

The Expat's Guide to Japan 2021

The comprehensive guide to life and travel for Tokyo & Yokohama



Visas & Residency • Settling In • Housing • Cars • Shopping • Eating Out
Education • Medical Care • Health, Sports & Body Care • Culture & Community
Trips & Recreation • Transportation • Emergencies & Disaster Prevention

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Chapter 01

Basic Information

Japan's culture is a unique blend of traditional and modernity. Here are some key facts about the country to help you get oriented for your stay here.



Geography

The Japanese archipelago is composed of 5 main islands and over 6,500 smaller islands stretching from sub-arctic Hokkaido to subtropical Okinawa. Japan has a population of 127 million. Roughly 70% of the landmass is mountainous, and population centers developed around the plains and valleys which make up the other 30%. 75% of the population lives in urban areas, making it relatively crowded.

Climate

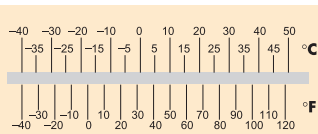
Japan has 4 distinct seasons. Winter is cold and



dry with snow particularly common in the north and the mountains. The welcome spring is mild and brings out Japan's famous cherry blossoms. Summer starts with the June-July rainy season, followed by heat and humidity in August, particularly pronounced in the cities due to the heat island effect. The arrival of autumn is marked by typhoons and heavy rain in September. The colorful fall leaves are spectacular and draw crowds of tourists. The far south and north experience extremes of hot and cold, with temperature differences as wide as 50°C.

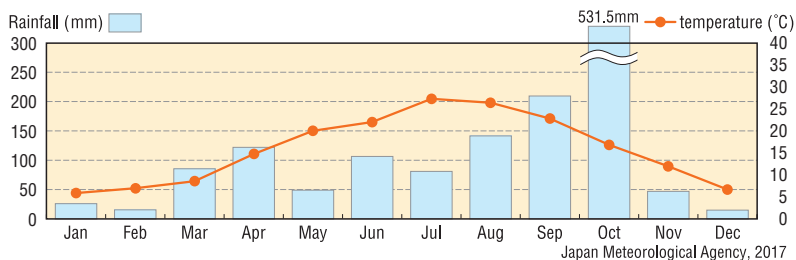
C/F Conversion Chart

$$^{\circ}\text{F} = \frac{9}{5} \times ^{\circ}\text{C} + 32$$



Language

Japanese is the national language. It is written in three different scripts - hiragana, katakana and kanji. Hiragana and katakana are phonetic scripts with 46 characters each. Kanji is a logographic script where each character represents a thing or idea. There are many thousands of kanji, though a set of 2,136 characters are designated



as the most essential for everyday life, and are taught at school. In cities and at popular tourist sites, English, Chinese and Korean signage are increasingly common.

Currency

The Yen (¥) is the currency of Japan. There are 4 denominations of Japanese paper currency - ¥1,000, ¥2,000, ¥5,000 and ¥10,000 and 6 different coins - ¥1, ¥5, ¥10, ¥50, ¥100 and ¥500. Both ¥5 and ¥50 coins have a round hole in the middle.



Consumption Tax & Tipping

Consumption tax is 10%. Most food and drink items (excluding alcohol) will retain the lower 8% rate. Take-out and delivery from restaurants will have the lower rate, while eating in will be subject to the 10% rate. Tipping is not necessary. However, a service charge of 10-15% will be automatically included in the bill at many restaurants.

Basic Manners

While most everyday manners in Japan are common sense, there are a few areas where visitors should take care.

Homes: Outdoor shoes are not worn in the home. Slippers are often provided for guests. House slippers are removed before entering Japanese-style tatami rooms and separate slippers are sometimes provided for use in the bathroom.

Eating: Food is rarely eaten on the street except during festivals. When dining with others, passing food from chopsticks to chopsticks, and standing chopsticks upright in food, are considered taboo.

Public transport: Queuing is important when boarding public transport, as is stepping off of trains to allow others to pass. Talking on the phone is generally forbidden, and able-bodied passengers are expected to give up priority seats to those who need them.

In public: Smoking is banned on the street in many areas, and is confined to designated smoking zones. There are few public garbage bins, so expect to take most waste home with you when out and about.

Power Supply

The power supply is 100V/50Hz in Eastern Japan and 100V/60Hz in Western Japan, but most

electrical items can be used in both areas. Electrical outlets are identical to 2-pin North American outlets.

Measurements

The metric system is used in Japan. Some traditional Japanese units of measurement for things such as alcohol, rice and land are still in wide use as well.

Japanese Year System

The Gregorian calendar is widely used in Japan. However, a unique year system called gengo, where years are based on the reigns of emperors, is also used in everyday life. Some official documents may require you to enter your date of birth in gengo. The new gengo Reiwa began on May 1st 2019 as Emperor Heisei abdicates.

Showa (1926-1989)

subtract 25 from the last two digits of the western calendar

Example: 1980 = Showa 55

Heisei (1989-2019.4.30)

1989-1999: subtract 88 from the last two digits of the western calendar

Example: 1995 = Heisei 7

2000-April 30th 2019: add 12 to the last two digits of the western calendar

Example: 2017 = Heisei 29

Reiwa (2019.5.1-)

National Holidays

In Japan, there are 16 national holidays in the year. If a national holiday falls on a Sunday, the following Monday will also be a holiday.

January 1	New Year's Day
2nd Monday of January	Coming of Age Day
February 11	National Foundation Day
February 23	The Emperor's Birthday
March 20	Vernal Equinox Day
April 29	Showa Day
May 3	Constitution Memorial Day
May 4	Greenery Day
May 5	Children's Day
July 22	Marine Day
July 23	Health and Sports Day
August 8	Mountain Day
3rd Monday of September	Respect for the Aged Day
September 23	Autumnal Equinox Day
November 3	Culture Day
November 23	Labor Thanksgiving Day

Chapter 02

Visas & Residency

Familiarize yourself with necessary procedures related to residence registration, visa application and re-entry permits.



Immigration

The Immigration Bureau controls matters regarding entry and residency for foreigners in Japan. Its website contains information on immigration matters and procedures, sample forms and contact information for immigration centers throughout Japan.

Immigration Bureau of Japan

<https://www.isa.go.jp/en/index.html>

The Ministry of Foreign Affairs

https://www.mofa.go.jp/j_info/visit/visa/index.html

Tokyo Regional Immigration Bureau

☎03-5796-7111, 5-5-30 Konan, Minato-ku, Tokyo

Yokohama District Immigration Office

☎045-769-1720, 10-7 Torihama-cho, Kanazawa-ku, Yokohama-shi, Kanagawa

Entry Procedures

Temporary visitors

If you are from one of the 67 countries and territories with whom Japan has a visa waiver arrangement (check the MOFA website for the full list) and are staying less than three months (15 days for visitors from Brunei, Thailand and Indonesia), you do not need a visa to enter the country. All other visitors should apply for the appropriate visa at an overseas Japanese embassy or consulate.

New residents



[Residence Card]

Residence Card

All incomers to Japan with a period of stay exceeding three months will be issued a residence card at the airport, and must register their address with their local municipal office within 14 days. The residence card is proof of one's permission to stay in Japan and should be carried at all times.

My Number

The Japanese Government implemented a new social security number system beginning in 2015, nick-named "My Number". All foreign residents are included in the new system, and will be issued a number after registering their address. The notification letter will be sent by registered mail, and must be signed for. The number is used

Address Registration

1. Arrival in Japan

Receive residence card at airport immigration

within 14 days of moving in

2. Visit local city/ward office

Complete address registration form and submit at desk with residence card.

wait to be called

Collect residence card with address recorded

within one month

3. Receive "My Number" notification

"My Number" notification will arrive by registered mail.

4. Apply for "My Number" ID (optional)

"My Number" ID cards can be applied for at the city/ward office.

When moving within Japan, you will need to complete procedures at the municipal offices for the area you are moving from and moving to.

Required documents for applications as of February, 2021:

	Required Documents	Price	Where
Extension of Period of Stay	<ul style="list-style-type: none"> ● Application form*1 ● Passport and Residence Card ● Supporting documents ● Photo(4cm×3cm) 	4,000 Yen as revenue stamp*2 fee	Immigration Bureau
Change of Status of Residence			
Re-entry Permits	<ul style="list-style-type: none"> ● Application form*1 ● Passport and Residence Card 	3,000 Yen for single permit or 6,000 Yen for multiple permit	

*1 Available for download from the Immigration Bureau website.

*2 Can be purchased at post offices and some immigration centers.

For full details, see the Immigration Bureau website or inquire directly at your local Immigration Bureau.



[My Number]

for matters related to tax and benefits, and should only be disclosed to relevant organizations.

[Departure]

Visa Applications

If the period of stay of your visa is coming to an end, or if circumstances mean that your current status of residence will no longer be valid, you must apply for a new visa through the local immigration office. Application forms and lists of necessary documents can be found on the Immigration Bureau of Japan's website.

Extending Period of Stay

The period you are allowed to stay in Japan for is recorded on your Residence Card. If you wish to stay longer under the same status of residence, you should apply for a visa extension 2-3 months in advance. Failure to apply in good time may mean you have to leave Japan and apply from overseas.

Changing Status of Residence

If, through a change in employment or some other circumstances your status of residence no longer applies to the activities you will be engaging in, you must apply for a change in status of residence. Information on the kinds of activities covered by each visa type can be found on the Immigration Bureau's website. Those changing from a Working Holiday visa to another type of working visa should complete this procedure.

Permanent Residence

Permanent Residents may partake in any activities allowed under all other statuses of residence and their period of stay is unlimited. Applications for permanent residence are scrutinized more closely than other applications. You can find Guidelines for Permission for Permanent Residence on the Immigration Bureau's website.

Re-entry Permits

Re-entry permits allow a person with a valid visa to leave and re-enter the country without forfeiting their status of residence. However, since 2012 it is no longer necessary for most foreign nationals leaving Japan for a period of less than one year to apply for a permit before leaving the country. Instead, at the airport they should fill in the "Embarkation Form for Re-entrant" and check the box stating that they will be returning to Japan within a year, presenting it at Passport Control along with their residence card. On returning to Japan, they should complete the "Disembarkation Form for Re-entrant" (stapled to the passport on departure from Japan) and enter the immigration line for re-entrants.

Births

You should report any births to your local municipal office within 14 days. You must also apply for a passport for your child at your embassy, as well as for a residence card at the local Immigration Bureau within 30 days. If you plan to leave Japan within 60 days of the child's birth, it is not necessary to apply for a residence card.

Marriages

Before getting married in Japan, contact your embassy or consulate to find out how to register your marriage in your home country, and check whether any additional procedures are required. Marriage itself only requires a visit to your local municipal office and filing a registration form which should also be undersigned by 2 witnesses. In event of the death of, or divorce from, a Japanese national, resident or special permanent resident, the immigration bureau must be notified within 14 days. Spousal visas will remain valid for no more than six months after the divorce or bereavement, so it will therefore be necessary to apply for a different status of residence if you wish to remain in Japan.

Immigration and Visa Services

The following is a list of companies who can assist with visa and immigration procedures.

A&C International, Sogo Jimusho

☎03-5422-1117 / 4F Sanei Bldg., 5-23-7 Shibashi, Minato-ku
<https://www.facebook.com/incorporation.in.Japan>

Santa Fe Relocation Services

☎03-3589-6666 / 6F No. 2 AB Bldg., 3-1-17 Roppongi, Minato-ku
<https://www.santaferelo.com/en>

Silk ReLo(formerly known as Asian Tigers Mobility)

☎03-6809-1853
 ☑Mon-Fri(excl. N.H.): 9:00am-5:30pm
<https://www.silkrelo.com>



Nakai Immigration Services

☎03-6402-7654 / 6F Shiba Kaga Bldg., 2-3-1 Shiba Koen, Minato-ku
<https://www.tokyovisa.co.jp/>

Statutes of Residence

Below is a list of some of the most common statuses of residence held by foreign nationals in Japan, with examples of jobs covered by them. A complete list can be found on the Immigration Bureau's website.

Official	embassy/consulate staff
Professor	university professor
Journalist	foreign press reporter/photographer
Business Manager	company administrator
Legal/Accounting Services	attorney, accountant
Medical Services	doctor, dentist, nurse
Instructor	teacher at compulsory education institution
Engineer / Specialist in Humanities/International Services	mechanical engineer, teacher at a private company, interpreter, translator etc.
Intra-company Transferee	transferee from an overseas office
Entertainer	actor, singer, professional athlete etc.
Student	student/pupil of public/private learning institution
Dependent	spouse/child of foreign national

Chapter 03 Settling In

From internet services for travelers and residents to phones, utilities and money matters, the following chapter is full of information on useful services, whether you're staying in Japan for a short time or long term.



Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Utilities Electricity

Tokyo Electric Power Company (TEPCO) is a major provider of electricity to the Kanto region including Tokyo and Yokohama, as well as Yamanashi and parts of Shizuoka. Call to set up an account as soon as possible to avoid any issues with your electricity supply. If you have an electric boiler (check with your realtor), you may need to make an appointment with an electricity company representative for them to set up hot water service. You can get the English brochure "A Guide to Electricity", either by mail or on their website, which provides information on rules, instructions and troubleshooting procedures.

TEPCO Customer Center

Contact TEPCO to apply for or terminate the electricity service, or to request the "payment by credit card" application form.

☎ Depending on the area (city, ward, etc.) that you live in, the contact information is different, as listed below.

☎ Mon-Sat (excl. N.H.): 9:00am-5:00pm

<https://www.tepco.co.jp/en/hd/index-e.html>

Gas

Gas service is always cut when a contract ends, so for properties with gas boilers and stoves, an appointment must be made with the gas company to reactivate it. Someone must be home to let the service person in. Same-day appointments are usually possible.

TEPCO Customer Center Contact (toll-free)

Applications	0120-995-001 *1	General Inquiries	0120-995-002 *1
	0120-995-005 *2		0120-995-006 *2
	0120-995-661 *3		0120-995-662 *3
	0120-99-5771 *4		0120-99-5772 *4
	0120-99-5775 *5		0120-99-5776 *5

*1 Koto, Sumida, Edogawa, Katsushika, Taito, Arakawa, Adachi, Shibuya, Setagaya, Shinagawa, Meguro, Ota, and Minato (Daiba) wards

*2 Chiyoda, Chuo, Minato (excl. Daiba), Shinjuku, Bunkyo, Itabashi, Kita, Nerima, Sugiyama, Toshima and Nakano wards + islands

*3 Tokyo excl. 23 wards *4 Kawasaki-shi and Yokohama-shi excl. Izumi, Totsuka, Sakae and some parts of Konan wards

*5 Kanagawa-ken excl. the above areas

Tokyo Gas Customer Service

Use the number below for application, to arrange set-up when moving in, to terminate your gas supply when moving out, or to request the "payment by credit card" application form.

☎ 0570-002211 (from fixed line phones)

☎ 03-3344-9100 (from mobile phones)

☎ Mon-Sat: 9:00am-7:00pm

Sun & N.H.: 9:00am-5:00pm

<https://www.tokyo-gas.co.jp/en/index.html>

Water

Call to apply for service before you move in and inquire if you are in an area which accepts payment by credit card, and request the application form.

Bureau of Waterworks Tokyo Metropolitan Govt. Customer Service Center (23 wards)

☎ 03-5326-1100

☎ 8:30am-8:00pm (excl. Sun & N.H.)

Call this number if you are living in one of the 23 wards in Tokyo. If you live in the Tama region, refer to the water company website to check the telephone number for your area.

<http://www.waterworks.metro.tokyo.jp/eng>

Yokohama Waterworks Bureau Customer Service Center

☎ 045-847-6262, 24 hrs., Daily

<https://www.city.yokohama.lg.jp/lang/residents/en/life/water1.html>

Utility bills

Meters are read monthly for electricity and gas and every two months for water. Often, you will receive a meter reading sheet before the final bill arrives, which cannot be used to pay. The bill will always come as a two-part slip with a barcode, and can be paid at a bank or convenience store

Mobile Phones

Foreign handsets

It is possible to use non-GSM 3G, 4G and 5G devices in Japan via International roaming. For devices that are SIM-free, it is also possible to use a Japanese SIM as long as the device is compatible with the frequency bands of the provider. See the section below on SIM-free phones for information on data and voice plans.

Getting a Japanese phone

Until recently, the three main mobile network carriers in Japan (NTT Docomo, SoftBank and au) required a two-year contract. Although they do still have the two-year contract plans (with cancellation penalties), they now also offer plans with no contract period. They also have various plans that allow you to either purchase a phone through them or provide your own SIM free device. It is also possible to get a SIM contract through a Japanese Mobile Virtual Network Operator (MVNO) which are companies that rent the mobile network from the three main carriers which allows them to provide plans at a lower price.

(For short-term use, many rental SIM and portable Wi-Fi providers also offer smartphone rental. See P9 Mobile internet)

Handset contracts

In order to buy a handset, it will be necessary to have your residence card with your current address, passport and payment information ready. You will either be required to provide a Japanese bank account or credit card under the contractor's name. There are a variety plans and bundled deals available so it is recommended to check with providers for more details.

Mobile Phone Providers

au (KDDI Corp.)



☎0120-959-472 (toll-free)
<https://www.au.com/english>

NTT DOCOMO, INC.

☎0120-005-250 (toll-free)
<https://www.nttdocomo.co.jp/english>

SoftBank Corp.

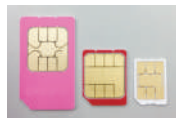
☎0800-919-0157 (toll-free)
 Press "8" for English support
<https://mb.softbank.jp/en>

Y!mobile

☎0570-039-151
<https://www.ymobile.jp> (Japanese only)

SIM-free Phones

Unlocked phones can be purchased from most electronics stores. The carriers above can also unlock phones purchased through them upon request, however, they may only be able to unlock the phone after a set period from the start of the contract. If you have an unlocked phone, you can get data and voice SIMs through a number of different providers.



The advantage of going with an MVNO is that they are often able to provide lower monthly fees and are much easier to apply for. The three major carriers usually require a Japanese residence card and Japanese credit card in order to apply. However, in most cases, a mobile phone is not provided so you will need to have an unlocked device prepared.

Most MVNOs allow SIM cards to be ordered online and have them delivered to your residence. The three main carriers will require you to visit in person to apply for a SIM card. There are also electronic chains such as Bic Camera, Yodobashi Camera and Yamada Denki that offer in-store assistance. Some providers may allow direct debit from a bank account but it is very rare as most places will require a credit card. The following online operators offer English service:

JP SMART SIM

<https://www.jpsmart.net>

Mobal

<https://www.mobal.com/japan-sim-card>

Sakura Mobile

<https://www.sakuramobile.jp>

SonixNet (Assist Solutions)

<https://www.asolutions.co.jp/sim-card/>

Fixed Line Telephones

Before it was much more common to use the analog phone system, which was/is, provided by companies such as NTT, Softbank, KDDI, cable companies. However, now it is much more common, especially for residences, to have the Hikari IP phone installed as an option when having the

internet installed. In addition, although there are other companies that do provide the landline phone, it is our opinion that the most common company that is used is NTT

NTT East Information

For new telephone line applications, additional services or other inquiries:

☎0120-116-000 (toll-free), 9:00am-5:00pm (excl. N.H.&N.Y.H.)
<https://www.ntt-east.co.jp/en>

Dialing within Japan

Each area of Japan has a specific dialing code (central Tokyo numbers begin with 03). You do not need to add the area code if dialing from a regular fixed line within the area, but it is necessary if dialing from a mobile phone.

Payphones

Payphones accept ¥10 and ¥100 coins or pre-paid telephone cards. Payphones do not give change for ¥100 coins. Telephone cards are available at NewDays KIOSKS and convenience stores.



Internet

Home Internet in Japan is fairly stable. Many serviced apartments have internet readily available or most real estate companies will provide you with information and contact details for an Internet Service Provider that is available in your building. Some providers may also offer internet and TV services as a package deal. Check the Media section below for information.

Internet Service Providers (ISP)

Many providers offer a variety of Internet plans.

Internet / TV / Phone Provider

Assist Solutions Corp delivers one of the most reliable Internet, TV, SIM cards and IP phone connections in Japan. Their team of bilingual experts strive to provide top quality services/ solutions and will visit your residence or company to help you with any of your IT needs.

Assist Solutions Corp.

☎0120-660-470 (Toll Free/English), 03-3560-1006
 ✉info@asolutions.co.jp
 ☑10:00am-6:00pm ☑Sat, Sun, N.H.
<https://www.asolutions.co.jp>

Refer to the list below for Internet providers, which offer services in English.

au HIKARI (KDDI Corp.)

☎0077-7084 (toll-free)
<https://www.au.com/english/internet>

FUSION GOL (Rakuten Broadband Premium)

☎0120-987-600 (toll-free)
<https://business-isp.rakuten.co.jp/en/biz/>

NTT Communications

☎0120-506506 (toll-free)
<https://www.ntt.com/en/personal.html>

SonixNet (Assist Solutions Corp.)

☎0120-660-470 (toll-free), 03-3560-1006
 ✉info@asolutions.co.jp
<https://www.asolutions.co.jp>

SpinNet (Softbank Corp.)

☎0088-210-209 (toll-free), 044-388-0607
<https://www.spinnet.jp/indexe.html>

Free Wi-Fi for Travelers

Free Wi-Fi hotspots have become more common throughout the years. There are certain apps/services that allow you to connect to free wi-fi or can help you find free wi-fi hotspots. Although free wi-fi hotspots are easier to find in big cities, they are usually less common in rural areas.



Travel Japan Wi-Fi

<https://japanfreewifi.com/>

Japan Connected-free Wi-Fi

<https://www.ntt-bp.net/jcfw/en.html>

Softbank Free Wi-Fi Passport

<https://www.softbank.jp/en/mobile/special/freewifi/en>

Mobile internet

If you have a 3G, 4G or 5G foreign handset, you may be able to use it in Japan via international roaming. However, the charges may be high depending on your plan with your provider. A popular alternative is to rent a SIM or pocket wi-fi. These can often be ordered online and delivered to the airport or your accommodation. The following companies offer rental SIMs and devices to short and mid-term visitors (please note that SIMs will only work in unlocked phones).

Genki Mobile

<https://www.genkimobile.com>

Japan Wireless

<https://www.japan-wireless.com>

NTT Communications

<https://www.ntt.com/en/personal.html>

Global Advanced Communications

<https://www.globaladvancedcomm.com>

eConnect

<https://www.econnectjapan.com>

PuPuRu

<https://pupuruwifi.com>

So-net

<http://www.so-net.ne.jp/prepaid/en>

Sakura Mobile

<https://www.sakuramobile.jp>

JAPAN TRAVEL SIM powered by IJmio

<https://t.ijmio.jp/en/index.html>

CDJapan

https://rental.cdjapan.co.jp/index_en_jpy.html

b-mobile

<https://www.bmobile.ne.jp/english/index.html>

Media**Satellite & Cable Television**

Satellite and Cable TV companies offer a variety of channels such as sports, news and films. You can purchase the tuner and dish separately. Internet and telephone package options are available. Companies that provide satellite or cable television are listed below.

SKY PerfectTV! (SKY Perfect JSAT Corporation)

☎0120-211-855 #9English (toll-free)

<https://www.skyperfecttv.co.jp/eng>

ITSCOM (its communications Inc.)

☎0120-109199 (toll-free)

<https://www.itscom.co.jp/en>

J:COM

☎0120-999-000 (toll-free, Japanese only)

<https://www.jcom.co.jp/english.html>

Tokyo Cable Network Inc.

☎0800-123-2600 (toll-free, Japanese only)

<https://www.tcn-catv.co.jp> (Japanese only)

Newspapers & Online News Resources

You can find popular English newspapers in Japan at most metropolitan train station NewDays-KIOSKS and convenience stores.

