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<http://www.city.shinjuku.lg.jp/foreign/english/>



▲Municipal Industrial Hall (BIZ Shinjuku) 3F

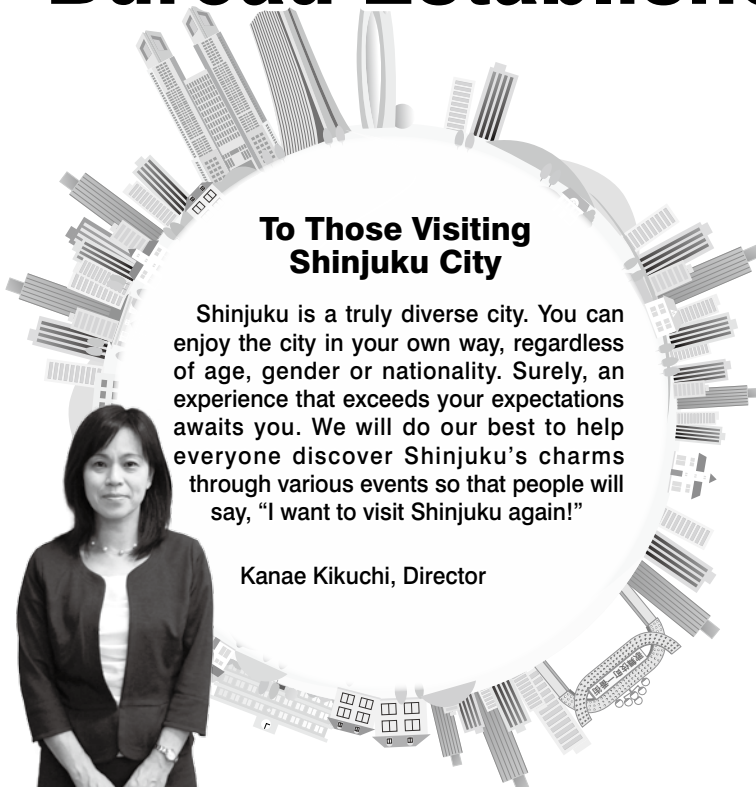
Shinjuku City has a variety of resources for tourism, such as Nishi-Shinjuku, a business area with a concentration of high-rise buildings; Kabukicho, a shopping and amusement district that is famous around the world; and Shinjuku Gyoen National Garden, which is rich in natural greenery. The Shinjuku Convention & Visitors Bureau was established in April 2014 with the goal of making the best use of these resources and further stimulating the economy of local communities. The Bureau actively creates opportunities for tourists who visit our city to have friendly cultural exchanges with local residents so that more people will know about Shinjuku's attractive qualities.



Shinjuku Convention & Visitors Bureau Established



"Fun to Walk around Shinjuku with Walking Maps" is available in Japanese, English, Chinese and Korean.



To Those Visiting Shinjuku City

Shinjuku is a truly diverse city. You can enjoy the city in your own way, regardless of age, gender or nationality. Surely, an experience that exceeds your expectations awaits you. We will do our best to help everyone discover Shinjuku's charms through various events so that people will say, "I want to visit Shinjuku again!"



Kanae Kikuchi, Director

Shinjuku Convention & Visitors Bureau

If you would like to get more information about tourism in Shinjuku City, please be sure to take advantage of the services of the Shinjuku Convention & Visitors Bureau. You are sure to discover something new and exciting about Shinjuku.

Hours: Monday through Friday, 8:30 a.m. to 5:15 p.m.

Address: Municipal Industrial Hall (BIZ Shinjuku) 3F, 6-8-2 Nishi-Shinjuku, Shinjuku-ku 160-0023

Tel: 03-3344-3160 (in Japanese)

Website: www.kanko-shinjuku.jp



Main Roles and Activities of the Shinjuku Convention & Visitors Bureau

- (1) Collecting and spreading information on tourism**
We will spread information on tourism using the website and maps.
- (2) Holding events related to tourism**
We will hold various events, such as Shinjuku Art Heaven and Mori-no Takigi Noh.
- (3) Training and employing personnel who stimulate tourism**
We will train people to report on local stories and young

- people (such as foreign students) to work as tour guides.
- (4) Developing and creating resources for tourism**
We will support the sales of special products and create Shinjuku-branded items.
- (5) Cooperation with and support of tourism-related groups**
We will support the events put on local communities, shopping areas and businesses.

