test days.)

HIV/STI Tests

Test program: HIV or STI (syphilis, chlamydia and hepatitis B)

Note: If you are undergoing a test, please come directly to the test site during reception hours. No reservations are necessary. (Twenty-five people on a first-come, first served basis.)

Test days: Twice a month, on Thursdays

Notes:

1. There are test days designated for men only and others for women only.
2. You will be notified of the results one week after the test; please simply visit the test site.

Reception hours: 1:30 to 3 p.m.

Test site: Shinjuku Metropolitan Taxation Office 1F (7-5-8 Nishi-Shinjuku, Shinjuku-ku)

http://www.foreign.city.shinjuku.lg.jp/en/kenko/kenko_10/

Inquiries: Disease Prevention Section, Public Health Promotion and Disease Prevention Division, Tel: 03-5273-3859 (in Japanese)



HIV Consultation/Tests in Japanese

HIV/AIDS Telephone Consultation

Tel: 03-5273-3862 (Health Consultation Section, Public Health Promotion and Disease Prevention Division)

Consultation days and hours: Monday through Friday, 9 a.m. to 5 p.m.

HIV/Sexually Transmitted Infection (STI) Tests

The test days and times, program and test site are the same as written at left.

Reservations: Please note that reservations are required for the HIV/STI tests in Japanese.

Tel: 03-5273-3859 (Disease Prevention Section, Public Health Promotion and Disease Prevention Division)

Recruiting Students for Shinjuku City Japanese-Language Classes (September through December)

Let's learn basic Japanese necessary for everyday living! If there is an opening, you can start in the middle of the term.

Eligibility: Beginning level for those who need to learn basic Japanese necessary for everyday living. However, those junior high school age and younger are not permitted to join the class.

Date and time: Weekdays, September through December 2018. There are classes that meet once a week and those that meet twice a week. Schedules vary depending on the class location. Class hours are 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on Mondays and Thursdays only.)

Location: Ten locations in the city, including Shinjuku Multicultural Plaza

Fee: Classes that meet once a week—¥2,000; classes that meet twice

a week—¥4,000

To apply: Contact the Regional Exchange Division below by telephone or e-mail.

Website:

www.regasu-shinjuku.or.jp/?p=273#sjc

E-mail:

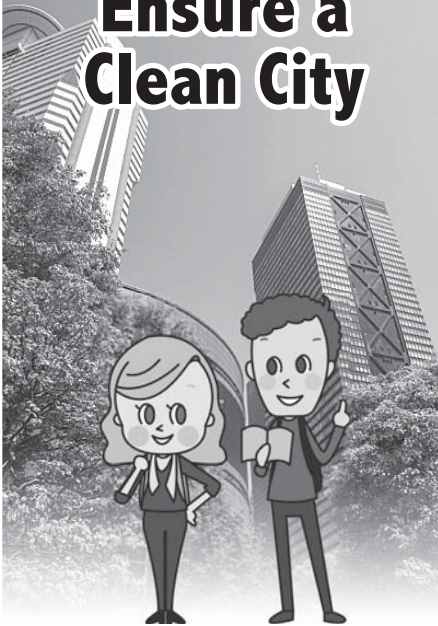
sjc@regasu-shinjuku.or.jp

Inquiries:

Regional Exchange Division, the Shinjuku Foundation for Creation of Future (within Shinjuku Cosmic Center), 3-1-2 Okubo, Shinjuku-ku 169-0072, Tel: 03-5272-5060



Mind Your Manners to Ensure a Clean City



To ensure that Shinjuku City remains clean, safe and comfortable for everyone, please follow the rules below.

No Smoking on City Streets and Sidewalks

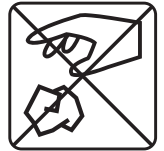
Smoking on the street is prohibited throughout Shinjuku City with the exception of designated locations. This ensures that other people aren't exposed to passive smoking in parks and plaza areas. Cigarette smoke can annoy and also harm people in the vicinity.



