

HELLO! SUGINAMI

Suginami City Population
(As of November 1, 2010)

Population538,973
Registered Foreign Residents
.....11,412

Issued on the 1st of every even month

Published by: Suginami City Office. Editing: Public Relations Section. Address: 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <http://www.city.suginami.tokyo.jp/>

Announcement concerning Influenza Vaccinations

Two kinds of influenza vaccinations are now available. One is a combination vaccine for both the new strain of flu (H1N1) and seasonal flu, and the other is a vaccine for the new strain only. You can choose between the two.

Subsidies are available for those who are between 1 and 12 years of age, those who are 65 years of age or older, and expectant mothers if vaccinations are received at registered medical institutions in the 23 cities of Tokyo. For more information, please call the Public Health Section of the Suginami Public Health Center (Tel: 03-3391-1025).

Those between 1 and 12 Years of Age (Two Doses [Approximately One to Four Weeks between Doses])

Vaccination Location	Fee	What to Bring	Preexamination Slip
In Suginami City	¥1,500 per dose (after subsidies applied)	<i>Mother and Child Health Handbook</i> and health insurance card	Available at registered medical institutions
In one of the 22 cities of Tokyo other than Suginami City			Available at community health centers, etc.*

Notes: (1) Suginami Child-Raising Booster Coupons (Suginami Kosodate Ouen Ken) can be used if a preschooler gets vaccinated at a designated medical institution in Suginami City. For more information, please call the Child Care Section. (2) Because it is difficult for infants younger than one year of age to develop immunity even with vaccinations, please consult your doctor if you would like your child to be vaccinated. Please note, however, that subsidies do not apply in such cases.

Those between 13 and 64 Years of Age (One Dose as a Rule)

Vaccination Location	Fee	What to Bring	Preexamination Slip
In Suginami City	¥3,600 (without subsidies)	No requirements	Available at registered medical institutions
In one of the 22 cities of Tokyo other than Suginami City	Please note that subsidies do not apply in these cases. The vaccination fee varies according to municipality and medical institution. Please call the medical institution concerning what to bring and the preexamination slip.		

Those Who Are 65 years of Age or Older (One Dose as a Rule)

Vaccination Location	Fee	What to Bring	Preexamination Slip
In Suginami City	¥2,200 (after subsidies applied)	<i>Mother and Child Health Handbook</i>	Available at registered medical institutions
In Mitaka City or one of the 22 cities of Tokyo other than Suginami City			Available at community health centers, etc.*

Note: The telephone number of Kowaguchi Naika Clinic in the "List of Contracted Medical Institutions for Elderly Influenza Vaccinations," which was mailed at the end of September, is incorrect. The correct number is 5929-1857.

Expectant Mothers (One Dose as a Rule)

Vaccination Location	Fee	What to Bring	Preexamination Slip
In Suginami City	¥1,500 (after subsidies applied)	<i>Mother and Child Health Handbook</i>	Available at registered medical institutions
In one of the 22 cities of Tokyo other than Suginami City			Available at community health centers, etc.*

Note: Vaccines without preservatives are available upon request. Please ask the medical institution directly.

* Please obtain a preexamination slip at a community health center, the Public Health Section of the Suginami Public Health Center (5-20-1 Ogikubo), or the Management Section of the Health and Welfare Division (Suginami City Office, East Wing 3F) in advance. Please bring your *Mother and Child Health Handbook* and health insurance card.

Other: There is no personally borne cost for those who receive public financial assistance for everyday living, such as war-displaced Japanese from China and those who receive public welfare. For more information, please call the Public Health Section of the Suginami Public Health Center.

The Waste and Recyclables Collection Calendar Will Be Mailed to You Directly

The 2011 edition of the *Waste and Recyclables Collection Calendar* (in Japanese), which shows how to sort and dispose of waste and recyclables in an easy-to-understand manner, will be mailed to all households. Please use this opportunity to review the rules. We look forward to your cooperation in sorting waste and recyclables properly.

The foreign-language edition of *How to Sort and Dispose of Waste and Recyclables* (Chinese, Korean, and English) is available at the Foreign Residents Registration Subsection (Suginami City Office, Central Wing 1F), your local Residents Office or Annex Office, the Suginami City Office Stationfront Office, and the offices listed under "Inquiries" below.

Distribution Period (Calendars): A calendar will be placed in the mailbox of each household (including business establishments and each unit of condominium and apartment buildings) between December 1 (Wed.) and 24 (Fri.).

