

# HAMURA NEWS

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Edited by: Kouhou Kouchou-ka (Public Information & Public Opinion Section)

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## NEW TRAFFIC RULE FOR BICYCLISTS

Partial revision has been applied to the Road Traffic Law concerning the rules for riding bicycles on public roads. Effective as of December 1<sup>st</sup> 2013, the new amendment stipulates that bicyclists must keep to the left side of the roadway at all times. Children under age 13 years and elderly persons over age 65 years are still permitted to ride bicycle on the sidewalks at a slow speed. Other bicyclists may also run on the sidewalks, only where bicyclists are permitted by indication of a traffic sign, at a slow speed on either side of the road. Please note that, in principle, bicyclists should run on the *Rosokutai* lane (the side zone along the car lane divided by white line) where sidewalks are separated from roadways by elevation or railing.

Inquiry: Bousai Anzen-ka Koutuu Bouhan-kakari ☎Ext.216

## THE 27<sup>TH</sup> HAMURA FUREAI TSUNAHIKI

### Championship for the Chairman Cup of Tokyo Tug of War Federation

Date & Time: January 26<sup>th</sup>(Sun), Opening ceremony starts at 0:30PM, The competition starts at 1PM

Place: Sports Center Hall1 Eligibility: 8 people per team (Up to 10 people can be registered on one team)

Categories (and Eligibility):

- Males team of *Chounai-kai*, and *Jichikai*: Male Hamura residents, age of junior high students or older
- Males team General: Male Hamura residents, workers, or students, age of junior high students or older
- Females team: Female Hamura residents, workers, or students, age of junior high students or older
- Co-gender team: Any Hamura residents, workers, or students, age of junior high students or older
- Elementary School Students team: Male and female elementary school 4<sup>th</sup>~6<sup>th</sup> graders.

\*There is no weight restriction for team members.

\*For the co-gender competition, a team can register no more than 4 males.

\*For Elementary school students teams & junior high students teams that participate in co-gender category, there is no restriction for the number of members and gender ratio.

◆ Drawing for Pairings / Head Coach Meeting:

Date & Time: January 17<sup>th</sup>(Fri), 7:15PM~ Place: Sports Center Conference Room No.2

How to apply & Inquiries: Fill in the application form and bring it to: NPO Houjin Hamura-shi Taiiku Kyoukai (2<sup>nd</sup> Floor in Sports Center) by January 10<sup>th</sup>(Fri), 5PM. ☎555-1698

\*The application form is available at the office mentioned above and on their website for download.

## KYODOU HAKUBUTSUKAN (Folk Museum) ☎558-2561

### < Cultural Workshop ~ Let's make Mayudama Dango! ~ >

When silk cultivation was a thriving industry in Hamura, people used to make a new year's decoration called "*Mayudama Kazari*", a cut tree branch with attached *mochi* balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days, January 14<sup>th</sup> ~ 16<sup>th</sup>.

The *Mayudama Kazari* created by the participants of this workshop will be displayed in the Orientation Hall and Old *Shimoda* Residence at Folk Museum from January 12<sup>th</sup>(Sun) to 19<sup>th</sup>(Sun). Please join us!

Date & Time: January 11<sup>th</sup>(Sat), 1:30PM~3:30PM Place: Orientation Hall Fee: Free

Capacity: First 30 people \*4<sup>th</sup> grader and younger children need to be accompanied by a guardian.

Items to Bring: Apron, Head Cloth, and Towel

Application / Inquiry: Call or visit Folk Museum starting December 17<sup>th</sup> (Tue), 9AM~.

## CHANGE of PUBLIC SERVICE SCHEDULES during YEAR-END & NEW-YEAR HOLIDAYS

### < Community Bus "Hamuran" will be running during New Year Holidays >

From December 28<sup>th</sup>(Sat) to January 5<sup>th</sup>(Sun), *Hamuran* buses will operate on Holiday schedule.

Please note that there will not be any round-trip route to/from *Fussa Hospital (Hamura Higashi Course)* during this period.

Inquiry: *Bousai Anzen-ka Koutsuu·Bouhan-kakari* ☎Ext.216

### < Temporary Closure of the Public Facility Reservation System >

Reservation system will not be available on: January 1<sup>st</sup>(Wed) 0:00AM ~ January 4<sup>th</sup>(Sat) 9AM

Reservation status can not be browsed on: December 31<sup>st</sup>(Tue) 5PM ~ January 4<sup>th</sup>(Sat) 8:40AM

Reservation drawing results will be announced on: January 4<sup>th</sup>(Sat) 8:40AM

Inquiries: *Yutorogi* ☎570-0707

### < Library – Change of Lending Period >

The book lending period will be changed during the Year-End & New-Year Holidays. Please be aware that the Book Posts will not be available for returning the library materials during this period.

