

# ICIEF Board

*The Monthly  
Living Guide  
for the Itabashi  
International  
Community*

**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 the National Health Insurance and Pension Section, Entitlement Assessment Subsection (City Hall 5F, counter 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.



**To enroll:** Please bring your Resident Card (or Alien Registration Card) and your passport.

**Premium costs:** The base annual premium for an individual is ¥43,200 (or more, dependent on income)



- ※ Those aged 40 to 64 pay an additional ¥15,300 per year premium for nursing-care insurance, a total of ¥58,500 per year (or more, dependent on income).
- ※ Premiums vary according to income level for the previous year and number of enrolled dependents.
- ※ Premiums can be paid by electronic bank transfer as well as by payment slip.

**Contact:** Health & Livelihood Division, National Health Insurance & Pension Section,  
Qualification Assessment Subsection TEL : 03-3579-2406

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

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

# Event

## Science Hall Event Guide



Learn English AND science at the same time by watching this fun experiment show by an experienced native English teacher!

**Theme:** The Movement of Air

**Date:** June 29 (Sun) 13:00~14:00

**Place:** Training Room, Science Hall

**Target:** Elementary school Grade 4 and above

**Cost:** ¥1000

**Deadline:** June 12 (Thu)

**Capacity:** 32 people ※A lottery will be held if oversubscribed.

**To apply:** Send the following information by email to: [itakk@itbs-sem.jp](mailto:itakk@itbs-sem.jp)

- ① 「English Science Club」
- ② Address, postcode
- ③ Name (with *furigana*)
- ④ Telephone number
- ⑤ School name or place of work
- ⑥ School Grade, age
- ⑦ Name of any accompanying persons

※You will be notified of the result of your application via email after the deadline.

# Admin

## South Building Renovations to be Completed in October!

Construction of the new South Building of the City Hall Main Building will be completed in October. Following on, the North Building will also be refurbished and the grand opening is scheduled for April 2015. Once it is completed, the Disaster Prevention Center will be relocated to the South Building. It will incorporate disaster prevention measures support systems using the latest technology in order to provide speedy and accurate data gathering and decision-making.

An Education Support Center will also be installed in the South Building in order to enhance education support functions and children's academic development.

The reconstruction of the South Building will solve problems associated with the previous building such as earthquake-resistance, structural degradation and space restrictions at the same time as fortifying the City government building's disaster prevention measures, realizing environmental consciousness, and further improving services for City residents.



Image of the completed South Building (right)

**Contact:** Government Building Management & Construction Section,  
South Building Renovations Design Group TEL : 3579-2125

**Total Environment Fair!**

The event will be held by a collection of businesses and organizations working hard for the future global environment such as prevention of global warming. A candle night will be held on the first evening of the event. Spend a relaxing time listening to musical performances by candlelight. ♪



~ **Total Environment Fair** ~

**Date:** June 21 (Sat) 13:00~20:00

(Candle night starts at 18:00~)

**22 (Sun) 10:00~16:00**

**Place:** Ecopolis Center (Maeno-cho 4-6-1, Itabashi)

**Access:** 15-minute walk from Shimura Sakaue station (Toei Mita Line) or Tokiwadai station (Tobu Tojo Line)

**Cost:** FREE

**Content:**

- Display corner
- Environment workshops, hands-on corner
- Green curtain recipes and food tasting (Sun 22 only)

Introducing and tasting of original recipes that can be made with the harvest from your "green curtain" such as goya and dishcloth gourd. (Please note, this is not a hands-on cooking session)

- Environment lecture meeting (Sun 22 only)

Theme: "Global Environmental Change: as seen in Antarctic observations"

※Detailed information, including how to apply, will be published in *Koho Itabashi* June edition

**Contact:** Environment Strategy Section, Environmental General Affairs Subsection TEL : 03-5970-5656

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

[Time] Mon~Fri 9:00~16:00 ※No service every 2<sup>nd</sup> and 4<sup>th</sup> Wed [Language] English, Chinese, Spanish, Portuguese

**Admin**

## Free Professional Consultation for Foreign Residents

A free consultation event for foreign residents will be held in June. 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 problems, concerns and questions from your daily life. Advice is free of charge. No appointment is necessary. Please come directly to the venue on the day. Consultations are held in private booths and strict confidentiality is observed. Childcare is provided, so please feel free to bring your children. If you know any foreign residents who have a problem or concern, please tell them about this event.



**Date:** June 21 (Sat) 13:30~16:30 (Reception until 16:00)

**Place:** Green Hall, 2F Hall (Sakae-cho 36-1)

**Languages:** English, Chinese, Korean, Tagalog

※For other languages, please inquire in advance.

※For better service, we strongly advise you to make notes of your question or problem in advance and bring any relevant documentation with you.

**Contact:** ICIEF International Exchange Section

TEL : 03-3579-2015 Fax: 03-3579-2166 E-mail: [kkouryu@city.itabashi.tokyo.jp](mailto:kkouryu@city.itabashi.tokyo.jp)

**Admin**

## International Salon: Friendship Club *Nakama*

Spend a fun time with people in a space that crosses borders and nationality! The International Salon is held once a month by the volunteer group *Nakama* as a place where foreign and Japanese people can meet and interact freely. Experience culture from Japan and other countries around the world and make new friends. Please come along and join us!



**Date & Place:** 7/5, 8/9, 9/6 (Sat) 14:30~16:30 Green Hall, Meeting Room 504

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

**Cost:** ¥200 (includes refreshments) Please come directly to the venue.

**Contact:** ICIEF International Exchange Section TEL : 03-3579-2015

※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仲間」 (Friendship Club *Nakama*) (We also have a Facebook page!)



<http://www.geocities.jp/itabashifriendshipclub/index.html>



<https://www.facebook.com/itabashifriendshipclubnakama>