



ACCESS



Life in Tokyo Your Guide English



# Life in Tokyo

## Your Guide

# Welcome to Tokyo

## Learn about Tokyo



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## Life in Tokyo

Website for Foreign Residents in Tokyo

[For details](#)  [page 58](#)

\* All listed information is current as at October 2019.



# What sort of a place is Tokyo?



Population	Approx. 13.94 million (approx.11% of Japan's population)
Number of foreign residents	Approx. 570,000 (the highest nationwide), with foreign residents accounting for approx. 4% of the population
Number of local governments	62 (23 wards, 26 cities, 5 towns, 8 villages)
Area	2,190 km <sup>2</sup> (0.6% of Japan's total area)
Climate	<p>Climate graph showing Average high (red line), Average temperature (green line), Average low (black line), and Precipitation (orange bars) from Jan to Dec. The x-axis shows months from Jan to Dec. The left y-axis shows temperature in °C (0 to 35), and the right y-axis shows precipitation in mm (0 to 250).</p>

※ [Population] · [Number of foreign residents] · [Number of local governments] As of October 2018

Tokyo crest	Tokyo symbol	Tokyo flower: Somei-yoshino cherry blossom	Tokyo tree: Ginkgo biloba	Tokyo bird: Yurikamome black-headed gull

## History of Tokyo



- ▶ 1603 Tokugawa Ieyasu establishes the Shogunate government in Edo
- ▶ 1868 Edo renamed Tokyo
- ▶ 1882 The Ueno Zoo opens
- ▶ 1903 Tokyo's first streetcar (Shimbashi - Shinagawa) starts operation
- ▶ 1925 The Yamanote rail line starts operation
- ▶ 1931 Haneda Airport opens
- ▶ 1958 Tokyo Tower completed (height 333 m)
- ▶ 1964 Tokyo Olympic and Paralympic Games are held
- ▶ 2012 Tokyo Skytree completed (height 634m)
- ▶ 2020 Tokyo 2020 Olympic and Paralympic Games will be held

What sort of a place is Tokyo?

## Your guide, Gibo-chan

(official mascot of Metropolitan Edo-Tokyo Museum)

### Profile

Born in Nihonbashi, raised in Ryogoku  
 Birthday: March 28 Hobby: Carrying festival shrines  
 Favorite food: Ningyo-yaki, Dorayaki Goal: To make a lot of friends!

\*Metropolitan Edo-Tokyo Museum:  
<http://www.edo-tokyo-museum.or.jp/en/> (see page 41)



I'm Gibo-chan. It's my job to introduce the history of Tokyo at Metropolitan Edo-Tokyo Museum in Ryogoku!

**Tokyo on the map**

The east side of Tama

The east side of Tama has many verdant parks



[Showa Kinen Park]



[Mt. Takao]



The east side of the ward area

The east side of the ward area is where you find the *shitamachi* district and its nostalgic streets

Yakata-bune (Pleasure boat)



Asakusa: Senso-ji Temple



What sort of a place is Tokyo?



The west side of Tama

The west side of Tama still has a lot of beautiful nature



Hinohara-mura



Lake Okutama



Tokyo's islands

On Tokyo's islands, you can enjoy marine sports in pristine surroundings



**Tokyo's islands**

- Oshima-machi
- Toshima-mura
- Niijima-mura
- Kozushima-mura
- Miyake-mura
- Mikurajima-mura
- Hachijo-machi
- Aogashima-mura
- Ogasawara-mura

The west side of the ward area

The west side of the ward area is bustling with people and has towering skyscrapers



Shinjuku Gyoen National Garden



Shinjuku: Skyscraper area

The four seasons of Tokyo



Hama-rikyu Gardens



Koi-nobori (carp pennant)

(March – May)

A pleasant season of mild weather and blooming cherry blossoms. The new school year begins in April.



Ueno Park



Spring



Winter

(December – February)

The air is dry, with many sunny days. Sometimes it may snow.



Tokyo Station



Senso-ji Temple *hagoita-ichi* (battledore fair)



Roppongi illumination



Sumida River Fireworks Festival

(June – August)

The weather is muggy. On some days temperatures rise above 35 degrees Celsius.

Summer



Autumn



(September – November)

A pleasant season of beautiful autumnal colors. This season sees the year's highest precipitation.



Meiji-jingu-gaien



Nishiarai-daishi *daishi* (wind chime) festival



Bon-odori (Bon festival dance)



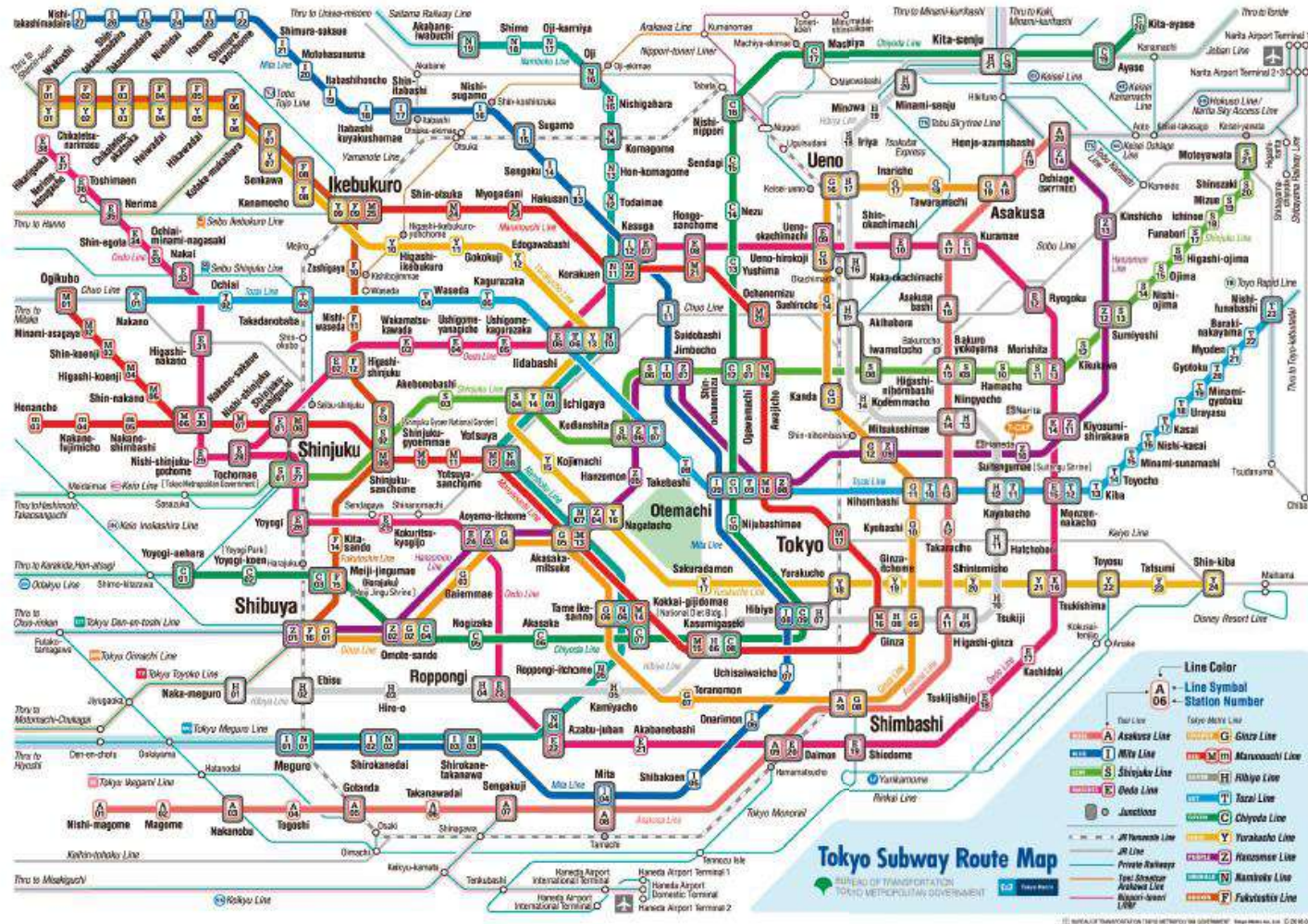
Omikoshi (portable shrine carried in festivals)



Okutama

## ● Tokyo rail map

Japanese trains are safe and run on time.



### ● Suica



You can buy this card at JR East ticket vending machines or JR ticket offices (Midori-no-madoguchi).

(Photo courtesy of JR East)

### ● PASMO



You can buy this card at the ticket vending machines or commuter ticket sales counters of private railway lines.

(PASMO is a registered trademark of PASMO Corporation)

## ● Tickets and smartcards

To use the train, purchase a ticket at the station or use a smartcard (Suica, PASMO, etc.). You can use these cards when you ride the bus, too.

A 500-yen deposit is required when purchasing a smartcard.

