

Winter  
2017

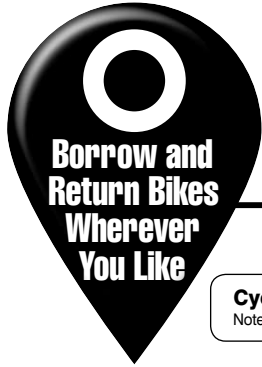
Publishing Date:  
January 1, 2017  
No. 47

# Shinjuku News



Published by: Multicultural Society Promotion Division, Regional Promotion Department, Shinjuku City  
1-4-1 Kabuki-cho, Shinjuku-ku, Tokyo 160-8484 Tel: 03-5273-3504 Fax: 03-3209-7455

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



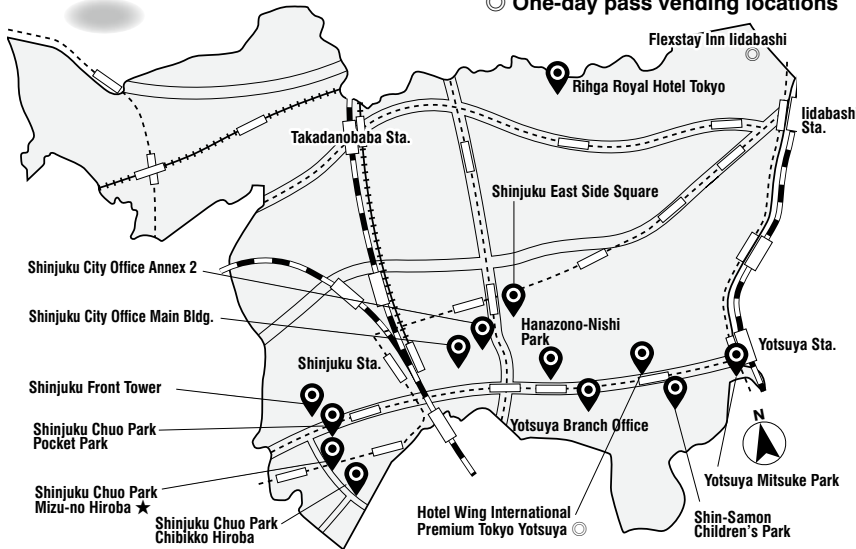
## Bicycle Sharing Starts



Let's ride bicycles safely, follow the rules and be courteous!

**Cycle Port Locations in Shinjuku City (as of October 1, 2016)**  
Note: Please visit the bicycle-sharing website for current information about cycle port locations.

- ★ Cycle ports with unstaffed registration machines
- One-day pass vending locations



Have you noticed people riding small red bicycles around town lately? These bicycles are electric-assist models used as part of a new bicycle-sharing service. If you register as a member, you can borrow bicycles anytime at any cycle port in Shinjuku, Chiyoda, Chuo, Minato and Koto cities. Shinjuku City plans to have cycle ports in twenty or more locations by March 31, 2017. Please take advantage of this service!



◀ Shinjuku Chuo Park Pocket Park's cycle port

### What Is Bicycle Sharing?

The bicycle-sharing system allows you to borrow and return bicycles at any of several "cycle ports" (bicycle borrow/return locations) within several communities, typically on a 24-hour basis.

**Inquiries: Bicycle Sharing Customer Support Desk, DoCoMo Bikeshare, Inc., Tel: 0120-116-819**  
**Shinjuku City Office Service Counter: Traffic Planning Section, Traffic Affairs Division, Tel: 03-5273-4265 (in Japanese)**

### How to Use This Service

#### Step 1 Membership Registration

You can register easily and at any time via computer or your mobile phone. Apply on the bicycle-sharing website.

#### Step 2 Borrow a Bicycle

There are two ways of borrowing a bicycle. You can register your IC card or input a passcode that is issued each time you use the service. Press the "Start" button on the bicycle's panel, and then either touch your IC card to the panel or input the passcode you received to unlock the bicycle.

#### Step 3 Parking Temporarily

Lock the back wheel of your bicycle manually after stopping. To resume riding, press the "Start" button, and then either use your IC card or the passcode to unlock it again.

#### Step 4 Return the Bicycle

You can return your bicycle at any cycle port, and then simply lock the bike and press the "Enter" button.

