

# ICIEF Board

*The Monthly  
 Living Guide  
 for the Itabashi  
 International  
 Community*



## ① Free 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 it at the time of booking.

**Time:** March 17 (Thu), April 21 (Thu) 13:30~16:00 **Place:** Green Hall meeting room

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

**To Apply/Contact:** Apply by email (Japanese or English) to the Contact overleaf by 3 days before each event.

## ② Japanese Language 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/Period:** ① Mon/Thu Course (every Monday and Thursday, 10:00~12:00) 4/7 (Thu)~9/15 (Thu)

② Tues/Fri Course (every Tuesday and Friday, 18:30~20:30) 4/15 (Fri)~9/23 (Fri)

**Place:** Green Hall meeting rooms **Capacity:** 30 people per course (first come, first served)

**Fee:** ¥4,800 (tuition fee) ※Plus separate textbook charge

**To Apply:** Send the following information to the Contact overleaf via email, fax or postcard by 3/31 (Thu):

① Preferred course name, ② Address, postcode, ③ Name (*furigana*), ④ Gender, ⑤ TEL, ⑥ Nationality.

## ③ International Exchange Salon: Friendship Club *Nakama*

The International Salon is held once a month by volunteers as a place where foreign people and Japanese people can meet and interact. Discover new cultures, make new friends, and improve your foreign language skills while chatting over a cup of tea! New members are always welcome.

**Time:** 3/12, 4/2, 5/14, 6/11 (Sat) 14:30~16:30

**Place:** 3/12, 6/11: Meeting Room 504, 4/2, 5/14: Meeting Room 601 Green Hall (Sakae-cho 36-1)

**Fee:** ¥200 (includes refreshments) No booking necessary – just turn up on the day!



## ④ Funding for International Exchange and Foreign Residents Support Projects

ICIEF offers funding for volunteer groups in Itabashi to conduct independent projects such as international exchange/advisory projects aimed at supporting foreign residents. Application guidelines can be obtained at ICIEF/International Exchange Subsection and Itabashi General Volunteer Center or downloaded from ICIEF's homepage.

**Target:** ① Japanese language classes for foreign residents to be held between 2016/4/1 (Fri)~2017/3/31 (Fri)

② International exchange/multicultural or foreign resident support projects to be held between 2016/4/1 (Fri)~2016/7/31 (Sun)

**Funding:** 50% of total project costs (annual upper limit of ¥200,000 per organization)

**To Apply:** Submit a completed application form to the Contact below between 3/14 (Mon)~4/15 (Fri) either by mail or in person (weekdays only). Applications are not accepted by email.

Contact/To Apply for ①～④: ICIEF Itabashi Culture & International Exchange Foundation, International Exchange Subsection (inside Culture & International Exchange Section, Itabashi City Hall 8F, counter #13) 〒173-8501 Itabashi 2-66-1, Itabashi-ku ☎03-3579-2015 / FAX: 03-3579-2166 E-mail: [kkouryu@city.itabashi.tokyo.jp](mailto:kkouryu@city.itabashi.tokyo.jp) HP: <http://www.itabashi-ci.org/>

**Admin**

## Spring Citywide Emergency Disaster Drill

Emergency disaster drills will be held in 17 locations throughout Itabashi. This is disaster response training simulating a large-scale earthquake with a seismic intensity of 6-upper in Tokyo, in which some homes collapse and fires break out in Itabashi. Daily preparations are vital practice to prepare for emergencies. Actively taking part in the drill will help prepare you to act calmly and rationally and keep damage to a minimum in case of a real emergency. The day of the drill is often cold, so please make sure to wrap up warm and don't overexert yourself!

