

“Life in Tokyo: Your Guide” Updated Contents

英語

(as of March 2024)

Page	Item	Content After Change
P9-10	Tokyo rail map	https://www.tokyometro.jp/lang_en/station/202303_number_en.pdf
P11,29	Immigration Services Agency of Japan	https://www.moj.go.jp//isa/index.html
P19	NHK Receiving Fee desk	https://www.nhk-cs.jp/jushinryo/
P21,51	Places to study Japanese	https://nihongo.tokyo-tsunagari.or.jp
P28	Metropolitan Police Department	https://www.keishicho.metro.tokyo.lg.jp/
P28	Keep your bicycle at a bicycle parking lot!	https://www.seikatubunka.metro.tokyo.lg.jp/tomin_anzen/kotsu/jitensha/houchi/0000001960.html
P29	Searching for work Tokyo Employment Service Center for Foreigners	Address: 1-6-1 Yotsuya, Shinjuku-ku (Yotsuya Tower, 13th floor) Hours: Weekdays 9 am - 5 pm Phone: 03-5361-8722
P29	Hello Work	https://www.hellowork.mhlw.go.jp/
P35	Tokyo’s “Help Card” will be reassuring to have during a disaster or in emergencies!	https://www.seikatubunka.metro.tokyo.lg.jp/chiiki_tabunka/tabunka/tabunkasuishin/0000000144.html
P36	Disaster Preparedness Tokyo	https://www.bousai.metro.tokyo.lg.jp/1002147/1008042/index.html
P44	“Let’s go to the Gardens”	https://www.tokyo-park.or.jp/special/teieneikou/index.html
P46	Sports facilities in Tokyo	https://www.sports-tokyo-info.metro.tokyo.lg.jp/sportsClass/sportsClass.html
P50	Shibuya-ku	Address: 1-1 Udagawa-cho, Shibuya-ku
P51	(Itabashi) Itabashi Culture and International Exchange Foundation	Address: 36-1 Sakae-cho, Itabashi-ku (in Itabashi Green Hall)
P52	(Ota) Global City Ota Cooperation Association	Address: 4-16-8 Kamata, Ota-ku (Ota International Exchange Center (Minto Ota), 2nd floor) Nearest station: Kamata
P51	Setagaya Intercultural Center	Address: 4-1-1 Taishido, Setagaya-ku (Carrot Tower, 2nd floor), Nearest station: Sangenjaya Phone: 03-5432-1538
P51	Hachioji International Association	Hachioji Square Building, 11th floor
P53	Tokyo Metropolitan Education Consultation Center	https://e-sodan.metro.tokyo.lg.jp/english/index.html
P53	Tokyo Metropolitan Comprehensive Consumer Center	English, Chinese, Korean, Tagalog, Vietnamese https://www.shouhiseikatu.metro.tokyo.lg.jp/sodan/sodan_foreign.html
P53	Medical Information Service	https://www.hokeniryō.metro.tokyo.lg.jp/iryō/iryō_hoken/gaikokujin/interpreter/himawari.html



<https://www.tokyo-tsunagari.or.jp/>
Tokyo Metropolitan Foundation
“TSUNAGARI”
Established October 1, 2020



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Tokyo Intercultural Portal Site

“Life in Tokyo: Your Guide” Updated Contents

(as of March 2024)

Page	Item	Content After Change
P53	Business Development Center Tokyo	https://www.investtokyo.metro.tokyo.lg.jp/en/oursupports/bdc-tokyo/
P53	Tokyo One-Stop Business Establishment Center	https://www.startup-support.metro.tokyo.lg.jp/onestop/en/
P55	Consultation Support Center for Foreign Residents (one-stop consulting center)	https://www.moj.go.jp//isa/consultation/center/index.html
P55	Immigration Information Center for Foreign Residents	https://www.moj.go.jp//isa/consultation/center/index.html
P55	Legal Counseling Center for Foreigners	English, Chinese, Spanish, Vietnamese
P55	Human Rights Counseling Offices for Foreigners	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, Nepalese, Spanish, Indonesian, Thai
P56	Yoriso! Hotline Special Line for Foreign Languages	https://www.since2011.net/yoriso/
P56	Tokyo Employment Service Center for Foreigners	Phone: 03-5361-8722 https://jsite.mhlw.go.jp/tokyo-foreigner/english.html
P56	Shinjuku Foreigners' Employment Assistance and Guidance Center	https://jsite.mhlw.go.jp/tokyo-foreigner/english/spec_1/about_2/map2.html
P56	Telephone Consultation Service for Foreign Workers - Additional language support	https://www.check-roudou.mhlw.go.jp/soudan/foreigner_eng.html Burmese: 0570-001-707, Nepalese: 0570-001-708, Korean: 0570-001-709, Thai: 0570-001-712, Indonesian: 0570-001-715, Cambodian (Khmer): 0570-001-716, Mongolian: 0570-001-718
P57	AMDA International Medical Information Center	https://www.amdamedicalcenter.com
P57	SHARE (Services for the Health in Asian & African Regions)	https://share.or.jp/activity/globalhealth/japan.html [English] Business Date and time: Monday, Wednesday, Friday 10:00 ~17:00(Except for national holidays and year-end/New Year) Phone: 03-6803-0304 (Consultation for maternal and child health interpreters, etc.)
P57	Embassies Foreign embassies in Japan	https://www.mofa.go.jp/mofaj/link/emblist/index.html
P57	Tokyo Immigration Bureau	Tokyo Regional Immigration Services Bureau Phone: 0570-034259
P58	Comprehensive Living Guide for Foreign Residents in Japan	https://tabunka.tokyo-tsunagari.or.jp/useful/guide_eng/
P58	Support groups for foreign residents/international organizations in Tokyo	https://tabunka.tokyo-tsunagari.or.jp/english/organization/dantai
P58	Free consultation for foreign residents	https://tabunka.tokyo-tsunagari.or.jp/english/soudan/relay.html
P59	Tokyo Metropolitan Government Disaster Prevention Website	https://www.bousai.metro.tokyo.lg.jp/
P59	Tokyo Art Navigation	https://tokyoartnavi.jp/en/

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