

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

Admin

Notification of Resident Record Code

From July 8 (Mon), the Basic Resident Registration Network System (*Juki Net*) will start to be applied to foreign residents registered in the Resident Record (*juminhyo*) too, in the same way as to Japanese citizens. The Basic Resident Registration Network System is a system that enables nationwide identity verification at public agencies by putting the basic information in the resident record (address, name, gender, date of birth etc.) on a national network connecting municipalities across the country.

Along with this, in order to enable nationwide identity verification, as of July 8 an 11-digit number (Resident Record Code) will be added individually to the Resident Records held by municipalities in charge of resident registration. We will **send a letter of notification** to the head of the household after this date. There is **no need to do anything** once you receive the letter of notification. However, please keep it in a safe place. Furthermore, in order to ensure that we are able to deliver this letter, we ask for your cooperation in **displaying your nameplate on your mailbox**.

[After the application of *Juki Net* the following will be possible]

- Issuing a Basic Resident Registration Card (*Juki Card*) if you desire. ※A card issuing fee of 500 Yen applies. For those with a registered name (alias), this will be displayed.
- Receiving copies of your Resident Record in municipalities outside of Itabashi Ward
- In some administrative procedures, you will be able to fill in your Resident Record Code on the application form instead of submitting a copy of your Resident Record. Please enquire at the relevant counter about specific procedures.

 **Contact:** ○Dedicated line for inquiries about notification of foreigners' Resident Record Code ☎:03-3579-2543 ※Until August 2 (Fri)
○Family Registration Section, Resident Register Subsection ☎:03-3579-2207
○Ministry of Internal Affairs and Communications homepage
http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu.html



Admin

Free Professional Consultation for Foreign Residents

On June 15 (Sat), a free consultation event for foreign residents will be held. Professional experts and volunteer interpreters will be available to help with many issues that concern foreign residents: visas and immigration; international marriage and divorce; employment, wages and other labor issues; health insurance, unemployment benefits, pension and retirement issues; school and education issues; and other concerns and questions from your daily life. Advice is free of charge. No appointment is necessary; please come directly to the event. Consultations are in private booths and strictly confidential. Childcare is provided, so feel free to bring children. Please invite others who may need help.

Time: June 15 (Sat) 13:30-16:30 (last registration at 16:00)
Place: Green Hall (Sakae-cho 36-1), 2F Hall
Languages: English, Chinese, Korean, Tagalog, Spanish will be provided.

※For other languages, please inquire in advance.

※For better service, please make notes of your questions in advance.

 **Contact:** Itabashi Culture & International Exchange Foundation, International Exchange section
☎:03-3579-2015 Fax:03-3579-2166 E-mail:kkouryu@city.itabashi.tokyo.jp



Event

Eco Life Fair 2013

Eco Life Fair 2013 will provide an opportunity to rethink your daily lifestyle and embark on a more eco-friendly way of life. The fair will include environmental workshops and introductions to ideas for environmentally-friendly living and how to grow your own green curtain by businesses and environmental groups. It is open to everyone so please come along!

Date: July 5 (Fri), 6 (Sat) 10:00~16:00

Place: Green Hall (Sakae-cho 36-1)

Access: 5-minute walk from Itabashi Kuyakusho-mae station
(Toei Mita line) or Oyama station (Tobu Tojo line)

Cost: FREE



Event Outline:

◆ Exhibition Corner

Enjoy displays on energy-conservation and energy-saving appliances by businesses and groups, and get information on energy-saving methods at home.



◆ Green Curtain Corner

Learn more about the cultivation and the positive effects of green curtains.

Green Curtain: a natural curtain made by growing climbing plants such as dishcloth gourd and goya on a net outside the window. It helps keep the inside room temperature down.

◆ Environment Workshop

Have fun and learn more about earth-friendly lifestyles, with hands-on recycling activities aimed at children.



There will also be other displays and events where you can enjoy learning about the environment. We look forward to welcoming you to the event! ☆



Contact: Environmental Strategy Section, General Affairs Subsection ☎: 03-5970-5656

Event

International Salon: Friendship Club Nakama

The International Salon is a place for interaction between foreign people and Japanese people held once a month by volunteers. Everybody is welcome to participate, so why don't you spend an afternoon with us? We look forward to meeting you. ♪



Date: July 6 (Sat) 14:30-16:30

Place: Green Hall, Meeting Room 504 (Sakae-cho 36-1)

Access: 5-minute walk from Itabashi Kuyakusho-mae station (Toei Mita line) or Oyama station (Tobu Tojo line)

Cost: 200 Yen (includes refreshments)

To apply: No application necessary. Please come directly to the venue.

Friendship Club *Nakama* has a homepage!

It is full of information about the club's staff and activities.

Find it by searching for 「フレンドシップクラブ ^{なかま}仲間」 (Friendship Club *Nakama*)



Contact: ICIEF International Exchange Section

☎: 03-3579-2015

Admin

Enroll in the National Health Insurance!

Non-Japanese citizens who fulfill certain requirements for residency period and residence status, who are listed on the Basic Resident Register (i.e. who have completed resident registration), and who are not enrolled in another health insurance program (such as workplace health insurance) should enroll in the National Health Insurance program. Under the National Health Insurance program, everybody pays monthly insurance premiums and the equivalent of 30% of the cost when paying medical fees at the hospital or other medical facility, while insurance covers the remaining 70%. Please complete enrollment procedures at National Health Insurance and Pension Section, Entitlement Assessment Subsection (City Hall 5F, window 8).

