



Shinjuku News

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

Special Feature

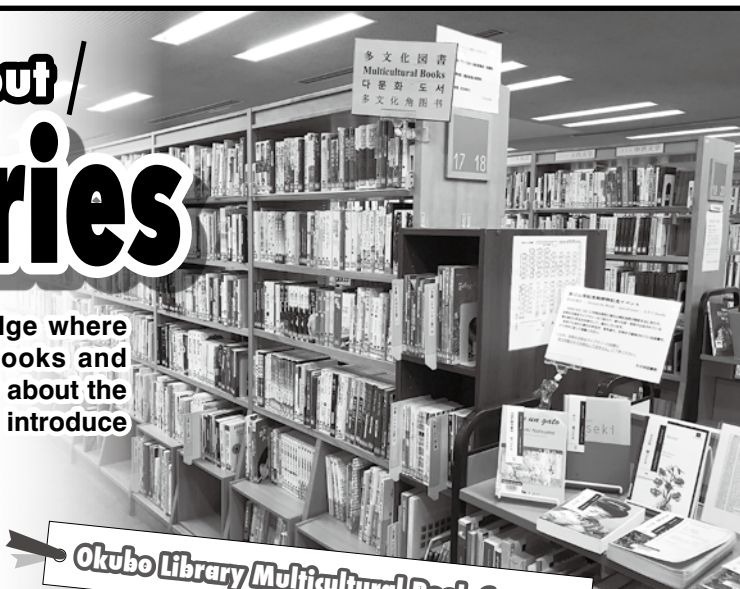
It's Good to Know about /

Public Libraries

Your local library is a treasure chest of knowledge where you can freely look through, read and borrow books and reference materials. But there's more! Do you know about the many services that are available? In this issue, we introduce services you'll want to start using right away.



Okubo Library Storytelling Event



Okubo Library Multicultural Book Corner

Information

For more information on library services and about each library, please visit the website on everyday living for foreign residents or read the *Shinjuku Municipal Library Guide* (in Japanese, English, Chinese and Korean) available at your local public library.

URL http://www.foreign.city.shinjuku.lg.jp/en/goraku/goraku_3/



Shinjuku Municipal Libraries

Reference service

Librarians can help you find books and reference materials in the library.

Children's corner

There are various books geared for children, such as picture books, illustrated books and *kamishibai* (paper play) stories.

Events

Libraries also conduct events such as storytelling, puppet theater and movie showings.

Newspapers & magazines

You can read various daily newspapers and a wide variety of magazines.

Foreign-language publications

There are books in several foreign languages, including English, Chinese and Korean.

Okubo Library

Okubo Library is located in an area where a lot of foreign residents live, and not surprisingly it offers various programs that promote multicultural living. The library also creates opportunities for foreign residents to use their mother tongue, and for Japanese residents to learn about other cultures. There are multilingual request sheets so that the library can respond to visitor requests. There are also materials for studying the Japanese language, so many foreign residents use the library. The multicultural book corner features a rich variety of foreign-language books, and there are staff members who can speak English, Chinese and Korean. If you have any questions, please feel free to ask the staff!

Noteworthy Event!

Biblio Battle International Okubo

This is an intellectual battle in which participants listen to the introductions of recommended books and vote for the book they'd like to read. Click here for details.

URL http://www.foreign.city.shinjuku.lg.jp/en/goraku/goraku_40/



A Message from the Library Director: In Pursuit of Ideal Multicultural Services

We are creating a community library that everyone can use, regardless of race or nationality, in line with the slogan "Where are you from? I'm from Earth!" We are devoting special effort to foreign languages. We want to be a library that has no language barriers and is easy for visitors to use. We want to tell everyone about the attractive qualities of our library with the cooperation of people in the community. We look forward to serving you!

Masao Yoneda
Diretor



Ignorance Is Risky! Prevent Food Poisoning with These Easy Steps

Food Poisoning by Norovirus

Main symptoms

Nausea, vomiting, diarrhea and fever

Incubation period: One or two days
Characteristics: This virus breeds only inside the human intestines, not in food. Even a tiny amount can cause an infection. A person infected with the norovirus can contaminate simply by touching it. In many cases, people who eat the food get food poisoning as well.

Food Poisoning by Enterohemorrhagic Escherichia coli

Main symptoms

Severe stomachache, diarrhea (blood in stool), possibility of complications such as hemolytic-uremic syndrome

Incubation period: One day to two weeks (average: three to five days)
Characteristics: This virus is found in the intestines of animals, and infects food and well water through feces. The main causes are meats that have not been thoroughly cooked (including raw meat) and raw vegetables. Small children or the elderly that are infected are at higher risk of serious food poisoning. There have been fatalities reported.

