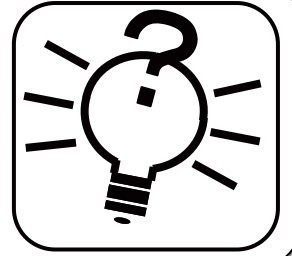




# Useful Information



## Living Information for Foreign Residents of Itabashi City

◆The following information has been compiled for your convenience.

Consultation Counters with Foreign Language Services .....	2
Foreign Language Consultation .....	4
Gender Equality Consultation Counters .....	4
Services for Itabashi City Residents .....	5
Information Magazines and Newsletters .....	5
Foreign Language Information at City Counters .....	6
Information on International Exchange Events .....	7

*Unless otherwise noted, please make any inquiries in Japanese to the respective divisions using the telephone numbers listed in this brochure.*

Published by:  
Itabashi Culture & International Exchange Section, Itabashi City Office  
2-66-1 Itabashi, Itabashi City, Tokyo 173-8501, Tel: 03(3579)2018

Editing Team:  
International Exchange Section, Itabashi Culture and International Exchange Foundation,  
2-66-1 Itabashi, Itabashi City, Tokyo 173-8501, Tel: 03(3579)2015

*Published: March 2017*

## Consultation Counters with Foreign Language Services

Please contact each facility for hours and other detailed information.

	<u>Name</u>	<u>Consultation Content</u>	<u>Language</u>	<u>Day / Time</u>	<u>Telephone Number</u>
<b>Administrative issues</b>	Tokyo Foreign Residents Consultation Center	Everyday life	English	Mon-Fri 9:30AM-12:00PM 1:00PM-5:00PM	03-5320-7744
			Chinese	Tues, Fri Same as above	03-5320-7766
			Korean	Wed Same as above	03-5320-7700
<b>Immigration and Residency Status</b>	Foreign Residents General Information Center	Residency counseling	English, Chinese, Korean, Tagalog, Spanish, Portuguese, French, Taiwanese	Mon-Fri 8:30AM-5:15PM	0570-013-904 (IP/PHS/International, use 03-5796-7112)
<b>Labor issues</b>	Tokyo Metropolitan Labor Consultation Center	Work-related problems	English	Mon-Fri 2:00PM-4:00PM	03-3265-6110
			Chinese	Tues-Thurs 2:00PM-4:00PM	
	Tokyo Employment Service Center for Foreigners	Labor counseling <u>Target</u> · Foreign students seeking full-time employment in Japan · Counseling for holders of special residence statuses such as specialized or technological fields etc.	English, Chinese (Please confirm by telephone beforehand)	Mon-Fri 8:30AM-5:15PM (excluding national holidays and year-end period)	03-5339-8625
	Shinjuku Foreigners' Employment Assistance and Guidance Center	Labor counseling <u>Target</u> · Holders of residence statuses with no restrictions on work (e.g. spouses of Japanese nationals, permanent residents etc.) · Foreign students seeking part-time jobs ( <i>arubaito</i> ) in Japan	English, Chinese (By advance appointment only. Please make an appointment by telephone beforehand)	Mon-Fri 8:30AM-5:15PM (excluding national holidays and year-end period)	03-3204-8609

<b>Medical Issues</b>	Tokyo English Life Line	Problems and concerns	English	Daily 9:00AM - 11:00PM	03-5774-0992
	AMDA International Medical Information Center	Medical information, hospital guidance, medical interpreting, etc.	English, Chinese, Spanish, Korean	Daily 9:00AM-8:00PM	03-5285-8008
			Portuguese	Mon/Wed/ Fri 9:00AM-5:00PM	
			Tagalog	Wed 1:00PM - 5:00PM	
	Tokyo Metropolitan Health and Medical Information Center <i>Himawari</i>	Hospital guidance and medical information	English, Chinese, Spanish, Thai, Korean	Daily 9:00AM-8:00PM	03-5285-8181
Emergency interpretation service		Weekdays 5:00PM-8:00PM Weekends/Holidays 9:00AM-8:00PM		03-5285-8185	
<b>Taxes</b>	Tokyo Regional Tax Bureau Consultation Service for Foreigner Residents	Income tax consultation	English	Mon-Fri (exc. holidays) 9:00AM-5:00PM	03-3821-9070
<b>Education</b>	Multicultural Center Tokyo	Educational counseling, study/ learning support	English, Chinese	Tues-Fri 9:00AM-6:00PM, Sat 10:00AM-7:00PM	03-6807-7937
<b>Other Support Organizations</b>	KAPATIRAN	Support for Filipinos living in Japan	English, Tagalog	Tues, Fri 11:00AM-4:00PM	03-3432-3055
	Catholic Tokyo International Center (CTIC)	Support for foreigners living in Japan	English, Tagalog, Spanish, Portuguese, Italian, Chinese	Mon-Fri 10:00AM-6:00PM	03-5759-1061
	International Nikkei Association	Nikkei living consultation	Spanish, Portuguese	Mon-Fri 2:00PM-5:30PM (Excluding weekends and national holidays)	045-211-1788
	Asian Peoples Friendship Society (APFS)	Visa and living information	English, Chinese, Korean, French, Bengali, Burmese, Persian, Tagalog, Urdu	Mon-Fri 11:00AM-6:30PM	03-3964-8739