Inquiries: Management of Public Sanitation Section (Suginami City Office, West Wing 7F)

Suginami Waste Collection Office, Tel: 03-3392-7281

Honan Branch, Suginami Waste Collection Office, Tel: 03-3323-4571

Junior High School Long-Distance Relay Race 2010 and Traffic Control

Twenty-five teams made up of boys and twenty-five teams made up of girls from municipal and private junior high schools in Suginami City plus one boys' team and one girls' team invited from other city are scheduled to participate.

Traffic will be controlled on the day of the event from 10:00 a.m. to 12 noon to allow runners to pass through such areas as Ome-kaido St., Kanpachi-dori St., Shinmei-dori St., and Aratama-suido St. Therefore, bus schedules may be delayed and traffic may be congested in the course areas. Although this may cause some inconvenience, we would appreciate everyone's understanding and cooperation in this matter.

Date and Time: December 12 (Sun.) (will be canceled in

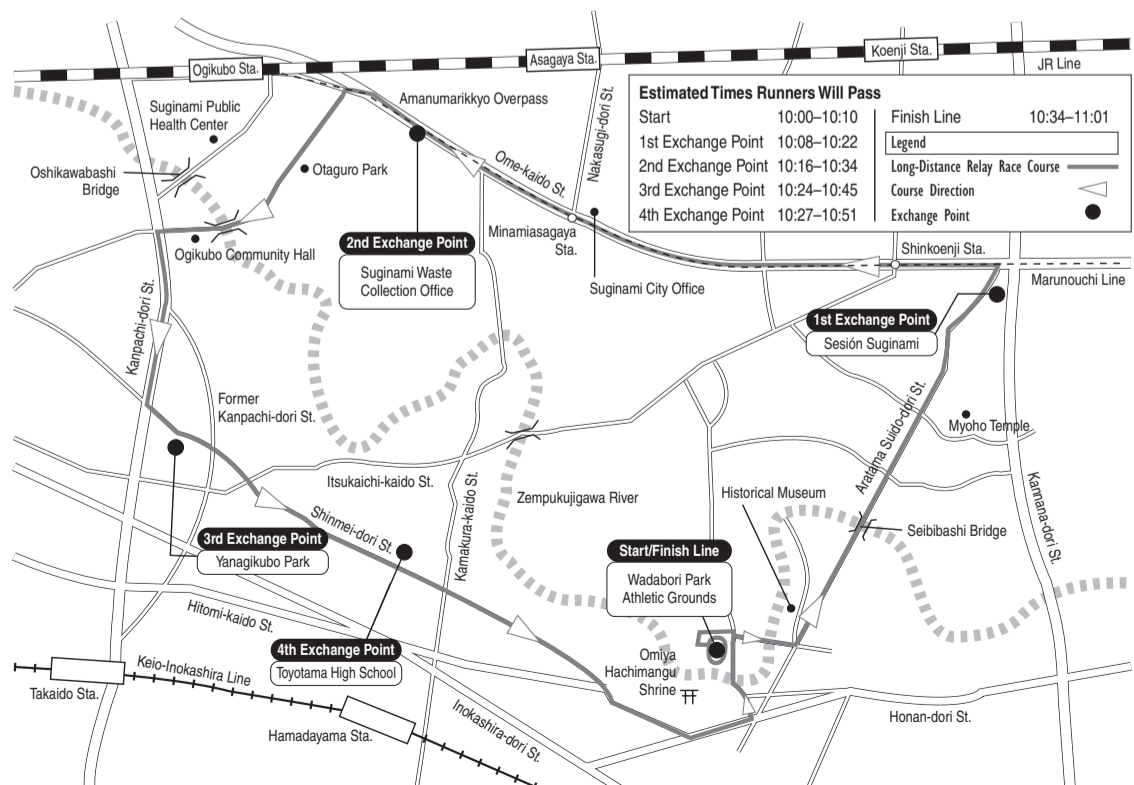
the event of inclement weather); opening ceremony—9:30 a.m.; starting time for the boys' division—10:00 a.m.; starting time for the girls' division—10:10 a.m.; closing ceremony—11:30 a.m.

Start/Finish Line: Wadabori Park Athletic Grounds (2-26 Omiya)

Course: See map below (One lap is approximately 10.5 km and consists of 5 legs.)

Inquiries: Lifelong Education and Sports Section

Other: (1) Please refrain from parking along the streets of the race course. (2) Please refrain from coming to the site by car or bicycle.



