



# Shinjuku News

No. 27

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Foreign Language Web site

[www.city.shinjuku.lg.jp/foreign/english/](http://www.city.shinjuku.lg.jp/foreign/english/)

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

**Be Sure to Follow These!**

## Rules and Common Courtesy in Everyday Living

In order for Japanese and foreign residents to live together in the community comfortably, it is important for everyone to follow rules and to practice common courtesy. If even one person does not follow the rules or practice common courtesy, this will cause problems for their neighbors and make it difficult for people to live together in harmony.

Please keep in mind that each and every person is a member of Shinjuku City.

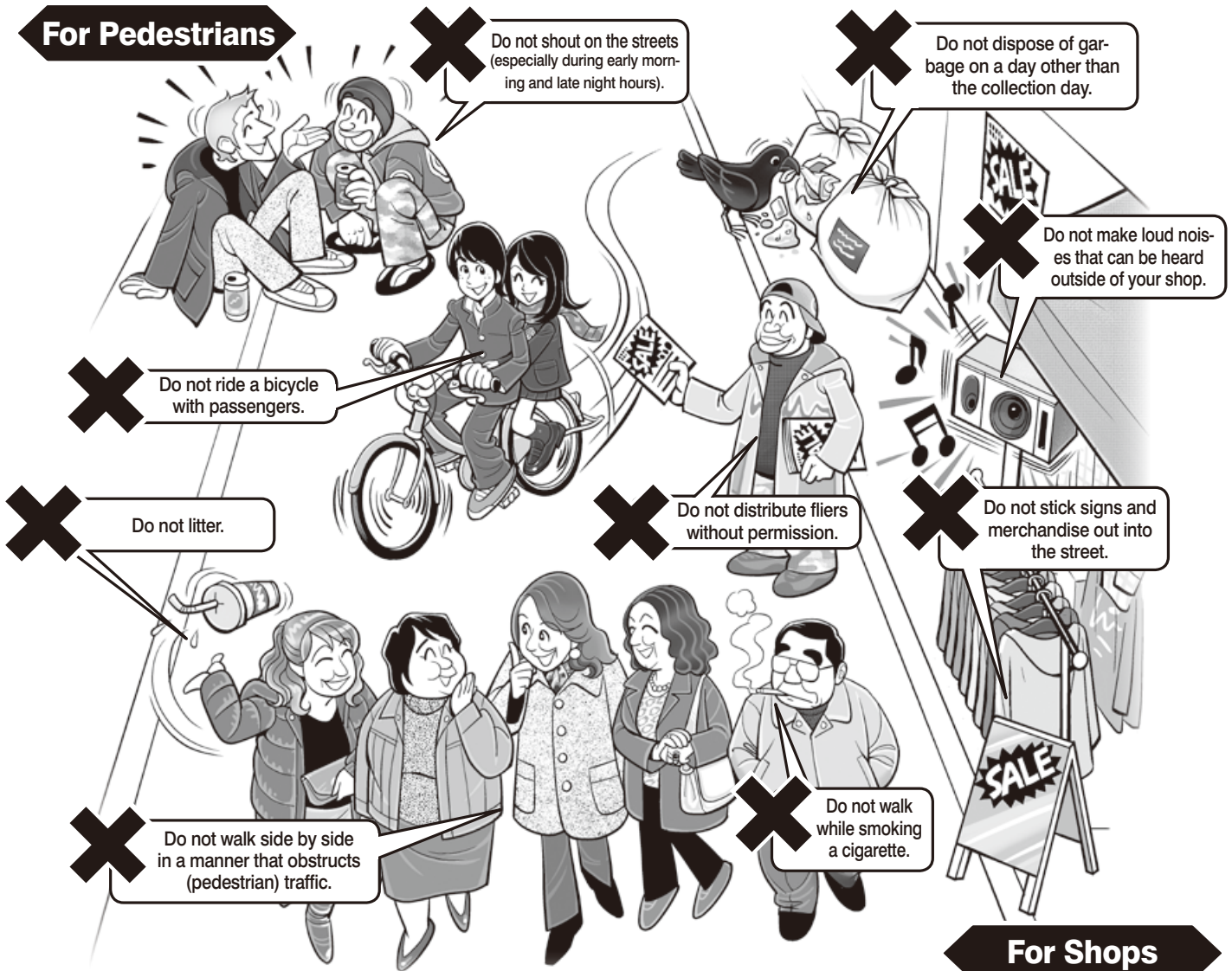
In order to create a town where everyone can live comfortably, it is a good idea to have Japanese and foreign residents alike review the rules and common courtesy guidelines.

