

# 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. 13**

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## Promoting Health with Sports



Shinjuku City has facilities where everyone, from small children to adults, can exercise while having fun.

This issue will introduce facilities that you can use to play sports and improve your health. It is a good idea to exercise properly and regularly to maintain your health.

### ① Shinjuku Sports Center (3-5-1 Okubo)



The center is surrounded by the rich greenery of Toyama Park and has such facilities as a jogging course, training room, and heated swimming pool as well as a large gymnasium where you can enjoy playing basketball or

badminton with your friends. Small children are allowed to use the heated swimming pool.

The center offers various classes, such as "ball exercise," yoga, aqua aerobics, and hula. (Fees are charged.) At each class, professional instructors provide specific advice according to the skill and physical level of each participant.

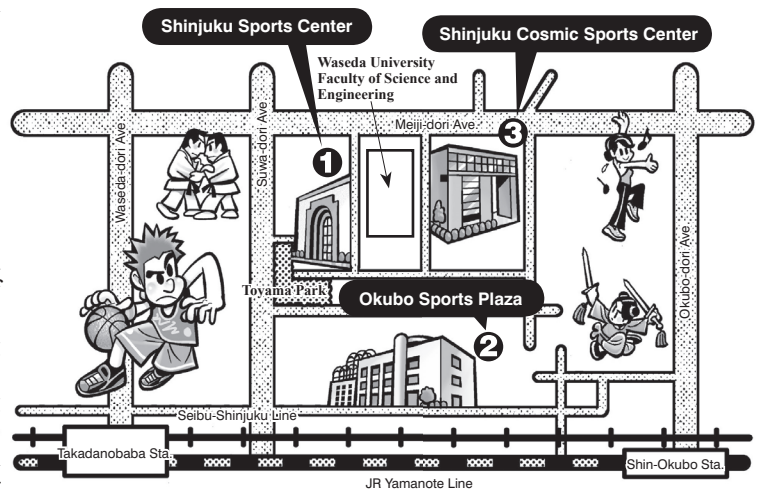
<b>Tel</b>	03-3232-0171 (in Japanese only)
<b>Hours</b>	9 a.m. to 10 p.m.
<b>Closed</b>	4th Monday of the month (Tuesday if Monday is a national holiday), during the year-end/New Year holidays (December 29 through January 3), and special holidays
<b>How to Get There</b>	A 10-minute walk from Takadanobaba Station on the JR Yamanote Line, Tokyo Metro Tozai Line, and Seibu-Shinjuku Line

### ② Okubo Sports Plaza (3-7-42 Okubo)

In addition to such sports as tennis and Ping-Pong, you can enjoy various cultural activities, such as go (a board game), shogi (Japanese chess), and karaoke. There is a 50-tatami Japanese-style room with a stage; the room can be used as a venue for social dance and Japanese-style dance recitals. There is also a children's playroom where children of elementary school age or younger can play.



<b>Tel</b>	03-5285-1477 (in Japanese only)
<b>Hours</b>	9 a.m. to 10 p.m.
<b>Closed</b>	3rd Monday of the month (Tuesday if Monday is a national holiday), during the year-end/New Year holidays (December 29 through January 3), and special holidays
<b>How to Get There</b>	A 10-minute walk from Takadanobaba Station on the JR Yamanote Line, Tokyo Metro Tozai Line, and Seibu-Shinjuku Line



### ③ Shinjuku Cosmic Sports Center (3-1-2 Okubo)

Various facilities are available, such as a large gymnasium, heated swimming pools, martial arts areas, and multipurpose studios. The center can be used for such sports as futsal, volleyball, and Ping-Pong as well as such cultural activities as theater and dance. There is a swimming pool for general use and one for small children so that they can practice swimming too.



<b>Tel</b>	03-3232-7701 (in Japanese only)
<b>Hours</b>	9 a.m. to 10 p.m.
<b>Closed</b>	2nd Monday of the month (Tuesday if Monday is a national holiday), during the year-end/New Year holidays (December 29 through January 3), and special holidays
<b>How to Get There</b>	A 17-minute walk from Takadanobaba Station on the JR Yamanote Line, Tokyo Metro Tozai Line, and Seibu-Shinjuku Line

#### Regasupo

Shinjuku Cosmic Sports Center offers classes in yoga, "health stretch," qigong/tai chi, and "shape boxing." There is a ¥400 fee per class. You can join at any time and participate for as long as you like. No registration is required. Because there is a babysitting service available, those who are raising small children can join a class without worrying about them. (Reservations for the babysitting service are required, and there is a ¥300 fee per child.)

