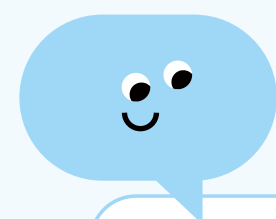
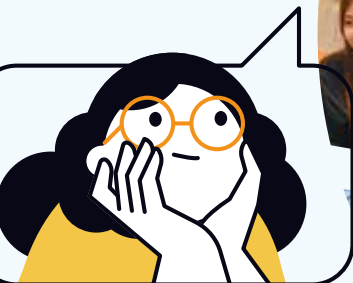
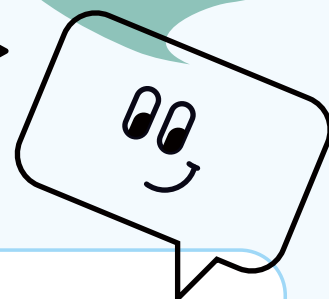




Multicultural City Shinjuku

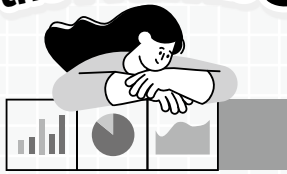


Hi!



Shinjuku City is home to many foreign and Japanese residents living in the same communities. This issue presents data on the number and nationalities of foreign residents, and also introduces local cultural exchange initiatives that promote multicultural living.

Shinjuku City by the Numbers



Here is an overview of the number of foreign residents in Shinjuku, their countries of origin, age distribution and more.

Note: As of August 1, 2025

Foreign Resident Population Share

Foreign residents in Shinjuku

134 countries

50,634 people

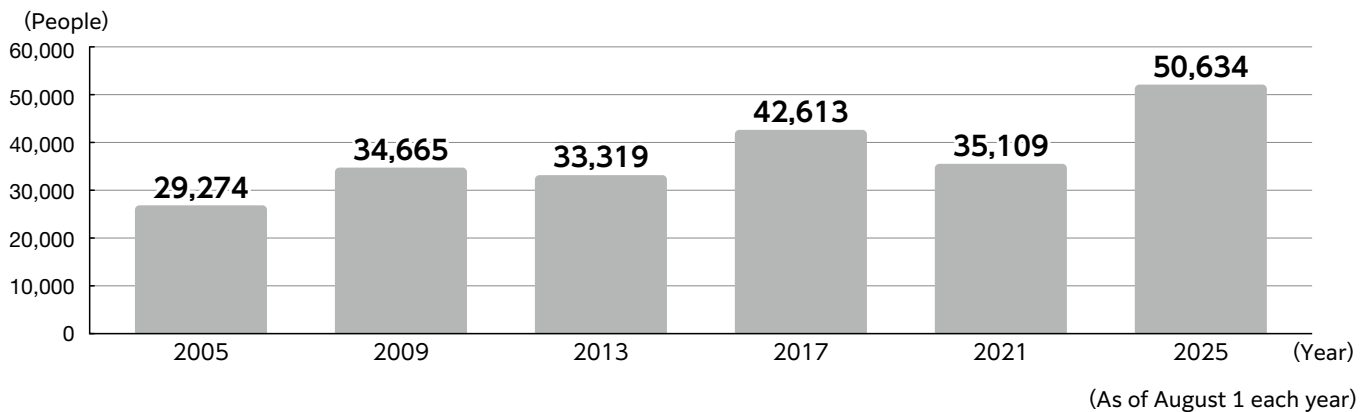
Total population of Shinjuku

355,871 people

Foreign resident ratio: 14.2%

Approx. **one** in **every seven** Shinjuku residents is a foreign national!

