

HELLO! SUGINAMI

Suginami City Population
(As of March 1, 2011)

Population537,750
Registered Foreign Residents
.....11,214

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/>

Momoi Harappa Park Opens



Momoi Harappa Park (with an area of 4.0 ha) opened on April 1 (Fri.), 2011, as the second largest municipal park in Suginami City.

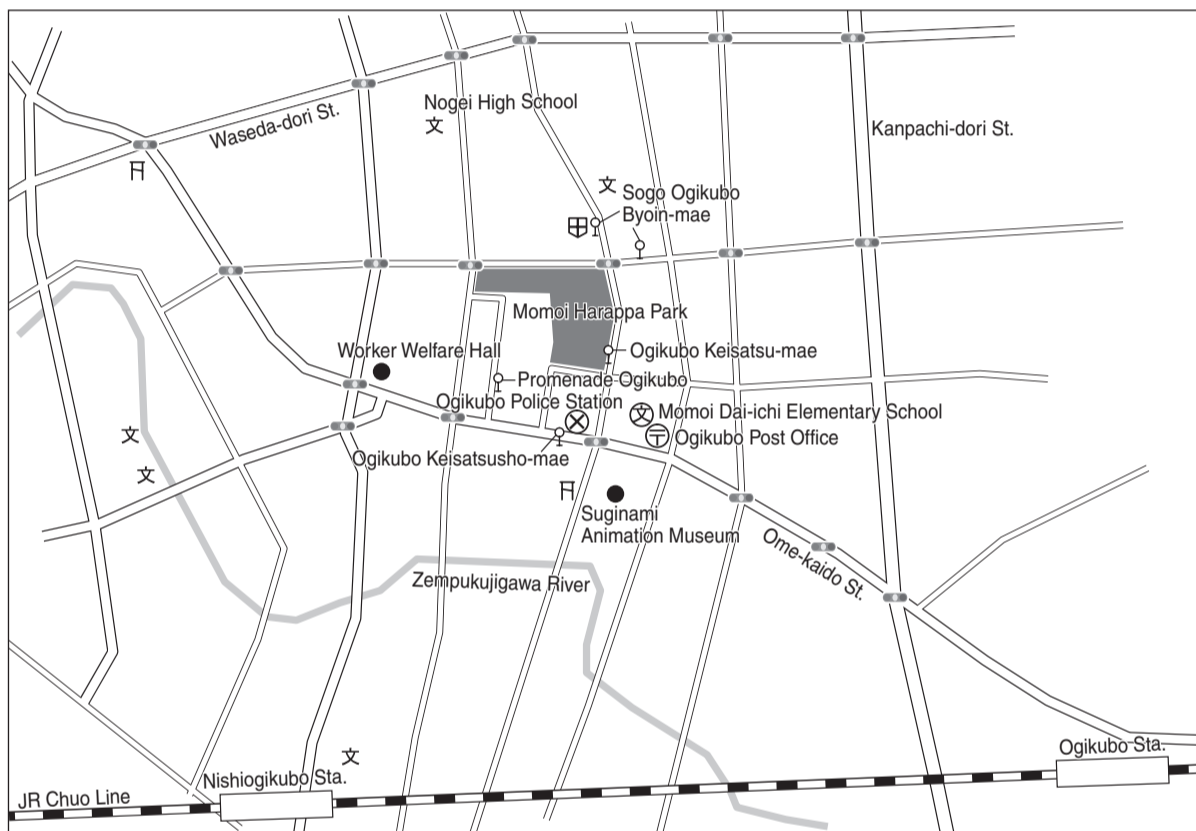
Fire-resistant trees have been planted around the park, and there is an emergency heliport as well as an emergency toilet to be used in times of disaster. In addition, the park has a water storage facility for emergency use and a storehouse filled with rescue supplies and equipment. The park is designed to serve as a temporary evacuation site when a disaster strikes and was developed to ensure the safety and peace of mind of all city residents as a center for recovery activities.