### [Advantages of smartcards]

- 1 By charging your smartcard, you can use it in place of a ticket to pay for your fare.
- 2 You can transfer smoothly to other railway company lines.
- 3 You can use the card at convenience stores or vending machines in the place of cash.

Touch your smart card against the card reader of the ticket gate to pass through!



What sort of a place is Tokyo?



# What to do when you arrive in Japan

The following procedures and notifications are necessary when you start life in Japan.

Use this handy checklist!



## Status of Residence

You need a status of residence to live in Japan. It determines what activities you can undertake in Japan, and the duration of your stay.

## Residence Card

You receive this card when becoming qualified to reside in Japan. You must always carry your residence card with you (unless you're under 16).



Source: Immigration Bureau website

**For details** Immigration Services Agency of Japan (<http://www.immi-moj.go.jp/english/index.html>) (page 57)  
Foreign Residents Information Center (page 55)

## Resident Registration (Moving in & out)

Foreigners who live in Japan for more than three months must register as residents in the municipality they reside in.

### ● At arrival in Japan (Moving into the municipality)

Within 14 days of determining where you will live, you must go to your local municipal office and present your residence card.

\*Bring your passport instead if your passport contains the statement, "Residence card to be issued at a later date."



### ● When moving (Moving out of the municipality)

Before moving, you must file a change-of-address notification with the office of the municipality where you reside.

Within 14 days of moving, you must take your residence card and submit a notification of your new address to your new local municipal office.



**For details** Resident Registration counter of your local municipal office

## Health insurance

All residents of Japan are obligated to enroll in health insurance.

**For details** Illness & injury (page 33)



## □ Pension

All residents of Japan between the ages of 20 and 59 must enroll in the National Pension system (Employees' Pension is part of this system) to ensure that they can live with peace of mind even when elderly.

### ● Pension Types

Plan	Eligibility	Payments	Where to make inquiries
National Pension	Self-employed people/ those not working (ages 20 to 59)	16,410 yen/ month (for FY2019)	National Pension counter at your municipal office
Employees' Pension	People working for companies	Varies by income	Person in charge at your company

\*If you are working part-time, you might not be eligible to participate in the Employees' Pension.

\*If you are unable to pay the premiums, you can apply to be excused from payment, either in whole or in part.

### ● National Pension and Employees' Pension lump-sum withdrawals

If you fulfill conditions ① and ② below, the insurance premiums you've paid will be returned to you.

- ① You have made pension payments in Japan for at least 6 months.
- ② You have undertaken procedures to request a refund within 2 years after leaving Japan.

**For details** ▶ **《Japan Pension Service》** (<http://www.nenkin.go.jp/international/english/index.html>)  
**《National Pension》** National Pension counter at your municipal office, or a nearby Pension Consultation Center  
**《Employees' Pension》** Person in charge of pensions in your company



**Seasoned residents say** "The most accessible government office is your municipal office. Official procedures can be carried out here."

## — Main Types of Japanese Taxes —

Type	Details
Residents' tax	Taxes for administrative services provided by the municipality. The amount depends on your income for the year (January 1–December 31), and is paid in the following year.
Income tax	Tax paid according to your income for the year (January 1–December 31).
Consumption tax	Tax on goods purchased or services received. 10% in Japan (8% for food and drink of taking it to go and newspaper of the subscription) (as of 2016).

\*Filing a tax return: Calculate all income earned from January 1 to December 31 each year, and file and pay taxes to the national government accordingly. This can be done online, via post, or by bringing your documents to a tax revenue office.



Different stores have different ways of displaying the price (tax included / tax excluded).

**For details** ▶ **《National tax》** National Tax Agency ([https://www.nta.go.jp/foreign\\_language/index.htm](https://www.nta.go.jp/foreign_language/index.htm))  
**《Metropolitan Tax》** Bureau of Taxation, Tokyo Metropolitan Government (<http://www.tax.metro.tokyo.jp/english/index.html>)  
**《Municipal tax》** Your municipality's tax counter

**Seasoned residents say** "If you work at a company, your taxes and insurance premiums are deducted from your salary" (Deductions → page 30).





# Taking up residence

People often use a real estate company to find a place to live. Always check the contract carefully and make your decision after actually seeing the room.

You'll have to furnish the place yourself.

## When renting a home

- Observe all the rules
- Confirm how much money you must pay monthly in addition to the rent
- Pay the amount by the due date



### What you should not do on rented property (examples):

- Make loud noises or speak loudly
- Change the wallpaper of your room, drill holes in walls, etc.
- Live with other people despite the contract specifying "single occupancy"
- Place objects in common spaces, such as corridors and stairs



For details → Real estate company or landlord

## Money required when renting a home



Rent	Paid monthly, in advance for the following month.
Management fee	Electricity and cleaning fees, etc., for common spaces. Paid monthly.
Deposit	This is a security deposit for unpaid rent or damage to the property. When you start renting, you deposit this fee with the landlord (about 1-2 months' rent). When you leave, the charges of repairing the property are deducted, and if any is left, it is returned to you.
Key money	A fee handed over to the landlord at time of contract. About 1-2 months' rent.
Agent's commission	A commission paid to the real estate company. About 1 month's rent.

\*In many cases, a guarantor or a guarantor company is required at the time of contract.

Seasoned residents say "If you're going to a real estate firm, go with a friend who understands Japanese."

## Utility contracts

When you start living at a new place, you will need to arrange for electricity, gas, water, and other utility services. Do so after you decide on your moving date.



Type	How to Apply	
Electricity	Choose the service provider, then apply.	Phone Internet
Gas		
Water	Apply to the Bureau of Waterworks, Tokyo Metropolitan Government.	

\*Someone from the gas company will come to your place when you start or cease gas services.



The landlord will sometimes do these procedures for you, so be sure to check!

## Utility costs

A rough estimate of monthly electricity, gas, water/sewer service rates for a person living alone

Type	Electricity	Gas	Water/Sewer	Total
Amount (1 month)	3,500 yen	3,500 yen	2,000 yen	9,000 yen



Seasoned residents say "When renting a home, you will find that many properties are based on two-year contracts."



# Finances (banks, credit cards)

The procedures taken to open an account depend on the financial institution.

## What you need to open an account

- 1 Documents confirming your identity (residence card, passport, etc.)
- 2 Your personal seal (*inkan*)  
\* The required items and conditions vary according to the financial institution.



It will be more reassuring to go with someone who understands/speaks Japanese!  
Go between 9 am and 3 pm, when the bank's counters are open!

## Location of ATMs

ATMs are located in places like convenience stores and shopping centers in addition to banks. A fee may be charged depending on the time of day and on weekends and public holidays.

ATM



## Overseas remittances

You can make overseas remittances at banks or post offices. Find how to do this and the service charges at the bank or post office counter, or on their websites.



Seasoned residents say "Banks are often crowded, so make sure you leave enough time to spare."

## Column

### What is an *inkan* (or *hanko*)?

Contracts are often signed by hand in other countries, but in Japan an *inkan* (personal seal) is used instead. There are various kinds of *inkan*, and they are sold at stores and over the Internet (cost is about 1,500 yen).



Silva

ラウバ

詩右羽

しうば

## Credit cards

There are credit cards issued in foreign countries that can be used in Japan.

- When making a new credit card in Japan

Items required	Documents confirming your identity (residence card, etc.), bank account, personal seal ( <i>inkan</i> )
Application method	Submit documents online, by postal mail, or at the credit card application counter

\*The required items and conditions depend on the credit card company.



Seasoned residents say "Some banks will allow you to open an account without a personal seal."



# Communications

(mobile phone, Internet, postal services)

Choose a service provider.

## Mobile phone & Internet

Choose a telecommunications company and sign a service contract. Applications can be made at telecommunications company stores or electronics stores.



When concluding a mobile phone contract, you can sometimes sign an Internet provider contract at the same time!

## Wi-Fi

Wi-Fi can be used for free at railway stations, coffee shops, convenience stores, and so on.

**For details** Free Wi-Fi  
(<http://www.wifi-tokyo.jp/index.html>)



## Television

If you buy a television set for your home in Japan, you will need to pay a receiving fee (about 1,310 yen a month).

**For details** NHK Receiving Fee desk  
(<http://pid.nhk.or.jp/jushinryo/multilingual/english/index.html>)



## Postal services

There are many post offices located nearby you.

**For details** Japan Post  
([http://www.post.japanpost.jp/index\\_en.html](http://www.post.japanpost.jp/index_en.html))



## Delivery services

Many companies provide delivery services.

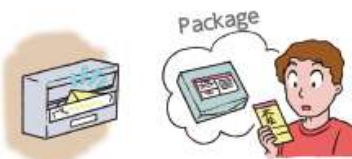
Your signature or *inkan* will be required to receive the delivery.



### Column

#### Convenient Service: Non-Delivery Notices

If no one is there to receive a package, the delivery person will leave a non-delivery notice and return with the undelivered item.



