

# 4

## Childbirth, Parenting and Education



### For the healthy upbringing of children

#### Introduction

Your life together with your child begins from the day you find out you are pregnant. Being able to keep in good physical and mental health will enable you to enjoy parenting. You do not need to keep your anxieties and worries to yourself; please feel welcome to consult with us to resolve any problems you may face. Support services are also available from government agencies. Let us help you raise your children with care, and nurture their growth and development.

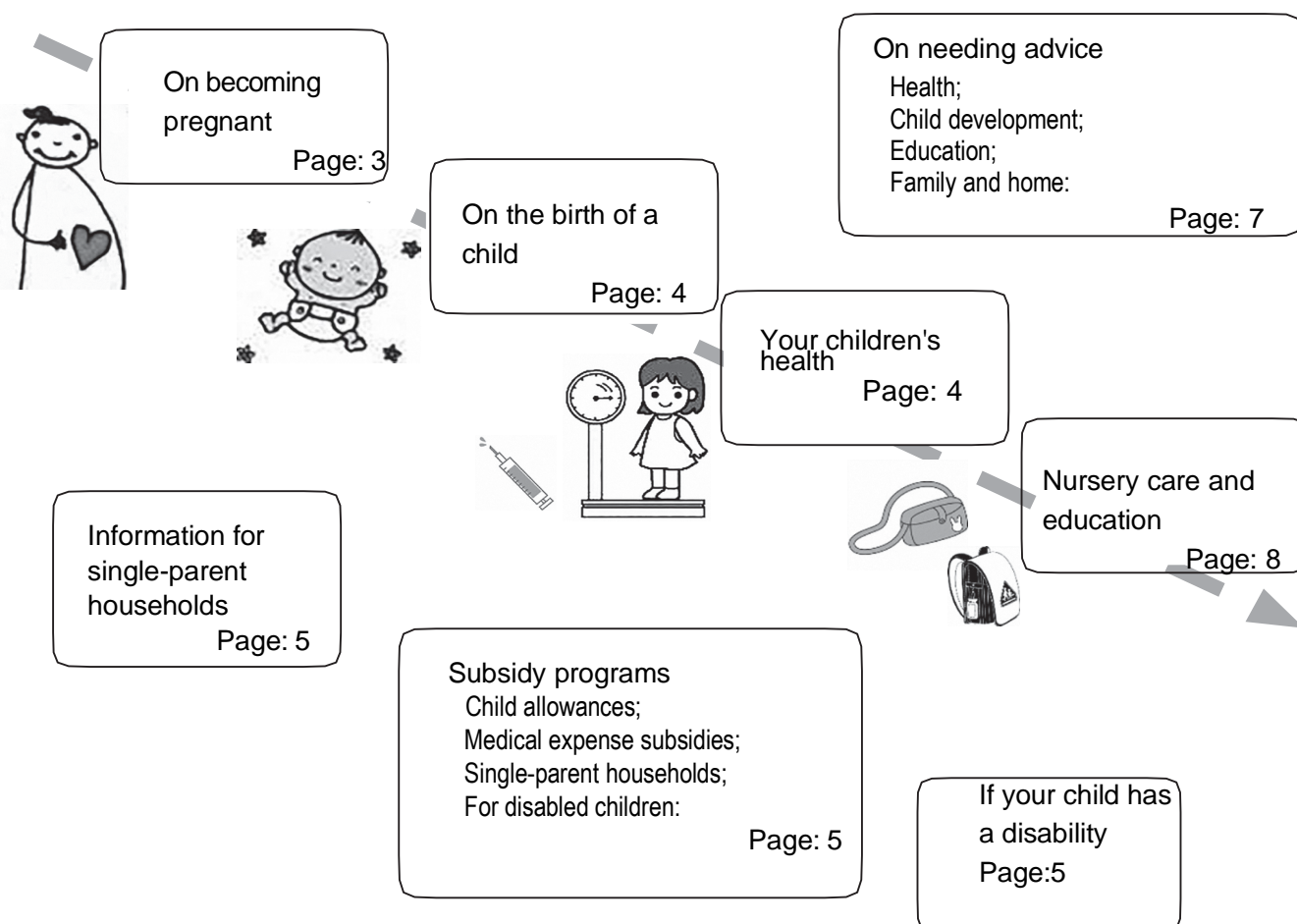
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These guidebooks consist of six booklets.

