



Naka Ward promotes the Naka Ward Multicultural Coexistence Promotion Action Plan to help non-Japanese residents build ties in the local community. This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living.



## Use ICT to Support Your Life in Japan!

Japanese Study

Interpretation

Consultations

Recent progress in Information and Communications Technology (ICT) has expanded the possibilities for learning Japanese and communicating in a number of languages. In this issue, we introduce some ICT-based methods to help you in your life in Japan.

### Free Websites to Study Japanese

These websites offer free Japanese language study. Why not check out one of the ones that interest you and study Japanese in your free time?

#### Connect and Enhance Your Life in Japanese



Aimed at foreign residents of Japan, this website can help you learn the Japanese needed for everyday life, such as greetings, conversations at government office counters, etc.

(Source: Japanese Language Division, Agency for Cultural Affairs)  
<https://tsunagarujp.bunka.go.jp/>



#### “Erin’s Challenge! I Can Speak Japanese.” Contents Library



Learn common words and phrases used in student life and discover Japanese culture together with Erin, a foreign exchange student at a Japanese high school.

(Source: The Japan Foundation Japanese-Language Institute, Urawa)  
<https://www.erin.jp.fg.jp/en/>



#### Japanese in Anime & Manga



A fun way to learn different variations of Japanese through anime and manga characters and genres (romance, school, ninja and samurai) and expressions not found in textbooks or dictionaries.

(Source: The Japan Foundation Japanese-Language Institute, Kansai)  
<https://anime-manga.jp/>



#### Other Resources...

Nihongo Tadoku



MARUGOTO Plus



IRODORI Japanese for Life in Japan



Easy Japanese NHK WORLD-JAPAN



### Online Japanese Class from YOKE

This is an online course that you can take from home. Yokohama Association for International Communications and Exchanges (YOKE) holds Japanese language classes and international exchange events.

#### YOKE Online Japanese Class

Small group classes to learn useful Japanese for daily life. Held 12 times per course.

Course fee: 6,000 yen

Dates: Held twice a week from February (Held 3 terms a year, undecided for FY 2022)

#### Get-together for Chatting in Japanese

An online gathering for small groups to talk about various things in Japanese. YOKE staff will also join.

Fee: Free

Dates: Held monthly

#### Yokohama NIHONGO Support Center

For more information on other online Japanese classes in Yokohama, please check the website.

<https://yokohama-nihongo.com/>



\* Please contact YOKE Web for dates, times and how to apply. <https://www.yokeweb.com/>

## Remote Consultations/Interpretation

Remote consultations and interpretation in multiple languages can be provided online and by phone. Video calls can help the process go even more smoothly.

### Consultations about Daily Life, etc.

YOKOHAMA Foreign Residents Information Center (run by YOKE) provides consultations and information to foreigners over the phone or in person in 11 languages: Japanese, English, Chinese, Korean, Vietnamese, Nepali, Indonesian, Tagalog, Thai, Portuguese and Spanish.

Each international lounge in Yokohama has dedicated tablets for such remote consultations with the Center, including the counter at Naka International Lounge, with support in 11 languages.

#### Naka International Lounge

Address: 35 Nihon-Odori, Naka-ku (Naka Ward Office Annex, 1F)

TEL: 045-210-0667

E-mail: nakalounge@yoke.or.jp

Hours: 10 a.m.–5 p.m. (8 p.m. on Tue/Sat)

Closed: the 3rd Sunday of each month



### Remote Interpretation

The Yokohama City Volunteer Interpreter Dispatch System\* can be used for procedures at the ward office and interviews at Yokohama City schools, daycares, etc. The system uses the internet and telephone to provide remote interpretation support. There are currently more than 30 languages for which volunteer interpreters are registered.

Fee: Free

Method: Interpretation via video call

Use video calling via your own tablet or computer to receive interpretation assistance.

Telephone interpretation

Interpretation by telephone. Use the speaker phone function or make a group call for multi-person conversations.

\* If you need an interpreter who is not covered by this dispatch system, please consult with YOKOHAMA Foreign Residents Information Center first.

