



Naka Ward promotes the Naka Ward Multicultural Coexistence Promotion Action Plan to help non-Japanese residents build ties in the local community. 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.

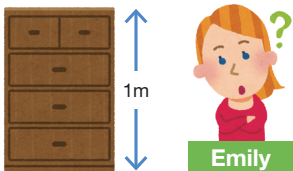
Naka Ward Town News

English Chinese

## Let's All Live Comfortably by Properly Following Garbage Disposal Rules!

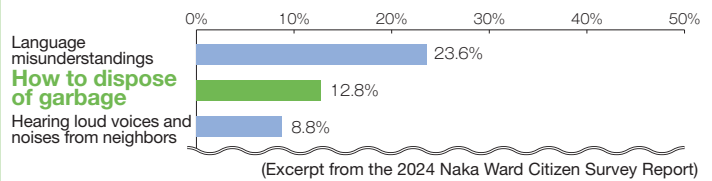
Have you ever had difficulty figuring out the right way to dispose of your garbage? The many foreign nationals living in Naka Ward cite "garbage disposal" as one of the most confusing things in their day-to-day lives. Let's take a look at the correct way to do things so that everyone can live comfortably.

### Understand How to Dispose of Oversized Garbage!



Emily is moving and wants to dispose of a dresser, but doesn't know what to do.

#### Puzzling experiences living with the Japanese (for foreign residents)



#### What is "oversized garbage"?

In Yokohama, oversized garbage is defined as metal items that are 30 cm or more on the longest side or other household items (plastic, wood, etc.) that are 50 cm or more on the longest side. Even with these restrictions, there are some items the city cannot collect. ⇒ To p.2



#### 1) Check whether an item should be oversized garbage

The dresser is made of wood and the longest side is more than 50 cm, so it's oversized garbage!



#### 2) Apply in advance!

Applying online is convenient! Information is available in multiple languages and applications are accepted 24 hours a day. Follow the directions to designate the pickup location, type of item(s), collection date and payment method.



I picked April 30 and the regular household waste collection site, and used e-payment for the fee!

#### 3) Pay the required amount!

If you apply online, via chat or through LINE, you can pay electronically (credit card, PayPay). Please finalize your payment **at least 3 days before the collection date.**



#### Point

When applying by phone, etc. affix the required **collection sticker(s)**. These stickers can be purchased at financial institutions, the post office or convenience stores.



▲ collection stickers

#### Point

You have **to pay** to dispose of oversized garbage and **must apply in advance**. It takes **about 2 weeks** from application to collection, so plan accordingly.

#### Point There are several ways to apply.



▲ Online (multiple languages available)



▲ Chat (in Japanese)



▲ LINE

By telephone (multiple languages available)

- ▶ landline (Navi Dial) **TEL : 0570-200-530**
- ▶ Mobile phones/IP phones **TEL : 045-330-3953**

Reception hours Mon–Sat

(available on national holidays except for New Year's), 8:30 a.m.–5 p.m.

#### 4) Write the reference number on a piece of paper of at least 10×10 cm and tape it to the oversized garbage!

You will receive a 6-digit reference number when completing your application. Write the reference number the paper and tape it to the oversized garbage with packing tape. Make sure to place it in an easily visible location.

#### Point

If you are using collection stickers, affix them on each oversized garbage.



Tape down all 4 sides!

#### 5) Put out your oversized garbage!

Put out **the oversized garbage at the designated location by 8 a.m. on the collection day.**



I'll put out my oversized garbage at the regular household waste collection site by 8 a.m. on April 30!

# ⚠ Some types of garbage cannot be collected in Yokohama !

The city cannot collect televisions, air conditioners, washing machines, clothes dryers, refrigerators, freezers or computers since the disposal method for such items is specified by law. You can recycle these items in the following ways.

## <Disposal method>

### Pattern 1


Make a disposal request to the store where you originally purchased the item. You can also arrange for recycling at the store where you are buying a new item and have them pick up the old one at your home. Please inquire at the store about the recycling fee.

