

# 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. 16**

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## We Will Help You in Your

## Everyday Life



There are approximately 33,000 foreign residents (roughly 10% of the total city population) in Shinjuku City. We consider such a significant number of foreign residents as a favorable characteristic of our city, and we are working on various multicultural city planning programs to convey a positive message to all our residents.

Recently, we were able to complete the compilation of *Guide to Living in Shinjuku*, *Shinjuku City Guide Map*, and foreign-language editions of the video and DVD *Nice to Meet You Shinjuku*. We hope you will find these materials as useful guides in learning about Japanese culture and customs and leading fulfilling lives in your local community.

### Guide to Living in Shinjuku

This guidebook is mainly for foreign residents who have recently arrived in Japan. It provides necessary information and describes customs and rules for everyday life in Japan accompanied by illustrations and explanations that are easy to understand.

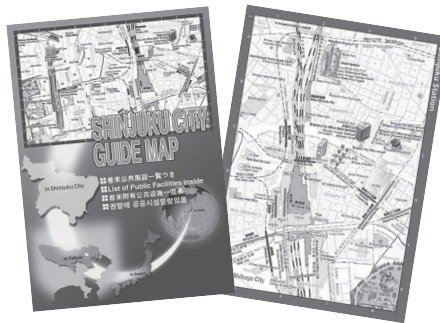
Because the book is filled with good advice from long-time foreign residents and funny episodes of the mistakes they have made in Japan, it is a good idea to read this book and be careful not to make the same mistakes!

**Availability:** Foreign Resident Registration Desk (distributed to those who complete foreign resident registration for the first time), Shinjuku Multicultural Plaza, and other locations

**Languages:** Japanese (with kana), English, Chinese, and Korean



### Shinjuku City Guide Map



This map gives the locations of major public facilities that you will likely need in everyday life, such as libraries, sports facilities, schools, parks, emergency hospitals, and train stations.

Moreover, it will be useful in times of emergency, such as a disaster or illness.

Why not keep this map in your handbag or briefcase and take it with you wherever you go?

**Availability:** Shinjuku City Office, branch offices, Shinjuku Multicultural Plaza, and other locations

**Languages:**

Map: English (some sections include Japanese)

**List of Facilities:** Japanese (with kana), English, Chinese, and Korean

### Foreign-Language Editions of the Video and DVD *Nice to Meet You Shinjuku*

This narrated video/DVD provides useful information, such as on Japanese-language classes, consultation centers, and multilingual publications.

In addition, it is filled with all kinds of information that can help make your everyday life even better, such as on daily customs and rules that you should be careful about in Japan, how to prepare for such disasters as earthquakes, and participating in community activities.

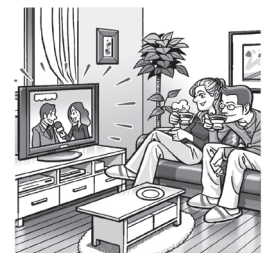
**Program:**

- (1) Services (approximately 5 minutes)
- (2) Daily Customs (approximately 5 minutes)
- (3) Community Life (approximately 5 minutes)

**Rental Locations:** Shinjuku Multicultural Plaza, City Administration Information Center, Chuo Library, and Yotsuya Library (video only)

**Languages:**

Japanese, English, Chinese, and Korean



*Guide to Living in Shinjuku*, *Shinjuku City Guide Map*, and foreign-language editions of the video and DVD *Nice to Meet You Shinjuku* can be viewed on the following foreign-language Web sites.

- 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/>



The next issue of Shinjuku News will be published in June 2009. Shinjuku News is available at various public facilities such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

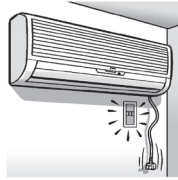
# A Penny Saved Is a Penny Earned— Useful Saving Tips



## Electricity

Keeping electrical appliances plugged in sockets consumes electricity. It is a good idea to develop the habit of unplugging appliances if you do not use them for a long time.

