

# SHINJUKU NEWS



Foreign Language Website <http://www.city.shinjuku.tokyo.jp/foreign/english/>  
Please make your inquiries in Japanese when calling the coordinating division.

No. 12

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## The Season of Greenery—Let's Enjoy Mother Nature



Although Shinjuku has the image of a big city with business areas lined with high-rise buildings and bustling shopping districts, there are also many areas that still have rich natural greenery. In this issue, we will introduce the Ochiai area, where you can enjoy flower viewing and fresh young greenery.

### 1 Hayashi Fumiko Memorial Hall (2-20-1 Nakai)



Hayashi Fumiko Memorial Hall is a museum that recreates the home where Fumiko Hayashi, author of such masterpieces as *Horoki* (Vagabond's song), *Ukigumo* (Floating clouds), and *Uzushio*

(Swirling eddies), lived her later years. The building still has traces of what it was like when she lived. Fumiko Hayashi studied architecture independently and poured her efforts into designing and building her home. You can see her particular and selective taste in various locations of her home, such as the library, living room, and garden.

In the garden, there are various flowers and trees, such as cherry blossoms, maple, plum, violets, and cluster amaryllis, so that visitors can enjoy flowers and greenery at any time of the year. The cherry blossoms of early April and the autumn colors of late November are particularly recommended.

**Hours:** 10 a.m. to 4:30 p.m. (admission until 4 p.m.)

**Closed:** Mondays (the following day if Monday is a national holiday) and during the yearend/New Year holidays (December 29 through January 3)

**How to Get There:** A seven-minute walk from Nakai Station on the Oedo Line, Seibu-Shinjuku Line, or Seibu Bus; or a 15-minute walk from Ochiai Station on the Tokyo Metro Tozai Line

**Admission:** ¥150 for adults, ¥50 for elementary/junior high school students

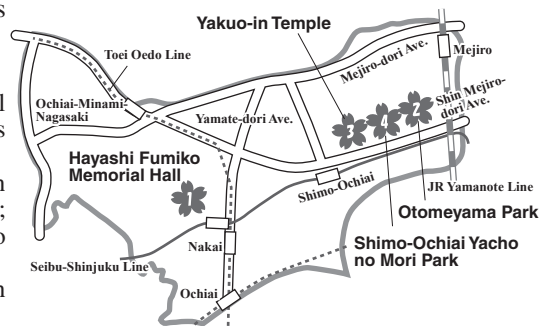
### 2 Yakuo-in Temple (4-8-2 Shimo-Ochiai)

Yakuo-in Temple is well-known as having one of the most beautiful peony gardens in the Tokyo area. Many visitors come to the garden every year in mid-April, when the peonies are in full bloom, to see the large flowers. The first 100 stocks of Yakuo-in Temple's peonies came in 1946 from Hasedera Temple in Nara, which is the head temple. Today, there are some 1,000 stocks of approximately 40 varieties of peony.



Next to the main building of the temple, there are weeping cherry blossoms, rhododendrons, and camellias, making it possible for visitors to enjoy a natural scenery in each season.

**How to Get There:** A five-minute walk from Shimo-Ochiai Station on the Seibu-Shinjuku Line



### 3 Otomeyama Park (2-10 Shimo-Ochiai)

With natural forests of someiyoshino (a variety of cherry tree), dogwood, and Japanese snowbell growing luxuriantly, Otomeyama Park is a rare location with traces of the old Musashino.



Fireflies are raised in the park, and the park is crowded with visitors who come to the firefly-watching event in July. Moreover, the park is well-known as a flower-viewing spot when cherry blossoms are in full bloom.

**Hours:** 7 a.m. to 7 p.m. (until 5 p.m. from October to March)

**How to Get There:** A seven-minute walk from Takadanobaba Station on the JR Line, Tokyo Metro Tozai Line, and Seibu-Shinjuku Line

### 4 Shimo-Ochiai Yacho no Mori Park (4-8-7 Shimo-Ochiai)

Shimo-Ochiai Yacho no Mori (wild-bird forest) Park, which is located east of Yakuo-in Temple, is nestled in a quiet residential area. As its name suggests, many wild birds visit this park. The park has water areas, which wild birds love, and is surrounded by such trees as zelkova and quercus serrata.



