

ICIEF Board

*The Monthly
Living Guide
for the Itabashi
International
Community*

ICIEF

① Free Legal Consultation for Foreign Residents

Experienced lawyers offer expert advice on issues that often affect foreign residents, such as visas and immigration, refugee status, divorce, inheritance, labor, etc. Private consultation, prior booking essential.

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

Time: 2/18 (Thurs), 3/17 (Thurs) 13:30~16:00

Place: Green Hall 2/18: Room 404, 3/17: Room 501

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

To Apply: Prior booking essential! Apply by email (Japanese, English) to Contact below by 3 days before the event.



② Nǐ hǎo! ♪ Shijingshan District, Beijing Photo Exhibition

An exhibition of photographs taken by residents of Shijingshan district, one of Itabashi's friendship cities, located in Beijing, China. Come and see the ever-changing face of Shijingshan as it undergoes rapid modern development!

Period: 2/22 (Mon)~2/26 (Fri)

Place: Itabashi City Hall 1F Information Space

Content: Photos of scenery, festivals and events in Shijingshan taken by residents



③ Persian (Iranian) Cookery Workshop~Discover Middle Eastern Cuisine!~

Why not try cooking Persian (Iranian) food and challenge your assumptions about Middle Eastern food?? Learn about food culture in Iran and how to make some typical home-cooked dishes from an experienced Iranian chef. Learn some simple recipes that you can cook at home using ingredients readily available in Japan.

※¥500 from the participation fee will be donated to the Middle Eastern refugee crisis in Europe (via United Nations World Food Program). We ask for your understanding and cooperation.

Time: 3/9 (Wed) 11:00~13:30

Place: Narimasu Social Education Hall Cookery Room, No. 3 Study Room (Narimasu 1-12-4)

Target: Those living, working or attending school in Itabashi ※Elementary school Grade 4 and above

Fee: ¥2,000 (of which ¥500 will be donated) **To Bring:** Apron, headcloth (or bandana), dishcloth

Capacity: 30 people (lottery) ※All welcome – don't be shy, come along!

To Apply: Send the following information by email, fax or return postcard by **2/25 (Thurs) (NLT)** to the Contact below: "Persian (Iranian) Cookery Workshop" Application (「ペルシア (イラン) 料理教室」申込), address and postcode, name (with *furigana*), telephone number, e-mail address, nationality, gender (optional).



Contact for ① to ③: ICIEF Itabashi Culture & International Exchange Foundation, International Exchange Subsection (Itabashi City Hall 8F, Counter #13, inside Culture & International Exchange Section) Itabashi 2-66-1, Itabashi-ku 〒173-8501 ☎03-3579-2015/FAX03-3579-2166
E-mail: kkouryu@city.itabashi.tokyo.jp Homepage: <http://www.itabashi-ci.org>

House fires are growing increasingly common. Prevent fires and protect and save precious lives by following basic fire safety rules. Never smoke in bed! Do not leave flammable (easily burnable) items on or around stoves and space heaters, for example, when doing laundry! Take care that your sleeves and other clothing do not catch light on the gas cooker when cooking!

【Campaign Events】

Itabashi Fire Station Open Day: Welcome to Our Fire Station!

Time: March 5 (Sat) 10:00~14:00

Place: Itabashi Fire Station (Itabashi 2-60-15)

Contact: Fire Prevention Section, Itabashi Fire Station ☎03-3964-0119



Komone Fire Festival

Time: March 5 (Sat) 10:00~14:00

Place: Itabashi Fire Station Komone Branch Station (Komone 2-14-10)

Lots of fun and interesting events such as combustion experiments and performances by university *taiko* (Japanese drumming) club. All of the staff at Komone Branch Station are looking forward to welcoming you!

Contact Fire Prevention Section, Itabashi Fire Station ☎03-3964-0119

Shimura Fire Station: Akatsuka Park Fire Festa

Time: March 5 (Sat) 10:00~15:00

Place: Akatsuka Park (Takashimadaira 3-1)

Try your hand at various fire and disaster prevention activities including riding in an earthquake simulator, escaping from a smoke-filled room, fire extinguishing practice using a fire extinguisher and standpipe (fire hydrant), and how to use an AED (Automatic External Defibrillator). Come along with your family and learn how to save lives!

Contact: Fire Prevention Section, Shimura Fire Station ☎03-5398-0119



★Consultation Support Center for Foreign Residents TEL: 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

In Japan, mid-February to March 15 each year is resident tax return season.

