



This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living in the community.



Assistance Services For When You Have Concerns

Did you know there are many places in Naka Ward that can provide consultations for various fields?

What the Ward Office Can Help You With

Naka Ward Office provides free consultation in a variety of areas, including those below. Don't worry on your own. Please feel free to talk to the ward office.

- * Please phone to check with the Naka Ward Office before coming. (You may need an appointment for some consultations.)
- * Note that some consultation services may be changed or cancelled due to the COVID-19 pandemic.
- * Please bring a Japanese speaker with you if you are not confident in your Japanese abilities.

Child-raising and Education



● Family Support Consultations

Concerns or anxieties about raising your child, your child's school life, etc.

Children and Families Support Division, TEL: 045-224-8345

● Breastfeeding Consultations

Insufficient breast milk, worries about your child not gaining enough weight, etc.

Children and Families Support Division, TEL: 045-224-8171

● Pediatric Dental Care Consultations

Dental checkups for preschoolers, consultations for brushing, etc.

Children and Families Support Division, TEL: 045-224-8171

● Women's Welfare Consultations

Violence from people close to you, collapse of family life, etc.

Children and Families Support Division, TEL: 045-224-8171

Housing and Living



● Consultations for (1) Legal (2) Administrative Scrivener (*Gyosei Shoshi*) (3) Public Notary Matters

(1) for advice on resolving problem matters (2) for establishing a company and for various approvals (3) for inheritance matters, wills, etc.

Ward Administration Promotion Division, TEL: 045-224-8123

* For consultations about traffic accidents, residential land and buildings and human rights, please contact the Public Counseling Office in Yokohama City Hall, TEL: 045-671-2306.

● Pet Consultations

For matters regarding keeping pets such as dogs and cats

Health Sanitation Division, TEL: 045-224-8339

● Pest Control Consultations

Methods for eliminating hornets, rats, cockroaches, etc.

Health Sanitation Division, TEL: 045-224-8339

Welfare



● Consultations for/about the Elderly or the Disabled

Welfare/health matters

Elderly and Disabled Support Division, TEL: 045-224-8162

For children under 18 with a disability, please contact the Children and Families Support Division, TEL: 045-224-8171.

● Consultations about Independence from Livelihood Protection/Poverty

Livelihood protection, poverty situation consultations, etc.

Public Assistance Division, TEL: 045-224-8241

Health

● Dietary Health Consultations

Diets and dietary habits for addressing diabetes, high blood pressure, high blood lipids, etc.

● Health Consultations

Matters related to lifestyle-related diseases.

● Smoking Cessation Consultations

Introduction to smoking cessation programs, advice on quitting smoking.

Health and Welfare Division, TEL: 045-224-8332 for any of the above.



Naka International Lounge Service in Various Languages

In many cases, consultations by phone or in-person are done only in Japanese. If you have any concerns, first stop by the Naka International Lounge in the Naka Ward Office Annex on the 1st floor! Please refer to page 4 for details.



Consultations in Your Native Language

Some organizations in the community can also provide consultations in various languages.

* Note that some consultation services may be changed or cancelled due to the COVID-19 pandemic. Please inquire directly with the facility/organization.

1 Yokohama Foreign Residents Information Center (inside the YOKE office)

- Daily life:** Consultations/information about living in Yokohama
- Phone interpreting:** Assistance over the phone at the ward office, etc.
- Interpreter dispatch:** Dispatch and introduction of volunteer interpreters to assist with ward office matters, etc.
- Specialist consultations:** Legal, resident status, education, etc.
- Certificate translations:** English translations of family registers, resident registers, etc.

Fee 0 yen (free) (Note: Fees may apply for dispatched interpreters in certain cases. There is a fee for certificate translations into English.)

Languages Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish

TEL 045-222-1209 ✉ t-info@yoke.or.jp

Address 5F, Yokohama International Organization Center, Pacifico Yokohama, 1-1-1 Minatomirai, Nishi-ku

Hours Mon–Fri, 10 a.m.–5 p.m. (reception closes at 4:30 p.m.)
2nd/4th Sat, 10 a.m.–1 p.m. (reception closes at 12:30 p.m.)
* Japanese, English, Chinese, Spanish only

Administrative Scrivener (*Gyosei Shoshi*) Consultations

1st Thu of each month, 45 min. consultation block between 1 and 4 p.m.

Education Consultations

2nd/4th Sat of each month, 10 a.m.–12:30 p.m.

