



# Shinjuku News

Published by: Multicultural Society Promotion Division, Regional Promotion Department, Shinjuku City  
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Shinjuku City information can now be transmitted in Japanese, English, Chinese and Korean!

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



## “Shabereon '19” Interview with the Winner

第28回 日本語スピーチコンテスト  
しゃべれおん '19



### What is Shabereon?

Shabereon is a speech contest in which foreign residents who live, work or go to school in Shinjuku City express their everyday thoughts and dreams in Japanese. The most recent Shabereon took place this past June 15, marking the contest's twenty-eighth year.



Amarjargal Jargalmaa

This year's winner was Amarjargal Jargalmaa from Mongolia. In a presentation entitled “I Won't Run Away,” she shared her earnest thoughts in fluent Japanese on the work she plans to do related to environmental pollution and biotechnology. We asked Amarjargal how she studied Japanese.

**Q How do you study the Japanese language?**

**A** I always study the textbook in advance. I've also listened to NHK radio news for about a year.

**Q Do you have Japanese friends?**

**A** Yes. I'm in a competitive *karuta* card club. Since everyone in the club loves *karuta*, we've become pretty close friends.

**Q What do you think is the key to enjoying learning Japanese? Do you have any advice for people who are studying the language?**

**A** I think it's important to talk with the Japanese people around you. I heard that this was difficult, though, since Japanese people are shy and usually won't start a conversation. I discovered that the key is to find and talk to people who are close to me in age or who share the same hobbies. For example, I like the music of Aimyon. The more opportunities you have to talk with Japanese people, the better your Japanese will get and the more your vocabulary will grow.



Thank you, Amarjargal Jargalmaa!

◀ You can read the winner's speech here (<https://www.regasu-shinjuku.or.jp/?p=12104>).

The next Shabereon contest will take place in 2020. We hope as many people as possible will rise to the challenge and join the fun.

## Shinjuku 2020 Supporters Recruiting

This is a volunteer program Shinjuku City runs. Program members will help out at various events designed to develop the atmosphere surrounding the Tokyo 2020 Olympic/Paralympic Games.

### Eligibility: You must meet all of the following requirements:

Live, work or go to school in Shinjuku City, or belong to a group that conducts activities in Shinjuku City; be junior high school age or older (if you are nineteen years of age or younger, you must have the permission of your parents/guardians); be able to speak basic Japanese.

### Sample activities

- Help out at the Tokyo Gorin Ondo dance practice
- Help out at the December 1 event marking 250 days before the Olympics/Paralympics



Tokyo Gorin Ondo dance

### Questions about the volunteer system

Tokyo 2020 Olympic and Paralympic Games Preparation Division (Shinjuku City Office Annex 1, 7F) Tel: 03-5273-4220, Fax: 03-5273-3931

### Registration Office

Regional Exchange Division, the Shinjuku Foundation for Creation of Future

Use the designated application form and apply by mail, fax or email to the Regional Exchange Division of the Shinjuku Foundation for Creation of Future.

**Note:** The application form is available at the Tokyo 2020 Olympic and Paralympic Games Preparation Division and Branch Offices. You can also download the form from the Shinjuku Foundation for Creation of Future website.

Regional Exchange Division, the Shinjuku Foundation for Creation of Future  
Inside Shinjuku Cosmic Center,  
3-1-2 Okubo 169-0072  
Tel: 03-3232-5121,  
Fax: 03-3209-1833

Website: <https://www.regasu-shinjuku.or.jp/>  
Email: [shinjukusapo@regasu-shinjuku.or.jp](mailto:shinjukusapo@regasu-shinjuku.or.jp)



# Influenza Immunizations

(available from October 1, 2019 through January 31, 2020)

Undergoing immunizations is effective at preventing the spread of contagious diseases and alleviating symptoms if you are infected. Please take along the preliminary checkup sheet the Shinjuku City Office has sent you and undergo immunizations at a medical institution Shinjuku City has approved. 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).