You can also apply to the Yokohama Home Appliance Recycling Promotion Council for a fee.


### Pattern 2

Pay at the post office and bring the oversized garbage to a designated collection location by yourself. Please refer to the website for a list of designated collection locations.


**Items Not Accepted as Oversized Garbage**




Televitions




Air conditioners



Computers



Washing machines/  
Clothes dryers



Refrigerators/  
Freezers

For computers, apply to the manufacturer or the PC 3R Promotion Association for recycling.

Go here for details ▶



Collection day

**資源集団回収実施場所**

登録団体名: ○自治会

資源回収日

紙類	毎週(月)	回収時間	〇X商事 〒XXXX-XXXX
布類	毎週(月)	回収時間	〇X商事 〒XXXX-XXXX
アルミ缶		回収時間	

▲ Blue sticker

# Don't know what to do with cardboard boxes, etc.?


Used paper (cardboard, newspapers, etc.) is collected by private collection companies under contract with local organizations.

<Collection day> Confirm by checking the blue sticker at the collection site. If you can't find a blue sticker, ask a member of the community or contact the Naka Office of the Resources and Waste Recycling Bureau.

<Naka Office, *Shigen Junkan* (Resources and Waste Recycling) Bureau, TEL: 045-621-6952

Email: [sj-nakaj@city.yokohama.lg.jp](mailto:sj-nakaj@city.yokohama.lg.jp)

<Disposal method> Group the same items together and bundle them with paper or plastic string.

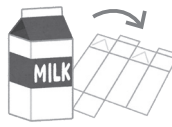
 Used paper is still collected on rainy days.



<Newspaper>  
You can include the fliers.



<Cardboard>  
Remove the tape and put out as burnable garbage.



<Paper cartons>  
Rinse with water, dry and tie together cartons of the same size.

If you have any questions about how to separate and put out garbage or recyclable items, this pamphlet will come in handy!



# Review! Basic rules for garbage disposal

- Take your garbage to your designated collection location by 8 a.m. on the collection day.**

Please do not put out your garbage the night before or after the collection truck has come. It could cause a fire or crows could make a mess.

- Put each item in a clear or semi-transparent bag.**

- Garbage collection and recyclables collection days differ according to where you live. Properly separate your garbage and put it out on the correct day.**

Collection days are posted at your collection site. You can also check the website. If items are not separated or the wrong items are put out, they will not be collected.



## When you're not sure about an item

Check Mlctionary—a search system that informs you what category of waste an item is.



Io and Mio, mascots of the Yokohama Resources and Waste Recycling Bureau.



Mlctionary website



App For iPhone



App For Android

# The method for putting out plastic waste has changed!



Now, in addition to items with the プラ (plastic) mark, items made entirely of plastic that were previously considered burnable garbage can be put out on プラスチック資源 (plastic resources) waste collection days.

◀ (in Japanese)

**○ What you can put out as plastic resources**

**Plastic containers and packaging**  
(same as before)



This mark indicates plastic

**NEW!**

**Items made completely of plastic under 50 cm on their longest side**



Cooking utensils, kitchen items, outdoor products, bath items, etc.

**✗ Not allowed**

Items 50 cm or longer



50 cm or longer



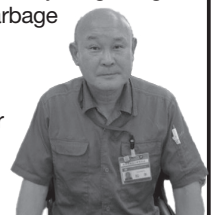
**Thick, hard plastics**  
Cutting boards, etc.

**Items that could catch fire**  
Items powered by electricity or batteries, etc.



# We asked the director of the Resources and Waste Recycling Bureau's Naka office

Marine plastic waste is a global problem. In Japan, it is largely the result of littering and garbage scattered by crows, etc. that makes its way from land into the rivers, then to the sea. We ask for your cooperation in putting out your garbage under the covering garbage nets to help prevent garbage flowing from Naka Ward into the ocean. Please ask our office for any garbage-related matters.



