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Shinjuku News



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

Welcome to Shinjuku City! Please Take Advantage of Our Services for Foreign Residents

Foreign Resident Advisory Corner and Foreign Resident Consultation Corner

What do you do when you have a hard decision to make, or have a question or problem in your everyday life here in Japan? If you've ever felt like you don't know whom to ask or don't know how to ask because you can't speak Japanese, then please read about Foreign Resident Advisory Corner and Foreign Resident Consultation Corner in this issue! Consultations are free of charge. Please take advantage of these services.

Foreign Resident Advisory Corner



If you have any problems, please contact us!

Foreign Resident Advisory Corner (consultations in person or over the phone)

Location: Shinjuku City Office Main Bldg. 1F (1-4-1 Kabuki-cho)
Hours: 9:30 a.m. to noon and 1 to 5 p.m.

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

English and Japanese, **Tel:** 03-5272-5060; Chinese, **Tel:** 03-5272-5070; Korean, **Tel:** 03-5272-5080

Foreign Resident Consultation Corner



Foreign Resident Consultation Corner (consultations in person or over the phone)

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

Mon.	Tue.	Wed.	Thu.	Fri.
Korean (afternoon only)	Chinese and Thai	English (first, third and fifth weeks only)	Chinese and Myanmar	Korean
	Nepalese (afternoon only)			English (third week only)

Tel: 03-5291-5171

Useful Information for Everyday Living

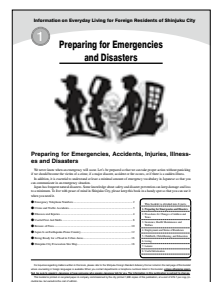
Guide to Living in Shinjuku

When foreign residents first come to Japan, they typically have a lot of problems and difficulties that are a result of differences in language and culture. This guidebook contains a number of easy-to-understand explanations with illustrations and helpful information on various aspects of everyday life, such as Japanese-language classes, procedures to be completed at the Shinjuku City Office, and descriptions of aspects of Japanese culture.



Information on Everyday Living for Foreign Residents of Shinjuku City

This guide is divided into eight themes and offers information that foreign residents need for everyday life. (1) Preparing for Emergencies, Accidents, Injuries, Illnesses and Disasters; (2) Procedures for Changes of Address and Taxes; (3) Insurance, Health Maintenance and Welfare; (4) Employment and Status of Residence; (5) Childbirth, Child-Raising, and Education; (6) Living; (7) Leisure; and (8) Useful Information.



Languages: Japanese (with kana), English, Chinese, and Korean (the *Guide to Living in Shinjuku* is written in all four languages.)

Where you can find the guide: Family and Resident Registration Division waiting room, City Administrative Information Corner (Shinjuku City Office Main Bldg. 1F, 1-4-1 Kabuki-cho) and Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho)

The next issue of *Shinjuku News* will be published in July 2015. *Shinjuku News* is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

To Live in Safety and Peace

We never know when a disaster may happen. And there is also a chance that we may suddenly become involved in a crime, or even become a victim of crime. This issue's special feature will spotlight information we would like everyone to know, since it will help us all live in safety and peace.



Ensure Safety
Disaster
Countermeasures

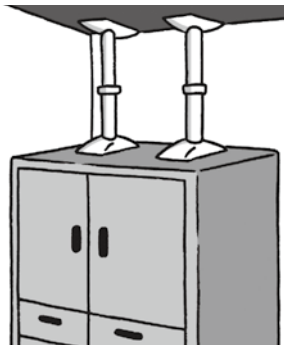


Protect Yourself

Japan has frequent earthquakes. If you feel a tremor, do not rush outside in a panic. Instead, protect yourself, such as by hiding underneath a sturdy table or desk.

Braces to Prevent Furniture from Falling

When the Great Hanshin-Awaji Earthquake struck in 1995—a major upheaval that affected the Kansai region, mainly in Hyogo Prefecture—many lives were lost because of furniture toppling over onto people. Some were crushed by heavy bureaus; others were not able to open a door to escape because bookshelves had fallen over. It is therefore a good idea to install braces to prevent furniture from falling in case of an earthquake.



