



Shinjuku News

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

The 3Rs—Let's Do What We Can Reducing Garbage and Creating an Environmentally Friendly Town

Do you know how much garbage (combustible garbage, metals, ceramics, glass, and oversized garbage) Shinjuku City handles in a single year? During FY2011 (April 2011 through March 2012) the total amount of waste Shinjuku City disposed of was 76,689 tons. That averages out to about 657 grams per Shinjuku City resident per day. While the amount of garbage Shinjuku City handles is decreasing every year, encouraging everyone to reduce the amount of garbage they generate and to recycle are absolutely indispensable to using our limited resources wisely.

Let's remember how important it is for each and every one of us to do our part in conserving natural resources and the environment.

What Does "3Rs" Mean?

The "3Rs" concept refers to the three keys to reducing garbage: reduce, reuse, and recycle.

REDUCE

Reduce the amount of garbage you generate

- Take a bag with you when you go shopping instead of accepting plastic shopping bags at the checkout counter.
- Avoid buying merchandise that is packed in disposable containers.
- Use rental services for items that you rarely have a need for, such as barbecue or camping equipment.
- Refuse to accept two or three layers of wrapping on merchandise.
- Select household products (hand soap, etc.) that are refillable.
- Buy only the amount of food you need.
- Make good use of flea markets and recycle shops.



RECYCLE

Recycle items as resources

- Follow the rules for disposing of garbage as designated by the local government.
- Take food trays, milk cartons, and plastic PET bottles to the store-front collection boxes at supermarkets.
- Dispose of old newspapers, steel cans, and cardboard in group collection programs.
- Return used returnable bottles—such as *ishho-bin* (1.8-liter sake bottles), beer bottles, and milk bottles—to the shops that sell such products.
- Deposit button-type batteries and rechargeable batteries in the collection box at electric appliance shops provide.



REUSE

Use items until they wear out, or recycle them

- Bring toys and children's clothes that are no longer needed to flea markets, bazaars, or recycle shops, or give them to friends and relatives to use.
- Prepare meals using leftovers.
- Take broken electrical appliances to repair services instead of throwing them out.
- Mend torn clothes instead of throwing them out.
- Repurpose items that are no longer needed, such as make cleaning rags out of old clothes.



Garbage Reduction Shinjuku Fair

The Garbage Reduction Shinjuku Fair, held on October 6, 2012, focused on household garbage. The fair included programs to help visitors understand environmental issues, such as a hands-on learning corner that used a game format to teach about the proper way to sort garbage, a recycling bazaar, and a special show featuring the Shinjuku Eco Rangers. Some participants even brought along their own chopsticks, dishes, and cups to the food corner, illustrating the enthusiasm people have for ecological activities.



Recycling bazaar

The next issue of *Shinjuku News* will be published in March 2013. *Shinjuku News* is available at various public facilities, such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices, and public libraries.



Complete Your Income Tax Report (*Kakutei Shinkoku*) by Computer!

The Shinjuku and Yotsuya tax offices will set up a place for completing and submitting income tax reports, donation (gift) tax reports, and individual consumption tax reports for 2012 at Aqua Plaza, located at Shinjuku I-Land B1F (6-5-1 Nishi-Shinjuku, Shinjuku-ku). This program will start on Thursday, February 7.

Dates: February 7 (Thu.) through March 15 (Fri.); closed on Saturdays, Sundays, and national holidays
Hours: 9 a.m. to 4 p.m.; the service counter for submitting reports will be open until 5 p.m.

Consultation Hours: 9:15 a.m. to 5 p.m.

How to Get There: A five-minute walk from Nishi-Shinjuku Station on the Marunouchi Subway Line, or a five-minute walk from Tocho-mae Station on the Toei Oedo Line

Notes:

1. There is no place for completing tax report forms at tax offices.
2. If you simply need to submit a completed tax report form, you can do so at a tax office.

International Exchange Residents' Gathering Hina Matsuri (Doll Festival)

Date and Time: February 23 (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 (6-14-1 Shinjuku, Shinjuku-ku)
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

The annual *hina matsuri* (doll festival) offers several areas for enjoying various aspects of Japanese culture. You can try on kimonos and experience flower arrangement, tea ceremony, calligraphy, and calligraphic painting. The festival will also feature a seven-tier display of *hina* dolls, a Japanese game corner, and an area for enjoying tea. Please drop by!



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 14 (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, Shinjuku-ku)
Eligibility: Those born between April 2, 1992, and April 1, 1993. Information was mailed in early December to those who are eligible.
Program: Ceremony and buffet party
Inquiries: General Affairs Section, General Affairs Division (Main Bldg. 3F), Tel: 03-5273-3505



Beware of Illnesses!

Influenza and colds are typical illnesses to watch out for during wintertime. Common ways of preventing colds and other communicable illnesses are to gargle and wash your hands regularly. These are important habits to develop to prevent an illness from getting worse.

**To those who do not speak Japanese
What to do if you become ill...?**

Himawari (Tokyo Metropolitan Health and Medical Information Center)

Information on medical institutions that offer medical services in foreign languages and advice concerning the medical system in Japan are available here free of charge.