**Time:** 3/13 (Sun) ※Disaster drill times differ for each area. Please check the Itabashi City homepage for details.

Area	Venue	Area	Venue
Itabashi	Higashi Itabashi Park Little League Baseball Ground (Itabashi 3-50-1)	Funado	Funado ES (Funado 3-6-15)
Kumano	Itabashi 7 <sup>th</sup> ES (Oyama Kanai-cho 31-1)	Maeno	Maeno Park (Maeno-cho 5-1)
Nakajuku	Itabashi 3 <sup>rd</sup> JHS (Hikawa-cho 22-3)	Sakuragawa	Sakuragawa ES (Higashi Toshin-cho 2-29-1)
Fujimi	Itabashi Friend Center (Fujimi-cho 3-1)	Shimo-Akatsuka	Shimo-Akatsuka ES (Akatsuka 6-14-1)
Oyaguchi	Oyaguchi ES (Oyaguchi Kita-cho 21-1)	Narimasu	Akatsuka 2 <sup>nd</sup> JHS (Narimasu 3-18-1)
Tokiwadai	Heiwa Koen (Peace Park) (Tokiwadai 4-3)		Narimasugaoka ES (Narimasu 3-17-7)
Shimizu	Shimura 1 <sup>st</sup> ES (Izumi-cho 17-1)	Tokumaru	Akatsuka 1 <sup>st</sup> JHS (Tokumaru 4-13-1)
Shimura-sakaue	Azusawa Park Baseball Ground (Azusawa 3-8)		Kobai ES (Tokumaru 8-10-1)
Nakadai	Wakagi ES (Wakagi 1-14-1)		Kitano ES (Tokumaru 3-23-1)
	Shimura 5 <sup>th</sup> ES (Nishidai 3-38-23)	Tokumaru ES (Tokumaru 1-21-1)	
Hasune	Shimura 6 <sup>th</sup> ES (Sakashita 2-18-1)	Takashimadaira	Tokumarugahara Park Baseball Ground (Takashimadaira 8-24)

Main contents of disaster drill: (※Other training will be held as appropriate for each local area.)

- Evacuating when your house or local area has become uninhabitable or dangerous
- Setting up an evacuation centre ready to receive evacuees
- First-line firefighting to prevent spread of fire damage
- Rescuing people trapped under collapsed buildings
- Emergency aid for injured people

Key:

ES = elementary school

JHS = junior high school



**Contact:** Regional Support Group, Regional Disaster Prevention Support Section, Crisis Management Office ☎03-3579-2152

## Science & Education Hall~Spring Vacation Science Festa & Planetarium~

### Healing Planetarium: "Time of Stars and Music"

**Content:** Spend a relaxing time at the planetarium. The theme this time is movie music.

**Time:** 3/12 (Sat) 18:00~ Approx. 50 minutes **Capacity:** JHS and above **Place:** Planetarium

**Fee:** Adult: ¥350, High school and below: ¥120 (tickets go on sale at the vending machine from 17:30)

**Contact:** Itabashi Science & Education Hall (Tokiwadai 4-14-1, Itabashi-ku) ☎03-3559-6561

E-mail: [itakk@itbs-sem.jp](mailto:itakk@itbs-sem.jp) Science & Education Hall homepage: <http://www.itbs-sem.jp>

**Spring Vacation Science Festa:** Try your hand at a variety of fun science experiments and craftwork activities!

**Target:** 6 years and older (adults welcome!) (※Under ES Grade 3 must be accompanied by 1 parent/guardian per child)

**【Booth A】 Colorful Artificial Fish Eggs**

**Content:** Make a bottle of artificial fish eggs with a fun squishy texture!

**Time:** 3/25 (Fri)~27 (Sun)

13:00~16:00 (Last reception 15:45)

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

**【Booth B】 Star Sand Strap**

**Content:** Make a cute strap with star-shaped sand!

**Time:** 3/25 (Fri)~27 (Sun) 13:00~16:00

**Capacity:** 40 people (10 people x 4 times)

**Fee:** ¥400

**Reception:** Tickets go on sale at IF Reception from 10:40 on the day

**Spring Vacation Science Festa:** **Target:** 6 years and older (adults welcome!) (※Under ES Grade 3 must be accompanied by 1 parent/guardian per child)

**【Booth A】 Super Seed-copter**

**Content:** Make a flying toy shaped like plant seeds

**Time:** 3/29 (Tue)~31 (Thu)

13:00~16:00 (Last reception 15:45)

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

**Reception:** Please go directly to the booth.

**【Booth B】 Flower Pressing Art**

**Content:** Try your hand at making pressed flowers using the microwave!

**Time:** 3/29 (Tue)~31 (Thu) 13:00~16:00

**Capacity:** 24 people (6 people x 4 times)

**Fee:** ¥600

**Reception:** Tickets go on sale at IF Reception from 10:40 on the day

**Sakura Matsuri (Cherry Blossom Festivals) ♪**

Cherry blossom festivals will be held at 9 locations throughout Itabashi. Enjoy a fun time with your family or friends under the fully blooming cherry blossom trees this spring!