It is also a good idea to use outlets that have switches to reduce the amount of standby energy consumed by appliances that are frequently used.



## TV

Leaving your TV on is a waste of electricity. It is wise to turn off your TV if you are not watching it. Although it may be a little bothersome to do, you can save even more money if you turn off the main switch.

## Refrigerator

Keeping too much food in your refrigerator slows down the flow of cold air inside it and increases the amount of electricity consumed. Keep your refrigerator at about 80% full at most.

## Washing Machine

Basically, you should load your washing machine to roughly 80% of its capacity. Please be careful because your electric bill will go up if the load is too heavy or too light.

You should also be careful about the amount of detergent you use. If you use too much, it takes longer to rinse. This leads to a waste of water as well as electricity.

## Lights

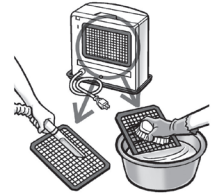
It is a good idea to use incandescent lightbulbs and fluorescent lights differently. The cost of using fluorescent lights is less than 20% that of incandescent lightbulbs in terms of electricity. Fluorescent lights use the most energy at the moment they are turned on. In some cases, keeping fluorescent lights on saves more money. Also, it is important to note that when fluorescent lights flash, it is because they are getting weak. Weak fluorescent lights use more energy than normal, so it is a good idea to change them as soon as possible.



## Gas

It is a good idea to use medium heat when cooking on a stove. There is less waste compared to using high heat or low heat, so this is economical. It is better to control the heat so that the flames are not too much larger than the bottom of the pot or pan that you are using.

When using a gas heater, the heat lingers even after shutting it off, so it is recommended to shut off your gas heater about 15 minutes before you go to bed or step outside. Also, if the filter is clogged, this decreases the effectiveness of the heater, so it is a good idea to clean the filter often.



## Water

There is an appliance called sessui-koma (water-saving tool) that controls the amount of water output. When you attach this tool to your faucet, you can save up to six liters of water per minute. (This tool cannot be attached to lever-type faucets.) Sessui-koma is available free of charge at the Water Bureau.

It is also a good idea to develop such good habits as not leaving the hot or cold water running while you shampoo your hair or brush your teeth and keeping rinse water in a basin when washing dishes instead of letting the faucet run.



## Food

Checking supermarket inserts that come in newspapers is an effective way of saving money. It is a good idea to take advantage of prices that are marked down before closing time as well as special sale items and discount coupons when you shop.



## Job Hunting

Job-hunting consultation, job introductions, and consultation concerning visas are available for those who would like to work in Japan and for foreign students who would like to work part-time.

### Tokyo Employment Service Center for Foreigners

Eligibility:

- (1) Foreign students who wish to work in Japan
- (2) Those with a status of residence that permits employment in specialized or technical fields

Note: Interpreter services in English and Chinese are available (only on designated days). If you need an interpreter, please call in advance to confirm availability.

Location: Roppongi Job Park B1F, 3-2-21 Roppongi, Minato-ku

Tel: 03-3588-8369

Hours: 8:30 a.m. to 5:15 p.m. (closed on Saturdays, Sundays, national holidays, and during the year-end/New Year holidays)

### Shinjuku Employment Assistance and Instruction Center for Foreigners

Eligibility:

- (1) Those with a status of residence that has no labor restrictions, such as spouse of a Japanese citizen or permanent resident
- (2) Foreign students who wish to work part-time

Note: Interpreter services are available in English and Chinese (Monday through Friday), Spanish (Thursdays), and Portuguese (Fridays).