Bonus Info

Yokohama Nihongo Support Center

This is a new center established within the YOKE (Yokohama Association for International Communication and Exchanges) that mainly serves groups, organizations and supporters who would like to consult about starting up Japanese language classes, and learn about online meetings and study support methods for the Japanese language, etc. Service provided only in Japanese.

TEL 045-222-1173 ✉ c-nihongo@yoke.or.jp

2 (NPO) ABC Japan (Mental support)

Counseling by a certified public psychologist when worries or anxiety are making it difficult for you to cope. Support is provided in person, online and by phone. The nearest stations are JR Tsurumi and Keikyu Tsurumi Station.

Fee 3,000 yen for up to 5 sessions

Languages Portuguese, Spanish, English / Tagalog and Chinese support is provided through an interpreter.

Days/Times By appointment only

TEL 045-550-5015

Address 4-7-15-302 Tsurumi-chuo, Tsurumi-ku

3 Kanagawa Labor Affairs Center

Labor consultations on wages, working conditions, social insurance, occupational accidents, dismissal, workplace harassment, etc. When an employer and employee find it difficult to reach a solution on their own, center staff may step in to assist them in finding one.

Fee 0 yen (free)

Address 2F, Kanagawa Labor Plaza, 1-4 Kotobuki-cho, Naka-ku

Language Days/Times TEL

* Hours for all languages are 1–4 p.m., no reservation required

Chinese: Every Friday 045-662-1103

Spanish: 2nd/4th Wednesday of each month 045-662-1166

Vietnamese: 2nd/4th Thursday of each month 045-633-2030

4 Yokohama Naka Pension Office

The office provides consultations regarding the Japanese pension system. Foreign language support is available only in person.

Fee 0 yen (free)

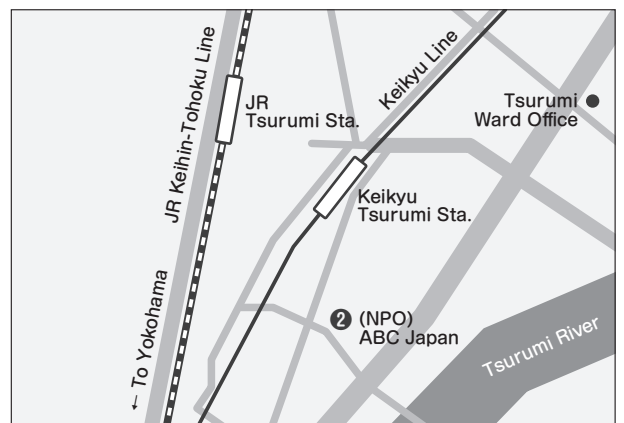
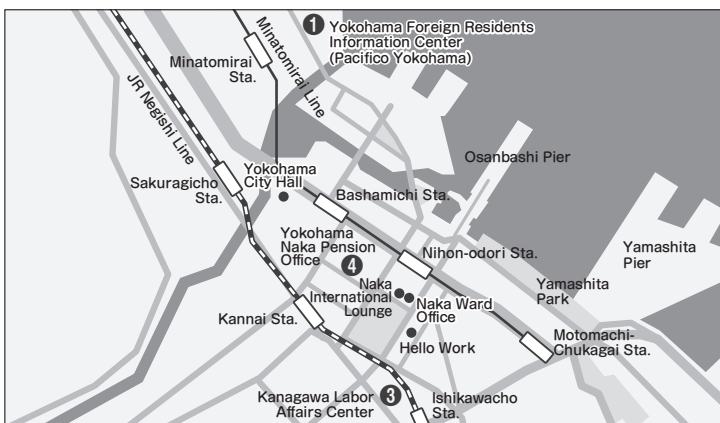
Languages English, Chinese, Korean, Portuguese, Spanish, Tagalog, Vietnamese, Indonesian, Thai, Nepalese

Hours Mon–Fri, 9 a.m.–5 p.m.

(except national holidays/New Year holidays)

TEL 045-641-7501

Address 2-28 Aioi-cho, Naka-ku



To All Dog Owners

Dog owners are required by law to register their dog once in its lifetime, to vaccinate the dog annually for rabies and to notify the municipality of that vaccination.



▶ Registration

Register your dog within 30 days of getting it (for puppies, within 30 days from its 91st day of life). The registration fee is 3,000 yen per dog. A “鑑札” (registration tag) will be issued upon registration. If you move to a new municipality, the tag will be needed for registration procedures there, so please do not lose it.

