

# MITAKA CITY NEWS

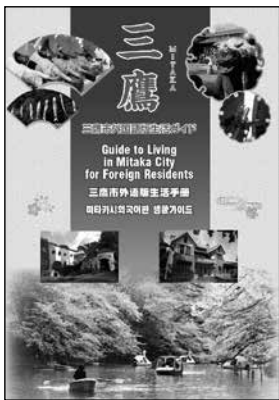
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*Mitaka City News*, providing information on public services, lives and events of Mitaka City, is published on the 1st of every month.

## To Everyone Starting a New Life in Mitaka City

Welcome to Mitaka City! In this issue we will describe various ways of obtaining information to make everyday life in Mitaka City and garbage disposal procedures easier.

### ◆ Guide to Living in Mitaka City for Foreign Residents (four-language edition)



Mitaka City has revised the *Guide to Living in Mitaka City for Foreign Residents*, which is geared for foreign residents living in the city and available in four languages (Japanese, English, Chinese and Korean). The guide contains information on, for example, procedures required in various aspects of everyday life as well as emergency telephone numbers. It is available free of charge at the Civil Affairs Section (Municipal Office 1F), municipal office branches, Mitaka International Society for HOspitality (MISHOP), and other places.

A digital edition is also posted on the Mitaka City website (URL: <https://mitaka-ebook.e-manager.jp/>). Please take advantage of this guide.

**Inquiries:** Secretariat and Public Relations Section, Ext. 2134

### ◆ Garbage Collection Days and Disposal Procedures

Garbage collection days vary for each neighborhood. For more information, please refer to the FY2019 Garbage and Recyclable Items Collection Day Calendar distributed to each household in March.

Dispose of combustible garbage and non-combustible garbage in the designated collection bags (purple) available for sale at supermarkets and convenience stores in the city and neighboring cities. The maximum amount of garbage per household per collection is 120 liters for combustible garbage and noncombustible garbage—placed

in city-designated garbage bags—and up to three 45-liter bags of other garbage. Plastic items that remain dirty even after rinsing with water or wiping are collected in the designated bag on the collection day for combustible garbage (twice a week). Dispose of clean plastic items on the collection day for plastic items (once a week, free of charge).

**Inquiries:** Garbage Management Section, Ext. 2533

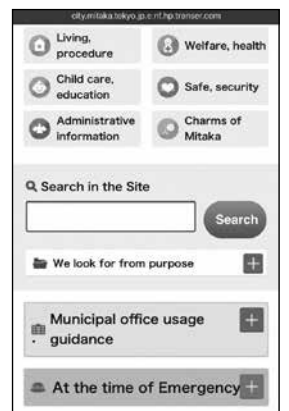
### ◆ Mitaka City Website's Automatic Translation Service

To improve the flow of information to foreign residents and to supply information quickly about the city administration's actions, in an emergency and other situations, the City website features an automatic translation service. Since it uses a translation program, the results may not necessarily be accurate. We will continue to improve the quality of the translation.

**Languages:** English, Chinese (traditional and simplified characters) and Korean

#### ◇ How to Use This Service

Click on the language link button at the top part of the main page. (URL: <http://www.city.mitaka.tokyo.jp/>) You will be transferred to the automatic translation service's user guide. Follow the guide's instructions, and each page will be automatically translated for you.



The service can also be used on smartphones

**Inquiries:** Secretariat and Public Relations Section, Ext. 2134

## East and West Multigenerational Communication Centers to Reopen!

**Inquiries:** East Multigenerational Communication Center, Tel: 0422-44-2150;  
West Multigenerational Communication Center, Tel: 0422-31-6039



The renovated East Multigenerational Communication Center

The East Multigenerational Communication Center and West Multigenerational Communication Center are set to reopen on Monday, April 1! Both centers have been undergoing interior and exterior renovation work since July 2018. They will be easier to use, featuring Western-style toilets, etc., and have an exchange space where everyone using the facility can relax and chat. We also made the facilities barrier-free.

### ◆ Using the renovated centers

The multigenerational communication centers are places where infants, younger children and junior high and high school students enjoy activities in relaxed settings alongside local adults and senior citizens who enjoy engaging in learning and other activities. Just as before, visitors can use the facilities such as the children's playground, the space for parents and children, and the learning facilities. The facilities also hold events for local children and parents and courses for residents.

#### ◇ Locations

East Multigenerational Communication Center: 2-13-19 Mure  
West Multigenerational Communication Center: 2-3-5 Jindaiji

#### ◇ Hours of operation

• Children's Center/youth support functions: From 9 a.m. to 5 p.m.  
• Lifelong-learning functions, usage of facilities (study rooms, conference rooms, etc.): From 9:30 a.m. to 9:30 p.m. (to 5 p.m. on Sundays)

**Note:** Group registration is required in advance for all reservations of rental facilities.

#### ◇ Days of closure

The fourth Sunday of every month, national holidays, year-end/New Year's period

## Have Fun at Mitaka Central Park for Disaster Prevention/Genki Creation Plaza!

**Inquiries:** Mitaka City Sports and Culture Foundation, Tel: 0422-45-1111

This complex opened in April 2017 and incorporates many vital elements of the city, such as the SUBARU General Sports Center, Mitaka City's central facility for sports activities; various other centers, including the Lifelong Learning Center, which provide opportunities for continuous learning to a wide range of generations; and the Mitaka Central Park for Disaster Prevention, which serves as a temporary evacuation area in a disaster situation. Please feel free to enjoy these facilities!