Enrollment for After-School Care for Children

Gakudo Club (School Children's Club) is a place for children who would otherwise be alone at home after school due to their parents' work schedules or other reasons. There are 49 such clubs in the city, all of which allow children to play and focus on group life. **Membership Period:** April 2011 through March 2012

Hours: Monday through Friday—from the time school lets out to 6:00 p.m. (from 8:30 a.m. on school holidays [summer vacation, etc.]); extended hours—Monday through Friday, 6:00 to 6:30 p.m.; Saturdays—8:30 a.m. to 5:00 p.m. **Notes:** (1) There are requirements for use on Saturdays and extended hours, and a separate application must be filed. (2) Closed on Sundays, national holidays, and during the year-end/New Year holidays (December 28 through January 4).

Eligibility: Elementary school children in grades 1 through 4 who are residents of or commute to schools in the city (up to grade 6 for children authorized as having such a need due to physical or mental disabilities. Koenjikita Gakudo Club accepts children with severe disabilities.)

Monthly Fee: Childcare: ¥3,000; snacks: ¥1,800 (Reduction/exemption programs are applicable for both fees.)

Application: Direct inquiries concerning eligibility and application procedures to the Gakudo Club you would like to join. Then, submit the designated application form and other required documents to the club you would like to join. Application forms are available at each Gakudo Club. An interview will be conducted for first-time applicants.

Application Period: December 1, 2010, through January 15, 2011 (Monday through Friday, 10:00 a.m. to 6:00 p.m., or Saturdays, 9:00 a.m. to 5:00 p.m.; closed on Sundays, national holidays, and during the year-end/New Year holidays)

Inquiries: Call the Gakudo Club you would like to join or the Children and Youth Section, **Tel: 03-3393-4760**

Other: Application forms can be downloaded from Suginami City's Web site (in Japanese). In this case, please call the Gakudo Club of your choice to confirm the application details and make an appointment for an interview.

Coming-of-Age Celebration

There will be a ceremony and festive attractions. Please come at the time scheduled for the community where you live.

Date and Time: January 10, 2011 (national holiday)

Schedule by Community (Town Name):

(1) 10:30 to 11:30 a.m.

Asagayakita, Asagayaminami, Umezato, Koenjikita, Koenjiminami, Naritanishi, Nari-tahigashi, Horinouchi, Matsunoki, and Wada

(2) 1:00 to 2:00 p.m.

Izumi, Eifuku, Omiya, Kamitakaido, Kugayama, Shimotakaido, Takaidonishi, Takaidohigashi, Hamadayama, Honan, and Miyamae

(3) 3:30 to 4:30 p.m.

Amanuma, Igusa, Imagawa, Ogikubo, Kamiigusa, Kamiogi, Shimizu, Shimoigusa, Shoan, Zempukuji, Nishioigikita, Nishio-giminami, Honamanuma, Minamiogikubo, and Momoi

Location: Suginami Public Hall (1-23-15 Kamiogi)

Eligibility: Those who live in Suginami City and were born in the period from April 2, 1990, to April 1, 1991 (Notification [in Japanese] is scheduled to be mailed to those who are eligible in mid-December.)

Inquiries: Children and Youth Section, **Tel: 03-3393-4760**

Japanese Classes for Foreign Residents Living in Suginami City

Basic conversation as well as reading and writing will be taught (classes divided by level).

Date and Time: Tuesdays and Fridays from January 11 (Tue.) to March 22 (Tue.), 2011 (excluding February 11 [national holiday]), 6:30 to 8:30 p.m. (20 classes)

Place: Sesi3n Suginami (1-22-32 Umezato)

Tuition: ¥2,000 × 3 months (textbook fees not included)

To Apply: Please write the name of the course as well as your name, address, postal code, age, and phone number on a reply-paid postcard (*ofuku hagaki*) and send it

to the Lifelong Education Center (1-22-32 Umezato 166-0011 [c/o Sesi3n Suginami]) by December 24 (must arrive by this day).

Inquiries: Lifelong Education Center

Tel: 03-3317-6621

Notes: (1) Babysitting is available (for children one year old up to preschool age) on a first come, first served basis. To apply, write your child's name and age on the reply-paid postcard. (2) Interviews to determine applicants' level of ability will be conducted on January 7 (Fri.), 6:30 p.m. at Sesi3n Suginami.

The Foreign Residents Registration Subsection of the Residents Section Is Open on the Third Saturday of the Month

Date and Time: Third Saturday of the month, 8:30 a.m. to 5:00 p.m. (except national holidays)

Services: Acceptance of applications for foreign resident registration, issuance of various certificates, etc. (In some cases, services that require confirmation from other municipal offices or institutions will not be offered.)