---

---

## Foreign Language Consultation

---

---

- ▶ **Contact:** *Itabashi Culture and International Exchange Foundation, International Exchange Section*, City Office North Building 8F #13, 2-66-1 Itabashi, Itabashi-ku 〒173-8501  
TEL: 03-3579-2015, Fax: 03-3579-2166  
URL: <http://www.itabashi-ci.org/>

English and Chinese interpreters are available for foreign residents who need to consult about Itabashi City related matters. Please inquire about their schedules and availability.

---

---

## Gender Equality Consultation Counters

---

---

- ▶ **Contact:** *Gender Equality Promotion Center*,  
Health Care Center 5F, 32-15 Oyama Higashi-cho, Itabashi-ku TEL: 03-3579-2188  
Specialist counselors and advisors are available to provide face-to-face consultation about any worries and problems you may be experiencing with your family, human relationships at work, domestic violence from your spouse or partner. All consultations are held in strict confidentiality. Please contact the telephone numbers below if you have something you want to talk about.

### **Types of consultation:**

**(1) General Advice:** Consultation and advice about issues you may be worried about such as family problems or issues with human relationships at work.

Times: Monday-Friday, 2nd Saturday 9:00AM-5:00PM

**(2) Women's Working Life Support and Feminist Counseling (by reservation):** Counseling and advice about general difficulties and life choices and problems women may face at work such as sexual harassment, working conditions, work-life balance.

Times: 2nd/4th/5th Wednesday, 2nd Saturday, 10:00AM-12:00PM, 1:00PM-4:00PM.

**(3) Domestic Violence Advice (by reservation):** Consultation and advice for people who have experienced domestic violence from their spouse or partner.

Times: Monday, Thursday, 2nd Saturday 10:00AM-12:00PM and 1:00PM-5:00PM

**Consultation methods:** By telephone or in person

---

---

## Services for Itabashi City Residents

---

---

▶ **Contact:** *Industrial Promotion Section, Industry Support Group*  
Information Processing Center 5F TEL: 03-3579-2172

### (1) Small and Mid-sized Business Advisory Window

This advisory corner provides consultation and advice on small and mid-sized business management. (Services available in Japanese only.)

**Hours:** Monday to Friday, 9:00AM-12:00PM, 1:00PM-5:00PM (reservation required)

### (2) Itabashi City Industrial Loan System

Itabashi City has a low interest loan system available for small and mid-sized businesses※ located in Itabashi City or who are planning to start a business here. In order to reduce the amount of interest paid, the local government provides a partial subsidy.

※**Small and mid-size businesses:** This loan system is for businesses that have had a commercial address in Itabashi for one year or longer. It does not matter whether the business is a corporation or in sole proprietorship however, corporations must be registered in Itabashi and their place of business activity must also be Itabashi. Furthermore, entities in sole proprietorship must have declared their business to the tax office (using the *aoiro shinkoku* blue income tax return form, etc).

---

---

## Information Magazine and Newsletters

---

---

<u>Publication</u>	<u>Language</u>	<u>Published</u>	<u>For information</u>
My Handy Book ( <i>Watashi no Benri-cho</i> )	Japanese	Yearly	Public Relations Section, City Office North Building 4F #14
Newsletter Itabashi ( <i>Koho Itabashi</i> )	Japanese	Every Saturday	
ICIEF Board	Japanese, English, Chinese, Korean	First Tuesday every month	Itabashi Culture & International Exchange Foundation, International Exchange Section City Office North Building 8F #13
Itabashi Education & Sports Guide	Japanese	Twice a year	Lifelong Learning Section, City Office North Building 6F #15
Itabashi City Assembly News	Japanese	Four times a year	City Assembly Office, City Office North Building 10F