**How to Get There:** A five-minute walk from Shimo-Ochiai Station on the Seibu-Shinjuku Line

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

## Spring to Early Summer Event Calendar



### April

- Early April** — Flower Viewing (Shinjuku Gyoen National Garden, Shinjuku Chuo Park, soto-bori (outer moat) area and other locations)
- Early April** — Flower Festival, Children's Parade (Shinjuku-dori Avenue and other locations)
- Early April** — Shinjuku Japanese Classes (first term) begin
- 11 (Fri.)** — International Exchange Salon
- Mid-April** — Peony Viewing (Yakuo-in Temple)
- 20 (Sun.) to May 5 (Mon., national holiday)** — Azalea Festival (Kaichu Inari Jinja Shrine)
- 25 (Fri.) to May 4 (Sun.)** — Phoenix: Ho'oh (musical)

### May

- 5 (Mon., national holiday)** — Children's Day
- 9 (Fri.)** — International Exchange Salon
- Mid-May** — Oyako (Family) Japanese-Language Class begins

### June

- 13 (Fri.)** — International Exchange Salon
- 14 (Sat.)** — Japanese-Language Speech Contest "Shabereon '08"
- Mid-June (tentative)** — Workshop on Advancing to High School for Foreign Residents

### July

- 11 (Fri.)** — International Exchange Salon
- 23 (Wed.) to 26 (Sat.)** — Kagurazaka Festival
- 26 (Sat.)** — Shinjuku Eisa Festival

\* Event dates are subject to change.



Cherry blossoms in the soto-bori (outer moat) area

## Do You Know? Japanese Culture and Customs

### New Fiscal Year (April)

In Japan, the fiscal year starts in April and ends in March. Accordingly, schools start the new school year and companies welcome new hires in April.

For this reason, many people move in April to prepare for their new workplace or place of new assignment. If you move into or within Shinjuku City, please remember to complete the following procedures:

- ① Foreign resident registration: Foreign Resident Registration Section, Family and Resident Registration Division (Shinjuku City Office Main Bldg. 1F)
  - ② National Health Insurance: Medical Insurance and Pension Division (Shinjuku City Office Main Bldg. 4F)
  - ③ Driver's license: Police station or driver's license test center
- \* Post offices offer a one-year forwarding service for mail that is sent to your old address. If you would like to take advantage of this service, please complete the designated procedures at your local post office.



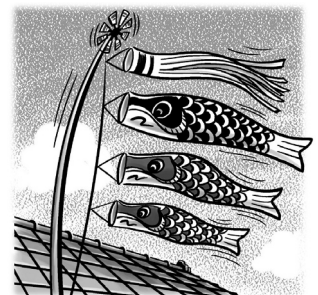
### Flower Viewing (Early April)



Since ancient times, Japanese people have a special affection for cherry blossoms. When cherry blossoms are in full bloom, many people go out to appreciate the flowers. People get together with friends and coworkers for ohanami (flower viewing) to enjoy food and beverages while viewing the cherry blossoms.

### Children's Day (May 5)

Families decorate their homes with traditional armor and samurai dolls with hopes that their little boy will grow up strong like a samurai. They also raise carp streamers to symbolize their wish that their boy will succeed in life in the future. Today, this holiday is celebrated with hopes for the health and growth of



### Rainy Season (June through July)



The rainy season that runs roughly from June through July is called tsuyu. This is the time of year when floods and landslides occur most easily. In addition, because the air is always moist at this time of year, one needs to be extra careful about such health hazards as mold and food poisoning.

## Why Not Challenge Yourself by Participating in the Japanese-Language Speech Contest “Shabereon '08”?

Put your diligent studies to good use and pour your thoughts into a seven-minute speech!