Request: Please come with someone who can speak Japanese to help you complete any application procedure that may be required.

Inquiries: Foreign Residents Registration Subsection, Residents Section (Sug-inami City Office, Central Wing 1F), **Tel: 03-5307-0627**

Medical Consultation Service Counters

◇ Tokyo Metropolitan Health and Medical Information Center

Information is provided in English, Chinese, Korean, Thai, and Spanish to inquiries concerning medical institutions where medical treatment can be received in foreign languages and questions about the medical treatment system in Japan.

Consultation Hours: Daily, 9:00 a.m. to 8:00 p.m.

Tel: 03-5285-8181

◇ Tokyo Metropolitan Medical Institution Information

You can find the medical institution closest to you or the nearest station on the following Web site.

English Web site: <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

Announcement from Suginami Association for Cultural Exchange (SACE)

Suginami Association for Cultural Exchange (SACE) aims to promote many types of interesting events for foreign residents to participate in. It is a great opportunity for you to cultivate friendships and to develop mutual understanding. Please come and join us!

◆ Year-end Party

The year-end party is an international get-together for Japanese and foreign residents. There will be games to promote friendly exchanges, a performance of Awaodori (Awa dance), and other fun events. Special privileges will be given to those who come dressed in the traditional clothes of their home countries. Come join the fun!

Date and Time: December 15 (Wed.), 7:00 to 9:00 p.m.

Location: Shin Tokyo Kaikan (1-34-6 Asagayaminami)

Capacity: 50 Japanese residents and 50 foreign residents (on a first come, first served basis)

Fee: ¥800 for foreign residents, ¥1,000 for Japanese residents (includes the cost of a light meal)

Application: Send an e-mail with your name (include *furigana* reading), address, telephone number, gender, and nationality as well as the name of the event to SACE. You can also apply by phone, postcard, or fax.

◆ Japan Day

This event features aspects of traditional Japanese culture. Why not experience the world of classical Japanese dance, tea ceremony, and flower arranging, all of which are rarely seen in everyday life? Programs include performances and demonstrations of aspects of traditional Japanese culture. Moreover, you will be able to dance together, arrange flowers, and enjoy green tea and confectionery under the instruction of specialized teachers.

Date and Time: January 29 (Sat.), 2011, 1:00 to 5:00 p.m.

Location: Hall for Industrial and Commercial Use (3-2-19 Asagayaminami)

Capacity: 60 foreign residents (on a first come, first served basis)

Fee: ¥500

Application: Send an e-mail with your name (include *furigana* reading), address, telephone number, gender, and na-

tionality as well as the name of the event to SACE. You can also apply by phone, postcard, or fax.

Other: In the classical Japanese dance corner, you will also get the chance to wear *yukata* (30 people; on a first come, first served basis). If you would like to try on *yukata*, please tell us your height and clothing size when you apply.

◆ Free Professional Consultations for Foreign Residents

Consultations on all kinds of matters, including visas, marriage/divorce, jobs, health insurance, accidents, education, illnesses, and taxes, are offered free of charge by specialists, such as lawyers. No reservations are required, and all information will be kept strictly confidential. (Temporary childcare services are available.)

Date and Time: February 5 (Sat.), 2011, 1:00 to 4:00 p.m. (applications accepted until 3:30 p.m.)

Location: Ensemble Ogikubo (5-15-13 Ogikubo)

Fee: Free

Specialists: Lawyers, administrative scribes, social insurance and labor consultants, clinical psychologists, and labor advisers

Languages: English, Chinese, Korean, Thai, Burmese, Hindu, Bengalese, and Nepalese (scheduled)

◆ Speech Contest in Japanese

We are looking for foreign residents to participate in this contest and give a speech in Japanese. Why not use the Japanese you have learned to describe your experiences in Japan, the things that surprised you, and the differences between Japan and your home country?

Date and Time: March 5 (Sat.), 2011, 1:30 to around 5:00 p.m.

Location: Hall for Industrial and Commercial Use (3-2-19 Asagayaminami)

Duration of Speech: About five minutes

Number of Speakers Sought: Approx. 10 people

Topics: How you felt when you came to Japan, description of your home country, etc. (After applying, submit a script by February 4 [Fri.]

Application: Send an application form (which can be down-

loaded from SACE's Web site or sent to you by mail if necessary) to SACE by mail, fax, or e-mail by January 21 (must arrive by this day), 2011. If the number of applicants exceeds capacity, the applicants will be screened, and you will be notified of the results by the end of January.

