



Shinjuku News



Shinjuku City information can now be transmitted in Japanese, English, Chinese and Korean!

Published by: Multicultural Society Promotion Division, Regional Promotion Department, Shinjuku City
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Website <http://www.foreign.city.shinjuku.lg.jp/en/>

This Is the Place for Health Consultations!

Shinjuku Public Health Centers

Do you have any of the following questions, issues or problems?

Public Health Centers are facilities that protect the health of city residents. Specialized staff—including public health nurses, nutritionists and dental hygienists—are available for advice concerning the health of everyone from infants to the elderly. If you ever have a health problem or feel you need some help, please visit your local Public Health Center.

I want to stop smoking but can't. I want to know where the nearest clinic is. I don't know which medical department to go to.

When I think of going to school, I get headaches and feel nauseated.

I was told that I have high blood pressure; what should I be careful about? I want to receive medical treatment and nursing care services at my home.



I feel irritable and quickly run out of energy these days. Are there effective diets to help me lose weight?

I want to learn more about breast cancer. I think I may be pregnant. I'm tired of raising my children.

I can't put my smartphone/mobile phone down.

I want to exercise regularly for health reasons.

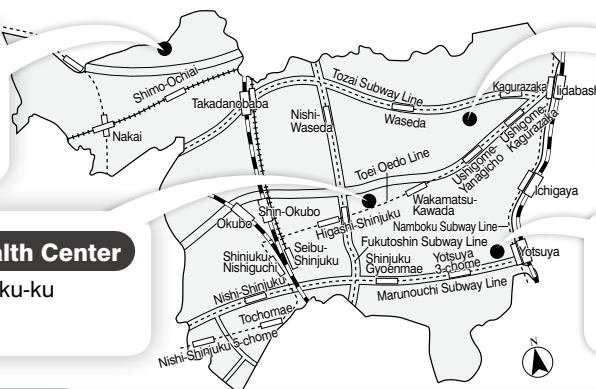
Shinjuku City has four Public Health Centers

Please ask your local Public Health Center concerning the various types of health consultation services and their schedules (in Japanese).

Consultation hours Weekdays, 8:30 a.m. to 5 p.m. (except for national holidays and during the year-end/New Year's holidays)

Ochiai Public Health Center

Location: 4-6-7 Shimo-Ochiai, Shinjuku-ku
Tel: 03-3952-7161



Ushigome Public Health Center

Location: 50 Benten-cho, Shinjuku-ku
Tel: 03-3260-6231

Higashi-Shinjuku Public Health Center

Location: 7-26-4 Shinjuku, Shinjuku-ku
Tel: 03-3200-1026

Yotsuya Public Health Center

Location: 10-16 Yotsuya-San-ei-cho, Shinjuku-ku
Tel: 03-3351-5161



We Asked a Public Health Nurse

Who uses health consultation services the most?

Many people visit Public Health Centers to have their infants and toddlers receive health checkups and for related health consultation services. They also receive health consultation services concerning lifestyle illnesses and health classes, and submit application forms for subsidies for medical expenses for various types of

malignant diseases and mental illnesses.

Do foreign residents use these services? If so, what type of consultation services do they receive?

Foreign residents often use services related to health programs for mother-and-child health, such as the health checkups for infants and toddlers, as well as mother's/parents' classes. If communication is a problem, the Public Health Center staff can speak in easy Japanese and/or use a tablet device that provides interpretation.

Please say a word to potential users of these health consultation services.

Exercise, nutrition and rest are the basic keys for maintaining good health. At the Public Health Centers, we have specialists such as public health nurses, nutritionists and dental hygienists. Various health services are available to help people in the community maintain a healthy lifestyle. Please take care of your family's health by having your children undergo health checkups and receive immunizations, and by undergoing regular health checkups and cancer checkups yourselves.

Fun Seasonal Events

Restricted to:

Shinjuku City residents who are twenty years of age

(Residents born between April 2, 1999 and April 1, 2000)



A scene from last year's event

Participate in Shinjuku's Coming-of-Age Day Gathering for Twenty-Year-Olds!

