Multilingual Information Bulletin for Foreign Residents





TAITO CITY LIFE NEWS

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Residents' Affairs Section, Citizen's Division, Taito City Office, 4-5-6 Higashi-Ueno, Taito-ku 110-8615, Tel: 03-5246-1126 https://www.city.taito.lg.jp/kurashi/foreigner/jigyoannai/life_news.html

Please note that the content of the articles in this issue may change depending on the status of COVID-19 infections. We appreciate your understanding.

The City Office offers multilingual interpretation services via tablet devices.

Please inquire at the service window about the procedures.

The hours this service are available differ depending on the language.

https://www.city.taito.lg.jp/kurashi/foreigner/sodan/sodan.html

Supported languages: English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Nepalese, Filipino, Thai, French, Russian, Hindi, Khmer, Indonesian and Myanmar







COVID-19 Vaccination Notification

Foreign residents can also receive the vaccine

You need a vaccination ticket to receive a shot. If you have lost your ticket, please come to the health center. You can obtain a vaccination passport after you receive the vaccine. This may allow you to bypass or only meet reduced quarantine requirements when you return to your home country. No fee is required for COVID-19 vaccinations.

Effects of the vaccine

People who have received the vaccine are less likely to develop COVID-19 symptoms than those who have not, and the vaccine also prevents the disease from becoming serious.

Receiving the vaccine helps protect you and your loved ones.

Even after you receive the shots, however, you must continue to take measures against infection, such as wearing a mask.

Side effects of the vaccine

Side effects such as pain in the injected area, fever, fatigue and headache have been observed, but these symptoms usually disappear within a few days.

Reservation for the vaccine

You will need to make a reservation to receive the vaccine, which you can do by phone or online. Phone reservations can be made in eighteen languages.

Inquiries

- About reservations: Tel. 03-4332-7912
- Questions about vaccination: Tel. 03-6834-7410 Hours: 9 a.m. to 6 p.m. (available on Saturdays, Sundays and national holidays as well)

Information such as notifications about the vaccination, explanations of the vaccination, and the pre-vaccination screening questionnaire are available in foreign languages on the website below.

(Tokyo Intercultural Portal Site) https://tabunka.tokyo-tsunagari.or.jp/



the website by scanning this code.



About Declaration of Resident Tax (special city tax and Tokyo metropolitan resident tax)

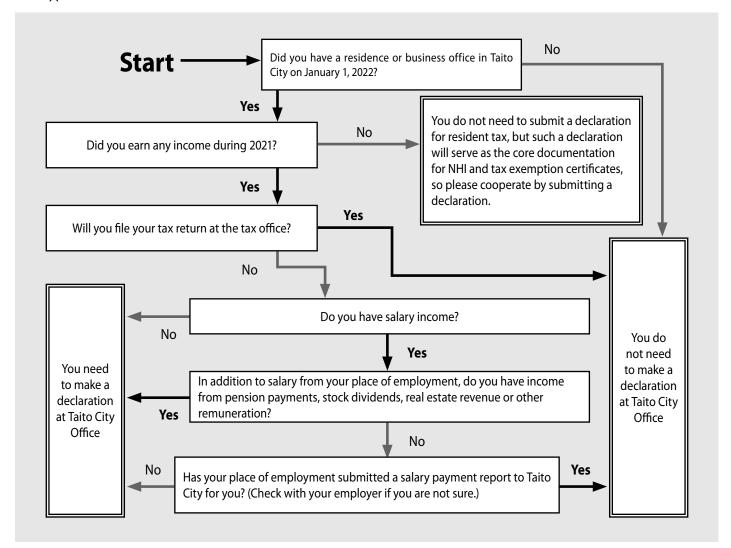
Your resident tax is the tax assessed by the city or municipality where you reside, and is the source of funding for administrative services the community conducts. All individuals having income of a certain level and above must pay tax.

Every year by March 15, you must submit a declaration of your income to the tax office or city office for the period from January 1 to December 31 of the previous year to the city or municipality where you resided on January 1 of that year. Your resident tax is calculated on the basis of the income declaration form you submitted.

Taito City sends a declaration form to individuals who may need to make a tax declaration to the city office. Please fill in the necessary information and submit or mail it to the Taxation Subsection. Please contact the number below if you do not receive a declaration form or have any other questions.

