



Also available via the Internet!



# NEW Everyday Living Website for Foreign Residents Renewed

We have revamped the everyday living website for foreign residents. Our goals were to make the site easier to use and easier to understand for all users, and to update the information it presents. The new site went online on October 1.

You can access the site via smartphone as well



## Renewal Points



New website

Point 1

### Global Navi design

All information on the site is divided into four categories. From there, the information becomes more detailed.

You can search for information according to purpose, such as for topics like "studying Japanese."



Using the search engine according to purpose

Point 3

### New design features

The new website design is simple and functional. It can also be viewed easily via smartphone.

Point 2

### Enhanced search functions

In addition to using the search engine with keywords, you can search according to purpose and eligibility. There are various ways to look for information.



Using the search engine with keywords

Using the search engine according to eligibility

Use the search engine according to eligibility to find information related to your stage in life.



Information on city administration activities

Information on events

The information on the website related to city administration activities and fun events is updated three times per month (on the 5th, 15th and 25th). Please take advantage of this service.

SNS



We post useful information, rules for everyday living, and disaster information via social media.



### Caution



The renewal changed the URL of all pages other than the website's top page. If you've bookmarked any pages or made them favorites, please update them to the new URLs.

Shinjuku News is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries. The next issue of Shinjuku News will be published in March 2024.

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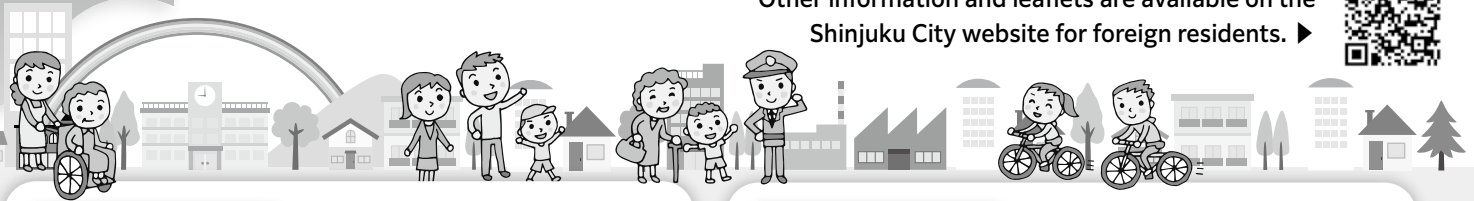
TEL 03-5273-3504 FAX 03-3209-7455

# Useful Multilingual Leaflet

Shinjuku City offers information in multiple languages to make life easier for foreign residents.

In this issue, we will describe some of what is available. Please use this information.

Other information and leaflets are available on the Shinjuku City website for foreign residents. ▶



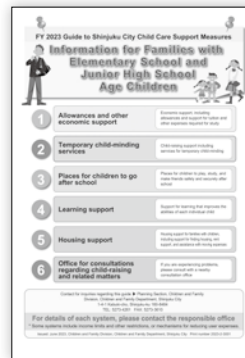
## National Health Insurance Guide

Get explanations of the National Health Insurance (NHI) program and administrative procedures.

Scan here for the Internet edition ▶



**Languages:** Japanese and English; in the Internet edition, you can get this information in detail in various other languages as well.  
**Available locations:** Medical Insurance and Pension Division, Branch Offices and the Family and Resident Registration Division.



## Guide to Shinjuku City Child Care Support Measures

This offers information on programs and consultation service counters for families with children in elementary or junior high school. You can get information and advice on studies as well as financial assistance.

Scan here for more information ▶



**Languages:** Japanese, English, Chinese, Korean and Burmese.  
**Available locations:** Branch Offices, Public Health Centers, School Management Division, Children and Family Division, Comprehensive Children's Centers, and Families with Children Support Centers.



## Disaster Preparedness

This leaflet offers easy-to-understand explanations on daily preparedness and what to do when a disaster strikes.

Note: This leaflet is available in Japanese only, but it can be read in other languages via the website.

**Languages:** Japanese, English, Chinese, Korean, Vietnamese, Nepali, Burmese, French, Thai and Tagalog.

**Available locations (in Japanese only):** Security Affairs Division (Shinjuku City Office Main Bldg. 4F), Branch Offices and Shinjuku Municipal Disaster Prevention Center.

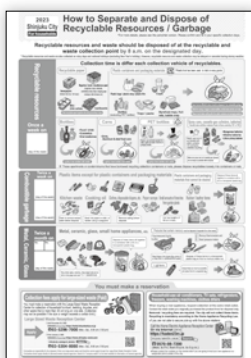
Scan here for more information ▶



### ▲ Pamphlet

**Languages:** Japanese, English, Chinese and Korean.

**Available locations:** Waste Collection Office, Waste Reduction and Recycling Division, Branch Offices, etc.



### ▲ Leaflet

**Languages:** Japanese, English, Chinese, Korean, Vietnamese, Nepali, Burmese, French, Tagalog, Thai and Arabic.

## How to Separate and Dispose of Recyclable Resources/Garbage

These materials describe how to sort and dispose of garbage and recyclable resources.