The *Guide to Living in Shinjuku* is easy to understand. It explains everyday customs, rules, and common courtesies that should be followed. The customs and rules are presented as advice to all newly arrived foreign residents from experienced foreign residents.

This book is available at the Foreign Resident Registration Counter, Shinjuku City Office, and Shinjuku Multicultural Plaza, so please pick up a copy and read it.



### For Pedestrians



### For Shops

The next issue of *Shinjuku News* will be published in March 2012. *Shinjuku News* is available at various public facilities, such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices, and public libraries.

## Let's Enjoy Studying!

### Babysitting Services Available

# Family Japanese-Language Classes for Foreign Residents



Wouldn't it be fun to learn Japanese with your family? There are babysitting services, so families with infants and toddlers can study in a worry-free environment. You can join in at any time.

**Date and Time:** Every Saturday from January 14 (Sat.) through March 17 (Sat.), from 10 a.m. to 12 noon for a total of 10 sessions

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

**Eligibility:** Foreign children and parents who live in Japan (20 families on a first-come, first-served basis) and whose Japanese is at an introductory or beginner level

**Fee:** ¥500 per person

**To Apply:** Send a postcard, fax, or e-mail to Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku City 160-0022; Fax: 03-3350-4839; e-mail: bunka@regasu-shinjuku.or.jp). Please be sure to write down (1) the name of the parent (with *furigana*) and the language that he/she understands well; (2) the child's name (with *furigana*) and age and the language that the child understands well; (3) your address; (4) your telephone number; (5) your fax number, if you have one; and (6) the name of the class (Family Japanese-Language Class)

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

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



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

Let's have fun learning Japanese! If you do not know basic Japanese expressions necessary for school life, let's learn them together during spring vacation!

**Term:** March 24 (Sat.) through 30 (Fri.), 10 a.m. to 12:30 p.m. (2 hours and 30 minutes), for a total of seven classes

**Location:** Shinjuku Multicultural Plaza

**Fee:** Free of charge

**Eligibility:** Classes are open to the following students: Students attending a Shinjuku municipal elementary or junior high school (between the first 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 2012 are welcome as well.

**To Apply:** Send a fax, e-mail, or postcard to Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku City 160-0022; Fax: 03-3350-4839; e-mail: bunka@regasu-shinjuku.or.jp). Please be sure to write down (1) the child's name (with *furigana*), age, and language he/she usually speaks; (2) the parent's name (with *furigana*); (3) address; (4) telephone/fax number; and (5) name of the class (Shinjuku Children's Japanese-Language Class in Spring).

**Capacity:** 20 students (on a first come, first served basis)

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



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.

**Date and Time:** Monday through Friday, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on 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:** 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:** Complete an application form and mail or fax it to Shinjuku Bunka Center (6-14-1 Shinjuku, 160-0022; Fax: 03-3350-4839). Application forms are available at Shinjuku Multicultural Plaza, the Shinjuku Foreign Resident Advisory Corner in the Shinjuku City Office, and Shinjuku Bunka Center.

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

## Winter Energy Conservation That Is Easy on the Family Budget

# Let's Stop Wasting Energy!

### Keep the Thermostat of the Air Conditioner at 20°C

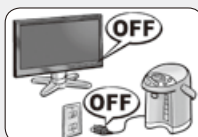
It is a good idea to set the thermostat of your air conditioner to 20°C. If you feel cold, think of creative ways to stay warm before you raise the thermostat, such as wearing a cardigan or using a lap-warmer or a hot water bottle. In addition, clean the filter of your heater regularly. By reducing clogging in your filter, you can lower the consumption of electric power.

