

# SHINJUKU NEWS



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

**No. 23**

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## Let's Prevent Diseases!



Are all of you exhausted from the hustle and bustle of the year-end/New Year period? The air in Japan is very dry during winter, so it is important to be careful not to catch a cold. Staying healthy is particularly important for those who are not accustomed to cold winters or who live alone. Last year, there was an epidemic of a new strain of influenza. Let's create and maintain good habits in our everyday lives to prevent illnesses and contagious diseases!

### If You Become Sick

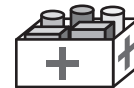
#### For Those Who Cannot Speak Japanese: Himawari, the Tokyo Metropolitan Health and Medical Information Center

Consultation concerning medical institutions with staff who speak foreign languages and the process of medical treatment in Japan is available free of charge.

**Tel:** 03-5285-8181

**Hours:** Daily (including Saturdays, Sundays, and national holidays), 9 a.m. to 8 p.m.

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



### Three Basic Habits That Prevent Colds

#### (1) Washing Your Hands

Because you touch various things when you step outside, there are more viruses and germs on your hands than you think. It is a good idea to make a habit of washing your hands as soon as you come home. Lather your hands with soap and carefully wash them for 15 seconds or more. Do not forget to wash between your fingers and up your wrists. After washing, dry your hands completely with a clean towel.



#### (2) Gargling

As with your hands, there are many germs in your throat because it comes into direct contact with the air. Therefore, it is a good idea to make a habit of gargling when you wash your hands after coming home. First, rinse your mouth out with water (or gargle medicine that is diluted with water). Then, with a small amount of water in your mouth, tilt your head back and gargle so that the water sits at the top of your throat. It is a good idea to repeat these steps two or three times.



#### (3) Getting Good Nutrition and Plenty of Sleep

The basic keys to maintaining good health are to eat nutritionally balanced meals and maintain a lifestyle with a regular rhythm. Consider nutritional balance when having a meal, and do your best to eat fruit and vegetables, which people generally tend to lack in their diets. It is a good idea to organize your lifestyle so that you get plenty of rest by sleeping approximately seven hours.



### Describing Your Symptoms in Japanese



Practice the following simple expressions so that you can describe your symptoms in Japanese at the hospital:

I have a fever.	Netsu ga aru
I have a stomachache.	Onaka ga itai
I have a headache.	Atama ga itai
I feel nauseated.	Kimochi ga warui
I have a cough.	Seki ga deru
I have a runny nose.	Hanamizu ga deru
I feel listless.	Karada ga darui
I feel like throwing up.	Hakike ga suru
I feel dizzy.	Memai ga suru
I have a chill.	Samuke ga suru
I am bleeding.	Shukketsu suru
I burned myself.	Yakedo shita

### We Have All Kinds of Information for All Foreign Residents!

Shinjuku City offers locations where foreign residents can obtain all the information they need, such as announcements about services available at Shinjuku City Office, Japanese-language classes in Shinjuku City, and international exchange events. Please come to Shinjuku City Office Main Building 1F (at the foreign resident registration waiting area) or Shinjuku Multicultural Plaza.

# To All 20-Year-Olds Be a Part of the Gathering of 20-Year-Olds on Coming-of-Age Day



In Japan, when one reaches 20 years of age, he/she joins the ranks of adulthood, gaining social rights and responsibilities. The Coming-of-Age Ceremony encourages youth to live responsibly and raises their self-awareness as adults. Shinjuku City holds its own Coming-of-Age Ceremony for new adults. You can participate in regular everyday clothes, so please feel free to come.

**Date and Time:** January 10 (Mon., national holiday), 2011, 1 to 3 p.m. (Reception will be open from 12 noon.)  
**Location:** Keio Plaza Hotel Tokyo (2-2-1 Nishi-Shinjuku)  
**Eligibility:** Those born between April 2, 1990, and April 1, 1991, and who are registered as foreign residents of Shinjuku City  
**Program:** Ceremony and buffet party  
**Inquiries:** General Affairs Section, General Affairs Division (Main Bldg. 3F), Tel: 03-5273-4209

## For Foreign Residents: Experience Bean Throwing on *Setsubun*

February 3 is called *setsubun*. *Setsu* means “seasons,” and *bun* means “divide”; therefore, the word for this special day literally means “the day dividing the seasons.” This day is also called *risshun* and marks the beginning of spring. In Japan, there is a custom of driving out evil on *setsubun* by throwing beans while chanting, “*Oni wa soto, fuku wa uchi*” (Drive out the devil, bring in good fortune), and they say that if you eat the same number of beans as your age, you will not become ill and can live a long life.

The name of the local bean-throwing site, Kio-jinja Shrine, has the kanji for *oni* (devil) in it, and you can enjoy a unique bean-throwing experience there. Instead of the usual chant mentioned above, they say, “*Oni wa uchi, fuku wa uchi*” (Bring in the devil, bring in good fortune). Do not miss the fun!