Please note that if you submitted a declaration of your income tax to the tax office, you are not required to submit a resident tax declaration.

★Individuals who need to submit a declaration · · · · · · · · · · Please use the below chart as a reference



Tax declarations are also accepted via postal mail. Please use the enclosed return envelope.

Inquiry: Taxation Subsection, Tax Administration Section, Tel: 03-5246-1103 to 1105

Those Who Want to Study Japanese

These volunteer groups in Taito City offer Japanese-language study support:

| Group name | Venue | Day of the week and time |
|-------------------------|---|---|
| Yamato-kotoba Club | Lifelong Learning Center 3-25-16 Nishi-Asakusa | Wednesdays 7 to 9 p.m. |
| Taito Nihongo Lessons | Health Examination Center 1-8-8 Kita-Ueno | Thursdays 10 to 11:30 a.m. |
| Morning Class | Health Examination Center 1-8-8 Kita-Ueno | Saturdays 9:30 to 11:30 a.m. |
| Nihongo Gakushu Ichiba | Social Education Center 6-16-8 Higashi-Ueno | Tuesdays 2:15 to 5 p.m. |
| | Lifelong Learning Center 3-25-16 Nishi-Asakusa | Thursdays 1 to 5 p.m. |
| | | Tuesdays 6:30 to 8:30 p.m. |
| | | Saturdays 1:30 to 5 p.m. |
| Tanoshii Nihongo Hiroba | Social Education Center 6-16-8 Higashi-Ueno | Fridays 2 to 4 p.m. |
| Asakusa Nihongo Dojo | Lifelong Learning Center 3-25-16 Nishi-Asakusa | Saturdays 1:30 to 4:30 p.m. (There is a break at 3 p.m.) |

The activities of some groups have been suspended to prevent the spread of COVID-19. Please call the number below regarding the resumption of activities. You can see the details of club activities from the QR code at right.



Japanese-Language Study Support Group

Inquiries: Residents' Affairs Section, Tel: 03-5246-1126

Please Have a Look at the Taito City Newsletter



Various notifications from the Taito City Office are written in the Taito City newsletter.

The newsletter can be viewed in various languages, such as English, Chinese (simplified and traditional),

Korean, Thai, and Indonesian if viewed from the city website or smartphone application "Catalog Pocket."

Note: To read via Catalog Pocket, search for "Taito City" after scanning the two-dimensional code and downloading the app.

Inquiries: Public Relations Section

Tel: 03-5246-1021



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Android

About the Taito City Consumer Life Center

Ask for advice in these situations!

- If there was something you couldn't understand when purchasing/signing a contract.
- If you are billed for something you didn't purchase
- If an accident occurs when using a product
- Who can use this service? Anyone who lives, works or goes to school in Taito City
- Consultation days and hours
 Monday through Friday
 9 a.m. to 4 p.m.
- Consultation procedures
 Call or come to the Taito City Consumer Life Center

Tel: 03-5246-1133

Location: Taito City Office 9F, Service Counter No. 7

 Consultation is free of charge. All matters are kept strictly confidential.

Inquiries: Residents' Counseling Section

Tel: 03-5246-1144

Service Counters Open on Second Sundays for Partial Services

Hours: 9 a.m. to 5 p.m. Location: Taito City Office 1F

Services available:

Matters related to family registry notifications

Olssuance of residence records, personal seal registration certificates, and family registry certificates

 Matters related to notifications of moving in/out and National Health Insurance enrollment

Matters related to personal seal registration and annulment O Payments for taxes or health insurance premiums and

matters related to motorcycle registration

Matters related to child allowances and medical subsidies for children

 Matters related to applications for and issuance of Individual Number cards

Matters related to applications for and issuance of special permanent resident certificates

© Consultation on tax payments and health insurance

Matters related to issuance of residence tax (tax exemption) certificates

Matters related to issuance of a Mother and Child Health Handbook

© Sales of one-month ticket, coupon tickets and one-day ticket for the Taito City Circular Route Bus, Megurin

Find a Hospital

You can search for hospitals through Himawari, a service run by the Tokyo Metropolitan Government. They will tell you the location, telephone number, hours and medical departments of the hospital.