\*Magazines for holiday lending will be available from December 22<sup>nd</sup>(Sun). Inquiries: Library ☎554-2280

### < Temporary Suspension of Automated Registry Machine at City Hall >

The service of automated registry machine for Resident's Registry and Personal Seal Registry will not be available from December 29<sup>th</sup>(Sun) to January 3<sup>rd</sup>(Fri). Inquiry: *Shimin-ka Uketsuke-kakari* ☎Ext.122

## PUBLIC FACILITIES – YEAR-END & NEW-YEAR HOLIDAY SCHEDULE

Facilities	Closed Days	Notes
City Hall Branch Offices, <i>Hoken Center, Kyouiku Soudan-shitsu, Shouhi Seikatsu Center, Chiiki Houkatsu Shien Centers, Shimin Katsudou Shien Center, Waterworks Bureau</i>	Dec 28 <sup>th</sup> (Sat) ~ Jan 5 <sup>th</sup> (Sun)	
City Hall, Sports Center, Swimming Center, <i>Kyuudou Center, Yutorogi, Library, Folk Museum, Fukushi Center, Sangyou Fukushi Center, Community Center, Ikoi no Sato, Heijitsu Yakan Kyuukan Center, Children Centers, Gakudou Clubs, Municipal Nursery Schools</i>	Dec 29 <sup>th</sup> (Sun) ~ Jan 3 <sup>rd</sup> (Fri)	*City Hall: Procedures related to Family Register will be handled at the Guard's Room located by West Entrance (B1 floor) * <i>Fukushi Center</i> will close at 5PM on Dec.28 <sup>th</sup> * <i>Heijitsu Yakan Kyuukan Center</i> will open its nightly emergency room on Dec. 29 <sup>th</sup> , 31 <sup>st</sup> , Jan.1 <sup>st</sup> and 5 <sup>th</sup> from 5PM to 10PM. *Nursery schools will be open with reduced capacity on Dec. 29 <sup>th</sup> & 30 <sup>th</sup> . For those dates, advance registration is needed.
<i>Hamura Zoo</i>	January 1 <sup>st</sup> (Wed)	Open everyday except Jan. 1 <sup>st</sup> .
<i>Nousanbutsu Chokubaijo</i>	Dec 31 <sup>st</sup> (Tue) ~ Jan 5 <sup>th</sup> (Sun)	
<i>Fujimi Park Club House</i>	Jan 1 <sup>st</sup> (Wed) ~ Jan 3 <sup>rd</sup> (Fri)	The house will close at 6PM on Dec. 31 <sup>st</sup> . Only the Same-day Reservations accepted during Dec. 29 <sup>th</sup> ~ 31 <sup>st</sup> .
Fresh Land <i>Nishitama</i> ☎570-2626	Dec 30 <sup>th</sup> (Mon) ~ Jan 1 <sup>st</sup> (Wed)	Bath facility will open from Jan. 2 <sup>nd</sup> noon Gym / meeting rooms will open from Jan. 4 <sup>th</sup> Hula Class will start on Jan. 8 <sup>th</sup> (Wed) Yoga Class will start on Jan. 9 <sup>th</sup> (Thu)
<Funeral Hall> <i>Fujimi Saijou</i> ☎555-6269	Jan 1 <sup>st</sup> (Wed) and 2 <sup>nd</sup> (Thu)	Funeral service can be held until Dec. 31 <sup>st</sup> Services will be available again from Jan. 3 <sup>rd</sup>
<Funeral Hall> <i>Mizuho Saijou</i> ☎557-0064	*Ceremony reservations will be accepted by phone.	Funeral service can be held until Dec. 31 <sup>st</sup> Services will be available again from Jan. 3 <sup>rd</sup> Cremation will be available from Jan. 4 <sup>th</sup>

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆  
DECEMBER 15<sup>th</sup>(Sun) ~ JANURARY 5<sup>th</sup>(Sun)

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
15 <sup>th</sup> (Sun)	<i>Hamura Sougo Shinryoujo</i>	554-5420	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Hanenaka Shika Clinic</i>	554-2202
22 <sup>nd</sup> (Sun)	<i>Matsuda Iin</i>	554-0358	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Hamura Station Dental Clinic</i>	570-5621
23 <sup>rd</sup> (Mon) holiday in lieu	<i>Sakae-chou Shinryoujo</i>	555-8233	<i>Kurihara Iin (Mizuho-machi)</i>	557-0100	<i>Moriya Shika Iin</i>	555-9872
29 <sup>th</sup> (Sun)	<i>Yanagida Iin</i>	555-1800	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Hamura Shika Iin</i>	570-4618
30 <sup>th</sup> (Mon)	<i>Nishitama Byouin</i>	554-0838	<i>Takamizu Iin (Mizuho-machi)</i>	557-0028	<i>Fukutome Shika Iin</i>	555-7064
31 <sup>st</sup> (Tue)	<i>Yamaguchi Naika Clinic</i>	570-7661	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Heizou Shika Iin</i>	554-0066
1 <sup>st</sup> (Wed)	<i>Izumi Clinic</i>	555-8018	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Honda Shika Iin</i>	554-5902
2 <sup>nd</sup> (Thu)	<i>Ozaki Clinic</i>	554-0188	<i>Takasawa Byouin (Mizuho-machi)</i>	556-2311	<i>Masuda Shika Iin</i>	551-8686
3 <sup>rd</sup> (Fri)	<i>Wakakusa Iin</i>	579-0311	<i>Hikari Clinic (Fussa-shi)</i>	530-0221	<i>Minagawa Shika Clinic</i>	555-8219
5 <sup>th</sup> (Sun)	<i>Takiura Iin</i>	555-2655	<i>Heijitsu Yakan Kyuukan Center</i>	555-9999	<i>Yano Shika Iin</i>	555-3363