- Date and Time:** June 14 (Sat.), 12:30 to 4:30 p.m. (friendly get-together: 5 to 6:30 p.m.)
- Location:** Small hall, Shinjuku Bunka Center 3F (6-14-1 Shinjuku)
- Eligibility:** Those who live, work, or go to school in Shinjuku and whose first language is not Japanese (Approximately 15 contestants can participate. If the number of applications exceeds capacity, preliminaries will be held.)
- Theme:** As a rule, contestants are free to choose their own theme (must be original and unpublished).
- To Apply:** Submit a completed speech contest application form



and your planned speech (in Japanese, no restriction in length) in person or by mail by May 9 (Fri.).  
 \* The speech contest application form is available at the Shinjuku Multicultural Plaza and the Culture, Tourism and International Affairs Division (Shinjuku City Office Main Bldg. 1F). Also, you can download the form from the Multicultural Plaza Web site.

**Inquiries/Application:**  
 Shinjuku Multicultural Plaza  
 Hygeia 11F, 2-44-1 Kabukicho, Shinjuku-ku 160-0021  
 Tel: 03-5291-5171

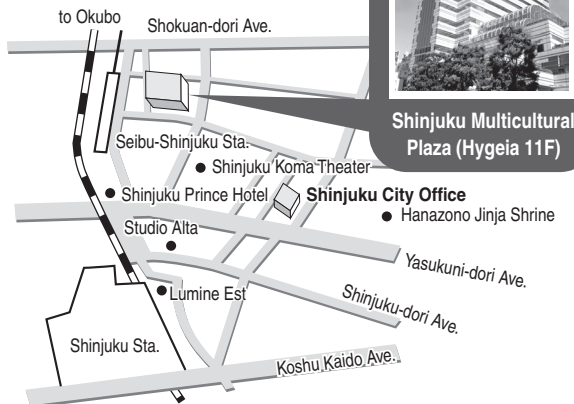
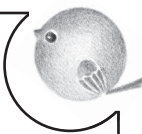
### Shinjuku Multicultural Plaza

This facility can be used for various purposes, such as studying Japanese, holding friendly get-togethers, receiving consultation on everyday living, and collecting information. It is used by over 1,000 foreign residents every month.



Please feel free to drop by and take advantage of the services available.

- 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.



### Feel Free to Ask for Advice

Do you have any problems with City Office procedures or application forms? Are you having difficulty adjusting to everyday life in Japan? Multilingual consultants are available to help you with any problem you might have. Advice that could help solve your problems is available free of charge. Please feel free to take advantage of these services.

### Foreign Residents' Advisory Corner (Shinjuku City Office Main Bldg. 1F)

- Hours:** 9:30 a.m. to 12 noon and 1 to 4:30 p.m.
- Languages:**
  - English Monday through Friday Tel: 03-5272-5060
  - Chinese Monday, Wednesday, and Friday Tel: 03-5272-5070
  - Korean Tuesday and Thursday Tel: 03-5272-5080

### Foreign Residents' Advisory Corner (Shinjuku Multicultural Plaza)

**Hours:** 10 a.m. to 12 noon and 1 to 5 p.m.  
 (reception desk closes at 4:30 p.m.)

Mon.	Tues.	Wed.	Thu.	Fri.
Korean (Afternoon only)	Chinese and Thai	English *Except when the building is closed (2 <sup>nd</sup> and 4 <sup>th</sup> Wednesdays of the month)	English, Chinese and Myanmarese	Korean and English (3rd Friday of the month only)

\* Consultations on visas and everyday living topics (in Japanese only) are also conducted on the 2nd Friday of the month, 6:30 to 8:30 p.m.  
 Tel: 03-5291-5171

### Shinjuku Foreign Residents Center —Information on Immigration and Visas

At Shinjuku Multicultural Center, consultation services concerning immigration and visas are provided by specialized consultants from the Japan Immigration Association. However, you cannot go through any immigration or visa procedures at the center. Telephone consultation is also available. Consultation in English is also available.