Change in Foreign Resident Numbers



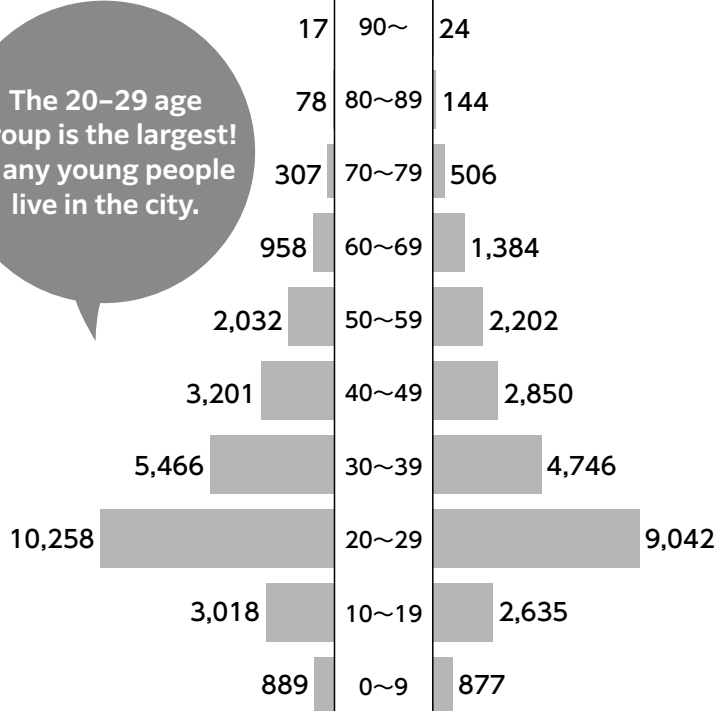
Age Distribution

Male

Age

Female

The 20-29 age group is the largest! Many young people live in the city.



(Unit: People)

Change in Number of Nationalities

2005

105 countries

29,274 people

1. Korea
2. China
3. France

Both the number of nationalities and people have increased significantly in the past two decades!

2025

134 countries

50,634 people

1. China
2. Korea
3. Nepal

(As of August 1 in 2005 and 2025)

Breakdown of Residency Status

Most foreign residents are here to study

1. Student 34.5%

2. Permanent resident 17.3%

3. International Services 15.5%

Engineering, Specialist in Humanities, and

Local Initiatives for Multicultural Living

Shinjuku City embraces cultural and linguistic diversity to promote multicultural living and create a community where everyone can live with peace of mind.

Here we introduce two organizations active in the community.

If you're interested, please get involved!

A Multicultural, Multigenerational Café

Community Café Okubo

This community hub welcomes all generations and cultures, fostering personal connections. The café hosts cultural experiences in a relaxed mode in a church lobby, and disaster preparedness and other events.

Note: Primarily for adults.

Main events

Craft workshops, cooking experiences, "singing" café, disaster awareness walks, Japanese-language learning support



Yukiko Maki,
operations staff member

"I hope this place becomes a springboard for 'discovering, talking and connecting.'"



|| A scene from the Tanzania Café multicultural event

Images: Certified NPO CWS Japan



Facebook



Instagram



X

A Place to Meet and Connect

Multicultural Community Space "MAZARINA"

MAZARINA is an inclusive space open to all nationalities, ages and genders. It's a welcoming place where both adults and children can have a good time and feel at ease. The organization hosts useful workshops on daily life and other events that help participants get to know diverse cultures.

Main events

Multicultural events include cooking traditional dishes, traditional Japanese games, community exchanges, and talks by people of foreign origin



Kasumi Azuma,
operations staff member

"This is a community where people of different nationalities and generations can share time together. Why not sit down for tea and chat?"



|| Making yomari, a traditional dish of the Newar people of Nepal

Images: Certified NPO Shapla Neer = Citizens' Committee in Japan for Overseas Support



Facebook



LINE



HP

Come
join the
fun!

2005-2025
20th

Anniversary

Free
admission

November 9, 2025 (Sun.)

Time 10 a.m. to 3 p.m.

Location Hygeia 1F & 11F (2-44-1 Kabuki-cho, Shinjuku-ku)

Shinjuku Multicultural Plaza Twentieth Anniversary Event!

Shinjuku Multicultural Plaza, a hub of multicultural living with Japanese and foreign residents, celebrates its twentieth anniversary this year! The event features hands-on dyeing workshops, international music and dance, and performances by non-Japanese *rakugo* (comic storytelling) artists—a great opportunity to experience cultures from Japan and abroad.



Website for
foreign residents

Introducing Shinjuku Multicultural Plaza



This is a welcoming space for learning Japanese, receiving daily life support and sharing local information.



Advisory Corner

If you're facing difficulties or are unsure how to handle a situation in daily life, feel free to consult with us. Advisors are available to help you find solutions.



Study Corner

Teaching materials and textbooks are available for anyone who wants to study Japanese. You can use this space freely for self-study.



Nihongo Hiroba

Free Japanese-language classes for everyone aged fifteen and older*. It offers fun, theme-based lessons four times a week (Mon./Tue./Thu./Sat.).

*Excluding junior high school students.

