

# ICIEF Board

*The Monthly  
 Living Guide  
 for the Itabashi  
 International  
 Community*



## Japanese Lessons for Beginners – Apply Now!

ICIEF conducts beginning Japanese language classes for City residents who are new to Japan and/or cannot speak Japanese. ※Please note you cannot bring children to class.

Course	Time
A	Mon/Thu Course 10:00~12:00 Every Mon & Thu, Oct 1, 2015~Mar 17, 2016
B	Tues/Fri Course 18:30~20:30 Every Tues & Fri, Oct 6, 2015~Mar 15, 2016
C	Wed/Sat Course 10:00~12:00 Every Wed & Sat, Oct 7, 2015~Mar 19, 2016

※No classes on national holidays or yearend period.

**Place:** Green Hall meeting rooms

**Capacity:** 20 people per course (first come, first served)

**Fee:** ¥4,800 ※Plus separate textbook charge

**To apply:** Send the following information via email, fax or postcard, to the address below: ①“Beginning Japanese Language Class Application” (「初級日本語教室申込」), ②Preferred course (A, B or C), ③Address, postcode, ④Name (with furigana), ⑤Gender, ⑥TEL, ⑦Nationality.

## New Volunteer Japanese Language Classroom: Akatsuka Japanese Classroom

A new Japanese language classroom run by volunteers will start in October. It will cater for those who want to improve their current level of Japanese as well as new arrivals to Japan and beginning students of Japanese.

**Place:** Akatsuka Shincho Hikarigaoka Meeting Hall (Akatsuka Shincho 3-35-13)

**Time:** Mon, Thu (10:00~11:50) **Fee:** ¥4,800 (6 months) + separate textbook fee

**Contact:** Yoshida **TEL:** 03-3977-2885 **Email:** [hikarigaoka522@yahoo.co.jp](mailto:hikarigaoka522@yahoo.co.jp)

## ②Free Legal Consultation for Foreign Residents

Experienced lawyers offer expert advice on issues that often affect foreign residents, such as visas/immigration, refugee status, divorce, inheritance, labor, etc. Private consultation; by appointment only.

※If you require interpreting, please request at the time of booking.

**Time:** September 17 (Thu), October 15 (Thu) 13:30~16:00

**Place:** Green Hall meeting room (TBD)

**Fee:** FREE ※Consultation time is limited to approx 30 min per person.

**To apply:** Apply by email by 3 days before the event. Emails are accepted in Japanese, English, or Chinese.



## ③International Salon: Friendship Club Nakama

The International Salon is a place where foreign and Japanese people can meet and interact freely over a cup of tea held once a month by volunteers. Discover different cultures, make new friends, and practice using languages you have learned. We look forward to seeing you!

**Time:** 9/5, 10/3 (Sat) 14:30~16:30 **Place:** Meeting Room 504, Green Hall (Sakae-cho 36-1, Itabashi)

**Fee:** ¥200 (includes refreshments) No booking necessary, just turn up!

**Contact for ①, ② and ③:** ICIEF Itabashi Culture and International Exchange Foundation

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

## Admission of Foreign National Children to Itabashi Schools

If you wish to enroll a foreign national child in an Itabashi City elementary school, please bring the child's passport and complete enrollment procedures at the Educational Affairs Section. If you can, please bring someone with you who understands Japanese. In Itabashi, as a rule children attend an elementary school in the school district where they live. However, choice of a school in a neighboring district may be possible with good reason. If you wish to change the choice of school, please ask when you apply.

● **Eligible to start school in 2016:** Children born between April 2, 2009 and April 1, 2010

● **Application period:** September 1 to October 17 (Mon~Fri, 9:00~12:00, 13:00~17:00)

**To apply/Contact:** Educational Affairs Subsection, Educational Affairs Section

(Itabashi City Hall 6F, #14) **TEL:** 03-3579-2611



## National Census 2015 Will Start in October!

From October 1, 2015, Japan will conduct its national census simultaneously nationwide. For the first time, you will be able to answer online wherever you are in Japan using your computer, smartphone or tablet. Online answers will be collected first and from early September paper versions of the census will be sent to households who have not already answered online.