- Hours:** Weekdays, except when the building is closed (2nd and 4th Wednesdays of the month), 9 a.m. to 12 noon and 1 to 4 p.m.
- Inquiries:** 03-3209-6177

Special  
Feature**Medical Treatment****—Be Prepared for Injury or Illness****Telephone Consultations Available in Foreign Languages**

Have you ever been worried about medical treatment or medical systems in Japan and had such questions as, "I don't know how to give first aid," "My child broke out in a fever in the middle of the night," "I can't stop coughing," or "What is National Health Insurance?" but could not find answers because you do not speak Japanese? At times like these, please take advantage of the multilingual telephone consultation services concerning medical treatment.

● **Tokyo Metropolitan Health and Medical Information Center, Himawari**

Consultation on such concerns as medical institutions with staff that speaks foreign languages and the Japanese medical treatment system is available (free of charge).

**Languages:** English, Chinese, Korean, Thai, and Spanish

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

**Tel:** 03-5285-8181

● **Tokyo Metropolitan Health and Medical Information Center, Himawari**

**Emergency Translation Services (For Medical Institutions)**

Telephone interpreting services are available if an emer-

gency patient has trouble receiving treatment because he/she cannot speak Japanese.

**Languages:** English, Chinese, Korean, Thai, and Spanish

**Hours:** Weekdays, 5 to 8 p.m.

Saturdays, Sundays, and national holidays,

9 a.m. to 8 p.m.

**Tel:** 03-5285-8185

**Do Medical Expenses Vary Depending on the Hospital ?**

Most hospitals accept health insurance when offering treatment. Whether you are treated at a national hospital, private university hospital, private hospital, or clinic, the cost is almost the same as long as the type of treatment is the same.

However, you must be aware that you must bear the entire cost of the medical treatment if you are not enrolled in health insurance. Foreign residents who stay in Japan for more than one year are required to enroll in health insurance. If you are not enrolled in health insurance at your place of employment, please enroll in National Health Insurance. (Please note that in some cases, a person may not be eligible for enrollment due to visa status or other reasons.)

**We Support Medical Treatment for Foreign Residents!****AMDA International Medical Information Center**

The AMDA International Medical Information Center introduces medical facilities with staff who speak foreign languages and provides information on the health care system. We spoke with one of the staff members.



**Q** Please tell us about the activities conducted by AMDA International Medical Information Center.

**A** The center was established in April 1991 and offers foreign residents in Japan free consultation and information on medical treatment and the health care system. Another center has been established in Osaka, and many telephone consultation calls are received from across Japan every year.

**Q** What kind of consultation calls do you receive?

**A** We receive all kinds of questions and concerns, such as, "I want to receive counseling in my mother tongue," "I have difficulty paying my medical bills," "How can I get a Mother and Child Health Handbook?" or "I want to learn about HIV." The most frequent of concerns is, "I would like an introduction to a medical institution that offers treatment in my mother tongue," or "I need an interpreter." This shows that it is extremely inconvenient for foreign residents to go to a medical facility that does not speak their language. However, we listen carefully to all callers to determine the problem they are having and what they require and offer the information they need the most. Unfortunately, because a doctor is not always on staff at the center, we are not able to diagnose illnesses over the telephone.

**Q** Tell us what languages are available at the center.

**A** There are seven languages available: English, Chinese, Korean, Thai, Spanish, Portuguese, and Tagalog. For other languages, such as Russian, we can introduce other groups and medical institutions.

**Q** What are you most careful about when you handle a call?

**A** It is important for us to provide appropriate medical information. There are a lot of things about the Japanese system and situation that are confusing to foreign residents, so we need to provide helpful information to facilitate smooth medical treatment. When we introduce hospitals, we try to give more than one medical institution if possible. We do this because we want to give the caller the freedom of choice.

