



Shinjuku News

No. 25

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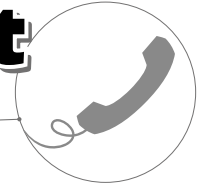
Foreign Language Web site

www.city.shinjuku.lg.jp/foreign/english/

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Please make your inquiries in Japanese when calling the coordinating division.

In Times of Emergency, Get Reliable Information and Take Action Calmly!



False information about the Great East Japan Earthquake, which occurred on March 11, 2011, is being spread via chain mail, blogs, Internet bulletin boards, etc. It is best to obtain reliable information from trustworthy sources, such as public administration Web sites, TV, radio, or newspapers, before taking action.



Information from Shinjuku City

● Shinjuku City's Foreign-Language Web Site

www.city.shinjuku.lg.jp/foreign/english/

Note: Both foreign and Japanese editions have the latest information from Shinjuku City. Articles bordered in red contain emergency information.



● Shinjuku City's Web Site

www.city.shinjuku.lg.jp/

● Follow Shinjuku City on Twitter

Shinjuku City has created a Twitter account (**shinjuku_info**) to announce important announcements and news.



Information on Blackouts, Including Rolling Blackouts

● Tokyo Electric Power Company's Web Site

www.tepco.co.jp/en/index-e.html

You can check blackout conditions and the schedule for rolling blackouts.

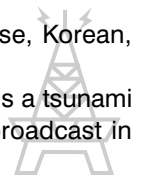


Radio Programs in Foreign Languages

● NHK Radio 2 (693 KHz)

Programs are broadcast in English, Chinese, Korean, Portuguese, and Spanish.

Note: If a major earthquake strikes or if there is a tsunami alert, multilingual emergency alerts will be broadcast in English, Chinese, Korean, and Portuguese.



Information on Train Operations

● JR East Infoline

Tel: 050-2016-1603

Hours: 10 a.m. to 6 p.m.

Languages: English, Chinese, and Korean

Information on subway operations can be found on the Web sites of Toei Subway and Tokyo Metro.



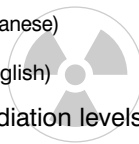
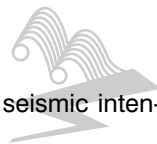
Information on Radiation Levels

● Tokyo Metropolitan Institute of Public Health

www.tokyo-eiken.go.jp/index-j.html (Japanese)

www.tokyo-eiken.go.jp/index.html (English)

These Web sites contain information on radiation levels within the Tokyo metropolitan area.



Take Advantage of Consultation Services for Foreign Residents (Details on Page 4)

Consultation services for foreign residents are available on the first floor of Shinjuku City Office and at Shinjuku Multicultural Plaza. Telephone consultation services are also available, so please feel free to call if you have any questions or concerns regarding everyday life.

The next issue of *Shinjuku News* will be published in September 2011. *Shinjuku News* is available at various public facilities, such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices, and public libraries.

Preparing for Summer: Measures to Conserve Energy and Save Electricity

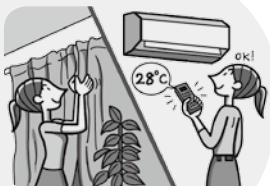
Please Help Save Electricity!

Due to the Great East Japan Earthquake, the electricity supply is very limited. An increase in electricity consumption is anticipated, especially in the summer months. Please help save electricity by refraining from using your air conditioner, lights, and electric appliances excessively.

Tips for Saving Electricity at Home

1 When Using Your Air Conditioner

- Set the thermostat at 28°C.
- Clean the filter often.
- Close the room door to keep the cold air in.
- Use curtains and blinds to keep the room insulated.



2 Tips for Saving Electricity: Refrigerators

- Open and shut the refrigerator door less often.
- Avoid cramming too many items in your refrigerator and keep your refrigerator tidy.
- Set the refrigerator's thermostat at normal or medium.



3 Tips for Conserving Energy: Lights

- Gather the family in the same room and do not waste electricity.
- Turn off lights that are not in use.
- Clean lampshades periodically.



4 Tips for Conserving Electricity: TVs, Personal Computers, and Other Household Appliances

- Lower the contrast level on your TV and personal computer.
- Do not leave appliances in standby mode. Turn them off completely. (Power strips do not need to be switched off.)
- Unplug household appliances that are not being used.
- Do not leave electric pots on to keep water hot. Boil water only when needed.



