

# 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:** 2017.3/16 (Thu), 4/20 (Thu) 13:30~16:00

**Place:** Culture Hall - 3/16: Meeting Room 4, 4/20: Meeting Room 2 (51-1 Oyama Higashi-cho)

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

**Fee:** Free (30 minutes per person)

**To Apply:** 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 beginner 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) 4/6 (Thu)~9/21 (Thu)

② Tues/Fri Course (every Tuesday and Friday, 18:30~20:30) 4/7 (Fri)~9/19 (Tue)

**Eligibility:** Non-Japanese residents 18 years and older ※Please note you cannot bring children to class.

**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 (Fri): 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:** 2017.3/11, 4/8, 5/13 (Sat) 14:30~16:30

**Place:** 3/11: Shimoitabashiekimae Assembly Hall (2-3-1 Itabashi)

4/8, 5/13: Green Hall Meeting Room 601 (36-1 Sakae-cho)

**Fee:** ¥200 (includes refreshments) No reservation necessary

Contact/To Apply for 1-3: 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 HP: <http://www.itabashi-ci.org/>

## Science & Education Hall ~ Spring Vacation

**Eligibility:** Elementary school students or older (each first-year and second-year elementary students must be accompanied by a guardian)

### ◆Magnet woodpecker

Make a woodpecker that pecks at a makeshift tree with the power of magnets!

Time: 3/24 ~ 26 (Fri ~ Sun) 13:00~15:45

※No RSVP necessary.

Please come straight to booth. Fee: ¥100

### ◆Aromatic polymer

Create an aromatic with a colorful aroma!

Time: 3/28 (Tue) ~ 30 (Thu) 13:00~15:45

※No RSVP necessary.

Fee: ¥100

### ◆Colorful Slime

Create a squishy slime in your favorite color!

Time: 3/31 (Fri) ~ 4/2 (Sun) 13:00~15:45

※No RSVP necessary

Fee: ¥100

### ◆Shining constellation pin

Pick a constellation illustration and create a pin that shines in the darkness!

Time: 4/3 (Mon) ~ 4/5 (Wed) 13:00~15:45

※No RSVP necessary

Fee: ¥100

### ◆Bird call

Make a bird call and use it to speak with wild birds!

Time: 3/24 ~ 26 (Fri ~ Sun) 13:00, 13:45,

14:30, 15:15 (4 times per day/8 people per session)

※Tickets on sale from 10:40 at first floor.

Fee: ¥400

### ◆Plant stamp eco bag

Use various plants to make your very own eco bag!

Time: 3/28 (Tue) ~ 30 (Thu) 13:00, 13:45

14:30, 15:15 (4 times per day/8 people per session)

※Tickets on sale from 10:40 at first floor. Fee: ¥400

### ◆Beeswax crayon

Make a beeswax crayon that is gentle to the skin!

Time: 3/31 (Fri) ~ 4/2 (Sun) 13:00, 13:45,

14:30, 15:15 (4 times per day/8 people per session)

※Tickets on sale from 10:40 at first floor. Fee: ¥500

### ◆Colorful, handmade washi

Create a postcard from paper! Also, decorate the postcard with patterns made from washi!

Time: 4/3 (Mon) ~ 5 (Wed) 13:00, 13:45,

14:30, 15:15 (4 times per day/8 people per session)

※Tickets on sale from 10:40 at first floor.

Fee: ¥400

## Itabashi Science & Education Hall

(Itabashi-ku Tokiwadai 4-14-1)

**Hours:** 9:00 ~ 16:30

**Closed every Monday (following day if national holiday)** ☎03-3559-6561 E-mail: itakk@itbs-sem.jp

For further details please visit the Itabashi Science & Education Hall website. <http://www.itbs-sem.jp>

## Introducing public atmospheric information system

There are six air pollution monitoring stations in Itabashi City that monitor the presence of harmful airborne substances, as well as street noise, 24 hours a day. There are two monitoring centers in the greater Tokyo area that send monitoring data to Itabashi City Hall's environmental monitoring system where it is processed and analyzed. Monitoring data is available to the public through the online "Public atmospheric information system" where users can find out information about Itabashi City's air quality

**Contact:** Environment Preservation Section ☎03-3579-2593

URL: <http://itabashi-air.jp/>



## Hot spring discount coupons



Because of its health benefits, many hot springs are offering special discounts for people enrolled in the National Health Insurance or Latter-Stage Elderly Healthcare System.

