



Shinjuku News

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

Information on Japanese-Language Learning Support Programs in Shinjuku City



Please feel free to ask any questions.



Shinjuku City has well-developed programs that support Japanese-language learning. For more information on these programs, please visit the website below.

Inquiries: Regional Exchange Division, the Shinjuku Foundation for Creation of Future (3-1-2 Okubo)
Tel: 03-5272-5060, Fax: 03-3209-1833

Shinjuku City Japanese-Language Classes

There are a dozen classes in ten locations in the city!

Volunteers teach basic Japanese useful for everyday life. You must apply for each term and fees are charged.

http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_1/



Family Japanese-Language Classes



Have small children? No problem!

These are classes for families who do not speak Japanese. Since there are babysitting services, you can bring infants and toddlers and participate in the class and enjoy friendly exchanges with other parents.

http://www.foreign.city.shinjuku.lg.jp/en/manabu/manabu_2/



Evening Japanese-Language Class for Children



This class, held at the municipal Education Center, is meant to help students who attend a Shinjuku municipal school between the fourth grade of elementary school and the third year of junior high school with the Japanese language and with school studies.

<https://www.regasushinjuku.or.jp/?p=75506>



Shinjuku Nihongo Network (SNN)



You can study free of charge and at your own pace

Classes where you can learn Japanese are held free of charge at Shinjuku Multicultural Plaza, and no application is required.

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



Japanese-Language Support from the Board of Education (Schools)

- **First-stage Japanese-language instruction:** An instructor who can speak the child's mother tongue teaches Japanese and provides helpful advice about everyday school life to children who do not speak Japanese that have transferred to a Japanese kindergarten, elementary school or junior high school.
- **Japanese-language learning support:** A Japanese support staff member is dispatched to schools twice a week or so after school, etc., to teach the Japanese language and help with school studies. Elementary and junior high school students who can understand some basic Japanese conversation and would like individual instruction in Japanese are eligible.



Inquiries: Educational Activities Support Section, Educational Support Division
Tel: 03-3232-1058, Fax: 03-3232-1079

Japanese-Language Classes Taught by Volunteers

Volunteer groups offer Japanese-language classes in various parts of the city. Please visit this website to find out more:

<http://www.foreign.city.shinjuku.lg.jp/en/wp-content/uploads/sites/4/2017/06/volunteer.pdf>





Have small children? No problem! ♪ Family Japanese-Language Class for Foreign Residents



Why not have fun learning Japanese together as a family? Since there are babysitting services, even if you have an infant or toddler you can learn without worrying about your children! You can join even in the middle of the term.

Eligibility: Foreign resident families who do not know the Japanese language or are at the basic level.

Date and time: Saturdays from May 11 through July 13, 10 a.m. to noon (total: ten classes)

Note: The schedule is subject to change.

Location: Okubo Elementary School 3F, Tsutsuji Room (1-1-21 Okubo, Shinjuku-ku)

Fee: ¥500 per person (for the total ten sessions); babysitting is free of charge.

Capacity: Twenty families (on a first-come, first-served basis)

Application: Apply by email or postal service. Please write (1) the parent's name with *furigana* and the primary language spoken in your home; (2) your child's name with *furigana*, age, and primary language spoken; (3) address; (4) telephone number; (5) fax number (if you have one); and (6) class name, and send it to the address at the lower right under "Inquiries."

Website: <https://www.regasu-shinjuku.or.jp/?p=40292>

Email: chiiki@regasu-shinjuku.or.jp



Shinjuku City Japanese- Language Classes—First Term

Now
recruiting
students!



Come learn basic Japanese that is essential to everyday living. If there is an opening, you can join even in the middle of the term.

Eligibility: Introductory/beginning level, for those who need to learn basic Japanese for everyday living. Junior high school students and younger children are not eligible.

Date and time: Weekdays from April through July. There are once-a-week classes and twice-a-week classes. The schedule varies depending on the location. Class hours are 9:30 to 11:30 a.m. There are also classes from 6:30 to 8:30 p.m. on Mondays and Thursdays only.

Location: Ten locations, including Shinjuku Multicultural Plaza

Fee: Once-a-week classes: ¥2,000; twice-a-week classes: ¥4,000

Application: Please contact the office under "Inquiries" below.

Website: https://www.regasu-shinjuku.or.jp/?page_id=118459

Email: sjc@regasu-shinjuku.or.jp



Inquiries related to the abovementioned Japanese-language classes: Regional Exchange Division, the Shinjuku Foundation for Creation of Future (inside Shinjuku Cosmic Center, 3-1-2 Okubo, Shinjuku-ku 169-0072) **Tel: 03-5272-5060, Fax: 03-3209-1833**

Facebook



Japanese, English, Chinese and Korean

Please Take Advantage of Shinjuku City's Foreign-Language SNS "Shinjuku News"

Shinjuku City maintains SNS accounts ("Shinjuku News") in foreign languages on Facebook, Twitter, LINE @ and Weibo to keep foreign residents informed about city activities as well as disaster-related information. Please be sure to register and take advantage of this service.