Subscribing to online news sites not only allows you to keep up with the latest global news but also gives you access to news archives and exclusive business information resources. The following is a list of major English newspapers and online news resources.

Financial Times (Japan) Ltd.

<http://www.ft.com>

JAPAN TODAY

<https://japantoday.com/>

The Japan News

<http://the-japan-news.com>

The Japan Times / International New York Times

<http://www.japantimes.co.jp>


Household Appliances

Most Japanese appliances do not have English annotations on their controls. Common settings for various appliances are included below.


Air-conditioning Remote

	運転・停止	on/off
	自動	automatic
	ドライ／除湿	dry/dehumidify
	冷房	cooling
	暖房	heating
	切タイマー	off timer
	送風	ventilation
	運転切換	function switch
	温度	temperature
	風量	wind level
	風向	wind direction
	入タイマー	on timer

Washing machine switches

	入	on	コース	course	洗い	wash
	切	off	予約	timer set	すすぎ	rinse
	スタート一時停止	start/pause	標準/おまかせ	regular cycle	脱水	drain
					水量	water volume

Washlet Control Panel

	止	stop	水勢	water pressure
	おしり (backside)	flush	流す	flush
	ビデ (for ladies)	大	strong flush	
	乾燥	dryer	小	gentle (half) flush

Nikkei Asian Review
<http://asia.nikkei.com>

Radio

Some FM stations (including NHK FM, InterFM, Tokyo-FM, J-WAVE and Bay-FM) have English programming and broadcast relevant information in the case of an emergency.

Mail & Courier Services

Mail

The postal service in Japan is relatively inexpensive and reliable. There are post offices all over the country, including small towns and villages. Within Japan, the cost for a standard size letter (up to 25g) is ¥84, and for a postcard, ¥63. For more services and information, see the Japan Post English website.

Japan Post

☎0570-046111
https://www.post.japanpost.jp/index_en.html

Local Couriers

There are a number of commercial courier companies offering a variety of services. These services can deliver suitcases and sports equipment, with rates depending on the size and weight of items. There are also special services such as

“cool-bin” for refrigerated and frozen goods.

Japan Post

☎0570-046111
<https://www.post.japanpost.jp/english>

Seino Transportation Co., Ltd.

<http://www.seino.co.jp/en/>

YAMATO TRANSPORT Co., Ltd.

☎0120-17-9625 9:00am-6:00pm
<https://www.kuronekoyamato.co.jp/en>

Sagawa Express Co., Ltd.

☎050-3032-9151 8:00am-7:00pm
<https://www.sagawa-exp.co.jp/english/>

International Couriers

Below is a list of the major international companies. All of them offer services and websites in English.

DHL Japan, Inc.

☎0120-39-2580 (toll-free)
<https://www.dhl.co.jp/en/express.html>

EMS (Japan Post)

☎0570-046111
https://www.post.japanpost.jp/int/ems/index_en.html

FedEx Express

☎0120-003-200 (toll-free) or
 ☎043-298-1919 (from mobile phones)
<http://www.fedex.com/en-jp/home.html>

Calling for redelivery

If you are not at home for a package that needs to be signed for, or which is too big for your mail box, you will receive a notice from the delivery company. Call the relevant company (numbers below) to request a free redelivery for a later time or day, or arrange to collect the item at a dispatch center or convenience store. Japan Post items can also be collected at all times at the sorting office for your area, unless they are still with the delivery person.

Yamato Transport

☎0120-17-9625 (toll free)
 / 03-6757-1061



Sagawa Express

☎050-3032-9151



Japan Post

☎0570-046-111



不在連絡票

Undeliverable Item Notice

差出人

sender

伝票番号

お問い合わせ送り状No.

tracking number

受取人様

addressee

再配達受付連絡先

contact info for redelivery

追跡番号

UPS Japan

☎0120-27-1040 (toll-free)

<https://www.ups.com/jp/en>**YAMATO TRANSPORT Co., Ltd.**

☎0120-17-9625 ☑9:00am-6:00pm

<https://www.kuronekoyamato.co.jp/en>

Money

Cash Withdrawals

Recently, the number of ATMs which accept foreign cards has greatly increased. If your card has the Visa, Mastercard, Cirrus, Maestro or Plus logo printed on it, you should be able to withdraw cash from ATMs located in post offices, major banks and convenience stores. For withdrawals from Japanese accounts, bank branch and vestibule ATMs generally offer service for their own cards only, but will not charge for withdrawals within regular hours. Post office and convenience store ATMs offer service for cards from most Japanese banks for a small commission for each transaction.

Opening a Bank Account

You may open accounts at banks by filling out an application form and presenting your residence card. Some banks may require a personal seal, while some require you to have lived in Japan for a given period (e.g. 6 months) before you can open an account.

Shinsei Bank and Seven Bank provide service in English, including online banking. Be aware that many other Japanese banks do not offer any English information or support at the counters.

Credit and Debit Cards

Approval checks on credit card applications are particularly strict for foreign residents in Japan, and it may be difficult to obtain one soon after arriving. Debit card applications are not subject to the same checks, so you should be able to obtain one if they are offered by your bank. Seven Bank

has a debit card account available to those who have lived in Japan for at least 6 months, and are at least 16 years old.

Banks

Shinsei Bank, Limited

☎0120-456-860 (toll-free)

<https://www.shinseibank.com/english>**SMBC Trust Bank's PRESTIA**

☎0120-50-4189 (toll-free)

<https://www.smbctb.co.jp/en>**Seven Bank, Ltd.**

☎0120-937-711 (toll-free)

<https://www.sevenbank.co.jp/english>**JAPAN POST BANK Co., Ltd.**

☎0120-108420 (toll-free, Japanese only)

☑Mon-Fri: 8:30am-9:00pm, ☑Sat/Sun/N.H. and Dec 31-Jan 3: 9:00am-5:00pm

https://www.jp-bank.japanpost.jp/en_index.html**Mizuho Bank, Ltd.**

☎0120-324-638 (toll-free, English)

<https://www.mizuhogroup.com/japan>**Sumitomo Mitsui Banking Corp.**<https://www.smbc.co.jp/global/japan/index.html>**MUFG Bank Ltd.**

☎0120-860-777 (toll-free, Japanese only)

<https://www.bk.mufg.jp/global/index.html>

Transferring Money within Japan

You can use bank ATMs for domestic bank transfers, even without a bank account, if the amount is less than ¥100,000. Just press the 振り込み button and input the recipient's bank details – if using cash, you will be prompted to feed the banknotes into the machine. Commission fees are lower if you transfer directly from a bank account, and cheapest if the recipient's account is with the same bank.

International Money Transfers

Dedicated overseas remittance services are usually the cheapest way of sending and receiving money internationally. These services operate

Personal Seals

Personal seals (inkan), are used in many situations in Japan in place of signatures. They can contain Latin letters or Japanese characters, and are used to confirm your identity on official documents, and when accepting mail. Though many facilities now accept signatures, some banks still require a seal. Shops specialising in personalised hanko (stamps) are relatively common, but may be hard to spot as the signs are usually in Japanese. Some Don Quijote and

Tokyu Hands stores have hanko vending machines which let you choose the characters you want to use. For important formal documents (buying property, for example), you will need to register a jitsuin (official seal) at a municipal office. The names you can include on the seal depend on your residence record, so check with the office before making your stamp.



online, through convenience stores and by domestic transfers to intermediary banks. Commission fees are usually lower than if you transfer by bank, and in some cases the transfer is completed in a matter of hours.

Overseas money transfers through banks take at least 2-7 business days. From most Japanese banks, the cost will be at least ¥4,000. If intermediary banks are involved in your transaction, they may deduct additional fees from the amount transferred. Some Japanese banks may not allow money transfers from overseas within the first six months. For details, ask your bank.

Money Transfer Services

enRemit Overseas Remittance Service

☎03-3359-0009 (English/Japanese)

<https://enremit.com/en/>

docomo Money Transfer

☎0120-005-250 (toll-free)

<https://dmt.docomokuza.jp/english/>

GoRemit Shinsei Overseas Remittance Service

☎0120-227-503 (toll-free)

<https://www.shinseibank.com/english/goremit>

SBI Remit

☎03-5652-6759

<https://www.remit.co.jp/en/>

Seven Bank International Money Transfer Service

☎0120-937-711 (toll-free)

<https://www.sevenbank.co.jp/soukin/en>

Taxes

In Japan, the main types of tax you will have to pay are income tax and residence tax. The Consumption tax rate is 10%, except for food stuffs which is 8%. There are also taxes for owning cars and property.

Income Tax

Income taxes in Japan are determined by the following criteria:

- Status of Residence (Non-Permanent Resident, Permanent Resident, or Non-Resident).
- Source of Income (paid in Japan or paid outside of Japan).
- Total taxable income earned.

Individual income tax is based on the self-assessment system, but if you are working for a company, the tax will automatically be deducted from your salary based on expected earnings. You will be required to fill in a form at the end of the year specifying if you have any additional sources of income or tax deductible expenses. The difference between the estimated and actual tax amount is added to or deducted from future pay checks.

Freelance workers, those working for more than one company, and the self-employed should file a tax return by the 15th March deadline. Salaried employees should fill in the form if they had medical expenses over ¥100,000, had a loan, had a period of unemployment, had non-salary earnings of over ¥200,000, bought a house, or made charitable donations during the previous tax year.

Many countries have a tax treaty with Japan so that you do not have to pay income tax in both Japan and your home country. For more details, contact the tax authority of your home country.

National Tax Agency Japan

<http://www.nta.go.jp/english/index.htm>

Residence Tax

You are required to pay residence tax if you have been living, or plan to live in Japan for more than 1 year. You should pay tax to the municipality in which you were living on January 1. In most cases full-time workers will have it automatically deducted from their salary. Others will have bills mailed to them, which should be paid by the deadline. Failure to pay residence tax can lead to trouble when it comes to renewing your visa.

SCS Global Tax Consulting Corporation

☎03-5545-5885 / 4F, 2-2-5 Toranomon, Minato-ku

<http://www.scsglobal.asia/>

My Number

You will receive your "My Number" social security notification letter after registering your address (see Chapter 2). After receiving the notification you may apply for an optional My Number ID card. More information can be found here:

<https://www.kojinbango-card.go.jp/en/>

Pensions

Japan has 2 types of pension plans, Kosei-Nenkin (Employees' Pension) and Kokumin-Nenkin (National Pension). Both are run by the government.

Employees' Pension

If you are a full-time employee, you and your family can apply for Employees' Pension. Your company will automatically deduct the premiums from your salary each month. 50% of the premiums will be paid by your company.

National Pension

Anyone over the age of 20 not employed by a company, such as students or freelancers, is required to enroll in National Pension. You will need to apply at your local municipal office.

When you leave Japan, you can claim a lump-sum withdrawal payment, but you must meet certain conditions in order to apply.

- You do not have Japanese citizenship.
- You have enrolled in the system for at least 6 months.
- You will no longer be living in Japan.
- You have not received any benefits from the plan.

Those with an Employees' Pension plan should ask their company for details. English information and an application form for the National Pension withdrawal payment is available at your local municipal office. You should start the application within 2 years of leaving Japan.

International social security agreements to avoid enrollment in the pension plans of 2 countries are in effect with Germany, the United Kingdom, South Korea, the United States, Belgium, France, Canada, Australia, Netherlands, Czech Republic, Spain, Ireland, Brazil, Switzerland and Hungary. Generally, nationals who are posted to Japan for fewer than 5 years will not be required to enroll with the Japanese pension plans.

Japan Pension Service

<https://www.nenkin.go.jp/international/index.html>

Legal Services

If you run into legal difficulties, or need assistance with matters relating to marriage, visas, employment, inheritance, etc. there are a number of law offices that can offer advice and representation in English.

Japan Legal Support Center (Houterasu)

A public agency providing information on legal systems in Japan and accessible legal counseling services via telephone.

☎0570-078377 ☑Mon-Fri 9:00am-5:00pm

<https://www.houterasu.or.jp/multilingual/index.html>

Ms. Tana Isobe, Attorney at Law

☎03-5911-3216 / 4F T&T Bldg, 3-36-7 Minami-Otsuka, Toshima-ku ☑3 min. from Otsuka Sta. South exit ☑Mon-Fri 9:00am-5:30pm (Office hours; E-mail support avail. on Sat/Sun)

isobe@p-law.jp

Partners Law Office

☎03-5911-3216 / 4F T&T Bldg, 3-36-7 Minami-Otsuka, Toshima-ku <https://p-law.jp/en-partners/>

Tokyo Public Law Office

☎03-5979-2880 / 2F, 1-34-5 Higashi-Ikebukuro, Toshima-ku <http://www.t-pblo.jp/fiss/>



Foreign-language

Human Rights Hotline



Human Rights Bureau, Ministry of Justice
National Federation of Associations of Human Rights Volunteers

DON'T STRUGGLE ALONE.

Refused occupancy in an apartment? Feeling excluded due to cultural differences? If you are experiencing problems like these, contact us by phone or online.



0570-090911



Weekdays 9:00-17:00 (closed on New Year holidays)

*Call rates to the call center will be charged.

English

Chinese

Korean

Nepali

Spanish

Portuguese

Vietnamese

Indonesian

Thai

Filipino

Chapter 04 Housing

Finding a comfortable place to live is one of the most important tasks in ensuring a pleasant stay in Japan. Allocate sufficient time to research the market and to find a place that matches both your requirements and your budget.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.



Tokyo and Yokohama

The Tokyo Metropolis is made up of the 23 wards area in the east, and the Tama region in the west. Yokohama is the capital of Kanagawa Prefecture to the south-west of Tokyo, and the area between the two cities is mostly urban. Many of the most popular expat's neighbourhoods in Tokyo are in the south and west of the city, in Minato, Meguro and Shibuya wards. These central locations are among the most expensive places to live, but have good transport links to other areas and have many shops, international schools and medical facilities serving the expat community. More suburban areas are likely to be quieter, and may have better access to parks and larger supermarkets, but are less convenient when it comes to accessing expat facilities.

Popular Expat Areas

Hiroo & Azabu

In addition to residences, upmarket shops and restaurants, these neighborhoods are home to a number of schools, embassies, parks, temples, shrines and churches, providing a safe and quiet environment.

Roppongi

One of the trendiest and most cosmopolitan towns in Tokyo with a number of shopping complexes, offices of internationally affiliated businesses, eateries, and various services catering to the expatriate population.



Shinjuku

Tokyo's administrative center is a business and commercial hub with upmarket high-rise residences on its west side and suburbs to the north.

Aoyama and Omotesando

Omotesando is one of the fashion capitals of Japan, while nearby Aoyama is home to many international businesses.

Shibuya

Shibuya is a busy commercial district with a thriving entertainment and nightclub scene, known for its many fashion boutiques.

Daikanyama

Located near the bustling center of Shibuya, this area is rich in greenery, and home to some first rate cafes, restaurants and organic food stores.



Yoyogi

Yoyogi refers to the areas around Yoyogi-uehara, Yoyogi-koen and JR Yoyogi stations on either side of the large Yoyogi Park. Yoyogi is a green oasis in Tokyo with good access to central areas.

Meguro

Meguro ward's Jiyugaoka area is a peaceful, upmarket suburb, while Nakameguro is a haven for creative types with many vintage shops.

Akasaka

A popular international area with commercial complexes, embassies and a vibrant nightlife.

Yamate (Yokohama)

Also known as "The Bluff", this area of Naka-ku is a historical foreign neighbourhood whose western-style housing lends it a distinct atmosphere.

Other areas

North-west Tokyo

Nakano, Nerima and Suginami wards are largely suburban areas where rent is cheaper than central Tokyo, transport access is good and neighborhoods are generally quiet.

South-west Tokyo

Setagaya ward is the most populous in Tokyo, and areas such as Shimokitazawa and Sengen-jaya are popular neighborhoods.



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of International Moving
and Relocation Services.

E-mail: nittsu-goglobal@nipponexpress.com

Web: <https://www.nipponexpress.com/moving/>



East Tokyo

Bunkyo, Taito and Sumida wards are traditional craftsmen towns, and increasingly popular for their residential areas with small independent stores.

Tama

The Tama region to the west of the 23 wards includes the cities of Musashino and Tachikawa, which have a mix of urban and suburban neighborhoods.

Types of Housing Service

Short- to Mid-term Housing

Serviced Apartments

Serviced apartments include all the furniture, linen, cutlery and electrical appliances you need, as well as regular cleaning and concierge services, providing the comfort of home with the convenience of a hotel. Contracts usually start at one month.

Monthly Rentals

As the upfront fees for long-term housing contracts tend to be high, some companies offer furnished apartments for only a deposit and monthly rent. Contracts tend to start from 3 months, and utilities fees may be included, charged at a set rate, or be the responsibility of the tenant.

Guest Houses

Guest houses or “share houses” are multiple-occupancy buildings where tenants have a private room but share common areas such as bathrooms and kitchens. All fees are usually included, and rents and deposits are cheaper than for most other forms of housing.

Long-term Rentals

If you are planning to stay in Japan for a number of years, you will have a wider range of options of housing, from high-rise apartments to suburban houses. Contracts are typically for 2-3 years and furniture, utilities and internet and media services are generally not included.

Rooms and Terms

Japanese real estate listings use numbers and letters to describe room types. The number refers to the number of bedrooms and the letters convey the size of the non-bedroom spaces. A 3LDK housing unit will have 3 bedrooms, and 1 living-dining-kitchen room (though some properties exist where these rooms are separated). The sizes of the rooms are usually shown on the floor plan, either in m² or in the Japanese unit “jo” which is the size of 1 tatami mat (1.6m²).

Major Areas in Tokyo



L	Living room	Over 8 Jo (approx. 13m ²)
D	Dining room	Over 5 Jo (approx. 8m ²)
K	Kitchen	About 4 Jo (approx. 6.5m ²)
DK	Dining-kitchen	1 room with a size between 5-9 Jo (8-14.5m ²)
LDK	Living-dining-kitchen	1 room with a size over 9 Jo (14.5m ²)
1R	Studio apartment	
洋室(洋)	Western style	Wooden or carpeted floor
和室(和)	Japanese style	Tatami floor
ロフト	Loft	Loft

Rent

Proximity to the city center, popular areas and train stations can mean higher rents. Newer properties and those that allow pets are also often more expensive.

Rent for the following month is usually due on the last day of the current month. At some apartments, a maintenance fee called “kyoeiki” or “kanrihi” may be required in addition to the monthly rent. This covers the maintenance of common spaces and the building exterior.

Other Costs

In addition to the monthly rent, there may also be upfront costs when moving into a new property. These include:

- Reikin (key money) – a non-refundable gratuity, usually 1-3 months’ rent. Reikin-free apartment rentals have become common in recent years.
- Shikikin (deposit) – a security fee, partially refunded when you move out.
- Chukai-tesuryo (agency fee) – a fee, usually one month’s rent, paid to the real estate agent.
- Koshinryo (renewal fee) – the fee, usually one month’s rent, paid to renew the lease for another term (usually 2 years).
- Kasai hoken (fire insurance) – legally required in most cases to cover fire damage to the building, charged when you sign the contract.

Applying

When you make an application to rent a dwelling through a Japanese agency, you will be required to provide employment and salary information, your residence card (or passport if you have not yet registered), and your personal seal or signature. Most properties require you have a guarantor to co-sign the lease, as insurance should you fail to pay the rent. As guarantors must be Japanese nationals with a respectable income, most foreign renters must rely on either their employer, or pay a guarantor agency in order to rent.

Moving Out

Landlords usually require one month's notice of your moving out. Be sure to check your lease agreement and follow the moving out procedures as written. Some building management agencies will carry out an inspection on the last day to check the condition of the room. The cost for any repairs will be deducted from the deposit, and you will receive the remaining balance within the next few weeks. If you are leaving Japan, the conditions for deposit refund depend on the contract and real estate agent.

Real Estate Services Serviced & Unfurnished Apartments

Ascott International Management Japan Co., Ltd.

☎ Reservation for Somerset: 03-5575-5513

(☐ Mon-Fri: 9:00am-7:00pm)

☎ Reservation for Ascott and Citadines: 0120-914-886

(☐ Open daily: 9:00am-7:00pm)

Area: Ginza, Shinagawa, Marunouchi, Shinjuku

<https://www.the-ascott.com>

Manjushoji Furnished Apartments

Nicely appointed furnished apartments located in central Tokyo. Various layouts and furnishing options tailored to customer needs.

☎ 090-3681-0361 ☐ Mon-Fri:

9:00am-5:00pm

www.manjushoji.com



MORI LIVING Serviced Apartments (Mori Building Co., Ltd.)

Luxury serviced apartments and leased residences including 5 exclusive spas in premier central Tokyo locations such as Roppongi Hills, Atago Green Hills, Motozaburo Hills and ARK Hills.

☎ 0120-52-1806 (toll-free) ☐ Mon-Fri: 9:00am-6:00pm

Areas: Roppongi, Atago, Nagatacho

<https://www.moriliving.com/en>



Space Design Inc.

☎ 0120-710-677 (toll-free) / Shibuya, Akihabara, Ningyocho, Shinagawa, Sakuragicho Sta. and more

☐ Mon-Fri (excl. N.H.): 9:00am-6:00pm (Call Center)

<http://www.space-d.co.jp/en>

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Oakwood Japan offers the best comfort feeling at home in Hotel & Serviced apartments from short to long stay with our four brand products: Premier, Suites, Residence, and Apartments.

☎ 03-5412-3131

☐ Open Daily: Hours vary among apartments

Areas: Roppongi, Azabu-Juban, Aoyama, Akasaka, Shirokane, Tokyo Sta. etc.

<https://www.oakwood.com>



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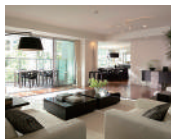
www.asiantigersgroup.com

Ask for a free estimate!

03 6402 2371
sales@asiantigers-japan.com

Sumitomo Realty & Development Co., Ltd.

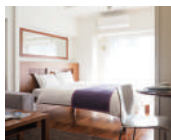
They carry a rich number of apartments in convenient locations in central Tokyo. From unfurnished to fully furnished, their apartments can be arranged accordingly to the resident's needs.



☎0120-770-507 (toll-free) ☐Open Daily: 9:00am-6:00pm / Areas: Roppongi, Hiroo, Daikanyama, Shinjuku, Shibuya, etc.
<https://www.sumitomo-latour.jp/english>

Tokyo Apartments

Offering both short & long-term, furnished & unfurnished housing solutions, and relocation services throughout Japan.



☎03-4455-7594 ☐Mon-Sat (excl. N.H.): 9:30am-6:00pm
<https://www.tokyopartments.jp>

Guest Houses and Monthly Rentals**Fontana**

☎03-3382-0151 📍2 min. from Shin-Nakano Sta.
 ☐Open Daily: 9:30am-6:30pm
<https://www.tokyocityapartments.net>

SAKURA HOUSE

☎03-5330-5250 📍7 min. from Shinjuku Sta. West exit
 ☐Open Daily: 8:50am-8:00pm
<https://www.sakura-house.com>

Real Estate Agents**Enplus Inc. – Real Estate Agency**

☎03-4455-7594
 ☐Mon-Sat (excl. N.H.): 9:30am-6:00pm
<https://www.enplus.co.jp/en/>

H&R Consultants K.K.

Map I (1-b)

☎Tokyo Office: 03-5449-6061, Nagoya Head Office: 052-973-3957, Kobe Office: 078-325-3650
 ☐Mon-Fri (excl. N.H.): 9:00am-6:00pm
<https://www.JapanHomeSearch.com>

Hokuo Planning Co., Ltd.

☎03-3405-8881
 ☐Mon-Fri: 9:30am-6:00pm Sat: 10:30am-5:00pm
<https://hokuo-p.com/>

Housing Japan

☎Lease: 03-3588-8862, Sales & Purchases: 03-3588-8861, Property Management: 03-3588-8863 ☐Open Daily (excl. N.H.): 9:30am-6:30pm
<https://housingjapan.com/>

Ken Corporation Ltd.

