

ICIEF Board

① Free Legal Consultation for Foreign Residents

A chance to stop pestering your friends for advice and consult a lawyer instead! Get advice about problems you are facing in daily life, such as visas/immigration, marriage/divorce, refugee status, inheritance, labour, insurance/pensions, etc. ※If you require interpreting, please enquire at time of booking.

Time: 2016/8/18 (Thu), 9/15 (Thu) 13:30~16:00

Place: 8/18 Green Hall meeting room (36-1 Sakae-cho, Itabashi-ku)

9/15 Itabashi Culture Hall (51-1 Oyama Higashi-cho, Itabashi-ku)

Cost: FREE ※Consultation time is limited to approx. 30 mins per person)

To Apply: By appointment only! Apply by email (Japanese, English) by three days before each event.



② Autumn Jamboree @Yatsugatake Lodge, Nagano Prefecture

Enjoy international exchange through hiking in the wilderness and a delicious BBQ!

Time: 2016/10/22 (Sat)~10/23 (Sun) 1 night, 2 days

Place: Itabashi Youth Outdoor Learning Center Yatsugatake Lodge
(Suwa district, Nagano prefecture)

Capacity: 15 Japanese people and 15 foreign people (20 years or older)

※Lottery held in case of oversubscription.

Fee: ¥8,000 (including transport, accommodation, meals, etc.) ※Transport will be by coach.

To Apply: Apply with the following information by email, FAX, postcard, or TEL to the Contact below: ①Autumn Jamboree Application (オートムジャンボリー^{もろしごみ}申込), ②Name (*furigana*), ③Address, ④Gender, ⑤Age, ⑥Nationality, ⑦TEL ※Max.2 people per return postcard; write ②~⑦ for both people. **Deadline:** 9/30 (Fri) (NLT)



③ International Exchange Salon: Friendship Club *Nakama*

The International Exchange Salon is a place where people can meet and interact over a cup of tea held once a month by volunteers. A chance to discover new cultures and make friends regardless of nationality!

Time: 2016/8/13 (Sat), 9/3 (Sat) 14:30~16:30

Place: Green Hall (Sakae-cho 36-1) 8/13: meeting room 601, 9/3: meeting room 504

Fee: ¥200 (includes refreshments) Just come directly to the venue!



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
TEL 03-3579-2015 / FAX 03-3579-2166

Email: kkouryu@city.itabashi.tokyo.jp HP: <http://www.itabashi-ci.org/>

★24th Bologna Book Fair @Itabashi: Enjoy World Picture Books★

Enjoy a selection of picture books from all over the world donated by the office of the Bologna Children's Book Fair which is held every year in the city of Bologna in northern Italy. There is no age limit to who can enjoy these books – all ages are welcome!

Time: 2016/8/6 (Sat)~8/14 (Sun) 9:00~19:00 (From 10:00 on 8/6)

Place: Narimasu Art Gallery (3-13-1 Narimasu, Itabashi-ku)

Access: 3 min walk from “Narimasu station” (North Exit), Tobu Tojo line; 5 min walk from “Subway Narimasu station” Exit No.5), Metro Yurakucho/Fukutoshin line

Fee: FREE Just go directly to the venue!

Contact: Itabashi Bologna Children's Book Hall ☎03-3579-2665



~Science and Education Hall: Guide to Events~

● **Star-gazing Club**

Content: An explanation of the stars in the night sky in the planetarium (approx. 30 min) followed by star-gazing in nearby Peace Park (only in clear weather)

Time: 2016/8/6 (Sat), 20 (Sat) 19:00 (Doors open 18:45)

Target: Elementary school and above (ES students must be accompanied by a guardian)

Fee: FREE **Capacity:** 197 people (first-come, first-served) Just go directly to the venue on the day.

● **Summer Holidays Events**

Content: They Move! They Roar! LIVE! Dinosaurs Exhibition~Why Did Dinosaurs Disappear?~

A ten meters long T-rex and its rival triceratops will be dropping in! A deinonychus with even more terrifying claws will also make its public debut and join the battle! Come and meet these huge dinosaurs and learn about the mystery of why they became extinct!

Time: 2016/7/30 (Sat)~8/31 (Wed) 9:00~17:00 ※Excluding closing days

Fee: FREE ※Just go directly to the venue on the day.

※Opening Hours: 9:00~16:30 During summer holidays 7/21 (Thu)~8/31 (Wed): 9:00~17:00

※Closing Days: every Monday (following Tuesday in case of national holiday)

Closing days in July/August: 2016/7/4 (Mon), 11 (Mon), 19 (Tues), 28 (Thu), 29 (Fri); 8/8 (Mon), 15 (Mon), 22 (Mon)

Itabashi Science and Education Hall (4-14-1 Tokiwadai, Itabashi-ku) ☎03-3559-6561 E-mail: itakk@itbs-sem.jp

See the homepage for more details: <http://www.itbs-sem.jp>



Ecopolis Festival

Ecopolis Center will hold a flea market! There will be about 40 booths selling a variety of goods.♪ An eco-friendly event which will help you achieve the “3Rs” (Reduce, Reuse, Recycle).♪ The event venue is indoors, so it will go ahead even in case of rain or bad weather.

