

# “Life in Tokyo: Your Guide” Updated Contents

(as of May 2021)

Page	Item	Content After Change
P9-10	Tokyo rail map	<a href="https://www.tokyo-metro.jp/station/202006_number_ja.pdf">https://www.tokyo-metro.jp/station/202006_number_ja.pdf</a>
P21	Places to study Japanese	<a href="https://tabunka.tokyo-tsunagari.or.jp/">https://tabunka.tokyo-tsunagari.or.jp/</a>
P28	Keep your bicycle at a bicycle parking lot!	<a href="https://www.tomin-anzen.metro.tokyo.lg.jp/kotsu/kakusyutaisaku/jitensha/houchi/">https://www.tomin-anzen.metro.tokyo.lg.jp/kotsu/kakusyutaisaku/jitensha/houchi/</a>
P29	Searching for work Tokyo Employment Service Center for Foreigners	Address: 1-6-1 Yotsuya, Shinjuku-ku (Yotsuya Tower, 13th floor) Hours: Weekdays 9 am - 5 pm Phone: 03-5361-8722
P29	Hello Work	<a href="https://www.hellowork.mhlw.go.jp/">https://www.hellowork.mhlw.go.jp/</a>
P35	Tokyo’s “Help Card” will be reassuring to have during a disaster or in emergencies!	<a href="https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/0000000144.html">https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/0000000144.html</a>
P36	Disaster Preparedness Tokyo	<a href="https://www.bousai.metro.tokyo.lg.jp/1002147/1008042/index.html">https://www.bousai.metro.tokyo.lg.jp/1002147/1008042/index.html</a>
P50	Shibuya-ku	Address: 1-1 Udagawa-cho, Shibuya-ku
P51	Setagaya Intercultural Center	Address: 4-1-1 Taishido, Setagaya-ku (Carrot Tower, 2nd floor), Nearest station: Sangenjaya Phone: 03-5432-1538
P51	Hachioji International Association	Hachioji Square Building, 11th floor
P53	Business Development Center Tokyo	<a href="https://www.startup-support.metro.tokyo.lg.jp/for_foreign/bdc_tokyo/jp">https://www.startup-support.metro.tokyo.lg.jp/for_foreign/bdc_tokyo/jp</a>
P53	Tokyo One-Stop Business Establishment Center	<a href="https://www.startup-support.metro.tokyo.lg.jp/onestop/jp">https://www.startup-support.metro.tokyo.lg.jp/onestop/jp</a>
P55	Legal Counseling Center for Foreigners	English, Chinese, Spanish, Vietnamese

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 Tokyo Intercultural Portal Site

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Page	Item	Content After Change
P55	Human Rights Counseling Offices for Foreigners	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, Nepalese, Spanish, Indonesian, Thai
P56	Tokyo Employment Service Center for Foreigners	Phone:03-5361-8722
P56	Telephone Consultation Service for Foreign Workers - Additional language support	<a href="https://www.check-roudou.mhlw.go.jp/soudan/foreigner.html">https://www.check-roudou.mhlw.go.jp/soudan/foreigner.html</a> Burmese: 0570-001-707, Nepalese: 0570-001-708, Korean: 0570-001-709, Thai: 0570-001-712, Indonesian: 0570-001-715, Cambodian (Khmer): 0570-001-716, Mongolian: 0570-001-718
P57	AMDA International Medical Information Center	<a href="https://www.amdamedicalcenter.com/">https://www.amdamedicalcenter.com/</a>
P57	SHARE (Services for the Health in Asian & African Regions)	[English] Business Date and time: Wednesday, Friday 10:00 ~17:00(Except for national holidays and year-end/New Year) Phone: 03-6803-0304 (Consultation for maternal and child health interpreters, etc.) [Thai] Phone: 080-3791-3630
P57	Tokyo Immigration Bureau	Tokyo Regional Immigration Services Bureau Phone : 0570-034259
P58	Comprehensive Living Guide for Foreign Residents in Japan	<a href="https://tabunka.tokyo-tsunagari.or.jp/guide/">https://tabunka.tokyo-tsunagari.or.jp/guide/</a>
P58	Support groups for foreign residents/international organizations in Tokyo	<a href="https://tabunka.tokyo-tsunagari.or.jp/dantai/">https://tabunka.tokyo-tsunagari.or.jp/dantai/</a>
P58	Free consultation for foreign residents	<a href="https://tabunka.tokyo-tsunagari.or.jp/relay_soudan/">https://tabunka.tokyo-tsunagari.or.jp/relay_soudan/</a>

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