Director Matsumoto, Naka Office, Resources and Waste Recycling Bureau

## May 31 is World No Tobacco Day

Smoking causes serious health problems, including lifestyle diseases and lung cancer. Passive smoking also has a negative impact on the health of those around a smoker.

For yourself, for your children and for those around you, take this opportunity to quit smoking.

Go here for more information about smoking cessation initiatives. ▶



(in Japanese)

<Fukushi Hoken (Health and Welfare) Division, Naka Ward Office  
TEL: 045-224-8332>

## Experience inclusive sports

Join this hands-on experience for inclusive sports that can be enjoyed by anyone regardless of age, gender, disability or nationality. Bread, sweets, and various small goods will be sold by facilities for people with disabilities.

**Sports to experience:** Boccia, Ladder Getter, etc.

**Date/Time:** June 1 (Sun), 11 a.m.–3p.m.

**Venue:** Osanbashi Hall

(1-1-4 Kaigan-dori, Naka-ku, Yokohama)

**Cost:** Free

<Chiiki Shinko (Community Promotion) Division, Naka Ward Office

TEL: 045-224-8137>

## Editor's Note

"I don't know what day of the week the garbage is collected in my area!" You can ask your neighbors for this information. However, it takes courage to suddenly ask someone. Greetings can be the first step. Try saying *konnichiwa* (hello). Getting to know your neighbors has many benefits—daily life is more convenient and it becomes easier to help each other in a disaster. Also, if you notice a foreign neighbor who is not sure about the rules for putting out garbage, kindly tell them the proper way.

## Information

### Information on Daily Life posters in 5 languages

Look for this poster, found at 50 locations around Naka Ward such as convenience stores, the post office and language schools. (in English, Chinese, Thai, Vietnamese, Nepalese)

Scan the 2D code on the poster with your smart phone, etc. to link to the **Information on Daily Life** website, which provides important information about living in Japan.

If you see this poster, take a look!



### New topics added to Information on Daily Life

The **Information on Daily Life** website, created by the Naka International Lounge, has a variety of information, from basic information on municipal government and garbage separation to announcements about local events and Japanese language classes. New informational videos have been added about social systems such as taxes and insurance, and children and schools, so please take a look.



Access the website from here ▶

**International Service Staff, Naka Ward Office (2nd floor)**  
English 10 a.m.–5 p.m. Chinese 8:45 a.m.–3:45 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 worried that the noise I make in my day-to-day life will cause trouble. Is there anything I can do to avoid this?



Sounds in daily life that don't bother you may be annoying to your neighbors. You can prevent trouble by being aware of the sounds you make in your daily life and remembering to be considerate of those around you.

### Footsteps, etc.

- Avoid running or jumping to avoid noise echoing to the floor below.
- Put down a mat or wear slippers.
- Quietly open and close doors. You can reduce noise from doors by using a cushioning material such as gap tape.

### Noise from outdoor units and water heaters

- Be careful about the placement. Regularly check for strange noises.
- Use soundproofing and vibration-proofing products are also effective.

### Noise from appliances and home electronics

- Vacuum cleaners and washing machines create noise by default. Pay attention to the time—avoid using them in quiet hours such as late at night and early morning.
- Consider the placement of your washing machine. Using a soundproofing mat will help muffle the sound.
- For television and audio equipment, take care that the sound does not leak to neighbors. Using headphones or ear buds is effective.

### The *Sumai no oto ni kikubari wo* leaflet



This Japanese leaflet (Be mindful of the noises coming from your home) explains the different types of noise and what measures to take using illustrations and easy to understand explanations. The leaflet can be downloaded from the website, so please use it as a reference.



(in Japanese)





# Enjoy Hanami in Japan

Go for a Visit

**H**anami (cherry blossom viewing) is one way to enjoy the spring in Japan. Spring is a wonderful season to be outside since it becomes warmer and more comfortable. Head out to a well-known cherry blossom viewing spot or a nearby park to enjoy the scenery.