You might find a bargain you love, so please drop by for a spot of shopping♪

Time: 2016/9/3 (Sat) 10:00~13:00

Place: Ecopolis Center basement floor B1

Contact: Ecopolis Center (4-6-1 Maeno-cho, Itabashi-ku) Email: info@itbs-ecopo.jp

☎03-5970-5001 (Closed every 3rd Monday)





Admission of Foreign National Children to Itabashi Schools



If you wish to enroll a foreign national child in an Itabashi 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, in principle children attend the elementary school within the school district where they live, based on their registered address. However, choice of a school in a neighboring school district may be possible with good reason. If you wish to choose a school other than that within your school district, please enquire when you apply.

Eligible to start school: Children born between 2010/4/2~2011/4/1

Application period: 2016/9/1~9/30 Monday~Friday 9:00~12:00, 13:00~17:00

Contact: Education Affairs Subsection, Educational Affairs Section, Board of Education

(Itabashi City Hall North Building 6F #14) ☎03-3579-2611



Itabashi Nursing Care Insurance

Under the nursing care insurance scheme, all those aged over 40 years old enroll as members (the insured) and bear the cost of insurance, and can access nursing care services when needed.

Category 1 insured individuals: those aged 65 and over

Foreign nationals aged over 65 years old who have been legally resident in Japan for three months and who are listed on the Basic Resident Register must all enroll in the Nursing Care Insurance scheme. An insurance card is issued on turning 65 years old. Please look after it carefully. You will qualify to access care and support services in the event that you are certified as needing them.

Insurance premium payments for Category I

Insurance premiums are calculated on a sliding scale according to income, based on a "base amount" calculated from the cost of services. If you have a yearly pension of more than ¥180,000, premiums are automatically deducted from your pension (Special Collection). However, new qualifiers (those who have turned 65 years old during the current fiscal year, those who have moved in from another municipality) must pay by Ordinary Collection (see below) until Special Collection is initiated. If you have a yearly pension of less than ¥180,000 or are a new qualifier, you must make payments by yourself by either payment slip or bank transfer (Ordinary Collection). If you wish to pay by bank transfer, please contact below to request an application form.

Category II insured individuals: those aged 40~64

Foreign nationals aged 40-64 years old qualify for care or support services if certified as requiring them due to one of sixteen specified diseases covered by nursing care insurance (terminal cancer, cerebrovascular disease, etc.).

Insurance premium payments for Category II

Payments are determined according to the calculation method of your medical insurance plan and are lumped together with your medical insurance premiums.

What happens if you default on insurance premium payments?

If you are behind with insurance premium payments, benefit restrictions may be imposed when you access nursing care services. Please keep up to date on your premium payments to ensure that you can continue to receive nursing care services with peace of mind.

Contact: Qualifications & Insurance Premiums Subsection, Nursing Care & Insurance Section, Health & Livelihood Division ☎03-3579-2359

~August 30 to September 5 is Disaster Prevention Week~

Furniture falling over or moving during earthquakes increases the danger of fire and injury and impedes evacuation attempts. Help protect yourself from earthquakes by securing furniture to prevent it falling over or moving in the event of an earthquake. Also, make sure to participate regularly in regional disaster drills to increase your knowledge and awareness of disaster preparation!



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

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

~Call for Participants: Akatsuka Walking Tour and Zen Meditation Session~

A unique tour designed exclusively for foreign residents living, working or attending school in Itabashi. It will include a stroll through the Akatsuka area, a pleasant, leafy area retaining much of its natural scenery, and an exclusive guided Zen meditation session at an historic local Buddhist temple.

Why not take this opportunity to experience Japanese culture and tradition by participating in the tour?

Time: 2016/9/10 (Sat) ※Will go ahead in case of rain.

Tour Time: 13:45~15:30 (Meet by 13:15 in front of Itabashi Art Museum)

Cost: ¥50 (accident insurance cost)

Target: Foreign residents living, working or studying in Itabashi.

Language: The tour will be held in English only.

Course: Itabashi Art Museum ⇒ Jorenji Temple ⇒ Akatsuka Botanical Garden ⇒ Shogetsuin Temple (Zen meditation session)

After viewing the Big Buddha statue at Jorenji Temple and enjoying the seasonal plants and flowers at the botanical garden next door, we will head to nearby Shougetsuin Temple where we will visit the Main Hall, which is not usually open to the public, and participate in a private Zen meditation session.

To Apply: Send the following information by email to the contact below by 8/26 (Fri) (NLT): ①Application for Akatsuka & Zen Meditation Tour (あかつかさんさくざぜんたいけんもうしこみ (赤塚散策と座禅体験ツアー申込)), ②Address, ③Name, ④Age, ⑤Gender, ⑥Nationality, ⑦TEL

Contact: Lifestyle and Tourism Section ☎03-3579-2251 **Email:** kb-kankou@city.itabashi.tokyo.jp



Japanese Garden inside Akatsuka Botanical Garden



Shogetsuin Temple



Zen Meditation

★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