

SHINJUKU NEWS

No. 10

Publishing Date: September 25, 2007
Published by: Cultural and International Division, Regional and Cultural Affairs Department, Shinjuku City
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Foreign Language Website <http://www.city.shinjuku.tokyo.jp/foreign/english/>
Please make your inquiries in Japanese when calling the coordinating division.

Let's Enjoy Autumn in Japan to the Fullest - Jingu Gaien (Outer Garden)



Autumn in Japan is a time of year when the days are sunny, comfortable and refreshing. It is the perfect season to get some exercise, enjoy autumn colors and enjoy art. In this issue, we will describe the Jingu Gaien neighborhood, where you can enjoy autumn to the fullest. Why not step out and enjoy the best of the season?

Jingu Gaien has such sports facilities as ballparks and tennis courts as well as the Memorial Picture Gallery and a children's play area within its spacious grounds of approximately 300,000 square meters. The ginkgo-lined street that stretches across a length of about 300 meters from Aoyamadori Avenue toward the Picture Gallery is a scenic spot that captures the essence of autumn in Japan, so much so that it is often used as a filming location for TV dramas and movies.

★ Enjoy Jogging and Cycling

There is a 1.2-kilometer jogging course that goes around the central plaza of Jingu Gaien, and there are usually people enjoying a brisk run or walk along the course.

In addition, the street surrounding the area is a cycling course on Sundays and national holidays; you can rent a bicycle free of charge. There are children and families playing together in the area.

★ Enjoy a Leisurely Stroll

Next to Jingu Gaien is Metropolitan Meiji Park. Flea markets are often held in this park. In the inner area of Jingu Gaien, there is a children's play area (admission is ¥200 for adults, ¥50 for children) that has a mountain, waterfall and log house.

Autumn is perhaps the time of year when people take leisurely strolls through Jingu Gaien the most. The Ginkgo Festival (Icho Matsuri) is held in the central plaza in mid- to late-November, when the ginkgo trees turn a beautiful yellow and the area bustles with crowds of people.

★ Enjoy Watching Sports

There are various sports facilities within Jingu Gaien, such as the National Stadium, which served as the main site of the Tokyo Olympics; Jingu Baseball Stadium, which is the home stadium for the professional baseball team the Tokyo Yakult Swallows; and Prince Chichibunomiya Football Stadium, which has fostered the sport of rugby in Japan. With various events held here, including professional and amateur sports championships as well as other types of sporting events, the area often has many visitors.

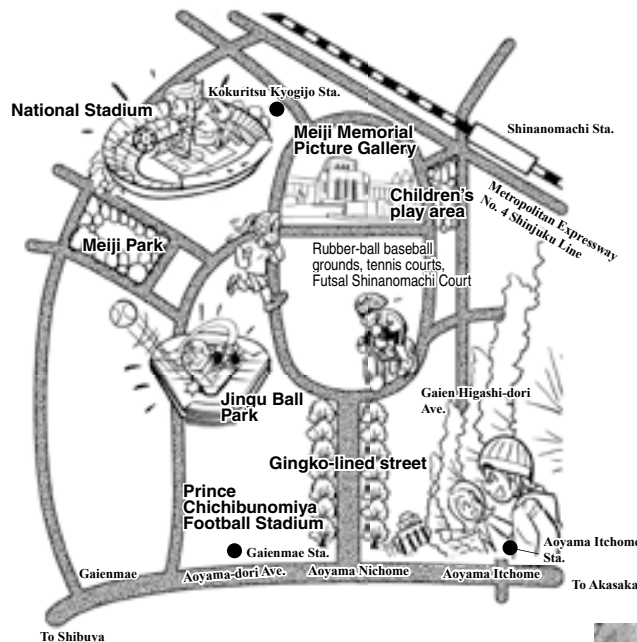
★ Getting Some Exercise

There are also sports facilities that are not just for spectator sports but can be used by individuals as well. There are rubber-ball baseball grounds (6 diamonds), a futsal club, tennis club, ice skating rink (all seasons), a golf range and batting cage.