- ☐ ① Living
- ☐ ② Public Facilities
- ☐ ③ Procedures at City Hall - Tax and Welfare
- ☒ ④ **Childbirth, Parenting and Education**
- ☐ ⑤ Medical Care, Health and Welfare
- ☐ ⑥ Preparing for Emergencies and Disasters

#### ● Explanation of symbols

Enquiries: Person in charge: Address: Tel: Fax: URL: Email:



\* **Contact details for the main sections mentioned in this booklet**

Section	Telephone No	Location (address)	Floor
City Residents Affairs Section	: 042-470-7722	Higashikurume City Hall : 3-3-1 Hon-cho, Higashikurume	1st
Insurance and Pension Section	: 042-470-7733		1st
Handicapped Persons Welfare Section	: 042-470-7747		1st
Child Raising Support Section	: 042-470-7745		2nd
Child & Youth Section	: 042-470-7736		2nd
School Affairs Section	: 042-470-7779		6th
Health Section	: 042-477-0022	Wakuwaku Kenko Plaza : 4-3-14 Takiyama, Higashikurume	1st
Child and Family Support Center	: 042-471-0910		2nd
Family Support Center	: 042-475-3294		2nd
City Office, Uenohara Branch	: 042-471-2627	: 1-4-11-105 Uenohara	
City Office, Takiyama Branch	: 042-471-7218	1st floor, Seibu Community Center : (Seibu-chiiki Center) 4-1-10 Takiyama	
City Office, Hibarigaoka Branch	: 042-461-3554	1st floor, Nanbu Community Center : (Nanbu-chiiki Center ) 185 Hibarigaokadanchi	

# Pregnancy and Childbirth

In the event of becoming pregnant, the government

provides support and a variety of services to help you through your pregnancy, for you to have a successful birth and to raise a healthy child.

We encourage you to apply for these services and take full advantage of the support available.

## ■ When pregnant

Registration & Services	Description	Section Responsible for Applications
Registration of Pregnancy	On confirming your pregnancy, submit a "Pregnancy Registration Form" at one of the offices on the right. You need your personal seal when you submit the form (your signature is also accepted).  ⇒ After submitting your registration, you will receive Mother and Child Health Handbook and a "Mother and Child Health Bag". (※ The Mother and Child Health Bag is explained below this table.)	City Hall • Health Section • Child & Youth Section
Home visits for expectant and nursing mothers	Public health nurses and midwives make regular home visits to give advice during pregnancy, on preparation for childbirth and for childcare. Please apply directly or by telephone to the office on the right.	Health Section
Pre-dad, Pre-mom Classes (4 sessions)	These are classes for fathers and mothers-to-be. The classes include talks from pediatricians and midwives, practical cooking sessions, nutritional guidance, practicals on bathing babies, and dental health checks for expectant mothers. It is possible to attend just one session. Please apply directly or by telephone to the office on the right.	
Subsidies for women unable to use the "Health Check-up Card · Newborn Hearing Screening Test Card for Mothers-to-be"	There are subsidies to assist with part of the expenses for prenatal health checks for women who receive check-ups and Newborn Hearing Screening Test outside Tokyo, but within Japan, or at a maternity home (in Japan), and were unable to use their "Health Check-up Card and Newborn Hearing Screening Test Card for Mothers-to-be". Please take your unused check-up cards, receipts, and your Mother and Child Health Handbook to the office on the right.	
Subsidies for hospital admission, in case of economic need	Subsidies for hospital admission are available for expectant mothers who for economic reasons cannot afford hospital or maternity home fees. Applicants are required to attend an interview in advance at the office on the right.	Child & Youth Section

### ※ Contents of the Mother and Child Health Bag

- Mother and Child Health Handbook: This is a handbook to record your, and your child's, health progress through pregnancy and birth, and to record your child's vaccinations and growth. It is recommended you keep the handbook even after your child grows up. The "Mother and Child Health Handbook" is also available in 8 languages (each printed together with Japanese). (Available in: English, Chinese, Korean, Thai, Indonesian, Tagalog, Spanish and Portuguese)
- ※ If you have a "Mother and Child Health Handbook" from your own country, please bring it to your prenatal medical checkups. Health records from your home country will be required in Japan too.