Location: Hello Work Shinjuku 1F, 2-42-10 Kabukicho, Shinjuku-ku

Tel: 03-3204-8609

Hours: 8:30 a.m. to 5:15 p.m. (closed on Saturdays, Sundays, national holidays, and during the year-end/New Year holidays)

## Spring to Early Summer Calendar of Events

### April

**Early April** — Flower Viewing (Shinjuku Gyoen National Garden, Shinjuku Chuo Park, soto-bori [outer moat] area, and other locations)

**Early April** — Shinjuku Japanese-Language Classes (First Semester) Begin

**10 (Fri.)** — International Exchange Salon

**Mid-April** — Peony Viewing (Yakuo-in Temple)

**20 (Mon.) to May 5 (Tue.)** — Azalea Festival (Kaichu-Inari Jinja Shrine)

### May

**5 (Tue.)** — Children's Day

**8 (Fri.)** — International Exchange Salon

**16 (Sat.)** — Oyako (Family) Japanese-Language Class Begins (See page 7.)

### June

**12 (Fri.)** — International Exchange Salon

**20 (Sat.)** — Japanese-Language Speech Contest "Shabereon '09" (See page 6.)

**Mid-June (tentative)** — Workshop on Advancing to High School for Foreign Residents

### July

**10 (Fri.)** — International Exchange Salon

**22 (Wed.) to 25 (Sat.)** — Kagurazaka Festival

**25 (Sat.)** — Shinjuku Eisa Festival

Note: Event dates are subject to change.



Cherry blossoms in Shinjuku Gyoen National Garden

## 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.



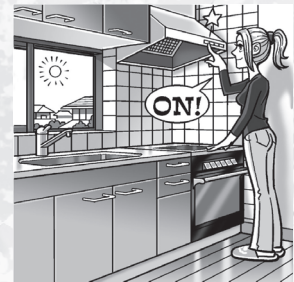
## Be Careful during Rainy Season!

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. It is a good idea to check the location of the nearest evacuation site in advance and prepare an emergency backpack in case of a disaster.

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**.

### Main Points in Preventing Mold

- Ventilate your home by opening the windows and using a ventilating fan. (However, on rainy days, this would have the reverse effect because you would be letting humidity into your home.)
- When taking a bath, rinse off any soap from the walls using the showerhead. After taking a bath, dry the walls and floor with a towel and ventilate your bathroom.
- Clean the filter of your air conditioner frequently.
- Do not hang your laundry indoors



### Main Points in Preventing Food Poisoning

- Disinfect your kitchen utensils with hot water or bleach and dry them completely.
- Place food in containers with lids or wrap them in plastic food wrap.

Note: You need to be especially careful about food that is eaten raw. In addition, because children have a low resistance to food poisoning, be careful when feeding them raw food and eggs.



Special  
Feature

# For Foreign Residents— Looking for Housing and General Rules after You Move In



Have you ever looked for housing by yourself? Customs involving housing in Japan are very unique, and unless you are familiar with proper procedures, you may experience some snags in the process or have problems afterwards.

In addition, once you move in, problems with neighbors may arise if you do not follow the rules for community living. Please find out what you need to know about looking for housing as well as the rules for community living so that you can lead a fulfilling life in Shinjuku.

## ● Before You Look for a Room

- It is important to do some research in the housing market on the Internet, in housing-information magazines, or from real estate agents for housing that fits your ideal community and conditions. They say that, as a guideline, the price range for rent should generally be about one-third your income.
- It is said that you need approximately five to six months' rent for initial fees to find housing. Basically, because you cannot pay initial fees in installments, you need to have this amount ready in advance.

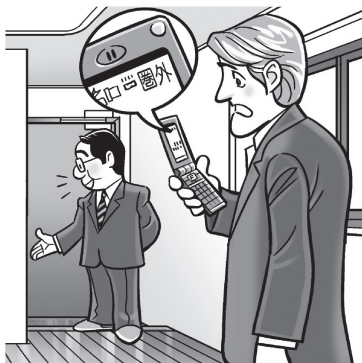
## ● Visit a Real Estate Agent

- To give a good first impression, it is a good idea to dress neatly when visiting a real estate office.
- You will be asked to give your name, occupation, telephone number, price range, ideal community, room size, whether or not you have a joint guarantor, and reason for looking for housing. It is a good idea to prepare yourself so that you can answer these questions clearly.
- If you cannot speak Japanese, it would be better to have a friend who does go with you.