★ Encountering Culture

The Meiji Memorial Picture Gallery, which is also a symbol of Jingu Gaien, is a building topped with a dome. Inside, there are exhibits of pictures that show what the modernization of Japan and the Meiji restoration were like. There is a ¥500 admission fee.

In addition, the Picture Gallery School—located in the gallery—offers various classes (for a fee), such as tea ceremony, flower arrangement, calligraphy, ceramics and ink and wash painting, offering people the opportunity to experience various aspects of Japanese culture.



Location: Kasumigaokamachi, Shinjuku-ku and other locations

How to Get There: Sendagaya Station (Sobu Line), Shinanomachi Station (Sobu Line), Kokuritsu Kyogijo Station (Oedo Line), Aoyama Itchome Station (Ginza Line, Hanzomon Line or Oedo Line), Gaienmae Station (Ginza Line), etc.

Jingu Gaien Official Website:
<http://www.meijijingugaien.jp/> (in Japanese only)

The next issue of Shinjuku News will be published in January 2008. Shinjuku News is available at various public facilities such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

Let's Go! Special Feature on Autumn Events

The Town of Shinjuku Becomes a Stage **Shinjuku Art Heaven 2007**

October 7 (Sun.)



There will be a parade through Shinjuku in an east-west direction, blending brass bands and folk entertainment with the participation of about 800 people. You can enjoy spectacular entertainment, such as street performances and cheerleading, at each site. Please enjoy everything the town of Shinjuku has to offer when it is transformed into a stage.

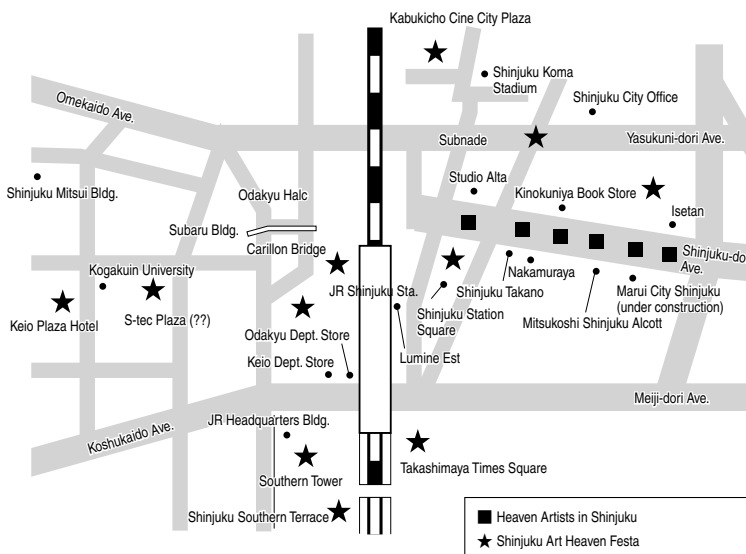
► **Parade – 11:10 a.m.**

Parade Course: Shinjuku-dori Avenue and Meiji-dori Avenue Intersection – Shinjuku-dori Avenue – In front of Alta Building – O-Guard – Shinjuku Station West Exit – In front of Kogakuin University

★ **Festa – 1 to 5 p.m.**

Location: Various sites in all directions, radiating from Shinjuku Station (Shinjuku Station Square, Shinjuku Southern Terrace and other locations)
Program: Marching bands, cheerleading performances, street performances and more.

■ **Heaven Artists in Shinjuku 1:30 to 4:45 p.m.**
Location: Six locations on Shinjuku-dori Avenue
Program: Street performances



Inquiries: Shinjuku Festival Executive Committee Office (Cultural and International Division), Tel: 03-5273-4069



Festivities Everywhere You Look in Toyama Park

Fureai Festa 2007

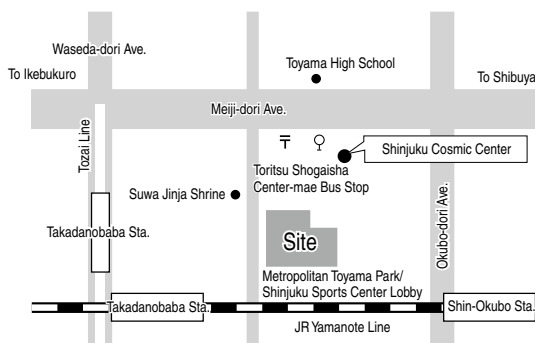
October 21 (Sun.), 10 a.m. to 4 p.m.



