

Shinjuku News

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Shinjuku City 1-4-1 Kabuki-cho, Shinjuku City, Tokyo 160-8484 Tel: 03-5273-3504 Fax: 03-3209-1500

Foreign Language Web site

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

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

If You Have Any Questions or Concerns, Do Not Struggle by Yourself!

Is there anything about everyday life that you do not understand or need instructions on, such as City Office procedures, child raising, or education in Japan? Are you struggling with various concerns? Instead of struggling alone, please ask a consultant for advice. Consultation services are free of charge, and all information is kept strictly confidential. Please feel free to ask for advice!

· · · · · Some Common Cases · · · · · ·

I would like to enroll my child in a Japanese elementary school. What should I do?

> I would like to become friends with Japanese people, but..

I am having financial difficulty. Can I receive financial assistance?

> What procedures are required to get married?

I received some documents in the mail, but I cannot read Japanese! What should I do?

> Are there any procedures I need to complete if I am planning to move?

I do not understand the garbage separation rules.

> Where can I go to study Japanese?

In addition to providing guidance, a consultant can introduce you to relevant institutions that can help in various foreign languages in specific

areas, such as statuses of residence and visas, employment, and medical treatment information. First of all, please come and ask for advice.

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

Languages:



Telephone Consultation:

English and Japanese: 03-5272-5060

Chinese: 03-5272-5070 Korean: 03-5272-5080



Also, please take advantage of the Foreign Resident Consultation Corner in Shinjuku Multicultural Plaza. (See pages 2 and 3.)

Special

<u> Experience III</u>

More than 120,000 Users from 128 Countries around the World

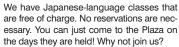
Hello, everyone! My name is Huang Xian, and I came from China. Six months have passed since I first arrived in Japan, and I am getting used to life in Shinjuku City. Just as I was thinking that I would like to study the Japanese language some more and have some Japanese friends, a friend of mine told me about the Shinjuku Multicultural Plaza.



I wonder what kind of place it is? Let's find out! How exciting! My first experience with the Shinjuku Multicultural Plaza (hereinafter referred to as the "Plaza") is about to begin!

Multipurpose Space

This is a place where Japanese-language classes and lectures for international understanding are held. The area is particularly crowded whenever there is an International Exchange Salon. (See page 3.) I wonder what they are doing today. Let's take a peek.





I participated in the free Japanese-language class! The content of the class varies, depending on the day of the week. This sounds interesting! Because this is a great opportunity, I asked the volunteer some questions I had about the Japanese language.

Shinjuku Nihongo Network (SNN) (Free Japanese-Language Classes)

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Kanji 2 to 3:30 p.m.	Japanese-Lan- guage Together 2 to 3:30 p.m.		Let's Begin Japa- nese 2 to 3 p.m.		Japanese-Lan- guage Saturday Salon 2 to 4 p.m.
Eligibility: Those who can speak a little Japanese			Eligibility: Those who are studying Japanese for the first time		Eligibility: Anyone is welcome to join.

Reception

First of all, I asked at the reception desk what services are available at the Plaza. Because Japanese university students who are interested in international exchange man the desk, the atmosphere is very friendly. Plus, you can feel relaxed because everyone speaks English.



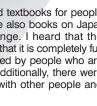
Japanese-Language Study Corner

There are lots of learning materials and textbooks for people who want to learn Japanese! There are also books on Japanese culture and international exchange. I heard that the independent study space is so popular that it is completely full at certain times of day. Being surrounded by people who are studying hard can be very inspiring! Additionally, there were people who were getting acquainted with other people and having fun chatting.









Everyone's Bulletin Board

At the Plaza, there is a bulletin board where you can leave messages for other users. I posted a message that said, "I am looking for a friend who will study with me. I can teach you Chinese. Can



you teach me Japanese in exchange?" I am looking forward to seeing who will respond!