## ● Looking at Different Rooms

- Walk around the neighborhood and see what the area is like. (Also, it is important to walk to the nearest train station to see how much time it actually takes.)
- It is a good idea to check for areas in the room that may need repair, such as wallpaper, locks, windows, faucets, and floors. It is also a good idea to check how much sunlight enters the room and whether or not you can use your cell phone in the room.



## ● Applying to Move In

- To apply for rent, you must have a tenant application (prepared by the real estate agent), your passport, your foreign resident registration card and a business card, and so on.
- When finalizing a rental contract, you will need a joint guarantor. If you do not have a joint guarantor, you may be able to ask a guarantee company for one, so please consult your real estate agent.
- If you plan to live with a roommate, you must notify the landlord in advance. If you do not notify the landlord, you may be forced to move out.



## ● Finalizing a Rental Contract

- Important points will be explained to you before finalizing a rental contract, so if you have any questions, you should clarify them carefully. Before you sign the contract, you should confirm the amount of deposit (*shikikin*) and gift money (*reikin*), whether or not there is a fee for renewing the contract and how much it is, and terms for restoring the room to its original condition. In addition, you should read the contract carefully and sign it after you understand it completely.

### What You Need when Finalizing a Contract:

- Certificate of registered items in the foreign resident registry, your passport, an income certificate, a school attendance certificate, and other such documents
- Income certificate, personal seal registration certificate, and other such documents of your guarantor
- Initial fees (*shikikin*, *reikin*, *chukai-tesuryoh* [agent's fee], *ya-chin* [rent], and *kyoeki-hi* [common utility and maintenance fee])

## ● Moving In

- You must return the key when the rental contract is terminated, so be careful not to lose it. In addition, making a spare key without the landlord's permission is not permitted.
- Because procedures for using electricity, gas, and water vary depending on the type of housing, you should confirm these procedures with the landlord or real estate agent.



## Let's Live according to the Rules!

Sometimes problems with neighbors arise because something you do without much thought irritates the person next to you. Keep in mind the importance of considering other people's feelings so that everyone can live in comfort and harmony.

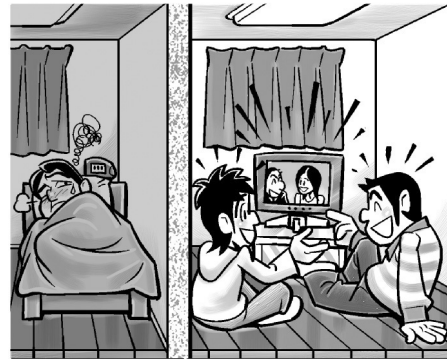


### Important Rules and Manners in Everyday Life

- Sort your garbage and recyclable resources properly and dispose of them following the rules regarding the designated location, type, day of the week, and hours.
- Be careful about noise late at night and early in the morning, such as loud conversations, the volume of your TV or musical instruments, the noise of your vacuum cleaner or washing machine, and the opening/closing of your door.
- Leaving personal belongings or garbage in the common areas of apartments or condominiums, such as hallways or

stairways, is not permitted.

- Allowing a friend to live in your room for a long period of time without the permission of the landlord is not permitted.
- Pouring leftover cooking oil, kitchen scraps, or hair directly down the drain is not permitted. Absorb oil in newspaper and dispose of it as combustible garbage.
- For housing in Japan, hammering nails into walls or changing the color of walls by painting them are generally not permitted. It is a good idea to check the list of prohibited matters in the rental contract.



## Main Real Estate Words You Need to Remember

### ■ Shikikin (Deposit)

This money is deposited with the landlord as security for paying the rent and fulfilling other rental contract obligations (usually one or two months' rent). Although the entire deposit is returned when you vacate the premises, in some cases, costs for repairs or any unpaid rent are deducted from it, depending on the situation.