This annual festival is held in eight plazas in spacious Toyama Park. You can enjoy various performances, such as music and dance shows, at two stage areas. At the

Fureai nodate (outdoor tea ceremony) section, you can soak up the atmosphere of an outdoor tea ceremony by sampling Japanese green tea made right on the spot. At the Mukashi no asobi kyoshitsu (old-fashioned game classroom), you can make old-fashioned Japanese toys, such as otedama (beanbags) and taketombo (bamboo dragonflies). The whole family can have fun together riding a miniature steam train.

There are plenty of other events that are fun for everyone, from children to adults. Why not step out with family and friends to enjoy the city's biggest festival? There is never a dull moment, even if you spend the entire day here!



Location: Toyama Park, Okubo area (3-5 Okubo)
 A 10-minute walk from Takadanobaba Station on the JR Yamanote Line or Seibu-Shinjuku Line or a 15-minute walk from JR Shin-Okubo Station
 Note: Because there is no parking available, please refrain from coming by car.
Inquiries: Shinjuku Festival Executive Committee Office (Cultural and International Division), Tel: 03-5273-4069

10/8 Sports Recreation 2007

Let's Enjoy Sports on Sports Day!

The program for this day includes a wide variety of sports, such as sponge tennis, soft volleyball, archery, Japanese archery and folk dance. Admission is free of charge. Simply come to the site on the day of the event.



Date and Time: October 8 (Mon., a national holiday), 9 a.m. to 4:30 p.m.

Location: Cosmic Center (3-1-2 Okubo), Sports Center (3-5-1 Okubo) and other locations
Note: See map on page 2.

Inquiries: Shinjuku City Lifelong Learning Foundation, Tel: 03-3232-7701

10/8 Takadanobaba Yabusame (Horseback Archery) Demonstration



Yabusame was traditionally a part of the samurai's training, but today it is performed as a festival event at many shrines.

This year, the *yabusame* procession will depart from Anahachimangu Shrine at around 1:30 p.m.

and make its way to Toyama Park, where archers will shoot at three targets while on galloping horses.

Note: Standing room only

Date and Time: October 8 (Mon., a national holiday), 2 to 3:30 p.m.

Location: Toyama Park, Hakoneyama area
Inquiries: Shinjuku Historical Museum, Tel: 03-3359-2131

11/25 Folk Arts Festival

There will be performances of ohayashi music and kagura song and dance, which are traditionally performed at festivals.

Why not step out and experience traditional Japanese arts?

Simply come directly to the site on the day of the event. Please note, however, that all explanations will be given in Japanese.

Date and Time: November 25 (Sun.), 2 to 5 p.m.
Admission: ¥300 (Free for junior high school aged students and younger)

Location: Yotsuya Kumin Hall (87 Naitomachi)
Inquiries: Shinjuku Historical Museum, Tel: 03-3359-2131



Shinjuku Autumn Calendar



October

7 (Sun.) — Art Heaven
Wakamatsu Fureai Festival (Wakamatsu Chiki Center)

8 (Mon., a national holiday) — Sports Recreation 2007
Takadanobaba *Yabusame* (Horseback Archery) Demonstration
Okubo Festival
Hyakunincho Festival

21 (Sun.) — Fureai Festa 2007

November

2 (Fri.) to 5 (Mon.) — Friendship Cities Exchange Art Exhibit

11 (Sun.) — Shinjuku Kashiwa Festival (Kashiwagi Chihiki Center)
Tori-no-Ichi Market (Hanazono Shrine and other locations)

23 (Fri., a national holiday) — Tori-no-Ichi Market (Hanazono Shrine and other locations)

25 (Sun.) — Folk Arts Festival

December

7 (Fri.) — Christmas Concert
Melos Brass and the Ochiai Youth Choir

31 (Mon.) — *Joya-no Kane* (New Year's Eve Bell) (Shoju-in Temple and Tenryu-ji Temple)
From 11:45 p.m. The general public can also ring the bell.