\* Please call for more information on class schedules and other details.

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

Okinawa Is  
Coming to  
Shinjuku East Exit

# 2008 Shinjuku Eisa Festival

The Eisa Festival is a traditional performing art from Okinawa. Over 1,000 people from Okinawa, Shinjuku, and neighboring areas will perform in teams. The dancers will look spectacular dancing to the festival drums in their colorful kimonos.

Let the energy of the Eisa Festival blow your summer fatigue away!

For more information, go to <http://shinjuku-eisa.jp/>.

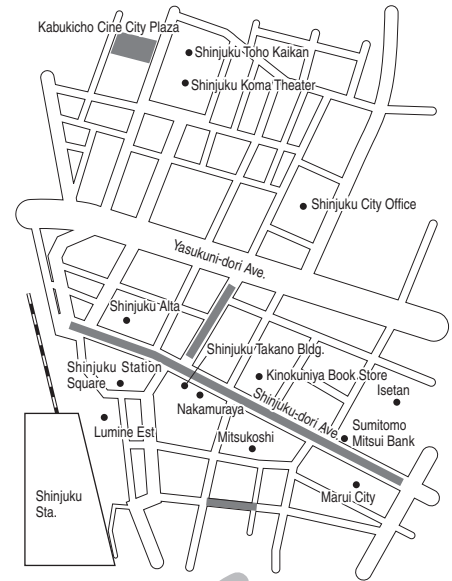
**Date and Time:** July 26 (Sat.)

1:30 to 9 p.m., subject to change (Will be held even in the event of light rain.)

\*Shinjuku-dori Avenue from 1:30 to 5:30 p.m.

**Locations:** Shinjuku-dori Avenue, Kabukicho Cine City Plaza, and other locations

**Inquiries:** Shinjuku Station-Front Shopping Area Promotion Union, Tel: 03-3352-6713



Come Dressed in Yukata

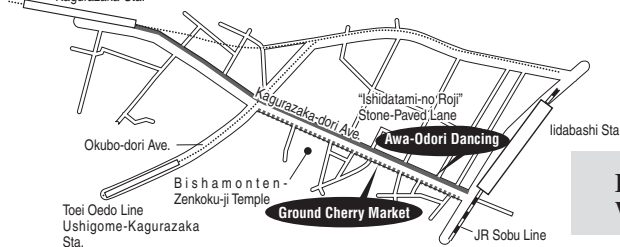
## Ground Cherry Plant Market

July 23 (Wed.) and 24 (Thu.), 6 to 10 p.m.

Hozuki-Ichi (Ground Cherry Plant Market) will take place mostly at Bishamonten-Zenkokuji Temple. Potted *hozuki* (ground cherry plants) with their vivid vermilion-colored flowers will be on sale, and a refreshing beer garden will be open. There will also be a *yukata* (summer cotton kimono) dress up service and information on strolling through the Kagurazaka area. Let's enjoy a cozy atmosphere dressed in *yukata*.



Tokyo Metro Tozai Line  
Kagurazaka Sta.



Lots of Excitement

## Awa-Odori Dancing

July 25 (Fri.) and 26 (Sat.), 7 to 9 p.m.



This year will mark the 37th Awa-Odori Dance, which is the climax of the festival. Although originally a dance from Tokushima Prefecture, this dance is now performed throughout Japan. A total of approximately 15 groups (each consisting of dozens of people) will dance to the sound of the shamisen, flute, and Japanese drum. Experience the excitement of Kagurazaka!

**Inquiries:** Tansumachi Branch Office, Tel: 03-3260-1911  
**Web site:** <http://www.syoutengai-web.net/kagura/maturi14.htm>

## Summary of "Survey on Multicultural Living in Shinjuku City" Report Will Be Published in Various Languages

There are approximately 30,000 foreign residents living in Shinjuku City, which is roughly 10% of the total population of the city. Shinjuku City uses this characteristic to promote the creation of a multicultural city where residents of different nationalities and ethnic groups accept each other's cultural differences, understand each other, and live together in harmony.