Emergency Food and Emergency Backpack



Since there is a possibility that lifeline utilities (such as electricity, gas and water) may become unavailable when a disaster strikes, it is smart to keep at least a three-day supply of water (about nine liters) and emergency food that can be eaten as-is on hand. It is also a good idea to prepare an emergency bag, such as a backpack, and store it in a location in your home that is easy to reach

in a hurry. Here are some items that you should have inside your emergency backpack:
Food: Drinking water, biscuits, retort cooking packs and canned foods
Valuables: Cash, and copies of your health insurance card, passport and residence card
Everyday sundries: Flashlight, portable radio, extra batteries, tissues/wet tissues, garbage bags, portable toilet, sanitary napkins, everyday medicines, an emergency first-aid kit, lighter, work gloves, clothes, underwear and towels

Confirm the Location of Your Local Evacuation Area or Site

Shinjuku City has designated several locations as evacuation areas and sites in case of a major disaster. You can find the location of your local evacuation area via the Information on Everyday Living for Foreign Residents website. It is a good idea to know the locations of the evacuation locations nearest your home and place of employment.
Website: www.city.shinjuku.lg.jp/foreign/english/guide/saigai/saigai_4.html



Obtain Accurate Information

In a major disaster, inaccurate information may appear on social media or the Internet. It is better to take action only after checking with official administrative and information institutions to ensure that the information is reliable.

Information from Shinjuku City

- **Shinjuku City Website**
www.city.shinjuku.lg.jp/
- **Shinjuku Information on Everyday Living for Foreign Residents**
www.city.shinjuku.lg.jp/foreign/english/index.html



- **Shinjuku City Official Facebook page**
<https://www.facebook.com/shinjuku.info/>



- **Shinjuku City Official Twitter feed**
[shinjuku_info](https://twitter.com/shinjuku_info)

Radio Programs in Foreign Languages

NHK Radio 2 (693 kHz)
 NHK has programs in English, Chinese, Korean, Portuguese and Spanish.





Crime Prevention Measures That Are Good to Know



Purse Snatching

A purse-snatcher will typically try for your purse or bag while riding a car, bicycle or motorcycle. It is wise to avoid dark streets where there are no other pedestrians. In addition, be sure to hold your purse or bag with your hand on the side opposite from the street.



Stalking

Behavior such as stalking, waiting in ambush, forcing your way inside someone's home or place of business, demanding a relationship, violent words and actions, silent telephone calls, continuous calls/e-mails and harming a person's reputation are all prohibited by the Anti-Stalking Law. If you are a victim of such behavior, consult a lawyer or call your local police immediately.

Sneak Thieves and Burglary

- A thief can take advantage of even a short amount of time while the house is empty, such as while you are out shopping or running errands. Even if you plan to return home quickly, make sure you lock all your doors and windows before you go.



- If your mailbox is full of newspapers and fliers, a burglar will assume that no one is home and target your place. Be sure to empty your mailbox frequently, and if you must leave your home for a long period of time, stop newspaper and mail delivery temporarily.

- A thief does not like to be seen by people. It is therefore a good idea to maintain good ties with your neighbors and communicate with them frequently, and to be on the lookout for suspicious strangers as a way to protect each other's property and valuables.



Pushy Touts on a Busy Street

On busy streets in some shopping districts, there are pushy and sometimes aggressive touts who may try to force you into their shops. Once you are inside, they may try to charge you exorbitant fees. If such people solicit you, just clearly tell them "No."

Bicycle Theft

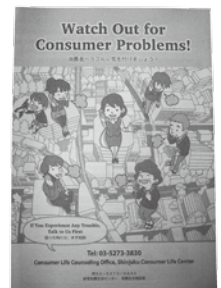
Two suggestions: It is better to park your bicycle in a bicycle parking lot than on the street. And besides the regular lock you use, it is smart to attach an additional wire or chain lock.

When you buy a bicycle, by the way, be sure to complete the crime prevention registration procedures. Once you register your bicycle, you can file a theft report with the police if your bicycle is stolen, and the chances of getting it back are higher. Crime prevention registration procedures are completed at bicycle retail shops.



Consumer Troubles

In recent years, buying merchandise or using services has become very complicated, and the problems and damage from not understanding the deal, making a purchasing mistake or falling victim to a scam can also be very serious. If you find yourself in such a situation, do not worry about it all by yourself. Please consult the Consumer Life Center as soon as possible. Since the pamphlet "Watch Out for Consumer Problems!" is available in various languages in Shinjuku City, please make use of this service.



