

# SHINJUKU NEWS

新宿ニュース

No. 4

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Please use the version of website in other languages.

<http://www.city.shinjuku.tokyo.jp/foreign/english/>

## Why Not Start Something New This Spring?

In the schools and working world of Japan, the new school year and fiscal year start in April. Spring is the time of year for new beginnings for many people – new friends, new sports, new hobbies. Why don't you start something new?

### Part 1 Let's Study Japanese and Make New Friends!

Below is a description of various classes held in local neighborhoods.

**Inquiries:** Shinjuku Multicultural Plaza, Tel: 03-5291-5171 <http://www.shinjukubunka.or.tokyo.jp/tabunka/english/index.html>

#### Shinjuku City Japanese Language Class

There are classes for beginners in eight locations. Let's start by learning how to greet each other in Japanese! You can join in at any time of the year.

**Day and Time:** Monday through Friday, 9:30 to 11:30 a.m.

**1st Semester:** April through September

**2nd Semester:** October through March

**Fee:** ¥3,000 per semester for classes once a week  
¥6,000 per semester for classes twice a week

#### Oyako (Family) Japanese-Language Class

Children and parents can have fun learning together. Infants and toddlers are also welcome! The classes are free of charge (however, there is a ¥500 insurance fee). Classes begin in May.

**Day and Time:** Saturdays (about twice a month), 10 a.m. to 12 noon

**Location:** Okubo Elementary School (1-1-21 Okubo)

#### International Exchange Salon

Let's chat in a blend of Japanese and foreign languages! To join, simply come on the day of the event. The participation fee is ¥200 per person.

**Day and Time:** 2nd Friday of the month, 7 to 8:30 p.m.

**Location:** Shinjuku Multicultural Plaza

#### Volunteer Japanese-Language Classes

Various volunteer groups offer Japanese classes in the city. The dates and language level (Beginning, Intermediate or Advanced) vary with each group.

According to Mr. Kajimura, a Japanese-language volunteer of the Waseda Hoshien Student Christian Center, "Lots of

times, you can't apply the language found in textbooks to everyday situations. But here, you can learn expressions and basic conversation that aren't taught in textbooks. The materials we use are practical, too – newspapers, cookbooks and supermarket fliers. The class offers help focusing on the student, considering what the student wants to learn. The participants range from those who just arrived in Japan the day before to enthusiasts who attend several different classes."



#### Shinjuku Multicultural Plaza Japanese-Language Study Corner

These classes are operated by staff of Shinjuku Nihongo Network (SNN). Staff member Ms. Yoshimoto relates: "Here, we study whatever it suits the particular student. Volunteers help students talk, ask questions and do homework. Families with children, as well as elementary and junior high school students, are also welcome. Just come during our study hours (see below)."



"Minna de Nihongo (Japanese with Everybody Together)" – 1st, 3rd and 5th Wednesday of the month, 2 to 4 p.m. "Hiragana Katakana no Kai (Hiragana and Katakana Characters Club)" – Thursdays, 2 to 3 p.m.

### Part 2 Let's Try a New Sport!

Why not try a new sport at the Cosmic Center? There are classes open to the public in which anyone can feel free to join in, such as aerobics, Tai chi, yoga and aquatics. Instructors are also available to give one-point lessons in archery and aikido.



### Part 3 Let's Start a New Hobby!

Why not try a hobby like tea ceremony, flower arrangement, calligraphy, painting or "go"?

Various hobby clubs in the city have programs in the such locations as social education halls. Why not join the fun?



For questions concerning sports and lifelong learning, contact Regasu.

**Inquiries:** Regasu Shinjuku, Tel: 03-3232-7701, (Please make inquiries in Japanese) <http://www.regasu-shinjuku.or.jp>

The next issue of Shinjuku News will be published in June 2006. Shinjuku News is available at various public facilities such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

## Let's Go to the Library! – Information in “How to Use the Library” is Available in Foreign Languages! –

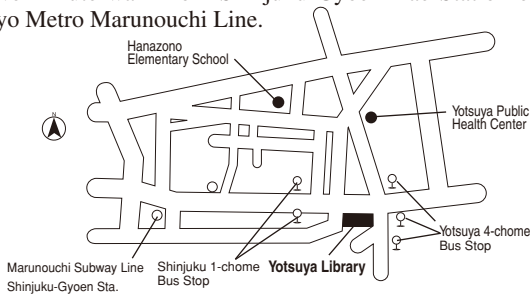
Shinjuku City libraries include Yotsuya Library, Kita-Shinjuku Library, Okubo Library and Chuo Library, with a total of almost 6,000 volumes of foreign-language publications. You can read magazines (42 titles) and newspapers (nine titles) in English, Chinese or Korean at the libraries.