For more information, please visit one of these websites:

Japanese:  
<http://docomo-cycle.jp/shinjuku/>



English:  
<http://docomo-cycle.jp/shinjuku/en/>



### Usage Fees (tax excluded)

One-Trip Membership	Monthly Membership	One-Day Pass	
<b>Basic fee: ¥0</b> per month First 30 min.: <b>¥150/trip</b> <small>Note: ¥150 will be charged for 30 min. for each use.</small>	<b>Basic fee: ¥2,000</b> per month First 30 min.: <b>¥0/trip</b> <small>Note: No matter how many times you use the service per month, it is free for the first 30 minutes.</small>	<b>Purchased at a service counter</b> <b>¥1,500 per day</b> + <b>Special IC card issuing fee: ¥500</b>	<b>Purchased at an unstaffed registration machine</b> <b>¥1,500 per day</b>
For each additional 30 minutes: <b>¥100 per 30 min.</b>		If you return the bicycle on the same day, there will be no additional charges.	

Note: Please visit the bicycle-sharing website to see the usage fees for corporate memberships.

The next issue of *Shinjuku News* will be published in April 2017. *Shinjuku News* is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.



**International Exchange Residents' Gathering *Hina Matsuri* (Doll Festival)**



You can try on a kimono and experience various aspects of Japanese culture, such as flower arrangement, tea ceremony, calligraphy and painting in India ink. There will also be a seven-tier display of *hina* dolls and a display featuring Japanese games. Come join the fun with your family and friends!

- Date and time:** February 25 (Sat.), 2017, from 10 a.m. to 3 p.m. (closing time is subject to change)
- Location:** 3F small hall, 4F meeting room, and B1F exhibition room of Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku-ku)
- Fee:** ¥500 (Free of charge for elementary school children and younger)
- How to apply:** No application is necessary; simply come to the venue on the day of the event.
- Inquiries:** Regional Exchange Division, the Shinjuku Foundation for Creation of Future, Tel: 03-3232-5121

**Gathering for Twenty-Year-Olds**

In Japan, a person becomes an adult at twenty years of age, acquiring various social rights and responsibilities. The Coming-of-Age Ceremony celebrates this change and encourages youth who are striving to become self-aware as adults. Shinjuku City's celebration for new adults is on January 9. Please feel free to join the celebration in formal dress as well as suits, etc.

- Date and time:** January 9, 2017 (Mon., a national holiday), 1 to 3 p.m. (reception opens from noon)
- Location:** Keio Plaza Hotel (2-2-1 Nishi-Shinjuku, Shinjuku-ku)
- Eligibility:** Shinjuku City residents born between April 2, 1996 and April 1, 1997  
Note: Information on this event was mailed in early December. Please bring it to the venue on the day of the event. Even if you have lost the information, however, you can participate. Please say that you received the invitation when you visit the reception desk on the day.
- Program:** Ceremony and buffet party
- Inquiries:** General Affairs Section, General Affairs Division (Shinjuku City Office Main Bldg. 3F), Tel: 03-5273-4209 (in Japanese)



**Come Celebrate Coming-of-Age Day Together!**

**Recruiting Students for Shinjuku City Japanese-Language Classes (January through March)**

Let's learn basic Japanese for everyday living! If there is an opening, you can start in the middle of the term.

- 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, January through March 2017. 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—¥1,500; classes that meet twice a week—¥3,000
- How to apply:** Contact the Regional Exchange Division below by telephone, fax or e-mail.
- E-mail:** [sjc@regasu-shinjuku.or.jp](mailto:sjc@regasu-shinjuku.or.jp)
- Website:** [www.regasu-shinjuku.or.jp/?p=273#sjc](http://www.regasu-shinjuku.or.jp/?p=273#sjc)



**Enjoy Studying with Your Kids! 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.

- Eligibility:** Foreign children and parents whose Japanese is at an introductory or beginner level
- Date and time:** Every Saturday from January 14 (Sat.) through March 18 (Sat.), 2017, from 10 a.m. to noon for a total of 10 sessions
- Location:** Shinjuku Municipal Okubo Elementary School 3F, Tsutsuji Room (1-1-21 Okubo, Shinjuku-ku)
- Fee:** ¥500 per person (total of 10 sessions); babysitting services are free of charge
- Capacity:** 20 families on a first-come, first-served basis
- How to apply:** You can apply by e-mail or postal 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=40305](http://www.regasu-shinjuku.or.jp/?p=40305)
- E-mail:** [chiiki@regasu-shinjuku.or.jp](mailto:chiiki@regasu-shinjuku.or.jp)



**Shinjuku Children's Japanese-Language Class**

If you are an elementary or junior high school student who wants to learn basic Japanese expressions necessary for school life, let's learn them together during spring holiday!