12/7

Christmas Concert Melos Brass and the Ochiai Youth Choir

Melos Brass, a quintet from Greece, will perform in a Christmas concert. The Shinjuku City Ochiai Youth Choir will join in a chorus of Christmas songs from all over the world and traditional Greek Christmas carols. Why not enjoy a joint performance of music that goes beyond international borders? Invitations are free of charge, so please call if you would like to attend.



Date and Time: December 7 (Fri.), hall opens at 6:30 p.m.
Performance begins at 7 p.m.

Location: Yotsuya Kumin Hall (87 Naitomachi)
Application Deadline: No later than November 22 (Thu.)

Inquiries/Application: Embassy of Greece in Japan,
Tel: 03-3403-0871
Fax: 03-3402-4642
Greek National Tourism Organisation,
Tel: 03-3505-5917

Let's Strengthen Friendly Ties at Shinjuku Multicultural Plaza



Shinjuku Multicultural Plaza will celebrate its second anniversary in September. The facility welcomes over 2,000 visitors in peak months. The plaza can be used for various purposes, such as for studying Japanese, collecting or exchanging information on Japanese culture and on neighboring communities, and getting consultation on everyday living concerns. Classes that introduce cultures of other countries around the world are also offered, so please feel free to stop by for a visit at any time.

Shinjuku City Japanese-Language Class

There are classes geared for beginners in eight locations in the city.

Let's start by learning how to greet each other!

If there is an opening, you can start in the middle of the year. Please call for information on the nearest class location.



Date and Time: Monday through Friday, 9:30 to 11:30 a.m.
Note: Held on a different day of the week, depending on the class.

1st Semester – April through September;
2nd Semester – October through March

Fees: ¥3,000 per semester for classes that meet once a week; ¥6,000 per semester for classes that meet twice a week.

Inquiries: Shinjuku Multicultural Plaza, Tel: 03-5291-5171

Oyako (Family) Japanese-Language Class



Learn Japanese together as a family. Families with infants are especially welcomed!

Participation is free of charge (however, there is a ¥500 insurance fee). You can join in at any time of the year.

Date and Time: October 13 (Sat.) and 20 (Sat.)
November 10 (Sat.) and 24 (Sat.)
December 8 (Sat.) and 22 (Sat.)
10 a.m. to 12 noon

Location: Okubo Elementary School (1-1-21 Okubo)
Inquiries: Shinjuku Multicultural Plaza, Tel: 03-5291-5171

Shinjuku Foreign Resident Center

Information for Foreign Residents on Immigration and Visas

Consultation services for foreign residents are offered by specialists in immigration and visas. Telephone consultation is also available. You can take advantage of these services in English or Chinese.

Consultation Days: Weekdays, except days the building is closed (2nd and 4th Wednesdays), 9 a.m. to 12 noon and 1 to 4 p.m.

Inquiries: Tel:03-3209-6177

Art Exchange Exhibit Featuring Artwork by Children and Students of Friendship Cities

Artwork by children in Shinjuku, Ina City of Nagano Prefecture, and overseas friendship cities, such as Lefkada in Greece and the Dong Cheng District of Beijing in the People's Republic of China, will be exhibited.



Admission is free of charge. Please feel free to drop by for a visit.

Date and Time: November 2 (Fri.) through 5 (Mon.), 8 a.m. to 9 p.m. (from 12 noon on the 2nd and until 5 p.m. on the 5th)

Location: Shinjuku Station West Exit Event Corner (1-go Nishiguchi Chikagai, 1 Nishi-Shinjuku)