Reference and Information Corner



There are all kinds of multilingual information and references. There is information on not only city administration but also Japanese-language studies, volunteer activities, international exchange, lectures, and events. It is important to collect informa-



tion to make life in Japan even better, isn't it? You can even take home information booklets and fliers.

Foreign Resident Consultation Corner

At the Plaza, there are consultants who will listen to your concerns about everyday life. I decided to ask about things I did not understand regarding living in Japan and about some concerns I had. Even though my concerns were very minor, the consultant was very kind, and I felt much better. If it is difficult to ask for advice in person, there are telephone consultation services. It was nice just to be able to talk about things in my home language. The Plaza is a municipal facility, so it can help you



with various municipal procedural forms in detail. I hope as many people as possible will feel free to take advantage of the services here.

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

Hours: 10 a.m. to 12 noon and 1 to 5 p.m. (closed during the year-end/ New Year holidays and on national holidays and the 2nd and 4th Wednesdays of the month)

Telephone Consultation: 03-5291-5171 **Consultation Fee:** Free of charge

Note: At the Plaza, there is a special consultation service center for ques-

tions concerning statuses of residence, etc.

Consultation Support Center for Foreign Residents

Mainly for questions about statuses of residence and visas **Hours:** 9 a.m. to 12 noon and 1 to 4 p.m. (closed on Plaza holidays)

Telephone Consultation: 03-3202-5535 or 03-5155-4039

Consultation Fee: Free of charge

Languages: Consultations in English, Chinese, Portuguese, and Spanish are always available; consultations in the four other languages are available,

depending on the day of the week.

For More Information: http://www2.ocn.ne.jp/~ccf/



After Visiting the Plaza



I think the Plaza is a good place for people like me to make life in Japan even better. There is sure to be new encounters and fresh discoveries for not only first-timers but also repeat visitors. There are consultants and volunteers available at the Plaza to help people like me with problems in everyday life in Japan. I hope all of you will feel free to drop by for a visit!

Let's Chat with People from Various Countries around the World!

International Exchange Salon— Ever-Popular Event at the Plaza

Date and Time: 2nd Friday of the month, 6:45 to 8:30 p.m. **Location:** Shinjuku Multicultural Plaza (Hygeia 11F)

Capacity: Approximately 50 people

Fee: ¥200 per person

To Apply: No advance reservations are required. Simply come to the site on the day of the event.

Inquiries: Shinjuku Multicultural Plaza



🛢 Shinjuku Multicultural Plaza

Address: Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku City 160-0021

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

How to Get There: A 10-minute walk from JR Shinjuku Station's east exit or a

five-minute walk from Seibu-Shinjuku Station

Hours: 9 a.m. to 9 p.m.

Closed: 2nd and 4th Wednesdays and during the year-end/New

Year holidays (December 29 through January 3)

Web Site: www.regasu-shinjuku.or.jp/?p=279







Enjoy Autumn in Shinjuku City





Shinjuku Art Heaven starts with a parade of marching bands from local elementary schools and universities; the parade goes through Shinjuku City from east to west. At each site, there will be a variety of entertainment, such as performances of brass bands and Awa-Odori Dancing as

well as many kinds of street performances. Please come and enjoy the event where the town of Shinjuku is transformed into a theater.

☆ Parade: Starts at 11:10 a.m.

Parade Course: Intersection of Shinjuku-dori Avenue and Meiji-dori Avenue – Shinjuku-dori Avenue – in front of Alta Building – O-Guard – Shinjuku Station west exit – Kogakuin University

☆ Fester 1 to 5 pum.

Location: Various sites in all directions, radiating from Shinjuku Station (Shinjuku Station Square, Shinjuku Southern Terrace, and other locations)

Program: Marching bands, cheerleading performances, street performances, and more

☆ Heaven Artists in Shinjuku: 1:20 to 4:20 p.m.