Weibo



In Chinese only

Twitter



Japanese



English



Chinese



Korean



Japanese



English



Chinese



Korean

LINE@

Hospitals, Injuries and HIV

Frequently Asked Questions from Foreign Residents Examples of Consultation Cases Health Edition



Spring is a time of year when the climate changes and many aspects of our surrounding social environment change, such as with entrance to school or starting a new job. It is therefore a season accompanied by physical and emotional stress.

In this issue, we provide useful information about maintaining good health in a Q&A format.

Q1

I don't speak Japanese and I don't have any friends who speak Japanese. Is there a hospital where I can speak in a language other than Japanese?

A Himawari—the Tokyo Metropolitan Medical Institution Information service—offers information about medical institutions* that conduct examinations in foreign languages and about Japan's medical system. You can use the search engine on the Himawari website to find the location of such medical institutions in the Tokyo metropolitan area, as well as the medical departments and languages spoken there.

It's a good idea to do research on hospitals near you beforehand so that you will not panic when an emergency arises.

*Medical institutions (hospitals, clinics, dental clinics and midwives)

Tel: 03-5285-8181

Languages: English, Chinese, Korean, Thai and Spanish

Hours: Daily, 9 a.m. to 8 p.m.

Website: <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>

Note: Please confirm the information posted on the website with the particular medical institution in advance.



Q2

Where can I buy medicine, such as cold medicine and stomach medicine?

A You can buy medicine at pharmacies, drug stores and convenience stores. Pharmacies sell over-the-counter drugs and can also fill your doctor's prescriptions.

If you are looking for a pharmacy where foreign languages are spoken, please click here:

Website: <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>



If you would like explanations on how to take medication and side effects, please use this website.

Note: Please confirm the information posted on the website with the particular pharmacy in advance.



Q3

I'm worried about the cost of medical expenses for an illness/injury.

A To ensure that everyone can receive medical treatment for illnesses and injuries with peace of mind, everyone living in Japan—including foreign residents—must enroll in some form of public health insurance, such as social insurance or National Health Insurance (NHI). By enrolling in health insurance or social insurance, you only need to pay 30 percent of the medical costs. **Note:** Depending on your visa status and other conditions, you may not be eligible to enroll in health insurance. For more information, please ask at your place of employment or contact the National Health Insurance Eligibility Section.

National Health Insurance Eligibility Section, Tel: 03-5273-4146



Q4

I may have been infected with HIV. Where can I go to be tested?

A Public Health Centers offer consultations and tests for HIV and sexually transmitted infections (STIs) free of charge and on an anonymous basis. Consultations and notification of test results are done directly with the person himself/herself, and all information is kept strictly confidential. If you are not sure or worried about this possibility, please call for consultation first.

● HIV/AIDS Telephone Consultation

Tel: 03-3369-7110

Languages: English, Spanish, Portuguese and Thai

Note: As a rule, assistance in the Thai language is only available twice a month, on test days.

Reception hours: Thursdays (except national holidays), 1 to 5 p.m.

● Tests for HIV/STIs

Test program: HIV, STIs (syphilis, chlamydia, hepatitis B virus)

Test days: As a rule, twice a month on Thursdays

Languages: English, Spanish, Portuguese and Thai

Reception hours: 1:30 to 3 p.m. (maximum of 25 persons on a first-come, first-served basis)

Location: Shinjuku Public Health Center Test Venue (Shinjuku Metropolitan Taxation Office 1F, 7-5-8 Nishi-Shinjuku, Shinjuku-ku)

For more information, please click here:

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



Four Points to Remember

Spring Health Maintenance Methods for Physical and Mental Balance

1. Maintain a regular everyday rhythm

To maintain a healthy rhythm, it is vital to balance your meals, exercise and sleep carefully.

2. Eat nutritionally balanced meals

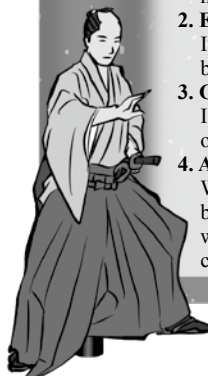
It is wise to eat three well-balanced meals per day, consisting basically of staple, a main dish and a side dish.

3. Get plenty of rest

It is vital to give yourself time to simply relax, particularly on your days off.

4. Adjust your body temperature with the clothes you wear

With the sometimes-drastic difference in temperatures between different times of the day, please remember to wear clothing that helps adjust your body temperature to the climate.