Inquiries: Shinjuku Multicultural Plaza, Tel: 03-5291-5171

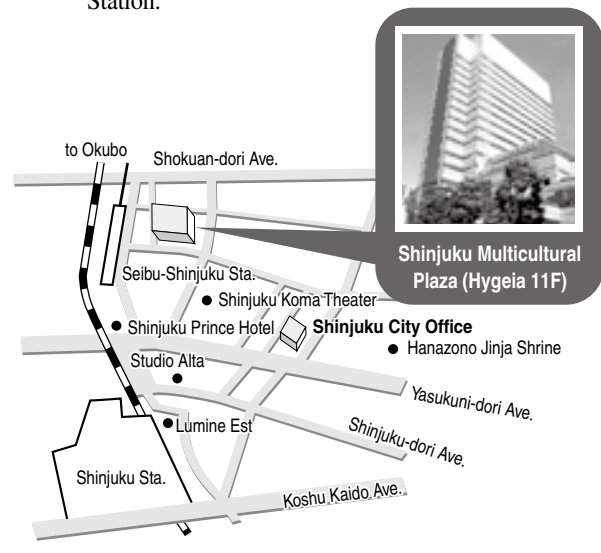
Hours: 9 a.m. to 9 p.m.

Closed: 2nd and 4th Wednesdays of the month and during the year-end/New Year holidays (December 29 through January 3)

Inquiries: Shinjuku Multicultural Plaza
Tel: 03-5291-5171 Fax: 03-5291-5172

URL: <http://www.shinjukubunka.or.jp/tabunka/japanese/index.html>

Address: Hygeia 11F, 2-44-1 Kabukicho, Shinjuku-ku 160-0021
A 10-minute walk from JR Shinjuku Station East Exit, and a five-minute walk from Seibu-Shinjuku Station.



Let's Jump Right In!

Japanese Language Study Corner

At the Japanese Language Study Corner of Shinjuku Multicultural Plaza, Shinjuku Nihongo (Japanese-Language) Network (SNN) volunteers help people acquire and improve Japanese-language skills. The themes of the classes vary, and volunteers are willing to help develop a personal learning style. Because as many as 30 foreign residents participate in classes on peak days, the classes serve as venues for exchanging information and making friends. There is no participation fee, and reservations are not required. Why not invite friends and come study or chat in Japanese?

Looking Forward to Meeting You

Aiko Mizuno (Japanese-Language Saturday Salon volunteer)

It has been about one year since I started working as a volunteer, and I really enjoy getting acquainted with foreign residents. Now that they are here in Japan, I think it would be great if foreign residents can learn about Japan and Japanese people and grow to like this country and its people. Let's have fun chatting. Please feel free to drop by for a visit.

Japanese Language and Kanji

Mondays, 2 to 4 p.m.

A Participant's Opinion

Han Soohee (Korea)



I came to Japan to study Japanese because I would like to be an interpreter someday. I am very thankful for the volunteers because they carefully teach me how to use kanji and Japanese expressions I am not familiar with.

meeting people is fun.

Hiragana and Katakana

Thursdays, 1 to 2 p.m.

A Participant's Opinion

Mani (Nepal)



Because I work as a cook in a restaurant, I usually have little opportunity to write or speak Japanese. I am participating in this program together with a friend who is also from Nepal, and we are working hard so that we will be able to converse with friends using Japanese only.

Minna de Nihongo

Tuesdays, 2 to 4 p.m.

A Participant's Opinion

Hong Youngjoo (Korea)



When I first came to Japan, I couldn't speak a word of Japanese. By studying at Shinjuku Japanese-language Classes (SJC) and Minna de Nihongo class, I now have no problem with Japanese. Not only the studies but also

meeting people is fun.

Japanese Language Saturday Salon

Saturdays, 2 to 4 p.m.

A Participant's Opinion

Thomas Schoene (Germany)



I studied a little bit of Japanese before coming to Japan, but I was not good at speaking it. By participating in the Japanese Language Saturday Salon, I have gained a little confidence in talking in Japanese. Now, my Japanese friends and I teach each other our respective language.

Seeking Volunteer Interpreters/Translators

Once you have learned basic conversation in Japanese, why not work as a volunteer interpreter/translator? Assignments include translating school letters and acting as an interpreter at events. Please call if you are interested in volunteering.

Eligibility: Those who can interpret/translate Japanese into another language (any language is acceptable) and can relay messages via e-mail. Also, the person must be able to speak basic Japanese.