Location: 3-8-1 Momoi

Inquiries: Greenery and Park Section

How to Get There:

A three-minute walk from the Sogo Ogikubo Byoin-mae bus stop (take the Seibu Bus [Ogi-14] from JR Ogikubo Station's north exit or Kamiigusa Station on the Seibu-Shinjuku Line; the bus ride is about 10 minutes), a five-minute walk from the Ogikubo Keisatsu-mae bus stop (take the Kanto Bus from either the No. 0 or No. 1 boarding area in front of JR Ogikubo Station's north exit; the bus ride is about 10 minutes), or a three-minute walk from the Promenade Ogikubo bus stop (take the Kanto Bus No. 4 bound for Promenade Ogikubo from JR Ogikubo Station's north exit and get off at the last stop)



Partial Subsidies for Optional Mumps and Chicken Pox Immunizations

Eligibility: Children one year old up to elementary school age (until March 31 before the child enters elementary school) who have completed foreign resident registration in Suginami City (excluding those who have already had the mumps or chicken pox)

Vaccination Locations: Contracted medical institutions in Suginami City

Subsidy Amount (Frequency): ¥4,000 (once) for mumps and ¥6,000 (once) for chicken pox

Subsidy Procedures: When paying for the immunization(s) at a medical institution, the subsidy amount will be deducted from the immunization fee. Please pay the amount after the deduction is made.

Notes:

1. These optional immunizations are administered upon request by the parent.
2. Please make an appointment with a medical institution and take your *Mother and Child Health Handbook* and medical certificate for infants/toddlers on the day of the immunization(s).
3. The list of contracted medical institutions is available at your local community health center and on Suginami City's Web site (in Japanese).
4. This subsidy is not applicable if your child receives the immunization(s) at a medical institution other than those contracted with Suginami City.

Inquiries: Public Health Section, Suginami Public Health Center

Tel: 03-3391-1025

Temporary Suspension of Hib and Pneumococcal Vaccinations

After receiving reports of fatalities caused by simultaneous vaccinations against Hib and pneumococcus, the Ministry of Health, Labour and Welfare has determined to temporarily suspend the administration of both of these vaccines (including the individual administration of either of these) as of March 17.

The national government is currently conducting various surveys. Because the resumption of these vaccinations in the future is uncertain, any new updates will be announced on the city's Web site (in Japanese).

Inquiries: Public Health Section, Suginami Public Health Center

Tel: 03-3391-1025

The Hours of the Suginami City Call Center Have Changed to 8:00 a.m.–8:00 p.m.

As of April 1, 2011, the hours of the Suginami City Call Center are 8:00 a.m. to 8:00 p.m. (year-round, including holidays), shortening the early morning and night hours when there are fewer users. Please note that the hours for applying for the collection of oversized garbage have not changed.

Take Advantage of the Suginami City Call Center (in Japanese Only)

Professional operators handle calls concerning various aspects of everyday living, such as services provided by Suginami City, various application procedures, and procedures for using facilities. Please feel free to call and ask for advice.

• Inquiries concerning Various Services, Application Procedures, and Facility Usage Procedures of Suginami City Office

Tel: #8800 or 03-3372-8800 (year-round, including holidays, 8:00 a.m. to 8:00 p.m.)

Fax: 03-3372-8810 (on a 24-hour basis)

E-mail: call@8800.city.suginami.tokyo.jp (on a 24-hour basis)

• Application for the Collection of Oversized Garbage

Web site: <http://www.seisou.city.suginami.tokyo.jp/> (on a 24-hour basis)

Tel: #8800 or 03-3372-8800 (8:00 a.m. to 7:00 p.m. [except during the year-end/New Year holidays])

Fax: 03-3372-8810 (on a 24-hour basis)



The Foreign Residents Registration Sub-section 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)

Location: Sugunami City Office (Central Wing 1F)

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.)