▶ Rabies vaccination

Vaccinations are available at veterinary clinics. The veterinarian will issue a “狂犬病予防注射済証” (rabies vaccination certificate) upon vaccination. Bring the certificate to the ward office to be issued a rabies tag, which costs 550 yen per dog. (Some clinics can issue both the registration tag and the rabies tag together.)

▶ During walks

- Always keep your dog on a leash. You are required to always keep your dog on a leash in public, even in parks.
- Clean up your dog's waste. Bag any poop and take it home for disposal, and wash away pee with water.

<Seikatsu Eisei (Environmental Sanitation)

Division, Naka Ward Office, TEL: 045-224-8339 >

Submit Your Child Allowance “Genkyo-todoke” (Status Report) by June 30

Each year, recipients of the child allowance must submit this report to confirm their present situation as of June 1. If you do not submit the report, you may not be able to receive the allowance from June onward, so please make sure to submit it. The needed documents (in Japanese) will be sent out by post in early June.

<Kodomo Katei Shien (Children and Families Support) Division, TEL: 045-224-8198 >

Seeking Renters for Municipal or Prefectural Public Housing

The City of Yokohama and Kanagawa Prefecture offer public housing with relatively low-cost rents. The information desk on the 1st floor of the Naka Ward Office distributes a guide/application package (in Japanese) during application periods. The guide outlines information about the public housing, application requirements, etc.

• Municipal housing

Application period:

April 12 (Mon)–April 23 (Fri)
TEL: 045-451-7777

• Prefectural housing

Call for applications scheduled for mid-May–early June
TEL: 045-201-3673

[NPO Kanagawa Housing Support Center]

Consultations for foreign nationals about housing and daily life in Japan. Support is available in 10 languages, including English, Chinese, and easy Japanese.
Address: 2F, Yokohama YMCA, 1-7 Tokiwacho, Naka-ku
TEL: 045-228-1752
Hours: Mon–Fri, 10 a.m.–5 p.m.

For National Health Insurance Members

▶ Coupons for Tokutei kenshin (special health checkups) are now being mailed out in batches

Free health checkup coupons and medical questionnaires are sent to NHI members between the ages of 40 and 74 to encourage early detection of lifestyle diseases. A list (in Japanese) of medical institutions where you can take the checkup will also be enclosed. Please make your own appointment with a medical institution for one of these free checkups. To find out if any of the listed institutions can provide service in your language, please consult with Naka International Lounge (045-210-0667).

▶ FY 2021 notification of NHI premiums to be sent out mid-June

Members will be sent notification for one year's worth of National Health Insurance premiums (April–March), to be paid in 10 installments. Payment slips for these premiums are mailed out in June, July, October and January. Please pay by the due date on each slip. Automatic payment by direct debit from your bank account is also a convenient option.

<Hoken Nenkin (Insurance and Pension) Division, Naka Ward Office, TEL: 045-224-8315 >

Reader Voices

Recent comments from our readers

I couldn't speak any Japanese when I arrived, but I've learned bit-by-bit through day-to-day conversations.

I run a restaurant that serves cuisine from my home country. When the COVID-19 pandemic settles down, I'd like to develop some new dishes for the menu.

International Service Staff

Naka Ward Office, Counter 23 (2nd floor)
English 10 a.m.–5 p.m.

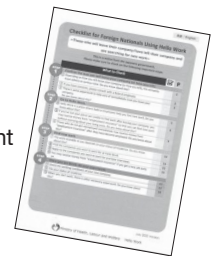
International Service Staff provide assistance with matters such as guidance on Naka Ward Office activities, interpretation at various ward office counters and support for filling out certificate applications. Stop by if you would like assistance.

Help Me Know Q&A



I'm out of work! How can Hello Work help me?

⇒Hello Work (Public Employment Security Offices) is the name of Japan's employment service center, which provides various kinds of assistance for finding employment and consults on matters regarding employment insurance. You can consult at the employment service counter for foreign nationals, using an interpreter if needed.



▶ I left my job, so I have to look for a new one. I'm not sure where to start.

Hello Work has a checklist (available in multiple languages) that has been designed for the use of foreign nationals.

The checklist explains in simple terms what you should confirm when leaving your job, how Hello Work can help you, how to find a new job and what the required procedures are once you find a new job.

▶ I'm out of work and worried about money.

For those enrolled in employment insurance, Hello Work provides unemployment benefits so you can find your next job without worrying about life while unemployed. Receive a 離職票 (rishoku-hyo, separation notice) from your company and bring it to Hello Work. Make sure to confirm what the company has written on the form, since the benefits change depending on the reason for leaving the company. If you cannot get this notice from your company, you can consult with Hello Work.