Chicken Pox and Elderly Pneumococcal Immunizations Will Become Periodic (starting from October 1, 2014)

Please take the preliminary checkup sheet Shinjuku City sent you and undergo immunizations at one of the medical institutions designated by the city. Please call the Public Health Promotion and Disease Prevention Division if you have not received a pre-checkup slip. For more information, please read the foreign-language edition of the Shinjuku City website.

Website: www.city.shinjuku.lg.jp/foreign/english/oshirase/140810/140810_1.html
www.city.shinjuku.lg.jp/foreign/english/oshirase/140925/140925_2.html



	Chicken Pox	Elderly Pneumococcal Vaccine
Eligibility	Children who are one and two years of age Note: Children who are three and four years of age can also undergo immunizations until the end of FY2014.	● Residents who are 65 years of age ● Residents who are between 60 and 64 years of age who have a severe disability of the heart, kidneys, respiratory organs or immune system, and who wish to be immunized (about Level 1 <i>Handbook for the Physically Disabled</i>). Note: Until FY2018, there is an interim immunization program for which residents who become 65, 70, 75, 80, 85, 90, 95, or 100 years old during the applicable fiscal years are also eligible. Residents who are 101 years of age or older are also eligible, but only during FY2014.
Fee	Free of charge	¥4,000 (free of charge for certain households, such as those receiving public financial assistance for everyday living)
Other	Until March 31, 2015, the current program will be continued for preschool children from five years of age (personally-borne cost: ¥3,000; frequency: once).	Until March 31, 2015, the current program will be continued for those who are 65 years of age or older and are not eligible for periodic immunizations (personally-borne cost: ¥4,000; frequency: once).

Applications/Inquiries: Disease Prevention Section, Public Health Promotion and Disease Prevention Division (Shinjuku City Office New Wing of Annex 2, 1F), **Tel:** 03-5273-3859 (in Japanese)

Influenza Immunizations (available from October 1, 2014 through January 31, 2015)

Undergoing immunizations before an illness becomes an epidemic is effective at preventing infection or the illness from becoming serious. It is wise to undergo immunizations as early as possible. Please take the preliminary checkup sheet Shinjuku City sent you and undergo immunizations at one of the medical institutions designated by the city. Please call the Public Health Promotion and Disease Prevention Division if you have not received a preliminary checkup sheet. For more information, please read the foreign-language edition of the Shinjuku City website.

Website: www.city.shinjuku.lg.jp/foreign/english/oshirase/140925/140925_1.html



	General Influenza Immunizations (for those under 65 years of age)	Elderly Influenza Immunizations
Eligibility	Shinjuku City residents who as of October 1, 2014 are either: (1) Between 13 and 64 years of age, and belong to a certain households, such as those receiving public financial assistance for everyday living Note: An application in advance is required. (2) Under 13 years of age (born on or after October 3, 2001).	Shinjuku City residents who as of the date of immunizations are either: ● Aged 65 years or older ● Between 60 and 64 years of age who have a severe disability of the heart, kidneys, respiratory organs or immune system, and who wish to be immunized (about Level 1 <i>Handbook for the Physically Disabled</i>).
Fee	(1) Free of charge (2) ¥1,500	¥2,200 (Free of charge for residents 75 years of age or older, and those who belong to certain households, such as those receiving public financial assistance for everyday living)

Applications/Inquiries: Disease Prevention Section, Public Health Promotion and Disease Prevention Division (Shinjuku City Office New Wing of Annex 2, 1F), **Tel:** 03-5273-3859 (in Japanese)

Health Checkups/ Cancer Checkups

Early detection and early treatment are crucial when it comes to lifestyle-related illnesses and diseases, such as cancer. It is wise to confirm your state of health by undergoing periodic health checkups and cancer checkups. Please call the Health Checkup Section of the Health Promotion Division for more information as to the cost, age requirements and application procedures.

Health Checkups

Program: Physical measurements, blood test, urinalysis, and more

Cancer Checkups

Program: Tests for stomach cancer, colon cancer, lung cancer, breast cancer, uterine cancer, and prostate cancer

Checkup Institutions: Designated medical institutions in Shinjuku City or Shinjuku City Medical Association Residents' Health Center

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

For more information, please read the foreign-language edition of the Shinjuku City website.