When people reach twenty years of age in Japan, they join the ranks of adults and gain the social privileges and responsibilities that come with being an adult. Shinjuku City has a celebration for new adults. There is a section for having friendly exchanges with Japanese and non-Japanese people, so please feel free to join the festivities.

Date and time

January 13 (Mon., a national holiday)
1 to 3 p.m. (reception will be open from noon)

Location

Keio Plaza Hotel
(2-2-1 Nishi-Shinjuku)

Program

Ceremony and buffet party
(You can participate in informal clothes.)

Inquiries: General Affairs Section, General Affairs Division
(Shinjuku City Office Main Bldg. 3F), **Tel: 03-5273-4209**

Reservations are required

♪ Participation is free ♪



Enjoy Thai Culture—Multicultural Exchange Program

- Part 1** Only junior high school students and older who can participate in both parts are eligible.
Part 2 Small children can also participate.

Date and time

January 18 (Sat.)
10 a.m. to 2:30 p.m.

Location

Tsunohazu Chiiki Center (4-33-7 Nishi-Shinjuku 160-0023)
Tel: 03-3377-1373

Program

- Part 1** Thai cooking class
(10 a.m. to 1:30 p.m.)
Part 2 Thai culture experience
(1:30 to 2:30 p.m.)

Application

Your application must be received by January 7 (Tue.). Apply to Tsunohazu Chiiki Center using a return-postage paid postcard. Be sure to write: (1) the name of the event (and Part 1 and/or Part 2); (2) your address and postal code; (3) your name (with *furigana*) and age; and (4) your telephone number. If you work in Shinjuku City, please write the address of your place of employment as well.

A lottery will be held if the number of applicants exceed the capacity.

http://www.city.shinjuku.lg.jp/kohoshinjuku/file03_00004.html



Read the code for a sample return-postcard form.

Can I Ask Questions at the City Office and Chiiki Centers in a Foreign Language?

Basically, inquiries are handled in Japanese. If you feel uneasy about speaking in Japanese, please take advantage of the Shinjuku Foreign Resident Advisory Corner (Shinjuku City Office) or the Foreign Resident Consultation Corner (Shinjuku Multicultural Plaza). You can ask for help in person or over the phone.

Shinjuku Foreign Resident Advisory Corner

In English, Chinese and Korean
Location: Shinjuku City Office Main Bldg. 1F
Hours: 9:30 a.m. to noon and 1 to 5 p.m.

Foreign Resident Consultation Corner

In English, Chinese, Korean, Thai, Nepalese and Burmese
Note: The languages available depend on the day of the week.
Location: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho)
Hours: 10 a.m. to noon and 1 to 5 p.m.



Japanese



English



Chinese



Korean

For more information: http://www.foreign.city.shinjuku.lg.jp/en/sodan/sodan_1/

No reservations required Events you can join on the day of the event

Why Not Try Playing Traditional Japanese New Year Games?

Japanese New Year Games

♪ Participation is free ♪



Date and time

January 11 (Sat.),

1 to 3:30 p.m. (subject to change)

Location

Ochiai Daini Chiiki Center
(4-17-13 Naka-Ochiai)

Program

Have fun drawing pictures on *hagoita* battledores and spinning tops, and play games such as the *hyakunin-issshu*, *karuta*, *fuku-warai*, *kendama* cup and ball and more. There will also be *oshiruko* sweet bean soup with *mochi* rice cakes.

Inquiries: Ochiai Daini Chiiki Center, Tel: 03-3951-9941



Hinamatsuri Doll Festival

The *Hinamatsuri* Doll Festival is a traditional event to offer up prayers for the healthy growth of girls.

Date and time

February 29 (Sat.)

9:30 a.m. to 3 p.m.