Three Rules for the Prevention of Food Poisoning

- (1) **Do not transfer microorganisms to food**
 - Be sure to wash your hands with soap before cooking, particularly after using the toilet
 - Do not let the juices of meats and fish touch other foods
 - Wash raw vegetables before preparing them
- (2) **Do not let microorganisms breed**
 - Keep your refrigerator at 10°C or colder; keep warm foods at 65°C or higher
 - Eat foods as soon as possible after cooking them
- (3) **Eliminate microorganisms**
 - Cook foods to the center (do not eat raw meat)
 - Carefully wash cooking utensils and containers after use, and disinfect them with hot water or chlorine bleaches

Wash Your Hands Twice

(1) The palms of your hands



(2) The back of your hands



(3) Fingertips and fingernails



(4) Between the fingers



(5) Thumbs



(6) Wrists



(7) Rinse



(8) Towel



Twenty seconds or longer

Thinking of Moving?

Prepare Things as Early as Possible

There's a lot to be done when you are moving to a new place. After making arrangements with the moving company, you also need to complete a lot of procedures, such as filing notifications of moving out and in, and to shut off your electricity, gas and water. The post office will forward your mail to your new address for one year if you ask.

Don't delay completing these procedures because they are bothersome. Do what needs to be done to prevent problems later on. For more information, please see the Shinjuku City website.

URL http://www.foreign.city.shinjuku.lg.jp/en/seikatsu/seikatsu_6/



Shinjuku City DV Consultation Hotline

— Don't Suffer Alone, Ask for Help



Domestic violence (DV)—which refers to violence caused by an intimate partner, such as a spouse or lover—is a major infringement of human rights. To support victims of DV, Shinjuku City began offering DV consultation hotline services. These consultations are free of charge, and all information will be kept strictly confidential. You can also request personal consultations face to face on a reservation basis.

Dates and time: Monday through Friday, 9 a.m. to 5 p.m. (closed on national holidays, etc.)

Specialized telephone line: Tel: 03-5273-2670 (in Japanese)

A Leisurely Stroll
in Shinjuku

Good Luck!

Shinjuku Yamanote Seven Lucky Gods Pilgrimage Tour



You can go on a Shinjuku Yamanote Seven Lucky Gods pilgrimage at any time of the year.

Okubo-zan Eifuku-ji Temple Fukurokuju

Location: 7-11-2 Shinjuku
Tel: 03-3203-8910*
Good fortune of the seven gods
Fukurokuju brings good health, long life, commercial success and also wards off disaster



Inari-Kio-jinja Shrine Ebisujin



Location: 2-17-5 Kabuki-cho
Tel: 03-3200-2904*
Good fortune of the seven gods
Ebisu is the god that brings prosperity, commercial success and a rich harvest



Itsukushima-jinja Shrine Benzaiten



Location: 8-5 Yocho-machi
Tel: 03-3351-5875*
(Nishimukiten-jinja Shrine)
Note: Entry accepted at Nishimukiten-jinja Shrine on or after January 8.
Good fortune of the seven gods
Benzaiten helps people achieve success in the arts and academics, and bring in a rich harvest



Chingo-zan Zengoku-ji Temple Bishamonten



Location: 5-36 Kagurazaka
Tel: 03-3269-0641*
Good fortune of the seven gods
Bishamonten is the god that protects people from illness and disaster, and helps fulfill our hearts' desires



Daijo-zan Kyoo-ji Temple Daigokuten



Location: 1-14 Hara-machi
Tel: 03-3341-1314*
Good fortune of the seven gods
Daigokuten brings commercial success, a rich harvest and prosperity for future generations



Shunji-zan Hozen-ji Temple Jurojin

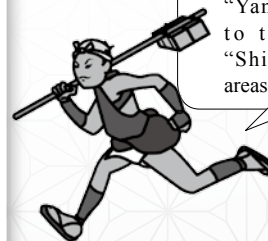


Location: 6-20-16 Shinjuku
Tel: 03-3351-4080*
Good fortune of the seven gods
Jurojin is the god that guards people's health and safety, and brings happiness and long life



Kakan-zan Taiso-ji Temple Hotei Osho

Location: 2-9-2 Shinjuku
Tel: 03-3356-7731*
Good fortune of the seven gods
Hotei Osho blesses people with marital harmony, children and good luck



Entire distance: About 8 km
Amount of time required: About 150 minutes on foot

Residential areas such as Shinjuku, which is located on higher ground, is called "Yamanote," as opposed to the old-fashioned "Shitamachi" downtown areas such as Asakusa.