- Health Checkup Cards for Pregnant Women: 14 checkup cards, 4 ultrasonic examination card and Cervical Cancer Screening Test Card are provided. You can use these cards for health checkups at designated medical institutions within Tokyo.
- Newborn Hearing Screening Test Card: Examination can be done at the hospital where the baby was born (within Tokyo Prefecture).
- Birth Reporting Form (postcard): This postcard is necessary for the visitation service to newborns and mothers shortly after birth. When you post this postcard, midwives and public health nurses will visit your home after you give birth, to give you advice about your and your baby's health. When your baby is born, you should post this form in addition to registering the birth at City Hall.

## ■ Following the birth of a child

Registration & services	Description	Place for Procedures and Application
Birth Registration	The birth should be registered within 14 days at the municipal office that has jurisdiction over the parents' current address, or the baby's place of birth. The child's name can be registered using the alphabet, katakana and/or any kanji registered in Japan. You will need a birth certificate issued by a doctor and your Mother and Child Health Handbook.	City Residents Affairs Section
Childbirth Grant	A grant is given for childbirth from your company social insurance scheme, or from the national health insurance. Please ask your company or the Insurance and Pension Section.	Your company or Insurance and Pension Section
Home visits for mothers and babies	If you submit the“Birth Reporting Form”(a postcard) included in the“Mother and Child Health Bag”,you can receive home visits from midwives and public health nurses.	Health Section
Medical care benefits for premature babies	When a doctor at a designated medical institute determines hospitalization of the baby is necessary, a benefit is provided for the medical care. Necessary documents can be obtained from the Health Section.	

## Parenting & Childcare

Approximately 2 months after your child's birth, Higashikurume will send you information concerning health checks and vaccinations for your child. You should be sure your child has these checks and vaccinations. If you have a“Mother and Child Health Handbook”from your own country, please bring it when your child has the checks and vaccinations.

### ■ Childhood Healthcare

#### Health Section

##### ○ Vaccinations and BCG Vaccinations

In Japan, scheduled vaccinations are administered under the Preventive Vaccinations Act. Children are vaccinated regularly to help them avoid catching infectious diseases.

- Higashikurume sends out notifications when vaccinations are scheduled. These vaccinations are free of charge. The notifications state the names of designated medical

institutions that provide vaccinations, and include a medical form which is to be filled in before each vaccination. Please be sure to bring a completed medical form and your“Mother and Child Health Handbook”when you take your child for a vaccination.

- As vaccinations (except for BCG vaccinations) are given individually, please arrange to go to a designated medical institution.
- BCG vaccinations are given in groups. When you receive a notice from the city, please go to Wakuwaku Kenko Plaza.
- Your“Mother and Child Health Handbook”contains a list of the type and timing of vaccinations.

##### ○ Infant and Toddler Health Checks

When it is time for your child to receive a health check, the city will send details about the checkup, which is free of charge.

On the day of the checkup, you can also get advice on nutrition and dental care.

Age	Content	Location
Health checks for mothers & 3 to 4 month old infants.	Checks of the child's growth & development, advice on childcare	Wakuwaku Kenko Plaza, 1st floor
Health checks for 18 month old infants	Checks of the child's growth & development, dental health, advice on childcare	
Dental checks for 2-year-olds	Dental check and advice on childcare	
Health checks for 3-year-olds	Checks of the child's growth & development, condition of teeth, eyes and ears, advice on childcare	

## ■ If your child has a disability

### Handicapped Persons' Welfare Section

Various support systems are available depending on the nature of your child's disability. There are also day care centers within Higashikurume.

- Subsidy programs: Report and Procedure at the City Office See Tax/ Welfare pages (Disability Welfare)
- Where to find help and advice: See page 7
- Day Care Centers
- Children Development Support Center

## ■ Wakakusa Gakuen

### Day Care Center for Preschool Infants with Disabilities

📍 : 4-7-18 Minamisawa

☎ : 042-467-5077

Instruction and training for daily activities are adjusted to the severity of each child's disability, and parents receive

extensive support on instruction for home education. Also the child development consultation room includes facilities for speech therapy and language development, and for physiotherapy and occupational therapy.

## ■ Single-parent Households

### Child & Youth Section

There are support programs available for single-parent households.