- Eligibility:** (1) Students attending a Shinjuku municipal elementary or junior high school who are not fluent in Japanese; (2) children transferring to a Shinjuku municipal elementary or junior high school from the 2017 academic year beginning in April
- Dates and time:** March 25 (Sat.) through March 30 (Thu.), 2017, 10 a.m. to noon
- Location:** Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku-ku)
- Fee:** ¥500 (for six sessions)
- Capacity:** About twenty persons (on a first-come, first-served basis)
- How to apply:** You can apply by e-mail or postal mail to the Regional Exchange Division below. Be sure to write (1) the child's name (with *furigana*), (2) date of birth, (3) all languages he/she often uses; (4) the name(s) of the child's parent(s), (5) address, (6) telephone number, (7) fax number (if you have one), (8) the name of school the child is attending/transferring to, (9) grade/year, (10) when the child came to Japan, and (11) name of the class.
- E-mail:** [chiiki@regasu-shinjuku.or.jp](mailto:chiiki@regasu-shinjuku.or.jp)



**Inquiries concerning the abovementioned Japanese-language classes:**

Regional Exchange Division, the Shinjuku Foundation for Creation of Future (within Shinjuku Cosmic Center), 3-1-2 Okubo, Shinjuku-ku 169-0072, Tel: 03-3232-5121, Fax: 03-3209-1833



# To Stay Healthy Every Day...

Staying healthy in Japan can be tough because the food, water and climate here are different from where you grew up. Regular checkups can help.



## Health Checkups and Cancer Checkups

Please call for more information on aspects such as fees, age requirements and application procedures.

**Health checkup:** Physical measurements, blood test, urinalysis and more.

**Cancer checkups:** Exams to spot cancers of the stomach, colon, lungs, breast, uterus and prostate.

**Checkup institutions:** Medical institutions designated by Shinjuku City

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

If you wait until your symptoms get worse, you will suffer longer and your medical expenses will be higher. Go to a medical facility as soon as possible, even if you just have a feeling that something is not quite right physically.



## Information on Medical Institutions in Foreign Languages

⇒ **Himawari (Tokyo Metropolitan Health and Medical Information Center)**

Tel: 03-5285-8181

★ English, Chinese, Korean, Thai and Spanish  
9 a.m. to 8 p.m.

⇒ **AMDA International Medical Information Center**

Tel: 03-5285-8088

★ English, Chinese, Korean, Thai and Spanish  
9 a.m. to 8 p.m.

★ **Portuguese**

Mondays, Wednesdays and Fridays, 9 a.m. to 5 p.m.

★ **Tagalog**

Wednesdays, 1 to 5 p.m.

★ **Vietnamese**

Thursdays, 1 to 5 p.m.

If someone needs emergency care (such as for a serious injury from a traffic accident, or if the patient is unconscious), please dial 119. **The line is available on a 24-hour basis, and the call is toll-free.**



## Pharmacy Advice in Foreign Languages

Tokyo Metropolitan Pharmacy Information System T-Pharmacy Info introduces pharmacies that provide advice in foreign languages. Staff at these businesses can explain about the proper way to take medicine and possible side effects in foreign languages.



**Website:** [www.himawari.metro.tokyo.jp/qq/qq13tomnlt.asp](http://www.himawari.metro.tokyo.jp/qq/qq13tomnlt.asp)



## Frequently Asked Question

**Q:** I'm worried that I won't be able to pay my medical expenses if I become ill or injured.

**A:** Japan has a health insurance plan anyone can enroll in, such as National Health Insurance. Because everyone pays a designated amount of premiums, the fees you pay for medical treatment run between 10 and 30 percent of the entire cost.



## Going to the Hospital

### (1) Reception Desk

#### First Visit?

Show your health insurance card at the reception desk and tell them it is your first time to be examined there. Write down your symptoms on an interview sheet. The interview sheet will also ask such questions as what part of your body seems to be the problem, how long you've been having the problem, and your current condition. If you do not have a health insurance card, please show some form of identification, such as your passport or residence card.