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

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

To All National Health Insurance Members: Please Cooperate and File a Resident's Tax Report

National Health Insurance premiums for each household are calculated based on the incomes of all household members. If you have not yet filed an income report (*kakutei shinkoku*) or Resident's Tax report, please do so because it is required.

The reports serve as important reference when (1) calculating the amount of a household's insurance premiums based on income levy; (2) authorizing reductions in the amount of insurance premiums based on per capita levy; and (3) determining the percentage of costs personally borne by the elderly.

Reductions in premiums for low-income households cannot be applied unless a report is filed.

Please file a Resident's Tax report at the Taxation Section as early as possible (Sugunami City Office East Bldg. 2F).

Notifications regarding National Health Insurance premiums will be mailed as soon as the income amount and other conditions are determined (in mid-June). Insurance premiums for the year starting April 2011 and ending March 2012 are to be paid in 10 installments, from June through March of the following year. No payment is collected in April or May.

If you join social insurance, etc., you must complete the designated procedures to withdraw from National Health Insurance. Please call for more information.

Inquiries: National Health Insurance and Pension Section

Japanese Classes for Foreign Residents Living in Sugunami City

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

Date and Time: Tuesdays and Fridays from April 12 (Tue.) to July 5 (Tue.), 2011 (excluding April 19, 22, and 29 [national holiday]; May 3 [national holiday]; and June 3), 6:30 to 8:30 p.m. (20 classes)

Place: Sesión Sugunami

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 Sesión Sugunami]) by April 6 (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). There is a capacity limit, and advance applications are required. 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 April 8 (Fri.), 6:30 p.m. at Sesión Sugunami.

Sugunami City Health Checkups

Sugunami City offers citizen health checkups and cancer checkups.

◆ Citizen Health Checkups

Citizen health checkups are available for those between 30 and 39 years of age who do not have the opportunity to undergo health checkups at their places of employment (general health checkups for adults), for those between 40 and 74 years of age who are enrolled in Sugunami City National Health Insurance (special health checkups), and for those enrolled in the Latter-Term Elderly Medical Care Sys-

tem (latter-term elderly health checkups).

◆ Cancer Checkups (Part of the Cost Must Be Personally Borne)

Checkups for stomach cancer, lung cancer, colon cancer, uterine cancer, and breast cancer are offered. Please note that the eligible ages, checkup schedule, and personally borne cost for each of these checkups are different.

Application/Inquiries: Health Promotion Section, Sugunami Public Health Center, **Tel: 03-3391-1015**

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>

◆ Sugunami City Emergency Treatment (in Japanese only)

Please call for consultation first. If you are told to come in for an examination as a result of the consultation, be sure to bring your health insurance certificate and medical certificates.

• Sugunami Emergency Medical Information Center

Information on medical institutions and medical consultation is available. As of April 1, 2011, the hours for information and consultation services have changed as follows:

Tel: 03-3423-9909

Information and Consultation Hours: Monday through Friday, 8:00 p.m. to 9:00 a.m. the following morning; Saturday, Sunday, national holidays, and during the year-end/New Year holidays, 9:00 a.m. to 9:00 a.m. the following morning

• Sugunami City Holiday and Nighttime Emergency Treatment Center

Tel: 03-3391-1599

Location: 5-20-1 Ogikubo, inside the Sugunami Public Health Center

Medical Departments and Hours: Pediatrics—Monday through Friday, 7:30 p.m. to 10:30 p.m. (reception open until 10:00 p.m.); Internal Medicine, Pediatrics, Surgery, and Ear, Nose and Throat (ENT)—Saturdays, 5:00 p.m. to 10:00 p.m. (reception open until 9:30 p.m.); Internal Medicine, Pediatrics, Surgery, and Ear, Nose and Throat (ENT)—Sundays, national holidays, and year-end/New Year holidays, 9:00 a.m. to 10:00 p.m. (reception open until 9:30 p.m.)

