

8 Useful Information



Living Information for Foreign Residents of Itabashi City

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◆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 on the phone listed in this brochure.

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2-66-1 Itabashi, Itabashi City, Tokyo 173-8501, Tel: 03(3579)2015

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Consultation Counters with Foreign Language Services

Please inquire each facility of the business hours and others in detail.

*Except National holidays and Year-end & New Year holidays

	<u>Name</u>	<u>Consultation Contents</u>	<u>Language</u>	<u>Day / Time</u>	<u>Telephone Number</u>	
Administrative issues	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	
Immigration and Residency Status	Foreign Residents Information Center	Residency counseling	English, Chinese, Korean, Spanish, etc.	Mon-Fri * 8:30AM-5:15PM	0570-013-904 (IP/PHS/International, use 03-5796-7112)	
	Consultation Support Center for Foreign Residents	Procedures for entry and stay, counselling for daily life	English, Chinese	Mon-Fri Except 2 nd & 4 th Wed.	03-3202-5535	
			Portuguese	Mon		09:00AM
			Spanish	Wed & Fri		~
			Bengali	Tue		04:00PM
			Indonesian	Tue		*
Vietnamese	Thu&Fri					
Labor issues	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 * 10:00AM-6:00PM	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	03-3204-8609		

Medical Issues	Tokyo English Life Line	Problems and concerns	English	Daily 9:00AM - 11:00PM	03-5774-0992
	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
Taxes	Tokyo Regional Tax Bureau Consultation Service for Foreigner Residents	Income tax consultation	English	Mon-Fri * 9:00AM-5:00PM	03-3821-9070
Education	NPO Multicultural Center Tokyo	Educational counseling, study/ learning support	English, Chinese	Tue-Sat 10:00AM-6:00PM till 7:00pm for Sat	03-6807-7937
	Tokyo Metropolitan Education Consultation Center	Education consultation including school bullying issues	Japanese	24/7	0120-53-8288
		Education consultation for High School admissions & promotions	English, Chinese, Korean	Fri * 1:00PM-4:00PM	03-3360-4175
Consumer Affairs	Tokyo Metropolitan Comprehensive Consumer Center	Consultation on consumer affairs	English, Chinese, Korean	Mon ~ Fri(*) 09:00AM~05:00PM	03-3235-1155
Other Support Organizations	Catholic Tokyo International Center (CTIC)	Support for foreigners living in Japan	English, Tagalog, Spanish, Portuguese, Chinese, Italian	Mon-Fri 10:00AM-6:00PM	03-5759-1061
	International Nikkei Association	Nikkei living consultation	Spanish, Portuguese	Mon-Fri * 2:00PM-5:30PM	045-211-1788
	NPO Asian Peoples Friendship Society (APFS)	Visa and living information	English, Chinese, Korean, French, Bengali, Burmese, Persian, Tagalog, Urdu	Mon-Fri 11:00AM-6:00PM	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: 03-3579-2046

URL: <https://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

(Open 2nd Saturday of the month until 16:00)

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) Window for Small and Mid-sized Business Advisory

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 plans to start a business. 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>
Itabashi Living Guide (<i>Itabashi Kurashi Guide</i>)	Japanese	Every other year	Public Relations Section, City Office South Building 4F #23
Newsletter Itabashi (<i>Koho Itabashi</i>)	Japanese	1 st – 4 th Saturday every month	
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, Nepalese	Health Promotion Section	City Office South Building 3F#21
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
National Pension System *Website for Social Health Insurance Office available	English, Chinese, Korean, Portuguese, Spanish, Indonesian, Russian, Tagalog, Thai, Vietnamese, Myanmar, Cambodian, Nepalese, Mongolian	National Health Insurance & Pension Section, National Pension Group	City Office South Building 2F #25
How to separate wastes and recyclables and their disposal	English, Chinese, Korean	Resource Recycling Promotion Section	City Office North Building 7F #11
Guide on public housing	English, Chinese, Korean	Housing Policy Section	City Office North Building 5F #14
Assistance system for School enrollment	English, Chinese	Educational Affairs Section	City Office North Building 6F #14
Library guide	English, Chinese, Korean	Each library	

Information on International Exchange Events

▶ **Inquiries: Itabashi Culture & International Exchange Foundation, International Exchange**

Section 2-66-1 Itabashi, Itabashi-ku, Tokyo 〒173-8501 (inside Itabashi City Office)

8F, North Bldg. **TEL:** 3579-2015 **FAX:** 3579-2046

URL: <https://www.itabashi-ci.org/>



The Itabashi Culture and International Exchange Foundation (ICIEF) was established to promote internationalization in Itabashi through holding various events in which foreign and Japanese residents can increase awareness for multicultural society together.

- ▶ Events related to exchanges with sister and friendship cities
- ▶ Japanese Language Classes for Beginners
- ▶ Free consultation for foreign residents
- ▶ Educational and Cross-cultural Seminars for International understanding
- ▶ Arranging home visits and homestays
- ▶ Subsidy Assistance for privately organized international exchange events
- ▶ Japanese Language Speech Contest
- ▶ Publications for foreign residents

Japanese Language Classes for Foreigners

Visit the Foundation website for details.

(1) Japanese classes held by Itabashi Culture & International Exchange Foundation

① **Japanese Language Class for Beginners**(level: introductory to beginner)

Twice a week, 6 months

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

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

Capacity: 40 students per class

② **Wednesday Conversation Salon**(level: beginner to advanced)

You talk with a conversation supporter and learn Japanese while having fun.

Time: Every Wednesday, Morning & Evening, 10 : 00~11 : 30 ・ 18 : 30~20 : 00

※You can attend the both course.

Capacity: 30 students (registration on first-come-first-served basis)

For ①②

Eligibility: People who live, work or study in Itabashi City

(aged 15 or over) ※Not allowed to bring children under the age.

Term: April to September (First semester) / October to March (Second semester)

Venue: Green Hall, 36-1 Sakae-cho

Tuition: Lesson and textbook fee

(2) Volunteer Japanese Classes in Itabashi City

A list of volunteer groups who teach Japanese to foreigners is available on the website above. For details, please inquire to each institution directly.

ICIEF BOARD

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

Languages: Japanese with furigana, English, Chinese, Korean

Institutions available: At over 60 locations in Itabashi including City Hall, City branch offices, libraries, universities and some post offices. *More information on ICIEF website.

Volunteer Membership Registration System

The Itabashi Culture and International Exchange Foundation continually accepts volunteer participants as below. Visit the Foundation website for details.

▶ Volunteer Interpreters and Translators

Volunteer Interpreters: Interpretation for procedures, consultations at elementary schools and junior high schools, local events, etc.

Volunteer Translators: Translation of application forms, general notifications, and event notifications published by the City. .

▶ Host family

Host families for foreign nationals (including overnight stay) and home visits (without overnight stay)

▶ Lecturers for International Understanding (foreign nationals only)

Introducing his/her home country's culture, customs, cuisine, dance, music, amusements, etc.