- Subsidy programs: See page 5 & 6
- Where to find help and advice: See page 7

## ■ Child Support Programs

### Child & Youth Section

There are subsidy programs for households with children. Be sure you meet the requirements for each program. If your child has a disability, please also consult the Handicapped Persons' Welfare Section.

Allowances & Subsidies	Description	Receiving & Using Allowances & Subsidies	Eligibility
Child Allowance	Allowance for households with children under high school age	After approval, the allowance is paid into your bank account.	Parents or guardians of children under high school age (until March 31 following the child's 15 <sup>th</sup> birthday) ※ Allowances are means based.
Medical Subsidies for Infants and Toddlers ("Maru-nyu")	A subsidy program to waive medical expenses charged to the patient.	When receiving medical treatment on health insurance, show your medical subsidy certificate, to receive treatment free of charge.	Parents or guardians of children under elementary school age (until March 31 following the child's 6 <sup>th</sup> birthday) ※ Not means tested. ※ Subject children must belong to a health insurance scheme in Japan to be eligible.

Allowances & Subsidies	Description	Receiving & Using Allowances & Subsidies	Eligibility
Medical Subsidies for Children in Compulsory Education ("Maru-ko") Medical Subsidies for High School Students ("Maru-ao")	A subsidy program to reduce medical expenses charged to the patient.	When receiving medical treatment on health insurance, show your medical subsidy certificate, for medical expenses to be reduced.	Parents or guardians of children of 1 <sup>st</sup> grade to 3 <sup>rd</sup> year junior high school (from 1 <sup>st</sup> April till 31 <sup>st</sup> March following the child's 15 <sup>th</sup> - 18 <sup>th</sup> birthday) ※ Allowances are means based ※ Subject children must belong to a health insurance scheme in Japan to be eligible.
Medical Subsidies for Single-parent Households ("Maru-oya")	A subsidy program to waive or reduce medical expenses charged to the patient for single-parent households.	When receiving medical treatment on health insurance, show your medical subsidy certificate, for medical expenses to be waived or reduced.	A parent or guardian meeting specific criteria, whose children are 18 or under on March 31 (20 or under, if the child is disabled). ※ Allowances are means tested. (Subject to income) ※ You must belong to a health insurance system in Japan to be eligible.
Housing Allowance for Single-parent Households	An allowance for single-parent families living in privately rented housing	After approval, the allowance is paid into your bank account.	A parent or guardian meeting specific criteria, whose children are 18 or under (20 or under, if the child is disabled). ※ Allowances are means tested. (Subject to income)
Childcare Allowance	An allowance for single-parent families, or for families where one parent (father or mother) is severely disabled.	After approval, the allowance is paid into your bank account.	A parent or guardian meeting specific criteria, whose children are 18 or under on March 31 (20 or under, if the child is disabled). ※ Allowances are means tested. (Subject to income)
Special Childcare Allowance	An allowance for parents or guardians of a child with a certain degree of physical or mental disability	After approval, the allowance is paid into your bank account.	Parents or guardians of children under the age of 20, who have a certain degree of mental or physical disability. ※ Allowances are means tested. (Subject to income)
Childcare Allowance (Development Allowance)	Support for single-parent families, or for families where one parent (father or mother) is severely disabled.	After approval, the allowance is paid into your bank account.	A parent or guardian meeting specific criteria, whose children are 18 or under on March 31. ※ Allowances are means tested. (Subject to income)
Childcare Allowance (Disability Allowance)	An allowance for families or persons who care for a child with a certain degree of physical or mental disability	After approval, the allowance is paid into your bank account.	A parent or guardian who meets criteria, with children under the age of 20. ※ Allowances are means tested. (Subject to income)

※ The application deadlines vary with the type of allowance or subsidy program, and may be within 15 days or 30 days of the birth of the child, or of moving to Higashikurume. Please confirm with the Child & Youth Section.

### ○ Required Documents to Apply for Allowances

The documents required vary with the type of allowance or subsidy program, so please confirm with the Child & Youth Section beforehand.

- Applicant's bank account number
- Copies of the health insurance cards (the applicant's and the child's)

- Personal seal (the type which uses the ink pad). Your signature will also be accepted.
- Documents that verify your income (example: Income Tax Certificate)
- ※ If you were not in Japan during the previous financial year and you do not have documents verifying your income, please consult at the respective section listed.

