



TAITO CITY LIFE NEWS

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 4-5-6 Higashi-Ueno, Taito-ku 110-8615, Tel: 03-5246-1116
https://www.city.taito.lg.jp/kurashi/foreigner/jigyoannai/life_news.html

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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 (Tagalog), Thai, French, Russian, Hindi and Indonesian.



You can check the hours service is available here



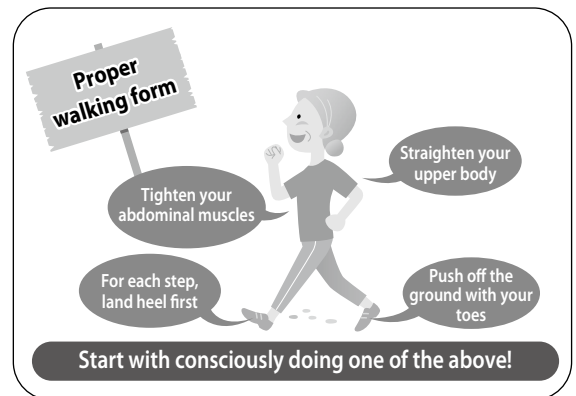
Stay Physically Young, Even in Your Senior Years!

Meeting with friends, going out to your favorite places, eating delicious food; to continue enjoying such activities even in your senior years, it is vital to do the little things daily to stay healthy!

Start with the following:

① Go for a walk when the weather is fine

Walking is the easiest and most accessible form of exercise. It boosts muscle strength in the lower body and also builds stamina. Walking is an aerobic exercise, too, which improves blood flow throughout the body, vitalizes the brain, and reportedly helps prevent dementia. Start by walking about twenty minutes a day.

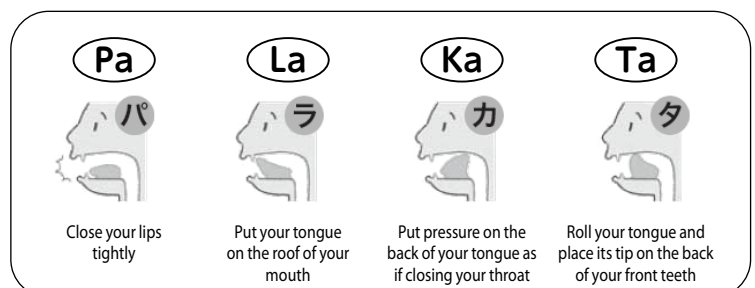


② Be sure to eat enough protein

Muscles perform key functions such as moving the body and protecting vital organs. Muscle mass and strength decrease with age if no action is taken. Muscle is made from protein (such as meat, fish, eggs and soy products). Be sure to eat a well-balanced diet that includes plenty of protein.

③ Talk with people daily

Not talking with people for long periods can lead to depression and cognitive decline. In addition, if you do not regularly move your mouth, the muscles around your tongue and mouth deteriorate. This makes it harder to swallow and makes choking more likely. Here are some mouth exercises that will help.



Inquiries: Preventive Care & Community Support Section, **Tel:** 03-5246-1295

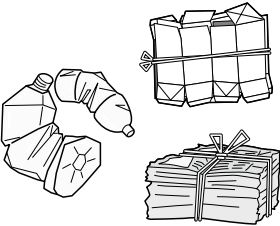
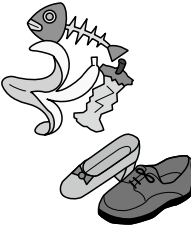

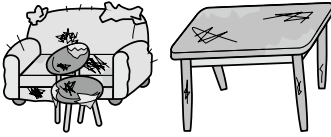
Follow the Garbage Disposal Rules!

► How to Dispose of Your Garbage

1. Separate your garbage into recyclable items, burnable garbage, unburnable garbage and large-sized garbage
2. Take your garbage out on the proper collection day, depending on the type of garbage and the region where you live
3. Bring your garbage to the designated location by the place you live by the designated time

Put your garbage out by 8 a.m. on the day of disposal. You cannot put it out the day before. Dispose of recyclable items at the collection area. Other types of garbage are collected individually at each building.

Note: Contact the Waste Collection Office to receive a garbage collection calendar.