Health Checkup Website: www.city.shinjuku.lg.jp/foreign/english/oshirase/teiki/kenshin.html

Cancer Checkup Website:

www.city.shinjuku.lg.jp/foreign/english/oshirase/teiki/gankenshin.html



Health checkup website



Cancer checkup website

Tests/Consultation for HIV, AIDS and Sexually Transmitted Infections (STIs)

Anyone can become infected with HIV or a sexually transmitted illness (STI). Some STIs have no apparent symptoms, and they can be transmitted to the partner unknowingly. Since early detection and early treatment are crucial, it is wise to undergo consultation and tests if you are concerned. Shinjuku Public Health Center offers confidential consultations and tests free of charge.

1. HIV Consultation/Tests in Foreign Languages

Languages: English, Thai, Spanish and Portuguese

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

Consultation Days and Hours: Thursdays, 1 to 5 p.m. (As a rule, Thai is available twice a month, only on the test days.)

(2) HIV/STI Tests

Test Program: HIV or STI (syphilis and chlamydia)

Note: If you are undergoing a test, please come directly to the test site during reception hours. No reservations are necessary.

Test Days: As a rule, twice a month, on Thursdays

Note: You will be notified of the results one week after the test; please visit the test site.

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

Test Site: Shinjuku Metropolitan Taxation Office 1F (the former Nishi-Shinjuku Public Health Center 1F, 7-5-8 Nishi-Shinjuku, Shinjuku-ku)

For more information, please read the foreign-language edition of the Shinjuku City website.

URL: www.city.shinjuku.lg.jp/foreign/english/oshirase/teiki/aids.html

2. HIV Consultation/Tests in Japanese

(1) HIV/AIDS Telephone Consultation, Tel: 03-5273-3862 (Health Consultation Section, Public Health Promotion and Disease Prevention Division)

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

(2) HIV/Sexually Transmitted Illnesses (STI) Tests

The test days and times, program and test site are the same as written above.

Reservations: Please note that reservations are required for the HIV/STI tests in Japanese.

Tel: 03-5273-3859 (Disease Prevention Section, Public Health Promotion and Disease Prevention Division)



Are You Familiar with the

Pharmacy?



In Japan, the roles of doctors and pharmacists are clearly divided. The doctor writes a prescription for medication, and the pharmacist prepares and sells medicines based on the prescription. Most pharmacies accept health insurance, and the personally borne expense is lower if you show your health insurance card when picking up medicine prescribed by a doctor. In this issue, we report on pharmacies in Japan.

The Three Characteristics of Pharmacies

1 Pharmacies give explanations on medicines

At pharmacies, the pharmacists are there to help you and inform you. When handing medicines prescribed by doctors to customers, pharmacists explain the effects of the medicine, proper dosage, side effects and precautions. If you have any questions, this is a good time to ask.

2 Pharmacists are experts on medicines

Pharmacists can also give advice concerning over-the-counter drugs you can purchase without a prescription. If you feel that the medicine you are using is not working, notice any side effects, or would like to buy medicine to suit your needs, you should consult a pharmacist.

3 Pharmacies are your partner for maintaining good health

It is a good idea to have one pharmacy that maintains records of your medical history and medicines. If you are seeing more than one doctor, and/or if you are taking other medication, please consult your pharmacist. The pharmacist offers advice and recommendations for safe treatment.

● Are You Familiar with the Okusuri Techo (Medicine Handbook)?

This is a handbook where records can be kept of the names of the medicine(s) you are using, the amount to take and instructions for taking the medication, as well as notes on whether you have any allergies, a history of side effects, and illnesses you have been treated for in the past. You can receive this handbook if you ask for one at a health insurance pharmacy.

The Merits of Having a Okusuri Techo (Medicine Handbook)

- If you are injured or suddenly feel unwell when you are not at home, you will have accurate information about the medicines you are taking.
- By having a record of the medicines you are taking, you can prevent the overlapping of dosages and/or occurrence of side effects.
- You will be able to give accurate information on your medical history, including side effects and allergies, when using the services of medical institutions and pharmacies.