Languages: English, Chinese, Korean, Thai

and Spanish **Hours:** 9 a.m. to 8 p.m.

Tel: 03-5285-8181 **URL:** https://www.himawari.metro.tokyo.jp/

You can also access the website by scanning this code.

Taito City Night & Holiday Children's Clinic

Medical treatment is available for children fifteen years of age or younger for sudden illnesses that can be handled without hospitalization.

Location: Inside Eiju General Hospital, 2-23-16 Higashi-Ueno, Taito-ku

Tel: 03-3833-8381

the spread of COVID-19.

Note: Please come to the emergency reception desk on the first floor.

 Monday through Saturday (except on national holidays and during the yearend/New Year's holidays): 6:45

to 9:45 p.m. (treatment from 7 to 10 p.m.) • Sundays, national holidays, Obon holidays (August 14-16), and during the yearend/New Year's holidays (December 29 to January 3): 8:45 a.m. to 9:45 p.m. (treatment from 9 a.m. to 10 p.m.)

may ask visitors to come at a different time to prevent

Note: Please be sure to call before coming in, since we scanning this code



Some Service Counters Have **Extended Hours on Wednesdays**

Extended hours: Until 7 p.m. **Available service counters:**

Taito City Office (4-5-6 Higashi-Ueno, Taito-ku)

© Family Registration Residents' Service Section

2F: Nursing Care Insurance Section

© Preventive Care & Community Support Section

Senior Citizens' Welfare Section

Handicapped Welfare Section

National Health Insurance Section

National Pension Subsection, Residents' Affairs Section

○ Collection Section ○ Tax Administration Section Child-Rearing & Youth Support Section

○ After-School Affairs Subsection ○ Child Care Section

Residents' Offices

© Seibu (West) Residents' Office (3-1-30 Shitaya, Taito-ku)

Nambu (South) Residents' Office (1-10-12 Kotobuki, Taito-ku)

O Hokubu (North) Residents' Office (4-48-1 Asakusa, Taito-ku)

Taito City's Website Is Viewable in **Various Languages**

The Taito City website can be viewed in 108 languages. Languages: English, Chinese (simplified and traditional), Korean, French, Indonesian, Malay, Thai, etc.

▶ Procedure

1. Click the "Foreign Language" button on the upper right side of the website

'Foreign Language" button

2. Choose a language

Note: Since the translation is automated, the text may not be entirely accurate in some cases.

Inquiries: Public Relations Section, Tel: 03-5246-1021

Consultation about Life in Japan

Foreign Residents' Consultation Center

If you have any problems or concerns, please feel free to consult the Foreign Residents' Consultation Center.

You can talk to a consultant directly on the following days.

| Language | Days | Hours |
|----------|-----------------------------------|-----------------|
| Chinese | First, second and third Thursdays | 10 a.m. to noon |
| English | First and third Thursdays | 10 a.m. to noon |
| Korean | First and third Thursdays | 2 to 4 p.m. |

Location: Residents' Consultation Office (Taito City Office

Inquiries: Residents' Consultation Office, Residents' **Counseling Section** Tel: 03-5246-1025

Have You Gone through Health Checkups and Cancer Screenings?

Taito City conducts comprehensive health checkups and cancer screenings. The deadline for receiving these health checkups is approaching, so if you are eligible and have not yet had one, please make an appointment at a medical institution as soon as possible.



1. Types of Health Checkups, Eligibility and Deadlines

| Checkup name | Eligibility | Deadline |
|------------------------------|---|---------------------------------------|
| Comprehensive health checkup | Taito City residents Residents 40 years old and above Residents enrolled in Taito City National Health Insurance, the Latter-Stage Elderly Health Care System, or who are receiving public financial assistance | Until the end of January 2022* |
| Basic dental health checkup | Taito City residents Those who are 30, 35, 40 to 55, 60, 65, 70, 75, 80 or 85 years old | See the information sent by the city* |

Note: Appointments may not be available if the deadline is close, so please make an appointment at a medical institution as soon as possible. If you do not know the contact information for a medical institution you want to use, please check the official city website or call the Health Service Section (03-3847-9481).