◆ How to get your package if you've received a non-delivery notice

Pick-up method	How to request
If requesting re-delivery	<ul style="list-style-type: none"> <li>· Call the number written on the non-delivery notice</li> <li>· Apply from the delivery service company's website</li> </ul>
If going in person to pick up the package	Bring the non-delivery notice and personal identification (e.g. residence card) to the delivery service company's office

**For details** Delivery service companies



# Life in Tokyo

There are many places in Tokyo where you can study Japanese.

## Places to study Japanese



	Fees	Features	Inquiries
Japanese language school	Fee required	Large number of class hours and courses that follow a curriculum	The school
Japanese language classes	Free or low-cost	Casual classes taught mainly by volunteers	Local municipal office Local international association

**For details** International Association (see page 51)  
Japanese Language Learning counter at your municipal office



Select a district at Life in Tokyo (page 58) and find a Japanese class near you!

## Libraries

There are many libraries that everyone can use. Books can be borrowed for free. When you go for the first time, bring personal identification (such as a residence card) and make a library card.

**For details** Libraries (see page 44)



## Putting out trash

Each municipality has its own rules about how to dispose of trash. You should observe these rules so that everyone can live in comfort.

### ● Check rules for putting out trash

Trash separation and other rules are decided by municipality.

- Types of trash separation :  
Combustible trash, non-combustible trash, recyclables, over-sized trash, etc.

- Days and times :  
You should avoid putting out your trash at night.

- Place:  
Always put out your trash in the designated place.



Depending on the municipality, you may have to pay for trash bags!



**For details** Your landlord or the desk in charge of trash collection at your municipal office.

## Column

### About local neighborhood associations and residents' associations

These organizations are created voluntarily by local residents to help each other out and create more livable towns.

Objective	Activities
Living safely and securely	Emergency drills to prepare for disasters such as earthquakes, fires, and floods Crime prevention and fire prevention activities
Interaction among residents	Festivals, fairs, etc.
Creating a clean, pleasant town environment	Cleaning the neighborhood, recycling resources, etc.
Providing local information	Circulated notices (passed from house to house)



In Japan, littering on the street is prohibited! It's considered good manners to take your trash home with you. There are very few trashcans around town because everyone takes their trash home!

## Shopping

There are many stores in Tokyo, which stock all kinds of items.

Types of stores	Features of products stocked	Opening hours (example)
Supermarkets	Food items and daily necessities. Prices may be cheaper due to items on sale.	10 am – 9 pm
Convenience stores	Mainly food items and daily necessities.	24 hours
Individual shops (produce, fish stores, etc.)	Shop while enjoying interaction with the vendors.	10 am – 8 pm
Shopping malls	Large centers with various kinds of shops.	11 am – 8 pm
Department stores	Stock a large variety of high-quality, high-priced goods.	11 am – 8 pm

\*Opening hours vary by store.

### Points to note when shopping

- 1 Don't take items out of packages without permission.



- 2 Use of credit cards depends on the store. Check for a credit card logo at the entrance.



If there's something you don't understand, ask the clerk!

Seasoned residents say "You don't need to leave a tip in Japan".

## Column



### Public holidays:

Japan has a number of public holidays, each with a special meaning.



Name of Holiday	Date	Meaning
New Year's Day	January 1	To celebrate the beginning of the new year, the Japanese visit temple and shrines.
Coming-of-Age Day	2nd Monday in January	A day to celebrate becoming an adult (turning 20). A coming-of-age ceremony is held.
National Foundation Day	February 11	A day to celebrate the founding of Japan
Emperor's Birthday	February 23	A day to celebrate the Emperor's birthday. The Emperor's birthday is a public holiday in Japan.
Spring Equinox Day	Date of spring equinox	The day when the length of day and night is the same (in late March). Many people go to visit graves of their ancestors.
Showa Day	April 29	A day to look back on the Showa era.
Constitution Memorial Day	May 3	An anniversary to commemorate the establishment of Japan's Constitution.
Greenery Day	May 4	A day to appreciate nature.
Children's Day	May 5	A day to wish for children's growth. Homes with boys are decorated with traditional <i>kabuto</i> helmets and carp streamers.
Marine Day	July 23 in 2020	A day to appreciate the sea.
Mountain Day	August 10 in 2020	A day to appreciate the mountains.
Sports Day	July 24 in 2020	The anniversary of the Olympic Games in Tokyo in 1964.
Respect for the Aged Day	3rd Monday in September	A day to respect the elderly.
Autumnal Equinox Day	Date of autumnal equinox	A day to respect one's ancestors. Many people visit their family grave.
Culture Day	November 3	A day to cherish freedom and peace and to promote culture.
Labor Thanksgiving Day	November 23	A day to show appreciation for work.

Seasoned residents say "Banks and municipal offices are closed on public holidays."



# Public transit

Public transit in Tokyo runs on schedule and is convenient for going anywhere.

There are also commuter passes and discounted one-day tickets for trains and buses.

## Train

### How to take a train

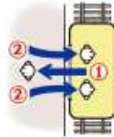
- 1 Buy a ticket to your destination. If you have a smartcard, go straight through the ticket gate.



- 2 Wait in line on the station's platform.



- 3 When you're getting on a train, let passengers get off the train first.



- 4 Observe manners on the train.

### Manners on the train

Put your mobile phone into silent mode and refrain from talking on it.

Don't speak loudly.

Don't eat on the train.



\*For information on smartcards, see page 10

(Fare example) Tokyo Station-Shinjuku Station 200 yen (smartcard: 198 yen)



Some trains such as limited express, express, and rapid trains, don't stop at every station. Check the route map to see where the train stops!

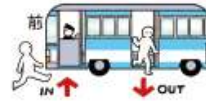
**Seasoned residents say** "We were surprised by the number of people on the train during the Tokyo commuter rush."

## Bus

### How to take the bus



- 1 Wait at the correct bus stop for your destination.



- 2 Where you enter depends on the bus.



If you board at the front of the bus, you pay in advance.



- 3 When to pay the fare depends on bus.

Touch your smartcard on the reader

Take a ticket



If you board at the rear, you pay when getting off at the front.



- 4 Some fares are fixed, while others increase with distance (a smartcard will be convenient here).



- 5 Push the buzzer when approaching the bus stop where you wish to get off.



(Fare example) Toei bus 210 yen (smartcard: 210 yen)

**Seasoned residents say** "The female-only rail cars that run in the mornings and evenings can also be used by people with disabilities, as well as small boys."

## Taxi

### How to take a taxi

1 Go to a taxi stand of a train station or hotel.



2 Tell the driver your destination. (Few taxi drivers speak English, so if you do not speak Japanese, show the driver something that indicates your destination)



3 Pay the driver the fare once you get to your destination.



(Fare example) Tokyo Station-Shinjuku Station approx. 3,000 yen  
(The fee will be shown on the meter)



You don't have to open Japanese taxi doors, since they open automatically!  
From 10 pm to 5 am, late-night rates apply to taxi fares for an increase of 20%!

## Bicycle

### Riding rules

1 As a general rule, ride your bicycle on the left side of the road



3 Observe the traffic rules

2 Don't ride with earphones on or while operating a smartphone



### (Bicycle traffic rules)



Don't ride while under the influence of alcohol



Don't ride tandem



Don't leave bicycles unattended



Obey traffic lights



Turn on your lights at night



Keep your bicycle at a bicycle parking lot!  
(<http://www.seisyounen-chian.metro.tokyo.jp/kotsu/kakusyutaisaku/jitensha/houchi/jitensha-campaign01/>)  
⇒ This website is written in Japanese.

## Car

To drive in Japan, one of the following driving licenses is required.

- 1 A Japanese driving license
- 2 An international driving license
- 3 A license of a specific country or region: Switzerland, Eesti, Germany, France, Belgium, Monaco, and Taiwan  
\*This is limited to licenses with Japanese translations provided by embassies, consulates, JAF, and others.

Those with a foreign driving license can convert it to a driving license that can be used in Japan.

Cars keep to the left



For details National Police Agency (<http://www.npa.go.jp/english/index.html>)  
Metropolitan Police Department (<http://www.keishicho.metro.tokyo.jp/multilingual/english/index.html>)



# Working

## Work consultation centers and the system for working in Japan

### Qualifications to work

Your status of residence determines the range of work you can do in Japan. Even if your status of residence does not permit work, you might be granted permission if you submit an application to engage in an activity other than that permitted. (e.g. There is a limit to the number of hours an international student can work.)

**For details** Immigration Services Agency of Japan (<http://www.immi-moj.go.jp/english/index.html>) (see page 57)

### Searching for work

There are consultation desks in Tokyo for foreigners seeking employment (reservations are required for English/Chinese language support).

