



Also  
available via  
the Internet!

# Make Every Day More Enjoyable by Boosting Your QOL!



## What Is QOL?

QoL stands for "quality of life," and refers to the overall quality and fulfillment of one's daily life—whether you are living in a way that feels authentic and satisfying to you. This issue introduces four tips to help you enhance your QoL.



Shinjuku News is available at various public facilities, including the Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and libraries. The next issue of *Shinjuku News* will be published in November 2025.

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Make Every Day More Enjoyable by Boosting Your QoL!

# Four Things You Can Start Doing Today

## Boost Your QoL Through Exercise

### Get Healthy Through Exercise

- Exercise builds strength and helps prevent illness
- Breaking a sweat through exercise is a great way to relieve stress and refresh your mind
- Sports also offer a chance to connect with others and make new friends

#### Facility information



Sports facilities

#### Class information



Sports classes

Shinjuku City has many sports facilities where you can exercise casually. Classes such as yoga, dance and futsal are also available in some of these facilities.



### Recommended

#### Shinjuku Sports Center

This comprehensive facility features a pool, a training room and gymnasiums. It also offers various beginner-friendly exercise classes.



|| Gymnasium

## Boost Your QoL by Connecting with the Community

### Expand Your Connections with Others

- Having mutual support relationships fosters a more positive outlook on life
- Interacting with others broadens your perspective and way of thinking
- Learning about your local area helps you feel more secure and comfortable living there

#### Event information



Event calendar

#### Volunteer information



Shinjuku Social  
Welfare Conference



The Shinjuku  
Foundation for Creation  
of Future

Festivals and events are great opportunities to connect with people in your community. Volunteering also allows you to meet people outside your usual circles.



### Recommended

#### Be a Volunteer

Helping others is a valuable experience that also contributes to your own growth. Why not join in some local volunteer activities?



|| Cleanup volunteers in action



Do you sometimes feel like something is missing in your daily life?  
We've gathered some ideas to bring more joy to your everyday existence. Here are some things you can start doing today!

## Boost Your QoL Through Learning

### Why Not Broaden Your Knowledge?

- Learning Japanese makes daily communication smoother
- Reading and studying help you expand your knowledge
- Understanding Japanese culture and ways of thinking allows you to naturally adapt to local customs and values

#### Japanese-language class information



Shinjuku City  
Japanese-Language  
Classes

\* You can search for Japanese-language classes throughout Tokyo on this website.



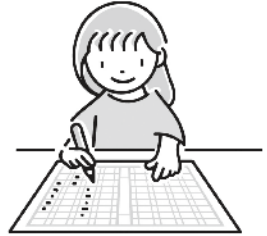
Website for  
Japanese-language  
classes in Tokyo\*

#### Library information



Shinjuku City library

The city provides free and paid Japanese-language classes for foreign residents who want to learn the language. Libraries also offer a wide variety of books you can read for free, as well as self-study spaces.



### Recommended Okubo Library

This library is easy to use even for foreign residents unfamiliar with Japanese. It houses a large collection of foreign-language books (including many in English) and materials for learning Japanese.



|| Multicultural book corner

## Boost Your QoL by Going Out

### Get a Taste of Nature and Culture

- Walking in nature is great exercise and refreshes your mind
- Walking in parks regularly can help you develop healthier lifestyle habits
- Discoveries at museums and art galleries bring fresh stimulation to your daily life

#### Outing information



Shinjuku Convention  
& Visitors Bureau



Recommended spots  
in Shinjuku



Juku Walk—Shinjuku  
Cultural Heritage  
and Walking Guide  
website

Shinjuku City is home to many green parks and distinctive museums where you can enjoy walks and picnics as well as art and history.



### Recommended Shinjuku Chuo Park

Shinjuku Chuo is the largest of Shinjuku's municipal parks. Shuknova, located within the park, features cafés and more and is perfect for a quick break.



|| Lawn area



Excitement  
Awaits!

# Summer Events = Fun

Summer is the season of festivals. There are many seasonal summer events such as *Tanabata*, *Bon odori* dances, and fireworks festivals. How about attending a local festival or event this summer?

Local festivals are open to everyone!

**Registration** Not required (feel free to join in)

**Participation** Free (food and drink sold separately)

Photo: A past summer festival at Shinjuku Chuo Park.  
This year's Shinjuku Chuo Park Festival is scheduled for the weekend of August 23-24.



Event  
calendar



## Watch Out for Heatstroke!



Heatstroke is a general term for symptoms that occur when you spend time in hot, humid environments, leading to a loss of body fluids and sodium. This reduces your body's ability to regulate its temperature, causing heat buildup.

If left untreated, heatstroke can become life-threatening. Be sure to follow heatstroke prevention tips and stay healthy during the hot summer months.



For more information,  
please visit the  
website.



## Make Use of the Shinjuku Multicultural Plaza



If you're having difficulties or are unsure about something in daily life in Japan, feel free to consult the Foreign Resident Advisory Corner.



Materials and textbooks for learning Japanese are also available. Please take advantage of these services.



Shinjuku City  
website for  
foreign residents

## Shinjuku Multicultural Plaza Twentieth-Anniversary Event

Shinjuku Multicultural Plaza will celebrate its twentieth anniversary in 2025. A commemorative event is scheduled for November 9 (Sun.). For details, please see issue 77 of *Shinjuku News* (published November 1, 2025) or the city website for foreign residents.