There are also story-telling events with picture books in Chinese and Korean conducted four times a year. Please feel free to take advantage of what is available.

In addition, a self-produced publication by volunteers called “How to Use the Library” (in English, Chinese and Korean) is available for free at each library. Information can

### Yotsuya Library (Yotsuya Chiiki Center 7F, 87 Naitomachi)

A five-minute walk from Shinjuku Gyoen-mae Station on the Tokyo Metro Marunouchi Line.

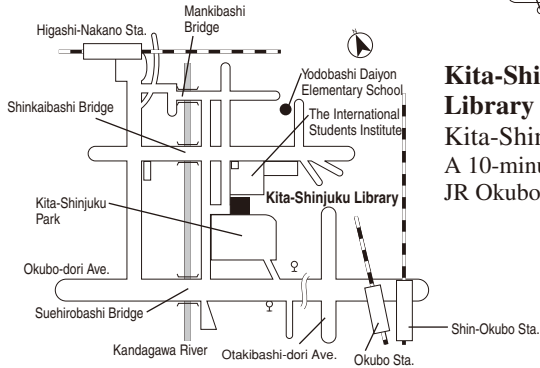
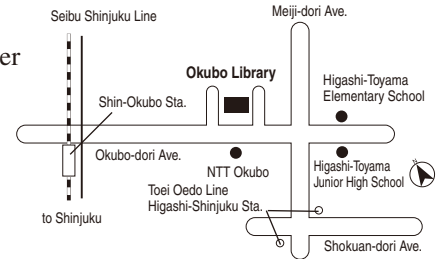


also be viewed in foreign languages in PDF form via the Shinjuku City website.

<http://www.city.shinjuku.tokyo.jp/foreign/english/>

**Inquiries:** Chuo Library, Tel: 03-3364-1421

**Okubo Library**  
(Okubo Chiiki Center  
2F, 2-12-7 Okubo)  
An eight-minute walk  
from JR Shin-Okubo  
Station.



**Kita-Shinjuku Library (3-20-2 Kita-Shinjuku)**  
A 10-minute walk from JR Okubo Station.

## Child-Raising Information in Various Foreign Languages!



A multilingual “Childrearing Service Guide” will be published (in English, Chinese and Korean).

The guidebook contains useful information on nursery schools, children’s clubs, and child-raising consultation centers for when you have questions or concerns about child-raising. It was edited by a

group of active mothers called “e-bambini”.

Copies are scheduled to be handed out free of charge at various public facilities such as Shinjuku City Office and Shinjuku Multicultural Plaza in April.

Information is scheduled to be shown in foreign languages in PDF form via the foreign language version of the Shinjuku City website.

<http://www.city.shinjuku.tokyo.jp/foreign/english/>

**Inquiries:** Children and Family Division, Tel: 03-5273-4544

## The Long-Term Care Insurance Program Will Be Revised

Services with the objective of preventing the need for nursing care, as well as home support services, will be reinforced so that the elderly can lead peaceful and independent lives in the community they are accustomed to.

Accordingly, as of April 2006, the Long-Term Care Insurance program will be revised. The main revisions are as follows:

- The category “Support Required (Level 1 and 2)” will be added to the levels of care required, changing the number of levels from five to six.
- Nursing care prevention services will be offered to those whose need for nursing care is not severe (Support Required, Level 1 and 2).
- Nursing care prevention services of local support programs will be offered to those whose physical skills for everyday living are deteriorating and for whom the possibility of requiring support or care is high.
- Specialized institutions called “Comprehensive Regional Support Centers” will be established to offer the necessary help and support for the elderly. At community comprehensive support centers, comprehensive consultations for the various problems related to the elderly, as well as programs to support nursing care prevention management (such as writing up nursing care prevention plans), elderly abuse prevention and the protection of elderly rights, will be conducted.

**Inquiries:** Accounting Section, Long-Term Care Insurance Division, Tel: 03-5273-4596

## The 20th Anniversary of the Shinjuku City Peace City Proclamation

Japan is the only country in the world has been hit with a nuclear bomb. As fellow city residents who also suffered from the war, Shinjuku City announced its Peace City Proclamation on March 15, 1986, and this year we will celebrate the 20th anniversary of our proclamation.

**Inquiries:** Gender Equality and Peace Promotion Division, Tel: 03-5273-4088

### “Light of Peace”

(located at the front entrance of Shinjuku City Office)  
We share the flame from Heiwa Koen (Peace Memorial Park) of the cities of Hiroshima and Nagasaki, which were attacked by atomic bombs.