Scan here for more information ▼



## Garbage and Recyclable Resource Sorting App 3R (Three R)

You can find the collection schedule of your community according to the type of garbage/recyclable resource, as well as how to sort and dispose of the various types of each.

**Languages:** Japanese, English, Chinese, Korean, Vietnamese, Nepali and Burmese.



App Store



Google Play Store



## Sports Facilities in Shinjuku City

# Make Your Mind and Body Healthy through Sports!



Playing sports has many positive effects, such as building stamina and releasing stress. We encourage you to enjoy sports at city facilities and lead healthier and more fulfilling lives.

### Shinjuku Sports Center



We recommend this facility for people who want to use muscle-training equipment and exercise regularly.

**Location:** 3-5-1 Okubo, Shinjuku-ku

**Hours:** 9 a.m. to 10 p.m.

**Closed:** Fourth Monday (but open if that day is a national holiday, and closed the next day), during the year-end/New Year's holidays, and on special holidays.



▲ Scan here for more information



Aerobic bicycles in a row



Toddlers' gym — a place where small children can play



Martial arts hall

### Okubo Sports Plaza



▲ Scan here for more information

Okubo Sports Plaza has areas for tennis and table tennis, and you can also enjoy cultural activities, including board games such as go and shogi (Japanese chess).

**Location:** 3-7-42 Okubo, Shinjuku-ku

**Hours:** 9 a.m. to 10 p.m.

**Closed:** Third Monday (but open if that day is a national holiday, and closed the next day), during the year-end/New Year's holidays, and on special holidays.



### Shinjuku Cosmic Sports Center



This center features a heated swimming pool, martial arts hall and toddlers' gym. Everyone from children to senior citizens can have fun here.

**Location:** 3-1-2 Okubo, Shinjuku-ku

**Hours:** 9 a.m. to 10 p.m.

**Closed:** Second Monday (but open if that day is a national holiday, and closed the next day), during the year-end/New Year's holidays, and on special holidays.



▲ Scan here for more information



The large gymnasium here is the size of two basketball courts



Get back in shape at the swimming pool!



The multipurpose room is perfect for dancing

### Yotsuya Sports Square



▲ Scan here for more information

Yotsuya Sports Square is a sports facility that also offers programs such as yoga and dance.

**Location:** 1-6-4 Yotsuya, Shinjuku-ku

**Hours:** 9 a.m. to 10 p.m.

**Closed:** Second Monday (but open if that day is a national holiday, and closed the next day), during the year-end/New Year's holidays, and on special holidays.



# Be Prepared for Disasters and Other Emergencies

We never know when a disaster or other emergency might occur. For this reason, you should be prepared just in case. In this issue, we'll describe ways to prepare for disaster and other emergencies.

If you have any questions, please feel free to call your local fire department as follows (in Japanese only):

- Yotsuya Fire Station  
**Tel: 03-3357-0119**
- Ushigome Fire Station  
**Tel: 03-3267-0119**
- Shinjuku Fire Station  
**Tel: 03-3371-0119**

## Official Tokyo Fire Department YouTube channel



The fire department's official channel presents various programs, such as:

- How to call 119
- How to use a fire extinguisher
- How to escape from a fire
- What to do when you're injured
- What to do when an earthquake hits



Scan here for more information

There are also videos in foreign languages.



## Emergency Calls 119 & 110

In Case of Fire	→ Call <b>119</b>	→	A firetruck will come. The vehicle is red.
In Need of an Ambulance (illness or injury)	→ Call <b>119</b>	→	An ambulance will come. The vehicle is white.
Calling the Police	→ Call <b>110</b>	→	A police car (police) will come.

### What you are asked when you call 119

- Fire or ambulance?  
- In case of illness or injury: "ambulance".
- Tell us the address of where you are.
- What do you see nearby?
- What happened?
- Tell us your name.

### You can use your native tongue.

- You can speak with an interpreter.
- Do not hang up the phone. Stand by. English, Mandarin Chinese, Korean, Portuguese, and Spanish are available 24 hours a day. Other languages are available occasionally.



## Fire If you witness a fire, tell people around you immediately. Then call 119.



When there is a fire extinguisher nearby, use it to put out the fire. If the flames reach the ceiling, stop and flee the scene.

### How to Use a Fire Extinguisher

- 1 Pin** Pull the safety pin.
- 2 Nozzle** Point the nozzle toward the base of the fire.
- 3 Lever** Squeeze the lever.

● Point the nozzle toward a burning object, not the blaze. Stand 3 to 5m from the flames.

## Earthquake In the event of an earthquake, protect your head and body. And, stay in a safe place.

<h3>Home or Office</h3> <p>Furniture may fall over, or things may fall. Protect your head and body by getting under a table or covering yourself with a cushion.</p>	<h3>Home or Office</h3> <p>Do not rush outside. Things might fall.</p>	<h3>Outdoors</h3> <p>Window glass, signboards, etc. may fall. Protect your head with a bag or clothing.</p>
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