Map A (3-a)

☎03-5413-5666
 ☐Mon-Sat(excl. N.H.): 9:00am-6:00pm
<https://www.kencorp.com>

OVERSEAS CORPORATION – Real Estate Agency

☎03-3562-2061 ☐Mon-Fri (excl. N.H.):9:00am-6:00pm ✉info@overseas.co.jp
<https://www.overseas.co.jp>

PLAZA HOMES, LTD.

Map D (3-b)

☎Rental: 03-3583-6941 / Sales & Purchases: 03-3588-0131 ☐Mon-Fri (excl. N.H.): 9:00am-8:00pm Sat, Sun, N.H.: 9:00am-6:00pm
<https://www.realestate-tokyo.com>

Resident First

☎03-5772-9923
 ☐Open Daily (excl.Wed): 9:30am-6:00pm
<https://www.mitsui-chintai.co.jp/resident/english>

Real Estate in Tokyo

Rent
Buy

Thousands of Property Listings
www.realestate-tokyo.com

PLAZA HOMES

Expatriate Housing Specialist 03-3583-6941

MANJUSHOJI

Furnished Apartments
manjushoji.com

Tokunaga Real Estate

Map L (1-a)

☎045-681-0685

🕒9:00am-5:00pm (closed on Wed, Sun & N.H.)

https://www.tokunaga-realestate.com/index_en**SUN REALTY & INSURANCE CORPORATION** Map D (2-b)

Specialized in renting Homat properties & luxury housing for expats in Tokyo ever since founded in 1954.

☎03-3584-6171 🕒Open Daily: 8:45am-5:30pm

<https://www.sunrealty.co.jp>**Moving and Relocations Services**

The major moving companies have English service and operate both domestically and internationally, with access to a worldwide network. Relocations companies offer moving services in addition to house hunting, logistics, visa procedures, applications/registrations with municipal offices and public services, setting up bank accounts, finding schools as well as supermarkets, shops and restaurants in your neighborhood. Listings can be found at the end of this chapter.

Relocations**All Japan Relocation Inc.**

Map D (3-b)

☎03-5549-8700 🕒Mon-Fri (excl. N.H.): 9:00am-5:40pm

<https://www.alljapanrelocation.com>**Silk Relo** (formerly known as Asian Tigers Mobility) Map D (2-c)

Comprehensive, customizable relocation services: moving, storage, home & school search, orientation, settling-in services, cultural training, departure services, visa & immigration.



☎03-6809-1853

🕒Mon-Fri (excl. N.H.): 9:00am-5:30pm

<https://www.silkrelo.com>**Crown World Mobility**

Map J (2-c)

Crown World Mobility helps corporations manage global talent and talented individuals perform on the global stage.



☎03-5447-2301

🕒Mon-Fri (excl. N.H.): 9:00am-5:30pm

<https://www.crownworldmobility.com>**Relo Japan K.K.**

Map I (1-b)

☎Tokyo Office: 03-5449-7220, Nagoya Office: 052-973-3973, Kobe Office: 078-325-3650

🕒Mon-Fri (excl. N.H.): 9:00am-6:00pm

<https://www.relojapan.com>**Enplus Inc. - Relocation Management Service**

☎03-4455-7595

🕒Mon-Sat (excl. N.H.): 9:30am-6:00pm

<https://www.enplus.co.jp>**Santa Fe Relocation Services**

Map A (2-c)

☎03-3589-6666 🕒Mon-Fri (excl. N.H.): 9:00am-5:00pm

<https://www.santaferelo.com>**Tokyo Orientations, Inc.**

Map D (1-b)

☎03-6435-5935

🕒Mon-Fri (excl. N.H., N.Y.H.): 9:00am-6:00pm

<https://www.tokyoorientations.com>**Contact us for a FREE Consultation****TOKYO APARTMENTS**

*Offering short & long-term,
low & high budget, furnished & unfurnished
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- Serviced Apartments
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TEL 03-4455-7594
managed by Enplus Inc.

www.tokyoapartments.jp

Nippon Express

☎ 03-6251-6553

📅 Mon-Fri (excl. N.H.): 9:00am-5:00pm
<https://www.nipponexpress.com/moving>

SIRVA RELOCATION

☎ 03-3524-3507

📅 Mon-Fri (excl. N.H.): 9:00am-5:30pm
<https://sirva.com/>

Moving

Allied Pickfords

☎ 03-3524-3505 📅 Mon-Fri: 9:00am-5:30pm
<https://www.alliedpickfords.co.jp>

Asian Tigers Japan

Map D (2-c)



ASIAN TIGERS
JAPAN

☎ 03-6402-2371 / 0120-284-437

📅 Mon-Fri (excl. N.H.): 9:00am-5:30pm
<https://www.asiantigersgroup.com>

Crown Relocations

Map J (2-c)

Crown Relocations provides transportation, destination and immigration services, as well as family support, to assist people relocating internationally or domestically.

☎ 03-5447-2301

📅 Mon-Fri (excl. N.H.): 9:00am-5:30pm
<https://www.crownrelo.com/japan>



Nihon System Service

One of the oldest international mover in Japan, a US State Department approved local agent in Tokyo.

☎ 03-3273-2463 ✉ tokyo.overseas@nss-japan.com
 📅 Mon-Fri: 9:00 am-6:00 pm
<http://www.nss-japan.com/Eng>

Nippon Express



NIPPON EXPRESS

One of Japan's largest movers with much experience in overseas moving. Provides dedicated service using eco-friendly, safe and strong packing materials.

✉ nittsu-goglobal@nipponexpress.com

📅 Mon-Fri (excl. N.H.): 9:00am-5:00pm
<https://www.nipponexpress.com/moving/>

Santa Fe Relocation Services

Map A (2-c)

☎ 03-3589-6666

📅 Mon-Fri (excl. N.H.): 9:00am-5:00pm
<https://www.santaferelo.com>

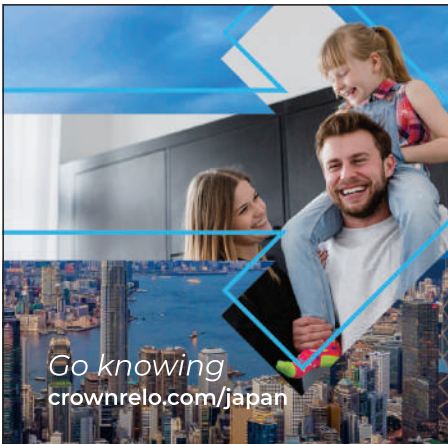
UniGroup Worldwide Moving


☎ 03-5777-5591

📅 Mon-Fri (excl. N.H.): 9:00am-5:30pm
<https://www.unigroupworldwide.com>

Furnishings

Depending on the period you intend to stay in Japan, you may decide to lease or buy furniture. The following listings include both options, and may offer services including total coordination, interior design, repair and replacement. Budget options include recycle stores, local authorities who sell or give away used furniture via lottery, and the chain stores IKEA and Nitori. When leaving Japan, you may offload unwanted furniture at recycle stores, through advertisements at clubs and international supermarkets, or online via sites like Craigslist.





Know your way around

Relocating means preparing everything, and everyone for a new home.

Tel: +81 3 5447 2301
 Email: tokyo@crownrelo.com

Go knowing
crownrelo.com/japan

Furniture and Design

Advance International Inc.

Map J(3-a)

☎03-5798-2345 / SOWA Gotanda Bldg. 1F 2-7-18, Higashi-Gotanda, Shinagawa-ku
 🚶3 min. from Gotanda Sta.
 ☑Mon-Fri (excl. N.H.): 9:15am-5:15pm
<https://advance-furniture-rental-tokyo.com/>

Interior Collection

Map C (3-a)

Interior Collection assists expats in decorating their homes, including sourcing furniture, re-upholstery, window treatments and art work.

☎03-6453-8126 / 201, 1-4-27 Motoazabu, Minato-ku
 🚶9 min. from Azabu-Juban Sta. ☑10:00am-6:00pm
 ☑Sun, N.H.
<https://www.interiorcollection.net>

May's Corporation

Map D (1-b)

☎03-5402-4600 / Toranomon 30 Mori Bldg.1F, 3-2-2 Toranomon, Minato-ku 🚶5 min. from Toranomon Sta. ☑Mon-Fri : 9:10am-5:30pm, Sat, Sun & N.H closed
<https://www.mays.co.jp/eng>

Tokyo Lease Corporation

Map D (3-b)

☎03-3585-5801 / 1-9-7 Azabudai, Minato-ku
 🚶5 min. from Kamiyacho Sta. ☑Mon-Fri: 9:00am-6:00pm, Sat&N.H.: 10:00am-6:00pm
<http://www.furniture-rental-tokyo.com>

Chez Vous - Housekeeping & Babysitting

☎0120-699-100 (toll-free)
 ☑Mon-Fri: 9:00am-6:00pm
 Service Area: Tokyo, Yokohama, etc.
<https://www.chezvous.co.jp/en>

Comet Dry Cleaners

☎044-589-5820
 ☑Mon-Sat (excl. N.H.): 8:00am-6:00pm
 Service Area: Minato-ku, Shinagawa-ku
<http://www.comet-cleaners.com/english>

KURASHINITY (Pasona Inc.)

Experienced professional Filipino housekeepers deliver high quality service.

☎0120-700-809 (toll-free)
 ☑Mon-Fri: 9:00am-6:00pm
 Service Area: Tokyo, Kanagawa
<https://www.kurashinity.com/en>



SUNNY MAID SERVICE

☑6:00am-10:00pm (Service hours)
 Service Area: Tokyo / Kanagawa / Aichi / Osaka * / Hyogo *Osaka City, Toyonaka City, Ikeda City, Mino City in Osaka Pref.
<https://www.sunnymaid.jp/en/index.html>

Housekeeping & Babysitting

There are a number of housekeeping, babysitting and pick-up dry cleaning services that serve the expat community. Resources are on p30.

Carpet Doctor (Carpet + Cleaning)

☎0120-520-225 (toll-free),
 Service Area: Tokyo, Yokohama
<http://www.e-carpetdoctor.com>

Pets

If you are bringing your pet into Japan, or are taking a pet on a trip outside of the country and returning to Japan, you need to have certain forms filled out and have your pet vaccinated. It is best to start preparing as early as possible, as the whole procedure of importing a pet to Japan takes at least 7 months. If you own a dog, you should register it at the local municipal office and also have it vaccinated as soon as possible.

Furniture & Appliances for Lease, Rent and Sale

Premier interior coordination services provider specialized in the Tokyo and Yokohama area.

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- Customized leasing programs.
- Furniture setting and wiring electrical items.

ADVANCE INTERNATIONAL INC.

☎ <http://www.adv-inc.co.jp/>
 ✉ lease@adv-inc.co.jp
 ☎ 03-5798-2345 (Fax 03-5798-2346)
 SOWA Gotanda Bldg. 1F 2-7-18, Higashi-Gotanda, Shinagawa-ku, Tokyo 141-0022

To export your pet, it must undergo inspection at the Japanese Animal Quarantine Station. For this process, you need to contact the Animal Quarantine Station at least 7 days before departure, and submit a form. For conditions for importing animals to the country you are entering, inquire with the country's embassy or quarantine authorities.

Animal Quarantine Service

<http://www.maff.go.jp/aqs/english/index.html>

Animal Hospitals

Daktari Animal Hospital Tokyo Medical Center

☎03-5420-0012 / 2F, 5-14-1 Shirokanedai, Minato-ku
*by appointment only

<http://www.daktari.gr.jp/en/index.html>

Racoon Animal Clinic

☎045-620-4002 / 3-13-11 Shinyokohama Kohoku-ku
Yokohama-shi

<https://sites.google.com/site/racoonanimalclinic/home>

Garbage

Garbage is separated into four main categories and collected at designated locations on specified days. Check with your local municipal office for details. You may also need to separate garbage into smaller sub-groups.

Burnable garbage (moeru-gomi)

Unburnable garbage (moenai-gomi)

Recyclable garbage (shigen-gomi)

Oversized garbage (sodai-gomi)

Over-sized garbage is collected for fee. Non-electrical items and home appliances are collected by appointment by public disposal organizations. Electric appliances and white goods may be collected back at stores you purchased for fee.

Ask your local municipal office for information. Incorrect disposal may lead to penalties.

PC3R Promotion Center

☎03-5282-7685 (Japanese only) <http://www.pc3r.jp/e>

	Paper: Paper products, usually classified as burnable garbage.
	Aluminum: Beverage cans, and other aluminum products, are collected as recyclable garbage.
	PET: Commonly seen on plastic bottles, Recyclable garbage.
	Carton: Displayed mainly on beverage. Wash, cut open, dry, and recycle.
	Plastic: Plastic products. Garbage classification differs largely between municipalities.
	Steel: Steel products, usually collected as recyclable garbage.
	Cardboard: Recyclable cardboard boxes ("Danboru" in Japanese).

*More information can be found on our website.




The Expat's Lifestyle

www.furniture-rental-tokyo.com

Tokyo Lease Corporation Tel:03-3585-5801

Chapter 05

Cars

Driving will allow you to explore the country from a different perspective. This chapter will give you basic information on driver's licenses and on renting and owning car in Japan.



Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Basic Traffic Rules

Be sure to follow Japan's traffic rules and markings when using rental bikes or cars.

- Children below six years of age must use a child seat.
- In areas without signals, signs or crossings, pedestrians have priority.

Cycling Rules

- Bicycles are treated as cars, so should use the left side of the road. (Sidewalks may be used, but pedestrians have priority here.)
- Cyclists should refrain from riding bikes after drinking alcohol. (Fines and penalties apply.)
- Using a phone while riding a bike is against the law. (Fines apply)
- Listening to music etc. via earphones while riding a bike is forbidden by local road rules which depend on the municipality. (Fines apply)
- At night, use a bike light.



Bicycle navigation mark
/ Bicycle navigation lines

Driving Rules

- Drive on the left side of the road. Japanese traffic rules and signs (also in English) follow international standards.
- Follow the speed limit shown on road signs or markings. At places where there are not any road signs or markings, drive at 60km/h. On highways and expressways, drive at 100km/h unless specified otherwise. Most Urban areas have a speed limit of 40 km/h.
- Do not drive after drinking alcohol. When a driver is arrested for DUI, the driver and the person offering the car will be fined a maximum of 1,000,000 Yen, and all other passengers in the vehicle knowingly allowed the driver to drive will be fined a maximum of 500,000 Yen.
- Don't use your phone while driving.
- It is obligatory for all passengers to wear a seatbelt.

Driver's License Foreign Licenses

Drivers from most countries can drive in Japan for up to one year with an international driving permit, while those from Belgium, France, Germany, Monaco, Slovenia, Switzerland and Taiwan can drive for up to one year on their foreign license if they carry an official translation.

Transferring to a Japanese License

You can transfer a foreign license to a Japanese one if your passport shows that you stayed in the country you obtained your license in for three months after receiving it. Written and practical tests are required for applicants from some territories, while all applicants must take an eye test. Check the Tokyo Metropolitan Police Department website for application requirements.

In Case of Accidents

- Try to keep the scene as it happened.
- Rescue anyone who is injured.
- Call "119" (Ambulance) if there is anyone injured.
- Call "110" (Police) and explain the location and situation.
- Move the vehicle if it gets in the way of traffic. When doing so, be sure to mark where the vehicle had been before removal. If you have a camera with you, take a picture of the scene before you move your car.
- Follow the instructions when the police officers arrived.
- Call your insurance company (keep their contact information in your car at all times).

Useful Resources

The Tokyo Metropolitan Police Department's website has an explanation of Japan's driving rules and traffic signs.

Tokyo Metropolitan Police Department

<http://www.keishicho.metro.tokyo.jp/multilingual/english/index.html>

Tokyo Metropolitan Police Department Driver's License Telephone Service

Provides information regarding applications for driver's license.

☎03-5463-6000

Kanagawa Prefectural Police Department

http://www.police.pref.kanagawa.jp/eng/eng_idx.htm

Japan Automobile Federation (JAF)

For 24 hour road service, contact JAF.

They offer translation services for license transfers, and sell guidebooks on driving rules in Japan.

☎0570-00-2811 (customer service)

0570-00-8139 (road service)

<http://www.jaf.or.jp/e>

License transfer locations**Fuchu Driver's License Center**

☎042-362-3591 / 3-1-1 Tama-cho, Fuchu-shi

Samezu Driver's License Center

☎03-3474-1374 / 1-12-5 Higashi-Oi, Shinagawa-ku

Koto Driver's License Center

Koto can only transfer licenses for persons from countries exempt from the driving test.

☎03-3699-1151 / 1-7-24 Shinsuna, Koto-ku

**Driving Schools**

For those who wish to obtain a driver's license in Japan, or need to take a driving test for license transfer, there are driving schools offering courses in English as well as courses for license transfers.

OGIKUBO DRIVING SCHOOL

☎03-3398-3157 / 5-27-8 Ogikubo, Suginami-ku

☒1 min. from Ogikubo Sta. South Exit ☒8:00am-7:30pm (Fri-Sun, N.H. -6:30pm) ☒Y.E.H & N.Y.H

<http://www.ogikubo-ds.com/english/index.html>

FCA DRIVING SCHOOL

<http://www.fca-jp.com>

Koyama Driving School

<http://www.koyama.co.jp/english.htm>

Musashisakai Driving School

☎0120-15-6343 / 2-6-43 Sakai, Musashino-shi

☒5 min. from Musashisakai Sta.

☒9:00am-9:00pm (Sat/Sun/N.H. -7:00pm)

☒Closed Irregularly

<https://musashisakai-ds.co.jp>

Owning a Car**Buying & Selling**

Buying a car involves a lot of paperwork and complicated procedures, but in most cases, for an extra fee, you can have your car dealer do them for you. In order to own a car, you must first find a parking space, and get an Inkan-shomei

(seal certificate) or a signature certificate from the embassy. Aftercare, such as guarantee and support services vary depending on the car dealer, so these are some points to compare aside from the pricing. Also, in addition to the car price, you need to pay extra fees such as registration fees, various taxes and car insurance.

If you wish to sell your car before you leave Japan, you can go to the car dealer where you bought your car, or consult a car buyer. Trade-in prices may vary between dealers, so it is best to visit several and ask for their best deal.

Car Lease

Leasing a car is a great way to get access to a car without making a large upfront payment. Generally, you pay only a monthly fee, in addition to the usual costs of operating the vehicle. Maintenance fees and insurance are included, and the car is returned to the lease company at the end of the contract term.

Many Japanese lease companies have a minimum lease term of three years, and require you to have a Japanese guarantor. Terminating the lease before the end of the term will likely incur a cancellation fee, so be sure to find out about this before committing to the lease. Recently, some companies have begun to offer more flexible leases. Some have minimum contract terms as short as three months, and allow for changes of vehicle. These are handy options for people whose stay in Japan is short or as-yet undecided, or who like the idea of changing models after a period.

NOREL

Outside the map

☎0120-355-018 (for Japanese) / 080-4756-7269 (for English) / Tokyo Building TOKIA, 2-7-3 Marunouchi, Chiyoda-ku

✉norel@glv.co.jp

<https://norel.jp/>



NOREL

Insurance

Jibaiseki-hoken (automobile liability insurance) is a compulsory insurance required for all automobiles, and must be purchased when you buy a car. It covers compensation for damage and expected loss of earnings due to the injury or death of third parties. The contract is renewed at vehicle inspection time.

Most drivers also purchase Nin-i-hoken (voluntary insurance), as compulsory insurance has only limited coverage. Voluntary insurance is available online or at car dealers.

Safety Inspection

Shaken (vehicle inspection system) is a regular check conducted to confirm whether a car meets safety standards. The initial inspection certificate is effective for 3 years, and the vehicle must undergo renewal inspections every 2 years thereafter. Vehicles can be inspected at licensed service shops or at the Transport Bureau. Car maintenance and adjustment may be needed to pass the inspection. Most car dealers offer inspection and maintenance services.

Car Related Tax

Various taxes are imposed when you own a car.

- Jidosha-shutoku-zei (acquisition tax) is a 3% tax you pay at the time of purchase of your car.
- Jidosha-zei (automobile tax) is an annual tax you pay the prefecture for owning a car, and an invoice will be sent to your home address every April. Tax rates differ depending on the size of the engine.
- Jidosha-juryo-zei (tonnage tax) is a tax you pay for the weight of your car. This is collected at the time of vehicle inspection.

List of Car Dealers

Here are some companies that have full English support.

Auto Direct

Map D (4-b)

☎03-5573-8776 / #101, 1-13-2 Higashi-Azabu, Minato-ku ☑5 min. from Akabanebashi Sta.

☐Tue-Sat: 10:00am-7:00pm (Sun: 11:00am-6:00pm)
<http://www.autodirect.jp>

CAMEL JAPAN CO.,LTD.

Map L (1-b)

☎045-621-7968 / Sunset Yamate, 100 Yamate-cho, Naka-ku, Yokohama-shi
 ☑3 min. from Motomachi-Chukagai Sta.

☐Mon-Fri (excl. N.H.): 9:00am-6:00pm, Sat (excl. N.H.): 9:30am-1:00pm
<http://www.cameljapan.com>

Euro Japan

Map D (4-b)

☎03-3585-5586 / 2F, PMC bldg. 1-23-5 Higashi-Azabu, Minato-ku

☑5 min from Akabanebashi Sta.

☐ Mon-Fri: 9:00am-8:00pm
<http://www.eurojp.com>

Lease Japan

Map I (1-b)

☎Tokyo Office: 03-5449-6061 Nagoya Head office: 052-973-3953 Kobe Office: 078-325-3650 / 1F EXOS Ebisu, 1-24-14 Ebisu, Shibuya-ku ☑10 min. from Ebisu Sta.

☐Mon-Fri (excl. N.H.): 9:00am-6:00pm
<http://www.leasejapan.com>

Lead Motors

Outside the map

☎070-3160-8887 / 11-5 Ohashi, Matsudo Shi, Chiba Pref. ☑10min. from Akiyama sta. Hokuso Line. (Pick up service from station is available.)
<https://www.leadmotors.co.jp/>

Renting a Car

Rent-a-car services are reasonably priced in Japan, and you can rent different types of car depending on your purpose. The cost of renting a small car for a day may start from around ¥6,000, while a van for 7 passengers may cost around ¥20,000. Another option is car sharing, where you pay a monthly fee in addition to rental fees (lower than for a regular rental service) for access to cars located in lots around the country. Booking is still required for this service.

NIPPON Rent-A-Car



Offers a variety of high-quality vehicles and services at 850 rental offices nationwide.

☎03-6859-6234

☐ENGLISH SERVICE DESK: 9:00am-5:00pm
<https://www.nrgroup-global.com/en>

NISSAN Rent a Car

<https://nissan-rentacar.com/english>

TOYOTA Rent a Car

☎0800-7000-815 (Toll-free)

<https://rent.toyota.co.jp/eng/>

Gas Stations

There are two kinds of gas station in Japan; "full service" where refueling, window cleaning, etc. are carried out by staff, and "self-service" where you refuel by yourself. Some stations offer both systems.

Three types of fuel (two types of gasoline, and diesel) are sold at gas stations. At "full service", staff will refuel for you if you tell them the type you require.

At "self-service" stations, choose the correct kind of fuel for your car. The three fuel types are differentiated by colored (red, green and yellow) nozzles standardized across the country.

Hai-oku (High-octane/Super Premium/Premium)
 -yellow nozzle/nozzle cover

Regular (Regular-octane/Regular)

-red nozzle/nozzle cover

Keiyu (Light Oil/Diesel)

-green nozzle/nozzle cover



Payment can be made by both cash and credit card. Gasoline tax is included and printed on the

receipt. EV charging stations are becoming more common in recent years, and can be found at some larger public parking lots.

Parking

In order to own a car, you also need to secure a parking space near your house. Parking fees in metropolitan Tokyo range from roughly 30,000 Yen to 70,000 Yen per month. A parking space certificate must be issued when you buy a car.