**2014 NEW YEAR'S FIRST WASTE COLLECTION DAYS by CATEGORY** 年始のごみ収集日

Districts	Recyclables A	Recyclables B	Hard Plastics & PET Bottles	Metals & Non-Burnables	Hazardous Waste	Burnables
<i>Kawasaki, Seiryuu, Tamagawa</i>	8 <sup>th</sup> (Wed)	7 <sup>th</sup> (Tue)	17 <sup>th</sup> (Fri)	10 <sup>th</sup> (Fri)	24 <sup>th</sup> (Fri)	6 <sup>th</sup> (Mon)
<i>Hane Higashi</i>	8 <sup>th</sup> (Wed)	10 <sup>th</sup> (Fri)	7 <sup>th</sup> (Tue)	28 <sup>th</sup> (Tue)	14 <sup>th</sup> (Tue)	
<i>Hane Naka</i>	7 <sup>th</sup> (Tue)	10 <sup>th</sup> (Fri)	15 <sup>th</sup> (Wed)	22 <sup>nd</sup> (Wed)	8 <sup>th</sup> (Wed)	
<i>Hane kami, Hane Nishi</i>	8 <sup>th</sup> (Wed)	7 <sup>th</sup> (Tue)	17 <sup>th</sup> (Fri)	24 <sup>th</sup> (Fri)	10 <sup>th</sup> (Fri)	
<i>Ozakudai</i>	7 <sup>th</sup> (Tue)	10 <sup>th</sup> (Fri)	15 <sup>th</sup> (Wed)	8 <sup>th</sup> (Wed)	22 <sup>nd</sup> (Wed)	
<i>Shinmeidai 1, 2</i>	10 <sup>th</sup> (Fri)	8 <sup>th</sup> (Wed)	14 <sup>th</sup> (Tue)	7 <sup>th</sup> (Tue)	21 <sup>st</sup> (Tue)	
<i>Shinmeidai 3, 4</i>	6 <sup>th</sup> (Mon)	8 <sup>th</sup> (Wed)	16 <sup>th</sup> (Thu)	23 <sup>rd</sup> (Thu)	9 <sup>th</sup> (Thu)	7 <sup>th</sup> (Tue)
<i>Futabachou, Midorigaoka 3 Hane-Musashino Gonokami-Musashino Kawasaki-Musashino</i>	8 <sup>th</sup> (Wed)	6 <sup>th</sup> (Mon)	16 <sup>th</sup> (Thu)	9 <sup>th</sup> (Thu)	23 <sup>rd</sup> (Thu)	
<i>Fujimidaira</i>	9 <sup>th</sup> (Thu)	8 <sup>th</sup> (Wed)	6 <sup>th</sup> (Mon)	27 <sup>th</sup> (Mon)	13 <sup>th</sup> (Mon)	
<i>Gonokami</i>	8 <sup>th</sup> (Wed)	9 <sup>th</sup> (Thu)	6 <sup>th</sup> (Mon)	13 <sup>th</sup> (Mon)	27 <sup>th</sup> (Mon)	
<i>Midorigaoka1,2,4,5</i>	6 <sup>th</sup> (Mon)	9 <sup>th</sup> (Thu)	15 <sup>th</sup> (Wed)	8 <sup>th</sup> (Wed)	22 <sup>nd</sup> (Wed)	
<i>Sakaechou</i>	9 <sup>th</sup> (Thu)	6 <sup>th</sup> (Mon)	15 <sup>th</sup> (Wed)	22 <sup>nd</sup> (Wed)	8 <sup>th</sup> (Wed)	

\* Information of the last collection dates of 2013 for all waste categories including oversized trash, excreta collection and recyclable waste spot-collection are detailed in *Hamura News* December 1<sup>st</sup> issue.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* ☎Ext.205

## **SHIZEN KYUUKAMURA - Hamura Municipal Resort Lodging Facility -**

☎0120-47-4017 ☎0551-48-4017

*Shizen Kyuukamura* is a lodging facility owned and operated by *Hamura City* in *Kiyosato* mountain resort, *Yamanashi* prefecture. A variety of cultural events for kids and grown-ups are scheduled every month! Hotel accommodation and private lodges are available at a reasonable fee catering to each guest's travel style. Come to *Kiyosato* and enjoy the beautiful silver landscape and winter sports!

\*When you come to *Kiyosato*, please be sure to prepare your tires for frozen roads.

### **< Bath of December >**

*Yuzu* (Japanese citrus) Bath is effective for improving blood circulation, smoothing and moisturizing skin.

### **< Christmas Present >**

Santa Claus will give child guests a present on December 24<sup>th</sup>(Tue) & 25<sup>th</sup>(Wed).

### **< End-of-year Special Plan >**

This package includes hotel fee, dinner party, and breakfast. Available until January 24<sup>th</sup>(Fri) 2014, except on December 28<sup>th</sup>(Sat) through January 4<sup>th</sup>(Sat), the 8<sup>th</sup>(Wed) and the 9<sup>th</sup>(Thu).

Fee (*Hamura* residents price):

- ¥5,500 per person in *Yatsugatake* Lodge (shared toilet and washroom)
- ¥6,600 per person in *Kiyosato* Lodge (private toilet and washroom, with refrigerator in room)

\*All-you-can-drink Plan requires additional ¥1,500 per person.

\*¥1,500 additional charge for all-you-can-drink plan (2 hours).