Tel: 03-5285-8181
Hours: Daily (including Saturdays, Sundays, and national holidays), 9 a.m. to 8 p.m.
Languages: English, Chinese, Korean, Thai, and Spanish
URL: www.himawari.metro.tokyo.jp/



Fires Break Out Easily in the Winter Be Careful to Prevent Fires

**Seven Points to Protect Lives from House Fires:
Three Habits + Four Preventive Measures**

Three Habits

- Never smoke in bed.
- Use a space heater only where nothing flammable is nearby.
- If you leave the kitchen while food is cooking on the stove, always turn off the stove first.



Four Preventive Measures

- Install fire alarms to warn you of a fire in time to escape.
- Use bedding and clothes made of nonflammable material so they will not catch fire.
- Keep fire extinguishers on hand so that you can put out fires while they are still small.
- Organize a community support system in your neighborhood to protect the elderly and disabled.



Let's Enjoy Learning Together as a Family Family Japanese-Language Classes for Foreign Residents

Babysitting
Services 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.



Date and Time: Every Saturday from January 12 (Sat.) through March 16 (Sat.), from 10 a.m. to 12 noon for a total of 10 sessions

Location: Okubo Elementary School (1-1-21 Okubo, Shinjuku-ku)

Fee: ¥500 per person (for a total of 10 sessions)

Eligibility: Foreign children and parents who live in Japan and whose Japanese is at an introductory or beginner level

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

To Apply: Send a fax, e-mail, or postcard to Shinjuku Bunka Center (6-14-1 Shinjuku, Shinjuku-ku 160-0022; Fax: 03-3350-4839; e-mail: bunka@regasu-shinjuku.or.jp). Please be sure to 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.

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

Shinjuku Children's Spring Japanese-Language Class

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



Date and Time: March 26 (Tue.) through 31 (Sun.), 10 a.m. to 12 noon

Location: Shinjuku Multicultural Plaza (Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku-ku)

Fee: Free of charge

Eligibility: Classes are open to children to whom either of the following applies:

- (1) Students between the first grade of elementary school and third year of junior high school who are attending a Shinjuku municipal elementary or junior high school and are not fluent in Japanese
- (2) Students between the first grade of elementary school and third year of junior high school who will be attending a Shinjuku municipal elementary or junior high school in or after April 2013 who are not fluent in Japanese

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



Recruiting Students for Shinjuku City Japanese-Language Class (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—Those who need to learn basic Japanese necessary for everyday living (However, those who are of junior high school age and younger are not permitted to join the class.)

Date and Time: Weekdays, January through March, 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. For classes that meet once a week, you may attend at up to two locations with some conditions. Schedules vary depending on the class location.

Location: 10 locations in the city, including Shinjuku Multicultural Plaza (12 classes)

Fee: Classes that meet once a week—¥1,500
Classes that meet twice a week—¥3,000
Note: There will be no refunds of fees.

To Apply: Complete an application form and either mail or fax it to the Cultural Exchange Division, the Shinjuku Foundation for Creation of Future.

Inquiries: Cultural Exchange Division, the Shinjuku Foundation for Creation of Future
6-14-1 Shinjuku, Shinjuku-ku 160-0022
Tel: 03-3350-1141, Fax: 03-3350-4839
E-mail: bunka@regasu-shinjuku.or.jp

Enjoy Talking Freely with People from Various Countries International Exchange Salon —A Popular Event at the Plaza

The International Exchange Salon is a monthly event where people can enjoy interacting with people from all over the world. Why not get together with foreign residents who want to speak Japanese and Japanese residents who want to get to know foreign residents?

Please come directly to the venue on the day of the event.

Dates: January 11 (Fri.), February 8 (Fri.), and March 8 (Fri.)

Time: 6:45 to 8:30 p.m. (held on the second Friday of the month)

Location: Shinjuku Multicultural Plaza

Eligibility: Anyone and everyone is welcome (capacity is about thirty people)!

Fee: ¥200 per person

Inquiries: Shinjuku Multicultural Plaza



Shinjuku Multicultural Plaza

Address: Hygeia 11F, 2-44-1 Kabuki-cho, Shinjuku-ku 160-0021

Inquiries: Tel: 03-5291-5171, Fax: 03-5291-5172

How to Get There: A 10-minute walk from JR Shinjuku Station's east exit or a five-minute walk from Seibu-Shinjuku Station

Hours: 9 a.m. to 9 p.m.

Closed: 2nd and 4th Wednesdays and during the year-end/New Year holidays (December 29 through January 3)

Website: www.city.shinjuku.lg.jp/foreign/english/plaza.html



Shinjuku Multicultural Plaza (Hygeia 11F)

**Don't make a decision
all by yourself!
Don't worry all by
yourself!**

If You Have Contract Problems, Come to the Consumer Life Center

Have you ever had problems with someone concerning contracts involving everyday matters? Don't try to solve the problem all by yourself—ask the Shinjuku Consumer Life Center for help! Specialized consultants can help.