Pharmacies Where Service Is Available in Foreign Languages

www.t-yakkyokuinfo.jp



The pharmacy information system of the Tokyo Metropolitan Government, T-Yakkyoku Info, provides information on pharmacies that offer service in foreign languages. If you would like to hear instructions on how to take your medicine properly or explanations about side effects in the language of your home country, please take advantage of this service.

Note: It is a good idea to call the particular pharmacy to confirm the information provided on this website before you actually go there.



✓ Household Medicines That Are Useful in an Emergency

Here is a checklist of medicines and medical supplies that are helpful to have on hand in case you become injured or suddenly do not feel well. It is a good idea to take inventory of the contents once every six months and check the expiration dates.

Checklist

<input type="checkbox"/> Cold medicine	<input type="checkbox"/> Pain reliever	<input type="checkbox"/> Antipyretic
<input type="checkbox"/> Laxative	<input type="checkbox"/> Antidiarrheal medicine	<input type="checkbox"/> Nausea medicine
<input type="checkbox"/> Digestant/ Stomach medicine	<input type="checkbox"/> Ointment with antibiotics	<input type="checkbox"/> Medical adhesive
<input type="checkbox"/> Band-aids (large and small)	<input type="checkbox"/> Sterile gauze	<input type="checkbox"/> Bandages
<input type="checkbox"/> Antiseptic solution		

These household medical products are available at pharmacies and drug stores*.

*"Drug store" refers to shops that offer over-the-counter drugs as well as daily sundries, beauty products, foods, etc.

The Thirty-Fifth Grand Shinjuku City Festival

Special events and community festivals will be held at various sites in Shinjuku City from Wednesday, October 1 through Sunday, October 19. In this issue we will describe two major events.



Shinjuku Art Heaven 2014

Cooperating shops near Shinjuku Station and street artists put on this special event. Experience the diversity of attractive qualities of Shinjuku through a wide variety of street performances as well as a fashion show.

Inquiries: Shinjuku Convention & Visitors Bureau, **Tel:** 03-3344-3160 (in Japanese)

★ Shinjuku Heaven Artist Festa

Date: October 5 (Sun.)

Locations: In front of Studio Alta, in front of Shinjuku Takano/Nakamura, in front of Bicqlo, in the Shinjuku Subnade underground shopping mall, at Odakyu Department Store's first-floor special event site, at the entrance of Keio Department Store, in front of the JR headquarters building hall, at Shinjuku Southern Terrace, and at Shinjuku Takashimaya's second-floor special event site

Program: Various types of entertainment, such as street performers, music and dance

★ Shinjuku Style Collection

Date: October 5 (Sun.)

Locations: In front of Marui/Isetan, at Odakyu Department Store's first-floor special event site, and at Shinjuku Takashimaya's first-floor special event site.

Program: Various types of special events, including fashion shows



Fureai Festa 2014

This festival for residents is held every year at Toyama Park. There will be various performances—such as wind instrument concerts, *taiko* (Japanese drums) playing, jazz, dancing and folk art—on three stages.

There will be something fun for everyone, from children to adults. The attractions include eight plazas with refreshment stands, vendors selling local specialties, a mini-zoo, hands-on corners where you can try dyeing and bookmaking, and a healthcare consultation corner. Please come with your family to enjoy the city's biggest festival!

Date and Time: October 19 (Sun.), 10 a.m. to 4 p.m.

Location: Toyama Park, Okubo Area (Okubo 3-chome)

Inquiries: Culture and Tourism Division, **Tel:** 03-5273-4069 (in Japanese)

Recruiting Students for Shinjuku City Japanese-Language Class (September through December)

You can join the class in the middle of the term if there is a vacancy.

Recruiting for the third term (January through March) will start from early December.



Eligibility: Beginning level. For those who need to learn basic Japanese necessary for everyday living. However, those junior high school age and younger are not permitted to join the class.

Date and Time: Weekdays, September through December. There are classes that meet once a week and those that meet twice a week. Schedules vary depending on the class location. Class hours are 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on Mondays and Thursdays only)

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

To apply: Cultural Exchange Division, the Shinjuku Foundation for Creation of Future

Shinjuku Bunka Center, 6-14-1 Shinjuku, Shinjuku-ku 160-0022

Tel: 03-3350-1141, **Fax:** 03-3350-4839

E-mail: sjc@regasu-shinjuku.or.jp

Website: www.regasu-shinjuku.or.jp/?p=630