5 Other Tips

- Avoid using electricity during peak hours (1 p.m. to 2 p.m.).
- Refrain from using escalators and elevators as much as possible.



What to Do before and during a Blackout

Prepare for Scheduled Blackouts and Take and Precautions during One

- Have a battery-operated radio and flashlight handy.
- Recharge your cell phone in advance.
- If a blackout is scheduled for the time you usually cook, prepare your meal in advance.
- Elevators stop working during blackouts. Do not use elevators just before a blackout.
- If you live in an apartment or condominium building, be aware that the water supply may be cut off during a blackout. It is a good idea to keep a supply of drinking water and to check the toilet to ensure it works before using it.
- Too many electric appliances starting up at the same time when the electricity is restored after a blackout may blow a fuse or damage electrical parts. It is a good idea to unplug electric appliances in advance.

Prevent Food Poisoning during a Blackout

Because refrigerators stop functioning during blackouts, there is a possibility of raw food, such as meat and fish, spoiling if temperatures are high. Think of ways to keep the temperature inside your refrigerator cool.

- To keep the cool air within your refrigerator/freezer from escaping, do not open and close your refrigerator/freezer often.
- Keep a supply of coolants in your freezer and transfer them to your refrigerator after a blackout begins. This will help keep the inside of your refrigerator cool.



Prevent Fires during a Blackout

If you use candles for lighting during a blackout, be careful that a fire does not break out. Cases of candles toppling over and causing fires during a blackout or earthquake have been reported. If you use candles, make sure that there are no flammable items in the surrounding area and keep a fire extinguisher or water handy to put out any fires. In the same manner, be careful when using tabletop gas cylinder stoves. Because aftershocks are frequent after a major earthquake, things can topple over and start a fire.



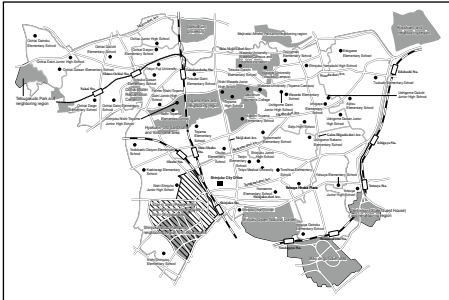
A Major Earthquake!

What Should You Do?

Major earthquakes occur in Japan. It is important to remain calm even when an earthquake strikes. It is a good idea to keep in mind what you need to do in case an earthquake strikes.



Map of Evacuation Areas within Shinjuku City



Shinjuku City has designated evacuation areas and evacuation sites in preparation for a major disaster. An evacuation area is a place where people can gather to protect themselves from a major fire or other such danger. An evacuation site is a place where people can stay temporarily if their homes have been destroyed.

A map of evacuation areas and evacuation sites can be viewed in the "Preparing for Disasters" section of *Information on Everyday Living for Foreign Residents of Shinjuku City* or on the foreign-language Web site of Shinjuku City. *Information on Everyday Living for Foreign Residents of Shinjuku City* is available in the waiting area of the Foreign Resident Registration Counter (Shinjuku City Office, Main Bldg. 1F).



Let's Be Prepared! Emergency Goods



It is a good idea to fill a backpack with basic necessary items and keep this backpack in a handy place in case you need to evacuate. It will be useful in case of an emergency.

Food and Drinking Water

- Drinking water
- Crackers, retort pouch food, and canned food

Medicine

- First aid kit
- Regular supply of medicine

Valuables

- Cash
- Bankbooks and a copy of your health insurance card
- Inkan (personal seal)
- Some form of personal identification (such as your foreign resident registration card)

Everyday Items

- Flashlight
- Portable radio
- Extra batteries
- Kleenex and moist towelettes
- Garbage bags
- Lighter
- Work gloves
- Sanitary napkins

Clothes

- Underwear
- Towels
- Clothes

An Earthquake Strikes!

1 Protect yourself from injury. If you are indoors, it is a good idea to hide under a table. Extinguish any fires. Shut the main gas valve. If you are outdoors, stay away from buildings, vending machines, and brick walls.

2 In some cases, doors may be damaged and cannot be opened after a tremor subsides. It is a good idea to open a window or door to secure an exit.