	Tokyo Employment Service Center for Foreigners	Shinjuku Foreigners' Employment Assistance and Guidance Center
Address	21F, 2-7-1 Nishi-Shinjuku, Shinjuku-ku	1F, 2-42-10 Kabuki-cho, Shinjuku-ku
Hours	10 am - 6 pm	8:30 am - 5:15 pm
Phone	03-5339-8625	03-3204-8609
Eligibility	International students who seek employment in Japan after graduation and people who hold work visas (with restrictions on employment in Japan)	People who can work without restriction (e.g. permanent residents, long-term residents, and spouses of Japanese citizens) and international students seeking part-time work



\* Aside from these, you can consult the Japanese government's employment service center (Hello Work) about searching for work (in Japanese only).

**For details** Hello Work (<https://www.hellowork.go.jp/>)  
⇒ This website is written in Japanese.

**Seasoned residents say** Learn Japanese business etiquette as soon as possible (bowing, proper use of language, handing over business cards, etc.)

### Employment insurance system

This is a public insurance system to help you with living expenses when you become unemployed until you find your next job.

Type	Details
Basic allowance (unemployment benefit)	Can be received for a fixed period when your job was terminated or when you cannot find a job.
Childcare leave benefit	Can be received when taking a long break from work to raise a child.
Nursing care leave benefit	Can be received when taking a long break from work to care for a family member.

\*Conditions apply.

### Column

## Deduction system (tax, various insurance premiums, etc.)

Companies will deduct taxes and insurance premiums from salaries on behalf of employees. For this reason, various payments are deducted from the amount of pay actually received. The main expenses deducted are as follows: Health insurance premiums, employees' pension insurance premiums, nursing care insurance premiums (only for those aged 40-64), employment insurance premiums, income tax, and residents' tax.

Payment of taxes and insurance premiums is an obligation for those who work, and is an important system supporting the lives of residents in Japan.



**Seasoned residents say** When working in Japan, even if you're a foreign resident, you are required to make various payments (insurance, pension, taxes).\*

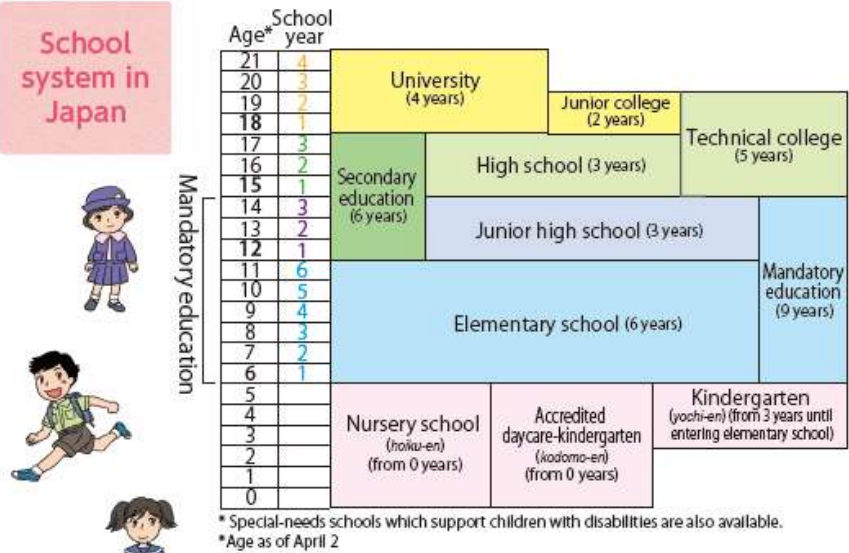




# Raising and educating children

Parents are required to enroll children in school from ages 6 to 15 years.

## School system in Japan



### Kindergarten

A facility to educate children from the age of 3 until entering elementary school, which supports mental and physical growth.

### Daycare center

A facility to care for pre-school children during times such as when parents are working.

### Accredited day care-kindergarten

A facility to educate and care for children, having both kindergarten and day care functions.

**For details** Education and childcare desk at the local municipal office

## Enrollment method

If you wish to enroll in a public kindergarten, elementary school, junior high school, high school or in a daycare center, please consult with the following offices.

Type	Enrollment consultation
Kindergarten	Local municipal office
Daycare center	
Elementary school	
Junior high school	
High school	Tokyo Metropolitan Education Consultation Center

You have to take a test to enter high school, so prepare!



\*For other schools, contact them directly

**For details** Local municipal office or Tokyo Metropolitan Education Consultation Center (see page 53)



## International Schools

Educational facilities for foreign children and students. The languages used and curriculum will vary from school to school. For information on enrollment methods, contact the school directly.

## Column

### School lunches

In Japan, many public elementary and junior high schools offer school lunches (nutritiously balanced meals).



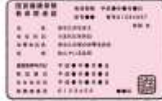


# Illness & injury

All citizens of Japan are enrolled in public medical insurance and can receive advanced medical care. If you do not feel well, first go to a nearby clinic.

## National Health Insurance & Employees' Health Insurance

These are the two kinds of public medical insurance, and everyone must join one or the other. Once you join, you receive a health insurance card and need to pay only 30% of your medical expenses. If you do not have insurance, medical fees will be expensive.



### Types of public medical insurance & eligibility

	National Health Insurance	Employees' Health Insurance
Details of system	Your copayment is 30% (i.e. when the medical cost is 1,000 yen, copayment is 300 yen).	
Eligibility	Self-employed people, those not working	People employed by companies
Premium paid	Varies according to income etc.	
Inquiries	National Health Insurance desk at your municipal office	Person in charge of insurance at your company

\*People from countries that have social security agreements with Japan might not be required to join.

\*If you are a part-time worker, you might not be able to enroll in the employee's health insurance program.

## Health care system for the elderly aged 75 and older

This health care system is for residents who are at least 75 years old or those with disabilities who are between 65 and 74 years old. Copayment is 10% (or 30%, depending on certain conditions).



**For details** Senior welfare desk at your local municipal office.

## Long-term care insurance

This system supports elderly people who need nursing care. Copayment for nursing care services is 10% (20% or 30% for those with more than a certain level of income). Certification is necessary to receive services.



**For details** Nursing care welfare desk at your local municipal office.

## How to receive medical care at a medical institution

In Japan, all medical institutions will charge a fee. Go to a clinic that can treat your symptoms.



**For details** "Himawari" Tokyo Metropolitan Medical Institution Information (see page 59)  
AMDA International Medical Information Center (see page 57)

**1** Submit your health insurance card at the clinic reception desk and write your symptoms in the questionnaire form.



**3** Enter the examination room when your name is called, and explain your symptoms.



**2** Wait in the waiting room until your name is called.



**4** When the examination is over, wait in the waiting room. When your name is called, you pay the fee and receive a prescription slip containing information about your medicine.



After this, go to a pharmacy, show your prescription, receive your medicine, and pay the fee.





# Disasters & emergencies

Japan is a country prone to many natural disasters. Learn how to act in a disaster. Check evacuation routes, evacuation areas, and decide how your family members will contact each other in an emergency.

## Earthquakes

Earthquakes are dangerous. The ground shakes, houses may be destroyed, and tsunamis (high waves) may occur.

### ● Everyday readiness

- 1 Make sure that your furniture will not fall over.



- 2 Prepare items to take with you in an emergency (water, preserved food, etc.).



**For details** ▶ Disaster preparedness & safety desk at your local municipal office.

### ● If an earthquake occurs

- 1 Items may fall from above, so take shelter under a table or desk and protect your head and body.



- 2 Extinguish all flames, once the shaking subsides.



- 3 Open the door and secure an exit.



- 4 Don't panic, and evacuate by walking.



Tokyo's "Help Card" will be reassuring to have during a disaster or in emergencies!  
([http://www.seikatubunka.metro.tokyo.jp/chiiki\\_tabunka/tabunka/tabunkasuishin/files/0000000144/ALLhelpC.pdf](http://www.seikatubunka.metro.tokyo.jp/chiiki_tabunka/tabunka/tabunkasuishin/files/0000000144/ALLhelpC.pdf))

**Seasoned residents say** "Japanese schools conduct annual emergency drills to teach students how to act in the event of a disaster."

## Typhoons

These are dangerous due to heavy rain, strong winds, rough seas, and rising river levels. Typhoons are quite common between July and October. They may delay or stop train and bus services.

### ● When a typhoon approaches

- 1 Check information frequently on the TV or radio.
- 2 Do not go outside during severe rainstorms.



Read Disaster Preparedness Tokyo and be fully prepared for disasters such as earthquakes and typhoons! (<http://www.metro.tokyo.jp/ENGLISH/GUIDE/BOSAI/index.htm>)

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## Fires

### ● If a fire breaks out

- 1 If you hear sirens or voices shouting "Fire (*kaji*)," evacuate the building.
- 2 If you discover a fire, ask nearby people for help, and phone 119 to call for a fire engine.