**AMDA International Medical Information Center**

**Hours:**

- English, Chinese, Korean, Thai, and Spanish: Monday through Friday, 9 a.m. to 5 p.m.
- Portuguese: Monday, Wednesday, and Friday, 9 a.m. to 5 p.m.
- Tagalog: Wednesday, 1 to 5 p.m.

**Tel:** 03-5285-8088

## If You Become Ill

### ● Examination Procedures at the Hospital

- ① At the reception desk, complete reception procedures. Show your health insurance card and describe your symptoms to the staff.
- ② You will be given a patient's card. Take this card to the service counter of the medical department where you will receive treatment. Wait in the waiting area until it is your turn.
- ③ When the nurse calls your name, go into the examination room to be examined by the doctor.
- ④ After the doctor finishes examining you, go to the designated cashier counter to pay the medical fee.



- ⑤ If you need medicine, take the prescription that the doctor gave you to the pharmacy to get it filled. Then pay for the medicine together with the medical fee.

\* Prescriptions are filled at a pharmacy either inside or outside the hospital. Ask the doctor or nurse about the location of the pharmacy.

### ● Hospitalization

If you are hospitalized, a deposit or a guarantor may be required. In addition, because health insurance cannot be used for special room arrangements, such as private rooms, you will need to pay any difference in cost; therefore, you must specify your wishes concerning room arrangements to the staff in advance.

#### What to Bring to Complete Procedures

- Personal seal
- Health insurance card (if you have one)
- Any medical certificates
- Hospital registration card

#### Necessary Items

- Toiletries  
(washbasin, toothbrush, soap, cup, etc.)
- Eating utensils  
(chopsticks, fork, knife, spoon, teacup, etc.)
- Other basic sundries  
(underwear, towels, slippers, tissue, etc.)

## Japanese Expressions Used in Hospitals

### Hospital Medical Departments

Japanese	Pronunciation	Meaning
内科	Naika	Internal medicine
小児科	Shonika	Pediatrics
精神科	Seishinka	Psychiatry
外科	Geka	Surgery
産婦人科	Sanfujinka	Gynecology and obstetrics
眼科	Ganka	Ophthalmology
耳鼻咽喉科	Jibiinkoka	Otorhinolaryngology
皮膚科	Hifuka	Dermatology
泌尿器科	Hinyokika	Urology
歯科	Shika	Dentistry

### Japanese Words Used during Examination/Treatment

Japanese	Pronunciation	Meaning
診察	Shinsatsu	Examination
検査	Kensa	Test
注射	Chusha	Shot
採血	Saiketsu	Taking a blood sample
点滴	Tenteki	Intravenous (IV) drip
手術	Shujutsu	Surgery
麻酔	Masui	Anesthesia
レントゲン	Rentogen	X-ray
血圧	Ketsuatsu	Blood pressure
尿検査	Nyo-kensa	Urinalysis

### Japanese Words Used in Hospitals

Japanese	Pronunciation	Meaning
受付	Uketsuke	Reception
初診	Shoshin	First-time visit
保険証	Hokensho	Health insurance certificate
診察券	Shinsatsuken	Hospital registration card
待合室	Machiaishitsu	Waiting room
処方箋	Shohosen	Prescription
薬局	Yakkyoku	Pharmacy
入院	Nyuin	Hospitalization
医者	Isha	Doctor
看護師	Kangoshi	Nurse

### Explaining Symptoms

Japanese	Pronunciation	Meaning
熱があります	Netsu ga arimasu.	(I) have a fever.
お腹が痛いです	Onaka ga itaidesu.	(I) have a stomachache.
頭が痛いです	Atama ga itaidesu.	(I) have a headache.
気持ちが悪い	Kimochi ga warui.	(I) don't feel well.
咳が出ます	Seki ga demasu.	(I) cough a lot.
体がだるい	Karada ga darui.	(I) feel listless.
吐き気がします	Hakike ga shimasu.	(I) feel nauseated.
目まいがします	Memai ga shimasu.	(I) feel dizzy.
寒気がします	Samuke ga shimasu.	(I) have the chills.
出血です	Shukketsu desu.	(I) am bleeding.
骨折です	Kossetsu desu.	(I) broke/fractured a bone.
火傷です	Yakedo desu.	(I) was burned.