Where you can find the pamphlet:

the Shinjuku City Office Main Bldg. 1F waiting room (1-4-1 Kabuki-cho) and Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho)

Inquiries (in Japanese): Shinjuku Consumer Life Center (Shinjuku City Office Annex 2, 3F, 5-18-21 Shinjuku)

Tel: 03-5273-3830, **Fax:** 03-5273-3110

"Watch Out for Consumer Problems!"



"Dangerous drugs" refers to drugs that have dangerous ingredients similar to marijuana and stimulants. However, sellers of these drugs do not talk about the dangers they present. They assure customers that these drugs are "not controlled by the law," "not illegal," or "safe herbs/ fragrance agents." Using these sales methods, vendors sell dangerous drugs that can change ordinary people into drug addicts.

Using dangerous drugs excites the brain, and may cause mental impairment, including hallucinations and irrational behavior. Depending on the toxic content, serious damage can also occur, such as to your internal organs, and affect you for the rest of your life. Even if you are encouraged to try a suspicious drug, it is most important to resist and say, "I won't buy any or use any!"

An Announcement from the Ministry of Finance, Japan Customs

"Could you please bring a package or present for me from overseas?" "Do you want to travel overseas? Don't worry about expenses." "A package is coming from abroad, and I need to use your name and address." If someone approaches you with such a request and you say yes, you may become involved in the smuggling of drugs. Drug smuggling is a serious crime, and violators will be severely punished. If someone asks you for such a favor, and you think there's something suspicious about it, please contact the office below. All information will be kept strictly confidential.

Contact: tyo-chosa-iio-kanri@customs.go.jp

Website: www.customs.go.jp/



Why Not Challenge Yourself by Participating in the Japanese-Language Speech Contest "Shabeleon '15"?



Fill a seven-minute speech with your enthusiasm, and show everyone the fruits of your Japanese-language studies!

Date and time: June 20 (Sat.), 2015, 12:30 to 4:30 p.m.

Note: A party will be held after the contest.

Location: Shinjuku Bunka Center 3F, small hall

Eligibility and capacity: Those who live, work, or go to school in Shinjuku City and whose mother language is not Japanese; 18 contestants; restricted to those who have lived in Japan for two years or less. Although those who have entered the contest before may participate up to two times, including the upcoming contest, those who have won an award are not eligible to participate in the contest again. If the number of applications exceeds capacity, preliminaries will be held.

Theme: As a rule, contestants are free to choose their own theme (must be unpublished), excluding those that criticize or praise a particular person or organization.

Application/inquiries: Submit a completed speech contest application form and your planned speech in person or by mail by May 11 (Mon.), 2015. For more information, see the contest guidelines.

Note: The speech contest application form and guidelines are available at the Shinjuku Multicultural Plaza; the Multicultural Society Promotion Division (Shinjuku City Office Main Bldg. 1F), and Shinjuku Cosmic Center. Please call the number at the bottom for more information.

Recruiting Students for Shinjuku City Japanese-Language Class (April through June)

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: 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, April through June, 2015. 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

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

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

Please call the number at the bottom for more information.



Enjoy Studying with Your Kids!

Family Japanese-Language Classes for Foreign Residents

Babysitting Services Are Available

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.

Eligibility: Foreign children and parents whose Japanese is at an introductory or beginner level

Date and time: Every Saturday from May 9 (Sat.) through July 11 (Sat.), 2015, from 10 a.m. to noon for a total of 10 sessions

Location: Okubo Elementary School 3F, Tsutsuji Room (1-1-21 Okubo, Shinjuku-ku)

Fee: ¥500 per person (total of 10 classes); babysitting services are free of charge

Capacity: 20 families on a first-come, first-served basis

To apply: Call or send a fax or e-mail to the Regional Exchange Division below. Please be sure to supply or write down (1) the parent's name (including *furigana*) and language he/she usually speaks; (2) the child's name (including *furigana*), age, and language he/she usually speaks; (3) address; (4) telephone number; (5) fax number (if you have one); and (6) name of the class.

Website: www.regasu-shinjuku.or.jp/?p=40292

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



Application/inquiries (from April 1): Regional Exchange Division, the Foundation for Creation of Future Inside Shinjuku Cosmic Center, 3-1-2 Okubo, Shinjuku-ku 169-0072, **Tel:** 03-3232-7701, **Fax:** 03-3209-1833