### **< Special Dinner during New Year Holidays >**

The special new year menu will be prepared on December 29<sup>th</sup>(Sat) ~ January 3<sup>rd</sup>(Thu). Please note that additional ¥1,000 (¥500 for children) will be applied to the fees listed above on these dates.

## **WATER PIPE MAINTENANCE TIPS for WINTER SEASON**

### **< Water Leakage >**

In a residential unit, residents are liable for the maintenance of service pipes and water usage meter. It is highly recommended to check for water leakage periodically. If the meter keeps running when you are not using water, or the surrounding area of the water meter is always wet, please contact the Waterworks Department or a certified plumber for professional inspection and repair work.

### **< Pipe & Water Meter Protection Measures in Winter >**

During the mid-winter time, water pipes and water meters may get damaged from severe coldness. In order to prevent such damages, it is strongly recommended to take measures; for instance, wrap the water pipes where you can to give it insulation, and put some insulation material like styrene foam pieces in a meter box.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

## **HOW TO DISPOSE OF GARBAGE CONTAINING FLAMMABLE GAS**

When you dispose of containers of flammable gas, such as gas cartridges used for portable cooking stove, spray cans and lighters, please make sure to follow the safety rules for the disposal of hazardous waste. If such garbage with remaining gas content is disposed in mix with other garbage, it may cause a fire inside of a collection truck. It is very dangerous.

Before disposing of them, please make sure to empty the gas content completely, until you hear no noise when shaking the can. \*Do not try to poke a hole in the can. It can cause the can to explode.

Containers of flammable gas, even with no content inside, must be put out for garbage collection on the designated collection day for hazardous waste.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* ☎Ext.205

< Year-end & New Year Holiday Schedule >

\*Pool, Sports Sauna: until Dec. 24<sup>th</sup>(Tue)

\*Training room: until Dec. 28<sup>th</sup>(Sat)

\*Fitness program (2<sup>nd</sup> meeting room): until Dec. 20<sup>th</sup>(Fri)

\*Fitness program (training room): until Dec. 28<sup>th</sup>(Sat)

Sports Center will be entirely closed from Dec. 29<sup>th</sup>(Sun) to Jan. 3<sup>rd</sup>(Fri)

< Skill-Up Lesson for Adults and Children >

Date: Every Thursday between January 9<sup>th</sup> ~ March 27<sup>th</sup> \*No reservation needed.

Time: Adult Class 4PM~4:50PM, Kids Class 5PM~5:50PM Fee: ¥500 (Admission & Insurance included)

Eligibility: Adult Class... age 16 or older, Kids Class... Elementary & Junior High School Students

\*Elementary School students need to be accompanied by an adult

< Aquabics (In-Water Aerobics) January ~ March Schedule >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between January 9<sup>th</sup> and March 27<sup>th</sup>, 3PM~3:50PM

Eligibility: Anyone who is 16 years old and older Capacity: First 35 people

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer

How to attend: Please come to Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

2014 WINTER CAMPAIGN for EARTHQUAKE RESISTANCE IMPROVEMENTS

< Earthquake Resistance Forum >

Date & Time: January 21<sup>st</sup>(Tue), 1:30PM ~ 4:15PM Capacity: First 500 people Admission: Free

Place: Tokyo Metropolitan Government Building No.1, 5<sup>th</sup> floor Main Hall

< Consultation for Anti-Seismic Improvement >

Date & Time: January 21<sup>st</sup>(Tue), 2PM ~ 5PM Capacity: First 55 parties

Place: Tokyo Metropolitan Government Building No.1, 5<sup>th</sup> floor Reception Hall Fee: Free

< Anti-Seismic Improvement Construction Exhibition >

Date & Time: January 17<sup>th</sup>(Fri)~19<sup>th</sup>(Sun), 10AM ~ 6PM (5PM on 19<sup>th</sup>)

Place: Shinjuku Station West exit square event corner Fee: Free \*No reservation required.

Categories: Seismic capacity evaluation of wooden building / building and apartment anti-seismic improvement exhibition and consultation.

< Earthquake Study Bus Tour >

**Course A** - January 16<sup>th</sup>(Thu) and 17<sup>th</sup>(Fri), 9:45AM~1PM,

Tour to Tokyo Rinkai Kouiki Bousai Park and Earthquake Research Institute of the University of Tokyo.

**Course B** - January 16<sup>th</sup>(Thu) and 17<sup>th</sup>(Fri), 1:30PM~4PM,

Field trip to visiting site for seeing examples of anti-seismic improvements on residential apartment buildings.

Capacity: First 20 applicants for each course each day \*Please call for more information.

How to Apply: Please provide your name, phone number and number of persons in your party via fax, email or by phone to 2014 Taishin Campaign Office ;

☎03-5459-4705, Fax: 03-6893-1969, Email: taishin2014@bellwell.com

Inquiry: Tokyo-to Toshi Seibikyoku Kenchiku Kikaku-ka ☎03-5388-3362

## PHONE FRAUD WARNING!

Please be cautioned of a new scheme of phone fraud that fakes a call from an authorized agency pretending dealing with the payment of cash benefits under the new tax benefit system for low-income households (*Kanso na Kyuufu Sochi*) which received the cabinet decision back in October to be implemented next year. Personnel of the city office or any ministry office will never instruct citizens to operate ATM machine nor ask bank account information over a phone call in order for people to receive a benefit paid from government. If you ever receive such suspicious call, please immediately make a report to the police or city hall.