The Census asks for information on 17 points including gender, date of birth, employment situation, place of work/education, dwelling type, etc. Target respondents are all people who are or will be normally resident in Japan as of October 1, 2015. "Normally resident" includes all those who ① have already lived in Japan for more than 3 months or ② will have lived in Japan for more than 3 months as of on or around October 1, 2015, regardless of whether or not they have completed Resident Registration and/or hold a Resident Register.

Results from the national census are used as basic data to inform measures and policies relating to welfare, education, employment, disaster prevention etc.

**Contact:** Itabashi National Census Helpline **TEL:** 03-6302-8614

**Operating period:** September 10 (Thu)~October 20 (Tues)

**Reception hours:** 8:30~20:30 (inc. Sat, Sun, hols)



## Introduction of "My Number" System

From October 2015, the "My Number" system for social welfare and taxation will be introduced. A twelve-digit Individual Number ("My Number") will be issued to all people residing (holding a Resident Register) in Japan.

**【Notification Card】** From October, a Notification Card will be sent by recorded delivery to each household with a Resident Register notifying you of your Individual Number. This Card is important as you will need it when you complete administrative procedures such as change of address in Japan. Please ensure that you confirm the content of the letter as soon as it arrives and look after the Card carefully, taking care not to lose it.

**【"My Number" Card】** From January 1, 2016, a "My Number Card" will be issued to those who request it. It will be accepted as official proof of identification the same way as your driving license or passport. In Itabashi, you will also be able to use it to obtain copies of official documents such as your Resident Record and Resident Tax certificate at your local convenience store etc. You will also be able to use it to access some administrative services electronically, e.g. to file your tax return online (e-Tax). No highly sensitive information (e.g. income, social welfare service status) will be stored on the Card either in the IC chip or written on the Card itself.

**【How to Apply】** If you wish to apply for a Card, please fill out the application form enclosed with the Notification Card, attach a photograph and return it by post in the SAE included. There is no charge for issuing the Card once. If you currently hold a Basic Resident Register Card you can still use it until the end of its validity period, but you must return it before you can be issued with your "My Number" Card (you cannot hold both Cards at the same time).

**Contact:** Individual Number Card Issuance Subsection, Family Registration Section **TEL:** 03-3579-2235

## ~Medical Emergency Week is September 6 to 12~

Should I go to the hospital...!? Should I call an ambulance...!?

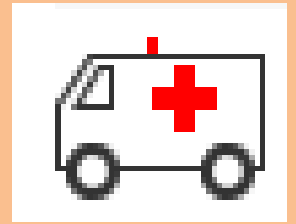
What to do when you don't know what to do in a medical emergency...

◆ Call the Emergency Consultation Center 《24 hours a day, 365 days a year》

A medical consultation team made up of experienced medical professionals such as doctors, nurses and paramedics is on hand to respond to your call.

**#7119** (mobile telephone, PHS, touch-tone telephone)

From dial telephone: 03-3212-2323



《Main services》

• Hospital recommendations • First Aid advice • Symptoms-based advice on whether it is a medical emergency

E.g. { • Non-emergency ⇒ You will be offered hospital recommendations.  
• Emergency ⇒ **You will be advised to call an ambulance** and transferred to the emergency operator.

◆ Emergency Hospital Guide: Tokyo Edition (online)

Alternatively, you can also check whether it is a medical emergency or not by yourself using your computer, smartphone or mobile/cell phone using the URLs or QR codes below.

【From computer, smartphone】

<http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/main/> →→



【From mobile/cell phone】

<http://www.tfd.metro.tokyo.jp/hp-kyuuumuka/guide/m/00kiyaku.html> →→→→→→→



If the result of the check on your smartphone or mobile phone is “high degree of urgency”...

⇒ **You will be advised to call an ambulance** and redirected to the 119 call screen from where you can do so.

**Please use ambulances responsibly so that they are available for people who urgently need them.**

**Contact:** Defense Measures Section, Itabashi Fire Station **TEL:** 03-3964-0119

Defense Measures Section, Shimura Fire Station **TEL:** 03-5398-0119

## ~Tuberculosis (TB) Prevention Week is September 24 -30~

◎ In 2014, 119 people received treatment for TB in Itabashi, of whom 13 were foreign residents. Many of the latter were diagnosed during routine health checks at their Japanese language school or visits to medical facilities.