Mitaka Central Park for Disaster Prevention/Genki Creation Plaza

### ◆ SUBARU General Sports Center

This facility is equipped with a multipurpose arena, swimming pool, small exercise room and training room, and can be used for anything from casual training to competitive sports.

#### ◇ Individuals can use the center as well

Individuals can also use the pool, training rooms and running paths, except when there are tournaments and other activities going on. In the spaces such as the arena and light exercise room, you can also enjoy badminton, table tennis, basketball, yoga, bouldering and other activities during the period for individual use. For details, such as about usage fees and schedules by activity type, please check the facility's website (below).



Main arena

### ◆ Lifelong Learning Center

This facility includes a hall with a stage and large screen in which users can hold lecture meetings, movie showings, etc.; seven study rooms that can host learning sessions and conferences; a Japanese-style room and a cooking classroom; and arts rooms with a pottery kiln.

### ◆ Mitaka Central Park for Disaster Prevention

This expansive place for relaxation sprawls out over three areas: the Japan Radio Central Plaza, with a beautiful lawn covering the whole area; West Plaza, with playground equipment for infants and children; and East Plaza, with a multipurpose space and a citizens' flower bed.

### ◆ Please use the website for Mitaka Central Park for Disaster Prevention and the Genki Creation Plaza

The website provides information on usage methods, fees and frequently asked questions, etc., for each facility. You can apply to use various facilities and study rooms and make course reservations, etc., directly on this website.

**URL:** <https://www.mitakagenki-plaza.jp/>

## Please Take Part in Mitaka International Society for HOspitality (MISHOP) Activities

MISHOP conducts activities that encourage international exchange and multicultural understanding, and supports the everyday lives of foreign residents by holding Japanese-language classes, lectures, providing translation and interpretation services, in addition to hosting fun events, such as the Mitaka International Festival.

In addition, MISHOP provides consultation services where you can feel free to ask for advice concerning problems you encounter in everyday life (English: Monday through Saturday, 9:30 a.m. to 5:00 p.m. [excluding national holidays and the year-end/New Year holidays]).

**Note:** MISHOP's activities are kept by the support members. Anyone can become a member, regardless of nationality or address (please note that there is an annual membership fee). Foreigners can participate in various activities without becoming a member by registering (free of charge).

### ◆ Japanese Lounge and English Lounge

Both foreign and Japanese members are free to get together and enjoy conversations in Japanese or English (free of charge).

#### ◇ Japanese Lounge

**Date and time:** Tuesdays, 10:30 a.m. to 12:30 p.m.; Fridays, 2:00 to 4:00 p.m.

#### ◇ English Lounge

**Date and time:** Tuesdays, 1:30 to 3:30 p.m.

### ◆ One-on-One Japanese-Language Lessons (LLJ—Let's Learn Japanese)

Each student is paired up with a Japanese person, and they meet for a Japanese-language lesson whenever it is convenient.

**Eligibility:** Foreign residents of Mitaka City or neighboring cities

**Registration fee:** ¥1,000

### ◆ Japanese-Language Class

Japanese conversation classes for beginners (for conversations useful in daily life such as for shopping and making phone calls) are conducted in groups.

**Eligibility:** Foreign residents who live, work or go to school in Mitaka City

**Date and time:** Saturdays, 10:00 to 11:30 a.m.

**Registration fee:** ¥2,000

### ◆ Children's Class

Help with Japanese-language studies including the school subject is available free of charge so that children of foreign nationality can lead a fun and plentiful school life.

**Eligibility:** Municipal elementary and junior high school students of foreign nationality whose Japanese capability is not enough, etc.

**Date and time:** Saturdays, 10:00 a.m. to noon

## International Exchange Walk Rally 2019

MISHOP holds the International Exchange Walk Rally every year to encourage friendly exchanges between Japanese and foreign residents. Participants will be formed into small groups of people from various nations and areas and walk together through famous spots in Mitaka City while answering trivia questions along the way and enjoying spring.

**Date and time:** May 19 (Sun.), noon to 4:00 p.m. (The event will be held even in light rain. In case of heavy rain, the decision will be made by 9:30 a.m. about whether to proceed with the event.)