## 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.

“I wish I could study Japanese, but I have a small child, so it’s hard for me to attend class.” “I want to acclimatize myself to Japanese culture and customs together with my child,” or “Is there a casual Japanese-language class that families with small children can join?” Have these kinds of thought ever popped into your head?

Twice a month, Japanese-language classes for foreign residents with small children (hereinafter referred to as “Oyako (Family) Japanese-Language Class”) are held at Shinjuku Municipal Okubo Elementary School.

In this issue, we interviewed Ms. Yoshioka, a representative of the Shinjuku Niji-no-kai (Rainbow Club) volunteer group, which sponsors the Oyako (Family) Japanese-Language Class.

## Shinjuku Niji-no-kai (Rainbow Club) —Japanese-Language Classes for the Family

### Please tell us about the Oyako (Family) Japanese-Language Class.

These classes are held twice a month on Saturday mornings at Okubo Elementary School. Because the classes meet only twice a month, we do not teach difficult words or grammar. Instead, our goal is to have students learn Japanese expressions that are useful in everyday life. We choose a theme for each class and describe traditional Japanese events, such as hina matsu (doll festival), Tanabata (star festival), or such everyday customs as how to dispose of garbage or how to shop for things.

For our January class, the theme was on Setsubun (bean-throwing festival on February 3). After studying Japanese expressions dealing with seasons and directions, we let students sample ehomaki (a type of sushi roll that is eaten on the night of Setsubun) and practice throwing beans. By actually experiencing what they learn, we hope students will be able to understand Japanese language and culture more deeply while having fun. In addition, we participate in community disaster prevention drills and festivals together. We believe it is important to support foreign residents so that they will feel like they are a part of the community.

Because a babysitting service is available, those with small children can join the class without worrying about them.

### What is it like to be with the students?

At first, the students are shy and are hesitant to open up, but once everyone grows accustomed to each other, volunteers and students becomes more like friends. Sometimes, students ask for personal advice, so I think the Oyako (Family) Japanese-Language Class is a place where students can feel they belong.

In addition, students from different countries become friends and some-

times visit each other’s home or hang out together. When they do, their common language is, of course, Japanese. I think it is great that students can enrich their everyday lives through new friendships and studies at the Oyako (Family) Japanese-Language Class.



▲ Volunteers and participants

### What kind of class do you envision for the future?

Personally, when I was raising my children, we were living overseas; so I experienced the loneliness of living in a foreign country while struggling to raise children. At the time, I received a lot of help and encouragement from the local people. I imagine the foreign residents living in Japan are going through the same kind of insecurity and anxiety

that I did. I think it would be great if I can make this class a place where not only volunteers but also students help one another.

Also, in the case of foreign families, children usually pick up the language faster than adults, making it difficult for family members to communicate with one another. I hope that by participating in this class as a family, people can enjoy communicating in Japanese.

### Finally, would you like to say a word to our readers?

If you would like to learn useful Japanese expressions for everyday living or if you would like to learn more about Japanese culture, lifestyle, and customs, by all means, please join the Oyako (Family) Japanese-Language Class. It does not matter if you are not a parent raising a child or if your child is not with you. I think you will enjoy the homelike atmosphere that the volunteers and students create.

Those who would like to be volunteers and offer advice from the foreign residents’ point of view are also quite welcome!



▲ Volunteers teach participants on a one-on-one basis.



▲ On Setsubun, participants threw beans while shouting, “Out with the devil! In with good luck!”

### Oyako (Family) Japanese-Language Class for Foreign Residents

Time: 10 a.m. to 12 noon

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

Fee: Free of charge (However, there is an insurance fee of ¥500.)