## Foreign Language Information at City Counters

<u>Publication</u>	<u>Languages</u>	<u>Publisher</u>	<u>Contact</u>
Tokyo Metropolitan Inhabitant Tax pamphlet *viewing only	English, Chinese, Korean	Taxation Section	City Office North Building 3F #12
Mother and Child Health Handbooks ( <i>boshi kenko techo</i> ) *foreign language versions	English, Chinese, Korean, Thai, Tagalog, Spanish, Portuguese, Indonesian	Health Promotion Section	City Office South Building 3F#21
Guidance on basic health examinations and colon cancer examination	English, Chinese, Korean		
Information on National Health Insurance ( <i>kokumin kenko hoken</i> )	English, Chinese, Korean	National Health Insurance & Pension Section, Qualification Assessment Group	City Office South Building 2F #22
Pension pamphlet *Can be viewed on the Social Health Insurance Office HP	English, Chinese, Korean, Portuguese, Spanish, Indonesian, Russian, Tagalog	National Health Insurance & Pension Section, National Pension Group	City Office South Building 2F #25
Instructions on waste separation and disposal	English, Chinese, Korean	Sanitation & Recycling Section	City Office North Building 7F #11
Information on public housing	English, Chinese, Korean	Housing Policy Section	City Office North Building 5F #14
Notifications on school enrollment assistance system	English, Chinese	Educational Affairs Section	City Office North Building 6F #14
Library usage pamphlet	English, Chinese, Korean	Each library	

---

---

## Information on International Exchange Events

---

---

▶ **Contact:** *Itabashi Culture & International Exchange Foundation, International Exchange Section* 2-66-1 Itabashi, Itabashi-ku, Tokyo 〒173-8501 (inside Itabashi City Office)  
City Office North Building 8F #13 , TEL: 3579-2015 FAX: 3579-2166  
URL: [www.itabashi-ci.org](http://www.itabashi-ci.org)

The Itabashi Culture and International Exchange Foundation (ICIEF) was established to promote internationalization in Itabashi through holding various kinds of events in which foreign and Japanese residents can increase each other's multicultural awareness.

- ▶ Events related to Itabashi's exchange with sister and friendship cities
- ▶ Beginners' Japanese Language Classes
- ▶ Free consultation for foreign residents
- ▶ International education and cross-cultural understanding seminars
- ▶ Arranging home visits and homestays
- ▶ Assistance for privately organized international exchange events
- ▶ Friendship Club (volunteer organized events)
- ▶ Japanese Language Speech Contest
- ▶ Publications for foreign residents

### Japanese Language Classes for Foreigners

#### **(1) Courses organized by Itabashi Culture & International Exchange Foundation**

The Foundation offers two beginning Japanese language classes in order to help make living in Itabashi City easier for foreign residents. These six-month courses hold classes twice a week and each class lasts two hours.

**a.** Monday/Thursday Class (Morning; 10:00AM-12:00PM)

**b.** Tuesday/Friday Class (Evening; 6:30PM-8:30PM)

**Location:** Green Hall, 36-1 Sakae-cho, Itabashi-ku

**Capacity:** 20 students per class

**Period:** April to September (first semester) / October to March (second semester)

**Cost:** Lesson fee plus textbook cost

Please contact the Foundation (contact details above) for more details.

#### **(2) Courses organized by Itabashi City Volunteer Japanese Language Classrooms**

There are many Japanese language classrooms organized and managed by volunteers in Itabashi. For information on schedules and locations, etc., please contact the Foundation.

※Detailed information about the Japanese language classes listed in (1) and (2) above can be found on the Foundation's website (URL above).

## **ICIEF BOARD**

The ICIEF Board newsletter was created by the Foundation to provide information to local residents about international exchange events held in Itabashi City. The publication also includes essential lifestyle and living information.

**Publication languages:** Japanese with furigana, English, Chinese, Korean

**Distribution locations:** At over 60 locations in Itabashi including Itabashi City Hall, other city offices and libraries.

## **Volunteer Membership System**

The Foundation is continually recruiting new volunteers to help with international exchange events through its volunteer membership system. Anyone who is interested is welcome to become a member. For more information please contact the Foundation.

### **▶ Main volunteer activities**

Planning and managing international exchange events.

### **▶ Volunteer activities by special registration**

Hosting homestay visitors, interpretation and translation, international education programs (foreign residents only), etc.