Use an AED (a machine that stimulates the heart) if someone has suffered cardiopulmonary arrest! Japanese Association of Acute Medicine (JAAM) <CPR Guidelines> (<http://aed.jaam.jp/>)  
→ This website is written in Japanese.



## Fire & ambulance services (call 119) For fires, injury/sudden illness, and traffic accidents (if someone is injured)



Have the following information ready when you call.

- 1 Fire, illness, injury?
- 2 The situation (e.g. Is someone unconscious, injured?)
- 3 Address, contact information (location, nearby landmarks)

## Police (call 110)

For criminal events (theft, violence, etc.), traffic accidents



**Seasoned residents say** "In Japan, koban (police boxes) are located all over the place! Stop by one if you have lost something or you have any trouble."



# Sightseeing & culture

Tokyo has plenty of wonderful sightseeing spots and attractions, and a rich lineup of sports facilities, art facilities, and parks. Here are some popular spots among Tokyo's foreign residents.

## Sightseeing

### I Bustling centers



#### ◁ Shinjuku

A business and shopping center. The west side of the station is an office district with many high-rise buildings. The east side is an entertainment area with department stores and movie theaters.

#### ▷ Shibuya

A trendsetting district for youth culture, with fashionable restaurants, bars, clubs, and live music spots.



#### ◁ Ikebukuro

An area with a wealth of shopping and amusement facilities. Has many Japanese animation-related spots as well.

### II Fashion & stylish life

#### ▷ Omotesando/Aoyama

Find great stores, including famous brand stores and fashionable cafés.



#### ◁ Daikanyama/Ebisu

Unique, sophisticated shops and restaurants for shopping and dining pleasure.



Shinjuku Station boasts the world's highest number of daily users. Certified by Guinness World Records! (3.42 million a day)



#### ◁ Roppongi

A stylish urban area with an international atmosphere, many restaurants and bars, and museums.

### III Feel the history of Tokyo



#### ◁ Ueno/Asakusa

Tokyo's famous sightseeing area with temples and many cultural facilities such as museums.



#### ▷ Yanaka/Nezu/Sendagi

A treasured district that gives you a sense of Tokyo's old shopping streets atmosphere.



#### ◁ Kagurazaka/Iidabashi

The atmosphere of old Edo and the twentieth-century feel of the Showa era is tucked away in the back alleys here. Enjoy exploring the Japanese cafés and home décor shops.

### IV Sophisticated neighborhoods

#### ▷ Marunouchi

This area lies between Tokyo Station, one of the symbols of Tokyo, and the Imperial Palace Outer Garden. It's one of Japan's largest office districts, with many major corporate offices located here. Visitors can enjoy shopping and art too.



#### ◁ Ginza/Nihombashi

Ginza is one of the world's leading shopping districts. Nihombashi has many long-established stores, with some even dating back to the Edo period (1600s).



For details of each area, check the area profiles on the GO TOKYO site! (see page 59)

## V Young towns



### < Harajuku

A young district with cute and stylish items. Takeshita Street, which is lined with stores selling home décor, accessories and clothes, is always packed with people.

### > Shimokitazawa

Many unique shops selling second-hand clothing and everyday items. There are lots of stage theaters, mini-theaters, and live music venues here.



## VI Areas for family fun

### > Odaiba

Enjoy dining and shopping in the large mall here. Walking or jogging in the park and along the beach is also recommended.



### < Kichijoji

A popular area that both kids and adults can enjoy with a bustling shopping street and large park.



## VI Nature



### < Mount Takao

About 1 hour by train heading west from Shinjuku. Has the largest number of hikers among all the mountains in the world (about 2.5 million people/year). A popular mountain (altitude 599 m) that even beginners can climb with ease.

### > Okutama

About 2 hours by train heading west from Shinjuku. Has many mountains and rivers. Enjoy outdoor life here.



### < Izu Islands

About 2 hours by ferry (or 50 minutes by air) to the south of Tokyo. Enjoy diving, fishing, the starry night sky, and more in pristine settings.

### > Ogasawara Islands

About 24 hours by ferry to the south of Tokyo. Located around 1,000 km south of the Japanese mainland, these are oceanic islands formed by volcanic activity. Enjoy whale watching, sea kayaking, trekking, and more at this World Heritage site.



Search Life in Tokyo for sightseeing spots near your home!  
(see page 58)

## Art and culture facilities

Tokyo has numerous cultural and artistic facilities. Here we introduce facilities operated by the Tokyo Metropolitan Government. Visit their websites to check their admission fees.



[Tokyo Metropolitan Telen Art Museum]



Facility profile	Enjoy the items of art displayed in this art deco building, the former residence of Prince Asaka, as well as its beautiful gardens.
Address	5-21-9 Shirokanedai, Minato-ku
Nearest station	Shirokanedai Station (Toei subway Mita line & Tokyo Metro Namboku line)

[Metropolitan Edo-Tokyo Museum]



Facility profile	A museum conveying the history and culture of Edo and Tokyo.
Address	1-4-1 Yokoami, Sumida-ku
Nearest station	Ryogoku Station (JR & Toei subway Oedo lines)

[Edo-Tokyo Open Air Architectural Museum]



Facility profile	An open-air museum located in a park exhibiting old Edo/Tokyo buildings.
Address	3-7-1 Sakura-cho, Koganei (situated within Koganei Metropolitan Park)
Nearest station	Koganei Koen Nishi-guchi bus stop (bus from JR Musashi-koganei Station, north exit)

[Tokyo Photographic Art Museum]



Facility profile	Japan's first art museum specializing in photographs and videos.
Address	Ebisu Garden Place, 1-13-3 Mita, Meguro-ku
Nearest station	Ebisu Station (JR & Tokyo Metro Hibiya lines)

[Museum of Contemporary Art Tokyo]



Facility profile	Houses exhibitions of contemporary art. Enjoy the building itself as well.
Address	4-1-1 Miyoshi, Koto-ku
Nearest station	Kiyosumi-Shirakawa Station (Tokyo Metro Hanzomon line, Toei subway Oedo line)

\*Renewal open scheduled on late March 2019

[Tokyo Metropolitan Art Museum]



Facility profile	Holds various exhibitions, including many special exhibitions of Japanese and international masterpieces.
Address	8-36 Ueno-koen, Taito-ku
Nearest station	Ueno (JR, Keisei line, Tokyo Metro Ginza & Hibiya Lines)

[Tokyo Bunka Kalkan]



Facility profile	A hall where audiences can enjoy Japanese and international opera, ballet, and classical music performances.
Address	5-45 Ueno Koen, Taito-ku
Nearest station	Ueno Station (JR, Keisei line, Tokyo Metro Ginza & Hibiya lines)

[Tokyo Metropolitan Theatre]



Facility profile	Home to one of the world's largest pipe organs, this theater holds concerts, theaters and exhibitions.
Address	1-8-1 Nishi-Ikebukuro, Toshima-ku
Nearest station	Ikebukuro Station (JR, Tokyo Metro Marunouchi, Yurakucho, & Fukutoshin lines, Tobu Tojo line, Seibu Ikebukuro line)



For details of each facility, check the website of the Tokyo Metropolitan Foundation for History and Culture!  
(<https://www.rekibun.or.jp/english/index.html>)

## Parks & Gardens

Tokyo has a "big-city" image, but the city is also rich with greenery with many parks and gardens.

[Hibiya Park]



Address	1-6 Hibiya-koen, Chiyoda-ku
Nearest station	Kasumigaseki Station (Tokyo Metro Marunouchi & Chiyoda lines) Hibiya Station (Tokyo Metro Hibiya & Chiyoda lines)

[Yoyogi Park]



Address	2-1 Yoyogi Kamizono-cho, Shibuya-ku
Nearest station	Harajuku Station (JR) Yoyogi-koen Station (Tokyo Metro Chiyoda line)

[Mizumoto Park]



Address	3-2 Mizumoto Park, Katsushika-ku
Nearest station	Catch bus at Kanamachi Station (JR line) to Mizumoto-koen bus stop

[Ueno Park]



Address	5-20 Ueno-koen, Taito-ku
Nearest station	Ueno Station (JR, Keisei line, Tokyo Metro Ginza & Hibiya lines)

[Inokashira Park]



Address	1-18-31 Gotenyama, Musashino
Nearest station	Kichijoji Station (Keio Inokashira line) Inokashira-koen Station (Keio Inokashira line)

[Jindal Botanical Gardens]



Address	5-31-10 Jindaiji Motomachi, Chofu
Nearest station	Take a bus from Chofu Station (Keio line) or Mitaka Station (JR) to Jindai Shokubutsu-koen mae bus stop
Entrance fee	General/Adult 500 yen, 65 years old and over 250 yen, junior high school students 200 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.

[Hama-rikyu Gardens]



Address	1-1 Hamarikyuteien, Chuo-ku
Nearest station	Shiodome Station (Toei subway Oedo line & Yurikamome line) Shimbashi Station (JR, Tokyo Metro Ginza line & Toei subway Asakusa line)
Entrance fee	General 300 yen, 65 years old and over 150 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.