Please contact  
**YOKOHAMA Foreign Residents Information Center**

with any inquiries to YOKE about consultations  
or interpretation.

TEL 045-222-1209

E-MAIL t-info@yoke.or.jp

## Multilingual Support for Naka Ward Office Counters

Naka Ward Office also has translation devices on each floor to help facilitate communication in various languages.

### Translation Device

An AI translation is generated when you speak into the device and provides spoken guidance. More than 60 languages are supported.

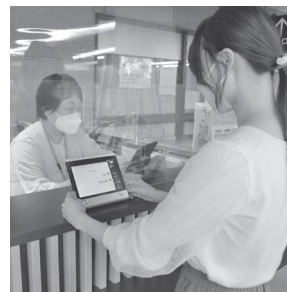


### Telephone Interpretation Service

An operator at the Interpretation Center will interpret by video phone. Currently, the most requested languages are English, Chinese, Korean, Vietnamese, Thai and Nepali.



### Face-to-Face Translation Device



Each person uses a translation device as part of a face-to-face conversation, with a translation displayed on the other person's device.

ICT has become convenient but...

## Face-to-face conversation is still important!

### Counter Service at Naka Ward Office

Since there are many foreign residents in Naka Ward, many of them visit the Naka Ward Office. The ward office is working to provide support in order to ensure smooth service of foreign residents through international service staff support in English and Chinese (see p.3) and by assigning counter staff with foreign language abilities so that even people who cannot speak Japanese well can smoothly carry out the needed procedures.

### We are working to ensure that foreign residents can get worry-free service

Many foreign residents visit the tax certificate counter. They come when they need a tax certificate for purposes such as a visa renewal, to invite family members to Japan or for a permanent residence application. But because the tax system in Japan can be complicated and difficult to understand, I use Chinese with Chinese speakers when confirming their situation and talking about the required procedures. It's always a pleasure when we are able to solve an issue for someone.

Some foreign residents can become anxious about the Japanese system when they don't understand it. Please don't worry on your own and come visit us for a consultation. In Naka Ward, you can also consult at places such as the Naka International Lounge.

A staff member at the Zeimu (Tax) Division counter who can provide service in Chinese  
**Ms. Sakaeta (Tax Division staff)**



## Review your infection prevention measures

In addition to the ongoing COVID-19 pandemic, this is the time of year when cases of infectious diseases such as influenza and norovirus rise. By understanding how to prevent transmission and disinfect, you can take measures to avoid both being infected and infecting others.

### Handwashing

Washing your hands is the most basic steps for avoiding all infectious diseases or food poisoning. Get into a habit of washing your hands!

#### ► Before washing your hands

- Make sure to keep your nails short.
- Remove accessories such as watches and rings.

#### ► When to wash your hands

- When you return home, before and after food preparation, before meals, after using the toilet, after changing a diaper, after cleaning up vomit, etc.

### COVID-19 infections

#### ► Infection routes

Droplet infection: From coughing and sneezing  
Contact infection: Touching your nose, etc.  
after your hand has come in contact with the virus

#### ► Measures: Handwashing, disinfection, wearing masks

#### ► Main points Properly wear your mask! (Always put on a mask when speaking!)

1. Completely cover your nose and mouth. The mask should fit snugly against the side of your face and not have any gaps.
2. Handle your mask only by the ear loops or ties and do not touch the outer surface of the mask.

Note: Whenever possible, use good-quality non-woven fabric masks.

#### ► When eating or drinking

- Eat/drink in small groups over a short period of time. Refrain from chatting.
- Choose places that are following the recommended guidelines (using acrylic dividers, taking disinfection measures, thoroughly ventilating, etc.)
- Try takeaway or food delivery.

### Norovirus

#### ► Infection routes

«From people or the surrounding environment»  
From fecal matter or vomit of infected persons

«From food» From norovirus-contaminated food

#### ► Measures: Handwashing, disinfection, sufficient heating of food

- Sufficiently heat foods so that the interior reaches 85–90°C for at least 90 seconds.