- ◇ Those entering or residing in Japan for the purpose of medical care under the “Designated Activities” status (or accompanying persons) may not enroll in the NHI, even after completing resident registration.
- ◇ Those whose residence status is “Temporary Stay” (*tanki taizai*), may not enroll in the NHI, no matter how many times they extend their residency period.



The base annual premium for an individual is ¥41,400 (or more, dependent on income). ※Those aged 40~64 pay an additional ¥15,000 per year premium for nursing-care insurance, a total of ¥56,400 per year (or more, dependent on income). ※Premiums are adjusted according to income level for the previous year and number of enrolled dependents, and can be paid by electronic bank transfer in addition to payment slip. To enroll, please bring your Resident Card (or Alien Registration Card) and passport.

 **Contact:** Itabashi National Health Insurance & Pension Section
☎: 03-3579-2406

Column

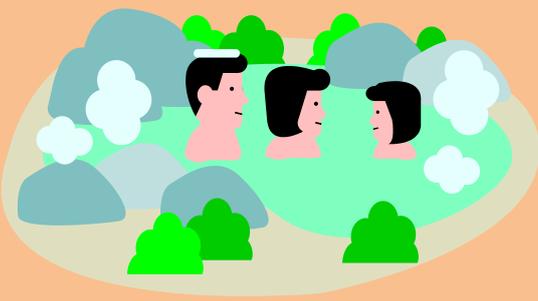
ICIEF Box <Bathing Manners for the Sento (Public Bath)>

The *sento* (public bathhouse) is a major part of Japanese common culture.

The following bathing style is loved by Japanese people. First, immerse yourself up to the neck in a deep bathtub filled with plenty of hot water and warm your body; then wash your body outside of the tub; finally, have another soak in the bath, thereby relaxing both your body and your mind.

Because it took a lot of effort to heat enough water to fill the bathtub, until the 1960s it was rare for ordinary people to have a bathroom at home, and it was usual for people to go to the local public bathhouse in order to bathe. Later, methods for heating water were improved, ordinary people started to install bathrooms at home, and the number of local public bathhouses began to decrease rapidly. In 1968 there were a total of 124 public bathhouses in Itabashi, but now only around 40 exist. Even so, there are still many dedicated *sento* fans left who love to bathe at the public bathhouse.

The bathing manners for public baths are the same as for the big public baths in hotels at hot spring resorts. However, towels and shampoo are not provided at the public bath so you have to take your own. Remove your shoes at the entrance and place them in a locker, pay the bathhouse admission fee (450 Yen for adults) at reception and proceed to the men's or women's changing room. Here, get completely undressed and enter the bathroom, taking only your towel, shampoo and soap. Inside the bathroom there is a washing area with rows of hot and cold water taps and buckets and stools which you can use freely.



The most important manner is to wash your body with plenty of hot water first in order to remove any dirt such as sweat before you get into the bath.

Continued overleaf...



Also, it is considered a breach of good manners to put your towel in the bathwater. Dying your hair or washing your laundry in the washing area is also no good! After you have relaxed as much as you want in the bath, get out and wipe your body off before entering the changing room so as not to get the floor wet.

Why not get a taste of Japanese common culture, keeping these simple rules in mind? You will surely find it far more relaxing than taking an ordinary bath at home!

This column is produced by the ICIEF International Volunteer Advertising Committee

Admin

The rainy season is coming – watch out for flooding!

The monsoon and typhoon seasons are coming, with lots of rain. In recent years, there have been frequent occurrences, not just of rivers overflowing, but also of inundation of low-lying areas. This is due to localized collection of large amounts of rainwater in rivers and sewers over a brief period of time which does not flow away in time. Please read below about what you can do to be prepared and prevent water damage.

Simple steps are key!

◎Be prepared at home

- Check the location of the Emergency Evacuation Area near your home
※Flood Hazard Map is available from the Disaster Prevention Planning Promotion Section (City Hall 3F) or the City website
- Learn the way from your home to the Emergency Evacuation Area
- Decide what to do and how to communicate with your family in an emergency
- Make an emergency evacuation kit
- Learn where to get information on severe weather, and check regularly
- For underground spaces, check drainage facilities and obtain sandbags and waterstops. Check places where water could flow in suddenly due to flooding, and doors that might get stuck shut due to water pressure.
- Avoid releasing large amounts of water into drains from washing machines and bathtubs
- Visit your local Sandbag Station
※There are Sandbag Stations across the City. Sandbags can be used to prevent floodwater coming into your home.

〈Sandbag distribution〉

The City provides sandbags on request.

※Distribution may not be possible just before or on the day of forecast heavy rain.

Please inquire below for more information.

《Inquiries》

- Kanpachi highway north···Akatsuka Public Works Office ☎ : 03-5398-1251
- Kanpachi highway south···Itabashi Public Works Office ☎ : 03-3967-3871

When heavy rain is expected

◎Stay away from manholes

Manhole covers can be dislodged due to water pressure from below at times of heavy rain.

If you find a stray manhole cover, please contact the Sewerage office. (☎ : 03-5965-2161)

◎Clean out storm drains (ditches for water intake by the roadside)

Fallen leaves and trash can clog storm drains, causing flooding of streets and damage to private property.



Contact: Construction section, Engineering Works Subsection ☎ : 03-3579-2541

★Consultation Support Center for Foreign Residents ☎ : 03-3202-5535/03-5155-4039

【Time】 Mon~Fri 9:00~16:00 ※No service every 2nd and 4th Wed 【Languages】 English, Chinese, Spanish, Portuguese