Poster cautioning against smoking on the streets and sidewalks

Don't Litter

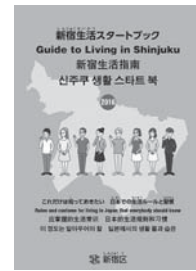
Litter such as waste paper and empty cans ruin the landscape and aesthetic of the city, and there is also the danger of fire from discarded cigarettes. Let's make sure that each and every one of us takes care to use proper manners. Please avoid littering.



Guide to Living in Shinjuku

This guidebook provides tips on how to live life in Japan—along with common rules and manners—in an easy-to-understand way. Please feel free to grab one and take a look!

http://www.foreign.city.shinjuku.lg.jp/en/start/start_1/



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



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

Upcoming Shinjuku City Events and Community Festivals



Shinjuku Town Fes



Fureai Festa

Event	Date and Time	Location
Shinjuku Town Fes 2018	October 6 (Sat.)	Shinjuku Station area
Yotsuya Daisuki Festival 2018	October 6 (Sat.) October 7 (Sun.)	Samon Park Shinanomachi parking lots 5 and 7
The thirty-seventh Okubo Festival	October 8 (Mon., national holiday)	Okubo-dori Avenue (between Shin-Okubo Station guard and Meiji-dori Avenue) and surrounding area
Hyakunincho Festival	October 8 (Mon., national holiday)	Okubo-dori Avenue (between Kita-Shinjuku Itchome Intersection and Okubo Nichome Intersection)
Kagurazaka Machitobi Festa 2018	October 13 (Sat.) through November 3 (Sat., national holiday)	Throughout the Kagurazaka area
Takadanobaba Festival	October 14 (Sun.)	Takadanobaba Station Plaza Waseda-dori Avenue (between Tokyo Sankyo Shinkin Bank's Main Office and Babaguchi Intersection) Big Box 1F concourse
Fureai Festa 2018	October 21 (Sun.)	Toyama Park

Various other events are taking place in Shinjuku City. Please ask the Culture and Tourism Division for details (Tel: 03-5273-4069; in Japanese).

Discover Shinjuku's Most Attractive Qualities

Seventh in the Series

What Are Children's Halls and Children's Corners?

These facilities are for parents and children up to eighteen years old. Local children can enjoy playing freely in the playrooms and music rooms, using the library, and joining lectures and special events. Some facilities have spaces for infants and toddlers and for junior high/high school students. They also host events tailored to various ages. Please also use these local facilities as places you can obtain childrearing advice.

For more information and a list of Children's Halls, please check the website below.

http://www.foreign.city.shinjuku.lg.jp/en/ikuji/ikuji_10/



How to use the facilities

When visiting a facility for the first time, please fill out the necessary information (name, address etc.) on an application form and get a user card (such as a Children's Hall card).

Children's Playgrounds ★ Great Spots to Visit!

Shinjuku City is home to many facilities that children can use safely and enjoyably. This time, we will introduce the Children's Halls, Comprehensive Children's Centers, and Families with Children Support Centers.

Parents' and Children's Plazas

Children can come and play at a plaza at any time. The plazas also put on various courses and events, along with other gatherings that let new mothers/fathers of infants and toddlers meet each other and make friends.

Comprehensive Children's Centers Families with Children Support Centers

Along with the Children's Corners, each of these centers also offers Parents' and Children's Plaza, which is a private space for infants and toddler. These centers provide various programs to support families for childrearing, and you can receive parenting/family consultations here as well. For details, please visit our website.

http://www.foreign.city.shinjuku.lg.jp/en/ikuji/ikuji_21/



Comprehensive Children's Center

We also have multi-language pamphlets

Pamphlets about the Children's Halls, Comprehensive Children's Centers and Families with Children Support Centers, etc., are available in six languages (Japanese, English, Chinese, Korean, Thai and Tagalog). The published information is also available via the abovementioned website about Comprehensive Children's Center and Families with Children Support Center. Please feel free to take a look.