**Note:** Please do not try to bear with the cold to the point that it is unhealthy. Practice habits that you can continue to maintain for a long time.



### Turn the Switch Off When You're Not Using Something

Electric appliances consume electricity simply by being plugged in. When you are not using appliances, it is a good idea to unplug them. It is also a good idea to turn off the main switches of TVs and personal computers to conserve energy, because these appliances consume electricity while they are in standby mode. If you use an electric hot water pot, refrain from using the keep-warm function; boil water when you need it.



### Three Energy Conservation Rules for Lights

There are three points to remember about saving energy on lighting, which consumes a lot of electricity. First of all, turn off lights as often as possible. Turn off room lights that are not in use. Secondly, clean the lighting fixtures. If lights and lampshades are covered with dust, this makes the lights less bright. Finally, it is a good idea to switch from white incandescent light bulbs to fluorescent light bulbs or LED light bulbs. Although these light bulbs initially seem more expensive, they consume less electricity and lead to energy conservation.

During winter, when the sun is out for a shorter amount of time, energy consumption increases as we tend to use room lights and air conditioners more. Although you have probably done various things to save electricity since the earthquake on March 11, please check again to see how much electricity you are using. Energy conservation will also lead to lower utility fees.

## Comprehensive Children's Center and Families with Children Support Centers

# We Will Support You in Your Child-Raising Efforts!

Did you know that the Comprehensive Children's Center and the Families with Children Support Centers are available to help you as you raise your children? These are facilities that can be used by children between 0 and 17 years of age, as well as by their parents. They have space where children can have fun playing, and there are also consultation services for parents who have worries and problems concerning child-raising. There are four of these facilities in Shinjuku City.



### Introduction to Child-Raising Support Services



#### General Consultation concerning Families and Child-Raising

Consultants are available to think with you and offer advice concerning any worries or problems you may have concerning child-raising. They can also refer you to specialized institutions as necessary. Please feel free to call the special line for consultation (in Japanese only).

In addition, please call if you suspect child abuse in your neighborhood, for example, if you think, *I'm worried about the neighboring family, there is something strange, or I can hear shouting, screaming, and crying.*

All information about callers will be kept strictly confidential.

..... **Special Consultation Hotline** .....

- Comprehensive Children's Center, Tel: 03-3232-0675
- Naka-Ochiai Families with Children Support Center, Tel: 03-3952-7752
- Enokicho Families with Children Support Center, Tel: 03-3269-7345
- Shinanomachi Families with Children Support Center, Tel: 03-3357-6855



#### Child-Raising Support Home Visit Service

A helper can be dispatched to families living in Shinjuku City with an infant who is less than one year old to help with nursing, changing diapers, simple household chores, etc., once a day for three or four hours.

**Fee:** ¥1,000 per hour (Reduced prices are available.)

**Application/Inquiries:** Naka-Ochiai Families with Children Support Center



#### Plaza for Families with Infants and Toddlers and Children's Corner

These are play areas for infants and toddlers and open spaces where children four years of age and older can enjoy playing. There are also events that serve as opportunities for parents to have friendly exchanges and make new friends, child-raising support classes, and fun programs, such as crafts and cooking.

**Inquiries:** Comprehensive Children's Center and your local Families with Children Support Center



#### Plaza-Style Temporary Child-Care

Child-care services are available for up to four hours at a time, regardless of the reason.

**Eligibility:** Preschoolers who live in Shinjuku City from six months of age (Children who have a fever, diarrhea, or a contagious illness will not be admitted.)