	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, 2019 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, 2019, that belong to a household that receives public financial assistance for everyday living, etc. 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, etc.	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, etc.

**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)

## Shinjuku Multicultural Plaza Foreign Resident Consultation Corner



← Scan here for the location of the Plaza, a map, the hours, holiday schedule, and where to call for inquiries.

● **Hours and languages:** 10 a.m. to 5 p.m. (closed from noon to 1 p.m.)

Mon.	Tue.	Wed.	Thu.	Fri.
Korean (afternoon)	Chinese, Thai and Nepali	English Note: Except for the second and fourth Wednesdays of the month	Chinese and Burmese	Korean
				English (third Friday of the month)

- All consultation matters are kept strictly confidential. Please take advantage of this service with peace of mind.
- You can have your consultation in person or over the phone.
- Example consultation topics: Pursuing higher education, your child's education, health insurance, taxes and more.

### Chinese (Tuesdays and Thursdays)

Some telephone consultations take a long time. We always listen to the calls very carefully.



Chinese-language consultant

### Burmese (Thursdays)

We receive lots of inquiries about health insurance and things related to school. If you have any questions or problems, we can help, so please come.



Burmese-language consultant

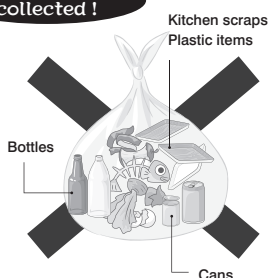
## Solutions for "Oh no!" "Why?" in Everyday Life

### Vol. 1 - Sorting Garbage

Do you have any problems or questions related to everyday life in Japan? In this corner, we choose a theme for each issue, and do our best to solve any "Oh no!" or "Why?" situations you may have. Our first column is on sorting garbage.

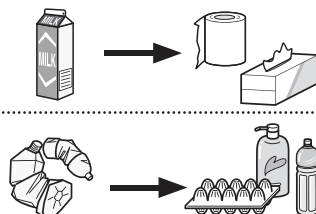
Shinjuku City has rules for sorting and disposing of garbage in many categories, such as for combustible garbage; metal, ceramics and glass; recyclable paper, PET bottles and cans. It is essential to follow these rules and recycle items whenever possible.

Will not be collected!



If you place everything in one bag without sorting your items by category, your garbage will not be collected!

If you sort your items properly, many of them can each be reborn as new items.



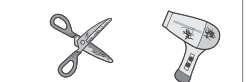
**Recyclable resources**  
(such as recyclable paper, bottles and cans)



**Combustible garbage**  
(such as kitchen scraps and plastic items)



**Metal, ceramic and glass items**  
(such as small appliances and dinnerware)



Scan here for details of how to sort garbage. (You can see information, "How to Separate and Dispose of Recyclable Resources/Garbage" in Japanese, English, Chinese, Korean, Tagalog, Thai, Vietnam, Nepali, Burmese, French and Arabic.

[https://www.city.shinjuku.lg.jp/seikatsu/file09\\_02\\_00001.html](https://www.city.shinjuku.lg.jp/seikatsu/file09_02_00001.html)



### Precautions When Sorting Items

- If you dispose of bottles and cans with anything inside, such as food or liquids, they cannot be recycled. Please dispose of these items only after rinsing them clean with water.
- If paper, plastic containers and packaging materials that would ordinarily be recyclable are dirty, please dispose of them as combustible garbage.