Police phone number for reporting non-emergency cases: #9110

Report to city hall: *Bousai Anzen-ka Koutsuu Bouhan-kakari* ☎Ext.216

## NATIONAL HEALTH INSURANCE MEDICAL EXPENSE REPORT

If you have received medical service in September and/or received physical therapy from a judo healing practitioner in October, and the total medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail.

It is a letter from municipal government to NHI members which notifies his/her record of received medical services in September and/or in October (only the services applicable to NHI coverage), with the list of original medical service fees at 100% (amount before the insurance coverage was applied).

This report is issued in purpose of promoting the understanding of NHI coverage system as well as the awareness of health management importance.

There is no required procedure to be done concerning this report.

Inquiries: *Shimin-ka Hoken-kakari* ☎Ext.129

## RENEWAL of SINGLE-PARENT MEDICAL SUPPORT CERTIFICATE

New (親) Single-Parent Medical Support Certificate (lavender color) will take effect from January 1<sup>st</sup> 2014.

The new card will be mailed to applicable households in the late December. Please return the old certificate (peach color) to *Kosodate Shien-ka* by mail or in person. If there are any changes in your registered status as in cases listed below, please report immediately. If you delay to report a change that affects beneficiary eligibility, the office may demand the return of subsidy provided after the status change.

- ① Change of the household member and/or house address.
- ② Change with the medical insurance coverage
- ③ Subsidy beneficiary\* is admitted to a care institution \*Child(ren) in single-parent family.
- ④ Subsidy beneficiary\* is issued with a Medical Support Certificate for Handicapped Person
- ⑤ Subsidy beneficiary's\* parent is in state of common-law marriage (de facto marriage)

\*If any of case ③,④,or ⑤ applies, the beneficiary is no longer eligible to this medical support program.

\*Current beneficiaries who still have not completed the status report must submit the report immediately.

Inquiries: *Kosodate Shien-ka Shien-kakari* ☎Ext.235

## TOKYO METROPOLITAN AREA MINIMUM WAGE has been revised

As of October 19<sup>th</sup> 2013, the minimum hourly wage in Tokyo was revised to **¥869**.

The minimum wage system is a system that employer must pay the employee a wage that is not less than the minimum wage formulated by the government on the basis of the Minimum Wages Law.

In principal, the system applies to all workers and their employers, regardless of pay structure or any forms and the titles of employment, full or part-time, temporary work or side job, etc. Wages targeted as subject to the minimum wage are only the wages corresponded with usual working time and working days.

There are different minimum wages in different areas of the country, and specific minimum wages for certain industries. For more information regarding the minimum wage legislation explained in foreign languages, please contact the Labor Consultation Centers introduced in the following page.

## TOKYO LABOR CONSULTATION CENTERS for FOREIGN WORKERS

Labor Consultation Center is an agency of Industry and Labor Bureau of Tokyo Metropolitan Government. It provides services such as advice on Japanese labor law, seminar, distributing labor-related information and publication, lending labor-related videos. Information on employment opportunity is also available. English translators are available for consultations on a regular basis, and translators for 6 other languages (Chinese, Spanish, Portuguese, Korean, Thai, and Persia) can be dispatched by appointment. All consultation services are available free of charge. Reservation is needed for consultation in person. Personal information obtained during a consultation will be kept confidential.

Kokubunji Office: ☎042(321)6110 Hours: 2PM~4PM [English] Wed.

Location: 3-22-10 *Minami-cho, Kokubunji-shi, Tokyo*

Iidabashi Office: ☎03(3265)-6110 Hours: 2PM~4PM [English] Mon.~Fri. / [Chinese] Tue., Wed., Thu.

Location: Tokyo *Shigoto Center 9F, 3-10-3 Iidabashi, Chiyoda-ku, Tokyo*

Osaki Office: ☎03(3495)6110 Hours: 2PM~4PM [English] Wed.

Location: Gate City West-Tower 2F, 1-11-1 *Osaki, Shinagawa-ku, Tokyo*

"The Foreign Workers' Handbook" : To obtain a copy, please contact any of the consultation centers.

It is also available in PDF format → <http://www.hataraku.metro.tokyo.jp/soudan-c/center/e/index.html>

## LABOR ADVISORY SERVICE FOR FOREIGN WORKERS

### Consultation by Tokyo Labor Bureau Labor Standards Department Inspection Division

Hours: 10AM~Noon / 1PM~4PM \*Please make an appointment before visiting

Languages: English – Mon. Wed. Fri. / Chinese – Tue. Thu.

Matters: working conditions, wages, dismissal, retirement, work hours, days off, etc.

Telephone: 03-3512-1612 Location: 1-2-1 *Kudan-Minami, Chiyoda-ku, Tokyo*

## EMPLOYMENT SERVICE CENTERS FOR FOREIGNERS

These public employment offices are run by the Ministry of Health, Labour and Welfare.

English and Chinese interpretation services are available by appointment.

### ◆ Tokyo Employment Service Center for Foreigners (Nishi Shinjuku Center)

It provides job counseling / placement services and Immigration advisory services for individuals who is;

- Non-Japanese students holding a Student Visa who desire to work in Japan after graduating
- Non-Japanese specialists or technical experts living in Japan and holding a corresponding working visa such as Engineer, Specialist In Humanities/International Services, Skilled Labor, Instructor.