When parking elsewhere, you must park at designated spaces. You can find paid parking on the road or in a lot. The parking fees are, depends on a place, about 600 Yen to 3,000 Yen per hour. Street parking is basically prohibited.

Expressways

The expressway, called Kosokudoro or Jidoshado in Japanese, is probably a much quicker option for long distance travel. For the most part, you will have to pay to use them. Charges are either flat-rate or distance-based. For flat-rates, you will have to pay frequently at toll booths along the way, while for distance-based fares you will receive a ticket as you enter, and present this at the toll booth as you leave, alongside the fare. Toll booths are manned (一般) or unmanned (ETC), with manned toll booths allowing you to pay by credit card.

To use ETC, first have the ETC system mounted on your car, then use the ETC lanes when entering and exiting the expressways. As a general rule, it is not possible to create an ETC card without a credit card issued in Japan, but for those without one, you can create an ETC card by putting down a deposit and paying an annual fee.

The toll changes depending upon the road and the size of the car. Tolls are displayed on the websites for each individual company, and available for search. Discounts are also available for traveling at certain times of the day and for using ETC.

Another distinctive feature of Japan's expressways are its rest stops, known as parking areas (PA) and service areas (SA), with the latter being generally larger than the former. In the past these areas had toilets, light meals, kiosks, gas stations and information desks, but recently they have come to include places to take a shower and sleep, numerous restaurants, shops, cafes and dog parks. The amount of service areas conscious of architectural, interior decorating and hygiene is on the rise, and service areas them-

selves are becoming something to see while traveling.

For details, check the following websites or ask your car dealer.

Central Nippon Expressway Co., Ltd.

(Tomei, Chuo-do, etc./ Tokyo~Chubu Region, Kansai Region)

<https://www.c-nexco.co.jp/en/>

East Nippon Expressway Co., Ltd.

(Tohoku-do, Kanetsu-do, etc./ Tokyo~Kanto Region, Tohoku Region)

<http://www.e-nexco.co.jp/en>

Metropolitan Expressway Co., Ltd.

(Shuto Expressway, "Shuto-ko"/metropolitan area)

<http://www.shutoko.co.jp/en/index>

ETC portal site

<https://www.go-etc.jp/index.html>



Japanese Road Signs & Marks



No Entry
(road closed for vehicles including bicycles)



Maximum Speed Limit



No Entry
(road closed for vehicles and pedestrians)



Minimum Speed Limit



No Entry
(a one-way road with traffic coming towards you)



Stop



Slow



No Crossing



No Parking or Stopping
(8:00am-8:00pm)



Follow the direction of the arrows



No Parking
(8:00am-8:00pm)



No Overtaking
(通越し禁止)



Shoshinsha Mark (The Beginner Drivers' Sign) A driver must display this mark on the car for one year after obtaining a driver's license.



Koreisha Mark (Aged Driver Sign) Displayed on cars driven by a person aged over 70. Not obligatory.

Chapter 06 Shopping

Shopping is a national pastime in Japan making it one of the best places in the world to buy things. Whether your interests go to fashion, electronics, subculture or souvenirs, you are sure to find shops that suits our needs.



Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Everyday items

Food, drink and household items can be bought at the following kinds of store.

Supermarkets

Supermarkets in central Tokyo are typically quite small, and may sell few non-food items. Supermarkets in residential areas are often larger and may sell a wider range of household items such as cleaning products and toiletries.



These larger stores may have weekly or monthly discount days where certain items, such as meat or produce, are cheaper. The availability and pricing of fresh fruits and vegetables is very seasonal, and you may have difficulty getting items that are not commonly used in Japanese cuisine. Labelling in English is rare outside of imported products. Check the Expat's homepage for food allergy labelling info:

<https://expatsguide.jp/features/everyday-life/food-allergy-labeling>

Drug Stores

Drug stores carry daily items including cosmetics, toiletries, cleaning supplies, snacks and non-prescription drugs (prescription drugs are also available depending on the store). Medicines are more strictly controlled in Japan than in many western countries, so you may find it difficult to get stronger drugs without seeing a doctor.

Convenience Stores

24 hour convenience stores, known as "konbini", are ubiquitous in Japan. Konbini offer a lifeline in rural areas where supermarkets may be further away and close earlier than in cities. Drinks (including alcohol), snacks, magazines, and pre-packaged meals are the staple of these stores, and supplies including basic clothing, stationery, and umbrellas are also available. Most convenience stores have photocopier/printers

and bank ATMs, as well as multimedia kiosks where you can buy tickets for concerts, make travel reservations, pay for goods bought online and much more. They also handle postal/courier services and payments for utility/phone bills, tax and pensions.

100 Yen Stores

100 Yen Stores large and small can be found in most areas, selling household consumables, snacks, stationery, toys, cutlery, dishes, tools, decorations and more. All items are ¥100 plus tax, unless otherwise stated.

Fashion, Cosmetics and Lifestyle

Tokyo is one of the street fashion capitals of the world, but is also home to many international high fashion brands. Shibuya exemplifies both sides, with the youth fashion center in Harajuku, and Omotesando's high-class boutiques.

Department Stores

Tokyo has a range of world-class department stores, with some of the most famous located in Shinjuku, Ginza and Nihombashi. Ground floors are often dedicated to cosmetics, with high fashion brand clothing on other floors. The top floors usually have a selection of international restaurants, while bustling food markets in the basement floors are filled with beautiful selections of sweets and savory delicacies. During Japan's traditional business gift seasons in summer and winter, department stores sell branded food and drink gift boxes for delivery. Gift vouchers are also common.

Shopping Complexes

Large shopping complexes like Roppongi Hills and Shibuya Hikarie contain a huge variety of wares including fashion brands, Japanese and international food, and variety and lifestyle goods, known as "zakka". Some complexes have seasonal events and instal-



lations – for example, Tokyo Midtown in Roppongi has a skating rink in winter, while art displays and science fairs take place at other times.

Second-hand stores

Used clothing is big business in Tokyo. Many shops selling second-hand threads can be found in the youth culture districts of Shimokitazawa, Koenji and Kichijoji on the west side of the city. High fashion brands can be bought second hand at chains like RAGTAG and KOMEHYO, while BRAND OFF specializes in accessories.

Other Shopping Electronics

Large electronics retailers like Yodobashi Camera, Bic Camera and LABI can be found at many central locations, but are especially concentrated in Shinjuku and Akihabara. These stores sell toys and sports equipment in addition to computers, cameras, TVs, video games and white goods. Second-hand appliances can be bought at small recycle stores across the city.



Gifts and Souvenirs

Department stores and shopping complexes can be good places for gift shopping, with department stores in particular specializing in Japanese style "omiyage" in the form of boxes of individually-wrapped sweets, suitable for handing out to friends, family or co-workers. For traditional craft items, take a trip to a shōtengai – Japan's traditional shopping streets. Those in popular tourist areas, such as Asakusa's Nakamise-dori, sell a wide range of souvenir items.

Wholesale Towns

In Tokyo, many areas in the old "shitamachi" districts on the east side of the city are famous as wholesale towns ("tonyagai"), each dedicated to a particular type of item. Many of these stores sell to the general public.

Sale Seasons

Major sales take place in early summer and in winter at the beginning of the New Year, although many shopping complexes are starting to hold seasonal clearance sales more often, and for longer periods. Fashion and clothing sales typically take place in spring (April-May), summer (June-July) and winter (December-January). Home appliance retailers usually hold sales in March, and in summer (June-July) and winter (December-January). At New Year, department stores sell fukubukuro

(lucky bags), containing a mystery selection of products at a greatly reduced price. Many people arrive early and form lines outside of the department stores to get their hands on them.

Supermarkets

Hanamasa

Map B (4-c)

High-quality meat at near-wholesale prices.

☎03-5795-1568 / 4-11-22 Minami-Azabu, Minato-ku
 🚶9 min. from Shirokane-Takanawa Sta.

🕒24 hrs. 🗺️Open Daily

KINOKUNIYA International Store

Map F (2-a)

International food and French style delicatessen.

☎03-3409-1231 / B1 3-11-7 Kita Aoyama, Minato-ku
 🚶1min. from Omotesando Sta. 🕒9:30am-9:30pm

🗺️January 1-2

Meidi-ya

Map B (3-b)

Gourmet food and beverages, wines and Liquors from domestic as well as around the world.

☎03-3444-6221

/ 1F Hiroo Plaza 5-6-6

Hiroo, Shibuya-ku

🚶1 min. from Hiroo Sta. 🕒10:00am-9:00pm

🗺️January 1



National Azabu

Map B (3-b)

Organic vegetables, wines and groceries from around the world including a wide selection of cheeses. Also sells household items, books and English cards. Signs and service in English. Delivery available.

☎03-3442-3181 / 4-5-2 Minami-Azabu, Minato-ku
 🚶3 min. from Hiroo Sta. exit 1 🕒9:00am-8:00pm

🗺️January 1-3



NISSIN World Delicatessen SUPERMARKET

Map C (3-c)

A convenient place for one-stop shopping, with a wide, international selection of delicacies and household goods. They carry a good selection of halal foods.

☎03-3583-4586 / 2-32-13 Higashi-Azabu, Minato-ku
 🚶3 min. from Azabu-Juban Sta.

🕒9:00am-9:00pm 🗺️January 1-2



Drug Stores & Cosmetics

Matsumotokiyoshi Ginza 5th Store Map G (3-b)

A drugstore that also sells a wide range of cosmetics.

☎03-3289-5321 / 5-5-1 Ginza, Chuo-ku

🕒1 min. walk from Ginza Sta

🕒10:00am-10:00pm 🗒Open Daily

DHC English Online Store

An online store is available for easy access to DHC's products! Bestselling items of cosmetics, health supplements, protein diet and more can be shipped Japan-wide!

<https://www.dhc.co.jp/en>

Department Stores

Daimaru Tokyo Map G (1-b)

The Japanese and western sweetscounters on 1F and B1F are very popular.

☎03-3212-8011 / 1-9-1 Marunouchi, Chiyoda-ku

🕒Direct from Tokyo Sta. Yaesu North exit.

🕒Shop: B1 / 1F 10:00am-9:00pm (Sat / Sun / N.H. -8:00pm), 2F-11F 10:00am-8:00pm (Thu / Fri -9:00 pm), Restaurants: 12F 11:00am-11:00pm 13F 11:00am-12:00am 🗒January 1

Matsuya Ginza Map G (3-b)

Houses a number of international designer brands.

☎03-3567-1211 / 3-6-1 Ginza, Chuo-ku

🕒Direct from Ginza Sta. exit A12 🕒10:00am-8:00pm

🗒January 1

Isetan Shinjuku Store Map H (1-b)

One of the most traditional and famous department stores in Japan. Their "I Club card" allows foreign residents to enjoy a 5% discount on some shopping paid in cash.



☎03-3352-1111 / 3-14-1 Shinjuku, Shinjuku-ku

🕒1 min. from Shinjuku-Sanchome Sta.

🕒10:00am-8:00pm 🗒Closed Irregularly

I Club: iclub@isetanmitsukoshi.co.jp

Ginza Mitsukoshi Map G (3-b)

Fashion labels and excellent gourmet food floors.

☎03-3562-1111 / 4-6-16 Ginza, Chuo-ku

🕒1 min. from Ginza Sta.

🕒10:00am-8:00pm (4/1~) 🗒Closed Irregularly

Seibu Shibuya Map E (3-b)

Fashion items, gifts, children's wears, interiors, and foods.

☎03-3462-0111 / 21-1 Udagawa-cho, Shibuya-ku

🕒3min. from Shibuya Sta. 🕒10:00am-8:00pm

🗒Closed Irregularly

SOGO YOKOHAMA

Map K (1-b)

Food market, fashion brands, and a museum.

☎045-465-2111 / 2-18-1 Takashima, Nishi-ku, Yokohama-shi 🕒3 min. from Yokohama Sta.

🕒10:00am-8:00pm (Restaurants: 11:00am-10:00pm)

🗒Open Daily

Takashimaya Shinjuku

Map H (2-c)

Luxury brands and a gorgeous gourmet department.

☎03-5361-1111 / 5-24-2 Sendagaya, Shibuya-ku

🕒2 min. from Shinjuku Sta. 🕒10:00am-8:00pm (Fri

& Sat: -8:30pm) 🗒Closed Irregularly

Shopping Complexes

KITTE

Map G (1-b)

A wide variety of shops and restaurants spread across 7 floors of this sophisticated shopping mall. Here you will find Japanese regional cuisine along with a variety of fashion and lifestyle goods retailers.



☎03-3216-2811 (10:00am-7:00pm)

/ 2-7-2 Marunouchi, Chiyoda-ku

🕒1 min. from Tokyo Sta. Marunouchi South Exit

🕒Shops: 11:00am-9:00pm (Sun&N.H.: -8:00pm),

Restaurants: 11:00am-11:00pm (Sun&N.H.: -10:00pm)

*Hours vary by store. 🗒Jan 1. Inspection days

MARK IS Minatomirai

Map K (2-b)

This shopping mall is located in the center of Minato Mirai. Chic fashion boutiques and name brand shop are joined by a wide selection of Japanese and International restaurants.



☎045-224-0650 / 3-5-1 Minato-Mirai, Nishi-ku,

Yokohama-shi 🕒Direct from Minato-Mirai Sta.

🕒Shops & Food Court: 10:00am-8:00pm (Fri/Sat/

Sun/N.H./day before a N.H.: 10:00am-9:00pm) / Cafe

& Restaurants: 11:00am-11:00pm *Store hours may vary.

Omotesando Hills

Map F (2-b)

Shop for the latest trends in a pleasant environment.

☎03-3497-0310 / 4-12-10 Jingumae, Shibuya-ku

🕒2 min. from Omotesando Sta.

🕒Shops: 11:00am-9:00pm (Sun: -8:00pm)

Restaurants: 11:00am-11:00pm (Sun: -10:00pm)

Cafes: 11:00am-9:00pm (Sun: -8:00pm)

*Hours vary by store. 🗒3 days a year

*English availability depends on the shop.

Queen's Square Yokohama Map K (3-b)

A shopping complex that overlooks the Yokohama Bay.
 ☎045-682-1000 / 2-3 Minatomirai, Nishi-ku, Yokohama-shi 📍Direct from Minatomirai Sta. 🕒7:00am-0:00am (Shops: 11:00am-8:00pm / Restaurants: 11:00am-10:00pm) *Store hours may vary
 🗓Holidays vary by store. P

Roppongi Hills Map A (3-a,4-a)

Boutiques, restaurants, a hotel, a cinema, museums and an observation deck.
 ☎03-6406-6000 / 6-10-1 Roppongi, Minato-ku
 📍Direct from Roppongi Sta. 🕒Shops:11:00am-9:00pm / Restaurants: 11:00am-11:00pm *Store hours may vary. 🗓Open Daily *English availability depends on the shop. P

Shibuya Hikarie Map E (4-b)

A high-rise commercial complex with shops, restaurants, and a musical theater.

☎03-5468-5892 / 2-21-1 Shibuya, Shibuya-ku
 📍Direct from Shibuya Sta. 🕒Shops 10:00am-9:00pm, Cafes & Restaurants 6F & 7F / 11:00am-11:00pm, Creative Space '8J' / 11:00am-8:00pm
 *Store hours may vary 🗓January 1 P



©Shibuya Hikarie

Shin-Marunouchi Bldg. Map G (1-b)

About 150 shops bursting with originality and refined elegance.

☎03-5218-5100 / 1-5-1 Marunouchi, Chiyoda-ku
 📍1 min. from Tokyo Sta. Marunouchi Central Exit
 🕒Shops: 11:00am-9:00pm (Sun&N.H.: -8:00pm), Restaurants: 11:00am-11:00pm (Sun&N.H.: -10:00pm)
 *Store hours may vary 🗓January 1 & inspection days P

Tokyo Building TOKIA Map G (2-b)

An exciting utopia for discerning adults.

☎03-5218-5100 / 2-7-3 Marunouchi, Chiyoda-ku
 📍1 min. from Tokyo Sta. Marunouchi South exit
 🕒11:00am-11:00pm (Sun&N.H.: -10:00pm) *Store hours may vary 🗓January 1 & inspection days P

TOKYO MIDTOWN (Roppongi) Map A (1-a,1-b)

Tokyo Midtown features a variety of shops, restaurants, bars, museums, a hotel, greenery and more.

☎03-3475-3100 / 9-7-1 Akasaka, Minato-ku
 📍Direct from Roppongi Sta. 🕒Shops: 11:00am-9:00pm (Restaurants: -12:00am *Store hours may vary.) 🗓January 1 *English availability depends on the shop. P

Tokyu Plaza Shibuya Map E (3-a)

Shopping complex designed for sophisticated urban adults.

☎03-3464-8109 📍Direct from Shibuya Sta.
 🕒Shops: 10:00am-9:00pm / Restaurants: 11:00am-11:00pm 🗓Closed Irregularly P

Tokyu Plaza Omotesando Harajuku Map F (2-b)

Tokyu Plaza Omotesando Harajuku located in the center of the Omotesando/Harajuku area. Elegant shops line beyond our distinctive mirrored entrance, known as the "kaleidoscope".

☎03-3497-0418 / 4-30-3 Jingumae, Shibuya-ku
 📍1 min. from Meiji-Jingumae Sta. exit 5
 🕒B1F-5F: 11:00am-9:00pm, 6F-7F: 8:30am-11:00pm
 🗓Open Daily P

The Yokohama Landmark Tower Map K (3-b)

Japan's 2nd tallest building with a shopping mall, a hotel, and more.

☎045-222-5015 / 2-2-1 Minato-Mirai, Nishi-ku, Yokohama-shi 📍3 min. from Minato-Mirai Sta.
 🕒Shops: 11:00am-8:00pm, Cafes & Restaurants: 11:00am-10:00pm *Hours vary by store and facility.
 🗓Open Daily *English availability depends on the shop. P

Furniture & Home Décor**Francfranc Shinjuku Southern Terrace** Map H (2-c)

Casual stylish furniture and home decor.

☎03-5333-7701 / Shinjuku Southern Terrace, 2-2-1 Yoyogi, Shibuya-ku 📍Short walk from Shinjuku Sta.
 🕒11:00am-10:00pm 🗓Open Daily P

LIVING MOTIF

Map A (3-c)

Stylish interiors and goods displayed in a nice showroom.

☎03-3587-2784 / B1F-2F AXIS Bldg., 5-17-1 Roppongi, Minato-ku 📍8 min. from Roppongi Sta.
 🕒11:00am-7:00pm 🗓Y.E.H&S.H. P

PC & Electrical Appliances**BicCamera Yurakucho Store** Map G (2-b)

Electronics, cosmetics, etc. Everything in one store!

☎03-5221-1111 / 1-11-1 Yurakucho, Chiyoda-ku
 📍1 min. from Yurakucho Sta. 🕒10:00am-10:00pm
 🗓Open Daily P

BICQLO BicCamera Shinjuku East Store Map H(1-b)

Cameras and home appliances. A wide variety of goods!

☎03-5363-5741/3-29-1 Shinjuku, Shinjuku-ku
 📍Direct from Shinjuku-Sanchome Sta.
 🕒10:00 am-8:00 pm 🗓Open Daily P

Yodobashi Camera Shinjuku West Gate Map H (3-b)

Yodobashi Camera is a large shopping mall full of products made in Japan.

☎03-3346-1010 / 1-11-1 Nishi-Shinjuku, Shinjuku-ku
 📍1 min. from Shinjuku Sta. 🕒9:30am-10:00pm
 🗓Open Daily P

Keiyo D2 Mita Store

Outside the map

The Keiyo D2 Mita store is a large one-stop shop for DIY, gardening and everyday supplies.

☎03-5442-5828 / 4-2-20 Mita, Minato-ku

📍15 min from Tamachi Sta.

🕒9:30am-7:30pm 🗓Jan 1

P

Antiques, Crafts & Souvenirs**Ando Cloisonne Co., Ltd.**

Map G (3-b)

☎03-3572-2261/5-6-2 Ginza, Chuo-ku

📍1 min. from Ginza Sta. exit A1

🕒10:00am-6:30pm (Sat/Sun/N.H. 10:30am-)

🗓Closed Irregularly

Antique Nishikawa Tokyo Shop Map C (3-b)

☎03-3456-1023 / 2-20-14 Azabujuban, Minato-ku

📍1 min. from Azabu-juban Sta. 🕒11:00am-6:00pm

🗓Tuesday

<http://www.nishikawa.to>

KOJU HONTEN

Map G (3-b)

A variety of traditional incense sticks and utensils.

☎03-6264-2450/4-9-1 Ginza, Chuo-ku 📍Directly connected to Ginza Sta. 🕒11:00am-7:00pm 🗓N.Y.H

Knife shop KAMATA

Outside the map

Traditional hand-crafted Japanese knives.

☎03-3841-4205 / 2-12-6, Matsugaya, Taito-ku

📍8min. from Tawaramachi Sta. 🕒10:00am-6:00pm

🗓Aug. 13-16 and Dec. 29 - Jan 4.

Tokyo Kyukyo

Map G (3-b)

Specializes in items made from Washi.

☎03-3571-4429 / 5-7-4 Ginza, Chuo-ku

📍1 min. from Ginza Sta. 🕒11:00am-7:00pm

🗓Open Daily

Tokyu Hands

Map E (2-b)

Goods ranging from DIY to beauty care items.

☎03-5489-5111 / 12-18 Udagawa-cho, Shibuya-ku

📍8 min. from Shibuya Sta. 🕒10:00am-9:00pm

🗓Closed Irregularly

P

Yamada Heiando

Map I (3-a)

Retailer of high-quality lacquerware.

☎03-3464-5541 / G-202 Hillside Terrace, 18-12, Sarugaku-cho Shibuya-ku 📍5 min. from Daikan-yama Sta. 🕒10:30am-7:00pm (Sun&N.H.: -6:30pm)

🗓Open Daily

YOSHIKIN SHOP ROPPONGI

Map A (3-c)

Original shop of GLOBAL knife brand, praised by professional/at-home chefs all over the world. Laser name printing is available.

☎03-3568-2356 / 2F AXIS Bldg., 5-17-1 Roppongi,

Minato-ku 📍8 min. from Roppongi Sta. or Roppon-

gi-Itchome Sta. 🕒11:00am-7:00pm 🗓Sun&N.H.

**Shoes****Onitsuka Tiger OMOTESANDO** Map F (2-b)

The global flagship store of the luxury sports fashion brand, with many "Made of Japan" products.



☎03-3405-6671 / 4-24-

14 Jingumae, Shibuya-ku

📍10 min walk from JR Harajuku Sta. Omotesando

Exit 🕒11:00am-8:00pm 🗓Closed irregularly

WASHINGTON L Nishi-Ginza B1F Store Map G (2-b)

Over 600 pairs of larger size lady's shoes.

☎03-3566-4058 / B1F NISHIGINZA 4-1 Ginza,

Chuo-ku 📍3 min. from Ginza Sta. 🕒11:00am-

9:00pm (Sun&N.H.: -8:00pm) 🗓Open Daily

Outdoor Goods**L-Breath Shinjuku**

Map H (1-b)

Tents, cooking equipment and outdoor apparel.

☎03-3354-8951 / 4-1-11 Shinjuku, Shinjuku-ku

📍1 min. from Shinjuku Sta. 🕒11:00am-8:00pm

🗓Open Daily

Montbell Shibuya Store

Map E (2-b)

The store offers a wide variety of Montbell outdoor products ranging insulation layers, water and wind proof jackets, to sleeping bags, backpacking and camping gear.

☎03-5784-4005 / mont-bell Shibuya Bld., 11-5

Udagawa-cho, Shibuya-ku 📍8 min. from Shibuya

Sta. 🕒10:30am-9:00pm 🗓Open Daily

Tax Free

Those staying in Japan for fewer than six months can shop tax-free at certain department, electronics and other major stores by showing their passport. Terms and conditions differ depending on purchase and store.