• Sugunami City Dental Holiday Emergency Clinic

Tel: 03-3398-5666

Location: 5-20-1 Ogikubo, inside the Sugunami Public Health Center

Hours: Sundays, national holidays, and year-end/New Year holidays, 9:00 a.m. to 5:00 p.m. (reception open until 4:00 p.m.)

Consultations for Foreign Residents

Consultations on everyday living and city administration are available for foreign residents who live in Sugunami City. Please feel free to take advantage of this service.

Hours: English—Tuesdays, 10:00 a.m. to 12 noon

Thursdays, 1:00 to 4:00 p.m.

Chinese—Tuesdays, 1:00 to 4:00 p.m.

Thursdays, 10:00 a.m. to 12 noon (closed on national holidays and during the year-end/New Year holidays)

Location: Public Hearing Section (Sugunami City Office, East Wing 1F [ext. 1129])

Other: Telephone consultation services are also available.

Announcement from Sugunami Association for Cultural Exchange (SACE)

Sugunami 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!

◆ SACE's Web Site and E-Mail Magazine

Please take advantage of SACE's Web site and e-mail magazine (free of charge). If you register your e-mail address on the association's Web site, you will receive the latest information and updates on association events via e-mail once a month. Please feel free to read the Web site as well.

URL: <http://www.sugunami-kouryu.org/>

E-mail: info@sugunami-kouryu.org

◆ Welcome Party

Foreign and Japanese residents who have recently moved into Sugunami City will have the chance to get acquainted at a welcome party. All participants will cook and play games together. In addition, with the cooperation of the Sugunami Fire Station, Disaster Prevention Section of the City Office, and the Sugunami Waste Collection Office, there will be opportunities to experience disaster prevention drills, such as extinguishing first-stage fires, escaping from smoke-filled rooms, and rope work; go through simulated earthquakes; and learn about garbage disposal procedures in a game format.

Date and Time: May 28 (Sat.), 10:00 a.m. to 3:00 p.m. (will be held even in the event of rain)

Location: Sugunami Dai-ichi Elementary School (1-5-27

Asagayakita)

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

Fee: ¥100 (for insurance, etc.)

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

◆ International Sports Exchange

The Sugunami Sports Promotion Foundation is cosponsoring this event, which offers Japanese and foreign residents an opportunity to get to know each other and enjoy playing sports. There will be dodgeball, tug-of-war, etc.

Date and Time: June 18 (Sat.), 1:00 to 4:00 p.m. (will be held even in the event of rain)

Location: Koenji Gymnasium (2-36-31 Koenjiminami)

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

Fee: ¥100 (for insurance, etc.)

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

Other: Please bring gym shoes for use inside the gymnasium, comfortable clothes, and a towel.

◆ 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 Japanese and foreign people 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.

* 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@sugunami-kouryu.org
URL: <http://www.sugunami-kouryu.org/>

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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/>