### ■ When you want advice

If you have any worries or are concerned about something, you can consult (in Japanese) free of charge at the institutions below. For institutions that provide consultation in foreign languages: See page 16.

The Advice Required	Where to get advice	Address	Telephone number
General advice on children and family	Child and Family Support Center	: (4-3-14 Takiyama, Higashikurume) Wakuwaku Kenko Plaza, 2nd floor	: 042-471-0910
Advice on trouble specific to women	Gender Equality Promotion Center (Danjo-Byoudou-Suishin Center)	: 3-9-1 Hon-cho, Higashikurume	: 042-472-0061
Advice for single-parent households	Child & Youth Section	: (City Hall 2nd floor, 3-3-1 Hon-cho, Higashikurume)	: 042-470-7736
Advice on health (Children, mothers and adults)	Health Section, Health Services Group	: (4-3-14 Takiyama, Higashikurume) Wakuwaku Kenko Plaza, 1st floor	: 042-477-0022
Advice on education	Education Center, Central Counseling Room	: 8-14 Higashihon-cho, Higashikurume 4th floor, Seibi Kyoiku Bunka Kaikan	: 042-473-3667
	Takiyama Counseling Room	: (4-1-10 Takiyama, Higashikurume) 2nd floor, West Area Center	: 042-475-8909
Advice on schooling	Guidance Room, Special Support for Education	: 3-3-1 Hon-cho, Higashikurume 6th floor, City Hall	: 042-470-8032
Advice on child development	Children Development Support Center Wakakusa Gakuen, Development Counseling Room	: 4-7-18 Minamisawa, Higashikurume	: 042-467-5077
	Tokyo Gakugei University Affiliated Special School, Consultation Department	: 1-6-1 Hikawadai, Higashikurume	: 042-471-5274



## ■ Places & Facilities for Play and Enjoyment

### ○ Child and Family Support Center

🏠 : (2nd floor, Wakuwaku Kenko Plaza, 4-3-14 Takiyama)

☎ : 042-471-0910

### Community Children and Family Support Center

🏠 : Uenohara (1-2-44, Uenohara)

☎ : 042-420-9011

There is an interactive play area for parents and children, with toys and picture books mainly for infants and toddlers. There is also an area for eating packed lunches or snacks. (General counseling is also available concerning children under the age of 18.)

Consultation for the educational matters of the children before entering elementary school is available at Uenohara.

The locations and telephone numbers of the following facilities are listed in booklet ② [Public Facilities].

### ○ City Libraries

There are 4 libraries in Higashikurume. Guidance about how to use each library is available in English, Chinese and Korean, at the library counter and on the website.

Each library has a picture book corner and a children's book corner. Books, CDs, DVDs and picture-story-shows (kami-shibai) can be taken out on loan. There are also story-telling sessions for children. The multilingual corner in the Central Library has a selection of foreign language books for adults and children.

### ○ Community Sub-libraries (Chiiki Sub-libraries)

There are 3 small sub-libraries in Higashikurume organised independently by residents.

### ○ Child Activity Centers (Jido-kan)

The facilities at the 4 centers in Higashikurume are designed to promote the sound, healthy upbringing of children through activity and play in a safe environment. Any infant, toddler, or elementary school, junior high school or high school student can register to use the facilities. The centers provide various programs and hold seasonal events in which parents and children can participate together and give parents the opportunity to meet and mix together.

### ○ Sports Facilities

Higashikurume has two indoor pools (Tokyo Dome Sports Center Higashikurume, and Ryusen-en Grand Park).

Tokyo

Dome Sports Center runs swimming pool programs

and exercise programs both for children and for parents and children to participate in together. There is also a family sports room with small playground equipment.



## Nursery Care and Early Childhood Education

### ■ Nursery Schools

#### Child Raising Support Section

For the location of nursery schools see the map on pages 14 & 15.

"Hoikusho" (nursery schools) are child welfare facilities that provide childcare for infants from 57 days or 6 months of birth, depending on the facility, to under elementary school age, when their parents cannot take care of them during the day for such reasons as work or illness. Nursery school year runs from April to March. If you wish your child to attend nursery school, please contact the Child Raising Support Section.