 <p>Recyclable items</p>	 <p>Burnable garbage</p>	 <p>Unburnable garbage</p>	<p>Large-sized garbage Furniture, etc.</p>  <p>You must apply with the Large-size Waste Reception Center</p>
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► Fees

As a rule, recyclable items, burnable garbage and unburnable garbage from households are collected free of charge. However, if you dispose of four or more 45-liter bags of garbage at one time, you will be charged a fee for the fourth bag and any additional bags.

Note: A fee will be charged for all recyclable items and garbage that stores and companies dispose of.

► Large-sized Garbage (from households only)

Large-sized garbage is collected on a reservation basis, and fees are charged for pickup. You can make a reservation for this with the Large-size Waste Reception Center. Please make your reservation via the Internet or by telephone. Internet reservations can be made in Japanese, English, Chinese and Korean.

● Large-size Waste Reception Center

Tel: 03-5296-7000 (Monday through Saturday, 8 a.m. to 7 p.m.)

URL: <https://sodai.tokyokankyo.or.jp/>

Inquiries:

Taito City Waste Collection Office, **Tel:** 03-3876-5771

Waste & Recycle Section, **Tel:** 03-5246-1018

Purchase Large-sized Garbage Disposal Tickets and attach them to your items before disposal.

SAMPLE



You can also access the website by scanning this code.

You can also watch the video for more information (English only)



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 1:30 to 3:30 p.m.
	Lifelong Learning Center 3-25-16 Nishi-Asakusa	Thursdays 1:30 to 3:30 p.m.
		Tuesdays 6 to 8 p.m.
		Saturdays 1:30 to 3:30 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.)

Note: Due to the COVID-19 pandemic, these activities may be suspended or have shorter hours. Please contact the section noted below for updates.

Inquiries: Human Rights & Diversity Promotion Section, **Tel:** 03-5246-1116



Japanese-Language
Study Support Group

About Children Halls

Children halls are facilities for kids under the age of eighteen and their parents/guardians that offer playrooms and library rooms. They're fun places to spend time together.

Opening hours are from 9:30 a.m. to 6 p.m.; closed on Sundays and national holidays (excluding May 5).

Note: To prevent the spread of COVID-19, use of the facilities may be restricted. Please contact the facility you want to use for more details.

Name	Location	Telephone
Senzoku Children Hall	3-20-6 Senzoku, Taito City	03-3874-1714
Tamahime Children Hall	2-22-13 Kiyokawa, Taito City	03-3874-6571
Taito Children Hall	1-11-5 Taito, Taito City	03-3832-8493
Ikenohata Children Hall	2-3-3 Ikenohata, Taito City	03-3823-6644
Matsugaya Children Hall	4-15-11 Matsugaya, Taito City	03-3841-6734
Imado Children Hall	1-3-6 Imado, Taito City	03-3876-1656
Kotobuki Children Hall	1-4-5 Kotobuki, Taito City	03-3844-8602
Yanaka Children Hall	5-6-5 Yanaka, Taito City	03-3824-4043

Inquiries: After-School Affairs Subsection, Child Care Section, **Tel:** 03-5246-1235
Children Division, Taito City Social Welfare Corp., **Tel:** 03-5603-2229

Inquiry hours: 8:30 a.m. to 5 p.m. except for Saturdays, Sundays, national holidays and during the year-end/New Year's holiday period (unless otherwise stated)

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
- Issuance 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
- Payments for taxes or health insurance premiums and matters related to motorcycle registration
- Matters related to various childrearing 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 premiums
- 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.

◇ **Telephone**

Languages: English, Chinese, Korean, Thai and Spanish

Hours: 9 a.m. to 8 p.m.

Tel: 03-5285-8181

◇ **Internet** (English, Chinese and Korean)

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

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

Hours:

- 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.)

Note: As a measure against COVID-19, we may designate when you can visit the hospital or redirect you to a specialized medical facility, so please call in advance.



You can also access the website by scanning this code.

Inquiry hours: 8:30 a.m. to 5 p.m. except for Saturdays, Sundays, national holidays and during the year-end/New Year's holiday period (unless otherwise stated)

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)

1F: ○ 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

3F: ○ National Pension Subsection, Residents' Affairs Section

○ Collection Section ○ Tax Administration Section

6F: ○ 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)

○ 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

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 1F)

Inquiries: Residents' Consultation Office, Residents' Counseling Section

Tel: 03-5246-1025

View the Taito City Official YouTube Channel

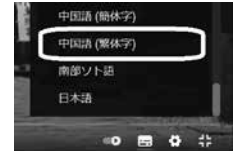
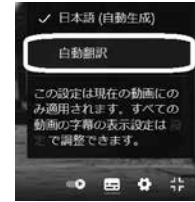
The public relations programs (news) and other videos the city produces are streaming on YouTube. You can display subtitles using YouTube's automatic translation function:



(1) Click on the caption  button on the bottom right of the video.