Hours: Monday through Friday, Closed on Holidays, 8:30AM~5:15PM (English & Chinese 9:15AM~)

Web: <http://tokyo-foreigner.jsite.mhlw.go.jp/english.html>

Telephone: 03-5339-8625 Location: 21<sup>st</sup> Floor *Odakyu Daiichi Seimei Building (小田急第一生命ビル), 2-7-1 Nishi Shinjuku, Shinjuku-ku, Tokyo 163-0721*

### ◆ Shinjuku Foreigners' Employment Assistance and Guidance Center (Kabukichou Center)

It provides Job Counseling / placement services and Immigration advisory services for non-Japanese job seekers whose status has no restrictions on occupation such as Spouse Or Child Of Japanese National, Dependent, Long Term Resident, Permanent Resident, and Working Holiday.

At this center the services are also available for non-Japanese students seeking a part-time job.

Hours: Monday through Friday, Closed on Holidays, 8:30AM~5:15PM (English & Chinese 9:15AM~)

Web: [http://tokyo-foreigner.jsite.mhlw.go.jp/english/spec\\_1/about\\_2/map2.html](http://tokyo-foreigner.jsite.mhlw.go.jp/english/spec_1/about_2/map2.html)

Telephone: 03-3204-8609 Location: 1<sup>st</sup> Floor Hello Work *Shinjuku Bldg. (ハローワーク新宿), 2-42-10 Kabukichou, Shinjuku-ku, Tokyo 160-8489*

## PUBLIC SERVICES FOR MEDICAL INFORMATION AND COUNSELING

### ✦ Tokyo Health And Medical Information Center "*Himawari*"

(Tokyo-to Hoken Iryou Joho Center)

When you are searching for a nearby medical facility or a specialized medical institute, as well as when you need guidance on health insurance and medical system in Japan, please contact Tokyo Health & Medical Information Center's telephone service "*Himawari*". The call center staff will respond in foreign languages. English Website: <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

☎03-5285-8181 Daily : 9AM-8PM Supported Languages: English, Chinese, Korean, Thai, Spanish

### ✦ Medical Emergency Translation Service

Tokyo Health & Medical Information Center also provides interpretation service over the phone for foreign patients visiting a hospital. An interpreter will provide assistance over the phone when it is needed to help a communication, especially for accurate information exchange, regarding a medical procedure.

☎03-5285-8185 Weekdays : 5PM-8PM Weekends & Holidays : 9AM-8PM

Supported Languages: English, Chinese, Korean, Thai, Spanish (for medical purpose only)

### ✦ Tokyo Fire Department Emergency Counseling Center

When you are not sure whether you should call an ambulance, call this number first for an instruction from a medical professional. If it is necessary, they will call an ambulance for you.

24 Hour Service. ☎#7119 (from touch-tone phones) ☎042-521-2323 (from dial-tone phones)

Supported Language: Japanese only

### ✦ Health Counseling Hotline for Mothers and Children (Emergency Counseling for Children)

In case of an emergency on your child's medical condition, a certified doctor will answer your questions.

☎#8000 (from touch-tone phones) ☎03-5285-8898 (from dial-tone phones)

Hours: Monday ~ Friday... 5PM~10PM / Saturday, Sunday & National Holidays... 9AM~5PM

Supported Language: Japanese only

### ✦ Tokyo Pharmacy Information System " t-Info "

It is an internet-based service for searching pharmacies within Tokyo. (in Japanese only)

Top Page → <http://www.t-yakkyokuinfo.jp/>

Pharmacies open during night time → [http://www.t-yakkyokuinfo.jp/night\\_list\\_search.php](http://www.t-yakkyokuinfo.jp/night_list_search.php)

Pharmacies open on weekends and holidays → [http://www.t-yakkyokuinfo.jp/holiday\\_list\\_search.php](http://www.t-yakkyokuinfo.jp/holiday_list_search.php)

### ✦ Medical Safety Support Center Opened "Patient's Voice Consultation Service"

(*Kanja no Koe Soudan Madoguchi*)

It aims to support building a better relation between the patients and medical service providers. Feel free to call for consulting about finding a place to get a second medical opinion, or for an assistance to better understand a medical instruction / procedure briefing given at a clinic etc.

You can also call this service to file a complaint concerning a particular medical institute.

Supported Language: Japanese only

*Kanja no Koe Soudan Madoguchi*: Weekdays 9AM~Noon and 1PM~5PM ☎0428-20-2113

Inquiries about this service: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-5141



## HOKEN (Public Health) CENTER

### < New-born Baby Care Class for Mothers and Fathers >

Date & Time: January 19<sup>th</sup>(Sun) ①10AM ~ Noon ②2PM ~ 4PM Place: *Hoken Center*

Eligibility: Expectant Mothers living in *Hamura*, and her family Capacity: First 15 pairs (in each class)

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, *Kosodate Ouen Handbook* (These handbooks are included within "*Haha to Kono Hoken Bag*")

Class Detail: How to bathe your baby, changing diapers, how to make formula, and more

How to apply: Call or visit *Hoken Center* ☎Ext.626

### < Baby Food Class for 7 months old and older >

Date & Time: January 23<sup>rd</sup>(Thu), 10AM~11:30AM Place: *Hoken Center* Capacity: First 15 pairs

Eligibility: Babies born between March 16<sup>th</sup> ~ May 31<sup>st</sup> 2013 and his/her family

Details: Tips of how you should prepare baby food for a 7-month old baby, demonstration of cooking baby food, tasting baby food, and talk about "Baby food and nursing"

How to apply: Starting December 16<sup>th</sup>(Tue) 8:30AM, please call *Hoken Center* ☎Ext.625.