#### ► Main points

- When cleaning up fecal matter or vomit, use disposable gloves and a mask, then clean the affected area with a sodium hypochlorite (chlorine bleach) solution to disinfect.
- Do not handle food when you have diarrhea or feel nauseous.

#### How to make a sodium hypochlorite disinfectant solution

When using regular chlorine bleach (5% sodium hypochlorite)

- Use a 0.02% solution to disinfect utensils, clothes, surfaces, etc.  
→ Take a 2L PET bottle and add 10 mL of bleach (2 capfuls) then fill the bottle with water.
- Use a 0.1% solution to disinfect places contaminated with fecal matter or vomit.  
→ Take a 500 mL PET bottle and add 10 mL of bleach (2 capfuls) then fill the bottle with water.

**Caution!** Once you have mixed a disinfectant solution, be sure to use it all the same day since it will lose its effectiveness over time. Always make sure to properly ventilate the room when using these solutions.

## Pregnancy class for Chinese native speakers living in Naka Ward (with interpretation)

Are you worried about raising your child in Japan because it's in a different language? Perhaps you are confused by the different childbirth and childcare customs in Japan? Join other Chinese-speaking mothers with the same concerns to think about childrearing in Japan.

► **Date/Time:** March 10 (Thu), 10 a.m.–12 p.m.  
Meet up at the Naka Ward Office 1F at 9:45 a.m., near the Information Desk (The venue is the Naka Ward childcare support center Nonbirinko.)

► **Eligibility:** Pregnant native Chinese speakers living in Naka Ward and their families (10 persons)

#### ► Topics:

Nutrition and dental care during pregnancy  
Stories about giving birth and raising children in Japan  
Post-birth procedures, services, benefit payments, etc.

► **Fee:** Free

► **How to apply:** Applications will be accepted by e-mail from January 13 (Thu). Use the 2D code on the right.



\* Include your name, the name of your local district, your telephone number, your due date and the number of people who will attend with you.

<Tagengo Navi Kanagawa (Multilingual Support Center Kanagawa), TEL: 045-316-2770  
9 a.m.–12 p.m./1 p.m.–5:15 p.m.  
(Chinese language support on Mon/Thu)>

### Good to Know! About Japanese Culture

## Osechi Ryori (New Year's Dishes)

To celebrate the new year, Japanese eat *osechi*, traditional New Year dishes. These foods, considered auspicious, keep for an extended period and are packed into *jubako* (tiered boxes). *Osechi* dishes include *kazunoko* (herring roe), which symbolizes a wish to be gifted with many descendants, while simmered shrimp serves as a symbol of longevity since the curled shrimp resembles the bent back of an elderly person. There are actually many *osechi* dishes that Japanese today are not accustomed to eating, so preferences can be quite varied. Today, you can also find *osechi* made with modern seasonings or Chinese foods.



**International Service Staff**  
Naka Ward Office, Counter 23 (2nd floor)  
English 10 a.m.–5 p.m.

International Service Staff provide assistance with matters such as guidance on Naka Ward Office activities, interpretation at various ward office counters and support for filling out certificate applications. Stop by if you would like assistance.

### Help Me Know Q&A



## Are there any online services for parents and children to enjoy together?

→ Since online learning is now commonplace, you can find a wide variety of online tools aimed at pre-schoolers and elementary school students to support your child's school learning, provide ideas for physical activities, etc. You will surely find something that suits your child's age.



### Playing at home together with your baby!

Naka Ward public health nurses demonstrate ways to play with your baby. These activities are examples of what they introduce in local classes. Watch the videos for ideas to communicate with your baby!



### NHK for School

A special website from Japan's national broadcasters that supports learning at home. Elementary school students can search for videos by grade or subject. There are also many videos for other ages, including infants and junior and senior high school students.



### Support website for children's exercise play

The official website for the Japan Sports Agency introduces sports and physical activities that you can enjoy at home. Add some exercise to your daily life.





Go for a Visit

# Map of Naka Ward Parks



Agoapon, the mascot for City of Yokohama Park Protection Association

In addition to small neighborhood parks, Naka Ward also has many large parks that are unique to the ward and popular with tourists, such as Yamashita Park and Minatomieru-Oka Park. Use the map to find a park that meets your needs.