3 Check on the safety of your family and neighbors (those who live near you).

4 Evacuate to your local schoolyard or park. There may be falling items when you step outside. Walk carefully.

5 Obtain reliable information from radio or TV. It is a good idea to have one battery-operated radio handy.



Do Not Be Misled by Groundless Talk or Rumors!

Due to the nuclear accident that occurred at Fukushima Daiichi Nuclear Power Station, rumors of radioactive contamination in food and tap water spread. Beware of false information.

Concerning Food

There are regulations concerning radioactive substances in food to ensure safety. Food that violates designated standards is not permitted on the market, so you can be assured that items on supermarket shelves are safe and can be purchased as normal.

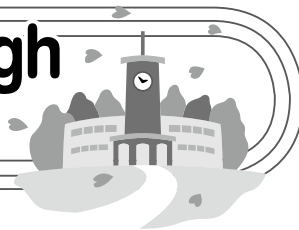
Concerning Water

As with food, water is controlled to ensure safety. Unless the national government or city government gives instructions to the contrary, you can be assured that tap water is safe to drink or wash clothes/dishes in.

Concerning Air

Unless instructions to evacuate or stay indoors are issued, you do not have to worry about stepping outdoors. You can step out as you normally do.

Municipal Elementary and Junior High School Enrollment in April 2012



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 from 6 to 15 years of age. Although foreign residents are not obliged to go to a Japanese elementary or junior high school, parents can apply for their children's admission to a Japanese school if they so desire. There are currently about 410 foreign children attending public schools in Shinjuku City.

Please note that a child may not enroll in a Japanese junior high school if he/she did not graduate from a Japanese elementary school. If you would like to enroll your child in a municipal elementary or junior high school, please file an application for admission.

In addition, there is a school selection system for those starting the first grade of elementary school or first year of junior high school. Under this system, you may choose from a selection of schools outside the regular school district. If you would like to choose such a school, you will be issued a school selection application form at the time of application.

Elementary schools hold open houses between late August and late September, and junior high schools hold them between late September and late October. This is an opportunity to see a school

and observe a class in session. Please call for more information on the date and time.

Eligibility for Entering Elementary School:

Those born between April 2, 2005, and April 1, 2006

Eligibility for Entering Junior High School:

Those born between April 2, 1999, and April 1, 2000

Application Period (for Submitting an Application for an Optional School):

For elementary school—September 1 (Thu.) through 30 (Fri.)

For junior high school—October 3 (Mon.) through 31 (Mon.)

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

Inquiries	School Management Division, Board of Education Secretariat
	Tel 03-5273-3089



Shinjuku City Japanese-Language Class, 2nd Term

Recruiting Students

Let's learn basic Japanese for everyday living! 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 (However, those who are of junior high school age and younger are not permitted to join the class.)

Date and Time Weekdays, September through December, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on Mondays and 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 10 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
Note: There will be no refunds of fees.

To Apply Complete an application form and send it to Shinjuku Multicultural Plaza by mail or fax. Application forms are available at Shinjuku Multicultural Plaza, the Foreign Resident Advisory Corner in the Shinjuku City Office, and Shinjuku Bunka Center. The application period is from June 25 through August 1. All applicants will be notified of the results by mail by August 22.

Inquiries	Cultural Exchange Division, the Shinjuku Foundation for Creation of Future,	
	Tel 03-3350-1141	Fax 03-3350-4839
	E-mail bunka@regasu-shinjuku.or.jp	
	Web Site www.city.shinjuku.lg.jp/foreign/english/	



Foreign Resident Advisory Corner

Location: Shinjuku City Office Main Bldg. 1F
Hours: 9:30 a.m. to 12 noon and 1 to 4:30 p.m.

Mon.	Tue.	Wed.	Thu.	Fri.
English and Chinese	English and Korean	English and Chinese	English and Korean	English and Chinese

Telephone Consultation:
English and Japanese: 03-5272-5060
Chinese: 03-5272-5070
Korean: 03-5272-5080



Foreign Resident Consultation Corner

Location: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabukicho, Shinjuku City)
Hours: 10 a.m. to 12 noon and 1 to 5 p.m.

Mon.	Tue	Wed. (excluding the 2nd and 4th Wed. of the month)	Thu.	Fri.
Korean (afternoon)	Chinese and Thai	English	English, Chinese, and Myanmarese	English (only the 3rd Fri. of the month) and Korean

Telephone Consultation: 03-5291-5171