Application: Apply by e-mail, giving your (1) name, (2) address, (3) telephone number, (4) e-mail address and (5) language you can interpret/translate into.

Inquiries/Application: Shinjuku Multicultural Plaza
Tel: 03-5291-5171
E-mail: kokusai@shinjukubunka.or.jp

Living Together

“Multicultural living” refers to people of different nationalities and ethnic races living together, and accepting and understanding the differences between their cultures.

In this issue, we will report from the front lines of multicultural living.

What are foreign students who are studying in a foreign land in pursuit of their dreams feeling? What kinds of problems and joys do they experience? We spoke with recipients of the Shinjuku City Foreign Student Scholarship: Hsiung Szuchia, who is majoring in psychological counseling in the Faculty of Human Science at Mejiro University, and Cao Yongwu, who is studying architecture at the Graduate School of Kogakuin University.

Trials and Joys in the Lives of Foreign Students...And Their Future Dreams

What made you decide to study in Japan?

Hsiung: In Taiwan, Japanese dramas and singers are very popular, so people feel very familiar with Japan. In junior high school, I wanted to join the Japanese-language club, but it was so popular that I wasn't able to join! In high school, I started studying Japanese in the Japanese-language club, and in college, I majored in Japanese and decided to study more seriously by coming to Japan.

Cao: When I was studying architecture in my home country of China, I heard there was a major earthquake in Japan, so I did some research on Japanese architectural standards and earthquake-resistant designs over the Internet. That's when I found out that Japan has the highest level of technology for earthquake-resistant designs in the world. That's when I decided to study the design technology of high-rise architecture in Japan.

What are your impressions of Japan now that you are living here?

Hsiung: Shinjuku, especially Kabukicho, is famous even in Taiwan, and I imagined it would be a lively town. With so many people, my parents and friends were worried that it would be a dangerous, albeit convenient, place to live. Actually, I think it's a safe place to live.



▲ Cao Yongwu would like to make the best use of Japanese architectural technology in China.

changed since coming to Japan.

The only thing that bothers me is the youth culture of Japan. I'm afraid I can't appreciate their unique sense of fashion, among other things. But if you talk with them, a lot of them are people with common sense, unlike the impression they give.

Tell us about the trials and joys you have experienced as a foreign student.

Hsiung: When I first start attending classes at the university, I couldn't understand anything even though I had studied Japanese so hard. I panicked thinking, “What should I do?” Even if I wanted to talk about it with friends, I couldn't express



▲ Hsiung Szuchia and Cao Yongwu talk about their lives as foreign students.

myself very well. Anyway, for the first year, it was really hard for me to keep up with everyone because of the language. Even now, my studies are not easy, but I feel really lucky that I have foreign student buddies and Japanese friends.

Cao: It's the same with me! Even though I could carry on a basic conversation, I couldn't understand the technical terms of the courses I studied at graduate school. For example, when I first heard the term Rahmem construction, I thought

it had something to do with ramen noodles! (Laughing)

When I asked my professor a question at the university in Japan, I was advised, “Do as much research as possible on your own before asking a question.” At the university in my home country, professors answered all my questions. But in Japan, “Doing research on your own first” is emphasized. This is where I think there is a difference in the education in China and in Japan.

Hsiung: I guess another problem is that the cost of living is so high in Japan.

With classes, studies and part-time work, it is physically very hard. In that sense, the Foreign Student Scholarship is a real blessing.



▲ Hsiung comments cheerfully, “Sometimes I get a little homesick.”

Tell us about your future plans and dreams.

Hsiung: I would like to work as a psychological counselor in the future. But I don't think that undergraduate studies are enough in terms of building skill and knowledge. My immediate goals are to go on to graduate school and acquire a license. I believe that psychological counseling is a job through which I can offer moral support. In Taiwan, there are a growing number of Japanese companies, and a lot of Japanese people are living there. There may be people who are under a lot of stress and pressure, living away from their home country. I hope to be able to boost their morale.