## Parks for kids to play!

If you're looking to visit a new park but wonder whether there is play equipment, the Map of Naka Ward Parks is a useful resource. You'll know at a glance which parks have play equipment, benches, toilets, etc.!



## Parks for exercise!

You might have noticed some strangely shaped benches in the park. These are back stretching benches. Some parks have pullup bars and a few even have various kinds of exercise equipment to help support the health of people in the community. The multilingual Map of Naka Ward Parks also includes an explanation of how to use this exercise equipment.



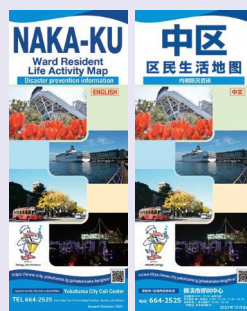
## Skateboarding OK!

Honmoku Shimin Park's skateboarding square is one of the few places in Yokohama where you can practice skateboarding, making it a popular spot.



## A multilingual Map of Naka Ward Parks is now available!

Pick up a copy of this multilingual map (Japanese, English, Chinese and Hangul) from the Naka Ward Office. The map is made with water-resistant paper for carrying convenience.



## Naka-ku Ward Resident Life Activity Map (English, Chinese) updated!

The latest version includes enhanced information on what to stockpile for a disaster and what actions to take when disaster strikes, as well as disaster prevention information. This map is distributed at Naka Ward Office and can be downloaded from the Naka Ward website. Pick up a copy of this useful map or check to make sure you have the latest version!

## Thoughts of a Foreign Resident Life and Culture in Japan



## Parks in Japan

I think life in Japan is very convenient. Neighborhood parks are great, especially for families raising children. Today, I'd like to talk about Japanese parks.

When we moved to Yokohama, it was the middle of winter. My son attended a private elementary school, so he didn't have any friends in the neighborhood. One day, my son cried while telling me, "Mom, I want to play with friends." I felt sorry for my son since he didn't have such friends, but I couldn't do anything. When the cold winter was finally over and the warm spring weather had arrived, I noticed that there were an increasing number of children playing in the nearby park. After returning from school, my son would often go to play in the park and over time became

friends with the children that often played there. He seemed to have fun going to the park each day. This completely resolved by worries about raising my son, and I really appreciated that park. There are many such parks in Japan, equipped with slides, swings, horizontal bars, sandboxes, various types of health equipment, benches and tables, and drinking fountains. Many parks have cherry trees, making them a good place for cherry blossom viewing in the spring with family and friends. When the weather is nice, please take your child to play in the park. You may discover something new there!

(Naka International Lounge Chinese Language Staff)



## For Your Use! Facilities That Everyone Can Use

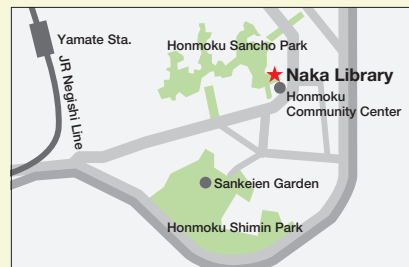


## Information about public facilities that any Naka Ward resident can use

### Naka Library



The Naka Library has a collection of around 110,000 books. In addition to general books and children's books, Naka Library is notable for its many foreign language books. Books, magazines and newspapers in English, Chinese and Korean are available, as well as a Japanese learning section with useful books for those who are learning or teaching Japanese. If you can't find what you're looking for or not sure what to choose, feel free to ask the librarians. Use of the library is free, as are book loans. Children can be signed up for a library card at age 0!



16-1 Honmoku-hara, Naka-ku  
TEL: 045-621-6621 FAX: 045-621-6444  
Hours: 9:30 a.m.-7 p.m. (Tue-Fri)  
9:30 a.m.-5 p.m. (Sat-Mon, national holidays)  
The library is closed once each month for inspections and may occasionally be closed on other days as well. Please check before visiting.



We are always looking for locations to distribute *Naka Ward Town News*. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on April 1.