■General goods

(electronics, clothing, bags, etc.)

Purchases in one day/store of ¥10,001 (tax excluded) or more

■Consumables

(foodstuffs, medicine, cosmetics, etc.)

Purchases in one day/store ranging from ¥5,001 to ¥500,000 (tax excluded)

For a list of participating stores, check the Japan Tax-free Shop homepage:

<https://tax-freeshop.jnto.go.jp/eng/index.php>

Chapter 07

Eating Out

Tokyo has more Michelin-starred restaurants than any other city in the world, and you don't always have to break the bank to eat out. From traditional Japanese "washoku" to international cuisine, every taste and budget is catered to.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.



Japanese Cuisine

Here are some descriptions of common Japanese foods that will help you dine in Japan.

Sushi

One of Japan's most famous dishes, sushi is vinegared rice served with a range of ingredients. There are several types of sushi. Nigiri-zushi is bite-sized hand-shaped rice with raw seafood, chirashi-zushi is served in a bowl and topped with seafood or vegetables, maki-zushi is wrapped in seaweed, while inari sushi is stuffed inside deep-fried tofu pockets.



Sashimi

Sashimi is fresh, sliced raw fish and other seafood served only with soy sauce and wasabi (Japanese horseradish), often with a daikon radish garnish. It is sometimes called "tsukuri" or "otsukuri".



Tempura

Tempura is seafood and seasonal vegetables deep fried in a light batter. It takes a skilled chef to prepare the best tempura, and it is definitely best when freshly prepared.



Tonkatsu

Tonkatsu is made from pork cutlets, which are coated with egg and breadcrumbs and deep fried. It is served with karashi (Japanese mustard), and tonkatsu sauce (similar to Worcestershire sauce) to add extra flavor.



Kushiage

Also known as "kushikatsu", kushiage is bite-sized pieces of seafood, meat, and vegetables that are battered with breadcrumbs and deep fried in oil on bamboo skewers.



Ramen

Ramen is a dish where Japanese noodles are served in a broth, the most common varieties of which are salt, soy sauce, pork bone and miso-based.



Yakitori

Yakitori is skewers of chicken pieces and vegetables cooked over a grill. You can choose whether you want it cooked with salt or sauce. It goes well with beer or sake.



Sukiyaki

Sukiyaki is a type of nabe (hot pot) where thinly sliced beef is slowly simmered in a broth made from soy sauce, sugar, sake and mirin (a type of rice wine), together with vegetables and other ingredients such as tofu.



Shabu-Shabu

Shabu-shabu restaurants serve platters of thin slices of meat that you lightly cook yourself in a pot of boiling konbu (kelp) stock before dipping them in ponzu (citrus flavored soy sauce) or sesame sauce.



Okonomiyaki

Okonomiyaki is usually made with cabbage and seafood or meat cooked with a pancake-like batter on a hotplate, served with dark sauce, powdered seaweed and katsuobushi (shaved dried bonito). Regional variations include Hiroshimayaki and Tokyo's Monjayaki.



Soba

Buckwheat noodles (soba) are served either cold with dipping sauce or with hot soup. Choose from toppings including tempura, egg, wakame (seaweed), tororoimo (yam), etc.



Udon

Udon are thick wheat noodles served most often served in hot, soy-based soup with toppings like wakame or tempura.



Gyudon

Donburi are a range of dishes where rice is served in a bowl with toppings. The most well-known is gyudon, which is lightly stewed beef and onions on rice. It is often served with a raw or soft poached egg and red pickled ginger.



Oden

This dish is eaten mostly in winter. The ingredients include eggs, daikon (Japanese radish), and processed fish cakes, stewed in a light broth.



Nabe

Nabe are hot pot dishes with meat, vegetables and sometimes tofu and other ingredients cooked together on the table. Chankonabe is highly nutritious and is eaten by Sumo wrestlers.



Japanese curry

Japanese curry has its own distinctive flavour and texture. Commonly prepared at home from a roux, any additional ingredients (such as meat and vegetables) are down to personal preference.



Yakiniku

Inspired by Korean barbecue, yakiniku involves the cooking of bite-size pieces of meat – most often beef and pork – over a gridiron or griddle. At restaurants, raw ingredients are ordered and diners cook the meat themselves at the table.



Teppanyaki

Teppanyaki restaurants cook food over a large iron griddle or hot plate. While dishes like okonomiyaki are cooked in this way, teppanyaki restaurants specialize in steaks and seafood.



Useful words when eating out



- いらっしゃいませ: **"Irasshaimase"**: a friendly greeting to the customers.
- いただきます: **"Itadakimasu"**: a greeting at the beginning of a meal to express gratitude.
- ごちそうさま: **"Gochisou-sama"**: expression of thanks for a nice meal after eating.
- お通し: **"Otoshi"**: compulsory appetizer or small dish that comes with the first beverage you order. Not free!
- おしぼり: **"Oshibori"**: moist towel for wiping your hands before eating.
- とりざら: **"Torizara"**: extra plate for serving from a larger dish.
- おかわり: **"Okawari"**: refill for food or beverage.
- おすすめ: **"Osusume"**: recommendation.
- 割り勘: **"Warikan"**: bill splitting.
- お水: **"Omizu"**: Water, usually served free when you are seated.
- 持ち帰り: **"Mochikaeri"**: food to go/take out
- 店内: **"Ten-nai"**: for here/eating in
- 宅配: **"Takuha"**: delivery

Unagi

Unagi (freshwater eels) are grilled with a distinctive sweet soy sauce and served on a bed of rice. Preparation methods vary by region. In Kanto, unagi is steamed before grilling. It is very nutritious and is popularly known for restoring stamina during the hottest days of summer.



Fugu

Fugu (puffer fish) can be lethally poisonous if prepared incorrectly, so only specially licensed chefs are allowed to prepare it. It is eaten raw as sashimi or cooked in a hot pot (nabe).



Kaiseki-Ryori

A traditional multiple-course meal with creative dishes and arrangements, in which fresh seasonal ingredients are used and beautifully presented, often with real leaves and flowers of the season.



Popular Eating Places

Izakaya

These Japanese-style bars are popular for dining with colleagues or friends. The menus have a wide selection of drinks and small dishes that are usually ordered to share. You may receive an otoshi (a small dish of food) just after you arrive or with your first drink. The cost of this (usually a few hundred yen) is added to your bill.

Kaitenzushi (Conveyor Belt Sushi)

These cheap sushi restaurants pass dishes on a conveyor belt in front of diners for them to choose the ones they want. Each plate costs between around 100 to 500 yen. The color of the dish is used to indicate the price.

Family Restaurants

These restaurants are designed to offer affordable stress-free dining when eating out with children. The menus have a wide range of food to choose from and free drink refills are common if you choose the "drink bar".

Noodle Stands

These Japanese fast food stands are most often located in train stations. Noodles are served hot or cold with the topping of your choice. Buy tickets at a vending machine and then give the ticket to the staff.

Teishoku-ya

Teishoku restaurants are Japanese eateries serving traditional Japanese food where the main dishes are served in sets with other items – usually miso soup, rice, pickled vegetables and other small side dishes.

Gyudon Chains

Gyudon chains, such as Sukiya, Yoshinoya and Matsuya, serve beef bowls and a range of other dishes like Japanese curry very cheaply. They often have special seasonal choices on their menu.

Bento-ya

Bento is the Japanese term for a lunchbox, or a packed lunch. At bento shops, you can choose from a menu of set bento options, or you can make up your own bento from hot and cold dishes on display, and be charged based on weight or elements chosen.

About allergies and eating restrictions

If you are allergic to any foods or unable to eat specific ingredients for religious reasons, you can choose the word from the list below in the example sentences to express your food preferences.

I cannot eat _____
私は _____ が食べられません。

"Watashi ha _____ ga taberaremasen."

I am allergic to _____
私は _____ にアレルギーです。

"Watashi ha _____ ni arerugi desu."

牛乳	gyu-nyu	Milk
卵	tamago	Eggs
乳製品	nyu-seihin	Dairy
ピーナツ	pinatsu	Peanut
ナッツ類	nattsu-rui	Tree nuts
小麦	komugi	Wheat
大豆	daizu	Soybeans

魚	sakana	Fish
甲殻類	koukaku-rui	Shellfish
牛肉	gyuniku	Beef
そば	soba	Buckwheat
豚肉	butaniku	Pork
鶏肉	toriniku	Chicken
酒	sake	Alcohol

Roppongi, Azabu, Hiroo

Edomae Sushi Hattori

Enjoy a sushi course menu made with seasonal ingredients carefully selected by the head chef.

☎03-5474-2026

🕒5 min. from Roppongi Sta.

🕒5:30pm-11:00pm 🗓Sun&N.H. ¥¥15,000~

*Reservation Required

Map A (1-a)



Gonpachi Nishi-Azabu

Nishi-Azabu

Experience traditional cuisine like Soba and Kushiya.

☎03-5771-0170 🕒10 min. from Roppongi Sta.

🕒11:30am-3:30am 🗓Open Daily

¥Lunch ¥1,000~, Dinner ¥4,000~

P C

Homework's

Map B (3-a)

Homemade gourmet burgers, salads and sandwiches.

☎03-3444-4560 🕒3 min. from Hiroo Sta.

🕒Tue-Thu 11:00am-7:30pm, (Fri,Sat,Sun&N.H.: 11:00am-8:00pm) 🗓Mon

¥Lunch ¥1,000~, Dinner ¥1,500~

C

Hudson Market Bakers

Map C (3-b)

Old-fashioned American baked goods. Pies, cakes, muffins, cookies & more.

☎03-5545-5458

🕒1min. from Azabu-Juban Sta. 🕒11:00am- 8:00pm (Sat/Sun/N.H.: -7:00pm) 🗓Open Daily ¥¥350~

NIRVANA New York

Map A (1-a)

Contemporary Indian fine cuisine.

☎03-5647-8305 🕒5 min. from Roppongi Sta.

🕒11:00am-3:30pm, 5:00pm-00:00am (Sat/Sun/N.H.: -11:00pm) 🗓Holidays follow those of Tokyo Midtown ¥Lunch ¥2,600, Dinner ¥6,200

C

CHIBO ADVANCE Hiroo Shop

Map B (3-b)

Osaka-style Okonomiyaki as well as grilled steak, seafood and vegetables all made right in front of you.

☎03-6408-5230 🕒1 min. from Hiroo Sta. 🕒Tue-Fri 6:00pm-11:00pm, Sat/Sun/N.H. 12:00pm-2:30pm 5:00pm-11:00pm 🗓Mon ¥Lunch ¥1,300~, Dinner ¥5,500~

Shabuzen

Map A (2-c)

Choose from various hot pot menus including Shabu-Shabu and Sukiyaki prepared with quality and seasonal ingredients. Perfect for parties of all sizes.

☎03-3585-5600

🕒7 min. from Roppongi Sta.

🕒4:00pm-11:30pm (Sun&N.H.: -11:00pm)

🗓Open Daily ¥¥7,000~



P

Sushizanmai Takumi

Roppongi Roi Bldg. Mae Branch

Map A (2-b)

High-quality sushi at reasonable prices.

☎03-5771-2440 🕒3 min. from Roppongi Sta.

🕒24hrs. 🗓Open Daily ¥¥3,000~

Tempura Yamanoue Roppongi

Map A (1-a)

Serving authentic, Edo style Tempura for over 50 years.

☎03-5413-3577

🗓Direct from Roppongi Sta.

🕒11:00am-2:00pm (L.O.),

5:00pm-9:00pm (L.O.)

(Sat, Sun&N.H.: 11:00am-2:30pm (L.O.), 4:00pm-9:00pm (L.O.)) 🗓Open Daily ¥¥9,000~

P



Tokyo Shiba Tofuya Ukai

Map D (3-b)

"Kaiseki style" Tofu in rooms overlooking manicured gardens.

☎03-3436-1028 🕒5 min. from Akabanebashi Sta.

🗓Check website 🗓Closed N.Y.H. and irregularly

¥Lunch ¥6,530~, Dinner ¥11,880~

Okuyama

Map A (2-a)

Wamon Okuyama serves quality, seasonal ingredients in course menus.

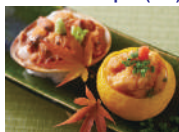
☎03-6887-2727 🕒3 minutes

from Roppongi Sta.

🕒6:00pm-11:00pm (Last En-

try 8:30pm) 🗓Sun& N.H. ¥Dinner ¥20,000~

*Reservation required



Wolfgang's Steakhouse Roppongi

Map A (3-c)

A steakhouse from New York specializing in succulent aged beef.

☎03-5572-6341 🕒4 min. from Roppongi Sta.

🕒11:30am-11:30pm 🗓Open Daily

¥Lunch ¥3,000~, Dinner ¥15,000~

Shibuya, Daikanyama, Nakameguro

Baird Beer Nakameguro Taproom

Map I (4-c)

Real Beer, real food, real people.

☎03-5768-3025 🕒2 min. from Nakameguro Sta.

🕒5:00pm-0:00am (Sat/Sun/N.H.: 12:00pm-0:00am)

🗓Open Daily ¥¥3,000~

C

Guzman y Gomez Shibuya

Map E (2-c)

Mexican restaurant popular for its burritos, as well as other Tex-Mex classics like tacos and nachos. The wide-ranging menu is perfect for any occasion.

☎03-3461-3800

🕒5min. from Shibuya Sta. 🕒11:00am-10:00pm (L.O. 9:30pm) 🗓Closed Irregularly ¥¥820~

C



Huit

Map I (3-c)

A café by the Meguro River with delicious coffee and cake.

☎03-3760-8898 📍2 min. from Nakameguro Sta.
 ☑11:45am-00:00am (Sun&N.H.: 11:45am-10:00pm)
 ☒Open Daily 🍽Lunch ¥1,240~ *Credit cards accepted.

Les enfants gâtés

Map I (3-a)

A Michelin star-winner restaurant with excellent terrines.

☎03-3476-2929 📍8 min. from Daikanyama Sta.
 ☑11:30pm-2:00pm (L.O.), 5:30pm-9:00pm (L.O.)
 Sat, Sun, N.H. 12:00pm-, 6:00pm- ☒Mon (open if N.H.) 🍽Lunch ¥6,000~, Dinner ¥15,000~
 (menu written in English)

BRASSERIE TABLEAUX

Map I (3-a)

American Innovative Cuisine.

☎03-5489-2201 📍2 min. from Daikanyama Sta.
 ☑6:00pm-00:00am ☒Open Daily
 🍽Dinner ¥5,000~

Harajuku, Omotesando, Yoyogi-Uehara**ANNIVERSAIRE Café Omotesando** Map F (2-b)

An open air café with delicious international food.

☎03-5411-5988 📍1 min. from Omotesando Sta.
 ☑11:00am-9:00pm (Sat/Sun/N.H.: 9:00am-9:00pm)
 ☒Open Daily 🍽Lunch ¥1,500~, Dinner ¥3,000~

BARBACOA Aoyama

Map F (2-b)

Churrascaria restaurant serving genuine Brazilian-style BBQ.

☎03-3796-0571
 📍5 min. from Omotesando Sta. exit A2
 ☑11:30am-2:00pm(L.O.)(Sat/Sun/N.H.: -3:00pm (L.O.)),
 5:30pm -10:00pm (L.O.) (Sun&N.H.: -9:00pm (L.O.))
 ☒Open Daily 🍽Lunch ¥3,600~(weekdays), Dinner ¥5,400~

Restaurant KIHACHI

Map F (4-c)

French and Italian cuisine that brings out the best in flavor of ingredients in original ways.

☎03-5785-3641 📍5 min. from Aoyama-Ichome Sta.
 ☑Lunch:11:30am-3:00pm(LO), Tea:2:30pm-3:30pm (LO),Dinner:5:00pm-7:00pm(LO) ☒Mon. N.Y.H.
 🍽Lunch ¥2,970~, Dinner ¥5,000~

Sumibi-Kushiyaki Fuku

Yoyogi-Uehara

A modern charcoal-grilled Yakitori restaurant.

☎03-3485-3234 📍5 min. from Yoyogi-Uehara Sta.
 ☑5:30pm-11:30pm ☒Wed 🍽¥4,000~

Tonkatsu Takeshin

Yoyogi-Uehara

A select-ingredient tonkatsu restaurant.

☎03-3466-1125 📍4 min from Yoyogi-Uehara Sta.
 ☑11:30am-2:00pm (L.O.), 6:00pm-9:45pm (L.O.)
 (Sat/Sun/N.H.: 11:30am-2:30pm (L.O.)
 5:30pm-9:30pm (L.O.) ☒Mon (open if N.H.)
 🍽Lunch ¥1,000~, Dinner ¥1,200~ *Cash only

Yoyogiuehara YUU

Yoyogi-Uehara

Japanese restaurant where you can enjoy seasonal fresh vegetables and fish in relaxing atmosphere.

☎03-6804-8997
 📍3 min. from Yoyogi-Uehara Sta.
 ☑5:00pm-1:00am (L.O. 0:00) ☒Closed Irregularly or Mon. 🍽¥10,000~

Ginza, Marunouchi, Shiodome**Bifuteki Kawamura**

Map G (3-a)

Offers some of the best Kobe beef in Ginza.

☎03-6252-5011 📍3 min. from Ginza Sta. ☑11:30am-2:00pm, 5:00pm-10:00pm ☒Closed Irregularly 🍽Lunch ¥5,000~, Dinner ¥14,500~(+service chg.)

Blanc Rouge

Map G (1-b)

The finest French cuisine with selected wines in the perfect location in The Tokyo Station Hotel.

☎03-5220-0014 📍Direct from JR Tokyo Station Marunouchi South Exit. ☑11:30am-3:00pm, 5:30pm-10:00pm ☒Open Daily 🍽Lunch ¥5,500~, Dinner ¥10,000~ *Prices are including consumption tax and subject to service charge.

CHINA BLUE

Map G (4-a)

Modern Chinese with a panoramic view of Tokyo Bay.

☎03-6388-8745 📍1 min from Shiodome Sta.
 ☑11:30am-2:00pm, 5:30pm-9:00pm ☒Open Daily
 🍽Lunch ¥5,000~, Dinner ¥10,000~

MUCHO -MODERN MEXICANO- Map G (2-b)

Modern Mexican served in a colorful and resort-like interior.

☎03-5218-2791 📍1 min. from Tokyo Sta. South exit ☑Mon-Sat&day before N.H.: 11:00am-2:00am (Sun&N.H.: -11:00pm) ☒Holidays follow those of TOKIA 🍽Lunch ¥1,000~, Dinner~ ¥3,500

Shinjuku**Acacia**

Map H (2-a)

Signature dish is stuffed cabbage roll stew. Also offers Japanized European cuisines such as hashed beef rice, omelet and spicy curry, as well as German draft beer.

☎03-3354-7511 📍3 min. from JR Shinjuku Sta. East Exit ☑11:00am-10:00pm(L.O.) ☒Tue
 🍽¥1,000~2,000

Gyoenmae-Seo

Shinjuku-Gyoen-Mae

Enjoy seasonal cuisine, handmade soba and tempura made with exceptional ingredients.

☎03-3353-2558

📍1 min. from Shinjuku-Gyoenmae Sta. exit 2

🕒Lunch: 11:30am-2:00pm, Dinner: 5:30pm-11:00pm

🗓Mon, the 3rd Tue of month 🍽Lunch ¥2,300~, Dinner ¥11,000~ 📌 (By reservation)

Kurumaya Bekkan

Map H (1-a)

A Japanese restaurant offering wagyu beef and seafood tableside cooking Teppanyaki.

☎03-3352-5566 📍2 min. from Shinjuku Sta. East exit 2 🕒11:30am-2:30pm (L.O.), 5:00pm-9:00pm (L.O.)

🗓1/1

New York Grill

Nishi-Shinjuku

Prime quality beef and market fresh seafood.

☎03-5323-3458 📍12 min. from Shinjuku Sta.

🕒11:30am-2:30pm, 5:30pm-10:00pm

🗓Open Daily 🍽Lunch ¥5,500~, Dinner ¥18,000~

*Prices are subject to service charge and tax. 📌

SARABETH'S LUMINE SHINJUKU

Map H (2-b)

American classic pancakes from breakfast queen of NY.

☎03-5357-7535 📍Directly connected from Shinjuku Sta.

🕒9:00am-10:00pm 🗓Open Daily 🍽¥1,800

Tempura Shinjuku Tsunahachi Main Store

Map H (1-b)

Prepares excellent Tempura using the best seasonal ingredients.

☎03-3352-1012 📍3 min. from Shinjuku Sta.

🕒11:00am-10:30pm 📍N.Y.H. 🍽Lunch ¥1,500, Dinner ¥4,000

Teppanyaki Steak Misono Shinjuku Store

Map H (4-b)

Enjoy top-grade Japanese black cattle beef steaks alongside seasonal vegetables and seafood.

☎03-3344-6351 📍10 min. from Shinjuku Sta.

🕒11:30am-2:30pm (L.O. 1:30pm), 5:00pm-10:00pm (L.O. 9:00pm) 📍N.Y.H. 🍽Lunch ¥3,300~, Dinner ¥13,200



Other areas in Tokyo

Bubba Gump Shrimp Tokyo

Suidobashi

Deep South cuisine with seafood and Cajun menus.

☎03-3868-7041 📍3 min. from Korakuen Sta.

🕒11:00am-11:00pm 🗓Open Daily

🍽Lunch ¥1,000, Dinner ¥2,800 📌

Akasaka Rikyu

Akasaka

Healthy Chinese food based on the idea of "Food is Medicine."

☎03-5570-9323 📍Short walk from Akasaka Sta.

🕒Lunch 11:30am-2:30pm (Sat/Sun/N.H.: - 4:00pm), Dinner 5:00pm-9:00pm All Day (Sat/Sun/N.H.: 4:00pm-9:00pm) 📍N.Y.H. 🍽Lunch ¥3,500~, Dinner ¥15,000~ 📌

ASAKUSA IMAHAN

Akasaka

Wagyu beef in Sukiyaki and Shabu-Shabu style.

☎03-3841-1114 📍1 min. from Tsukuba Express

Asakusa Sta. 🕒11:30am-9:30pm 🗓Open Daily

🍽Lunch ¥4,000, Dinner ¥12,000~

LAWRY'S THE PRIME RIB.

Akasaka

Serves American style roasted beef and steak with luxurious, antique interiors.

☎03-5545-1429 📍Direct from Tameikesanno No.14

Exit. 🕒Lunch: 11:30am - 2:00pm (L.O.), Dinner: 5:00pm - 10:00pm (L.O.) 🗓Holidays follow those of Akasaka Intercity AIR

🍽Lunch ¥3,000, Dinner ¥5,000~

Ukai Toriyama

Takao

Delicious seasonal foods in thatched-roof cottages.

☎042-661-0739 📍Free shuttle buses to and from

Takaosanguchi Sta. 🕒11:30am-9:30pm (L.O. 7:30 pm) (Sun&N.H.: 9:00pm (L.O. 7:00pm)) 🗓Open Daily

🍽Lunch ¥5,370~(weekdays), Course ¥6,930~ 📌

Yokohama

Café Tosca

Map K (3-c)

Enjoy a resort-like atmosphere with 24 palm trees. The open kitchen at night with cooks preparing hot dishes right in front of you is especially popular buffet.

☎045-682-2218 📍1 min. from Minato-Mirai Sta.

🕒11:30am-3:00pm (Sat/Sun/N.H.: - 3:30pm),

5:30pm-10:00pm (Sat/Sun/N.H.: 3:30pm-) 🗓Open Daily 🍽Lunch ¥3,993~, Dinner ¥5,929~ 📌

Manchirno

Map L (1-a)

Yokohama's leading Cantonese restaurant established in 1892. With live Chinese music and beautiful interior decoration.



☎045-681-4004 📍7 min. from Ishikawacho Sta.