**Period of validity:** 2017.4/1 (Sat.) ~ 2018.3/31 (Sat.)

	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	¥2,300	(¥2,750)	Times Station Ikebukuro (Reception 11F), 4-25-9 Higashi-ikebukuro, Toshima-ku	03-5979-8924

※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), 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

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

**Period of validity:** 2017.4/1 (Sat) ~ 2018.3/31 (Sat)

**Target:** Ⓐ Those aged between 65 and 75 years old (born between April 2, 1942 and April 1, 1953), enrolled in the NHI system in Itabashi, with no outstanding premium payments

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

**No. of coupons:** 7

**To Apply:** Send the following information by postcard between 2017.4/1 (Sat.)~2018.2/28 (Wed.) (postmarked):

①"2017 Treatment Coupons Application" (平成 28 年度施術割引券申込), ②Address & postcode, ③Name (furigana), ④DOB, age, ⑤TEL, ⑥ⒶNHI Card or ⒷLatter-Stage Elderly Healthcare Card number 〒173-8501

**To apply in person:** From 2017/4/3 (Mon.) ~ 2018/3/30 (Fri.) bring you National Health Insurance Card or Latter-Stage Elderly Care Insurance Card to the National Health Insurance & Pension Section (City Hall South Building 2F Window 22) or the Latter-Stage Elderly Healthcare Section (City Hall North Building 2F Window 13).

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

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

★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

## 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!

**Date:** 3/12 (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 5 <sup>th</sup> ES (Nakamaru-cho 19-1)	Maeno	Fujimidai ES (Maeno-cho 1-10-1)
Nakajuku	Itabashi 3 <sup>rd</sup> JHS (Hikawa-cho 22-3)	Sakuragawa	Sakuragawa ES (Toshin-cho 2-29-1)
Nakacho	Itabashi 2 <sup>nd</sup> JHS (Saiwai-cho 26-1)	Shimo-akatsuka	Shimo-akatsuka ES (Akatsuka 6-14-1)
Fujimi	Itabashi Friend Center (Fujimi-cho 3-1)	Narimasu	Akatsuka 2 <sup>nd</sup> JHS (Narimasu 3 18-1)
Oyaguchi	Oyaguchi ES (Oyaguchi Kita-cho 21-1)		Narimasugaoka ES (Narimasu 3-17-7)
Tokiwadai	Peace Park (Tokiwadai 4-3)	Tokumaru	Akatsuka 1 <sup>st</sup> JHS (Tokumaru 4-13-1)
Shimura-sakaue	Azusawa Park Baseball Field (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

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



## Sakura Matsuri (Cherry Blossom Festivals) ♪

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

	Area	Time	Venue	TEL
2017. 3/26 (Sun.)	Itabashi	11:00~15:00	Itabashi 5 <sup>th</sup> ES School Grounds ☆Cancelled in case of rain	03-3963-5049
	Nakacho	9:20~14:00	Itabashi Traffic Park ☆Cancelled in case of rain	03-3958-1101
	Tokiwadai	10:00~15:00	Peace Park ☆Cancelled in case of rain	03-3559-6560
	Funado	10:00~15:30	Ukima Park ☆Cancelled or downsized in case of rain	03-3558-4193
4/1 (Sat.)	Sakuragawa	10:00~14:00	Sakuragawa ES School Grounds ☆Held the following day (4/2, Sun) day in case of rain	03-3974-3180
4/2 (Sun.)	Shimura-sakaue	10:00~15:00	Azusawa Park Baseball Field ☆Cancelled in case of stormy weather	03-3969-7577
	Hasune	10:00~15:00	Johoku Park Baseball Field ☆Held in Hasune Regional Center in case of rain	03-3969-5723
	Maeno	11:00~15:00	Ecopolis Center ☆Cancelled or downsized in case of rain	03-3969-0307
	Tokumaru	11:00~15:00	Nishitoku Daiichi Park ☆Cancelled in case of rain	03-3932-5370

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