### ■ Reikin (Gift Money)

Paying gift money to the landlord is not legally required, but it is a custom of the community (usually one or two months' rent). This money is not returned. In recent years, there are places you can move into without paying gift money.

### ■ Chukai-Tesuryoh (Agent's Fee)

This handling fee is paid to the real estate agent when finalizing a contract (usually one month's rent plus consumer tax).

### ■ Kyoeki-hi (Common Utility and Maintenance Fees)

This fee is for the use of electricity in and the cleaning of common areas, such as stairs and hallways, as well as maintenance fees.

### ■ Ya-chin (Rent)

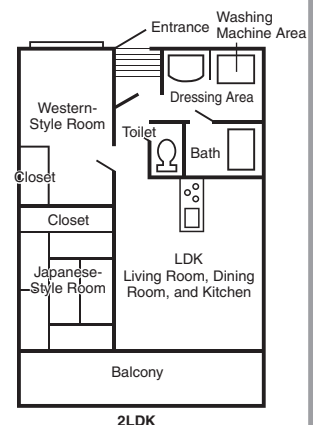
Generally, the fee for renting a room must be paid at the end of the month for rental the following month. It is best to confirm the payment method when finalizing a contract.

### ■ Rentai-Hoshonin (Joint Guarantor)

If you are unable to pay the rent or fees for repairs when vacating the room, your joint guarantor must pay these fees on your behalf. Generally, a joint guarantor is required when finalizing a rental contract. In addition, please note that to be a joint guarantor, the person must have a designated amount of income.

### ■ Madori (Room Plan)

In Japan, such expressions as "2LDK" are used to describe room plans. "L" refers to the living room, "D" refers to the dining room, and "K" refers to the kitchen. The expression "2LDK" means that there are two other rooms besides the living room, dining room, and kitchen.



## Why Not Challenge Yourself by Participating in the Japanese-Language Speech Contest “Shabereon ’09”?

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

**Date and Time:** June 20 (Sat.), 12:30 to 4:30 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; restricted to those who have lived in Japan for two years or less; 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) in person or by mail by May 15 (Fri.).

Note: The speech contest application form and guidelines are 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:** Shinjuku Multicultural Plaza

Tel: 03-5291-5171 Fax: 03-5291-5172

**E-mail:** kokusai@shinjukubunka.or.jp

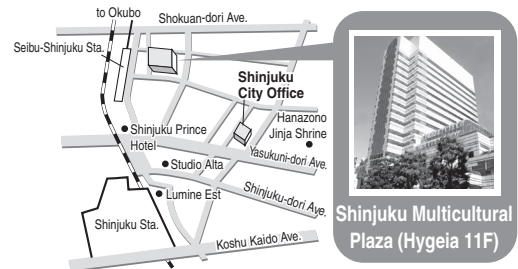
**Address:** Hygeia 11F, 2-44-1 Kabukicho, Shinjuku-ku 160-0021

A 10-minute walk from JR Shinjuku Station East Exit, and a five-minute walk from Seibu-Shinjuku Station.

**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)

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



Shinjuku Multicultural Plaza (Hygeia 11F)

## On-the-Spot Interview with the Winner of “Shabereon ’08”

We interviewed Ms. Bashirova Ainur, who gave a splendid speech at last year’s “Shabereon ’08.”

**Why did you decide to enter the “Shabereon” contest?**

Well, first of all, I love to talk in public. There was a time when I felt afraid to speak in Japanese, but I think there is no other way to tell people how you feel other than by talking.

A while back, I saw a TV program on families that became separated because of war, and I wanted to tell people how I felt, so I decided to enter the contest.

**What would you like to do in the future?**

Because my studies in Japan are funded by my country’s government, I will have to work in Kazakhstan after I graduate from college. I would like to learn from the management system of Japan, which grew rapidly into a major economic power after World War II, and perhaps contribute towards the development of fields related to information technology in Kazakhstan, where computerization is still not very common. I would also like to make use of my language abilities by doing my part as an interpreter or translator.