[Rikuglen Gardens]



Address	6-16-3 Hon-komagome, Bunkyo-ku
Nearest station	Komagome Station (JR, Tokyo Metro Namboku line) or Sengoku Station (Toei subway Mita line)
Entrance fee	General 300 yen, 65 years old and over 150 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.



Check out Tokyo metropolitan parks and gardens:  
"Let's go to the park!" (<https://www.tokyo-park.or.jp/english/>)  
"Let's go to the Gardens" (<https://teien.tokyo-park.or.jp/en/index.html>)



Check your local municipal website for libraries near your home!

[Tokyo Metropolitan Central Library]



Address	5-7-13 Minami-Azabu, Minato-ku
Nearest station	Hiroo Station (Tokyo Metro Hibiya line)
Opening hours	Monday-Friday: 10 am - 9 pm Saturdays, Sundays, public holidays: 10 am - 5:30 pm

[Tokyo Metropolitan Tama Library]



Address	2-2-26 Izumi-cho, Kokubunji
Nearest station	Nishi Kokubunji Station (JR)
Opening hours	Monday-Friday: 10 am - 9 pm Saturdays, Sundays, public holidays: 10 am-5:30 pm

## Zoos & aquariums

Tokyo has many zoos and aquariums you can enjoy with your family.



[Ueno Zoological Gardens]



Address	9-83 Ueno-koen, Taito-ku
Nearest station	Ueno Station (JR, Keisei line, Tokyo Metro Ginza & Hibiya lines)
Admission fee	General 600 yen, 65 years old and over 300 yen, junior high school students 200 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.

[Inokashira Park Zoo]



Address	1-17-6 Gotenyama, Musashino
Nearest station	Kichijoji Station (JR, Keio Inokashira line)
Admission fee	General 400 yen, 65 years old and over 200 yen, junior high school students 150 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.

[Tama Zoological Park]



Address	7-1-1 Hodokubo, Hino
Nearest station	Tama Dobutsu-koen Station (Keio line, Tama Monorail)
Admission fee	General 600 yen, 65 years old and over 300 yen, junior high school students 200 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.

[Tokyo Sea Life Park]



Address	6-2-3 Rinkai-cho, Edogawa-ku
Nearest station	Kasai Rinkai-koen Station (JR)
Admission fee	General 700 yen, 65 years old and over 350 yen, junior high school students 250 yen. Free for junior high school students studying or residing in Tokyo and elementary school students and under.

For details Tokyo Zoo Net (<http://www.tokyo-zoo.net/english/index.html>)



## Sports facilities

There are many sports facilities in Tokyo managed by the Tokyo Metropolitan Government or municipalities.



[Tokyo Metropolitan Gymnasium]



Facilities for use	Gymnasium, swimming pool, training room, etc.
Address	1-17-1 Sendagaya, Shibuya-ku
Nearest station	Sendagaya Station (JR line) Kokuritsu Kyogi-jo Station (Toei subway Oedo line)
Admission fee	Depends on the facility used

[Komazawa Olympic Park General Sports Ground]



Facilities for use	Baseball field, gymnasium, training room, tennis court, etc.
Address	1-1 Komazawa-koen, Setagaya-ku
Nearest station	Komazawa-daigaku Station (Den-en-toshi line)
Admission fee	Depends on the facility used

[Tokyo Budokan]



Facilities for use	Martial arts training facilities, archery field, training rooms, etc.
Address	3-20-1 Ayase, Adachi-ku
Nearest station	Ayase Station (JR, Tokyo Metro Chiyoda line)
Admission fee	Depends on the facility used

[Tokyo Tatsumi International Swimming Center]



Facilities for use	Swimming pool
Address	2-8-10 Tatsumi, Koto-ku
Nearest station	Tatsumi Station (Tokyo Metro Yurakucho line)
Admission fee	Depends on the facility used

### Other sports facilities in Tokyo

Tokyo Sport Benefits Corporation  
([http://www.tef.or.jp/en\\_index.jsp](http://www.tef.or.jp/en_index.jsp))



There are lots of sports facilities operated by local municipalities. Check their websites!





# Contact List

If there's something you don't understand or want to discuss, please contact the relevant service.

Contact	Content	Page
Inquiries to municipalities or international associations		
Municipalities (procedures)	Moving (in or out of the municipality) Marriage Divorce Pregnancy Childbirth Death of a family member	Children's education (kindergarten, elementary school, junior high school) Nursing care required Keeping pets (dogs) Registering your personal seal ( <i>inkan</i> ) Learning Japanese
International associations	Learning Japanese Interacting with other people	48
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Others		
Embassies	Visa applications, renewal of passport	57
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Police	Traffic accidents, crimes	
Fire & ambulance services	Fire, sudden illness, major injury	
Useful websites		
Look up all kinds of information about Tokyo		58

## ● Submitting notifications

[Local municipal offices] Open from Monday to Friday (8:30 am - 5 pm), as a general rule. \*This varies by municipality.

Municipality	Address	Nearest station	Phone
Adachi-ku	1-17-1 Chuo-honcho, Adachi-ku	Umejima	03-3880-5111
Akiruno City	350 Ninomiya, Akiruno	Akigawa	042-558-1111
Akishima City	1-17-1 Tanaka-cho, Akishima	Akishima	042-544-5111
Aogashima-mura	Mubanchi, Aogashima-mura	---	04996-9-0111
Arakawa-ku	2-2-3 Arakawa, Arakawa-ku	Arakawa-kuyakusho mae	03-3802-3111
Bunkyo-ku	1-16-21 Kasuga, Bunkyo-ku	Korakuen / Kasuga	03-3812-7111
Chiyoda-ku	1-2-1 Kudan-minami, Chiyoda-ku	Kudanshita	03-3264-2111
Chofu City	2-35-1 Kojima-cho, Chofu	Chofu	042-481-7111
Chuo-ku	1-1-1 Tsukiji, Chuo-ku	Shintomicho	03-3543-0211
Edogawa-ku	1-4-1 Chuo, Edogawa-ku	Shinkoiwa	03-3652-1151
Fuchu City	2-24 Miyanishi-cho, Fuchu	Fuchuhommachi	042-364-4111
Fussa City	5 Honcho, Fussa	Fussa	042-551-1511
Hachijo-machi	2551-2 Oka-go, Hachijo-machi, Hachijo-jima	--	04996-2-1121
Hachioji City	3-24-1 Moto-hongo-cho, Hachioji	Nishi-Hachioji	042-626-3111
Hamura City	5-2-1 Midorigaoka, Hamura	Hamura	042-555-1111
Higashikurume City	3-3-1 Honcho, Higashikurume	Higashikurume	042-470-7777
Higashimurayama City	1-2-3 Honcho, Higashimurayama	Kumegawa	042-393-5111
Higashiyamato City	3-930 Chuo, Higashiyamato	Kamikitadai	042-563-2111
Hino City	1-12-1 Shimmei, Hino	Hino	042-585-1111
Hinode-machi	2780 Hirai, Hinode-machi, Nishitama-gun	Musashi-Masuko	042-597-0511

Municipality	Address	Nearest station	Phone
Hinohara-mura	467-1 Hinohara-mura, Nishitama-gun	Musashi-Itsukaichi	042-598-1011
Inagi City	2111 Higashi-naganuma, Inagi	Inagi	042-378-2111
Itabashi-ku	2-66-1 Itabashi, Itabashi-ku	Itabashi-kuyakusho mae	03-3964-1111
Katsushika-ku	5-13-1 Tateishi, Katsushika-ku	Keisei Tateishi	03-3695-1111
Kita-ku	1-15-22 Oji-honcho, Kita-ku	Oji	03-3908-1111
Kiyose City	5-842 Nakazato, Kiyose	Kiyose	042-492-5111
Kodaira City	2-1333 Ogawa-cho, Kodaira	Omekaido	042-341-1211
Koganei City	6-6-3 Honcho, Koganei	Musashi-koganei	042-383-1111
Kokubunji City	1-6-1 Tokura, Kokubunji	Koigakubo	042-325-0111
Komae City	1-1-5 Izumi-honcho, Komae	Komae	03-3430-1111
Koto-ku	4-11-28 Toyo, Koto-ku	Toyochō	03-3647-9111
Kozushima-mura	904 Kozushima-mura	---	04992-8-0011
Kunitachi City	2-47-1 Fujimidai, Kunitachi	Yaho	042-576-2111
Machida City	2-2-22 Morino, Machida	Machida	042-722-3111
Meguro-ku	2-19-15 Kami-meguro, Meguro-ku	Naka-meguro	03-3715-1111
Mikurajima-mura	Iri Kanegasawa, Mikurajima-mura	---	04994-8-2121
Minato-ku	1-5-25 Shiba Koen, Minato-ku	Daimon	03-3578-2111
Mitaka City	1-1-1 Nozaki, Mitaka	Mitaka	0422-45-1151
Miyake-mura	497 Ako, Miyake-mura, Miyake-jima	---	04994-5-0981
Mizuho-machi	2335 Hakonegasaki, Mizuho-machi, Nishitama-gun	Hakonegasaki	042-557-0501
Musashimurayama City	1-1-1 Honmachi, Musashimurayama	Kamikitadai	042-565-1111
Musashino City	2-2-28 Midori-cho, Musashino	Musashi-Seki	0422-51-5131