**Date and Time:** February 3 (Thu.), 2 to 3 p.m.

**Location:** Inari Kio-jinja Shrine (2-17-5 Kabuki-cho, Shinjuku City)

**Fee:** ¥300 (includes a ¥100 offering)

**To Apply:** Apply by telephone or e-mail or through the city’s Web site. (Deadline: January 27)

**Inquiries:** Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141, Web site: [www.regasu-shinjuku.or.jp/?p=352](http://www.regasu-shinjuku.or.jp/?p=352)



## International Exchange Residents’ Gathering *Hina Matsuri* (Doll Festival)



Every year, many foreign residents come and enjoy various aspects of Japanese culture, such as trying on kimonos and experiencing *suiboku-ga* (painting in India ink), flower arrangement, tea ceremony, and calligraphy, at the annual *hina matsuri* (doll festival). Also, there will be a rare seven-tier display of *hina* (dolls).

**Date and Time:** February 26 (Sat.), 10 a.m. to 3:30 p.m.

**Location:** 3F Small Hall, B1F Exhibit Hall, and 4F; Shinjuku Bunka Center

**Fee:** ¥500 (free for children of elementary school age and younger)

**To Apply:** No application is necessary. (Simply come directly to the site on the day of the event.)

**Inquiries:** Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141



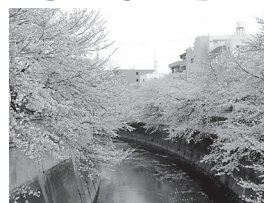
← Commemorative photo of participants wearing kimonos in front of a beautiful display



A participant extremely satisfied with the *suiboku-ga* she painted →

## Let’s Enjoy Flower Viewing!

In Japan, when people talk about *hanami* (flower viewing), they are generally referring to appreciating the beauty of cherry blossoms in bloom. This shows how much the Japanese have always loved cherry blossoms. In spring, when cherry blossoms are in full bloom, people go outside with friends and colleagues to eat and drink near cherry trees while enjoying their beauty. Shinjuku City has many cherry blossom viewing spots. Because they are most spectacular from around late March through early April, why not step out with your family to see the flowers in bloom?



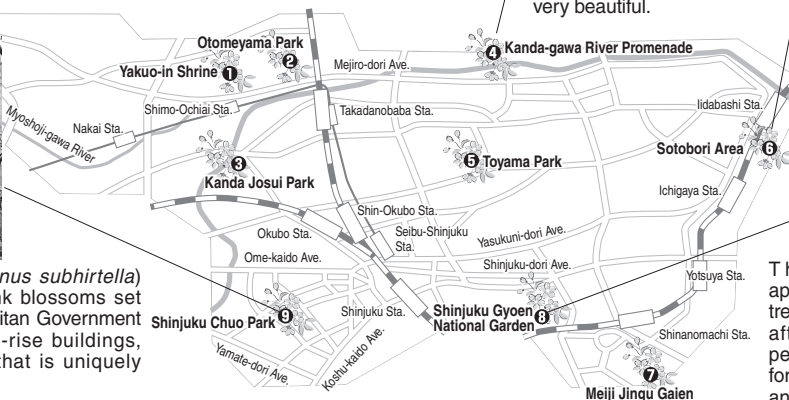
The cherry blossoms that almost completely cover the banks of the Kanda-gawa River are spectacular and very beautiful.



You can see cherry trees between JR Ichigaya and Iidabashi Stations from inside the JR train.



The *kohigan-zakura* (*prunus subhirtella*) trees, with their deep pink blossoms set against the Tokyo Metropolitan Government buildings and other high-rise buildings, create a scenic picture that is uniquely Shinjuku City.



This spacious park has approximately 65 varieties of cherry trees, all 1,300 of which bloom one after another over an extended period of time. Admission is ¥200 for adults and ¥50 for elementary and junior high school students.

## Shinjuku City Japanese-Language Classes (January through March)

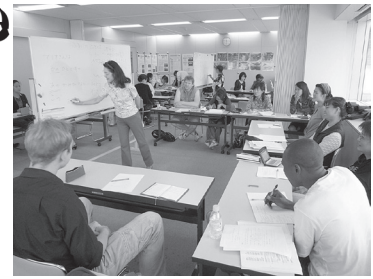
Why not learn Japanese from a volunteer teacher in a class in your community? If there is an opening in the class, you can join even in the middle of the term.

**Eligibility:** Beginning level—Those who need to learn basic Japanese necessary for everyday living are eligible. 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.

**Dates 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:** Various locations in Shinjuku City, including Shinjuku Multicultural Plaza  
Note: Please inquire for details.

**Fee:** ¥1,500 for classes that meet once a week and ¥3,000 for classes that meet twice a week  
Note: There will be no refunds of fees.