* In Japanese

Living Together

共に生きる

As of December 1, 2017, there are 42,914 foreign residents living in Shinjuku City, or about 12.5 percent of the city's population. Of these, the people of Nepal are the third-largest population following those of Chinese and Korean descent.

Hearts That Appreciate the Cultures of Other and Walk Together



What is the country of Nepal like?

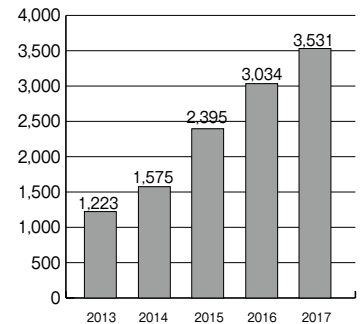


The official name of the country is the Federal Democratic Republic of Nepal. China is to Nepal's north, and India surrounds it on the east, west and south. The country has a population of about 30 million people, and its largest city and capital is Katmandu.

The Himalayas characterize the majestic natural scenery of Nepal. Mount Everest, the highest mountain in the world at 8,848 meters above sea level, is located on the boundary between Nepal and China. In Nepal, the peak is called Sagarmatha (highest point in the world), while in China it is called Chomolungma (mother goddess of the world).

Given its geographic location, the food culture is understandably a unique blend of Indian and Chinese. The steamed dumplings called *momo* are especially delicious. Since the spices are not too strong and many vegetables are used, the cuisine seems very familiar to the Japanese people.

(Persons) Shinjuku's Nepalese Population



INTERVIEW

For this issue, we spoke with Bhupal Man Shrestha, a Nepalese citizen who manages his own company in Shinjuku and is very knowledgeable about the Nepalese community in Japan.

Did you have any problems when you first came to Japan?

When I was at a supermarket, I was asked, *Fukuro wa omochi desu ka?* ("Do you have a bag?"). I didn't know how to respond. A bag that is *mochi* rice cakes? Does this have anything to do with the *mochi* rice cakes that are eaten on New Year's? There were a lot of things that I found very confusing.

Are Japanese people similar to the Nepalese in any way?

Yes, in many ways. First of all, the personality is very similar. Japanese people are mostly kind and gentle. It is the same with Nepalese people [he smiles]. There is a spirit of hospitality that welcomes people from foreign countries.

Another similarity is the culture. There are many similarities in the cultures of Japan and Nepal. In the summer, even in Shinjuku, there are summer festivals and people carry the *o-mikoshi* shrine, right? In Nepal, there is a procession in which the Kumari (living goddess) is carried in an *o-mikoshi* throughout the town. In addition, Nepal also celebrates *Obon* at around the same time of year. Since our personalities and customs are similar, it is easy to become friends once we have the opportunity to talk with one another.

Tell us about the food culture of Nepal.

First and foremost, the main staple is rice. In Japan, people say they want to have rice for at least one meal per day, right? The Nepalese often eat rice as well.

In Japan, the seasoning in every home is soy sauce, right? In Nepal, just as there is soy sauce in every home, there are two spices in every Nepalese home: turmeric and cumin. Turmeric gives food a vivid yellow color. Cumin makes foods like curry thick. With these spices and salt, you can make curry.

Do you have any advice for anyone who is struggling to learn the Japanese language?

Yes! One is to keep on studying with determination. Many foreigners struggle with kanji characters. In my case, I just kept on writing one character in my notebook. I still have that kanji notebook today as a precious reminder to never give up. Another key is to take the initiative to place yourself in an environment where there are Japanese people. It doesn't matter whether you can speak Japanese. It is the same with swimming, right? First of all, you have to get into the water! That's how it is with language, too.

Please share with us some concluding thoughts.

I wish Japanese people would be a little bit more open. Some people build walls simply because a person is foreign. I think it would be better if we could work more

closely together. Some people would like to participate in community events, such as festivals, but sometimes the information just doesn't reach them. It would be great if people invited foreign residents to join in events if information is available.

To foreign residents, I would like to say, it is important to have an interest in everything! Since foreign residents are living, working or going to school in the same community, I hope that they will be conscientious about their role as a community resident, in the same way a Japanese resident is.



Bhupal Man Shrestha's Profile

While working at a Nepalese restaurant during his college days, he started studying Japanese so that he would be able to serve Japanese customers better. He came to Japan for the first time as an exchange student for one year while in college. After graduating, he studied economics at a graduate school in Tokyo. He later started a business with some friends.