Location

Shinjuku Bunka Center (6-14-1 Shinjuku)
3F small hall, B1F exhibition room, and 4F meeting room

Program

You can wear a kimono, participate in a tea ceremony, and try your hand at flower arrangement, calligraphy, India ink painting and Japanese games. There will also be a tiered doll stand *hina* doll display.

Fee

¥500

Inquiries: Regional Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3232-5121



Yotsuya Fureai Festival



Date and time

March 22 (Sun.)

10 a.m. to 3 p.m.

Location

Yotsuya Kumin Center 1F,
Yotsuya Kumin Hall, Yotsuya Chiiki Center (87 Naito-machi)

Program

This event features a flea market, stage performances, exhibits, lectures, experience corners and refreshments.

Fee

Participation is free (Fees are charged for some programs.)

Inquiries: Yotsuya Chiiki Center, Tel: 03-3351-3314



Enjoy French Culture

Multicultural Exchange Program

♪ Participation is free ♪

There will also be a talk about French cuisine.

Date and time

March 8 (Sun.)

2 to 4:30 p.m. (subject to change)

Location

Totsuka Chiiki Center

(2-18-1 Takadanobaba)

Inquiries: Totsuka Chiiki Center, Tel: 03-3209-8001

Details will be announced via SNS and other similar media.

Shinjuku Parade 2020

There will be a parade featuring well-known athletes and various stage performances of music and dancing!

Date and time

March 29 (Sun.)

Location

Shinjuku-dori Avenue (parade and stage performances), Shinjuku Moa 4 (vending booths)

Program

There will be a festival parade, *mikoshi* shrine procession, sports experience, stage performances and vending booths.

Inquiries: Tokyo 2020 Olympic and Paralympic Games Preparation Division, Tel: 03-5273-4220

♪ Information on events and everyday living is posted on SNS as well ♪

In Japanese, English, Chinese and Korean

For more information:

http://www.foreign.city.shinjuku.lg.jp/en/sns/sns_1/



Japanese



English



Chinese



Korean

Are You Using This Service?

Community Cycle (Bicycle-Sharing)