A survey of Japanese and non-Japanese residents was conducted to determine the actual conditions of Shinjuku City and any requests they might have. The results were summarized as basic data that will be used to improve future city administrative services.

Based on these results, the City Office will continue

to engage in programs that further deepen a mutual understanding of each other's culture and customs by creating opportunities for residents to have friendly exchanges and providing information in various foreign languages.

A multilingual summary of the report will be published in Japanese (with kana alongside kanji characters), English, Chinese, and Korean. Copies will be available free of charge at Shinjuku City Office, local branch offices, and Shinjuku Multicultural Plaza. Also, a copy of the summary will be posted on Shinjuku City's multilingual Web site.

**Inquiries:** Culture, Tourism and International Affairs Section, Culture, Tourism and International Affairs Division  
**Tel:** 03-5273-3504

## Municipal Elementary and Junior High School Enrollment in April 2009

Compulsory education in Japan comprises six years of elementary school and three years of junior high school for a total of nine years for children between the ages of 6 and 15. Although foreign residents are not obligated to attend a Japanese elementary or junior high school, admission can be authorized upon application if the parent so desires. Today, approximately 450 foreign children attend school in Shinjuku.

Please note that a child must graduate from a Japanese elementary school in order to be admitted to a Japanese junior high school. If you wish to enroll your child, please complete the following procedures.

Furthermore, with regard to newly entering 1st grade/1st year students of elementary and junior high school, a school selection system is in place that allows them to select a school from a list of designated optional schools that are outside the school district. A list of optional schools outside the school district is distributed during the application period.

In addition, a day on which schools are open to the public is set in September for elementary schools and October for junior high schools. On this day, you will be allowed to observe an actual class taking place. Please call for more information on the schedule.

**Eligibility for Entering Elementary School:** Those born between April 2, 2002, and April 1, 2003

**Eligibility for Entering Junior High School:** Those born between April 2, 1996, and April 1, 1997

**Application Period (for submitting an application for an optional school)**

For Elementary School—September 1 (Mon.) through 30 (Tue.)

For Junior High School—October 1 (Wed.) through 31 (Fri.)

**To Apply:** Bring the notice mailed by the School Operations Division and your child's foreign resident registration card to the School Operations Division of the Board of Education. If you cannot speak Japanese, please come with someone who can.

**Application/Inquiries:** School Operations Division, Tel: 03-5273-3089

### Recruiting Students for Shinjuku City Japanese-Language Class (September through December)



Let's learn basic Japanese for everyday living, starting with learning how to greet each other! If there is an opening, you can start in the middle of the year.

**Eligibility:** Beginning level. Those who need to learn basic Japanese necessary for everyday living. Those who live, work, or go to school in Shinjuku City will receive priority. However, those who are of junior high school age and younger are not permitted to join the class.

**Date and Time:** Monday through Friday, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (evening classes are on Thursdays only) There are classes that meet once a week and those that meet twice a week. Schedules vary depending on the class location.

**Location:** Eight locations in the city, including Shinjuku Multicultural Plaza.

**Fee:** Classes that meet once a week—¥2,000  
Classes that meet twice a week—¥4,000

**To Apply:** Send a postcard or fax to the address below by August 8 (Fri.), giving your address, name (with *furigana*), telephone number, and nationality and indicate that you wish to participate in a Japanese-language class. All applicants will be notified of the results by mail by August 22 (Fri.).

**Inquiries:** Shinjuku Multicultural Plaza  
Hygeia 11F, 2-44-1 Kabukicho, Shinjuku-ku  
160-0021  
Tel: 03-5291-5171  
Fax: 03-5291-5172

### Beware of Heatstroke in Summer

Because of the high temperature and humidity in summer, many people in Japan suffer from heat exhaustion. Heatstroke occurs when a person's body is unable to adjust to the heat. There are various symptoms of heatstroke, which can prove to be fatal if serious. Heatstroke can be avoided if you know how to prevent it.



#### Symptoms of Heatstroke:

Dizziness, fainting, muscle cramps, profuse sweating, headaches, nausea, vomiting, lethargy, confusion, convulsions, dysmotility of hands and feet, high body temperature, etc.