桃井原っぱ公園が開園しました



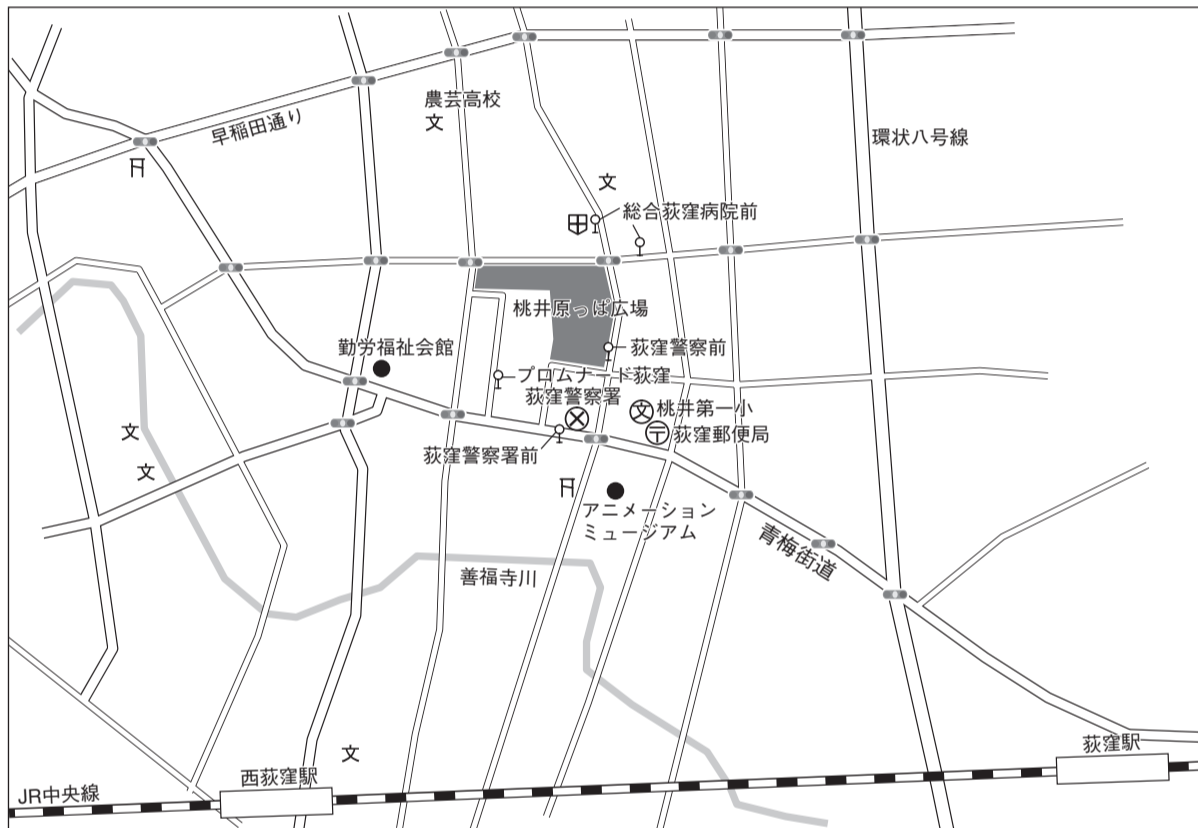
区立公園としては2番目に大きい「桃井原っぱ公園」(面積4.0ha)が、2011年4月1日(金)に開園しました。

公園の周辺には防火樹林を植え、ヘリコプター緊急離発着場、非常時に利用する防災トイレを設置しています。また、非常用水源を確保し、救援物資や資機材を備えた防災倉庫を整備しています。災害発生時には一時避難所として、復旧活動の拠点となり、区民の皆さんの安全・安心を守る公園として整備しました。

【場所】 桃井3-8-1

【問い合わせ】 みどり公園課

(JR 荻窪駅北口または西武新宿線上井草駅から西武バス(荻14)で約10分「総合荻窪病院前」下車、徒歩3分または、JR 荻窪駅北口から関東バス0または1番乗り場から約10分「荻窪警察前」下車、徒歩5分または、荻窪駅北口から関東バス4番「プロムナード荻窪」行き終点で下車、徒歩3分)



おたふくかぜ(流行性耳下腺炎)と水ぼうそう(水痘)の任意予防接種費用の一部を助成します

【対象】 杉並区に外国人登録をしている1歳~就学前(小学校入学前の3月31日までの)お子さん(すでに、おたふくかぜ・水ぼうそうにかかった方を除く)

【接種場所】 区内の契約医療機関

【助成額・助成回数】 おたふくかぜ=4000円(1回)、水ぼうそう=6000円(1回)

【助成方法】 会計時に接種料金から助成額を差し引きます。差し引き後の金額をお支払いください。

【注意】 ①保護者の希望で行う任意の予防接種です②医療機関へ予約をし、接種当日には母子健康手帳と乳幼児医療証を持参してください③契約医療機関の一覧は保健センターで配布のほか、区ホームページ(日本語)でもご覧になれます④契約医療機関以外で接種した場合は助成の対象となりません