◆ SACE Counseling Service for Foreign Residents (Every Week)

SACE offers foreigners free counseling on difficulties experienced in everyday life.

Date and Time: Fridays, 2:00 to 5:00 p.m. (except national holidays and year-end/New Year holidays)

Location: SACE (Minami-Asagaya Building 5F)

Languages: Japanese, English (every Friday), Chinese (second and fourth Fridays), and Korean (first, third, and fourth Fridays)

Consultation: In person, by telephone, or by letter (mail, fax, or e-mail)

Fee: Free

◆ International Exchange Salon (Every Week)

The salon, located on the International Exchange Floor (5F) of the SACE office, is where anyone can enjoy free and open communication with one another regardless of age or nationality. Come by yourself or with friends.

Date and Time: Mondays, 1:30 to 4:30 p.m. (except national holidays and year-end/New Year holidays)

Location: SACE International Exchange Floor (Minami-Asagaya Building 5F)

Fee: Free

Other: (1) Food and drinks are permitted in the International Exchange Salon. (2) Political, religious, and for-profit activities are prohibited. (3) A special event is held on the fourth Monday of the month. Please call for more information.

* To apply, or for more information, contact SACE, Minami-Asagaya Building 5F, 1-14-2 Asagayaminami 166-0004.
Tel: 03-5378-8833
Fax: 03-5378-8844
E-mail: info@suginami-kouryu.org
URL: http://www.suginami-kouryu.org/

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インフルエンザワクチン接種のお知らせ

インフルエンザの予防接種が始まっています。今季のインフルエンザワクチンは、①新型と季節性を組み合わせた混合ワクチン②新型のみのワクチンがあり、いずれかを選べます。

1歳～13歳未満の方、65歳以上の方、妊娠している方は、都内23区内の登録医療機関で接種をする場合、助成が受けられます。

問い合わせは、杉並保健所保健予防課 電話03-3391-1025へ。

1歳～13歳未満の方（2回接種〈おおよそ1～4週間あけて接種〉）

接種場所	費用	持ち物	予診票
杉並区内で接種	1回	母子手帳、健康保険被保険者証	登録医療機関に設置 保健センターなど※
杉並以外の都内22区で接種	1500円 (助成後)		

(注)①就学前のお子さんが、区内の子育て応援券の登録医療機関で接種する場合、子育て応援券が利用できます。詳細は、子育て支援課へお問い合わせください②1歳未満のお子さんは接種をしても免疫が付きにくいと、接種を希望する方は医師とよく相談してください。ただし助成はありません。

13歳～65歳未満の方（原則1回接種）

接種場所	費用	持ち物	予診票
杉並区内で接種	3600円 (助成なし)	なし	登録医療機関に設置
杉並以外の都内22区で接種	助成はありません。接種費用は自治体、医療機関によって異なります。持ち物・予診票については、医療機関にお問い合わせください		

65歳以上の方（原則1回接種）

接種場所	費用	持ち物	予診票
杉並区内で接種	2200円 (助成後)	9月末に郵送した予診票	
杉並以外の都内22区と三鷹市で接種			

(注)9月末に郵送した「高齢者インフルエンザ予防接種契約医療機関一覧」中「こわぐち内科クリニック」の電話番号に誤りがありました。正しくは電話5929-1857です。

妊娠している方（原則1回接種）

接種場所	費用	持ち物	予診票
杉並区内で接種	1500円 (助成後)	母子手帳	登録医療機関に設置
杉並以外の都内22区で接種			保健センターなど※

(注)希望により保存剤の添加されていないワクチンの接種をすることができます。直接医療機関へお問い合わせください。

※事前に保健センター、杉並保健所保健予防課（荻窪5-20-1）、保健福祉部管理課（区役所東棟3階）で予診票の交付を受けてください。母子手帳や健康保険被保険者証を持参してください。

【その他】生活保護受給中の方・中国残留邦人等の生活支援給付を受けている方は、接種にあたり自己負担はありません。詳細は、杉並保健所保健予防課へお問い合わせください。

「ごみ・資源の収集カレンダー」を直接ポストへ配布します

ごみ・資源の分け方・出し方を分かりやすくお知らせする2011年版「ごみ・資源の収集カレンダー」（日本語版）を全世帯へ配布します。この機会に、もう一度ごみ・資源の分別をご確認の上、正しい分別にご協力をお願いします。

外国語版「ごみ・資源の分け方・出し方」（中国語・ハンガール・英語）は、下記の問い合わせ先のほか、外国人登録係（区役所中棟1階）、区民事務所・分室、駅前事務所で配布していますので、ご利用ください。