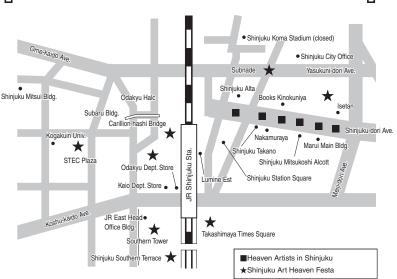
Location: Six locations on Shinjuku-dori Avenue

Program: Street performances

Inquiries: Culture, Tourism and International Affairs Divi-

sion, Tel: 03-5273-4069

Date: October 9 (Sun.)



Shinjuku Sports Recreation 2011

Your body cannot help but move instinctively! There will be all kinds of fun events on Sports Day in Shinjuku City! There will be an enjoyable convention of booths where you can experience traditional Japanese martial arts; various forms of dancing from around the world; as well as sports, such as volleyball, futsal, and swim-

Inquiries:



ming! Popular beauty and health programs, such as aerobics, Pilates, and yoga, will be free of charge, and you will be able to try everything without advanced reservations! Simply come to the site on the day of the event dressed in comfortable sportswear.

Date and Time: October 10 (Mon., a national holiday), 9 a.m. to 4:30 p.m.

Location: Shinjuku Cosmic Sports Center (3-1-2 Okubo), Shinjuku

Sports Center (3-5-1 Okubo), and other locations
The Shiniuku Foundation for Creation of Future.

Tel: 03-3232-7701

Takadanobaba Yabusame Demonstration

It is said that the Takadanobaba style of yabusame (horseback archery) began in 1728, in the Edo period, when the eighth shogun, Tokugawa Yoshimune, ordered it as a prayer offered at Anahachimangu Shrine for the healing of his son's illness.



A *yabusame* procession will depart from Anahachimangu Shrine and make

its way to Toyama Park, after which archers will shoot at three targets while riding galloping horses.

Note: The event may be canceled in the event of rain.

Fee: Free of charge (Standing room only)

Date and Time: October 10 (Mon., a national holiday), 2 to 3:30 p.m.

Location: Toyama Park (Hakoneyama Area, Toyama 3-chome, Shin-

juku City)

Sponsor: Committee for Preservation of Takadanobaba Yabusame

Inquiries: Shinjuku Historical Museum, Tel: 03-3359-2131

How to Get There: An eight-minute walk from Waseda Station on the Tozai

Subway Line; a 10-minute walk from Nishi-Waseda Station on the Fukutoshin Subway Line; or a five-minute walk from the Baba-Shitamachi bus stop, taking the Gaku (学) 02 Toei

Bus heading toward Waseda-Seimon bus stop



Date and Time: October 16 (Sun.), 10 a.m. to 4 p.m. **Location:** Toyama Park Okubo Area (Okubo 3-chome)

step out with your family to enjoy the city's biggest festival?

How to Get A three-minute walk from Nishi-Waseda Station on There: A three-minute walk from Nishi-Waseda Station on the Fukutoshin Subway Line, a 10-minute walk from

Takadanobaba Station on the JR Yamanote Line or Seibu-Shinjuku Line, or a 15-minute walk from JR Shin-

Okubo Station

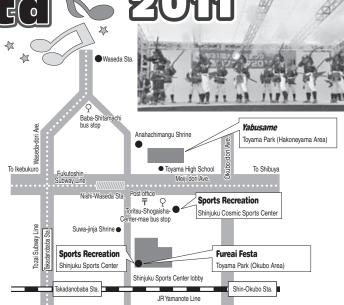
Note: Because there

Note: Because there is no parking available, please re-

frain from coming by car.

Inquiries: Culture, Tourism and International Affairs Division,

Tel: 03-5273-4069



🖊 Multicultural Exchange Festival 🖊

World Dance Festa in Shinjuku City 2011

Enjoy a festival full of exotic attractions!

With the goal of promoting multicultural living, the World Dance Festa is held in Shinjuku, where residents are from various countries around the world.

The event is packed with multicultural experiences, such as performances of folk dancing and music, ethnic-food vendors of cuisine from around the world, and booths introducing various countries around the world.

Please come and enjoy the cultures of the world in Shinjuku!