Japanese-Language
Education Site

Special
Feature

Shinjuku Junior High School International Class



Profile

Rie Hosoyama

Rie Hosoyama's hobby is traveling. She acquired a teacher's license at university and became an English teacher because she was interested in the cultures of other countries and wanted to talk with people from around the world. She has been teaching Japanese and English at the international class of Shinjuku Junior High School for the past six years.

Shinjuku City offers various Japanese-language support programs, such as first-stage Japanese-language instruction for children who do not speak Japanese and individual tutoring to help students adjust to school life. The international class at Shinjuku Junior High School is one of these support programs. This is a classroom for Japanese children who were living abroad and cannot speak Japanese well as well as for children whose mother tongue is not Japanese. Instruction and help is offered so that students can lead fulfilling lives at school.

For this issue, we spoke with Rie Hosoyama, who teaches English at Shinjuku Junior High School's international class.

INTERVIEW

What are the unique characteristics of the international class of Shinjuku Junior High School?

There are thirteen schools in the Tokyo metropolitan area with a special Japanese class for junior high school students. Students usually commute to the Japanese class from the school they attend. The international class of Shinjuku Junior High School is unique in that only the students of our school are eligible. Teaching is basically done on a one-to-one basis, and is done in Japanese without using foreign languages. There are sixteen students in the class and three teachers, including me.

What is the hardest part of teaching this class?

It is tough to help students with language arts and social studies, which many students find the most difficult. One of the reasons students fail at language arts and social studies is that they need a large vocabulary. Even if you use a dictionary and understand the meaning of each word, however, it does not necessarily mean you understand the entire sentence. Each class needs to be taught using the grammar and expressions characteristic of the subject in a way that is easy to understand. It's difficult to teach something that is common knowledge for a Japanese person. I've been here for six years, but I still teach on a trial-and-error basis.



A bulletin board for communication in the class

What do the students struggle with most?

The amount of homework. Many students struggle with writing book reports. It helps if there is a translation of the assigned book, but most of the books we assign have not been

translated. Even if they can grasp the general idea of a book, it's not an easy task to write a report between 1,200 and 1,600 letters in Japanese. Some students give up, but since reports are graded in the same manner as tests, we teachers work with the students to help them complete their work.

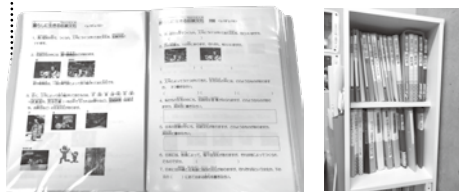
Do you teach other things besides the Japanese language and school subjects?

Yes, we are involved in school events, such as school excursions, the school arts festival, how to make the school paper and evacuation drills. We also do *mame-maki* or bean throwing during the Setsubun celebrations together. Since the curriculum is based on the premise that the student is familiar with basic life in Japan, we do not cover Japanese culture or customs.

How are you creative in the classroom?

We created original textbooks by reducing the content of the textbooks used in regular classes.

Our international class is not a Japanese-language school. Our goal is to help students build skills that enable them to participate in class in Japanese with their classmates, so we use the same textbooks as regular classes. Since the textbooks are geared for students whose mother tongue is Japanese, they are very difficult for foreign students to understand. Very few students can understand the language arts and social studies textbooks without previous knowledge. When I considered how I might make the class easier for everyone to follow, I thought of making original textbooks. If the textbook has a lot of relevant pictures and is easy to understand at a glance, it lowers the hurdle for the students. We now have fifty such original textbooks (smiling). It is not easy to write a textbook, but I think this method is



Original textbook

Bookshelf with teaching materials (partial)

the best way to make subjects easier for the students to grasp.

What do you keep in mind when you're with the students?

I try to make our international class a "refuge" that alleviates their mental stress.

Some students get stressed out and then become truant or delinquent because they aren't able to communicate in their mother tongue. Although we teachers do not speak any other languages except English, we try to communicate with the students and understand what they want to say and accept their thoughts. If we teachers keep our hearts open, we hope the students will gradually open their hearts to us. Even a student who was silent at first was gradually able to blend in with the class after many sessions and a lot of conversation; today, that student can enjoy having a conversation. We leave the classroom open during lunchtime, and almost all the students remain in the classroom and have fun talking together. I'm glad they see the classroom as a place to relax.

In terms of academics, instruction is ultimately on a one-to-one basis. I am always thinking, "How can I make this subject interesting for the students?" and "What order should I teach the subjects so that students can understand it easily?"

What makes the international class worthwhile?

I am so happy to see students who were apprehensive about life in Japan grow and develop a relaxed appearance after coming to this class. It gives me a sense of achievement and encourages me to think even harder about how I can be more creative in my teaching. I believe they learn how to have a conversation with friends, earn praise in class and get better grades, which leads to self-confidence.



Inside the classroom