**What is your impression of Japan?**



“I like living in Japan very much!” says Bashirova with a smile.

I was really surprised by the orderliness and diligence of the Japanese people. I especially think that the precise timing of schedules is a wonderful custom. In my country, it is very common for people to be about 30 minutes late! [Smiles] If I am late for an appointment, people will think I lead a

sloppy life, so I need to be careful.

**What do you think is the secret to learning Japanese?**

When I watch a Japanese movie, I look up words and expressions that I do not understand and try to learn them. Watching videos is convenient because you can stop and rewind whenever you want. Because it is easy to forget things, I watch the same movie a few months later to review what I had learned.

Also, I think it is important to talk in Japanese as much as possible. At my Japanese-language school, Japanese is the only language I have in common with my Chinese and Korean friends, but I think that even though our nationalities and mother tongues are different, we are able to express our thoughts to one another. However, I imagine that our conversations may seem really strange to any Japanese people watching us. [Smiles]

**Do you have any advice for those who are learning Japanese?**

This is what I always say to the younger people from Kazakhstan, but I think that, first and foremost, it is important to accept and love the culture and customs of Japan. In this way, you will naturally grow interested in all kinds of Japanese things and become more motivated to learn.



Ms. Bashirova Ainur of Kazakhstan Currently attends Shinjuku Japanese Language Institute. Scheduled to study in the Department of Management Systems Engineering, School of Information and Telecommunication Engineering, Tokai University, from April.



She won first place with a splendid speech entitled “World Peace.”

## Shinjuku City Scholarships for Foreign Students

Shinjuku City offers ¥240,000 scholarships for one year (application in consecutive years is allowed) to 15 (tentative) 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: 03-5273-3504

● **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\\_e.html](http://www.jasso.go.jp/study_j/scholarships_e.html)  
 Japan Study Support—Information for Foreign Students  
 URL: <http://www.jpss.jp>  
 Or consult the school you attend.

## Part of the Shinjuku City Office Will Be Relocated

The New Wing of Shinjuku City Office Annex 2 will open in April (subject to change). Accordingly, part of the organization will be relocated, so please make note of the changes when coming to the City Office.

Name/Tel. No.	Old Location	New Location	Main Services
Health Promotion Division 03-5273-3047	Main Bldg. 7F	New Wing of Annex 2, 1F	Issuance of Mother and Child Health Handbooks (Boshi Techo), health checkup announcements, etc.
Public Health Promotion & Disease Prevention Division 03-5273-3859	Annex 2, 3F	New Wing of Annex 2, 1F	Issuance of immunization slips, provision of HIV consultation services, etc.
Housing Division 03-5273-3567	Annex 1, 6F	Main Bldg. 7F	Providing subsidies for private rental housing, recruiting tenants for municipal and Shinjuku resident housing, etc.

Note: Because there are organizational changes other than those mentioned above, please call to confirm a location before you come to the City Office. Also, you can view the floor plan of the City Office on the foreign-language Web site. (See page 1.)

## Let's Have Fun Learning: Oyako (Family) Japanese-Language Class



Why not have fun learning Japanese with the entire family? There are babysitting services, so families with infants and toddlers can study with peace of mind. Participation is free of charge (however, there is a ¥500 fee for insurance).



**Dates:** Saturdays, from May 16 through July 18

**Location:** Shinjuku Municipal Okubo Elementary School (1-1-21 Okubo, Shinjuku-ku)

**To Apply:** Shinjuku Multicultural Plaza, Tel: 03-5291-5171

## Japanese-Language Support Services for Children in Shinjuku City Municipal Elementary and Junior High Schools Will Begin

There are support services that help teach the Japanese language and other school subjects to children who have completed the Applied Japanese-Language Instruction Program. Please call for more information.