【配布期間】12月1日（水）～24日（金）に、順次全世帯のポストに直接投函（事業所、マンション・アパートの各部屋のポストにも配布）

【問い合わせ】清掃管理課（区役所西棟7階）／杉並清掃事務所 電話03-3392-7281／杉並清掃事務所方南支所 電話03-3323-4571

中学校対抗駅伝大会2010の開催と交通規制

杉並区内の公立と私立中学校の生徒、男子・女子各25チームと招待チーム男子・女子各1チームが参加予定です。

当日は午前10時から正午まで、青梅街道や環状八号線、神明通り、荒玉水道道路などで選手の通過に合わせて交通規制を行います。そのため路線バスなどの遅れやコースでの渋滞が予想されます。皆さんにはご迷惑をおかけしますが、ご理解とご協力をお願いします。

【日時】12月12日（日）（荒天中止）開会式＝午

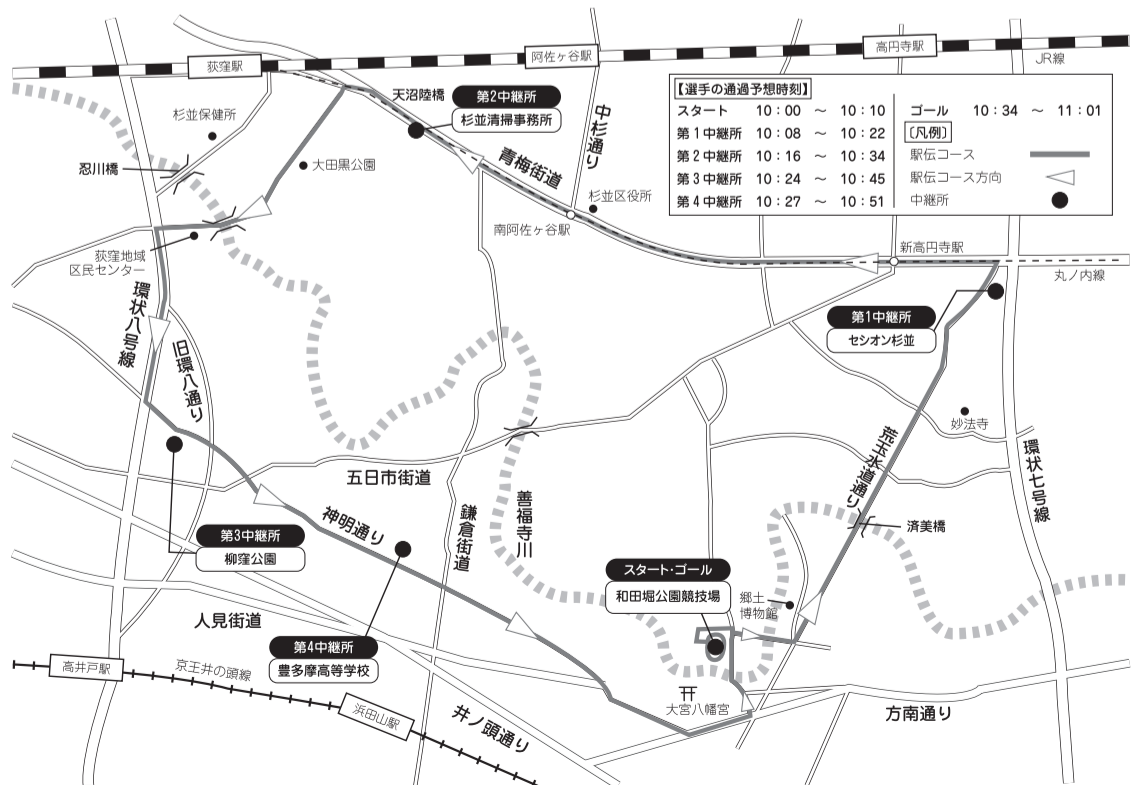
前9時30分／男子の部スタート＝午前10時／女子の部スタート＝午前10時10分／閉会式＝午前11時30分

【スタート・ゴール】和田堀公園競技場（大宮2-26）

【コース】下図のとおり（一周約10.5km／5区間）

【問い合わせ】社会教育スポーツ課

【その他】①コース上の駐停車はご遠慮ください②車や自転車での来場はご遠慮ください



学童クラブ入会児童を募集します

学童クラブは、保護者が就労などで、昼間留守になる家庭のお子さんを対象にした、下校後の生活の場です。区内に49カ所あり、お子さんが楽しく安心して過ごせるよう、遊びや集団活動を中心とした運営を行っています。

