

June, 2018



ICIEF Board

① Free Legal Consultation for Foreign Residents

Why don't you consult with experienced lawyers about what worries you, such as visa/residency, insurance or work. Interpreters are there for you, so please feel free to come if you don't understand Japanese.



Time: 6/23(Sat) 13:30~16:30 (Please come by 4 o'clock)

*30 minutes per session. No appointment is required.

Place: Green Hall (36-1 Sakae-cho) 1F Hall

Issues: Visa/residency, marriage/divorce, refugee status, inheritance, employment, insurance/pension

Languages: Japanese, English, Chinese, Korean

② "Living Information for Foreign Residents" 2018

We have published brochures with a wide range of necessary information to live in Japan, such as procedures to be taken at the Itabashi City Office or services provided by the municipality. There are some differences in the system and customs between Japan and countries you are from.

When you have trouble living in Japan, please refer to these brochures.

Contents: Change of address, national health insurance, taxes, nursery, elementary schools, junior high schools

Languages: Japanese with furigana, English, Chinese, Korean



③ International Exchange Salon: Friendship Club "Nakama"

Why not enjoy a chat in Japanese over tea? This International Salon is held once a month by the volunteer group Nakama as a place where foreign people and Japanese people can meet and interact. Great opportunity to make new friends!

Time: ①6/9 (Sat) ②7/7 (Sat) 14:30~16:30

Place: Green Hall (36-1 Sakae-cho) ①Meeting Room 601 ②Meeting Room 504

Fee: 200yen No appointment is required.



①~③ : ICIEF Itabashi Culture & International Exchange Foundation,
International Exchange Subsection (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/>

“Ecopolis Flea Market”

Approximately 40 stores will open up shop to sell various goods. The event is based on 3R, a concept which emphasizes the importance of “Reduce,” “Reuse,” and “Recycle.” Please join us!

Time: 7/8 (Sun) 10:00~13:00

(Will be held even in case of rain)

Place: Ecopolis Center B1

(〒174-0063 4-6-1 Maeno-cho)

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

Email: info@itbs-ecopo.jp



Enroll in the National Health Insurance

Non-Japanese residents not enrolled in a health insurance plan and who have completed their resident registration are encouraged to enroll in the National Health Insurance (NHI). Under NHI, patients are required to pay 30% of the total cost of care at clinics and hospitals. Those falling into either of the categories below cannot enroll in NHI.

- 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 whose residence status is “Temporary Stay” (tanki taizai)



Necessary Things for the Procedure: Residence (zairyu) card, passport

Premiums per person per year

① ¥51,000 (~39, 65~74 years old)

② ¥66,600 (40~64 years old) In addition to ①, ¥15,600 for Nursing Care Insurance is required.

Premiums are adjusted according to number of people in household who enrolled in NHI 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, South building, 2F #22) ☎03-3579-2406

Please remember to pay your resident tax

July 2 (Mon) is the due date to pay the first installment for the resident tax.

The resident tax can be paid at the bank, post office, convenient store, mobile register, Tax Payment Section (Itabashi City Hall, North Building, F3 # 11) or branch offices. Overdue resident tax and light vehicle tax can be paid at the Tax Payment Section and branch offices. If you have any difficulty paying these taxes, please contact us in advance.



Contact : Tax Payment Section,
General Affairs & Payments Group
☎03-3579-2133

Health Checkup Starts!

When : 6/1(Fri)~10/31(Wed)

Where : Medical Institutions in Itabashi city or Nerima city

*Bring your health checkup ticket and health insurance card to have a checkup.

What to be done : Medical questionnaire, body measurement, blood pressure measurement, urine analysis, blood test and so on

Eligibility :

- ① People aged from 40 to 74 years who have enrolled in the National Health Insurance of Itabashi City
- ② People enrolled in the latter stage elderly medical insurance of Itabashi City

*Health checkup tickets have been sent to eligible people.

*Please contact us if you are 36 years old or older and living in Itabashi city, but have no chance to have a checkup through health insurance of the company you are working for.

Fee : Free

Contact : Health Promotion Section, Health Checkup Group ☎03-3579-2319

Hazardous Materials Safety Week

Let's learn hazardous materials in our daily life

A week from Sunday, June 3 to Saturday, June 9 is a Hazardous Materials Safety Week. Hazmat (hazardous materials) are things with a high fire risk, such as gasoline/petrol and heating oil. They can be included in adhesives, aromatherapy oils, or surgical spirit. Please check how to handle, store and throw away them correctly with labels or instructions.



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

Gender Equal Society Week: June 23 ~ June 29

Gender equal society is the society where anyone can show their individuality and ability at work, school and home as well as in the community.

A wide variety of events take place in Itabashi city during this week.

Please join them to get to know new people.

When : 6/27 (Wed) ~6/30 (Sat)

Where : Green Hall (36-1 Sakae cho) , Meeting room 601

Fee : Free

Contents : Extension lectures or exhibition on gender equality,
Lectures organized by groups that are registered in the Gender Equality Promotion Center

*For more details, visit the Itabashi City's website at <http://www.city.itabashi.tokyo.jp/>

Contact : Gender Equality Section ☎03-3579-2486



Consultation Counters with Foreign Language Services

Name	Content	Telephone Number
Tokyo Foreign Residents Consultation Center	Everyday life	9:30AM-12:00PM, 1:00PM-5:00PM ☎03-5320-7744 (Mon - Fri)
Foreign Residents General Information Center	Residency counseling	8:30AM-5:15PM ☎0570-013-904 (Mon-Fri)