Date and Time: November 5 (Sat.), 11 a.m. to 5 p.m.

Admission: Free of charge

Location: Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku City)
Inquiries: Cultural Exchange Division, the Shinjuku Foundation for

Creation of Future, Tel: 03-3350-1141

A Cathering of Refugees Settled in Japan

There will be an awards ceremony for refugee supporters followed by performances of Vietnamese, Laotian, and Cambodian songs and dances by refugees from these countries who are now living in Japan. We are looking forward to welcoming as many people as possible!



Date and Time: October 23 (Sun.), 1 to 4:30 p.m. **Location:** Large Hall, Shinjuku Bunka Center

Inquiries: Refugee Assistance Headquarters (RHQ), Founda-

tion for the Welfare and Education of Asian People,

Tel: 03-3449-0222 **Web Site:** www.rhq.gr.jp/

Kabukicho Renaissance Project

Shinjuku College Creators Festa 2011



An art event called Shinjuku College Creators Festa 2011 will be held by students as part of the Kabukicho Renaissance Project, which is aimed at reviving Kabuki-cho as a town that everyone can enjoy safely and without worry.

Objets d'art and movies born of the lively imaginations of students will be shown in public spaces and facilities from Shinjuku Station's east exit through Kabuki-cho. In addition, there will be various events, such as an exhibition of T-shirts with creative designs and an art bazaar, during the festival. By all means, do not miss it!

	Shinjuku College Creators Festa 2011	Art Movement Shinjuku (T-shirt exhibition, art bazaar, etc.)	Lighting & Sounding Project	Kickoff forum	Live concerts
Dates	Oct. 15 (Sat.)–23 (Sun.)	Oct. 21 (Fri.)–23 (Sun.)	Oct. 15 (Sat.) and 16 (Sun.)	Oct. 15 (Sat.)	Oct. 21 (Fri.)-23 (Sun.)
Location	Shinjuku Moa 4th, Central Road, and Cine City Plaza	Okubo Park	Cine City Plaza and Central Road	Large meeting room, Shin- juku City Office Main Bldg. 5F	Cine City Plaza

Note: The program in the chart above is subject to change without notice.





Beware of Influenza



Since the number of patients of influenza is expected to increase from autumn through winter, carefully avoid getting infected and see a doctor if you start to have symptoms.

Two years ago, there was a major epidemic of a new influenza (A/H1N1) around the world. The symptoms of the new influenza were similar to those for seasonal influenza, such as sudden fever, coughing, and sore throat. It is wise to keep preventative measures in mind on a regular basis.

▼ To Prevent Infection

- Wash your hands thoroughly with soap and running water for 15 seconds or longer.
- (2) Wear a mask in crowded areas, always keep "cough etiquette" in mind, and be sure to gargle often.
- (3) If you need to step out, avoid crowds as much as possible.
- (4) Get plenty of rest and proper nutrition to maintain your strength.

■ What Is "Cough Etiquette"?

- When you cough or sneeze, cover your nose and mouth with a tissue, turn your face away from others, and keep a distance of about one meter or more from the people around you as much as possible.
- Throw away used tissues that contain nasal mucus or phlegm in a trash can that has a lid to prevent germs from spreading.
- If you have flu symptoms, be sure to wear a mask.



■ If You Show Symptoms of Influenza

♦If you have a regular doctor and/or know of any neighborhood medical institutions:

Ask the doctor/medical institution about examination hours and methods and go for an examination. (Be sure to wear a mask when you go.)

♦ If you do not have a regular doctor or know of any neighborhood medical institutions:

Please consult one of the consultation centers below.



Medical Consultation in Languages other than Japanese

Himawari (Tokyo Metropolitan Health and Medical Information Center),
 Tel: 03-5285-8181

Daily, 9 a.m. to 10 p.m.

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

● AMDA International Medical Information Center, Tel: 03-5285-8088

English, Chinese, Korean, Thai, and Spanish	Daily	9 a.m. to 8 p.m.	
Portuguese	Mon., Wed., and Fri.	9 a.m. to 5 p.m.	
Filipino	Wed.	1 to 5 p.m.	