**To Apply:** Send a postcard, fax, or e-mail to the Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku City 160-0022; Fax: 03-3350-4839; E-mail: bunka@regasu-shinjuku.or.jp) by December 7 (Tue.). Please write down (1) your address, (2) your name (with *furigana*), (3) your telephone number, (4) your nationality, and (5) the day of the week and time of the Japanese-language class you wish to participate in. All applicants will be notified of the results by mail by December 21 (Tue.).

**Inquiries:** Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141

## Babysitting Services Available Family Japanese-Language Classes for Foreign Residents

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. You can join the class even in the middle of the term.

**Date and Time:** Saturdays, from January 15 (Sat.) through March 19 (Sat.), 10 a.m. to 12 noon (total of 10 sessions)

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

**Eligibility:** 20 families who live in Shinjuku City (on a first come, first served basis) and are able to understand Japanese at the beginner/intermediate level Note: If there is an opening in the class, those who live outside of Shinjuku City can participate.

**Fee:** ¥500 per person



**To Apply:** Send a postcard, fax, or e-mail to the Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku City 160-0022; Fax: 03-3350-4839; E-mail: bunka@regasu-shinjuku.or.jp), giving (1) the child's name (with *furigana*) and age as well as the language he/she understands well; (2) the parent's name (with *furigana*) and the language he/she understands well; (3) home address; (4) contact telephone/fax number; and (5) the name of the class.

**Inquiries:** Cultural Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3350-1141



## Shinjuku Children's Japanese-Language Classes in Spring

**Date and Time:** March 26 (Sat.) through 30 (Wed.), 10 a.m. to 12 noon, total of five sessions

**Location:** Shinjuku Multicultural Plaza

**Eligibility:** Elementary school children or junior high school students for whom the following applies:

Students attending a Shinjuku municipal elementary or junior high school (between the third grade of elementary school and third year of junior high school) who are not fluent in Japanese

Note: Those who will be attending a Shinjuku municipal elementary or junior high school in or after April 2011 are welcome.

**Fee:** ¥200 **Capacity:** 20 people (on a first come, first served basis)

Details will be mailed to applicants.

Note: To protect children from traffic accidents and injuries during the commute to and from the Japanese-language classes, please take extra precautions, such as by accompanying your child during the commute.

## HIV/AIDS and Sexually Transmitted Infections (STI) Are Immediate Problems

Shinjuku Public Health Center offers HIV and STI testing and consultation for free on an anonymous basis.

Anyone can be infected with the human immunodeficiency virus (HIV) or have a sexually transmitted infection (STI). Because some STIs have no apparent symptoms, it is easy to infect your partner unknowingly. Early detection and early treatment are extremely important in curing these illnesses, so it is a good idea to seek consultation and undergo testing if you suspect the slightest possibility of having these diseases.

### 1. HIV Consultation and Testing in Foreign Languages

Languages: English, Portuguese, Spanish, and Thai

(1) HIV/AIDS Telephone Consultation, Tel: 03-3369-7110

Consultation Days: Thursdays, 1 to 5 p.m. (This service is offered in Thai twice a month, on days that HIV testing is conducted.)

(2) HIV and STI Testing

Testing Details: HIV and STI (syphilis and chlamydia) testing are given.

Note: Please come directly to the site during reception hours to get tested. No reservations are necessary.

**Testing Days:** As a rule, testing is conducted two Thursdays a month. The schedule from January through March is as follows:

January 6 and 20, February 3 and 17, and March 3 and 17

Note: Please come again to the site a week after getting tested. The results will be given there.

**Reception Hours:** 1 to 2:30 p.m.

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

### 2. HIV Consultation and Testing in Japanese

(1) HIV/AIDS Telephone Consultation

Tel: 03-5273-3862 (Health Consultation Section, Public Health Promotion and Disease Prevention Division)

Consultation Days: Monday through Friday, 9 a.m. to 5 p.m.

(2) HIV and STI Testing

**Reservations (A reservation is required for the testing in Japanese.):** Tel: 03-5273-3859 (Disease Prevention Section, Public Health Promotion and Disease Prevention Division)

Note: Testing details and days are the same as those for the testing in foreign languages described above.