Classes for 2008 will begin in mid-May.

For more information, please contact the Shinjuku Multicultural Plaza

Tel: 03-5291-5171

Web site: [www.city.shinjuku.tokyo.jp/foreign/english/manabu/index\\_3.html](http://www.city.shinjuku.tokyo.jp/foreign/english/manabu/index_3.html)

## Sorting and Disposal Procedures for Garbage and Recyclable Resources Will Have Changed as of April

As of April 2008, plastic containers and wrapping, which used to be disposed of as noncombustible garbage, will be collected as recyclable resources, and all other plastic items will be collected as combustible garbage. In addition, rubber and leather items will be collected as combustible garbage. Let's follow the rules for sorting garbage and recyclable resources.



For more information, please read the fliers at Shinjuku City Office and other locations or read the "New Rules for Separating and Putting Out Recyclable Resources and Waste" at [www.city.shinjuku.tokyo.jp/foreign/japanese/pdf/other/0802gomi\\_je.pdf](http://www.city.shinjuku.tokyo.jp/foreign/japanese/pdf/other/0802gomi_je.pdf).

**Inquiries:** Life Environment Division (Shinjuku City Office Main Bldg. 7F), Tel: 03-5273-3318  
Shinjuku Waste Collection Office (2-1-1 Shimo-Ochiai), Tel: 03-3950-2923

## Announcement from the Foreign Resident Registration Desk

The Foreign Resident Registration Desk is extremely crowded from late March through early April as well as the months of July, October, and January. To shorten the waiting time for everyone, please cooperate by keeping the following points in mind:

- Please come between 8:30 and 9:30 a.m., as it is comparatively less crowded even during peak seasons.
- Because the days before and after the holidays/weekend, such as Monday and Friday, are particularly busy, please try as much as possible to come between Tuesday and Thursday.
- If you are completing initial registration procedures for a group of 10 or more people for a Japanese-language school or training program throughout the year, for example, please be sure to call in advance to reserve a date and time with the Foreign Resident Registration Desk. We will adjust the reception time to alleviate the crowd.
- You can apply for a copy of the Certificate of Registered Items of the Foreign Resident Registry at your local city office.

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

## Attention! Part of the Organization of Shinjuku City Office Has Changed

With adjustments made to the organization of Shinjuku City Office, some of the service desks and department names have changed. Please be careful when you go to the City Office. If you do not know where to file your notification or application forms, please consult the Foreign Residents' Advisory Corner on the first floor of Shinjuku City Office Main Building. (See page 3.)

## Shinjuku City Scholarships for Foreign Students

Shinjuku City offers 10 (tentative) ¥240,000 scholarships for one year (application in consecutive years is allowed) to foreign students with high grades who find it financially difficult to continue their studies.

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

- ① Those with a "College Student" visa status and who are studying at their own expense or have been dispatched by a foreign government (Government-sponsored foreign students are not eligible.)
- ② Those who have studied for one year or longer in Shinjuku (under a master's or doctor's course at a graduate school or as an undergraduate or junior college student or at a special training school) and are planning to continue their studies for at least another year
- ③ Those who have completed foreign resident registration procedures in Shinjuku City and are currently living in Shinjuku
- ④ Those with excellent grades, who are of good character, and find it financially difficult to continue their studies in Japan

**To Apply:** Applications are accepted every year in May. Please apply at the coordination section of your school office. The Shinjuku City Office will make a final decision after a letter of recommendation is received from your school.

**Inquiries:** Culture, Tourism and International Affairs Division, Tel: 03-5273-4069

For information on other scholarships, visit the following Web sites:

Independent Administrative Institution—Japan Student Services Organization

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

Japan Study Support—Information for Foreign Students

**URL:** <http://www.jpss.jp>

Or consult the school you attend.

## Beware of Hay Fever

Although there are differences depending on where you live in Japan, the pollen of Japanese cedars is released into the air from around March through May. The pollen of orchard grass is also released into the air in early summer, so beware of hay fever.