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

Testing Days: As a rule, two Thursdays a month

The schedule from October through December is as follows:

October 13 and 27, November 17, and December 1 and 15

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

Reception Hours: 1:30 to 3 p.m.

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

For a detailed schedule and other relevant information, please visit the city's foreign-language Web site and see the latest updates. www.city.shinjuku.lg.jp/foreign/english/oshirase/teiki/aids.html

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 on the left.



JFAP AIDS Support Line,

Tel: 103:5940:2127/

Consultation in Japanese, English, Spanish, Portuguese, Thai, Chinese, Korean, and Tagalog is available. Please use a push-button landline phone.

Hours: Daily, on a 24-hour basis



Shinjuku City offers free health checkups for those between 40 and 74 years of age who are enrolled in Shinjuku City National Health Insurance. Let's undergo a health checkup by December 31 (Sat.).

Information Center

If you do not know how to make a reservation or if you do not have a health checkup slip, please call the Shinjuku City Office Health Checkup Information Center (Tel: 03-5291-1410) anytime from 9 a.m. to 7 p.m. between September 20 (Tue.) and November 30 (Wed.).

Notification Postcard

Notification postcards concerning health checkups are scheduled to be mailed on September 16 (Fri.) to those between 40 and 74 years of age who have not undergone health checkups from May through June 30, 2011.

Inquiries: Health Checkup Section, Health Promotion Division (Shinjuku City Office New Wing of Annex 2, 1F), Tel: 03-5273-4207



Survey on the Needs of Children and Parents

Shinjuku City plans to offer comprehensive support for children of foreign nationalities. Such support includes helping foreign children with their studies in Japanese and school subjects and giving them a sense of belonging. To this end, a survey will be conducted on a broad range of needs, such as what kind of support is needed and what problems and concerns exist concerning school and everyday life.



Questionnaires will be mailed to families with children in the first grade of elementary school through the third year of junior high school, and we would appreciate everyone's cooperation in completing the questionnaire. In addition, please cooperate in the interview survey as well.

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

Measurement of Radiation Levels



With the nuclear accident at Tokyo Electric Power Company's Fukushima Daiichi Nuclear Power Station in mind, radiation levels and radioactive material in Shinjuku City are being measured and announced. See the city's Web site.

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

Note: The measurements can be viewed by clicking *Monitoring Radiation Levels in the Air at Facilities in Shinjuku City* on the home page.

Open on Sundays

The City Office will soon be open on the fourth Sunday of the month for those who are not able to come to the City Office during regular business hours on weekdays.

Hours: Once a month (4th Sunday of the month), 9 a.m. to 5 p.m.

Location: Shinjuku City Office Main Bldg. 1F

Starting Date: October 23 (Sun.)

Services Available:

	Personal seal registration and cancellation		
Seal registration, etc.	Issuing of Personal Seal Registration Certificates	Family and Resident Registration Division	
oear registration, etc.	Registering to use the automated certificate issuing machine		
Foreign resident registration	Issuing of Certificates of Registered Items in the Foreign Resident Registry		
National Health Insurance	Enrollment and withdrawal	Medical Insurance and Pension Division	
City tax certificate	Issuing of Certificates of Tax Payment and Certificates of Taxation (Tax Exemption)	Tax Affairs Division	

Recruiting Children for Municipal and Authorized Private Nursery Schools

Nursery schools are facilities that take care of children on behalf of parents/guardians who are unable to care for their children at home due to work, illness, or other reasons.

Although the eligible age varies with each nursery school, it ranges from as early as 43 days after birth up to the age at which children enter elementary school.

Applications are scheduled to be accepted from mid-December through mid-January for enrollment starting in April of next year.

Each month, the deadline for admission to nursery schools is around the 15th of the preceding month.

Be sure to call and make an appointment to submit an application.