**Inquiries:** Public Health Promotion and Disease Prevention Division, Shinjuku Public Health Center, Tel: 03-5273-3859

## Living Together

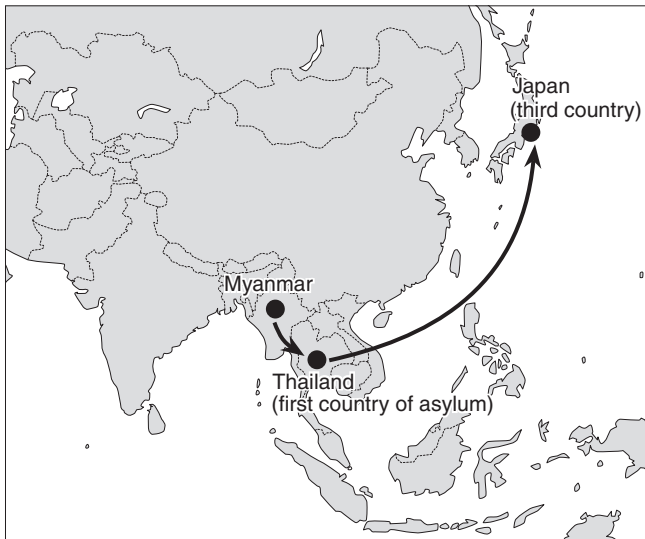
*Multicultural living refers to people of different nationalities and ethnic races living together and accepting and understanding the differences between their cultures.*

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

Last autumn, Japan started accepting refugees from Myanmar under a third-country resettlement program, which is a new support program for refugees. As a member of the international community, Japan is the first country in Asia to start this program in fulfilling its responsibility of sheltering refugees. Have you ever thought about the issue of refugees? The first thing we can do for refugees is to fully understand their situation. Recently, we interviewed Mr. Yuichi Oba, principal deputy director of the Human Rights and Humanitarian Affairs Division at the Foreign Policy Bureau in the Ministry of Foreign Affairs. Mr. Oba works on the third-country resettlement program.

## The New Support Program for Refugees: The Third-Country Resettlement Program

### A Full Understanding Is the First Step towards Offering Support



#### ■ What is the third-country resettlement program?

“As its name implies, the program involves helping people resettle in a third country rather than finding them a place to live in their country of birth or in a country of temporary asylum. Refugees are leaving their native countries for various reasons and living in temporary asylums in other countries. Although it would be ideal for such people to return to the country where they were born and raised, there are cases in which they can neither return nor settle in the country where they are given temporary asylum. The purpose of this program is to give refugees in this situation an opportunity to resettle in a third country. The third-country resettlement program, which was recently started in Japan, helps Myanmar refugees who are living temporarily in Thailand to find a place to live not in Myanmar, which is their native land, nor Thailand, their country of asylum, but in Japan, their third country.”

#### ■ Please tell us about the background of how the Japanese government started this program.

“Japan received a request from the UNHCR [United Nations High Commissioner for Refugees] to take a leading role in the promotion of an international society by accepting refugees under the third-country resettlement program. With this request, and in



Mr. Yuichi Oba, Human Rights and Humanitarian Affairs Division, Foreign Policy Bureau, Ministry of Foreign Affairs

collaboration with the international community, the government of Japan decided to start accepting refugees under the third-country resettlement program on a trial basis from the perspective of contributing to an international society and supporting humanitarian efforts. Specifically, over a three-year period starting in 2010, Japan will accept approximately 30 Myanmar refugees per year from among those living in refugee camps in Thailand, for a total of about 90 people. Compared to Western nations, which

are accepting thousands and tens of thousands of refugees every year, the number that Japan will accept is quite low. However, Japan is the first country in Asia to accept refugees under the third-country resettlement program. Hopes are being raised that Japan will serve as a model for other Asian countries.”

#### ■ What will life be like for refugees under the third-country resettlement program after they come to Japan?



Learning about living in Japan

“Japan accepted five families, 27 people in all, during the current fiscal year. These refugees from Myanmar had made the major decision of settling into a place with a completely different language, custom, and culture. The 180-day Resettlement Assistance

Program was implemented upon their arrival in Japan at the end of September 2010. This program comprises three aspects: teaching Japanese so that the refugees can get by in daily life; offering guidance on Japanese customs and everyday rules; and providing employment assistance, such as introduction and liaison services. Although the program is organized by the national government, it is not enough to actually help refugees resettle in their new homeland. Therefore, cooperation with people in local communities and civic groups is of utmost importance.”

#### ■ What happens after the 180-day Resettlement Assistance Program?

“I believe that the greatest issue for the first fiscal year in which this program is in effect is where these refugees will settle and what kinds of jobs they will land after the assistance program is over. Because there are already companies and groups that are willing to accept refugees, we hope



Japanese-language class

to serve as a bridge to ensure that the needs of these organizations match the needs of the refugees. However, I suspect that the 180-day Resettlement Assistance Program is hardly enough training in terms of language. Therefore, upon resettling, the refugees must gain more language skills through their work and by interacting with people in their local community. Furthermore, after the refugees complete the program, the national government plans to offer work adjustment training and provide periodic follow-up instructions and advice through consultants in Japanese-language study and daily life.”

#### ■ Conclusion

“The refugees who recently came to Japan are extremely motivated people who have left their homeland and are trying to start a new life in a whole new world. I hope everyone will offer to look out for them and give them understanding and support.”