Cao: I was accepted to work in a Japanese architectural design company. This company has joint ties with an architecture company in Dairen, and there are plans for the two companies to merge in the near future. I hope to work in Japan for two or three years and then return to China to work in the branch office there. My future dream is to build a skyscraper somewhere in China, making the best use of the knowledge and technology I learned in Japan. I also hope to serve as a liaison between Japan and China by working as an interpreter and translator who knows the languages of both countries as well as architectural technology.

AIDS and Sexually Transmitted Infections (STI) Are Very Relevant Issues

Every year, December 1 is World AIDS Day. Let's take this opportunity to obtain accurate information on AIDS and sexually transmitted infections (STI) and work on their prevention. When infected with an STI, it is easy to catch HIV, which causes AIDS. In addition, because some STIs do not have obvious symptoms, they are easily transmitted to a sexual partner without knowing it. Anyone can be infected with AIDS and STIs. Because early detection and early treatment are extremely important in curing these illnesses, it is a good idea to seek consultation and undergo testing if you suspect the slightest possibility of having these diseases.

♥ Shinjuku City HIV Consultation and Testing

Languages: English, Portuguese, Spanish, Thai and Japanese.

● AIDS Telephone Consultation, Tel: 03-3369-7110

Consultations are conducted on an anonymous basis, free of charge.

Consultation Days: Thursdays, 1 to 5 p.m. (The service in Thai is available twice a month on Thursdays, on the days HIV antibody tests are conducted.)

● HIV Antibody Testing, Tel: 03-3369-7110

STI (syphilis, chlamydia and gonorrhea) testing can be given at the same time the HIV antibody testing is given. The tests are conducted on an anonymous basis, free of charge. For testing in a language other than Japanese, please come directly to the site.

Testing Days: As a rule, two Thursdays of the month, 1 to 2:30 p.m. For more information, please visit the foreign-language website.

Location: Nishi-Shinjuku Public Health Center (7-5-8 Nishi-Shinjuku)

Note: For reservations for consultations/testing in Japanese:

Testing Reservations: Prevention Section, Prevention Division, Tel: 03-5273-3859

Telephone Consultation: Health Instruction Section, Prevention Division, Tel: 03-5273-3862

♥ Japanese Foundation for AIDS Prevention (JFAP) Support Line, Tel: 03-5940-2127

Available in Japanese, English, Spanish, Portuguese, Thai, Chinese, Korean and Tagalog. Please use a touch-tone line.

Consultation Days: Daily, on a 24-hour basis

Let's Mind Our Manners When Smoking

Tobacco smoke includes mainstream smoke (smoke inhaled by the smoker through a filter) and sidestream smoke (smoke from the burning tip of the cigarette). It has been found that sidestream smoke contains more harmful substances than mainstream smoke.

Even nonsmokers inhale smoke if they share the same space with smokers. This is called passive smoking, and it causes various health problems.

It is a good idea to be considerate of one another so that both smokers and nonsmokers can live together comfortably.

Inquiries: Health Promotion Section, Health and Total Living Division (Shinjuku City Office Main Bldg. 2F), Tel: 03-5273-3047

Note: Smoking on the streets is prohibited in Shinjuku City.



Refrain from smoking near expectant mothers.



Do not smoke while walking.



Do not leave your cigarette burning in an ashtray.



Be sure to extinguish and properly dispose of your cigarette.



Seeking Municipal and Private Nursery School Children

Nursery schools provide childcare on behalf of parents who are unable to look after their children at home because of work or illness.

Although the eligible age varies with each nursery school, a child can be admitted from 43 days after birth at the earliest up to the entering of elementary school. Nursery school fees are determined according to the child's age and other conditions, such as the amount of income tax paid by the parents.

For enrollment in a nursery school in April of the following year, applications will be accepted from mid-December through mid-January. The deadline for applying to a nursery school is around the 15th of the previous month, however, this does not guarantee admission, as there are generally many applicants.

Inquiries: Enrollment Section, Nursery School Division (Shinjuku City Office Main Bldg., 2F), Tel: 03-5273-4527

Seeking Kindergarten Students

Kindergartens are educational facilities for preschoolers who are 3 to 5 years old. There are municipal and private kindergartens.