Date	Area/Contact	Time/Venue
3/27 (Sun)	Itabashi Regional Center ☎03-3963-5049	11:00~15:00 Itabashi 5 <sup>th</sup> JHS school grounds ☆Cancelled in case of rain
	Nakacho Regional Center ☎03-3958-1101	9:20~14:00 Itabashi Traffic Park ☆Cancelled in case of rain
	Hasune Regional Center ☎03-3969-5723	10:30~15:00 Johoku Park baseball ground ☆Held in Hasune Regional Center in case of rain
	Funado Regional Center ☎03-3558-4193	9:45~15:30 Ukima Park ☆Cancelled or downsized in case of rain
4/2 (Sat)	Sakuragawa Regional Center ☎03-3974-3180	10:00~14:00 Sakuragawa ES school grounds ☆Held the following day (4/3, Sun) day in case of rain
4/3 (Sun)	Tokiwadai Regional Center ☎03-3559-6560	10:00~15:00 Peace Park ☆Cancelled in case of rain
	Shimura-sakaue Regional Center ☎03-3969-7577	10:00~15:00 Azusawa Park baseball ground ☆Cancelled in case of rain
	Maeno Regional Center ☎03-3969-0307	11:00~15:00 Maeno Park ☆Cancelled or downsized in case of rain
	Tokumaruru Regional Center ☎03-3932-5370	11:00~15:00 Nishitoku Daiichi Park ☆Cancelled in case of rain

※Please direct any inquiries to the relevant Regional Center in each area.

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

【Time】 Monday~Friday 9:00~16:00 ※No service every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 【Languages】 English, Chinese, Spanish, Portuguese

## Itabashi Historical Museum: "Hina-matsuri" (Dolls' Festival)

The Museum's collection of *hina* dolls as well as dolls donated by City residents, such as Emperor and Empress dolls from the late Edo and Meiji periods and tiered displays from the pre-war Showa period, will be on display.

**Time:** 2/27 (Sat)~4/10 (Sun) **Place:** Old Folk House in Museum courtyard

**Opening Hours:** 9:30~17:00 (last entry 16:30) **Fee:** FREE

**Contact:** Itabashi Historical Museum ☎03-5998-0081

※Closed on Mondays. (If Monday national holiday, closed on following Tuesday)



## Discount Coupons for Acupuncture, Moxibustion, Massage, Shiatsu

**Usage Period:** 2016/4/1 (Fri)~2017/3/31 (Fri)

**Target:** ① Those aged between 65 and 75 years old (born between April 2, 1941 and April 1, 1952), enrolled in the NHI system in Itabashi, with no outstanding premium payments

② Those with a registered address in Itabashi, enrolled in the Latter-Stage Elderly Healthcare System, with no outstanding premium payments

**To Apply:** Send the following information by postcard between 2016/4/1 (Fri)~2017/2/28 (Tues) (postmarked):

① "2016 Treatment Coupons Application" (平成 28 年度施術割引券申込), ② Address & postcode, ③ Name (*furigana*), ④ DOB, age, ⑤ TEL, ⑥ ① NHI Card or ② Latter-Stage Elderly Healthcare Card number 〒173-8501

**Contact/To Apply:** ① Administrative Subsection, NHI & Pension Section ☎03-3579-2401

② Administration & Payments Group, Latter-Stage Elderly Healthcare System Section ☎03-3579-2327

※You can also apply in person at the City Hall counters above. Please enquire for details.



## Hot Spring Discount Coupons

Many hot springs offer special discounts for people enrolled in the National Health Insurance or Latter-Stage Elderly Healthcare System and their families, because of the health benefits.

**Usage Period:** 2016/4/1 (Fri)~2017/3/31 (Fri)



	Facility Name	Discount Price	(Standard Price)	Address	Contact
①	Natural Hot Spring Spadio ※ Closed every 2 <sup>nd</sup> Thu (Except Feb and Aug)	¥1,780	(¥2,200)	49-4 Miyamoto-cho, Itabashi-ku	03-3967-1126
②	Tokyo Somei Hot Spring Sakura	¥1,080	(¥1,296)	5-4-24 Komagome, Toshima-ku	03-5907-5566
③	Times Spa Resta	4/1~10/2 ¥2,160	4/1~10/2 (¥2,600)	Times Station Ikebukuro (Reception 11F), 4-25-9 Higashi-ikebukuro,	03-5979-8924
		10/6~ ¥2,300	10/6~ (¥2,750)	Toshima-ku	

※①②Price for JHS and over. Contact each facility for price for ES and under.

※②Weekdays only.

※③Age 17 and over only. Extra charge applies on late night, special days, weekends and national holidays.

**To Apply:** Fill out a discount coupon at NHI & Pension Section (City Hall South Building 2F, #24), Latter-Stage Elderly Healthcare System Section (City Hall North Building 2F, #13), or any Residents' Office and take it with you when you go to the facility.

**Contact:** Administrative Subsection, NHI & Pension Section ☎03-3579-2401

Administration & Payments Group, Latter-Stage Elderly Healthcare System Section ☎03-3579-2327