**Fee:** ¥950 for the first hour, ¥350 for each additional 30 minutes (Reduced prices are available.)

**Application/Inquiries:** Comprehensive Children's Center and Enokicho Families with Children Support Center



#### Support for Children with Disabilities

For families with children with disabilities and children with developmental concerns, the Comprehensive Children's Center offers development consultation services, help in boosting language and understanding, and support for the development of physical skills and skills for everyday living. In addition, temporary child-care services are available for preschool age children from three years of age with disabilities and developmental issues.

**Inquiries:** Comprehensive Children's Center



#### Children's Short Stay

If you are temporarily unable to look after your child because of illness, hospitalization, nursing care, or other reasons, a nursery or cooperating family in Shinjuku City can provide child care. With one application, you can use this service for up to seven days.

**Eligibility:** Children who live in Shinjuku City from 0 years of age up to the sixth grade of elementary school

**Fee:** ¥3,000 per day (Reduced prices are available.)

**Application/Inquiries:** Shinanomachi Families with Children Support Center



### Info



#### Shinjuku Happy Child-Rearing Service Guide



*Shinjuku Happy Child-Rearing Service Guide* is published in English, Chinese, and Korean (each version also contains Japanese with *furigana*). The guide is full of information related to child-raising services in Shinjuku City, information on how to raise children in the future, and other helpful information for parents who are raising children.

**Available Locations:** Shinjuku City Office, Comprehensive Children's Center, your local Families with Children Support Center, your local Children's Hall, and your local Public Health Center



Name	Telephone No. (Inquiries in Japanese)	Address
Comprehensive Children's Center	03-3232-0674	7-3-29 Shinjuku (A seven-minute walk from Higashi-Shinjuku Station on the Fukutoshin Subway Line or the Toei Oedo Line)
Naka-Ochiai Families with Children Support Center	03-3952-7752	2-7-24 Naka-Ochiai (A six-minute walk from Shimo-Ochiai Station on the Seibu-Shinjuku Line)
Enokicho Families with Children Support Center	03-3269-7304	36 Enoki-cho (A seven-minute walk from Waseda Station on the Tozai Subway Line)
Shinanomachi Families with Children Support Center	03-3357-6851	20 Shinanomachi (A five-minute walk from JR Shinanomachi Station)

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. There is no dress code, so feel free to come in casual attire.



**Date and Time:** January 9 (Mon., national holiday), 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, 1991, and April 1, 1992, 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** 03-5273-3505

## International Exchange Residents' Gathering

# Hina Matsuri

(Doll Festival)



The annual *hina matsuri* (doll festival) is an event for deepening mutual understanding and friendly ties between Japanese and non-Japanese Shinjuku City residents through the experience of Japanese culture. There are areas for enjoying various aspects of Japanese culture, such as trying on kimonos and experiencing *suiboku-ga* (painting in India ink), flower arrangement, tea ceremony, and calligraphy. Also, there is an area for enjoying tea, an area for consultation concerning city government matters, a seven-tier display of *hina* dolls, and exhibits of Japanese games.

**Date and Time:** February 25 (Sat.), 10 a.m. to 3 p.m. (closing time is subject to change.)

**Location:** 3F small hall, 4F meeting room, and B1F exhibit hall of 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

## 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, testing is conducted two Thursdays a month. The schedule from January through March is as follows: January 5 and 19, February 2 and 16, and March 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)

### 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

## The Registration System for Foreign Residents Will Change Starting from July 2012

- ★ The Alien Registration Act will be abolished, and residence records will be made for foreign residents in the same manner as for Japanese.
- ★ Those who are eligible for this system include foreign residents who will be staying in Japan legally for over three months (referred to as "medium- to long-term residents") as well as special permanent residents.
- ★ A copy of the provisional residence record (which will be an official residence record when the new system begins) will be mailed to those who are eligible from around May 2012, so please check and confirm its contents.
- ★ A residence card will be issued to medium- to long-term residents, and a special permanent resident certificate will be issued to special permanent residents. For more information, please call the Immigration Information Center (Tel: 03-5796-7112).

**Inquiries** Resident Registration Section, Family and Resident Registration Division (Shinjuku City Office, Main Bldg., 1F), Tel: 03-5273-4094