【入会期間】2011年4月～2012年3月

【運営時間】月～金曜日＝下校後～午後6時（学校休業日〈夏休みなど〉は午前8時30分から）、土曜日＝午前8時30分～午後5時▷利用時間延長＝月～金曜日の午後6時～6時30分※①土曜日の利用と時間延長は要件があり、別に申請が必要です②日曜日、祝日・休日と年末年始（12月28日～1月4日）は休みです

【対象】区内在住または在学の小学1～4年生。ただし、心身に障害がある等の理由で必要と認められる児童は6年生まで（高円寺北学童クラブでは重度重複障害のお子さんを受け入れています）

【利用料】月額3000円（別途おやつ代月額1800円）。なお、利用料・おやつ代ともに減額・免除制度があります

【申し込み】入会を希望する学童クラブに、入会資格・手続きなどをお問い合わせの上、学童クラブに備えてある入会申請書と必要書類を、直接、希望学童クラブに提出してください。入会申請書は各学童クラブで配布しています。初めて入会を希望する方には面接を行います

【申し込み期間】2010年12月1日～2011年1月15日（月～金曜日＝午前10時～午後6時、土曜日＝午前9時～午後5時。日曜日・祝日・年末年始を除く）

【問い合わせ】各学童クラブまたは児童青少年課 電話03-3393-4760

【その他】申請書は区ホームページ（日本語）からも取り出せます。その場合、電話で申請と入会面接の日時について学童クラブに予約してください

成人祝賀のつどい

式典、記念アトラクションを行います。お住まいの地域（町名）ごとに次の時間にお越しください。

【日にち】2011年1月10日（祝）

【時間とお住まいの地域（町名）】

①午前10時30分～11時30分＝阿佐谷北・阿佐谷南・梅里・高円寺北・高円寺南・成田西・成田東・堀ノ内・松ノ木・和田

②午後1時～2時＝和泉・永福・大宮・上高井戸・久我山・下高井戸・高井戸西・高井戸東・浜田山・方南・宮前

③午後3時30分～4時30分＝天沼・井草・今川・荻窪・上井草・上荻・清水・下井草・松庵・善福寺・西荻北・西荻南・本天沼・南荻窪・桃井

【場所】杉並公会堂（上荻1-23-15）

【対象】区内在住で1990年4月2日～1991年4月1日生まれの方（該当する方へは12月中旬に案内状〈日本語〉を送付する予定です）

【問い合わせ】児童青少年課 電話03-3393-4760

杉並でくらす外国人のための にほんご教室

日常生活を送るのに必要な基本的な日本語の会話や読み書きを学ぶ、レベル別クラスレッスンです。

【日時】2011年1月11日（火）～3月22日（火）の毎週火・金曜日、午後6時30分～8時30分（2月11日（祝）を除く。計20回）

【場所】セッション杉並（梅里1-22-32）

【参加費】1カ月2000円×3回（テキスト代別）

【申し込み】往復ハガキに講座名・郵便番号・住所・氏名・年齢・電話番号（1歳～就学前の託児あり〈申込順〉。希望者はお子さんの氏名・年齢も記入）を書いて、12月24日（必着）までに、社会教育センター（〒166-0011梅里1-22-32セッション杉並内）へ

【問い合わせ】社会教育センター 電話03-3317-6621

【その他】クラス分けのための面接を2011年1月7日（金）午後6時30分からセッション杉並で行います

区民課外国人登録係は毎月 第3土曜日も開設しています

【日時】毎月第3土曜日午前8時30分～午後5時（祝日を除く）

【主な取扱業務】外国人登録の届出・証明書の交付など（他の市区町村や関連機関への確認が必要な場合はお取り扱いできないことがあります）

【お願い】各種申請手続きの際は、日本語を話せる方を同伴していただけますよう、ご協力をお願いします

【問い合わせ】区民課外国人登録係（区役所中棟1階）電話03-5307-0627

医療相談の窓口

◇東京都保健医療情報センター

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・ハングル・タイ語・スペイン語で応じます。

【相談日時】毎日午前9時～午後8時

【電話】03-5285-8181

◇東京都医療機関案内サービス「ひまわり」

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【英語版ホームページ】<http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

