

# ICIEF Board

## ① Free Legal Consultation for Foreign Residents

A chance to stop pestering your friends and ask a real lawyer for once! Consult about problems you are facing in daily life such as visas/immigration, health insurance and pensions. Interpreting volunteers will be on hand to help you out, so you can use this service even if you do not speak Japanese.

**Date:** 6/18 (Sat) 13:30~16:00

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

**Main Consultation Topics:** visas/immigration, marriage/divorce, refugee status, inheritance, labor issues, insurance/pensions

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

**To Apply:** None necessary. Just go directly to the venue on the day!



## ② Now Recruiting! International Exchange Coordinator (English)

ICIEF is seeking a part-time International Exchange Coordinator (one person) who will be responsible for translation and interpreting (English/Japanese) at Itabashi City Hall.

**Job Description:** Translation of official letters to/from the Mayor and application forms for City Hall procedures, interpreting at City Hall counters for foreign residents and at official receptions for foreign delegations, etc.

**Application Requirements:** ① Native English speaker or equivalent English language ability, holder of Japanese Language Proficiency Test (JLPT) N1 or equivalent Japanese language ability, ② Able to communicate knowledge of lifestyle, culture etc. of an English-speaking country based on experience of living there, ③ Applicants with non-Japanese nationality must possess a residence status that permits employment or be able to obtain such permission.

**Contract Period:** September 1, 2016~March 31, 2017 (possibility of renewal)

**Work Place:** ICIEF Itabashi Culture and International Exchange Foundation (inside Itabashi City Hall)

**Working Days:** up to 64 hours per month (shift system, Thursday afternoons set work day)

**Working Hours:** ① Full day (7 hours 45 minutes): 8:45-17:30 or ② Half day (4 hours): 8:45-12:45 or 13:30-17:30

**Payment:** ① ¥14,100, ② ¥7,050 ※Plus commuting allowance (actual cost, up to cap)

**Selection Process:** ① Document screening → ② Written exam: July 14 (Thu) → ③ Oral exam/interview: August 15 (Mon)

**Application Guidelines:** Download from Foundation homepage (<http://www.itabashi-ci.org/>) or obtain a paper copy (distributed at the counter). **To Apply:** Submit your CV (in Japanese, facial photograph attached) **by June 30 (NLT)** by post or in person at the counter.

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

The International Salon is a place where foreign people and Japanese people can meet and interact over a cup of tea held once a month by the volunteer group *Nakama*.

A chance to discover new cultures and make new friends!

**Date:** 6/11, 7/2 (Sat) 14:30~16:30

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

**Fee:** ¥200 (refreshments included) Just come directly to the venue on the day!



## Contact for ①-③:

International Exchange Subsection, ICIEF Itabashi Culture & International Exchange Foundation (Itabashi City Hall, 8F #13, inside Culture & International Exchange Section)

2-66-1 Itabashi, Itabashi-ku 〒173-8501 ☎03-3579-2015/FAX 03-3579-2166

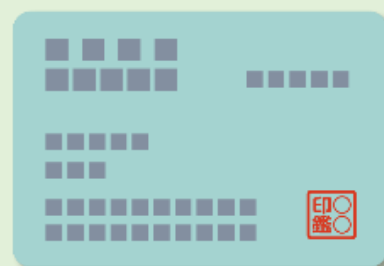
**Admin**

## Enroll in the National Health Insurance!

Non-Japanese residents who fulfil certain requirements for residence status and residence period, 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 (NHI).

Under NHI, all enrolled members pay monthly insurance premiums and the equivalent of 30% of the cost when paying medical fees at a hospital or other medical facility, while NHI covers the remaining 70%.

Those with the following residence statuses may not enroll in NHI, even if they have completed resident registration.



① Those entering or  
residing in Japan for the  
purpose of receiving  
medical care under the  
“Designated Activities”  
(*tokutei katsudo*) status, or  
accompanying persons

② Those staying in Japan  
for a period of less than  
1 year for the purpose of  
tourism, recuperation or  
similar activities, or  
accompanying persons

③ Those whose  
residence status is  
“Temporary Stay” (*tanki taizai*) (no matter how  
many times they renew  
their residency period)

**Things to Bring:** Residence (*zairyu*) card, passport

**Insurance** ¥46,200 per person per year (or more, dependent on income, etc.)

**Premiums:** Those aged 40~64 pay an additional premium of ¥14,700 per year for Nursing Care Insurance, a total of ¥60,900 per person per year (or more, dependent on income, etc.). Premiums are adjusted according to number of enrolled dependents and income for the previous year. Premiums can be paid by electronic bank transfer or payment slip.