◎ **Symptoms of TB:** Initial symptoms are often not very pronounced. If cold-like symptoms such as coughing, phlegm and lethargy continue for 2 weeks or more you should suspect TB.

◎ **When are you susceptible to TB...?** You are more likely to develop the disease if you inhale the TB bacterium when your body's immunity is low, such as when you are fatigued or your daily routine is irregular. People with diseases which impair the immune system such as diabetes and HIV or who have been under severe psychological stress should also take extra care.

◎ **Prevention and Early Detection...** Maintaining a healthy immune system is vital for preventing TB. Eating a balanced diet, getting enough rest and moderate exercise are important, as is a yearly health check. If you or anyone you know experiences coughing and phlegm that lasts for 2 weeks or more see a doctor right away.

◎ **If you are diagnosed with TB...** TB is curable if you take your medicine properly. Itabashi offers consultation for patients on treatment and medication and a program to apply for help with costs of medical treatment via public expenditure. Please inquire for more details.

**Contact:** Disease Prevention Section, Itabashi Public Health Center **TEL:** 03-3579-2321





### ●Planetarium Screening: “Interstellar”

**Time:** September 12 (Sat) 17:00~

(dubbed version, running time: approx. 170 min)

**Capacity:** 100 people (first come, first served) **Fee:** ¥500

**Target:** Elementary school and above (elementary school students must be accompanied by a guardian; not suitable for pre-school children)

**Reception:** Book with your name and the number of people by telephone or email to the Contact below from August 8 (Sat) 9:00. Purchase and collect your booked tickets at Reception on 1F beforehand.

### ●Science Festa: Enjoy Fun Science Experiment Workshops!

**【Booth A】 Let’ s Make a Color-changing Teru-Teru Bozu (paper weather doll)!**

**Content:** Make a teru-teru bozu that changes color depending on the weather!?

**Time:** September 19 (Sat), 20 (Sun) 13:00~16:00 (Last reception 15:45)

**Fee:** ¥100 ※Booth will close when materials run out.

**Target:** 6 years and older (children under elementary school grade 3 must be accompanied by a guardian)

**Reception:** Reception at booth – just go directly to the booth.



**【Booth B】 Let’ s Make a Birdsong Device!**

**Content:** Make a device for imitating birdcall and try it out outside!

**Time:** September 19 (Sat), 20 (Sun) 13:00~16:00

**Capacity:** 30 people (6 times, 5 people per time)

**Fee:** ¥400

**Target:** 6 years and older (children under elementary school grade 3 must be accompanied by a guardian)

**Reception:** Tickets go on sale at Reception on 1F from 10:40 on the day.



**【Booth A】 Let’ s Make a Splashing Fish!**

**Content:** Make a fish toy that moves and splashes when you hold the handles and operate it!

**Time:** September 21 (Mon, nat. hol.), 22 (Tues, nat. hol.), 23 (Wed, nat. hol.) 13:00~16:00 (Last reception 15:45)

**Fee:** ¥100 ※Booth will close when materials run out.

**Target:** 6 years and older (elementary school children under grade 3 must be accompanied by a guardian)

**Reception:** Reception at booth – just go directly to the booth.



**【Booth B】 Let’ s Make a Cocktail Stirrer Kalimba (thumb piano)**

**Content:** Make a thumb piano using cocktail stirrers for the keys and decorate and personalize it with stamps and tape. The cocktail stirrer keys make an unexpectedly pleasant sound!

**Time:** September 21 (Mon, nat. hol.), 22 (Tues, nat. hol.), 23 (Wed, nat. hol.) 13:00~16:00

**Capacity:** 30 people (6 times, 5 people per time) **Fee:** ¥400

**Target:** 6 years and older (elementary school children under grade 3 must be accompanied by a guardian)

**Reception:** Tickets go on sale at Reception on 1F from 10:40 on the day.

For more details, see the Science Hall homepage: <http://www.itbs-sem.jp>

**Contact:** Itabashi Science and Education Hall (Tokiwadai 4-14-1, Itabashi)

**TEL:** 03-3559-6561 **E-mail:** itakk@itbs-sem.jp