\*Sorry, but no older children are allowed in this class.

## COMMISSIONED WELFARE VOLUNTEERS and CHILD WELFARE VOLUNTEERS

Do you know about Welfare Volunteers (*Minsei Iin*) and Child Welfare Volunteers (*Jidou Iin*)? They are authorized private volunteers commissioned by the Minister for Health and Welfare to conduct private voluntary welfare activities including;

- Cooperating with public organizations such as municipal welfare offices to coordinate the public assistance-related administrative works.
- Working in coordination with the administrative office of city facilities and public organizations.
- Providing investigation reports on a household applying for the certification of social insurance or public assistance when requested by a public administrative office.

\*The permitted field of investigation is restricted for privacy protection purposes.

- Making friendly visit for counseling at homes of elderly people living alone and residents needing guidance.
- Participating in various local meetings and events.

Residents are welcome to consult the welfare volunteers of their residence district on matters concerning daily life, or for an initial advise on other issues. You can find the contact information of your area's welfare volunteer on the following page.

\*All welfare volunteers except the chief child welfare volunteers are concurrently commissioned as *Minsei Iin* and *Jidou Iin*, accepting consultations on matters concerning both adults and children.

Inquiry: *Shakai Fukushi-ka Shomu-kakari* ☎Ext.112

**HAMURA CITY WELFARE VOLUNTEERS and CHILD WELFARE VOLUNTEERS**

<b>Assigned District</b>	<b>Name</b>	<b>Address</b>	<b>Contact☎</b>
<i>Kawasaki Higashi</i>	<i>Ms. Sachie Arai</i>	<i>3-6-11 Kawasaki</i>	<i>554-3025</i>
<i>Jyousui Douri</i>	<i>Ms. Chizuko Takahashi</i>	<i>2-1-5 Tamagawa</i>	<i>555-2831</i>
<i>Kawasaki Nishi</i>	<i>Ms. Chiyomi Amekura</i>	<i>1-6-5 Kawasaki</i>	<i>554-8830</i>
<i>Honchou Dai-ni, Honchou Dai-san</i>	<i>Ms. Kyoko Okabe</i>	<i>1-10-38 Hanehigashi</i>	<i>555-6549</i>
<i>Azuma Dai-ichi</i>	<i>Ms. Ayako Kobayashi</i>	<i>3-19-7 Hanehigashi</i>	<i>554-0279</i>
<i>Seiryuu</i>	<i>Ms. Kimiko Higashi</i>	<i>741-70 Hane</i>	<i>559-9664</i>
<i>Honchou Dai-ichi, Honchou Dai-ni</i>	<i>Ms. Motoko Koyama</i>	<i>1-5-8 Hanehigashi</i>	<i>554-2078</i>
<i>Honchou Dai-ichi, Asahigaoka</i>	<i>Ms. Fukuko Ishii</i>	<i>1-25-32 Hanehigashi</i>	<i>555-3990</i>
<i>Naka-ichi, Azuma Dai-ni</i>	<i>Ms. Emiko Furuya</i>	<i>3-1-26 Hanehigashi</i>	<i>554-6247</i>
<i>Naka-ni, Tanoue Dai-san</i>	<i>Ms. Kiyomi Uchiyama</i>	<i>2-11-18 Hanenaka</i>	<i>554-3687</i>
<i>Tanoue Dai-ichi</i>	<i>Ms. Sumie Miyazaki</i>	<i>3-8-2 Hanenaka</i>	<i>555-1403</i>
<i>Tanoue Dai-ni</i>	<i>Ms. Fumiko Maeda</i>	<i>2-13-8 Hanenaka</i>	<i>555-6136</i>
<i>Mazaka Dai-ni</i>	<i>Mr. Itsuo Sekiguchi</i>	<i>2-18-11 Hanekami</i>	<i>554-1627</i>
<i>Mazaka Dai-ichi</i>	<i>Ms. Kinuyo Hamura</i>	<i>4-12-24 Hanekami</i>	<i>554-1847</i>
<i>Miyaji</i>	<i>Ms. Retsuko Sekiguchi</i>	<i>1-20-11 Hanekami</i>	<i>554-7279</i>
<i>Miyaji</i>	<i>Ms. Kyoko Sekiguchi</i>	<i>4-2-29 Hanekami</i>	<i>555-2037</i>
<i>Mihara</i>	<i>Ms. Shizuko Ishikawa</i>	<i>1-9-5 Hanekami</i>	<i>555-0778</i>