### Memo

Long-Term Care Insurance is a program in which those who are 40 years of age and older become members and pay into a pool of financial premiums; when nursing care is authorized (as required), members can take advantage of nursing care services paying only a portion of the cost (usually 10%). As a rule, if you have completed foreign resident registration in Shinjuku City and have a visa period of stay of one year or longer, you must enroll in Long-Term Care Insurance.

## ● Financial Scholarships Available ●

Shinjuku City Foreign Student Scholarships

Shinjuku City offers financial scholarships (annual amount of ¥240,000) to foreign students (10 students every year) with excellent grades and a financial need in order to continue their education.

**Eligibility:** Those who fulfill all of the following conditions:

- (1) Those with a "student visa," who are not financially supported by their national government
- (2) Those who have studied for one year or longer in Shinjuku City, in a Master's degree or Ph.D. program of a graduate school, undergraduate university, junior college or vocational school, and hope to continue studying for one year or longer.
- (3) Those who have completed foreign resident registration in Shinjuku City and are currently living in Shinjuku City.
- (4) Those with excellent academic achievements and personal character who have a financial need in order to continue with school.
- (5) Those who are either students dispatched by a foreign government or using private funds.

**Application:** Applications are accepted every year in May. Please apply with the coordinating desk at the school you attend. After submitting a recommendation letter from the school you attend, Shinjuku City will make the final decision as to whom the scholarship will be awarded.

**Inquiries:** Cultural and International Division, Tel: 03-5273-4069

**For other scholarship information:**

- Japan Student Services Organization (JASSO)

[http://www.jasso.go.jp/study\\_j/scholarships.html](http://www.jasso.go.jp/study_j/scholarships.html)

- Japan Study Support Guide "Japan Study Support (JPSS)"

<http://www.jpss.jp>

Please view the abovementioned websites or consult your school administration office.

## Announcement from the Foreign Resident Registration Desk

The Foreign Resident Registration Desk is extremely crowded during March, April, July, October and January, which are peak seasons, with a waiting time of two hours or longer. To shorten the waiting time, please cooperate in keeping the following points in mind:

- Please come between 8:30 and 11 a.m. as it is comparatively less crowded even during peak seasons.
- Please keep in mind that days before and after holidays, such as Mondays and Fridays, are particularly crowded.
- You can apply for an issue of the Certificate of Registered Items in the Foreign Resident Registry at your local branch office.

**Inquiries:** Foreign Resident Registration Section, Family and Resident Registration Division, Tel: 03-5273-4094

# A Leisurely Stroll in Shinjuku City

No. 3

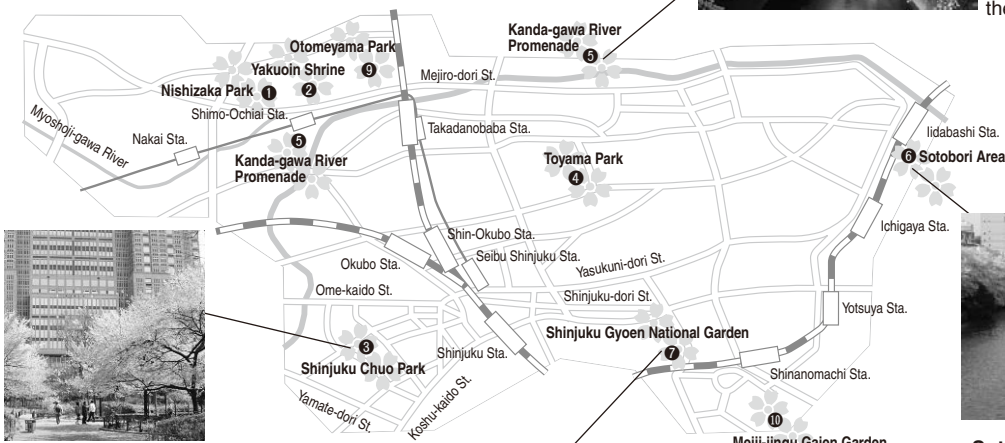
In Japan, when cherry blossoms bloom in the spring, people go out with family and friends on "hanami" flower-viewing excursions. In this issue, we will describe the famous cherry blossom-viewing spots in the city. Why not step out to see the flowers in bloom?

## Why Not Go Flower-Viewing ?



### Kanda-gawa River Promenade

The cherry blossoms that almost completely cover the banks of the Kanda-gawa River, are beautiful. You can see the flowers from the promenade along the river.



### Shinjuku Chuo Park

The "kohigan-zakura" prunus subhirtella trees presented as a friendship alliance commemorative gift from Takatomachi of Nagano Prefecture have deep pink blossoms.