Obey Traffic Rules and Enjoy a Fun Bicycle Lifestyle



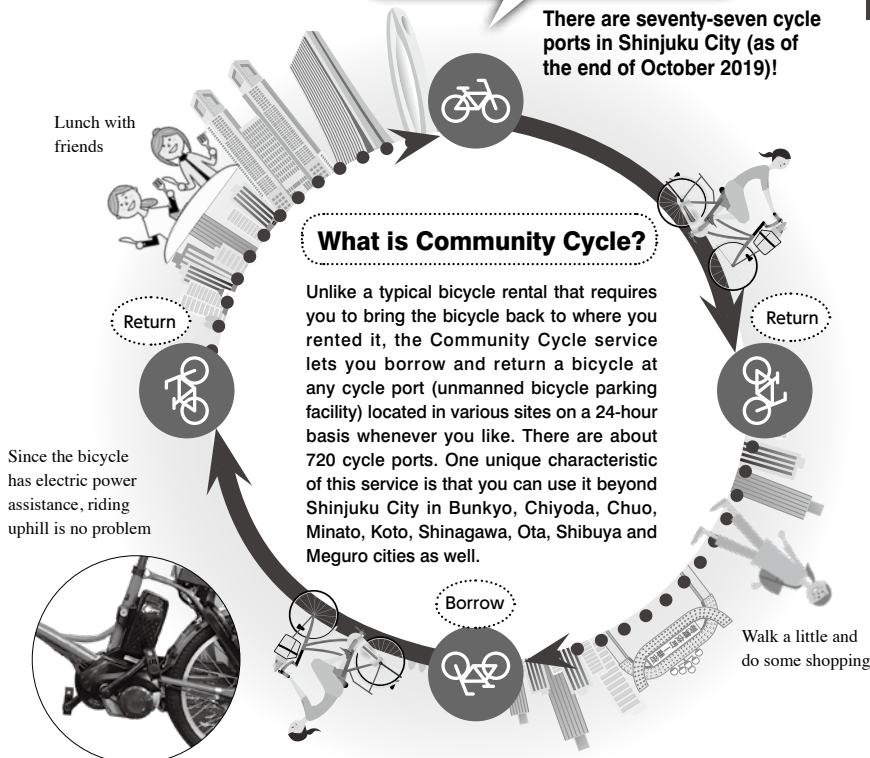
Borrow



For those times when you want to do some shopping or have lunch—or just get outside for a refreshing change of scenery—a bicycle can increase your range of activities significantly. Why not use a bike more often, since they're an eco-friendly means of transportation?

In this issue, we describe the Community Cycle service, which is convenient for shopping, tourism and commuting to work and school.

There are seventy-seven cycle ports in Shinjuku City (as of the end of October 2019)!



What is Community Cycle?

Unlike a typical bicycle rental that requires you to bring the bicycle back to where you rented it, the Community Cycle service lets you borrow and return a bicycle at any cycle port (unmanned bicycle parking facility) located in various sites on a 24-hour basis whenever you like. There are about 720 cycle ports. One unique characteristic of this service is that you can use it beyond Shinjuku City in Bunkyo, Chiyoda, Chuo, Minato, Koto, Shinagawa, Ota, Shibuya and Meguro cities as well.

Since the bicycle has electric power assistance, riding uphill is no problem

Try Out Community Cycle!



Q How can I start using this service?

A You need to register first. You can do that easily via the designated website.

What you need to register:

- A mobile phone or smartphone that accepts email
- A credit card



Q How do I borrow a bicycle?

A There are two ways to borrow a bicycle:

- With an IC card*: Press the "Start" button on the control panel of the bicycle and then touch your IC card to the reader. (*Registration is required only for the first time.)
- Using a pass code: Press the "Start" button on the control panel of the bicycle and input the pass code.



Q How do I park my bicycle temporarily and then return it?

A To park your bicycle temporarily, just lock the bike's back wheel. To resume use, press the "Start" button, and either touch your IC card or input the pass code.

To return the bicycle: Lock the back wheel at the cycle port near your destination, and press the "Enter" button. This completes the return process.

For the locations of cycle ports and more information, see the designated website:

<http://docomo-cycle.jp/shinjuku/> (in Japanese)



<http://docomo-cycle.jp/shinjuku/en/> (in English)



Fees (tax not included)

Recommended for short trips

Convenient for commuting to work and school

Just right for people who want to ride for hours

One-Time Membership	Monthly Membership	One-Day Pass	
Basic fee: ¥0 per month First thirty min.: ¥150	Basic fee: ¥2,000 per month First thirty min.: ¥0 each time Note: No matter how many times you use this service per month, the first thirty minutes are always free.	Purchase at a manned service counter	Purchase at an unmanned vending machine/ bicycle-sharing website https://www.d-bikeshare.com/onedaypass-web-en/
		¥1,500 per day + Fee for issuing the designated IC card: ¥500	¥1,500 per day
Beyond thirty minutes: ¥100 per each additional thirty minutes		You will not be charged an overdue fee if you return the bike on the same day.	

Five Bicycle Rules



Please follow the rules and use common courtesy to ride bicycles safely.

- (1) As a rule, you should ride your bicycle on the street; riding on the sidewalk is an exception to the rule.
- (2) Ride on the left side of the street along with regular vehicle traffic.
- (3) When riding on the sidewalk, yield to pedestrians and ride slowly on the side of the sidewalk closest to the street.
- (4) Obey safety rules. (Riding under the influence of alcohol, ignoring traffic lights, riding with passengers, riding with an umbrella, etc. are prohibited.)
- (5) Children under thirteen years of age should wear a helmet.

Inquiries: Shinjuku City Bicycle Sharing Operation Office (operated by Docomo Bike Share, Inc.), Tel: 0120-116-819
Responsible division: Traffic Affairs Division, Tel: 03-5273-4265 (in Japanese)