<i>Mihara</i>	<i>Mr. Yoshiaki Hashimoto</i>	<i>1-18-30 Hanenishi</i>	<i>554-4601</i>
<i>Ozakudai Nishi</i>	<i>Ms. Etsuko Tanaka</i>	<i>5-3-4 Ozakudai</i>	<i>555-4066</i>
<i>Ozakudai Nishi</i>	<i>Mr. Takashi Tokoro</i>	<i>3-12-5 Ozakudai</i>	<i>555-5357</i>
<i>Ozakudai Nishi</i>	<i>Ms. Mieko Takesmatsu</i>	<i>4-11-4 Ozakudai</i>	<i>555-1152</i>
<i>Ozaku Honchou</i>	<i>Mr. Hiroshi Izumino</i>	<i>3-10-7 Hanenishi</i>	<i>555-4714</i>
<i>Ozakudai Higashi</i>	Vacant		
<i>Ozakudai Higashi</i>	vacant		
Chief Child Welfare Volunteers for <i>Dai-ichi Junior High District</i>	<i>Ms. Junko Ishida</i>	<i>3-4-34 Hanekami</i>	<i>554-0542</i>
	<i>Ms. Yoshie Taniguchi</i>	<i>1-18-14 Hanekami</i>	<i>555-0188</i>
<i>Futaba Fujimi</i>	<i>Ms. Etsuko Iwai</i>	<i>3-11-4 Futabachou</i>	<i>552-5800</i>
<i>Futabachou Matsubara</i>	<i>Ms. Taeko Fukui</i>	<i>2-5-41 Futabachou</i>	<i>555-7297</i>
<i>Shinmeidai Kami</i>	<i>Ms. Toshiko Hirai</i>	<i>3-28-14 Shinmeidai</i>	<i>555-1660</i>
<i>Toei Shinmeidai</i>	<i>Mr. Tamotsu Kitajima</i>	<i>3-23-1 4-304 Shinmeidai</i>	<i>554-1091</i>
<i>Shinmeidai Kami</i>	<i>Ms. Matsuko Kurata</i>	<i>3-30-15 Shinmeidai</i>	<i>555-2086</i>
<i>Shinmeidai Jyuutaku, Shinmeidai</i>	<i>Mr. Yoshitaka Sakuma</i>	<i>2-10-33 Shinmeidai</i>	<i>530-7047</i>
<i>Shinmeidai</i>	<i>Ms. Setsuko Tozaki</i>	<i>2-1-5 101 Shinmeidai</i>	<i>554-6126</i>
<i>Shinmeidai</i>	<i>Ms. Meiko Kizaki</i>	<i>1-27-7 Shinmeidai</i>	<i>554-2347</i>
<i>Shinmeidai</i>	<i>Ms. Hatsue Shida</i>	<i>1-12-27 Shinmeidai</i>	<i>555-6854</i>
<i>Midorigaoka 3 Choume</i>	<i>Ms. Masami Takei</i>	<i>3-18-5 Midorigaoka</i>	<i>555-1718</i>
<i>UR Hamura Danchi, Fujimidaira Dai-ichi</i>	<i>Ms. Toshiko Nomura</i>	<i>1-19-26 Fujimidaira</i>	<i>554-7242</i>
<i>Azumadai, UR Hamura Danchi</i>	<i>Ms. Keiko Ichioka</i>	<i>1-10-24 Fujimidaira</i>	<i>555-2843</i>
<i>Fujimidaira Dai-ichi, Azumadai</i>	<i>Ms. Hisae Okazaki</i>	<i>2-17-8 Fujimidaira</i>	<i>555-2964</i>
<i>Gonokami Naka, Gonokami Higashi</i>	<i>Mr. Tadayoshi Yamashita</i>	<i>3-4-7 Gonokami</i>	<i>554-5407</i>
<i>Gonokami Higashi</i>	<i>Ms. Hisayo Shidara</i>	<i>2-8-21 Gonokami</i>	<i>579-3136</i>
<i>Gonokami Naka</i>	<i>Ms. Hiroko Kobayashi</i>	<i>3-1-46 Gonokami</i>	<i>555-4285</i>
<i>Midorigaoka Dai-ni</i>	<i>Mr. Hidetoshi Katou</i>	<i>2-8-7 Midorigaoka</i>	<i>555-3203</i>
<i>Midorigaoka Dai-ichi</i>	<i>Ms. Sachie Sugaya</i>	<i>1-2-17 Midorigaoka</i>	<i>554-7711</i>
<i>Midorigaoka Nishi</i>	<i>Ms. Kiyoko Yanai</i>	<i>4-2-17 Midorigaoka</i>	<i>554-2337</i>
<i>Midorigaoka Nishi</i>	<i>Ms. Eiko Uchida</i>	<i>5-1-24 Midorigaoka</i>	<i>555-7616</i>
<i>Sakaechou Dai-ni</i>	<i>Ms. Yoriko Sugama</i>	<i>2-15-17 Sakaechou</i>	<i>554-0503</i>
<i>Sakaechou Dai-ni</i>	<i>Ms. Harue Kimura</i>	<i>2-6-15 Sakaechou</i>	<i>555-1733</i>
<i>Sakaechou Dai-ichi</i>	<i>Ms. Sachiko Aoshima</i>	<i>1-6-19 308 Sakaechou</i>	<i>554-7136</i>
<i>Sakaechou Dai-ichi</i>	<i>Ms. Kumiko Hashimoto</i>	<i>1-10-26 Sakaechou</i>	<i>555-6712</i>
Chief Child Welfare Volunteers for <i>Dai-ni / Dai-san Junior High Districts</i>	<i>Ms. Kazuyo Yamamoto</i>	<i>2-14-21 Futabachou</i>	<i>554-4042</i>
	<i>Ms. Mitsuko Sakurai</i>	<i>2-5-11 Fujimidaira</i>	<i>555-3259</i>