#### ○ Application and Acceptance

- Application forms are distributed in November each year, and applications are accepted all at once from early November to early December.
- Since many documents must be submitted with the application, please confirm with the Child Raising Support Section.
- ※ If you miss the deadline, your late application will be accepted, but you may have to wait for your child to be accepted.
- ※ Applications for children born after the application period will be accepted as a late application.
- ※ If there are no vacancies in the nursery school of your choice, your child will be registered on the waiting list.

#### ○ Nursery Hours

- 7:00 to 18:30 The time differs by nursery school. Some nursery schools have extended hours (please check the times when you apply).

#### ○ Meals

Lunch and snacks are provided.

#### ○ Nursery Fee

The fee depends on your total resident tax and the age of your child (please check when you apply).



### ○ Temporary Nursery Care at Authorized Nursery Schools

Temporary Nursery Care is available for 1-year-old to under elementary school age children who require emergency nursery care for such reasons as their parent's temporary work commitments or illness. This service is provided by 11 nurseries in Higashikurume. In some cases, pre-registration or health checkups may be required, so please check with the Child Raising Support Section.

※ Some nursery schools have programs that anyone can take part in, such as open school and summer festival.

## ■ Kindergartens (Yochi-en) and Authorized Childcare Institutions (Kodomo-en)

### Child Raising Support Section

For the location of kindergartens see the map on pages 14 & 15.

A kindergarten (Yochi-en) is an educational facility for children from 3 years old to under elementary school age.

Authorized Childcare Institutions (kodomo-en) provide both education and nursery care, and the age of acceptance may differ from kindergartens. Please ask the institution for details.

Higashikurume has a total of 6 kindergartens and authorized childcare institutions. Both run from April to March each year. A list of kindergartens in Higashikurume is available at the Child Raising Support Section. It is also possible for your child to attend a kindergarten outside Higashikurume.

### ○ Application Procedure

- Application forms are distributed in October and applications are accepted in November, followed by a selection process.
- ※ If you miss the application deadline, please contact the kindergarten directly for instructions.
- ※ You are advised to visit the kindergarten and collect information in advance.

### ○ Nursery Hours

- 9:00 to 14:00. Times differ by institution, and some institutions have extended hours.

### ○ Meals

- Meals differ by institution, lunch may be provided, or you may need to prepare your child's lunch.
- ※ Many institutions provide a bus at an extra charge.

Parents can choose if they want to use the bus.

### ○ Nursery Fee

- All kindergartens and authorized childcare institutions in Higashikurume are private institutions, so please ask each institution for details.
- At many institutions it is necessary to buy designated uniforms, gym clothes and bags.

### ○ Subsidy Programs

There is a subsidy program to reduce fees for parents whose children attend a kindergarten or a similar institution. For more information, please contact the Child Raising Support Section.

## ■ Temporary Nursery Childcare

### ○ Short Stay Childcare: Child and Family Support Center

Children from 18 months old to Grade 6 elementary school age can join this program when parents are temporarily unable to care for the child for such reasons as childbirth and sickness (reservation required).

### ○ Childcare Assistance: Family Support Center

Both people who need support raising their children (users) and people who wish to help (supporters), register at the Family Support Center, so they can work together. Supporters may look after children, or accompany children travelling to & from nurseries or schools. The fee for support is determined by the day and time.

### ○ Nursery for children who are sick or recovering

#### Rest & Recovery Room for Children: Megu no Heya

🏠 : 5-7-1 Saiwai-cho, % Saiwai-cho Clinic,  
☎ : 042-420-9095

Children from 1 year old to 3rd year elementary school age can receive nursery care, if they are sick or recovering, or if it is difficult for them to participate in a group. Mondays to Fridays, 9:00 to 17:00. An annual registration fee and nursery fee is required.

# Schools & Schooling

## ■ Municipal elementary schools - Municipal junior high schools

### School Affairs Section

For the location of schools see the map on pages 14 & 15.

Higashikurume has 12 municipal elementary schools and 7 municipal junior high schools. The school to attend is determined by the child's address. The education system in Japan consists of 6 years of elementary school (6-12 year-olds), 3 years of junior high school (12-15 year-olds), 3 years of high school and 4 years of university. Elementary and junior high school education (9 years) is compulsory.