Inquiries: Enrollment Section, Nursery School Division (Shinjuku City Office Main Bldg. 2F), Tel: 03-5273-4527

Recruiting Preschoolers for Kindergarten

Kindergartens are educational facilities for preschoolers ages 3 to 5. There are municipal and private kindergartens in the city.

The recruitment of children to enroll in kindergarten in the upcoming fiscal year is conducted around October of every year.

For more information on admission to kindergarten, please contact the particular kindergarten directly.

Inquiries: Either the particular kindergarten in which you are interested or the Students' Health, School Lunch and Kindergarten Section of the School Management Division (Shinjuku City Office Annex 1, 4F), **Tel:** 03-5273-3103

Recruiting Children for Kodomo-en

Kodomo-en is a childcare and educational facility that functions as both a kindergarten and nursery school and focuses on the growth and development of children, from newborns up to those entering



elementary school. Please call for more information on enrollment.

Inquiries: Either the particular *kodomo-en* in which you are interested or the Kodomoen Promotion Division (Shinjuku City Office Main Bldg. 2F), **Tel:** 03-5273-4047

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

When the major earthquake struck Japan in March, we imagine there may have been foreign residents who had a lot of difficulty getting information or understanding what was going on because they could not understand Japanese. Living in Japan can be a lot easier if you can understand even a little Japanese. Whether you are out shopping or riding a train, you may not be able to obtain accurate information and/or you may feel very insecure unless you understand Japanese. This is even truer in times of disaster (such as earthquakes). Why not join the Shinjuku City Japanese-Language Class? This program is for beginners only! If you

Shinjuku City Japanese Language, why not study with us? Shinjuku City Japanese-Language Classical Shinjuku City Japanese-Language Classical Shinjuku City Japanese

guage. In this issue, we will report on the class at Kita-Shinjuku Lifelong Learning Hall.

Kita-Shinjuku Lifelong Learning Hall is within walking distance from JR Okubo Station and Higashi-Nakano Station, and the class that is held there meets in the morning twice a week, on Mondays and Fridays.

Students from various countries around the world put a

lot of effort and enthusiasm in their Japanese-language studies, especially after the Great East Japan Earthquake. When we asked the volunteers who teach Japanese how things are in the classroom, they said, "The students take the initiative in asking a lot of questions as they study. The atmosphere is such that people can easily ask about things that they do not understand." There is a friendly atmosphere among the volunteers and students, and people seem to learn as they converse with one another.

The class at Kita-Shinjuku Lifelong Learning Hall has a 10-minute break



in the middle of the lesson. Apparently, this 10-minute break—during which students talk over tea, using the Japanese expressions they had just learned—is the highlight of their day and much anticipated. Let's talk to some of the students!

Here's What Some of the Students Said



Each and every class is quite fun. I really look forward to each session. The volunteers who teach us are all very kind. Whenever I have a question, they explain things carefully until I understand.

I have made friends with the other students, and we have fun coming to class together.





I am really thankful for the volunteers who give me advice on not only learning Japanese but also anything I am having a hard time with in Japan. Thank you!

Apparently, coming to these classes has become a nice part of life in Japan for the students not only because they can learn Japanese but also because they have made friends they can study with and are on friendly terms with the Japanese volunteers who teach them.

The Japanese-language volunteers are extremely kind from the very start, when they teach hiragana and katakana. Why not join Shinjuku City Japanese-Language Classes? Let's have fun learning together!



Fun conversation while drinking tea

Shinjuku City Japanese- Recruiting Language Classes, 2nd Term Students

Let's learn basic Japanese for everyday living!

If there is an opening, you can start in the middle of the year.



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

Eligibility

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. You are allowed to attend classes in up to two locations if you join a class that meets once a week. Schedules vary depending on the class location.







10 locations in the city, including Shinjuku Multicultural Plaza (total of 12 classes)

Location

Classes that meet once a week-\(\frac{\frac{1}{2}}{2},000\) Classes that meet twice a week-¥4,000 Note: There will be no refunds of fees.

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/