**Course:** Inokashira-koen Station (meet in front of the station) to MISHOP (group disperses here)

**Capacity:** 80 persons, on a first-come, first-served basis

**Fee:** ¥100 (Must be paid in advance)

**To apply:** Apply with MISHOP by visiting, calling or via the website by April 18 (Thu.) with your name (*furigana*), address, cell phone number, gender, date of birth and nationality (and languages spoken). No applications will be accepted on the day of the event.

**Note:** Please eat lunch beforehand, and wear clothes and shoes that are comfortable to walk in.

### ◆ We're seeking volunteers and support staff!

In addition to reviewing courses and making quizzes, you'll be asked to assist with reception and activities during the event. Please contact MISHOP if you're interested.



## Information

Information about Mitaka International Society for HOspitality

### MISHOP Office

**Days:** Monday through Saturday (Closed on national holidays)

**Hours:** 9:30 a.m. to 5:00 p.m.

**Location:** Mitaka City Chuo-Dori Town Plaza 4F, 3-30-12, Shimorenjaku 181-0013

**Tel:** 0422-43-7812 **Fax:** 0422-43-9966

**URL:** <https://www.mishop.jp/>

**Established:** November 23, 1989



## “Yurikago Smile” with Translation Function—Improved Convenience!

**Inquiries:** Public Health Promotion Section, Ext. 4202

Yurikago Smile is a mobile service for childrearing support that automatically creates a schedule for complex immunizations, and also provides other information useful for childrearing.

The language can be switched between English, Chinese (traditional and simplified) and Korean. Select the desired language from the top page. (Note: The service uses automatic translation provided via a program.)

### ◇ Main Functions of Yurikago Smile

#### • Automated immunization scheduling

Appropriate immunization schedules is generated automatically by inputting your child's date of birth and sex. It is also easy to adjust the schedule as necessary.

#### • Notification e-mails

If you register your e-mail address, you will automatically receive an e-mail notification when the scheduled immunization date approaches. Since you will also receive information on health checkups for expectant mothers and child health checkups in a timely manner, it will help you remember appointments.

#### • Bulletins and information search

Announcements from the city and information on epidemics will be posted. You can also check information about childcare and the schedule for childrearing classes easily.

### ◇ Usage

Access the Yurikago Smile website (URL: <https://mitaka.city-hc.jp/>) and enter the required information to register. (Free of charge)

**Note:** You can also use the matrix code on the right to access the page.

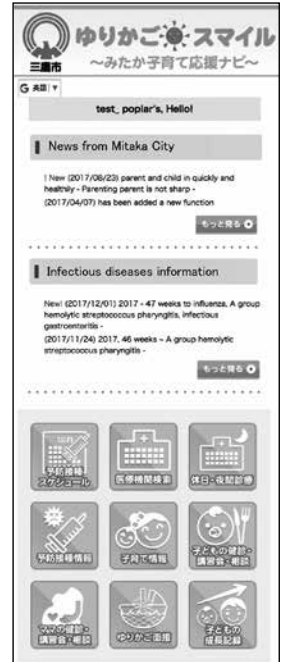


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## Events of Mitaka City Sports and Culture Foundation

**Mitaka City Arts Center, Tel: 0422-47-5122**

**Hours:** 10:00 a.m. to 7:00 p.m.

**Closed:** April 1, 8, 15, 22 and 30

**HP** <https://mitaka-art.jp/ticket> (in Japanese only)

= A nursery service is available. (Please apply two weeks prior to each performance.)

### Mitaka City Arts Center Concert Hall “Kaze”

## Tokyo Mitaka Philharmonia The 79th Subscription Concert

July 27 (Sat.), from 3 p.m.

Tickets now on sale. All seats reserved.

### Prices (tax included)

Members: S-seats: ¥5,400; A-seats: ¥4,500;

Nonmembers: S-seats: ¥6,000; A-seats:

¥5,000; U-23 (23 years of age or younger):

¥3,500; Elementary to high school students in

the city: ¥2,000 (Only if accompanied by a

person who purchased member or nonmember

tickets. Please reserve over the phone.)

**Note:** Preschoolers are not allowed into the

concert venue.

### Performers

Ryusuke Numajiri (conductor/musical

director/piano), Tokyo Mitaka Philharmonia

(orchestra)

### Compositions

Gioachino Rossini: Overture from *Il barbiere di Siviglia*; W. A. Mozart: Piano

Concerto No. 17 in G major, K. 453; and Ludwig van Beethoven: Symphony No. 3

in E<sup>b</sup> major, Op. 55



Ryusuke Numajiri©Koichi Miura



Tokyo Mitaka Philharmonia ©Yusuke Takamura

Numajiri and the Tokyo Mitaka Philharmonia offer bright and lively interpretations of Rossini, Mozart and Beethoven. Numajiri plays and conducts Mozart's Piano Concerto No. 17 during the first half of the concert. Please feel free to come and enjoy!

### Population and Number of Households As of March 1, 2019

Numbers in brackets are changes from previous month.

**Number of Registered Residents 187,009 persons (-89)**

**Number of Households 93,516 households (-63)**