Hello Work Yokohama

Address: 209 Yamashita-cho, Naka-ku

TEL: 045-663-8609

Consultations: 9 a.m.–12 p.m., 1–4 p.m.

Supported languages:

English (Mon/Thu), Chinese (Tue/Fri), Portuguese/Spanish (Wed)



A Full-Sized Gundam Robot That Moves!

Go for a Visit

It has been some 40 years since the anime Mobile Suit Gundam first aired in Japan. You may even already know about Gundam, as the various anime series are also popular internationally.

Experience a full-sized Gundam robot at the limited-period exhibition "Gundam Factory Yokohama." At a whopping 18-meters tall, this robot can actually move!

Even if you don't know anything about Gundam, you will be amazed by this robot's size and technical capabilities.



© Sotsu/Sunrise

Exhibition: Until March 31, 2022 (scheduled)
Location: Yamashita Pier
(279-25 Yamashita-cho, Naka-ku)

General admission:

Adult (13 and up): 1,650 yen
Child (7-12 years): 1,100 yen
(Add-on fee) Gundam-Dock Tower special viewing space: 3,300 yen

* Both general and tower admission are free for children under 6 years old, up to 3 children per adult.

* Please refer to the official Gundam Factory website for the most recent information on business hours and how to purchase tickets.



The Gundam robot shows another side of its appeal illuminated at night.

© Sotsu/Sunrise



Gundam Dock-Tower
(separate entrance fee)

Get a close-up view of the robot's head and body.



Gundam-Lab

At the Academy in Gundam-Lab, learn about the structure, design and mechanisms that combine to create a moving robot. The view from the cockpit is also displayed on a monitor, making it seem as if you are actually in the Gundam cockpit.

Thoughts of a Foreign Resident
Life and Culture in Japan



Consult with Naka International Lounge on Various Matters



At the Naka International Lounge in the Annex Building of Naka Ward Office, we provide various kinds of information to foreign nationals about living in Japan. We also hold different kinds of programs and events to encourage interaction between foreign nationals and Japanese to deepen ties.

Naka International Lounge has consulted with foreign nationals on all kinds of matters from education and welfare to medical matters, employment and more. Some of the questions the lounge has received recently are "I'd like to bring my children to Japan to live together. Which elementary school should they attend?" "What grade will my children be in at a Japanese school? Please tell me how to enroll them," "I'm newly arrived in Japan and looking for Japanese language classes. What information do you have?" "I'd like to go to the hospital, but I can't communicate in Japanese. What should I do?" "I'd like to look for work. Where should I start?" "Please tell me how to get oversized garbage collected" and "We've closed due to the effects of COVID-19. Please tell me how to apply for financial aid."

English- and Chinese-speaking lounge staff respond in detail each day to inquiries in person or on the telephone, to help life go more

smoothly for foreign nationals living in the area. It is always a great pleasure when someone returns home satisfied because the information we provide solves their problem!

* Due to the pandemic, Naka International Lounge currently asks everyone seeking advice to make an appointment by telephone or e-mail before visiting.

* We can provide assistance by phone or e-mail if you are doing 14-day self-quarantine after entering Japan.

(Naka International Lounge Chinese Language Staff)

Naka International Lounge

Address: 35 Nihon-Odori, Naka-ku TEL: 045-210-0667
E-mail: nakalounge@yoke.or.jp



Currently looking for students for the Japanese class!

- **Days/Times:** Every Tue and Thu, 10:30 a.m.-12 p.m. from May 18-Oct 12 (30 classes, summer break provided)
- **Fee:** 6,000 yen (30 classes)
- **Level/Requirements:** This course is beginner-level Japanese. Applicants must be at least 16 years old and living or working in Naka Ward.

Good to Know! About Japanese Culture



An introduction to seasonal events and Japanese culture in terms of food, clothing and housing.

Randoseru (Firm-sided backpack)

The sight of elementary school students going to and from school with *randoseru* on their backs is an iconic image of everyday life in Japan.

The Japanese word *randoseru* is said to have originated from "ransel," a Dutch word for the knapsacks originally used by soldiers in the late Edo Period. The bags were eventually adapted for the use of school children to become today's *randoseru*. Durable and easy to wear while moving about, these backpacks are ideal for energetic elementary school students.

In recent years, young adults in North America and Europe have been using *randoseru* as a fashionable backpack, but in Japan the sight of first graders energetically walking while carrying their shiny, new *randoseru* is a seasonal delight that represents a new start in life.



We are always looking for locations to distribute Naka Ward Town News. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on July 1.