In this issue we introduce two typical consultation cases that the center has dealt with many times and provide solutions and key points to prevent such problems from happening to you.

Case 1 Even after moving out of her apartment, a tenant has not gotten her deposit back.

After moving out of her old apartment, Ms. A received an unexpectedly high bill from her landlord for restoring the place to its original state. Although she thought that only part of the deposit she paid when she signed the contract would be needed to cover the costs, her landlord took the entire deposit. Even though she asked the landlord to return her deposit, the landlord has rejected her request.

When moving out, a tenant must restore the property to its original state, taking care of or paying to fix any damage beyond the range of normal wear and tear. Ms. A was probably not aware of the full meaning of “restoring the property to its original state.” Below is a list of points to confirm at various stages of renting a place. It is a good idea to be familiar with these points:



When signing a contract	Read the contract carefully, and check the range of repairs and replacements that you as the tenant must cover to restore the property to its original state. Note: If you are being asked to cover an excessive amount, request that the contract be amended.
Before moving in	Be present when the condition of the property is being assessed and confirm its condition together with the landlord. Note: Keep photos of the property as a record.
While living in the apartment	Use the property carefully. Note: You are responsible for costs to restore the property to its original state due to any damage incurred deliberately, excessively, or carelessly.
When moving out	1. You should check the condition of the place together with the landlord. Note: Keep photos of the property as a record. 2. Confirm the details of the billing for repair and restoration. Note: If the bill is not itemized, ask for the details and discuss whether they are justifiable with the landlord. 3. Settle your account after reaching an agreement, and have your deposit returned.

If solving the problem through discussion with your landlord proves difficult, you can take action by filing for civil mediation or go to small claims court. If you have any problems, please contact the Shinjuku Consumer Life Center.

Reference: *Problems and Guidelines Involving Restorative Costs* (in Japanese), published by the Ministry of Land, Infrastructure, Transport and Tourism.

Case 2 A broker said “we purchase unlisted stocks at a high price,” and I bought the stocks to sell, but now I can't contact the broker.

Company X told Mr. B over the phone that it would purchase stock in Company Z at a high price. Mr. B told Company X that he did not own stock in that company. Later, Company Y called Mr. B and offered him shares in Company Z. Mr. B consulted Company X about this, and Company X again said they would buy the shares at a high price, so Mr. B bought the stock from Company Y. He then called Company X to offer them the shares, but the telephone line was no longer in use. Mr. B realized that he had been deceived.

Corporate stocks not listed on the securities exchange are called “unlisted stocks.”

Many problems involving unlisted stocks have occurred. One example is when a broker persuades buyers by claiming the stocks will appear on the market in a few months and the price will double or triple in value. However, after the purchase the stocks do not appear on the market at the time mentioned, or the investor is not able to contact the broker. Recently a new scheme sometimes referred to as “the theatrical form” is being used, in which the fraud pretends to be more than one broker—as in the example mentioned above—and sells unlisted stocks to an investor. In addition, there are cases of secondary frauds in which a company pretending to be a third party asks the victim to pay a fee to help the latter recover his/her investment.

If you receive any suspicious sales calls or become a victim of fraud, consult the Consumer Life Center or the Financial Services Agency immediately. If you have purchased unlisted stocks and realize that you have been deceived, please consult your local police station.



Are You Familiar with the Cooling-Off System?

The cooling-off system allows a consumer to cancel a contract unconditionally within a designated period.

The following are the primary businesses to which the cooling-off rule applies. These are general guidelines, however, so the rule may not be relevant to some areas of these businesses. It may also apply to other businesses that are not on this list, and in some cases the rule can be applied even beyond the designated period. Please call the Shinjuku Consumer Life Center for details.

Business Types	Applicable Cases	Cooling-Off Period
Door-to-door/out-of-shop sales	Visiting sales, “catch sales” (inviting people passing by on the street to an office for the purpose of sales), “appointment sales” (calling people at home to visit an office or other location and hiding the true purpose of sales), and “hypnotism sales” (see explanation below). Note: In the case of hypnotism sales, contracts concluded in a shop are also included in this category.	8 days
Telemarketing	Business conducted by telemarketing	8 days
Special continuous services	Continuous contracts for services, such as for aesthetic beauty treatments, language classes, private tutors, cram schools, computer classes, and match-making services	8 days
Chain distribution	Contracts finalized by multi-level marketing (see explanation below)	20 days
Business opportunity-related sales	Contracts finalized using work-at-home schemes (see explanation below)	20 days

Hypnotism sales: Gathering people in a cramped area, distributing products that are close to free of charge at first to create excitement, and later selling expensive products.

Multi-level marketing: A sales method in which a person enters a contract for a product or service after being told that he/she can profit by getting other people to join.

Work-at-home scheme: A sales scheme set up to provide a person with work that can be done at home but which then charges the person various fees, such as for products and services that are necessary for work, and registration fees.

Inquiries

Shinjuku Consumer Life Center, **Tel** 03-5273-3834
Shinjuku City Office Annex 2, 3F, 5-18-21 Shinjuku, Shinjuku-ku 160-0022