Municipality	Address	Nearest station	Phone
Nakano-ku	4-8-1 Nakano, Nakano-ku	Nakano	03-3389-1111
Nerima-ku	6-12-1 Toyotama-kita, Nerima-ku	Nerima	03-3993-1111
Nijjima-mura	1-1-1 Honson, Nijjima-mura	---	04992-5-0240
Nishitokyo City	5-6-13 Minami-cho, Nishitokyo	Tanashi	042-464-1311
	1-5-1 Nakamachi, Nishitokyo	Hoya	
Ogasawara-mura	Nishi-machi, Chichi-jima, Ogasawara-mura	---	04998-2-3111
Okutama-machi	215-6 Hikawa, Okutama-machi, Nishitama-gun	Okutama	0428-83-2111
Ome City	1-11-1 Higashi-ome, Ome	Higashi-Ome	0428-22-1111
Oshima-machi	1-1-14 Motomachi, Oshima-machi	---	04992-2-1443
Ota-ku	5-13-14 Kamata, Ota-ku	Kamata	03-5744-1111
Setagaya-ku	4-21-27 Setagaya, Setagaya-ku	Setagaya	03-5432-1111
Shibuya-ku	1-18-21 Shibuya, Shibuya-ku	Shibuya	03-3463-1211
Shinagawa-ku	2-1-36 Hiromachi, Shinagawa-ku	Shimo-Shimmei / Oimachi	03-3777-1111
Shinjuku-ku	1-4-1 Kabukicho, Shinjuku-ku	Shinjuku	03-3209-1111
Suginami-ku	1-15-1 Asagaya-minami, Suginami-ku	Minami-Asagaya	03-3312-2111
Sumida-ku	1-23-20 Azuma-bashi, Sumida-ku	Asakusa	03-5608-1111
Tachikawa City	1156-9 Izumi-cho, Tachikawa	Takamatsu	042-523-2111
Taito-ku	4-5-6 Higashi-ueno, Taito-ku	Ueno	03-5246-1111
Tama City	6-12-1 Sekido, Tama	Nagayama	042-375-8111
Toshima-ku	2-45-1 Minami-Ikebukuro, Toshima-ku	Higashi Ikebukuro	03-3981-1111
Toshima-mura	248 Toshima-mura	---	04992-9-0011

● Want to learn Japanese, interact with other people  
[Local International Associations]







Name of International Association	Address	Nearest station	Phone
(Arakawa) Association for Arakawa International Communications	2-2-3 Arakawa, Arakawa-ku (Cultural Exchange Promotion Division, Arakawa City Office, 3rd floor)	Arakawa kuyakusho-mae	03-3802-3798
(Chofu) Chofu International Friendship Association	2-33-1 Kojima-cho, Chofu (Cultural Center Tazukuri, 9th floor)	Chofu	042-441-6195
(Chuo) Chuo Cultural and International Exchange Association	1-13-24 Shintomi, Chuo-ku (Shintomi Annex)	Hatchobori	03-3297-0251
(Hachioji) Hachioji International Association	9-1 Asahi-cho, Hachioji (Hachioji (Tokyu) Square Building, 11th floor)	Hachioji	042-642-7091
(Higashimurayama) Higashimurayama City International Friendship Association	1-2-3 Hon-machi, Higashimurayama (Higashimurayama City Hall)	Kumegawa	042-393-5111
(Hino) Hino City International Friendship Association	1-6-2 Hino-honmachi, Hino (Municipal Living & Health Center, 4th floor)	Hino	042-586-9511
(Itabashi) Itabashi Culture and International Exchange Foundation	2-66-1 Itabashi, Itabashi-ku (Itabashi City Office, 8th floor)	Itabashi kuyakusho-mae	03-3579-2015
(Kodaira) Kodaira International Friendship Association	2-12-22 Gakuen-nishi-machi, Kodaira (Gakuen-nishimachi Community Center, 3rd floor)	Hitotsu bashi-Gakuen	042-342-4488
(Kokubunji) Kokubunji International Association	1-46-8 Hikari-cho, Kokubunji (Hikari Plaza, 1st floor)	Kunitachi	042-505-6132
(Komae) Komae International Friendship Association	1-1-5 Izumi-honcho, Komae	Komae	03-3430-1111 (extension 2454)
(Machida) Machida Cultural and International Exchange Foundation	4-9-8 Hara-machida, Machida (Machida Citizens' Forum, 4th floor)	Machida	042-722-4260
(Meguro) Meguro International Friendship Association	2-19-15 Kami-meguro, Meguro-ku (Meguro City Office Complex Annex, 5th floor)	Naka-Meguro	03-3715-4671

Name of International Association	Address	Nearest station	Phone
(Minato) Minato International Association	1-6-3 Kita-Aoyama, Minato-ku (Toei Kita-Aoyama 1-chome Apartment, Bldg. 3, floor B1)	Aoyama-itcho	03-6440-0233
(Mitaka) Mitaka International Society for Hospitality	3-30-12 Shimo-renjaku, Mitaka (Mitaka City Chuo-Doori Town Plaza Bldg, 4th floor)	Mitaka	0422-43-7812
(Musashino) Musashino International Association	2-14-1 Sakai, Musashino (Swing Bldg, 9th floor)	Musashi-Sakai	0422-36-4511
(Nakano) Association for Nakano International Communications	2-9-7 Nakano, Nakano-ku (Nakano ZERO West Building)	Nakano	03-5342-9169
(Shinagawa) Shinagawa-ku International Friendship Association	2-1-36 Hiro-machi, Shinagawa-ku (Shinagawa Ward Office, Daisan-Chosha office, 4th floor)	Shimo-shimmei / Oimachi	03-5742-6517
(Shinjuku) Shinjuku Foundation for Creation of Future	3-1-2 Okubo, Shinjuku-ku (Shinjuku Cosmic Center, 1st floor)	Nishi-Waseda	03-3232-7701
(Suginami) Suginami Association for Cultural Exchange	1-14-2 Asagaya-minami, Suginami-ku (Minami Asagaya Building, 5th floor)	Minami-Asagaya	03-5378-8833
(Tama) Tama City International Center	4-72 Sekido, Tama (VITA Commune, 7th floor)	Seiseki-sakura gaoka	042-355-2118



Opening hours and days of the week vary depending on the association, so check in advance!

● Talk in your native language about any issues that trouble you  
[Consulting services by the Tokyo Metropolitan Government]

Contact	Details	Language support	Phone	URL
Foreign Residents' Advisory Center	Consultation on issues and concerns in your daily life 9:30 ~ 12:00 13:00 ~ 17:00	English Mon. - Fri.	03-5320-7744	<a href="http://www.metro.tokyo.jp/english/guide/guide01.html">http://www.metro.tokyo.jp/english/guide/guide01.html</a> 
		Chinese Tue. & Fri.	03-5320-7766	
		Korean Wed.	03-5320-7700	
Tokyo Metropolitan Education Consultation Center	Children's education (Available every Friday, 1 pm to 5 pm. *Front desk closes at 4 pm)	English Chinese Korean	Education 0120-53-8288	<a href="http://www.e-sodan.metro.tokyo.jp/english/index.html">http://www.e-sodan.metro.tokyo.jp/english/index.html</a> 
			High school academic consultation 03-3360-4175	
Tokyo Metropolitan Comprehensive Consumer Center	Purchase of goods, use of services (Available Monday to Friday, 9 am to 5 pm. *Except for year-end/new year and holidays)	English Chinese Korean	03-3235-1155	<a href="https://www.shouhiseikatu.metro.tokyo.jp/english/sodan/">https://www.shouhiseikatu.metro.tokyo.jp/english/sodan/</a> 
Medical Information Service	Medical institutions with foreign language support & medical systems in Japan	English Chinese Korean Thai Spanish	03-5285-8181	<a href="https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/">https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/</a> 
Business Development Center Tokyo	Support for foreign companies & foreign entrepreneurs	English	03-6269-9981	<a href="https://www.seisakukikaku.metro.tokyo.jp/bdc_tokyo/english/top/index.html">https://www.seisakukikaku.metro.tokyo.jp/bdc_tokyo/english/top/index.html</a> 
Tokyo One-Stop Business Establishment Center	Assistance when starting a business	English	03-3582-4934	<a href="https://www.seisakukikaku.metro.tokyo.jp/onestop/english/top/index.html">https://www.seisakukikaku.metro.tokyo.jp/onestop/english/top/index.html</a> 

Contact	Details	Language support	Phone	URL
Tokyo Metropolitan Labor Consultation Center	Labor consultation	English Chinese Korean Spanish Portuguese Thai Vietnamese	03-3265-6110	<a href="http://www.hataraku.metro.tokyo.jp/sodan/sodan/foreign.html">http://www.hataraku.metro.tokyo.jp/sodan/sodan/foreign.html</a> 
Metropolitan Police Department Safety Consultation Center	Daily life safety consultation in foreign languages	English Chinese	03-3503-8484	---
Driver Licensing Center	Driver's license procedures (guidance only)	English	03-5463-6000 042-334-6000	---



You can also discuss and consult with your local municipality!  
Check local counseling services at Life in Tokyo (see page 58) !