**Eligibility:** Children attending a Shinjuku City municipal elementary or junior high school who have completed beginners' Japanese-language classes (Applied Japanese-Language Instruction Program)

**Location:** The local municipal elementary or junior high school where the child attends

**Term:** June 2009 through March 2010

**Hours:** After school to 5 p.m. (approximately 90 minutes), twice a week

**Program:**

**For elementary school children:** Mainly instruction in improving communication skills

**For junior high school children:** Mainly instruction in school subjects

**Inquiries:** Educational Activities Support Section, Educational Guidance Division, Tel: 03-5273-4237

## 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.

Have you ever hesitated about seeking medical treatment at a clinic or hospital or felt confused about your health insurance because you cannot speak Japanese?

A nonprofit organization called Services for the Health in Asian and African Regions (hereafter referred to as “SHARE”) provides visiting health consultation services and treatment assistance programs for foreign resident tuberculosis patients free of charge so that foreign residents who have difficulty taking advantage of medical services can maintain and improve their health.

Recently, we were able to ask Dr. Takashi Sawada, vice president of SHARE, about SHARE activities and advice on health.

## We Support the Health of Foreign Residents Services for the Health in Asian and African Regions (SHARE), a Nonprofit Organization

**Q** Please tell us about SHARE activities.

**A** SHARE was established in 1983 mainly by people involved in the medical field who conducted relief programs for Indo-Chinese refugees in Thailand in 1979 and 1980.



By expanding public health and medical activities both in Japan and overseas, such as local public health programs in developing countries, AIDS prevention classes, and health support programs for foreign residents living in Japan, SHARE strives to create a society in which everyone can lead a physically and mentally healthy life.

**Q** Specifically, what kinds of health support programs are there for foreign residents who live in Japan?

**A** While cooperating with various groups and administrative institutions, we provide visiting health consultation programs free of charge at locations where foreign residents can get together easily, such as churches and public facilities. We offer such services as blood pressure measurements, urinalyses, and medical, dental, and nutritional consultation. In addition, it is possible to get a chest X-ray as part of the tuberculosis checkup offered by the city administration. If a consultation reveals that treatment is necessary, possible hospitals and clinics for outpatient treatment will be introduced with consideration toward receiving help in terms of communication.

Moreover, there is a free telephone consultation service for those in need of medical help. Consultation is available for foreign residents who find it difficult to receive medical help because of financial difficulties or language barriers. Please feel free to take advantage of this service.

Furthermore, we help foreign residents build strong,



healthy bodies by offering support for the treatment of tuberculosis patients at public health centers in the metropolitan Tokyo area, and we have Thai volunteers offering telephone consultation to Thais living in Japan.

**Q** What kinds of people are active in SHARE?

**A** Today, we have not only employees involved in the medical field but also staff with diverse backgrounds, such as former bank employees and former travel agent staff, and we have a lot of members and volunteers, such as students, housewives, and company employees, who support SHARE activities.

We also have foreign resident volunteers who are active as volunteer interpreters in the Treatment and Prescription Support Program for Foreign Resident Tuberculosis Patients, which is provided in cooperation with the Tokyo metropolitan government and the Tokyo Anti-Tuberculosis Association. Thanks to these volunteers, we are able to support patients in 12 languages, such as English, Chinese, and Korean. We hope as many people as possible will cooperate in the program.

**Q** Do you have any advice for foreign residents living in Japan?

**A** The earlier a disease is detected the less it costs to cure it. Even if you are busy or worried about medical costs, I recommend getting checkups as early as possible. If you have a serious illness and are worried about how you can receive medical treatment, just call, and we can try to think of a solution together.



### Medical Telephone Consultation for Foreign Residents

[Japanese and English] 03-5807-7581 (Monday through Friday, 10 a.m. to 5 p.m.)

[Thai] 080-3791-3630 (Thursdays, 9 a.m. to 4 p.m.; Saturdays, 5 to 10 p.m.)