#### Second or Subsequent Visit

Show your patient's card at the reception desk. If it is your first visit of the month to that hospital, show your health insurance card as well. (The hospital has to confirm that the information on your health insurance card has not changed since your last visit.)



### (2) Wait to Be Called

Submit your interview sheet and sit in the waiting area until your name is called. (If you receive a number at the reception desk, wait until the number is called.)

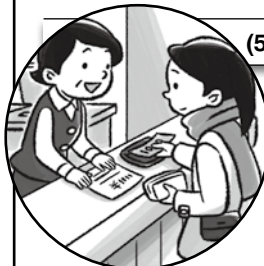
Food and beverages are not allowed in the waiting area, and please avoid talking on your mobile phone or in a loud voice.

### (3) Undergo an Examination

After your name or number is called, go to the examination room and talk with the doctor.

### (4) Wait Until Your Bill Is Calculated

After your examination, please wait in the waiting area to find out how much you owe.



### (5) Pay the Medical Fee

After your name or number is called, pay your medical fee. If you have a health insurance card, please pay the personally borne expense amount, which is between 10 and 30 percent of the total.

If you need medication, you will receive a prescription.

### (6) Take Your Prescription to the Pharmacy



Go to a pharmacy—hospitals and clinics often recommend one close by—and submit your prescription. (In some cases, you can purchase your medicine inside the hospital.) If you have a health insurance card, submit it with your prescription and pay for your medicine.



Shinjuku Chuo Park

# Recruiting Futsal Club Members



Let's start the match!



We asked staff members some questions.

Have you ever thought about playing futsal in Shinjuku, but don't know where to go? Do you want to make friends with Japanese people and other foreign residents? Shinjuku Chuo Park offers Japanese and foreign residents the chance to enjoy playing futsal and make new friends as part of the multicultural living project program. Why not join in?



**Q** Can first-timers and inexperienced persons join in?

**A** Sure, anyone can join! Our practices always start with the basics.



**Q** Please tell us about the team.

**A** We have eighteen members. I think one attractive quality of our team is that we come from various countries, such as the U.S., Ecuador, South Korea, Saudi Arabia, Vietnam, Mexico and Lebanon.



**Q** Please say a word to those thinking of joining.

**A** I've seen many cases in which people feel tense at first at our club but wind up becoming friends and talking to each other easily by the end of practice. I think exercising warms up the body and also makes communication easier, drawing people closer to each other. Just observing is fine, by the way, so stop by and see how you like it!



**Q** How do you communicate with each other during practice?

**A** We use Japanese! Of course, we cannot say anything difficult. Members who are international students even speak Japanese to each other because it is good practice. When necessary, we also use some English. Please don't worry!

## A Participant's Voice



I am so happy to play futsal in Shinjuku! It's also a good opportunity for me to practice speaking Japanese. Even though our club's members are from different countries and speak different languages, we enjoy playing sports together.

**Ali Haidar** (from Lebanon, a student at a Japanese-language school in Shinjuku)



## How to Become a Member

- No. of people:** About ten
- Activity days:** First and third Wednesdays of the month, 4 to 6 p.m.
- Location:** Shinjuku Chuo Park, futsal facility, etc.
- Program:**
  - Regular practices
  - Competition and friendly exchanges with other clubs and teams
  - Checking universal design of the park facilities and considering improvement (once a year)
- Conditions:**
  - Must be healthy and active
  - Must be able to participate in at least a third of the year's activities; the universal design check is required
  - Must follow the club's regulations
  - Must pay membership fee

- Fee:** International students: ¥1,200 per year; general adults: ¥2,000 per year and ¥500 per participation
- How to apply:** Complete the club membership application form (Japanese/English) and bring it to the Shinjuku Chuo Park Maintenance Office along with your membership fee.  
Note: The application form can be downloaded by using the QR code below, and is also available at the Park Maintenance Office and futsal facility.
- Inquiries:** Multicultural Living Project Desk, Shinjuku Chuo Park Maintenance Office  
Managers: Ochiai and Arai  
Location: 2-11 Nishi-Shinjuku, Shinjuku-ku  
Tel: 03-3342-4509, Fax: 03-3342-4510 (in Japanese)