#### How to Prevent Heatstroke:

- Do not turn up the air conditioner too high when you go to sleep.
- If you plan to be physically active under the sun, be sure to wear light, white clothing and a hat that breathes.
- Avoid direct sunlight when stepping out by using a black parasol.
- Help your body disperse heat by wearing loose-fitting clothing that allows air to blow through.
- Supply your body with plenty of fluids by drinking sports drinks before participating in sports and during breaks.

#### Treatment of Heatstroke:

- (1) Move the person to a shady area or a room with air-conditioning.
- (2) Cool the person's body by removing his/her clothes, pouring water on the person's skin, fanning him/her, or applying ice to the person's skin.
- (3) If the person is conscious, have him/her drink something cold, such as water.

★ If the condition is serious, you must call an ambulance and immediately start cooling the person's body on the spot.

#### Useful Tip

### Furin (Wind Chime)



*Furin* is a wind chime that many people hang under the eaves in summer. To the Japanese, the sound of *furin* offers relief from the summer heat, and its colors, which are associated with images of cool water or metal, provide a sort of visual coolness. Why not decorate your home with *furin* to make your hot and humid summer in Japan a little more comfortable?

# 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.

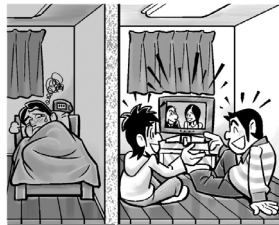
As the number of foreign residents in Japan increases, unexpected trouble can occur among neighbors due to a lack of communication caused by differences in language and a lack of understanding of differences between each other’s culture and lifestyle.

Shinjuku City has a consultation service that foreign residents can turn to for advice concerning everyday life in Japan and any problems they may encounter. Consultants offer free advice in various languages, such as English, Chinese, and Korean, to help foreign residents solve their problems. In this issue, we speak with a consultant about the kinds of trouble that can erupt between neighbors and how to avoid them.

## Useful Information for Everyday Living—Let’s Avoid Trouble with Neighbors!

### Noise That Can Cause Problems in Condominium and Apartment Buildings

Typical examples of noise that can irritate neighbors include the sound of TVs, stereos, vacuum cleaners, washing machines, musical instruments, people talking, doors slamming, footsteps, and chairs being dragged across the floor. The noise we make in daily life are often made without our being aware of it, and this sometimes triggers ill feelings and creates friction between neighbors.



To avoid any trouble, it is important to think of ways to control noise. In condominium and apartment buildings with thin walls, sound travels to adjacent rooms and rooms on the lower floors more easily than we imagine. Because sound reverberates through walls and floors, it is necessary to take such precautions as putting soundproof sheets under the legs of furniture and placing washing machines away from walls.

Being considerate of one another is key to avoiding problems with neighbors.

Also, it is important to communicate well with your neighbors and those who live in surrounding areas. Noise can cause problems regardless of nationality. It is necessary to talk with your neighbors on a regular basis and understand each other’s lifestyle.



▲ Foreign Residents' Advisory Corner in Shinjuku City Office Main Bldg. 1F

#### Advice:

- (1) If you enjoy watching TV or listening to music at night, either lower the volume or use headphones.
- (2) Try to finish your vacuuming and laundry by 8 p.m.
- (3) Try to be as quiet as possible at night.
- (4) Remember not to drag chairs or tables across the floor.
- (5) Open and close doors quietly.

### 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

### Smells from Cooking That Can Cause Problems

How would you react if you suddenly smelled something that you had never smelled before? You would probably think the smell was terrible. Japanese people are not used to such smells as kimchi or *nampla* or curry that contains a lot of spices and may think that they smell terrible. Conversely, foreigners may



▲ Foreign Residents' Advisory Corner in Shinjuku Multicultural Plaza



think that the smell of such food as grilled fish, which is common in Japan, is bad. In some cases, problems arise even though the person preparing the food has no intention of causing any problem.

#### Advice:

There may be a number of foreign residents who are still not accustomed to Japanese food and prefer those of their home country. We believe it is important to improve communication among neighbors as much as possible by sharing the food that you prepare so that they will be familiar with the cuisine of your home country.

### Foreign Residents' Advisory Corner (Shinjuku Multicultural Plaza), Tel: 03-5291-5171

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

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

\* Consultations concerning visas and everyday living (in Japanese only) are conducted on the 2nd Friday of the month, 6:30 to 8:30 p.m.