杉並区交流協会のお知らせ

杉並区交流協会では、外国人の方が気軽に参加でき、日本人をはじめ多くの外国人の方と楽しく交流できるイベントをたくさん企画しています。皆さんも、ぜひご参加ください。

◇イヤーズ・パーティー

区民と外国人が集うパーティーです。交流ゲーム、阿波おどりのパフォーマンスなどを行います。民族衣装を着てきた方には特典もあります！ぜひご参加ください。

【日時】12月15日（水）午後7時～9時

【場所】新東京会館（阿佐谷南1-34-6）

【定員】日本人50名・外国人50名いずれも申込順

【費用】外国人800円、日本人1000円（軽食付き）

【申し込み】電話、ハガキ、ファクスまたはEメールに行事名・住所・氏名（フリガナ）・性別・電話番号・国籍を書いて、杉並区交流協会へ

◇ジャパン・デイ

日本の伝統文化を紹介する催しです。普段触れることのない日本舞踊・茶道・華道の世界を体験してみませんか？各伝統文化の披露と実演、体験では先生の指導と一緒に踊ったり、お花を生けたり、お茶・和菓子をいただきます。

【日時】2011年1月29日（土）午後1時～5時

【場所】産業商工会館（阿佐谷南3-2-19）

【定員】外国人60名（申込順）

【費用】500円

【申し込み】電話、ハガキ、ファクスまたはEメールに行事名・住所・氏名（フリガナ）・性別・電話番号・国籍を書いて、杉並区交流協会へ

【その他】日本舞踊では浴衣の着付け体験もでき

ます（先着30名まで）着付け体験希望の方は申込時に身長と服のサイズをお知らせください

◇外国人のための無料専門家相談会

ビザ・結婚・離婚・仕事に関するトラブルや健康保険・事故・教育・病気・税金・その他なんでも、弁護士などの専門家が無料で相談をお受けします。予約は不要で秘密は厳守します（一時保育あり）。

【日時】2011年2月5日（土）午後1時～4時（最終受け付けは午後3時30分）

【場所】あんさんぶる荻窪（荻窪5-15-13）

【費用】無料

【専門家】弁護士、行政書士、社会保険労務士、労働相談員、臨床心理士

【通訳】英語、中国語、ハングル、タイ語、ビルマ語、ヒンズー語、ベンガル語、ネパール語（予定）

◇日本語スピーチ大会

日本に住んで体験したこと、驚いたこと、自分の国とは違うことなどを、学んだ日本語を使って発表してくれる外国人の方を募集します。

【日時】2011年3月5日（土）午後1時30分～5時ごろまで

【場所】産業商工会館（阿佐谷南3-2-19）

【発表時間】1人5分程度

【発表者】10名程度

【テーマ】日本に来て感じたこと、自分の国のことなど（申し込み後に日本語原稿を2011年2月4日（金）までに提出）

【申し込み】申込書（杉並区交流協会のホームページから取り出せます。必要な方には郵送します）を、郵送、ファクスまたはEメールで、2011年1月21日（必着）までに杉並区交流協会へ。応募者多数の場合は選考し、1月末日までに連絡します

◇外国人相談（毎週）

杉並区交流協会では、外国人の皆さんが日ごろ抱えている問題や悩みにお答えするため、外国人相談窓口を開設しています。

【日時】毎週金曜日午後2時～5時（祝日、年末年始は除く）

【場所】杉並区交流協会（みなみ阿佐ヶ谷ビル5階）

【使用言語】日本語・英語＝毎週金曜日、中国語＝第2・4金曜日、ハングル＝第1・3・4金曜日

【相談方法】来所・電話・文書（郵送・ファクス・Eメール）

【費用】無料

◇国際交流サロン（毎週）

国籍や年齢を問わず、どなたでも自由に楽しく交流できる場所として、杉並区交流協会事務所の部屋を国際交流サロンとして提供しています。お一人でも気軽に、また、お友だちと一緒に立ち寄りください。

【日時】毎週月曜日午後1時30分～4時30分（祝日、年末年始は除く）

【場所】杉並区交流協会交流フロア（みなみ阿佐ヶ谷ビル5階）

【費用】無料

【その他】①国際交流サロンは飲食可能です②政治活動、宗教活動および、営利を目的とした使用は禁止③第4月曜日は特別イベントを開催しています。詳細はお問い合わせください。

申し込み、詳細の問い合わせについては、杉並区交流協会へ。
【住所】〒166-0004阿佐谷南1-14-2みなみ阿佐ヶ谷ビル5階
【電話】03-5378-8833
【ファクス】03-5378-8844
【Eメール】info@suginami-kouryu.org
【ホームページ】<http://www.suginami-kouryu.org/>