North exit or Motomachi-Chukagai Sta. exit 2

🕒11:00am-10:00pm 🗓Open Daily

🍽Lunch ¥3,000

Mutekiri

Map L (1-a)

Dainty French cuisine using selected seasonal ingredients.

☎045-681-2926 📍4 min. from Motomachi-Chuka

gai Sta. exit 5 🕒11:30am-2:30pm (L.O.), 5:30pm-8:00pm 🗓Mon. closed irregularly 🍽Lunch ¥4,290~, Dinner ¥6,600~ *Reservation recommended.

Chapter 08

Education



When you move to a new country, as a parent, it is natural to worry about the education of your children. Whether you choose to enroll them at a Japanese school or one of international schools, you can be sure of a positive learning environment.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

International Schools

There is a good selection of international schools in Japan offering a wide curriculum and with a diverse student body not found in most Japanese schools. They can be expensive, however (¥1 to ¥3 million per year), and places are limited. Research the curriculum of each school to find the right one for your child. See the listings in this chapter for information on specific international schools.

Applying For an International School

Because of the time required to prepare the necessary documents, it is advisable to apply at least 6 months in advance. Entry requirements for each school are different, and you can inquire by phone or check their website. It is useful to prepare transcripts from all the schools your child has attended in other countries. It may be necessary to take a health examination and entrance test. Some schools have a minimum English language requirement.

Japanese Schools

Even if the cost of international schools is not an issue, there are still educational and other reasons for non-Japanese families to send their children to a Japanese school for at least part of their stay in Japan. In elementary school, the focus is on morals, social and communication skills – an education that, once acquired, provides a lifetime of benefits to the child. Having a native grounding in the Japanese language and getting closer to the local community are other reasons to consider this option.

Private schools start at the kindergarten or elementary level and are seen as a fast track to a prestigious university. They have very competitive entrance requirements and procedures, including examinations and interviews for both the child and the parents. Fees are higher than those for public schools, but generally lower than for international schools.

Public school tuition is free up to junior high school, but other costs such as uniforms and school lunches must be covered by the parent or guardian.

Japanese Grading System

Although neither kindergarten nor senior high school is compulsory, the majority of Japanese children do attend these levels. The Japanese school grading system is summarized below.

Kindergarten	age 3-6
Elementary School	age 6-12 (Gr.1-6)
Junior High School	age 12-15 (Gr.7-9)
High School	age 15-18 (Gr.10-12)
College/University	age 18-20/22

Applying For a Japanese School

Your local municipal office can give you information on public schools in your area. Apply directly to the school of your choice. When your child has been accepted, you should register the result at the local municipal office. Applications are usually made by October before the start of the school year.

Japanese school system

Free education in Japan consists of six years of elementary school and three years of junior high school. These are compulsory for Japanese children, but home-schooling is an option for foreign nationals. Senior high schools charge tuition, and can be broadly divided into academic and vocational schools, where the focus is on preparing for either university or for a particular field of work. Most students join after-school clubs, and take part in annual events such as sports days and festivals.



TOKYO

International Schools

The American School in Japan

Chofu

☎0422-34-5300 🕒8 min. from Tama Sta.

Ages 5-18 yrs / K - Gr.12 / coed **Students** 1,720 **Buses**
<https://www.asij.ac.jp>

Aoba-Japan International School

Meguro Campus

Map I (4-a)

☎03-4520-2313 🕒8 min. from Daikanyama Sta.

Ages 2-6 yrs / K2-K5 / coed **Students** 80 **Buses**

Hikarigaoka Campus

Hikarigaoka

☎03-4578-8832 🕒12 min. from Hikarigaoka Sta.
 exit A5 **Ages** 3-18 yrs / K3-Gr.12 / coed

Students 500 **Buses**

<https://www.japaninternationalschool.com>

The British School in Tokyo

Shibuya Campus

Map F (1-a)

☎03-5467-4321 🕒5 min. from Shibuya or Omotesando Sta. **Ages** 3-7 yrs / nursery - Year 3 / coed

Showa Campus

Sangenjaya

☎03-3411-4211 🕒5 min. from Sangenjaya Sta.
 South exit **Ages** 8-18 yrs / Year 4-13 / coed

Students 1,000 (school total)

<https://www.bst.ac.jp>

Canadian International School

Map J (4-b)

☎03-5793-1392 🕒7 min. from Osaki Sta. South exit **Ages** 3-18 yrs / (Osaki) K3-4, G6-12 (Nakameguro) K5-G5 / coed **Students** 400

<https://www.cisjapan.net>

Columbia International School

Tokorozawa

☎04-2946-1911 🕒10 min. from Higashi Tokoro-za Sta. **Ages** 3-18 yrs / K1-Gr.12 / coed

Students 235 **Buses**

<http://www.columbia-ca.co.jp>

Christian Academy in Japan

Higashikurume

☎042-471-0022 🕒5 min. from Higashi-Kurume Sta.
 East exit **Ages** 5-18 yrs / K - Gr.12 / coed

Students 472  **Christian**

<https://caj.ac.jp>

Global Indian International School, Tokyo

Preschool Campus

☎03-3686-3055 🕒20 min. from Nishikasai Sta.
Ages 2.5-5 yrs / Nursery-K / coed

Nishikasai Campus

☎03-5696-7141 🕒15 min. from Nishi Kasai Sta.

Ages 5.5-17yrs / Gr.1-12 / coed

Students 800 (school total) **Buses**

<https://tokyo.globalindianschool.org>

Gregg International School

Jiyugaoka

☎03-3725-8000 🕒5 min. from Jiyugaoka Sta.
 North exit **Ages** 1-12 yrs / Pre-K - Gr. 6 / coed

Students 100+ **Buses**

<https://www.gis-j.com>

India International School in Japan

Nishi-Ojima

☎03-5875-5435 🕒5 min. from Nishi-Ojima Sta.

Ages 3-18 yrs / K - Gr.12 / coed

Students 500 **Buses**

<https://www.iisjapan.com>

Ivy Prep International School

Main Campus

Map B (4-c)

☎03-6337- 6612 🕒11 min. from Hiroo Sta.

Ages 6mos-10 yrs/Pre-K - Gr.4 / coed

Students 50 **Buses**

<https://www.giftedschooltokyo.com>

STEAM LAB+E

Map J (1-a)

☎03-5422-7030 🕒9 min. from Shirokane-dai.

Ages 5-11 yrs/K5-G5/coed **Buses**

<https://www.steamlabtokyo.com>

International School of the Sacred Heart

Map B (3-a)

☎03-3400-3951 🕒3 min. from Hiroo Sta. exit 4

Ages 3-18 yrs / Kindergarten: coed, Gr.1-12: girls

Students 560 *Limited parking available for drop off and pick up

<https://www.iss.h.ac.jp>

K. International School Tokyo

Kiyosumi-shirakawa

☎03-3642-9993 🕒1 min. from Kiyosumi-Shirakawa Sta. exit B1 **Ages** 3-18 yrs / Pre-K - Gr.12 / coed

Students 630 **Buses**

<http://www.kist.ed.jp>

Laurus International School of Science

Map J (1-c)

Laurus is the first international school of science in Japan. They adhere to Cambridge standards and include programming and entrepreneurship education in their primary curriculum.

☎03-6722-6310 🕒8-min. from Shirokane-Takana-
 wa Sta. 9-min. from Mita Sat, 12-min. from Tamachi
 Sta, 12-min. from Azabu-Juban Sta. **Ages** 6-12 yrs
 / Gr.1-6 / coed **Students** 150 **Buses** *The school bus
 service is available for students up to and including Primary
 Grade 3.

<https://laurus-school.com>



Musashi International School Tokyo

Mitaka

☎0422-57-6887 🕒20 min. from Mitaka Sta. South
 exit **Ages** 2-18 yrs / K-Gr. 12 / coed **Students** 160 **Buses**

<https://mist.school/>

Lycée Français International de Tokyo Itabashi

☎03-6823-6580 📍10 min. from Itabashi Sta. or Shin-Itabashi Sta. **Ages** 3-18 yrs **Students** 1470 **Buses**
<http://www.lfitokyo.org>

The Montessori School of Tokyo

Map C (4-a)

☎03-5449-7067 📍10-12 min. from Hiroo Sta. exit 1 or Azabu-Juban Sta. exit 1 **Ages** Ages 2-15 yrs / coed **Students** 200
<https://www.montessorijapan.com>

New International School of Japan

Ikebukuro

☎03-3980-1057 📍10-12 min. from Ikebukuro Sta. and many other stations **Ages** 3-18 yrs / Pre-K - Gr.12 / coed **Students** 270 **Buses**
<http://newis.ed.jp>

Nishimachi International School

Map C (3-a)

Offering innovative international educational excellence in central Tokyo since 1949. Fully accredited, English based American curriculum & a strong Japanese language & culture program.



☎03-3451-5520 📍8 min. from Azabu-Juban Sta. exit 4, 10 min. from Hiroo Sta. exit 1 **Ages** K - Gr.9 / coed **Students** 460
<https://www.nishimachi.ac.jp>



**ST. MARY'S
INTERNATIONAL
SCHOOL**

Modern, well-equipped campus in Tokyo, Japan. K-12 school specialising in the education of boys for over 60 years.
www.smis.ac.jp

St. Mary's International School

Futako-Tamagawa

☎03-3709-3411 📍8 min. from Futako-Tamagawa Sta. East exit **Ages** 5-18 yrs / Pre-1 - Gr.12 / boys **Students** 880 **Buses** (shared with Seisen)
<https://www.smis.ac.jp>

Seisen International School

Yoga

☎03-3704-2661 📍10 min. from Yoga Sta. East exit **Ages** 2-18 yrs / K: coed, Gr.1-12 / girls **Students** 670 **Buses** (shared with St. Mary's)
<https://www.seisen.com>

Shinagawa International School

Shinagawa

☎03-6433-1531 📍5 min. from Shinagawa Seaside Sta. or Aomonyokocho Sta. **Ages** 3-15 yrs / Pre-school - Gr.10 / coed **Students** 180 **Buses**
<http://sistokyo.jp>

UIA International School of Tokyo

Kiba

☎03-5646-5280 📍10 min. from Kiba Sta. **Ages** 3-18 yrs / K - Gr.12 / coed **Students** 400 **Buses**
<https://www.uia.jp>

Tokyo Bay International School

Kameido

Cambridge-accredited co-ed school providing child centered education. Spacious, high-tech facilities include robotics and coding labs.

☎03-5875-1997 📍5 min. from JR Kameido Sta. **Ages** 3 to 15 yrs / K - Gr.12 / coed **Buses**
<https://www.tokyobayinternationalschool.org>



Tokyo International School

Map J (1-b)

☎03-5484-1160 📍5 min. from Shirokane-Takanawa Sta., 15 min. from Azabu-Juban Sta. **Ages** 4-14 yrs / K1 - Gr.8 / coed **Students** 365 **Buses**
<https://www.tokyois.com>

Tokyo International Progressive School

Futako-Tamagawa (From June 2021)

The small school in a new facility that specializes in learning differences, TIPS is very proud of its results.

☎03-6894-0055 📍15 min from Futako-Tamagawa Sta. **Ages** 9-18 yrs / Gr.4 - Gr.12 / coed **Students** 45 **Buses**
<http://www.tokyoips.com>



Tokyo YMCA International School

Toyocho

☎03-3615-5632 📍5 min. from Toyocho Sta. exit 2 **Ages** 5-14 yrs / K-Gr.9 / coed **Students** 190
<http://tokyo.ymca.or.jp/tyis/index.php>

Preschools, Kindergarten and After school

ABC International School

Map B (2-c)

☎03-6812-6737 📍10 min. from Azabu-Juban Sta. exit 4 **Ages** 12 mos-6 yrs / Preschool - Pre-K / coed **Students** 50

<http://www.abcschools.jp>

ai International School

Map J (1-c)

☎03-3769-3372 📍10 min. from Azabu-Juban or Tamachi Sta. **Ages** 1.5-6 yrs / coed **Students** 70

<https://www.aiinternationalschool.com>

The American School in Japan Early Learning Center

Map C (2-a)

☎03-5771-4344 📍5 min. from Roppongi Sta. exit Roppongi Hills **Ages** 3-6 yrs / Nursery, Pre-K - K / coed **Students** 144

<https://www.asij.ac.jp>

Ayla International School

Map J (2-a)

☎03-3448-2585 📍3 min. from Shirokanedai Sta.

Ages 1-10 yrs / Pre-K - K / coed **Students** 30 **Buses**

<https://aylais.com>

CHATEAU SCHOOL

Map B (1-c)

☎03-6434-9689 📍5 min. from Roppongi Sta.

Ages 0-6 yrs / coed **Students** max. 200

<https://www.chateau-school.com>

Oakwood Tokyo International School

Setagaya-ku

☎03-5752-5380 📍4 min. from Kaminoge Sta. 15 min. from Yoga Sta. **Ages** 10 mos-6 yrs / coed **Students** 55

<https://www.oakwoodtis.com>

Daizawa International School

Yoyogi-Uehara

Through its unique inquiry-based curriculum, DIS fosters a lifelong love of learning, and readies its students to become creative and confident global citizens through exposure to exciting new experiences.

☎03-6887-0841 📍5 min. from Yoyogi-Uehara Sta.

Ages 12 mos-6 yrs / coed **Students** 110 **Buses**

<https://www.daizawaschool.com>

Clarence International School

Map F (3-b)

☎03-6721-0990 📍5 min. from Omotesando or Gaienmae Sta. **Ages** 18 mos-6 yrs / coed **Students** 50

<https://www.clarenceschool.jp/>

EtonHouse International Preschool Tokyo

Map A (1-b)

☎03-6804-3322 📍10 min. from Roppongi Sta.

Ages 15 mos-6 yrs / coed

<https://www.etonhouse.co.jp>

Gingertree International School Zoo-phonics Academy

Map F (3-c)

☎03-5786-2250 📍6 min. from Gaienmae Sta.

Ages 2-6 yrs / coed **Students** 40

<http://www.ginger-tree.jp>

J's International School

Map C (3-a)

☎03-3452-2078 📍8 min. from Azabu-Juban Sta. exit 4 **Ages** 15 mos-6 yrs / Pre-K - Pre-1 / coed

Students 65

<https://www.js-international-school.com>

Komazawa Park International School

Komazawa

KPIS has a staff that is dedicated to providing a program of the highest quality, built upon each child's natural curiosity and emerging abilities.

☎03-5707-0979 📍bus from Ebisu, Jiyugaoka, Shibuya, Todoroki Sta. **Ages** 18 mos-6 yrs (coed)

Students 170 **Buses**

<https://www.kpischool.com>



Kids On Air - International After School

Yoyogi-Koen

Kids On Air is a special after school program for kids in grade 1-4 that provides dynamic hands-on experience through project-based learning.

☎03-6416-8157 📍13 min. from Yoyogi-Koen Sta.

exit 1 **Ages** Gr.1-4 / coed **Students** 180 **Buses**

<http://www.kids-on-air.com>

Kspace International School

Map J (2-a)

☎03-3446-3478 📍8 min. from Shirokanedai Sta., 8 min. from Meguro Sta. East exit **Ages** 14 mos-6yrs

/ Pre-K - Year 1 / coed **Students** 85 daily

<https://www.kspacetokyo.org>

MEES International School

Bunkyo-ku

"A child's spontaneity and wonder are things to treasure for as long as they last; for the greatest mind, they last a lifetime."

☎03-6902-0906 📍4min.

from Hakusan Sta. (Mita Line) **Ages** 1-6 yrs / Nursery, Pre-K - K / coed **Students** 60 **Buses**

<http://www.mees.jp>



Mitsui Gardens International Preschool American Embassy Tokyo

Akasaka

☎03-3224-6796 📍10 min. from Roppongi Sta. exit

6 **Ages** 15 mos-5 yrs / coed **Students** 80

<https://mitsuigardensinternationalpreschool.com/>

Ohana International School

Map C (3-a)

☎03-3408-8888 📍7 min from Azabu-Juban Sta. exit 4

Ages 15 mos-6 yrs / Pre-K - K / coed

Students 65

<https://www.schoolintokyo.com/>

PAL International School

Map B (2-c)

☎03-5770-8166 📍7 min. Hiroo Sta. exit 3

Ages 6 mos-6 yrs / Pre-K - K / coed **Students** 60

<http://pal-school.com/>

Poppins Active Learning International School

Map I (1-c)

Located in spacious Yebisu Garden Place, bright and clean facilities with elegant interior. PALIS offers unique lessons based on British curriculum with Specialist Teacher's Programmes such as Yoga, Dance and Music, etc.



☎03-5791-2105 📍9 min. from Ebisu Sta. East exit

Ages 11 mos-6 yrs / Pre-K / coed **Students** 70

<http://www.poppins-palis.jp/en>

Princeton Academy International School

Yoyogi-Koen

Kindergarteners are eager to explore, investigate and discover the world around them and a Princeton education can make a difference in how much they learn and grow. Please visit their website for details.



☎03-6407-9221 📍1 min. from Yoyogi-Koen Sta. exit 3, or Yoyogi Hachiman Sta.

Ages 1-6 yrs / Pre-K / coed **Students** 60

<http://www.pais.ac>

Sesame International Preschool

Map I (1-a)

☎03-5485-1197 📍5 min. from Ebisu Sta. East exit

Ages 6 mos-6 yrs / coed **Students** 88

<http://www.sesame.tokyo>

Seta International School

Futako-Tamagawa

☎03-5717-6769 📍12 min. from Futako-Tamagawa Sta. 16 min. from Yoga Sta.

Ages 18 mos-6 yrs / coed **Students** 50

<http://www.seta-inter.com>

St. Alban's International Nursery

Map D (3-b)

Learning. Love. Laughter.

Focusing on the individuality of each child, in a caring, very personalized indoor and outdoor environment.

Observation visits welcome.



☎090-6480-4542

📍5 min. from Kamiyacho Sta. exit 1

Ages 2-5 yrs / Pre-K / coed **Students** 30

<https://www.saintalbans.jp>

Summerhill International School

Map C (3-a)

Summerhill is an internationally recognised kinder-garten program (International Baccalaureate) with an emphasis on creativity, independence and individuality. At Summerhill we value the journey of learning, and understand that each child's path is different.



☎03-3453-0811 📍8 min. from Azabu-Juban Sta. exit 7

Ages 15 mos - 6 yrs / Nursery, Pre-K-K / coed

Students 90 **Buses**

<https://summerhill.jp>

Star Kids International Preschool

Map D (4-c)

☎03-6452-9470 📍1 min. from Shibakoen Sta. exit

A3 **Ages** 12 mos-6 yrs, 7-12 yrs / coed **Students** 40

<http://starkids-japan.com>

KIDS WORLD(Preschool / After School)

🕒9:00am-6:00pm(Mon to Fri) **Ages** 1-12 yrs

<https://pigeonhearts.co.jp/kidsworld/english/>

SHOTO KIDS WORLD

Map E (1-b)

☎03-5452-3640 📍8 min. from Shibuya Sta.

Tokyo Children's Garden

Nishiiazabu

Tokyo Children's Garden is an innovative, bilingual, Reggio Emilia inspired preschool in the heart of Tokyo.

☎03-6721-9336 📍5 min. from Hiroo Sta.

Ages 1-6yrs / Pre-K - K / coed

<https://www.tokyochildrensgarden.com>

Tokyo International Kindercare (TIK)<https://www.tokyokinder.com>**Ages** 18 mos-6 yrs / coed**Azabu****Map D (4-b)**

☎03-6441-0545 📍1 min. from Akabanebashi Sta. 🅿️

Denenchofu**Denenchofu**

☎03-5755-5563 📍5 min. from Den-en-chofu Sta. 🅿️

Tokyo YMCA International Kids Garden**Toyocho**

☎03-3615-5567 📍5 min. from Toyocho Sta. exit 2

Ages 3-5yrs / KG3 - KG5 / coed **Students** 70http://tokyo.ymca.or.jp/language/kids_garden.html**Tokyo YMCA KG-Pre School****Toyocho**

☎03-3615-5567 📍5 min. from Toyocho Sta. exit 2

Ages 1.5-2 yrs / KG-Pre / coed **Students** 40http://tokyo.ymca.or.jp/language/kids_garden.html**Willowbrook International School****Map C (4-a)**☎03-3449-9030 📍7 min. from Hiroo or Azabu-Juban Sta. Tengenji exit **Ages** 15 mos - 5 yrs / coed **Students** 140<https://www.willowbrookschool.com>**Yoyogi International School****Yoyogi-Koen**☎03-5478-6714 📍3 min. from Yoyogi-Koen Sta. exit 2 **Ages** 3 - 12 yrs / Nursery - Gr.6 (US), Year 7(UK) / coed **Students** 230 **Buses**<http://www.yoyogiinternationalschool.com>**YOKOHAMA International Schools****Ecole française de Saint Maur****Map L (2-b)**

Classes à effectifs réduits et pédagogie différenciée pour une scolarisation de la maternelle au CM2. Programmes de l'Éducation nationale française dispensés par des professeurs qualifiés et expérimentés.

☎045-641-5751 📍10 min. from Motomachi-Chukagai Sta. exit 6 or Yamate Sta. **Ages** 2.5-18 / Pre-K to Gr.5 in French, Gr.6 to Gr.12 in English **Students** 50<https://www.stmaur.ac.jp>**Deutsche Schule Tokyo Yokohama****Nakamachidai**

☎045-941-4841 📍8 min. from Nakamachidai Sta.

Ages 3-18 yrs / K - Gr.12 / coed **Students** 510 **Buses**<https://www.dsty.ac.jp>**Horizon Japan International School****Map K (1-b)**

☎045-624-8717 📍7-min. from Yokohama Station

Ages 3-18 yrs / Pre-K-Gr.12 / coed**Students** 450 **Buses**<http://www.horizon.ac.jp>**India International School in Japan, Yokohama Tokaichiba**

☎080-3505-2247 📍20 min. from Tokaichiba Sta.

South exit **Ages** 3-13 yrs / K - Gr.8 / coed **Students** 120 **Buses** 🅿️<https://www.iisjapan.com>**Kanagawa International School****Totsuka**

☎045-841-3928 📍8 min. from Totsuka Sta. West exit

Ages 2-12 yrs / Pre-K - Gr. 6 / coed **Students** 100<https://www.kischool.com>**Saint Maur International School****Map L (2-b)**

Providing a quality and nurturing education based upon Christian principles with rigorous academics and a wide range of extracurricular activities.



☎045-641-5751 📍10 min.

from Motomachi-Chukagai Sta. exit 6 or Yamate Sta.

Ages 2.5-18 yrs / Pre-K - Gr.12 / coed **Students** 485**Christian**<https://www.stmaur.ac.jp>**Yokohama Christian School****Map L (2-a)**

☎045-651-5177 📍7 min. from Motomachi-Chukagai Sta. exit 6

Ages 2-11 yrs / Pre-K - Gr.5 / coed**Students** 40 **Buses** 🅿️ **Christian**<https://school.yokohamaunionchurch.org>**Yokohama International School****Map L (1-b)**

☎045-622-0084 📍5 min. from Motomachi-Chukagai Sta. exit 5

Ages 3-18 yrs / Pre-K - Gr.12 / coed**Students** 715<https://www.yis.ac.jp>**Preschools and Kindergartens****Imagine International Preschool****Map K (3-b)**

☎045-224-2121 📍5 min. from Minatomirai or Sakuragicho Sta.

Ages 18 mos-6 yrs / coed **Students** 30<https://www.imagine-gc.com/imagine>**Yokohama Sai International Preschool****Map L (2-c)**

☎045-628-1661 📍20 min. from Motomachi-Chukagai Sta. exit 5

Ages 2-6 yrs / Pre-K - K / coed<https://www.ysipreschool.com>

Chapter 09

Medical Care



Japan has a modern and high-quality medical system and national insurance plan. You can feel safe knowing that there will always be facilities nearby. This chapter gives an introduction to medical services and facilities in Japan.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Emergencies and Urgent Care

Dial 119 for an ambulance when you need urgent medical treatment. An ambulance will come and your condition will be assessed before they transport you to a nearby hospital. If you are not sure if you need an ambulance, you can dial #7119 (free call / 24hours) for assistance.