Contact List

[Consulting services by other organizations]

《Residence》

Contact	Details	Language support	Phone	URL
Consultation Support Center for Foreign Residents (one-stop consulting center)	Status for residence, living problems	English Chinese Portuguese Spanish Bengali Indonesian Vietnamese	03-3202-5535	<a href="http://www.immi-moj.go.jp/english/info/index.html#sec_02">http://www.immi-moj.go.jp/english/info/index.html#sec_02</a> 
Immigration Information Center for Foreign Residents	Immigration procedures, status of residence	English Korean Chinese Spanish Portuguese	0570-013904 03-5796-7112	<a href="http://www.immi-moj.go.jp/english/info/index.html#sec_01">http://www.immi-moj.go.jp/english/info/index.html#sec_01</a> 

《Legal & human rights issues》

Contact	Details	Language support	Phone	URL
Japan Legal Support Center "HOTERASU" (multilingual information service)	Introducing the Japanese legal system and consultation services via interpreters	English Chinese Korean Spanish Portuguese Vietnamese Tagalog	0570-078377	<a href="https://www.houterasu.or.jp/multilingual/">https://www.houterasu.or.jp/multilingual/</a> 
Legal Counseling Center for Foreigners	Legal consultation via interpreters	English Chinese Spanish	0570-055-289 (for reservations)	<a href="http://www.lccf.info/us/">http://www.lccf.info/us/</a> 
Human Rights Counseling Offices for Foreigners	Human rights of foreigners	English Chinese Korean Tagalog Portuguese Vietnamese	0570-090911	<a href="http://www.moj.go.jp/ENGLISH/information/hrcf-01.html">http://www.moj.go.jp/ENGLISH/information/hrcf-01.html</a> 




《Tax》

Contact	Details	Language support	Phone	URL
Tokyo Regional Taxation Bureau consultation service for foreigners	National tax	English	03-3821-9070	<a href="http://www.nta.go.jp/english/contact/moreinformation/">http://www.nta.go.jp/english/contact/moreinformation/</a> 

《Living》

Contact	Details	Language support	Phone	URL
Yoriso Hotline Special Line for Foreign Languages	Various problems	English Chinese Korean Thai Tagalog Spanish Portuguese Vietnamese Nepalese Indonesian	01 20-279-338 (Press 2 after the voice guidance)	<ul style="list-style-type: none"> <li>HP <a href="http://279338.jp/yoriso/foreign/">http://279338.jp/yoriso/foreign/</a> </li> <li>Facebook <a href="https://www.facebook.com/yoriso2foreigners">https://www.facebook.com/yoriso2foreigners</a> </li> </ul>

《Work》

Contact	Details	Language support	Phone	URL
Tokyo Employment Service Center for Foreigners	Consultation and support for foreign students who want to work in Japan and those with work visas	English Chinese	03-5339-8625	<a href="https://jsite.mhlw.go.jp/tokyo-foreigner/">https://jsite.mhlw.go.jp/tokyo-foreigner/</a> 
Shinjuku Foreigners' Employment Assistance and Guidance Center	Consultation and support for those who can work without restriction and foreign students who wish to work part-time		03-3204-8609	---
Tokyo Employment Consultation Center	Employment	English Chinese Korean	03-3582-8354	<a href="http://t-ecc.jp/english/">http://t-ecc.jp/english/</a> 
Telephone Consultation Service for Foreign Workers	Problems with working conditions (phone)	English	0570-001701	<a href="https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudoukijun/foreign/">https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudoukijun/foreign/</a> 
		Chinese	0570-001702	
		Portuguese	0570-001703	
		Spanish	0570-001704	
		Tagalog	0570-001705	
Vietnamese	0570-001706			

### 《Illness & injury》

Contact	Business Hours	Language support	Phone	URL
AMDA International Medical Information Center	Mon. – Fri. 10 am – 3 pm (Except for national holidays)	Simple Japanese in principle	03-6233-9266	<a href="http://eng.amda-amic.com/">http://eng.amda-amic.com/</a> 
SHARE (Services for the Health in Asian & African Regions)	Mon, Wed, Friday 10 am – 5 pm	English	050-3424-0195	<a href="http://share.or.jp/english/act/japan/project/jp002.html">http://share.or.jp/english/act/japan/project/jp002.html</a> 
	Thursday 9 am – 4 pm Saturday 5:30 pm – 10 pm	Thai (health consultation service)	080-3791-3630	

### [Embassies]

Foreign embassies in Japan (<https://www.mofa.go.jp/region/index.html>)



### 《Immigration Services Agency of Japan》

Name	Address	Phone
Tokyo Immigration Bureau	5-5-30 Konan, Minato-ku	03-5796-7111
Tachikawa Branch Office	3-31-2 Kita, Kunitachi (Tachikawa Legal Affairs Joint Government Bldg.)	042-528-7179

### 《Police》

Circumstances	Phone
If you're involved in a traffic accident or are a victim of a crime	110

### 《Fire & ambulance services》

Circumstances	Phone
If a fire occurs, or you suffer sudden illness or serious injury	119

Please check this useful portal site where you can find information by area !

<http://www.lifein.tokyo/jp/en/>



## Life in Tokyo

Website for Foreign Residents in Tokyo
















JP



EN

### ● Useful websites

Site name	Details	URL
Searching for information on living		
Comprehensive Living Guide for Foreign Residents in Japan	Presents information necessary for living in Japan	<a href="https://www.tokyo-icc.jp/guide_eng/index.html">https://www.tokyo-icc.jp/guide_eng/index.html</a> 
Multilingual Living Information (Council of Local Authorities for International Relations)	Presents information necessary for living in Japan in 15 languages	<a href="http://www.clair.or.jp/tagengo/">http://www.clair.or.jp/tagengo/</a> 
Groups & activities offering support for foreigners		
Support groups for foreign residents / international organizations in Tokyo	Search page for foreign resident support groups & international exchange organizations	<a href="https://www.tokyo-icc.jp/english/dantai/">https://www.tokyo-icc.jp/english/dantai/</a> 
Free consultation for foreign residents	Expert support through various types of consultation	<a href="https://www.tokyo-icc.jp/english/relay_soudan/">https://www.tokyo-icc.jp/english/relay_soudan/</a> 
Tokyo Nihongo Volunteer Network	Search site for volunteer-run Japanese language classes in Tokyo	<a href="http://www.tnvn.jp/guide/">http://www.tnvn.jp/guide/</a> 

Site name	Details	URL
Learning in Japan		
Association for the Promotion of Japanese Language Education	Search for Japanese schools in Japan	<a href="http://www.nisshinkyō.org/english/index.html">http://www.nisshinkyō.org/english/index.html</a> 
Japan Council of International Schools (JCIS)	Presents international schools in Japan	<a href="http://www.jcis.jp/">http://www.jcis.jp/</a> 
Medical care		
Tokyo Metropolitan Medical Institution Information	Information on medical institutions in Tokyo with foreign language support	<a href="https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/">https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/</a> 
Disaster Prevention		
Tokyo Metropolitan Government Disaster Prevention Website	Disaster prevention information	<a href="http://www.bousai.metro.tokyo.jp/foreign/english/">http://www.bousai.metro.tokyo.jp/foreign/english/</a> 
Sightseeing		
GO TOKYO	The official Tokyo travel guide	<a href="https://www.gotokyo.org/en/">https://www.gotokyo.org/en/</a> 
Dining		
EAT TOKYO	Search page for restaurants with Multilingual Menus	<a href="http://www.menu-tokyo.jp/index.php?=en">http://www.menu-tokyo.jp/index.php?=en</a> 
Culture and Art		
Tokyo Art Navigation	Introduces the culture and art of Tokyo	<a href="http://tokyoartnavi.jp/english/index.html">http://tokyoartnavi.jp/english/index.html</a> 
Other		
VoiceTra	App translates spoken words into foreign languages.	<a href="http://voicetra.nict.go.jp/en/">http://voicetra.nict.go.jp/en/</a> 

● Notes

Name	Contact	Remarks





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