(2) Click on the  button, click on "Subtitles/CC," and then select "automatic translation" and choose a language.



Notes:

1. Only English-language translations are available when playing videos on smartphones and the like.
2. Since the channel uses YouTube's automatic translation function, the translation may not be accurate.
3. Depending on the video, the automatic translation function may not be available.

Inquiries: Public Relations Section, **Tel:** 03-5246-1041

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



Android



iOS

About the Taito City Consumer Life Center

Ask for advice in these situations!

- I encountered a problem or felt something was off when signing a contract or shopping.
- 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

Enrolling Your Child in a Municipal Elementary or Junior High School

If your child has foreign nationality, has become a resident of Taito City, and you want to enroll him/her in a municipal elementary or junior high school, please come to the School Affairs Section of the Taito City Office (6F, Service Counter No. 2). Please be sure to bring **your residence card and your child's card as well**.

Notes:

1. If your child is a registered resident of Taito City and is already attending a municipal elementary school, you do not need to complete procedures for admission to a municipal junior high school.
2. If your child is attending an elementary school other than a Taito City municipal school and you want to enroll him/her in a municipal junior high school as a first-year student, please bring **a certificate verifying the prospect of your child graduating from elementary school**.

Please contact the number below if you have any questions.

Inquiries: Educational Affairs Subsection, School Affairs Section, **Tel:** 03-5246-1412



Bicycle Riding Safety

◆ The following are mandatory in Taito City!

- Have bicycle insurance
- Conduct bicycle inspection and maintenance

◆ For safe bicycle use

▶ Please observe these rules and manners when riding a bicycle:

- As a rule, ride your bicycle on the road and not on the sidewalk. If you must ride on the sidewalk, ride slowly on the side closest to the road and give pedestrians the right of way.
- Stop at intersections and look right, left and back to confirm that conditions are safe.
- Use the left lane when riding on the road.
- Turn on your lights when riding at night.
- Children under thirteen years old must wear a helmet.

▶ Do not:

- Use your smartphone or cellphone while riding
- Use earphones or headphones while riding
- Use an umbrella while riding
- Drink alcohol before riding
- Ride double
- Ride side by side

Inquiries: Traffic Affairs Subsection, Traffic Affairs Section, **Tel:** 03-5246-1288

Gaining Admission to Municipal Kindergartens, Licensed Kodomoen and Licensed Nursery Schools

The application procedures for municipal kindergartens, licensed kodomoen, and licensed nursery schools differ. If you are thinking about enrolling your child in any of these preschools, please start gathering information now.

We accept applications for enrollment at any time in addition to the regular application period for April enrollment. For more information, please contact the section noted below.

● Municipal kindergartens, licensed kodomoen (short-time care)

These facilities are for children between three and five years old, and the children stay at a facility for about five hours a day. There is a summer vacation period.

Applications for April enrollment will be accepted from mid-November.

We distribute the application guide and other information for the new school year around the end of October. You can also download the application guide from our website.

Inquiries:

For municipal kindergartens: Educational Affairs Subsection, School Affairs Section, **Tel:** 03-5246-1412

Licensed kodomoen (short-time care): Kodomoen Subsection, School Affairs Section, **Tel:** 03-5246-1414

● Nursery schools, licensed kodomoen (long-time care)

These facilities provide childcare when parents/guardians are unable to care for the child at home due to employment, illness, or other reasons.

These facilities are for children up to five years old, and the children stay at the facility for about eleven hours a day.

Applications for April enrollment will be accepted from early October.

For more information, please check our website or at the city office around the end of September.

Inquiries: Childcare Consultation Subsection, Childcare Section, **Tel:** 03-5246-1234

Children's Clubs

Children's Clubs are places where elementary school students can spend time and play after school hours. They are open until 6 p.m. (until 7 p.m. for extended hours)

Elementary school students that are Taito City residents and have no parents/guardians to watch them after school are eligible. Applications for FY2022 are accepted at any time.

The capacity is set for each club. When there are no vacancies, children will be placed on a waiting list. Please inquire for more details.

Inquiries: After-School Affairs Subsection, Child Care Section, **Tel:** 03-5246-1235