2. Types of Cancer Screenings, Eligibility and Deadlines

Cancer screenings are available for Taito City residents

| Checkup name | Eligibility | Deadline |
|---------------------------------|---|--------------------|
| Stomach cancer screen- ings | Residents 50 years old and above Residents who will reach an even age by the end of this fiscal year | End of March 2022* |
| Lung cancer screenings | • Residents 40 years old and above | |
| Colorectal cancer screenings | Residents 40 years old and above You can receive this exam along with the comprehensive health checkup | |
| Cervical cancer screen- ings | Women 20 years old and above Women who will reach an even age by the end of this fiscal year | |
| Breast cancer screenings | Women 40 years old and above Women who will reach an even age by the end of this fiscal year | |

Note: All eligible residents have been sent checkup tickets and information, so please check the documents you have received. The medical institutions available offer different types of checkups. For more details, please visit the official city website or check the information the city sent you.

Online Japanese-Language Courses

I can't meet friends to speak in Japanese...

Lessons at face-to-face Japanese-language schools have been canceled, so I have no opportunity to learn...

I want to learn Japanese but I stay at home because I'm afraid of getting infected...

I want my child to learn Japanese, but I have concerns about going outside our home...

If any of the above apply, you may want to consider online Japanese-language courses.

Note: Some sites require a fee, so check their sites for details.

\sim Japanese for Everyday Life \sim



Connect and Enhance Your Life in Japanese (Agency for Cultural Affairs)

There are many videos to help you learn the Japanese necessary for daily life. These videos re-create daily life scenes to teach the basics of the Japanese language. (Available in 10 languages.)

https://tsunagarujp.bunka.go.jp/



\sim Japanese for Daily News and Work \sim



NHK World-Japan (NHK)

This is a portal site for NHK's Japanese-language learning programs. You can find programs suited for beginners and up to intermediate learners, ranging from entry-level lessons to programs for people working in Japan. (Available in 19 languages.) You can also listen to news programs that use simple Japanese.

https://www3.nhk.or.jp/nhkworld/en/learnjapanese/



\sim For Elementary and Junior High School Students \sim



Tanoshii Gakko (Tokyo Metropolitan Board of Education)

Foreign children can learn basic information about school life and basic conversations. These online textbooks use cute illustrations, making it easy for children to understand. (Available in 23 languages.) https://www.kyoiku.metro.tokyo.lg.jp/school/document/japanese/tanoshi_gakko.html



\sim Junior High and High School Students \sim



"Erin's Challenge! I Can Speak Japanese." Contents Library (The Japan Foundation Japanese-Language Institute, Urawa)

You can learn Japanese language and culture through a variety of videos about Japanese high school life. (Website available in English and Japanese; subtitles for some videos and downloadable content are available in 9 languages.) https://www.erin.jpf.go.jp/



\sim Learn Simple Japanese through Conversations and Grammar \sim



NHK Easy Japanese (NHK)

This is a beginner course using simple Japanese, consisting of a conversation component and a grammar component. Explanations of key phrases and practice problems after completing each lesson are available. (The conversation component is available in 19 languages, while the grammar component is available in 17 languages.) https://www.nhk.or.jp/lesson/



\sim Let's Learn Japanese Language and Culture—"Marugoto"! \sim



Marugoto Japanese Online Course (The Japan Foundation Japanese Language Institute, Kansai)

This is an online version of the *Marugoto: Japanese Language and Culture* coursebook available through the Japan Foundation's JF Japanese e-Learning Minato. You can learn all about Japanese language and culture. (Available in 9 languages.) https://www.marugoto-online.jp/info/jp/



\sim Web Magazine for Japanese Sightseeing, Culture and Useful Information \sim



MATCHA (MATCHA, Inc.)

MATCHA is a web magazine that provides sightseeing, cultural and useful information about Japan for foreigners visiting or living in Japan. (Available in 10 languages.) It is also available in simple Japanese so you can learn the language while also learning about Japan.

https://matcha-jp.com/easy



~ Search for Japanese-Language Learning Site ~



"NIHONGO eな" (The Japan Foundation Japanese Language Institute, Kansai)

This portal site introduces useful sites and apps for learning Japanese. You can search through 12 categories such as "conversation" and "kanji" and read descriptions.

(Available in Japanese and English.)

https://nihongo-e-na.com/jpn/



Inquiries: Residents' Affairs Section, Tel: 03-5246-1126