### Shinjuku Gyoen National Garden

You can enjoy various types of cherry blossoms, including the somei-yoshino, blooming one after another over a long period of time in this spacious park. Admission is ¥200 for adults and ¥50 for elementary and junior high school students.



### Sotobori (Outer Moat) Area

Sotobori (Outer Moat) is located between Iidabashi and Yotsuya. You can see the row of cherry blossom trees from the JR train as well. You can also enjoy boat rides on the moat.

## Living Together

### Forefront of Multicultural Living

There are many people from over 100 countries around the world living in Shinjuku City. Forefront of Multicultural Living reports on various cultures and places of multicultural living. In this issue, we visited Waseda University and Ms. Noyo Chin, a foreign student from China who lives in a dormitory in Shinjuku City and talked to us about student life.

～ There are a lot of things that make me glad I came to Japan. First, I'm glad I passed the entrance exam to Waseda University. Secondly, I'm glad I received a financial scholarship. And thirdly, I'm glad I finished the seminar group training! ～

## Beyond the Boundaries of Culture? Growing in Japan We Asked a Foreign Student

### – What made you decide to study abroad?

Well, I like Japanese “manga” cartoons. I particularly liked to read comics like “Slam Dunk” behind my parents’ back (smiles).

In China, a lot of Japanese “manga” are available via Taiwan. That’s how I first became interested in Japan.

### – Did you suffer from culture shock when you came to Japan?

Actually, before my study abroad, we lived in Nakano-ku for three years when I was in junior high school because of my father’s work. But during my first year back then, when I was suddenly placed in a regular junior high school, I was soooooo confused! I was only able to manage somehow in mathematics because it doesn’t involve language as much.

Maybe because I was able to learn quickly as a child, or maybe because I didn’t know better about being embarrassed by my mistakes, I guess I picked up the language naturally before realizing it.

When I was a high school student, we returned to China where I then had to struggle with learning about Chinese history and poetry and stuff.

### – Did you have any problems in the process of becoming a foreign student?

At first, my parents were against the idea. I guess they felt it would be difficult for me to study and work part-time at the same time. But I was able to convince them by telling them about my future plans.

### – Are you enjoying student life?

I really enjoy talking with people at my dorm. The international dormitory (Center for International Education) next to my dorm has about 100 foreign students from various countries around the world, like Europe, China and the U.S. We sometimes plan parties together with other dorms and I also serve as the chairperson of meetings.

### – Have you experienced any difficulties in Japan?

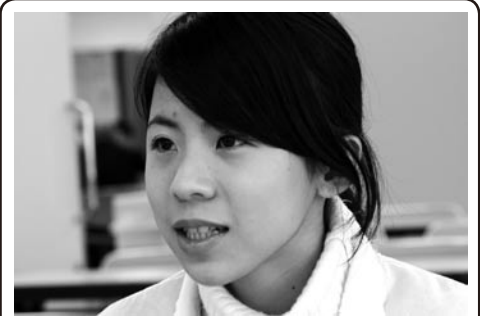
I think it is the same for all foreign students, but it is really difficult to study and work part-time at the same time. We have to work in order to meet everyday

living expenses and school expenses. I’m just so glad I received a financial scholarship.

Another problem I had was that a lot of times, I was refused housing or a part-time job just because I’m a foreigner. Another



At a Halloween party



Born in Amoi, China.

Currently a third-year student of Economics at Waseda University School of Political Science and Economics.

Recipient of the 2005 Shinjuku City Foreign Student Scholarship.

problem I had was trying to figure out the “unspoken” aspect of the Japanese language. Lots of times, I wasn’t able to catch the subtle nuances, and ended up totally misunderstanding people... because in China, we are very straightforward.

### – What is your dream for the future?



At Waseda Festival

I still can’t decide whether I should go to graduate school or try to look for a job. If possible, I would like to find a job here in Japan, where it is safe and the streets are clean. Plus, I have so many Japanese friends now.

As a person who is familiar with two cultures, I think it would be great if I could find a job as a consultant for a Japanese company.

### – Would you like to share a message with our readers?

Yes, I would particularly like to tell foreign students that although you can gain valuable experience from working part-time, it’s important to make the most of our school days while we can. I think it’s important to get a lot of stimulation from reading books and meeting all kinds of people. I think it’s only during our college days that we are able to use our time most effectively.



With everyone in the dorm

Until last year, I spent all my weekends and time after classes working part-time. But then, I had no time to study or enjoy campus life. Now, my way of thinking has changed.

For students with initiative, Japan is the ideal place to be. Here, there is freedom and equal opportunity. Even students can plan and follow-through on all kinds of events. I hope to take full advantage of the environment here in Japan, where there is so much potential, and mature as much as I can.