【問い合わせ】 杉並保健所保健予防課 電話03-3391-1025

小児用肺炎球菌ワクチン・ヒブワクチン接種の一時的見合わせ

小児用肺炎球菌ワクチンとヒブワクチンを含む同時接種後の死亡報告を受け、厚生労働省の決定により、両ワクチンの接種は、単独での接種も含め、3月17日現在一時見合わせとなっています。

国は、現在、詳細な調査を実施しています。今後の接種再開については流動的なので、新たな動きがありましたら、区ホームページ(日本語)でお知らせします。

【問い合わせ】 杉並保健所保健予防課 電話03-3391-1025

区コールセンターの利用時間が午前8時~午後8時に変わりました

2011年4月1日から利用の少ない早朝・夜間の利用時間を短縮し、区コールセンターの利用時間を午前8時~午後8時(年中無休)としました。なお、粗大ごみ収集申し込みの利用時間は変更ありません。

◇区コールセンターをご利用ください(日本語対応のみ)

区のサービスの内容や手続きの仕方、施設の利用方法など、暮らしに身近なことについて、専門のオペレーターがお答えします。気軽にお問い合わせください。

・区役所の各種サービスや手続き、施設利用やお問い合わせ

【電話】 #8800または03-3372-8800(年中無休の午前8時~午後8時)

【ファクス】 03-3372-8810(24時間受付)

【Eメール】 call@8800.city.suginami.tokyo.jp(24時間受付)

・粗大ごみの収集申し込み

【インターネット】 <http://www.seisou.city.suginami.tokyo.jp/>(24時間受付)

【電話】 #8800または03-3372-8800(年末年始を除く午前8時~午後7時)

【ファクス】 03-3372-8810(24時間受付)



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）
 【場所】区役所（中棟1階）
 【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）

【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
 ※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。

国民健康保険に加入している方へ～住民税の申告にご協力を

各世帯の国民健康保険料は、加入者全員の所得をもとに算定します。確定申告または住民税の申告がお済みでない方は申告が必要です。申告した内容は①保険料の所得割の算定②保険料の均等割の軽減判定③高齢受給者証の一部負担金の割合判定のために必要な資料となります。申告がないときは、所得の少ない世帯に適用される保険料の減額などが受けられません。住民税の申告をする方はお早めに課税課（区役所東棟2階）へお願

いします。国民健康保険料額通知書は、所得状況等が確定する6月中旬に発送します。2011年4月～2012年3月までの1年分の保険料を、6月期から翌年3月期までの10期に分けてお支払いいただきます。4、5月は納付時期ではありません。社会保険等に加入した方は、国民健康保険の脱退手続きが必要です。詳細は、お問い合わせください。
 【問い合わせ】国保年金課

杉並でくらす外国人のためのほんご教室

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4月12日（火）～7月5日（火）の毎週火・金曜日、午後6時30分～8時30分（4月19日・22日・29日（祝）、5月3日（祝）、6月3日を除く。計20回）
 【場所】セシオン杉並
 【参加費】1カ月2000円×3回（テキスト別）
 【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〈事前申込制・要相談・定員あり〉。希望者はお子さんの氏名・年齢も記入）を書いて、4月6日（必着）までに、社会教育センター（〒166-0011梅里1-22-32セシオン杉並内）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4月8日（金）午後6時30分からセシオン杉並で行います

区健康診査

区では、区民健康診査とがん検診を実施しています。
 ◇区民健康診査
 30～39歳で職場で健診を受ける機会のない方（成人健診）、40～74歳で杉並区国民健康保険に加入の方（特定健診）、後期高齢者医療制度に加入の方（後期高齢者健診）を対象に実施しています。