Besides such symptoms as sneezing, runny nose, nasal congestion, itchy eyes, and bloodshot eyes, you may experience a fever and headache.



### Main Methods for Dealing with Hay Fever

- Wear glasses, a mask, or scarf and a hat.
- Brush off any pollen from your clothes and hair before entering your home.
- Wash your hands, face, eyes, and nose and gargle after returning home.
- Do not leave your windows open on sunny, windy days.
- Do housecleaning frequently.
- Improve your lifestyle habits, such as getting plenty of sleep and eating nutritionally balanced foods.

## Shinjuku Bunka Center Postrenovation Opening



Shinjuku Bunka Center, which was closed for renovations, reopened. Various fun events, such as concerts, a musical, and dance performances, are

being held. Please come join the celebration.

Please go to [www.shinjukubunka.or.jp/](http://www.shinjukubunka.or.jp/) for more information on event schedules (in Japanese only).

## Phoenix: Ho'oh (Musical)

The masterpiece of the leading Japanese cartoonist has become a musical!

**Date:** April 25 (Fri.) through May 4 (Sun.)  
\* No performances on April 28 (Mon.) and May 1 (Thu.). Please note that the schedule is subject to change.

**Time:** (1) Performance starts at 2 p.m. (2) Performance starts at 7 p.m.

**Location:** Shinjuku Bunka Center, large hall (6-14-1 Shinjuku)

**Tickets:** ¥6,000 for S seats, ¥5,000 for A seats  
\* High school students and younger children will receive a ¥1,000 discount. On the day of the event, all tickets (for both children and adults) will cost an additional ¥500.  
\* Please call for information on how to purchase tickets.

**Inquiries:** Warabi-za Kanto Tokai Office  
Tel: 048-286-8730 Fax: 048-286-8731

**E-mail:** [o-kanto@warabi.or.jp](mailto:o-kanto@warabi.or.jp)

## Hakone Tsutsuji-so —Postrenovation Opening

### Enjoy the Hot Spring at the Municipal Resort.

Because Japan has many hot springs, it is said that the Japanese enjoy relaxing in them more than other people in other countries do. Each hot spring has its own unique quality, and people have enjoyed and taken advantage of various hot springs as a way of relieving fatigue and improving health since ancient times.

Why not enjoy a relaxing soak in a hot spring at the municipal resort in Hakone? At Tsutsuji-so, you can enjoy bathing in milky-white water that flows in directly from the spring. There is also an outdoor bath for visitors to enjoy after the renovation. In addition, each guestroom has its own private bathroom, making your stay even more enjoyable.



#### Japanese Hot Spring Etiquette

Wash your body outside of the bathtub and rinse off any soap and dirt before soaking in the tub. Do not put your towel or soap inside the bathtub. In this way, the bathtub is kept clean for everyone to use.

**Municipal Resort: Hakone Tsutsuji-so**  
(1320 Gora, Hakone Machi, Ashigara-Shimogun, Kanagawa Prefecture)

**Rates:** ¥5,700 and up per night for Shinjuku residents (two meals included)  
¥7,100 and up per night for non-Shinjuku residents (Fees must be paid at the resort.)

**How to Apply:** If there are any vacancies left after reservations are taken (priority will be given to Shinjuku residents), anyone can make a reservation at the City Office counter or by telephone. Please call the number below for more information.

**Inquiries:** KNT Tourist Co., Ltd. Shinjuku City Office branch office  
(Shinjuku City Office Annex 1, B2F, Shinjuku-ku)  
Tel: 03-5273-3881 (Mon. through Fri., 9 a.m. to 5 p.m.)

Web site: [www.knt-t.co.jp/hp/0419/](http://www.knt-t.co.jp/hp/0419/)

**Site Inquiries:** Hakone Tsutsuji-so, Tel: 0460-82-1144



You can also enjoy seasonal *kaiseki* cuisine.

## 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/>