Municipal kindergartens have classes for 3-, 4- and 5-year-old children. Please call for more information, such as for admission procedures.

To enter kindergarten in the next school year (from April), applications are accepted from mid-October every year.

Inquiries: Kindergarten Section, School Management Division (Shinjuku City Office Annex 1, 4F), Tel: 03-5273-3103



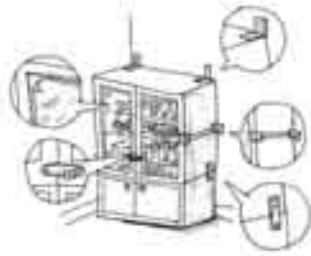
Let's Be Constantly Prepared for an Earthquake

Japan is a land of frequent earthquakes. However, we never know when one will strike. To protect valuable lives and property, we need to be constantly prepared. Let's be prepared so that we can take action without panicking in an emergency.

Inquiries: Project Promotion Section, Security Affairs Division, Tel: 03-5273-3874

1. Prevent Furniture from Toppling

Earthquake tremors can be stronger than we imagine. Secure furniture with braces so that they will not topple over.



2. Prepare an Emergency Backpack

It is a good idea to pack emergency items together in one backpack so that you can take it with you at any time. Keep the load down to about 3 kg.

- Valuables
(Bankbooks, name stamps, cash, health insurance card, foreign resident registration card)
- Emergency Food Supply
(Water, canned foods, can opener, confections, baby milk formula, etc.)
- Emergency Medical Supply
(First-aid kit, sanitary napkins, medicine for cuts and scrapes, etc.)
- Clothes
(Underwear, gloves, towels, rainwear, toiletries, diapers)
- Flashlight, portable radio, eyeglasses, etc.

3. Check the Location of the Nearest Designated Evacuation Site

It is a good idea to familiarize yourself with the location of the evacuation site. Such locations as local elementary and junior high schools usually serve as evacuation sites.

Note: For information on evacuation sites, please read Shinjuku City's living information for foreign residents entitled Preparing for Disasters or the foreign-language section of its website. Another alternative is to look for evacuation site signs on city streets.

4. Discuss Evacuation Methods with Family and Friends

It is a good idea to decide in advance where the family will meet if an earthquake strikes and methods for checking information on the safety of other family members. You can use the NTT Disaster Emergency Message Dial by dialing 171.

5. Participate in Disaster Drills

It is important to be constantly prepared by participating in local disaster drills. It is a good idea to become familiar with the disaster prevention system in your community so that you can cooperate with your neighbors if a disaster strikes.



When an Earthquake Strikes...! 10 Simple Rules

- 1) If you feel a tremor, take cover to protect yourself.
- 2) Quickly extinguish all sources of heat.
- 3) Open windows and doors to secure an exit.
- 4) Do not rush outside as there may be falling fixtures.
- 5) Try not to panic as it may lead to injuries.
- 6) Check on each other – Make sure family members and neighbors are safe.
- 7) Help each other with rescue activities and first aid.
- 8) Before you evacuate, check for safety, turning off the electricity and gas.
- 9) Do not go near gates or fence walls.
- 10) Correct information leads to proper action.



Get Useful Information! – Information in Foreign Languages

Besides this newspaper, Shinjuku City also provides information in foreign languages in "Information on Everyday Living" and "Plaza News," and on its website.

These publications include useful information on everyday living and public services, particularly with regard to disaster

prevention, medical treatment and welfare programs, as well as information on classes and events.

"Information on Everyday Living" and "Plaza News" are available free of charge at Shinjuku City Office, branch offices and Shinjuku Multicultural Plaza.



● Foreign Language Website URL (updated on the 15th of every month):

- Japanese: <http://www.city.shinjuku.tokyo.jp/foreign/japanese/>
- English: <http://www.city.shinjuku.tokyo.jp/foreign/english/>
- Chinese: <http://www.city.shinjuku.tokyo.jp/foreign/chinese/>
- Korean: <http://www.city.shinjuku.tokyo.jp/foreign/korean/>

If you have any comments, suggestions or themes/information you would like covered, please send a fax: 03-3209-1500.