◇がん検診（一部自己負担があります）
 胃がん検診、肺がん検診、大腸がん検診、子宮頸がん検診、乳がん検診を実施しています。各検診ごとに対象年齢、受診期間・自己負担額などが異なりますので、ご注意ください。
 【申し込み・問い合わせ】杉並保健所健康推進課 電話03-3391-1015

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/qq13enmnlit.asp
◇杉並区の急病診療窓口（日本語対応のみ）	まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。 ・杉並区急病医療情報センター 医療機関案内・医療相談を受け付けています。2011年4月1日から案内・相談時間を下記のとおり変更しました。 【電話】03-3423-9909 【案内・相談時間】月～金曜日は午後8時～翌日午前9時、土・日曜日、祝日、年末年始は午前9時～翌日午前9時 ・杉並区休日等夜間急病診療所 【電話】03-3391-1599 【場所】荻窪5-20-1杉並保健所内 【診療時間・科目】月～金曜日の午後7時30分～10時30分（受付は午後10時まで）＝小児科・土曜日の午後5時～10時（受付は午後9時30分まで）＝内科・小児科・外科・耳鼻咽喉科、日曜日・祝日・年末年始の午前9時～午後10時（受付は午後9時30分まで）＝内科・小児科・外科・耳鼻咽喉科 ・杉並区歯科休日急病診療所 【電話】03-3398-5666 【場所】荻窪5-20-1杉並保健所内 【診療時間】日曜日・祝日・年末年始の午前9時～午後5時（受付は午後4時まで）

外国人相談を実施しています

区内在住の外国人の日常生活や区政に対する相談を受け付けています。お気軽にご相談ください。
 【日時】英語＝毎週火曜日午前10時～正午、毎週木曜日午後1時～4時、中国語＝毎週火曜日午後1時～4時、

毎週木曜日午前10時～正午
 ※祝日・年末年始はお休みします
 【場所】区政相談課（区役所東棟1階・内線1129）
 【その他】電話による相談もできます

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。

◇杉並区交流協会ホームページとメールマガジン
 杉並区交流協会のホームページとメールマガジン（無料）をご活用ください。ホームページ上でメールアドレスを登録していただくと、交流協会のイベントや最新情報についてのメールを月1回程度配信します。また、ホームページもぜひ、ご覧ください。
 【ホームページ】<http://www.suginami-kouryu.org/>
 【メールアドレス】info@suginami-kouryu.org

◇ウエルカムパーティ
 新たに区民となった外国人と日本人で交流をします。参加者全員で料理を作り、ゲームなどを行います。また、杉並消防署、区防災課と区清掃事務所の協力を得て、初期消火訓練、煙避難訓練、ロープワーク、起震車体験などの防災訓練や、ごみの出し方をゲーム感覚で学ぶ体験もできます。
 【日時】5月28日（土）午前10時～午後3時（雨天実施）
 【場所】杉並第一小学校（阿佐谷北1-5-27）
 【定員】外国人50名、日本人50名（いずれも申込順）

【費用】1000円（保険料など）
 【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）・年齢・電話番号・国籍を書いて、杉並区交流協会へ

◇国際交流スポーツ大会
 杉並区スポーツ振興財団と共催で、区民と外国人でスポーツを楽しみながら国際交流する催しを開催します。ドッジボールや綱引きなどを行います。
 【日時】6月18日（土）午後1時～4時（雨天実施）
 【場所】高円寺体育館（高円寺南2-36-31）
 【定員】外国人50名、日本人50名（いずれも申込順）
 【費用】1000円（保険料など）
 【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）・年齢・電話番号・国籍を書いて、杉並区交流協会へ
 【その他】体育館用運動靴・運動しやすい服・タオルを持参してください

◇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頃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、ハングル語＝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、日本や外国人の皆さんが自由に楽しく交流できる場所として、杉並区交流協会の会議室を国際交流サロンとして提供しています。おひとりでも気軽に、またお友達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、年末年始を除く）
 【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です

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/>