### ○ Transferring

Although it is not compulsory for foreign resident children to attend school, if you wish your child to attend school, they can enroll or transfer into a municipal elementary or junior high school. School academic years begin in April and end in March the following year.

### ○ Application for enrollment or transfer

- If you wish to enroll or transfer into a municipal elementary or junior high school, please apply at the School Affairs Section, 6th Floor, City Hall. Take your Residence Card, and passport (a copy is acceptable).
- When your child approaches school age, you will receive an admission guidance late September for entrance the following April. If you wish to apply to a municipal elementary or junior high school, please apply at the School Affairs Section as early as possible.

### ○ Education Fees

Municipal elementary and junior high schools do not charge fees for enrollment, tuition or textbooks. Parents pay such expenses as for study materials other than textbooks, for school supplies, lunch, school trips and junior high school uniform.

(Municipal elementary and junior high schools have a school lunch system, and provide lunch for students. In junior high school, students can choose between bringing their own lunch, or using the school lunch system.)

### ○ Subsidy for schooling

There is a subsidy program for parents who, for

economic reasons, have difficulty paying education expenses, such as for school lunch fee and expense of school supplies. Please ask the School Affairs Section for details.

### ○ Support in Learning Japanese

If you require support learning Japanese at school, be sure to ask your classroom teacher. The principal will contact the Board of Education at City Hall, and have support from an instructor arranged.

※ Support learning Japanese is also available from volunteers. (See booklet ① [Living] pages 2-3 for details.)

### ○ Special Needs Classes

In Higashikurume there are special needs classes in some elementary and junior high schools. These classes are small groups that provide training and support for children who have special needs concerning their mental and physical development, or adaptability to society.

### ○ Special Needs Schools Guidance room

In Higashikurume and other nearby cities, there are special needs schools for children with disabilities.

### ○ After-school care for children (Gakudo Hoiku-sho) Child & Youth Section

This is an after-school service in municipal facilities with professional staff for elementary school students who cannot receive care at home, for reasons such as the parents' work. The facilities are within or near school grounds. The facilities can also be used during summer holidays and on Saturdays. There is a charge for the service, but this may be waived depending on family income.

### ○ Other educational institutions (in Higashikurume)

#### • Jiyu Gakuen

📍 : 1-8-15 Gakuen-cho

☎ : 042-422-3111

#### • Christian Academy in Japan (CAJ)

📍 : 1-2-14 Shinkawa-cho

☎ : 042-471-0022



## Consultation locations for foreign residents

Note: Available languages, times and days are subject to be changed, so please call in advance to confirm.

	Tel. ■Service hours	Languages, the days ■Service hours
<b>○General Consultation</b>		
Foreign Residents' Advisory Office	03-5320-7744 03-5320-7766 03-5320-7700	English 月～金 中文 火・金 한국어 水 } ■9:30am-0:00 pm 1:00pm-5:00pm
Tokyo Multilingual Consultation Navi	0120-142-142 ■10:00am-4:00pm	やさしい にほんご・English・中文・한국어・Português Español・ไทย・Русский・Tagalog・Tiếng Việt・हिंदी नेपाली・Français・Indonesia မြန်မာစာ 火 } 月～金
Tokyo English Lifeline(tell)	03-5774-0992	English 火・水・木 9:00am-11:00pm 金 9:00am - 土 2:00am 土 9:00am - 月 11:00pm *Chat platforms are also available during service hours. To access the chat platforms, please visit the website below. Website: <a href="https://telljp.com/lifeline/">https://telljp.com/lifeline/</a>
Metropolitan Police Dept. Consultation for Foreign Residents	03-3503-8484 ■8:30am-5:15pm	English・中文・한국어・ไทย・Tagalog } 月～金 Español・فارسی・اردو
Legal Information For Foreign Nationals	0570-078377 ■9:00am-5:00pm	English・中文・한국어・Português Español・Tagalog・Tiếng Việt・नेपाली ไทย・Indonesia } 月～金
<b>○Labor Consultation</b>		
Tokyo Labour Bureau Consultation and Support Office for Foreigners	03-5361-8728 ■9:30am-0:00pm ■1:00pm-4:30pm	English・中文 月～金 Tagalog 月・火・水・金 ไทย 木 Tiếng Việt 火・木・金 नेपाली 月・火・水・木 မြန်မာစာ 金 ខ្មែរ 水 Монгол хэл 金 Indonesia 火
Labour Standards Advice Hotline for foreign workers	月～金 5:00pm-10:00pm 土・日 9:00am - 9:00pm *Holidays(days of calendar numbers are red) 9:00am - 9:00pm	Japanese 月～日:0120-811-610 English 月～日:0120-531-401 中文 月～日:0120-531-402 Português 月～土:0120-531-403 Español 木・金・土:0120-531-404 Tagalog 火・水・土:0120-531-405 Tiếng Việt 火・水・金・日:0120-531-406 မြန်မာစာ 水・日:0120-531-407 नेपाली 水・日:0120-531-408 한국어 木・日:0120-613-801 ไทย 木・日:0120-613-802 Indonesia 木・日:0120-613-803 ខ្មែរ 月・土:0120-613-804 Монгол хэл 月・土:0120-613-805
Shinjuku Foreigners' Employment Assistance and Guidance Center	03-3204-8609 ■9:00am-4:00pm	English・中文 月～金 *Appointment by phone or in person is required. *Maximum time for counseling is 30 minutes.