**Contact:** Qualification Assessment Group, National Health Insurance and Pension Section (Itabashi City Hall 2F #23) ☎03-3579-2406



**Admin**

**Hazmat Safety Week is June 15 to 11!**

FY2016 Hazmat Safety Slogan:

**“Hazmat - Follow the Rules - Safely”**

Yasushi Yamaguchi (Shinjuku, Tokyo)

Hazmat (hazardous materials) includes many materials we use every day, such as adhesives, aromatherapy oils, nail polish remover, outdoor firelighters, and high-proof alcohol such as rubbing alcohol/surgical spirit as well as gasoline/petrol and heating oil (kerosene/paraffin).

Take this opportunity to improve your knowledge and check the correct handling, storage and disposal methods for any hazardous materials in your home!

**Contact:** Itabashi Fire Station, Fire Prevention Section ☎03-3964-0119  
Shimura Fire Station, Fire Prevention Section ☎03-5398-0119



**Event**

**Science and Education Hall**



Planetarium Movie Showing

**“The Theory of Everything”**

(Japanese dubbed version)



A moving drama depicting the first half of the life of theoretical physicist Prof. Stephen Hawking, who became world-famous through his bestselling book “A Brief History of Time”.

**Date:** 6/18 (Sat) 18:00~20:00 (doors open 17:45)

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

**Fee:** ¥500

**Capacity:** 100 people (in order of application)

**To Apply:** Applications open! Please book by telephone or email with your name and the number of people.

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

**E-mail:** itakk@itbs-sem.jp

**Homepage:** <http://www.itbs-sem.jp>



## Itabashi Food Education & Health Promotion Shops Fair

June is “Food Education Month”, and the 19<sup>th</sup> of every month is “Food Education Day”.

The “Basic Act on Food Education” enforced in 2005 stated that “food/diet” is of the utmost importance in order to cultivate a sound body and mind throughout one’s life as well as nurturing a richness of spirit and well-rounded character. “Food education” aims to enable people to gain knowledge of food and diet and the ability to choose healthy food and lead a healthy dietary lifestyle.

With this aim in mind, Itabashi will hold a fair of shops promoting food education and health during “Food Education Month”.

### ~“Itabashi Food Education & Health Promotion Shops Fair”~

**Date:** 6/28 (June)~7/1 (Fri) 11:00~15:00

**Place:** Itabashi City Hall, IF Event Space

**Content:** Panel displays and displays of actual objects related to food education; workshops (making dried bonito shavings, etc.); short lectures; sale of food products at stalls by health promotion shops, etc.

**Contact:** Nutritional Advancement Subsection, Health Promotion Section, Health and Livelihood Division  
☎03-3579-2308



## What are “Sediment Disaster Hazard Areas”?

In March 2016, based on the “Sediment Disasters Prevention Act”, Tokyo Metropolitan Government designated certain parts of Akatsuka, Azusawa, Shimura, Daimon, Takashimadaira, Tokumaru, Nakadai, Narimasu, Nishidai, Maenochō, Misono, Yottsuba, and Wakagi areas as “**sediment disaster hazard areas/special hazard areas**” in order to help save residents’ lives from sediment disasters such as landslides.



Details of designated sediment disaster hazard areas and special hazard areas are published on Tokyo Metropolitan Government’s homepage. A public notice book of newly designated areas has also been made available for public inspection at the two Contact venues listed below.

<http://www.bousai.metro.tokyo.jp/bousai/>

**Contact:** Planning Section, River Division, Tokyo Bureau of Construction (Tokyo Metropolitan Government Building, Second Building 6F) ☎03-5320-5394  
Disaster and Crisis Management Section, Itabashi Crisis Management Office (Itabashi City Hall, South Building 4F) ☎03-3579-2159

★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 【Languages】 English, Chinese, Spanish, Portuguese