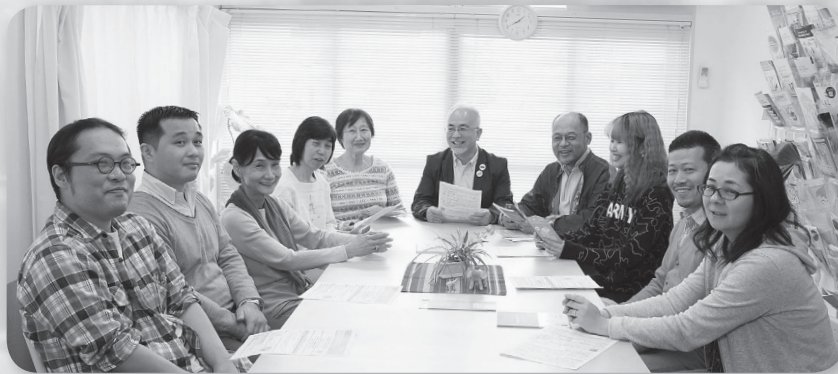
It is also vital to reduce the amount of garbage you generate, so please do not buy excessive amounts of food or other items.





## NPO Place Tokyo Creating a Society That Acknowledges HIV and Accepts Its Existence

HIV has been receiving less attention in recent years. Progress in the medical field has led to ways to prevent AIDS, but deeply-rooted prejudice and a lack of interest tend to deter early detection and treatment. We spoke with Yuzuru Ikushima of NPO Place Tokyo, an organization that supports those suffering from HIV, about how society should face HIV.



The staff at Place Tokyo

One of the services Place Tokyo offers is consultations in person or over the phone. Many people, regardless of nationality, take advantage of this service.

“Many people still seem to have the image that “HIV/AIDS = Death,” Ikushima says. “This, however, is a big misunderstanding. The death rate due to AIDS has decreased significantly, and the road to a life as long as those who are not infected now exists. We receive inquiries from foreign residents who are HIV positive and are afraid they may be deported or that their illness will affect their visa. Of course, these fears are unfounded. You will not be deported, and you can receive medical treatment regardless of nationality.”

Ikushima adds that medical technology has advanced and that early treatment is crucial to ensure a long and healthy life.

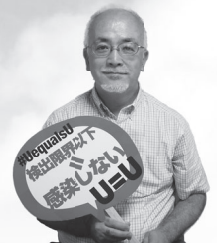
“If HIV is detected and treated at an early stage, you can live just like any other healthy person. Women who test HIV positive can have healthy babies. The

problem is that about 30 percent of those who are HIV positive develop AIDS. If diagnosis is delayed and AIDS develops, this can lead to all sorts of diseases and even death.”

Although public health centers and testing institutions conduct tests and consultation on an anonymous basis, many people avoid getting tested out of a fear of prejudice and discrimination. Many are unaware of their condition until symptoms appear. And there is an endless number of people who do nothing about their illness.

“It may be scary to face a disease, but please be brave and accept reality,” Ikushima says. “Unless you undergo a test, you won’t be able to take advantage of advanced treatment options. Undergoing a test is the first step toward facing a disease like this.”

Place Tokyo aims to create a society where people can live with HIV/AIDS and just be themselves. Let’s follow their activities with hope.



### Yuzuru Ikushima,

Executive Director

Born in 1958 in Kanagawa Prefecture, Ikushima participated in the establishment of Place Tokyo in 1994. Appointed as the NPO’s executive director in 2012, he continues to support HIV-positive people and those around them.



NPO Place Tokyo  
<https://ptokyo.org/en>

### HIV & AIDS

AIDS (acquired immunodeficiency syndrome) is a disease that develops if a person has been infected with the human immunodeficiency virus (HIV).

## Testing and consultation for HIV are conducted **free of charge** and on an anonymous basis

At the Shinjuku Public Health Center, testing and consultation for HIV are conducted anonymously and free of charge. All matters are kept strictly confidential, and the test results are given to the person himself/herself directly. If you have any worries or questions, please use the telephone consultation services first.