## ○Immigration Bureau・Residence Card

Immigration Services Agency General Consultation Support Center for foreign residents	03-3202-5535 03-5155-4039 ■9:00am-4:00pm	English・中文・Português・ Español・Indonesia・Tiếng Việt Tagalog * Closed on the 2nd and the 4th Wednesdays
Immigration Services Agency Foreign Resident General Information Center	0570-013904 ■8:30am-5:15pm	Japanese・English・中文・한국어・Español Português・Tiếng Việt・Tagalog (Pilipino) नेपाली・Indonesia・ไทย・မြန်မာနိုင်ငံ Монгол хэл・Français・සිංහල・اردو

## ○Human Rights

Foreign-language Human Rights Hotline	0570-090911 ■9:00am-5:00pm	English・中文・한어・Pilipino・Português Tiếng Việt・नेपाली・Español・Indonesia・ไทย
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## ○Medical Health Information Services・Medical Insurance

Medical Information Services for Foreign Patients (Himawari)	03-5285-8181 ■9:00am-8:00pm	English・中文・한국어・ไทย・Español 月～日(everyday)
AMDA International Medical Information Center	03-6233-9266 ■10:00am-4:00pm	Easy Japanese 月～金 English 月～金 中文 火・木  한국어 月 Português 金 Español 水  ไทย 火 Pilipino 月 Tiếng Việt 水・金

## ○Child Education

Tokyo Metropolitan Education Consultation Center	0120-53-8288	English・中文・한국・조선어 金 ■1:00pm-5:00pm
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## ○Consultation facility in Higashikurume City (Japanese only)

Gender Equality Promotion Center (City Hall 2nd Floor)	042-472-0061 Appointment by phone or in person is required. * Free of charge	Consultation for women Every Mondays ■10:30am-4:30pm
		Legal counseling from lawyers The First Friday of the month ■9:30am-0:30pm

English 中文(Chinese) 한국어(Korean) 한국・조선어(Korean) Português(Portuguese)  
Español(Spanish) ไทย(Thai) Русский(Russian) Tagalog(Tagalog) Pilipino(Filipino)  
Tiếng Việt(Vietnamese) नेपाली (Nepali) Français(French) Indonesia(Indonesian)  
हिंदी(Hindi - India) बाङ्गालি(Bengali - Bangladesh, East India) සිංහල(Sinhala - Sri Lanka)  
မြန်မာနိုင်ငံ(Myanmar) ខ្មែរ(Khmer-Cambodian) Монгол хэл(Mongolian)  
فارسی(Persian - Iran, Afghanistan, Tajikistan) اردو(Urdu - Pakistan)

月(げつ)(Mon.) 火(か)(Tue.) 水(すい)(Wed.) 木(もく)(Thu.) 金(きん)(Fri.) 土(ど)(Sat.) 日(にち)(Sun.)





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**Information for foreign residents living in Higashikurume**  
**English edition, Korean edition, Chinese edition and Simplified Japanese edition**

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“The Multicultural Coexistence Promotion Project” of The Council of Local Authorities for International Relations (CLAIR) was used.