**Negishi Shinrin (Negishi Forest) Park**  
(Negishidai, Naka-ku, Yokohama)

This large park, built on the site of a former horse racing track, is one of the best cherry blossom viewing spots in Yokohama. Some 400 cherry trees are in blossom along the open grassy area and up the hill. Spend time relaxing on the lawn or eating a box lunch while admiring the cherry blossoms that spread out in front of you.

Entry to the park is free and there are many things to see, so it's perfect place for a walk.



## Ooka-gawa River

The Ooka-gawa River is lined with cherry trees. The branches bowed down in full blossom is a beautiful sight. The view from riverside paths and bridges is excellent, but the experience of looking up at the blossoms from a boat on the river is something a little different and worth seeing.

Naka Ward posts about cherry blossoms on X (formerly Twitter)! ▶



(in Japanese)

Enjoy cherry blossoms at a park near you!



## Look for a spot on the Map of Naka Ward Parks

This map introduces the parks around Naka Ward and includes photos. English, Chinese and Korean versions are available in addition to the original Japanese.

You can see at a glance which parks have cherry blossoms, making it a convenient way to find parks to enjoy cherry blossom viewing.

A digital version can be downloaded from the website. ▶



Thoughts of a Foreign Resident Life and Culture in Japan



## A Slight Misunderstanding

When I first came to Japan, I was confused about using the word "sumimasen." My Japanese textbook said it has both a thankful and apologetic meaning, but I was sometimes confused when I heard it in real life. For example, when someone would offer me a seat, I would say "arigatou gozaimasu" to express my thanks, but I would also see people say, "Sumimasen, arigatou gozaimasu." I would ask myself, "Are they apologizing? Or are they saying thank you politely?" In other situations, I would see people repeatedly say "sumimasen" to others.

At first, I thought that it was better to include expressions of apology in daily conversation since Japanese people are modest. But when someone would say "sumimasen" to me, I would feel uncomfortable, thinking that perhaps I had unconsciously treated

them badly. When my conversational Japanese became smoother, I asked my Japanese friend, who said, "It's not an apology, just a polite way to call out." I thought, "I see," then confirmed using a dictionary. It was the first time I understood that *sumimasen* is sometimes used this way. At that moment, I felt as if I had come into contact not only with the meaning of the word but also with living Japanese culture.

If we only keep something inside our head, it can turn into an assumption or misunderstanding. I am glad I had the courage to ask. At the same time, this experience made me realize the importance of properly understanding words.

(Naka International Lounge Staff)

Good to Know! About Japanese Culture

## たんご せっく 端午の節句 (Tango no Sekku)

An introduction to seasonal events and the foods and decorations associated with them

May 5 is **Tango no Sekku**, a day that has been traditionally celebrated to wish for the healthy growth of boys. This day is now more commonly known as Children's Day, a national holiday to celebrate and wish for the health of children, regardless of gender.

For **Tango no Sekku**, colorful carp-shaped flags known as **koinobori** are flown outside homes. Carps are believed to be a good-luck charm for success in life, based on a legend that a carp once climbed a fast-flowing waterfall and turned into a dragon. Red, blue and black **koinobori** are the most common, and when the wind is blowing, they look as if they are swimming in the sky. There is even a famous children's song that talks about this sight.

On this day, people also eat **kashiwa mochi** and **chimaki** (sticky rice wrapped in bamboo leaves). **Kashiwa mochi** is chewy rice cake with sweet red bean filling, wrapped in oak leaf. Because oak leaves do not drop off a tree until new buds grow, the oak leaf represents the idea that one's line of descendants will continue for a long time. Another custom is to take a bath with **shobu** (Japanese iris) bulbs to protect against bad spirits. The fresh fragrance will invigorate you, so give it a try.



▲ Koinobori



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.