**Tel: 03-3369-7110**

**Languages:** English, Spanish, Portuguese and Thai

**Hours:** Thursdays (except national holidays), 1 to 5 p.m.

**Note:** Thai is available twice a month (only on HIV test days).



**Program:** HIV and sexually transmitted infections (STI; syphilis, chlamydia, hepatitis B virus)

**Languages:** English, Spanish, Portuguese and Thai

**Test schedule:** As a rule, two Thursdays per month

**Hours:** 1:30 to 3 p.m. (twenty-five persons on a first-come, first-served basis)

**Location:** Shinjuku Public Health Center test site

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

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



Scan here for more information:

[http://www.foreign.city.shinjuku.lg.jp/en/kenko/kenko\\_10/](http://www.foreign.city.shinjuku.lg.jp/en/kenko/kenko_10/)

# Discover Shinjuku's Most Attractive Qualities

Eighth in the Series

## Shinjuku Natsume Soseki Memorial Museum

### A Must-See Spot for Literature Fans

This museum opened on the property once occupied by Soseki Sanbo, the cottage where Natsume Soseki lived his final nine years. It features re-creations of Soseki's study, parlor, and his veranda-style porch. Through the permanent exhibit and special events, the allure of Soseki's works and the world of literature shines through.



### The study re-created

Note: The replica of Soseki's study was completed with the cooperation of the Kanagawa Museum of Modern Literature and Tohoku University Library.

### Café Soseki

Beverages and specialty sweets are available here.

### Natsume Soseki

Natsume Soseki, a literary artist who lived during the Meiji and Taisho eras, was born and raised in Shinjuku City. His debut novel was *I Am a Cat*. He went on to create many masterpieces, including *Botchan*, *Sanshiro*, *Mon*, and *Kokoro*.



### If you would like to read his works in foreign languages

You can read translations of Soseki's books in foreign languages in the library that anyone is welcome to use.

For more information, please check here:

[http://www.foreign.city.shinjuku.lg.jp/en/goraku/goraku\\_70/](http://www.foreign.city.shinjuku.lg.jp/en/goraku/goraku_70/)



### Audio guide (free of charge)

Please ask for this service at the reception desk.  
Languages: Japanese, English, Chinese and Korean.

### Admission

Permanent exhibition: Adults: ¥300, elementary and junior high school students: ¥100 (subject to change when there is a special exhibition)  
Note: For groups of twenty or more—adults: ¥150, elementary and junior high school students: ¥50

### Hours

10 a.m. to 6 p.m. (admission until 5:30 p.m.)

### Closed

- (1) Mondays (if Monday is a national holiday, then closed on the following day);
- (2) during the year-end/New Year's holidays (December 29 through January 3); special holidays

### Location: 7 Waseda-Minami-cho, Shinjuku-ku

### Access

A ten-minute walk from Waseda Station on the Tozai Subway Line.  
A fifteen-minute walk from the east exit of Ushigome-Yanagicho Station on the Toei-Oedo Line.  
A two-minute walk from Ushigome Hoken Center bus stop on the (Shiro 61) Toei Bus.

### Inquiries

Tel: 03-3205-0209 (in Japanese)

Website:  
<https://soseki-museum.jp/en/>



Scan here for the website (Japanese and English)

## Neighborhood Stroll Map

### Why not stroll through places connected to Soseki?

- ① Place of Natsume Soseki's birth
- ② Natsume-zaka: A slope named by Soseki's father; it rises from Babashita to the southeast.
- ③ Waseda University (former Tokyo Senmon Gakko [Tokyo College]): Soseki worked here as a lecturer between 1892 and 1895.
- ④ Anahachimangu Shrine: The shrine where Soseki's wife prayed for Soseki's illness and hot temper to go away.
- ⑤ Natsume Soseki Memorial Museum
- ⑥ Kanda-gawa River (former the Edo-gawa River). In the novel *Sorekara*, there is a description of a scene along the Kanda-gawa River.
- ⑦ The house where Soseki lived after returning to Japan from England
- ⑧ Jizo-zaka (former Waradana): Soseki loved *rakugo* storytelling, and often went to the vaudeville theater.