Japanese Clinics & Hospitals

Japan is highly regarded for its advanced level in medicine and medical technology. Medical facilities in Japan can be broadly divided into clinics and hospitals. Clinics may be run by a single doctor and offer only one specialization, or may have several doctors covering various specializations. Hospitals are larger institutions that usually have a

wide range of specializations, deal with emergencies, and have in-patient facilities.

For non-emergency cases, clinics should be the first port of call when sick or injured, as hospitals charge a high first-time consultation fee for patients without a letter of referral. Though most clinics do not require appointments, they are available at some and necessary at others so it is best to confirm in advance. Dentists are generally appointment-only.

You can buy non-prescription medicine at convenience stores or general drug stores. For prescribed medicine you will need to go to a dispensing pharmacy. They are usually located near medical facilities.

St. Luke's International Hospital

General hospital: 40 specialty departments

'Excellent hospitality with dedicated professionalism'

International Services
☎03-5550-7166
E-mail: 5931@luke.ac.jp
<http://hospital.luke.ac.jp/eng/>
7 minutes' walk from Tsukiji station (Hibiya Line)



St. Luke's MediLocus

General Internal Medicine, Cardiology,
Gastroenterology, Pulmonary Medicine,
Dermatology, Psychosomatic Medicine,
Women's Health, Breast Surgery, Radiology

☎03-3527-9527
<http://medilocus.luke.ac.jp/index-e.html>
2F Otemachi Financial City South Tower
3 minutes' walk from Otemachi station exit A1

Health Insurance

Japan has two main public health insurance systems: Employees' Health Insurance and National Health Insurance. All residents, including foreigners, must join one of the Japanese public health insurance systems regardless of whether they have private insurance or not. With insurance, you will only need to pay 30% of the cost of most medical treatment. Injuries as a result of crime, violence or intoxication where the patient is at fault are not covered. Additionally, services such as health check-ups, comprehensive medical examinations (Ningen-dock), dental check-ups and special operations such as implants may not be covered by insurance, so it is advisable to always inquire in advance. Those over the age of 40 are also required to pay Long-term Care Insurance.



Employees' Health Insurance

Shakai Hoken (Employees' Health Insurance) is a workplace-based health insurance system for company employees and their dependents. Premiums are based on your income (around the 10% mark), and will be shouldered equally by the employer and employee. The employee's portion is automatically deducted from their salary each month. The number of dependents an insured person has does not affect their premiums. However, if a dependent's annual income exceeds ¥1,300,000 they will be required to get their own insurance.

National Health Insurance

Kokumin-Kenko-Hoken (National Health Insurance) is run by local municipal offices and designed for self-employed persons, students, and others who do not have Employees' Health Insurance. Foreigners who will be resident in Japan for more than three months and are not covered by Employees' Health Insurance must register for National Health Insurance. The municipal office will often ask if you wish to apply for health insurance when you register your address. Monthly contributions will differ based on where you live, your income, and number of dependents.

How to visit the doctor in Japan

1. Find a clinic

Find a medical facility appropriate for your condition (internal medicine for colds and flu, dermatology for skin complaints etc.).

2. Visit reception

At reception, present your health insurance card and complete any necessary forms (medical history, current symptoms etc.).

3. Go to the waiting area

Wait for your name to be called. Patients are usually seen in the order they arrived.

4. Go to the examination room

Undergo your consultation. You may be given a prescription, or if you need to be seen at a larger hospital you may be offered a referral letter.

5. Return to reception

Wait in the reception area until your bill is ready. Pay for the consultation and any treatment undergone (most small clinics are cash-only). You will be given a clinic card which you should present on future visits. If you receive a prescription script, in most cases it must be filled within 4 days.

Having a Baby

When having a baby in Japan, if neither parent is Japanese (this includes permanent residents), certain procedures must be undertaken. Pregnant women must register their pregnancy at the local municipal office. They will receive a handbook ("Boshi-Techo") and a "Haha-to-Kono-Kenno-Bag", filled with all the information and forms necessary for having a baby in Japan. Bilingual versions of the Boshi Techo can be purchased via money transfer at a post office (see link below). Regular check-ups with a doctor are a must (a nominal fee may be charged). Within 14 days of the birth, parents must register the birth at the local municipal office by presenting the child's birth certificate and boshi techu hand-

book. They should also apply for a residence card for the child at the immigration bureau within 30 days (child's passport not required for application) and apply for a passport through their home country's embassy. If the child will be staying in Japan for less than 60 days, it is not necessary to obtain a residence card for them.



Japanese-English Boshi-Techo

Size: A5 / 52 pages / Price: 750yen (Tax excl.)

http://www.tokyo-icc.jp/guide_eng/child/01.html

6. Prescriptions

For facilities without an on-site pharmacy, you will usually be directed to one nearby. Hand the script and your insurance card to the pharmacist and wait for your medicine to be prepared. Pay for the medication, and be sure you understand how and when to take it. You may receive a medicine notebook in which you can keep track of all medications you have been given.

Billing Procedures

Most medical facilities accept Japanese public health insurance, covering 70% of the consultation and treatment fee. The rest should be paid immediately after receiving treatment. Some clinics serving the expat community do not, however, in which case you will have to pay for treatment in full. They can provide completed forms to mail to your insurance company for reimbursement.

If you are using Japanese Health Insurance, and do not have your insurance card with you, you will need to pay 100% of the bill, but you can present your insurance card at a later date to recover the payment. See the "Health Insurance" segment on page 54 to see what type of insurance you qualify for.

Private Insurance

Private insurance, aimed at expatriates in Japan, is also available. This will cover special treatments which public medical insurance does not cover, such as cancer treatment, high-tech medical treatments, hospitalization and even treatments received while overseas.

Because medical expenses can easily increase without any health/medical insurance, it is highly recommended you register with one of the insurance systems. Hospitals in Japan that accept foreign insurance may have differing policies. Please check with the hospital directly to learn what their policy is.

Medical Reference Hotlines

Here are some useful organizations to help you search for medical assistance.

AMDA International Medical Information Center

A multi-lingual telephone service that provides information on medical care and hospitals in Japan that offer English-speaking staff.

☎03-6233-9266, 10:00am-4:00pm, Daily
<http://eng.amda-imic.com>

Tokyo Metropolitan Medical Institution Information Service

Help staff can answer questions over the phone. (English, Chinese, Korean, Thai and Spanish language support available)

☎03-5285-8181, 9:00am-8:00pm, Daily

Telephone Information Services On Medical Institutions (Himawari)

A 24-hour automated service providing information on medical facilities where you can be seen. Web search is also available.

☎03-5272-0303, FAX:03-5285-8080
<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop>

TELL (Tokyo English Life Line)

Anonymous telephone and chat support hotline in English for a wide range of issues.

☎03-5774-0992, 9:00am-11:00pm (Mon-Thu)
 9:00am-2:00pm (Fri-Sun) Check social media for available time.

<http://www.telljp.com>

TELL Counseling

Licensed/certified team of psychologists, psychiatrists, counselors, and social workers provide confidential face to face counseling and assessment for adults and children in a variety of languages.

☎03-4550-1146, Mon - Fri, 10:00am-3:00pm
<http://www.telljp.com/counseling>

International Mental Health Professionals Japan

A primary resource for finding qualified psychotherapists and counselors serving the international community in Japan.

<http://www.imhjp.org>

Child Immunization

Japanese preventive vaccination law encourages parents to have their children immunized against certain diseases; however, immunization is not mandatory.

In Japan, immunizations are classified into two major types, Teiki-Yobou-Sesshu (routine immunizations) and Nin-i-Yobou-Sesshu (optional immunizations). Most local governments provide routine immunizations free of charge and in some cases immunization slips will be sent to your house when your child reaches the relevant ages. Since these immunization slips are sent according to resident registration data, make sure your local government knows of new family births or changes of address.

Teiki-Yobou-Sesshu (routine immunizations)

Hib, Pneumococcus, DTP-IPV (diphtheria, pertussis, tetanus + inactivated polio vaccine), MR (Measles/Rubella), BCG, Chicken pox, Japanese encephalitis, HPV and Hepatitis B.

Optional immunizations, unlike routine immunizations, are not free and as they are not covered by insurance, charges may differ depending on the hospital or clinic.



Nin-i-Yobou-Sesshu (optional immunizations) Rotavirus, Mumps, Influenza, Hepatitis A, meningococcus etc.

It is recommended that you compare the immunization requirements and schedule in your home country and in Japan, and decide which immunizations to receive and when.

Medical Expense Subsidy Program for Children

Some local governments offer programs with subsidies available for children that cover personally borne costs for medical treatment. Eligible ages as well as the details of these subsidies may vary among local governments. To receive the subsidy, both the parent and child must reside in the city or ward from which they are receiving the subsidy, and be covered through Japanese public health insurance. Income-related restrictions depend on the local government. For more information please consult your local municipal office.

Public Health Centers (Hokenjo)

Operated by local authorities, public health centers are in place to promote the health and well-being of the general public. This includes support for expectant mothers and the elderly, and work to prevent the spread of communicable diseases, including providing childhood vaccinations. They also offer free, anonymous STD testing on specific days, though many do not have English language support. Shinjuku Public Health Center has an English-language hotline and conducts STD tests with foreign language support on a first-come-first-served basis on Thursdays (excl. N.H.) from 1pm. More information:

http://www.foreign.city.shinjuku.lg.jp/en/kenko/kenko_10

Seasonal Conditions

There are a number of conditions to be aware of at various times of the year in Japan.

Hay Fever

Various common Japanese pollen types may cause symptoms in those who have not had hay fever before. The most common allergies are to cryptomeria (also called Japanese cedar), active February to April, and cypress, active March to May. Symptoms include runny nose, sneezing and itchy eyes.

–Prevention: Symptoms can be prevented by wearing medical masks or glasses to stop pollen entering the body. As pollen can attach itself



to clothes, avoid drying outside during the hay fever season.

Heat fatigue/heatstroke

High temperatures and humidity in summer can cause tiredness, headaches and other more serious symptoms. Heat stroke occurs when the body's temperature rises above 40.6 °C, and requires emergency treatment.

–Prevention: Avoid being outdoors for extended periods, especially during the hottest parts of the day. Stay hydrated and seek medical attention if symptoms become severe.

Influenza

Influenza is common in winter, and can easily be transmitted from person to person.



–Prevention: Washing hands and using alcohol gels can prevent infection from others. Clinics offer vaccines beginning in autumn to protect against the current year's flu strain (these may be subsidized by local authorities for those over 65).

Norovirus

Norovirus is a virus that causes fever and vomiting, and is prevalent in winter.

–Prevention: Norovirus is resistant to alcohol gels, so it is recommended that you wash hands with warm soapy water and cooking surfaces with bleach.

About COVID-19

How to prevent it and what to do if you think you are infected

COVID-19 is an infectious disease whose common symptoms include breathing difficulties, extreme tiredness (fatigue), and high fever. Symptoms may vary depending on the individual. Some people experience relatively mild cold symptoms, but symptoms may be severe for those with underlying conditions, and those on dialysis, or taking immunosuppressive agents or anti-cancer drugs.

Here are what you can do to prevent infection

- Avoid closed spaces
- Avoid crowded places
- Wash and sanitize your hands frequently
- Ensure ventilation
- Avoid gatherings and parties
- Wear masks

If you think you may have COVID-19

If you have a local family doctor, contact them first, but do not go to a medical institution right away. Contact your local Call Center for Japa-

nese Returnees and Potential Contacts (available in English and in other languages). See the link below for the phone number of your residence.
<https://www.covid19-info.jp/area-en.html>

In the case of close contact with infected persons

It is important to know if you have had close contact with an infected person. An example of close contact is talking for over 15 minutes within 1 metre of an infected individual, without wearing masks, any time from two days before they began showing symptoms. If you have been in close contact with someone who has tested positive for coronavirus, it is likely that you have also been infected, and so you are requested to self-quarantine at home for 14 days while monitoring your health. If you undergo a PCR test and test positive, you may be hospitalized, but whether you test positive or not, you will be told to stay in your home for 14 days.

The Coronavirus Call Centers in English <Tokyo>

Tokyo Coronavirus Support Center for Foreign Residents (TOCOS)

☎ 0120-296-004 (Toll free) ☑ 10:00am - 5:00pm / Weekdays

Call Center operated by Tokyo metropolitan government

☎ 0570-550-571 ☑ 9:00am - 9:00pm / Everyday

Bureau of Social Welfare and Public Health Tokyo (As known "Himawari")

☎ 03-5285-8181 ☑ 9:00am - 8:00pm / Everyday

<Kanagawa>

Kanagawa Prefecture Fever Medical Reservation Center

☎ 0570-048914 ☑ 9:00am-9:00pm / Daily(Available in 19 languages)

K.P.G. COVID-19 Infection Counseling Dial

☎ 0570-056774 (24/7 for people with symptoms or who have had close contact with coronavirus patients.)

Paid PCR Tests

If you need a negative test for travel, or want a test for your own reasons, there are facilities that offer PCR tests. Fees and conditions vary. See the list below for more information, and confirm details with each facility.

The list of medical institutions issuing negative test result certificate for COVID-19

COVID-19 Testing Center for Overseas Travelers

https://www.meti.go.jp/policy/investment/tecot/pdf/tourokubo_english.pdf

U.S. Embassy

<https://jp.usembassy.gov/u-s-citizen-services/covid-19-information/pcr-testing-facilities-in-japan/>

Reference websites for Covid-19

Ministry of Health, Labor and Welfare

<https://www.covid19-info.jp/covid-19-en.html>

COVID-19 Hotlines in Japan

<https://covid19-hotlines.jp/en/>

Updates on COVID-19 in Tokyo

<https://stopcovid19.metro.tokyo.lg.jp/en/>

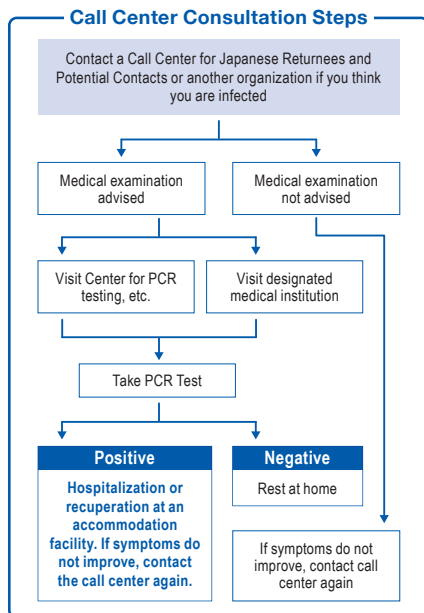
Ministry of Foreign Affairs in Japan: Phased Measures for Resuming Cross-Border Travel

https://www.mofa.go.jp/ca/cp/page22e_000925.html

Ministry of Economy, Trade and Industry: TeCOT (COVID-19 Testing Center for Overseas travelers)

https://www.meti.go.jp/english/policy/trade_and_invest/tecot/index.html

*The Expat's Guide website also has articles related to COVID-19. Please check The "Medical Care" section on the Expat's Guide to Japan website
<https://expatsguide.jp/health-safety/medical-care/>



Hospitals (Tokyo/Yokohama)

Tokyo Takanawa Hospital **Map J (3-b)** Out and In-patient, Health Care Center, International Assistance Desk

Tokyo Takanawa Hospital has a specific team to assist all foreign patients. English, Chinese, and Russian interpreters are available.

International Assistance Desk -
Mon-Fri 9:00-17:00. TEL:03-3443-9193



☎ 03-3443-9191 / 3-10-11 Takanawa, Minato-ku
🚶 10 min from Shinagawa Sta. Takanawa exit
🕒 9:00am-11:30pm (differs by department)
📅 Sat, Sun, N.H. **Jpn Ins.** <http://takanawa.jcho.go.jp>

The Cancer Institute Hospital of JFCR **Ariake**

☎ 03-3570-0383 / 3-8-31 Ariake, Koto-ku
🚶 3 min. from Ariake Sta. 🕒 9:00am-5:00pm
📅 Sat, Sun, N.H. **Jpn Ins.** *By appointment only
<http://www.jfcr.or.jp/hospital-en/index.html>

Tokyo Metropolitan Matsuzawa Hospital **Hachimanyama**

Psychiatry, Internal Medicine, Surgery, Orthopedics, Plastic Surgery, Neurosurgery, Rehabilitation Medicine, Anesthesiology, Ophthalmology

☎ General: 03-3303-7211 / Reservation: 03-3303-8379

*Appointment required / 2-1-1 Kamikitazawa, Setagaya-ku, Tokyo 🚶 6min. from Hachimanyama Sta. on Keio Line 🕒 8:30am-5:15pm 📅 Sat, Sun, N.H. **Jpn Ins.**

*English (Depends on the department, please inquire when making a reservation.)

<https://www.byouin.metro.tokyo.lg.jp/matsuzawa/english.html>

IUHW Mita Hospital

Map C (3-c)

☎ 03-3451-8121 / 1-4-3 Mita, Minato-ku

🚶 5min from Akabane-Bashi Sta. NakanoBASHI exit

🕒 8:30am-11:30am, 12:30pm-4:30pm

📅 Sat, Sun, N.H. **Jpn Ins.**

<http://mita.iuhw.ac.jp/english>

Japanese Red Cross Medical Center **Map B (2-a)**

☎ 03-3400-1311 / 4-1-22 Hiroo, Shibuya-ku

🚶 10 min. by bus from Ebisu Sta. 🕒 8:30am-11:30am (Varies by department/Emergencies 24/7)

📅 Sat, Sun, N.H., May 1, Dec 29-Jan 3 **Jpn Ins.**

<http://www.med.jrc.or.jp>



NTT Medical Center Tokyo

Department of International Healthcare

Tel **03-6721-6239** E-mail **nttihc-ml@east.ntt.co.jp**

5-9-22 Higashi-Gotanda, Shinagawa-ku

<https://www.nmct.ntt-east.co.jp/en/>



"Providing Quality Healthcare to the International Community"

Primary care services from internationally-trained General Practitioners.
Complemented by rapid access to a wide range of specialist departments.

Monday-Friday 9:00-11:30

*Consultation is by appointment only

**Please contact us if you require an appointment in the afternoon

JR Yamanote Line,
Toei Asakusa Line and Tokyu Ikegami Line
7 min. walk from Gotanda Station

K20-03337 [2101-2201]



British
General Practitioner



Australian
General Practitioner

Kitahara International Hospital **Hachioji**
 ☎042-645-1110 / 1-7-23 Owadamachi, Hachioji-shi 15 min. by bus from Hachioji Sta. North exit
 ☎8:15am-12:30pm, 12:30pm-4:30pm ☎Sun, N.H.
 Jpn Ins. <http://www.kitaharahosp.com/honjin>

National Center for Global Health and Medicine Shinjuku
 ☎03-6228-0749 / 1-21-1 Toyama, Shinjuku-ku
 ☎5 min. from Wakamatsu-Kawada Sta. ☎8:30am-11:00am (Referrals -2:00pm/Emergencies: 24/7)
 ☎Sat, Sun, N.H. Dec 29-Jan 3 Jpn Ins.
<http://www.hosp.ncgm.go.jp/en/index.html>

NTT Medical Center Tokyo **Map J (3-a)**
 ☎03-3448-6111 / 5-9-22 Higashi-Gotanda, Shinagawa-ku ☎10 min from JR Gotanda Sta. exit east
 ☎8:30am-11:00am, 1:00pm-3:00pm
 ☎Sat, Sun, N.H. Jpn Ins.
<https://www.ntt-east.co.jp/kmc/en>

St. Luke's International Hospital **Map G (area-B)**
 Every staff member is dedicated to ensuring patients receive high-quality and compassionate care.
 ☎03-5550-7166 (English) / 9-1 Akashi-cho, Chuo-ku
 ☎7 min. from Tsukiji Sta. exit 3 ☎8:30am-11:00am (Emergency: 24hrs./365days) ☎Sun, N.H. Jpn Ins.
<http://hospital.luke.ac.jp/eng>

SANNO HOSPITAL **Map A (1-a)**
 ☎03-3402-3151 / 8-10-16 Akasaka, Minato-ku
 ☎4 min from Aoyama-itchome Sta. Exit 4
 ☎8:30am-11:30pm, 1:00pm-4:30pm
 ☎Sun, N.H. Jpn Ins.
<https://www.sannoclc.or.jp/hospital/english>

Tokyo Metropolitan Hiroo Hospital **Map B (4-b)**
 ☎03-3444-1181 / 2-34-10 Ebisu, Shibuya-ku
 ☎7 min from Hiroo Sta. Exits 1 or 2
 ☎9:00am-11:30am (Varies by department/Emergencies 24/7) ☎Sun, N.H. Jpn Ins.
<https://www.byouin.metro.tokyo.lg.jp/hiroo/english/index.html>

Clinics (Tokyo/Yokohama)
General Practice / Internal
American Clinic Tokyo **Map D (1-b)**
 General Practice, Travel Clinic, Psychiatry

American Clinic
Tokyo 60 Years

American Clinic Tokyo is an American-style practice founded in 1954. Serving the English speaking community for 60 years. Located adjacent to the U.S. Embassy in Akasaka, Tokyo.



☎03-6441-0969 / ✉info@americanclintokyo.com
 3F No.1. Niikura Bldg., 1-7-4 Akasaka, Minato-ku
 ☎3 min. from Tameike-Sanno Sta. exit 14 ☎9:00am-12:00pm, 3:00pm-6:00pm *By appointment only ☎Sat, Sun, N.H. <https://www.americanclintokyo.com>

The Bluff Medical and Dental Clinic **Map L (2-b)**
 ☎045-641-6961 / 82 Yamate-cho, Naka-ku, Yokohama-shi ☎10 min. from Motomachi-Chukagai Sta. exit 6 ☎9:00am-12:30pm, 1:30pm-5:00pm (Sat: 9:00am-1:00pm) ☎Sat afternoon, Sun, N.H., December 25 Jpn Ins. <https://www.bluffclinic.com>

Hibiya Clinic **Map G (2-a)**
 ☎03-3215-1105 / 3F 1-7-1 Yurakucho, Chiyoda-ku
 ☎1 min. from Yurakucho Sta. ☎Mon-Fri: 10:00am-1:00pm, 2:30pm-7:00pm (Sat: 10:00am-1:00pm by appt. only) ☎Sun, N.H., N.Y.H. Jpn Ins.
<https://hibiya-clinic.com>

Hiroo International Clinic **Map B (4-c)**
 ☎03-5789-8861 / 7F Precious18, 4-14-6 Minami-Azabu, Minato-ku ☎7 min. from Hiroo Sta. exit 1
 ☎9:00am-5:00pm ☎Sat afternoon, Sun, N.H. Jpn Ins.
<http://www.hiroo-ic.com> *Japanese health insurance treatment only available during the above hours.