Your taxes support everything from welfare to education and disaster prevention. It is important to submit a tax return even if you had no earned income, as your resident tax return is used as a basis for calculating your health insurance premiums and issuing tax exemption certificates.

☆ **Who needs to submit a tax return...?** Everybody who was registered as a resident of Itabashi as of January 1, 2016, unless one of the following applies to you:

- You usually submit an income tax return
- Your only income during the previous year was from earned income (i.e. salary) and resident tax is automatically deducted from your salary each month by your employer
- You plan to leave Japan within one year of entering

☆ **What to do if you had no earned income...**

Fill in the column on the back of the return form for those who had no earned income and submit it.

☆ **What to bring when submitting your tax return...**

Tax return form; personal seal; breakdown of income and expenses; certificate of tax withheld or payslips (for salary earners); certificates for life insurance payments, personal pension contributions, earthquake insurance, etc.; receipts for medical expenses paid in 2015 (for those receiving exemptions); payments certificates or receipts for social insurance contributions such as National Health Insurance (NHI), national pension contributions, etc.; passport

Where to submit your return form... Itabashi City Hall North Building 3F Taxation Section

Period: 2/15 (Mon)~3/15 (Tues) 8:30~17:00 ※Excluding Sat/Sun

Submission by mail: Fill in the relevant sections on the form, enclose the necessary assessment materials and send using the return envelope provided.

Contact Taxation Section ☎03-3579-2101

Science and Education Hall~Planetarium Concert~“Cosmic Healing Kalimba”

Time: 3/5 (Sat) 14:00~(approx. 90 minutes) ※Prior booking essential

Place: Itabashi Science and Education Hall planetarium

Performer: Montana King (kalimba, percussion, vocal)

Fee: ¥1,500 **Capacity:** 197 people

Target: Elementary school and above ※Elementary school students must be accompanied by a parent or guardian. No admission for preschoolers

To Apply: By telephone or in person

※Please pay for your tickets in person at the Planetarium within 10 days of booking.

※If payment is not received within 10 days your reservation will be cancelled.

Contact/To Apply: Itabashi Science and Education Hall (Tokiwadai 4-14-1, Itabashi-ku)

☎03-3559-6561 E-mail: itakk@itbs-sem.jp Homepage: <http://www.itbs-sem.jp>

Call for Participants: “Omotenashi Tokyo” Language Volunteers Training Course ~Brush Up Your English for the Olympics/Paralympics!~

In anticipation of the 2020 Tokyo Olympic and Paralympic Games, volunteer training is being provided to equip those with basic English skills to help foreign tourists and visitors enjoy and get the most out of their stay, for example, by giving simple directions in English to people who are lost.

Content: ①Hospitality (*omotenashi*) lecture (1 time) ②Language class (4 times) Beginner~elementary level English

Time: ①3/2 (Wed) 13:00~16:30 ②3/10 (Thurs), 3/15 (Tues), 3/22 (Tues), 3/29 (Tues) 14:00~16:00

Place: Education Support Center Training Room (Itabashi 2-66-1, inside Itabashi City Hall)

Target: Those aged fifteen or above living, working or attending school in Itabashi, who can participate on both ① and one date from among ②

Capacity: 24 people (lottery)

To Apply: Apply with the following information by fax, e-mail or postcard by **2/23 (Tues):** name (*furigana*), age, gender, occupation, address, telephone number, email address to Contact below.

Sponsor: ICIEF, Tokyo Metropolitan Government

Co-sponsor: Japan Association for the Promotion of Foreign Language Education

※Those who attend the training course will be registered with Tokyo Metropolitan Government as “Omotenashi Tokyo Foreign Language Volunteers”. For this reason, the above information will be shared with the Tokyo Metropolitan Government. We ask for your understanding and cooperation.

※Those aged under 20 years old must submit a letter of consent from a parent or guardian in order to attend.



International Exchange Salon: Friendship Club Nakama

The International Salon is held once a month by volunteers as a place for people to enjoy meeting and chatting over a cup of tea. Discover other cultures, make new friends, and improve your language skills!

Time: 2/6, 3/12 (Sat) 14:30~16:30

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

Fee: ¥200 (includes refreshments) Just turn up on the day!

Contact/To Apply: ICIEF Itabashi Culture & International Exchange Foundation
Itabashi 2-66-1, Itabashi-ku 〒173-8501 (Itabashi City Hall 8F, counter #13,
inside Culture & International Exchange Section)

☎03-3579-2015 FAX 03-3579-2166 HP: <http://www.itabashi-ci.org/int/support/>

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

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