International Health Care Clinic **Map G**
 ☎03-3501-1330 / 3F Sueyoshi Bld., 2-10-5, Shimbashi, Minato-ku ☎5 min. from Shimbashi Sta. ☎Tue-Fri 10:00am-12:30pm, 3:30pm-6:00pm ☎Mon, Sat, Sun, N.H. Jpn Ins. <https://www.ihc-clinic.jp/en/>

Jinai Naika Clinic **Map E (2-b)**
 ☎03-6906-8553 / B1 Hulic Shibuya Koendori Bldg, 3-7 Udagawa-cho, Shibuya-ku ☎8 min. from Shibuya Sta. ☎10:00am-1:00pm, 3:00pm-6:00pm (1st/3rd Sat: 10:00am-1:00pm only) ☎Sun, N.H., 3rd Wed Jpn Ins. *Cash only. <https://jinai-naika.com/>

Kameda Kyobashi Clinic **Map G (2-b)**
 ☎03-5542-1182 / 4F/6F Tokyo Square Garden, 3-1-1 Kyobashi, Chuo-ku ☎Direct from Kyobashi Sta. exit 3
 ☎8:30am-5:00pm ☎Sun, N.H. Jpn Ins.
<http://www.kameda-kyobashi.com>

The King Clinic **Map F (1-b)**
 ☎03-3409-0764 / B1F iori Omotesando, 6-31-11 Jingumae, Shibuya-ku ☎2 min. from Meiji-Jingumae Sta. exit 6,7 ☎10:00am-12:45pm, 3:00pm-5:45pm, Mon, Tue, Thu 1:00pm-5:45pm ☎Mon, Tue, Thu morning, Wed, Sun, N.H. Jpn Ins.
<http://www.thekingclinic.com>

National Medical Clinic **Map B (3-b)**
 ☎03-3473-2057 / 202, 5-16-11 Minami-Azabu, Minato-ku ☎3 min. from Hiroo Sta. exit 1 or 2 ☎9:00am-12:00pm, 1:30pm-5:00pm (Sat: -12:00pm) ☎Sun, N.H.
<http://www.nmclinic.net>

Pole Pole Clinic **Map J (2-b)**
 ☎03-5422-7626 / 4F Ruto Takanawa Bldg., 1-5-21 Takanawa, Minato-ku ☎5 min. from Sengakuji Sta. or Shirokane-Takanawa Sta. ☎8:30am-12:30pm, 2:00pm-5:30pm (Sat: -12:30pm) ☎Wed, Sat afternoon, Sun, N.H. Jpn Ins. <https://polepole-clinic.com>

Nakamura Azabujuban Clinic Map C (3-b)

Dr. Nakamura is board-certified in internal medicine, gastroenterology and hepatology and uses high-end equipment in the diagnosis and treatment of a wide range of conditions. The clinic also offers health screenings, endoscopy and colonoscopy exams, vaccinations, anti-aging assessments and treatment for allergies.

中村麻布十番クリニック
NAKAMURA AZABUJUBAN CLINIC



☎03-5419-7300 / 2F Azabu-Juban Square, 2-2-10 Azabu-juban, Minato-ku
🚶 1 min. from Azabu-Juban Sta. exit 4
🕒 10:00am-1:00pm, 3:00pm-6:30pm (Sat: 9:00am-12:00pm) 🗓️ Thu, Sun, N.H. Jpn Ins.
<http://www.nakamura-a10clinic.com>

St. Luke's MediLocus Map G (area-A)

General Internal Medicine, Women's Health, etc.
☎03-3527-9527 / 2F Otemachi Financial City South Tower, 1-9-7 Otemachi, Chiyoda-ku
🚶 3 min. from Otemachi Sta. exit A1 🕒 9:00am-6:00pm (Sat: 10:00am-3:00pm) 🗓️ Sun, N.H. Jpn Ins.
<http://medilocus.luke.ac.jp/index-e.html>

Shinagawa East Clinic Map J (4-c)

☎03-5783-5521 / 2F Shinagawa Intercity Tower B, 2-15-2 Konan, Minato-ku, Tokyo
🚶 5 min. from Shinagawa Sta. exit Kounan
🕒 10:30am-6:30pm 🗓️ Sat, Sun, N.H.
*Credit card payment is available for self pay treatment. Direct billing with contracted insurance company
<http://e-clinic.gr.jp/en/index.html>

Takahashi Clinic Hatchobori

☎03-3551-5955 / 1F Takahashi Bld., 3-26-8 Hatchobori, Chuo-ku 🚶 1 min. from Hatchobori Sta. Exit B3
🕒 Mon-Thu: 9:30am-1:00pm, Tue-Fri: 3:00pm-6:30pm
🗓️ Sat, Sun, N.H. Jpn Ins. <https://hatchobori.jp/english>

T Care Clinic Hamamatsucho

☎03-6264-3639 / 2F, G1 Building, 2-13-9, Hamamatsu-cho, Minato-ku 🚶 3 min. from Hamamatsu-Cho Sta. 🕒 9:00am-7:00pm 🗓️ Open Daily Jpn Ins.
<https://clinicnearme.jp/en> *You should make an appointment in advance. (on-the-spot examination is not accepted)

Tokyo Medical and Surgical Clinic Map D (3-b)

☎03-3436-3028 / 2F 32 Shiba Koen Bldg. 3-4-30 Shiba-Koen, Minato-ku 🚶 5 min. from Onarimon Sta. exit A1 (Opposite Tokyo Tower) 🕒 9:00am-5:30pm (Sat: -1:00pm) 🗓️ Sun, N.H., Dec 30-Jan 3
<https://www.tmsc.jp>

Tokyo Midtown Clinic Map A (1-b)

☎03-5413-0080 (Outpatient), 03-5413-7912 (Dental Clinic), 03-5413-0082 (Skin Aesthetic Clinic), 03-5413-7913 (TMMC Plus) / 6F Midtown Tower, 9-7-1 Akasaka, Minato-ku 🚶 3 min. from Roppongi Sta. exit 4 <https://www.tokyoimtown-mc.jp/en>

Dermatology Map B (2-a)

Garden Clinic Hiroo
☎03-6427-9198 / 2F Nansei NS Bldg. 7-14-7 Minami-Aoyama, Minato-ku 🚶 12 min. from Hiroo Sta. exit 3. 🕒 10:00am-1:00pm, 3:00pm-6:00pm 🗓️ Thu, Sat afternoon, Sun, N.H. Jpn Ins.
*Credit card payments only available for treatments not covered by Japanese health insurance.
<https://www.gardenclinic-hiroo.com>

Tokyo Skin Clinic Map A (1-c)

English-speaking EU-/Japan-licensed solution-focused treatment of dermatologic conditions. Skin surgery emphasizing aesthetic outcome. Laboratory tests, STD check. Online services.
☎03-3585-0282 / 2F 2-4-9 Roppongi, Minato-ku 🚶 4 min. from Roppongi Sta. exit 6 or Roppongi-1-chome Sta. exit 1 🗓️ See web calendar
www.skin-clinic.tokyo (English only)
www.tokyo-skin-clinic.com



Watanabe Dermatology Clinic Map L (4-c)

☎045-622-2333 / 12-22 Honmoku-Wada, Naka-ku, Yokohama-shi 🚶 1 min. from San-no-tani bus stop on bus line 58, 99, 101 from Negishi Sta. 🕒 9:30am-12:30pm, 3:00pm-6:00pm 🗓️ Thu, Sun, N.H. Jpn Ins.
*Cash only. <http://www.watanabe-hifu.com> (Japanese only)

Gynecology and Obstetrics Map B (2-c)

Aiiku Clinic International Unit
☎03-3473-8240 / 5-6-8 Minami-Azabu, Minato-ku 🚶 8 min. from Hiroo Sta. exit 1 🕒 Mon-Fri: 9:00am-12:00pm, 1:00pm-4:00pm Sat: 9:00am-12:00pm *By appointment only 🗓️ Sun, N.H.
<http://www.aiiku.net/clinic>

Kioicho Ladies Clinic Kioicho

Dr. Orito attended a high school in New York and is fluent in English and French.
☎03-6666-5505/204 Kioi Royal Heights, 3-29 Kioicho, Chiyoda-ku 🚶 3 min. from Kojimachi Sta. Exit 1 or Nagatacho Sta. Exit 9a 🗓️ Check website
🗓️ Thu, Sun, N.H. Jpn Ins.
*The clinic may be moving in the near future.
<http://www.obgyntokyo.jp/>



Tokyo Women's Clinic Map A (2-b)

☎03-3408-6950 / 6-1-20 Roppongi, Minato-ku 🚶 2 min. from Roppongi Sta. exit 3a
🕒 9:30am-5:00pm 🗓️ Wed, Sat, Sun, N.H.
*By appointment only. *Cash only.

Yoga Ladies Clinic

Yoga

☎03-5491-5137 / 3-8-11 Kamiyoga, Setagaya-ku
 ☎10 min. from Yoga Sta. ☎9:30am-7:00pm ☎Mon
 & Wed mornings, Fri, Sun, N.H. afternoon Jpn Ins.
<http://www.11yoga-lady.com>

Otolaryngology**Jingumae E.N.T. Clinic**

Map F (2-b)

☎03-3400-3022 / 6-1-5 Jingumae, Shibuya-ku
 ☎2 min. from Meiji-Jingumae Sta. Exit 4
 ☎10:00am-12:45pm, 3:00pm-5:45pm (Sat: 10:00am-12:45pm) ☎Sun, N.H. *For more details, check website
http://www.jm-c.com/new_page_2.htm

Nishiya ENT Clinic

Map J (4-c)

☎03-5715-0248 / 2F Shinagawa-V-Tower, 2-16-7 Konan, Minato-ku ☎8 min. from Shinagawa Sta. Konan exit ☎9:00am-1:00pm, 3:00pm-6:00pm ☎Sat, Sun, N.H. Jpn Ins. *Cash only.
<http://www.ent248.com> (Japanese only)

Plastic Surgery**Plaza Plastic Surgery**

Map B (3-b)

☎03-5475-2345 / 4F, 5-5-1 Hiroo, Shibuya-ku
 ☎1 min. from Hiroo Sta. exit 1 or 2
 ☎9:30am-6:00pm ☎Wed, Sun, N.H.
<http://www.plazaclinic.net>

*Foreign insurance for non-cosmetic cases.

Mental Health**Noma Mental Health Clinic**

Map L (1-a)

☎045-651-3711 / 601 Hara Bldg., 32 Yamashita-cho Naka-ku Yokohama-shi
 ☎1 min. from Motomachi-Chukagai Sta. English appts.
 ☎Mon, Wed, Sat: 9:30am-5:00pm, Tue: 9:30am-6:00pm, Fri: 9:30am-7:00pm (By appt. only)
 ☎Sun, N.H. Jpn Ins.

<http://www.noma-mhc.com/english/index.html>**Plastic Surgery****Plaza Plastic Surgery**

Located near Hiroo station, Robert Kure is the only doctor in Japan certified by the American Board of Plastic Surgery, and was former chief resident at UCLA. After 18 years' study in the US, he brought back the state-of-art techniques.

Plaza offers Botox, fillers, facelifts, liposuction, laser tattoo and freckle removal, double eyelid procedures and more. Fully bilingual.

☎03-5475-2345
 5-5-1-4F Hiroo, Shibuya-ku.

☎1minute from Hiroo sta.
 ☎9:30am-6:00pm. ☎Wed, Sun, N.H.

Foreign insurance for non-cosmetic cases.
 Credit cards accepted.

www.plazaclinic.net**Tokyo Mental Health***

Map G (3-c)

Tokyo Mental Health offers both face-to-face and online counseling, psychotherapy and psychology evaluations with international, English-speaking counselors, psychologists and therapists.

☎03-6280-4750 / ☎enquiries@tokyomentalhealth.com / 6F Urbane Mitsui Building, 2-4-6 Shintomi, Chuo-ku ☎1 min. from Shintomicho Sta. exit 3

☎Open Daily 9:00am-9:00pm

*By appointment only

<https://www.tokyomentalhealth.com>**Ophthalmology****Eye Rose Clinic**

Map D (1-c)

☎03-3503-3900 / 1F, Nittotchi Bldg. 1-4-1 Kasumigaseki, Chiyoda-ku ☎Short walk from Toranomon Sta. exit 7 ☎9:00am-12:30pm, 2:00pm-6:00pm

☎Sat, Sun, N.H. Jpn Ins. *Cash only. *Call before visiting
<http://www.misumarunosato.or.jp> (Japanese only)

Kamoshita Eye Clinic

Map A (2-a)

☎03-3402-6660 / 7-15-14 Roppongi, Minato-ku
 ☎Short walk from Roppongi Sta. exit 2 ☎9:00am-12:00pm, 2:30pm-5:30pm ☎Sat afternoon, 2nd&4th Sat, Sun, N.H. Jpn Ins. *Cash only.

<http://www.kamoshita-eyeclinic.com> (Japanese only)**Yokohama Sotetsu Bld. Eye Center**

Map K (1-a)

☎045-311-2752 / 2F Soutetsu KS Bldg. 1-11-5 Kita-Saiwai, Nishi-ku, Yokohama-shi ☎5 min. from Yokohama Sta. West exit ☎9:30am-12:30pm, 2:30pm-5:30pm (Sat: 9:30am-12:30pm) ☎Thu, Sat afternoon, Sun, N.H. Jpn Ins. *Cash only.

<http://www.isao.com/cv.html>**Dentistry and Orthodontics****Ambassador Dental Office**

Map D (1-a)

All treatments are provided in private rooms. Run by Dr. Kojima, who practiced in the US and is licensed both there and in Japan.



☎03-3584-2278 / 2F Akasaka Kato Bld. 2-22-15, Akasaka Minato-ku

☎5 min. from Roppongi-itchome Sta. exit 3

☎Mon - Sat: 9:00am to 5:00pm ☎Sun. N.H.

<https://www.tokyodontist.com> *By Appointment Only**Azabudai United Dental Office Tokyo**

Map D (3-b)

☎03-5570-4334 / 1F Maruyama Bldg., 2-3-8 Azabudai, Minato-ku ☎7 min. from Kamiya-cho Sta. exit 2 ☎9:00am-1:00pm, 2:00pm-6:00pm ☎Wed, Sun, N.H.

<https://www.uniteddentaloffice.com>

Dr. Kaku's Office

Yoyogi-uehara

Yoyogi-uehara office

☎03-5452-0118 / 46-17 Oyamacho, Shibuya-ku

📍5 min. from Yoyogi-Uehara Sta. North exit

Hiroo office

Map B (3-a)

☎03-5449-3308 / 5-9-23 Hiroo, Shibuya-ku

📍7 min. from Hiroo Sta. exit 2 ☑ See website for office schedule.

<https://www.drskaku.com>

FUKUTOMI DENTAL OFFICE Yoyogi-Koen

General dentistry, Preventive dentistry, Esthetic dentistry, Whitening



☎03-6407-0229 / 1F, 27-7

Motoyogogicho, Shibuya-ku 📍4 min from Yoyogi-Koen Sta. exit 1 or Yoyogi-Hachiman Sta. North exit

☑9:30am-1:00pm / 2:00pm-6:30pm (Sat: 9:30am-1:00pm / 2:00pm-4:30pm) 🗓 Wed, Sun, N.H. Jpn Ins.

<https://www.tokyodentalesthetics.com/en>

Nakamaru Dental Clinic

Map L (1-a)

☎045-681-3359 (answering service in English) / 3F 1-13-5 Ishikawa-cho, Naka-ku, Yokohama-shi 📍1 min. from Ishikawacho Sta. Motomachi exit ☑10:00am-1:30pm, 3:00pm-7:30pm (Sat: 10:00am-4:00pm) 🗓 Mon, Sun, N.H.

<https://www.nakamaru-dental.jp>

Tokyo Clinic Dental Office

Map D (3-b)

☎03-3431-4225 / 3F 32 Shiba Koen Bldg. 3-4-30 Shibakoen, Minato-ku 📍7 min. from Kamiyacho Sta. exit 1, Akabanebashi Sta. or Onarimon Sta. exit A1 ☑9:00am-6:00pm (Sat: -5:00pm)

🗓 Mon, Sun, N.H. <http://www.tcdo.jp>

Tokyo International Dental Clinic Roppongi Map C (2-b)

Located 5 minutes from Azabu-juban, all of the treatment rooms are private, and equipped with dental microscopes.

Knowledgeable dentists provide precise diagnoses and treatment, supporting your oral health.

☎03-5544-8544 / 2F TIDS Bldg. 5-13-25 Roppongi, Minato-ku 📍5 min. from Azabu-Juban Sta.

☑10:00am-7:00pm, Sat/Sun:9:00am-6:00pm

🗓 N.H. Jpn Ins. *Credit card payments accepted only when fees exceed ¥30,000

<https://tids.jp/english/>



Physiotherapy / Chiropractic

Club360-Physiotherapy & Sports Massage*

BY THE HILLS- MOTOAZABU Map A (4-a)

☎03-6434-9667 / B1F Vort Motoazabu, 3-1-35 Motoazabu, Minato-ku 📍7 min. from Roppongi Sta. exit 1

☑6:00am-9:00pm (Sat/Sun: 7:00am-6:00pm)

🗓 Open Daily

BY THE TOWER- HIGASHIAZABU Map D (4-b)

☎03-6434-9667 / B1F, The Belgravia, 1-8-4, Higashi-Azabu, Minato-ku 📍5 min. from Akabanebashi Sta.

Nakanohashi exit. ☑6:30am-9:00pm (Sat/Sun:7:00am-6:00pm) 🗓 Open Daily

<http://www.club360.jp>

Tokyo Physio*

Map B (4-b)

Physiotherapy, Massage, Pilates, Women's Health, etc.

Tokyo Physio provides physio-therapy / physical therapy within walking distance of Hiroo. They specialize in sports injuries, knees, headaches, women's health, tendon issues and back and neck pain. On-site free parking, health insurance rebates, and a sports massage and pilates studio are available.



☎03-3443-6769 / 1F Atrium Shirokane, 5-12-27 Shirokane, Minato-ku 📍8 min. from Hiroo Sta. exit 1 or 2, 15 min. from Ebisu Sta. East exit.

☑7:00am-9:00pm (Sat/Sun: 8:00am-6:00pm)

<http://tokyophysio.com>

Tokyo Chiropractic*

Map F (3-a)

Tokyo Chiropractic located in Aoyama provides chiropractic care for musculoskeletal conditions including low back pain, neck pain, headache and sciatica.



☎03-3478-2713 / #101, 4-20-4 Minami Aoyama Minato-ku 📍5 min. from Omotesando Sta. exit A4

☑10:00am-7:00pm 🗓 Sun, N.H. *Cash only.

<http://www.tokyochiro.com/english>

Tokyo Podiatry Clinic*

Map G

☎03-6875-2970 / 3F 5-34-7 Shimbashi Minato-ku

📍3 min. from Onarimon Sta. ☑10:00am-12:00pm, 1:30pm-6:00pm (Wed: 10:00am-1:00pm) 🗓 Thu, N.H

<https://tokyopodiatry.jp>

Chapter 10

Health, Sports & Body Care



Life in Tokyo is fast-paced, and it may be hard to find the time to properly take care of your body. However, with sporting and body care facilities at convenient locations in and around the city, a little investment can really pay off.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Body Care

Hairdressers

Communication is vital when visiting the hairdresser, and not being able to convey exactly what you want can lead to a hairstyle that you are not satisfied with. Problems can also arise as a result of hairdressers being unfamiliar with foreign hair types and coloring. The hairdressers listed in this chapter all have English-speaking stylists who have trained in the US or Europe. They have a wealth of experience working with a variety of hair types, and will be able to style your hair just the way you like it.

GOLD SALON TOKYO

Map C (3-b)

☎03-6436-0228 / 6F, 4-1-9 Azabu-Juban, Minato-ku
 🚶 1 min. from Azabu-Juban Sta. exit 411 ☏ 10:00am-8:00pm *By appointment only. 🗓 Sun, Mon
<http://www.goldsalontokyo.com>

HAYATO Roppongi

Map A (2-b)

☎03-5574-8844
 2F The Roppongi Tokyo, 3-7-1 Roppongi, Minato-ku
 🚶 3 min. from Roppongi Sta. exit 5 ☏ 10:00am-8:00pm *By appointment only. 🗓 Tue
<https://www.hayatosalons.com/page/japan>

One WORLD International Hair Salon Map C(3-b)

☎03-6459-4354 / 4F DKNS Azabu, 2-8-3 Azabujuban, Minato-ku
 🚶 3 min. from Azabu-Juban Sta. exit 7 ☏ 10:00am-8:00pm (Sat/Sun/N.H.: 9:00am-7:00pm) *Appointments in advance recommended.
 🗓 Mon, the first Tue, the third Sun
<http://www.one-world.info>

TONI&GUY HIROO SALON

Map B(3-b)

Hiroo Salon ☎03-5475-3937 / 2F Igarashi Bldg., 5-5-1 Hiroo, Shibuya-ku
 🚶 2 min. from Hiroo Sta. exit 2 ☏ 11:00am-9:00pm (Sat/Sun/N.H.: 10:00am-7:00pm) *By appointment only. 🗓 Tue, N.Y.H.
<https://toniguy.co.jp>

vip creative hair

Map B (2-c)

☎03-6408-6132 / 2F YS Bldg., 2-1-21 Motoazabu, Minato-ku
 🚶 7 min. from Hiroo Sta. exit 1 or 9min. from Roppongi Sta. exit 1c ☏ Tue-Sat:10:00am-8:00pm, Sun, N.H.:10:00am-7:00pm 🗓 Mon
<https://www.vipcreativehair.jp/>

Beauty & Healing

For those who would like to tend to their beauty, Tokyo has a wide variety of salons and studios with English-speaking staff specializing in such areas as skin care, waxing, oil/stone massages, and acupuncture. You can also find locations that use organic products, provide services for men, or that offer prenatal massages. Many of them have gift vouchers which are popular as presents. The following is a selection of salons within the city.

Beauty Salons and Spas

Elana Jade Organic Beauty Spa Map C (3-B)

☎03-6453-9319 / 4F, 3-6-2 Azabu-Juban, Minato-ku
 🚶 3 min. from Azabu-Juban Sta. ☏ 10:00am-9:00pm (Sat/Sun: -7:00pm) *By appointment only.
 🗓 Open Daily
<https://www.elanajade.com>

Personal Training
 Group Classes
 Boxing/Kickboxing



Sports Massage
 Physiotherapy
 Kids Classes

03-6434-9667
www.club360.jp



May's Garden Spa

Map A (3-a)

Hair & Makeup, Facial, Massage, Waxing, Nail
☎03-3408-1613 / 3F Hollywood Beauty Plaza, Roppongi Hills, 6-4-1 Roppongi, Minato-ku 📍 3 min. from Roppongi Sta. ☑Mon-Thu: 9:00am-6:00pm, Fri: -9:00pm, Sat, Sun: -7:00pm *By appointment only.
📞Open Daily
<http://www.hollywoodsalon.co.jp>

The Spa at Mandarin Oriental, Tokyo

Outside the map
Spa, Fitness

☎03-3270-8300 / 37F Mandarin Oriental, Tokyo, 2-1-1 Nihonbashi Muromachi, Chuo-ku 📍Direct from Mitsukoshimae Sta. ☑Spa: 9:00am-10:00pm
*Appointments in advance recommended.
☑Mon, Tue (open on N.H.)
<http://www.mandarinoriental.com/tokyo>

Massage & Acupuncture

Flow Acupuncture & Osteopathy Clinic

Map C(4-b)

☎03-6453-6376 / 1-7-28 Minamiazabu, Minato-ku 📍5 min. from Azabu-Juban Sta.
☑9:30am-8:30pm 📞Wed
<http://flow-acupuncture.com>

Kampo and Acupuncture clinic Kakikofu

☎03-6315-9124 / 1-16-10 Jiyugaoka, Meguro-ku 📍7 min. from Jiyugaoka Sta.
☑11:00am-5:00pm 📞Mon, Thu, Fri
<http://kakikofu.com/en>

Fitness Clubs

Sign up for a membership at one of Tokyo's many gyms and fitness clubs and make a commitment to staying in shape. Many are in locations which can be easily accessed on your way to or from work.

Club 360 - Fitness & Physiotherapy Centre

Club 360 specializes in personal training, physiotherapy (rehabilitation), group classes and sports massage.

BY THE HILLS- MOTOAZABU

Map A (4-a)

☎03-6434-9667 / B1F Vort Motoazabu, 3-1-35 Motoazabu, Minato-ku 📍7 min. from Roppongi Sta. exit 1
☑6:00am-9:00pm (Sat/Sun: 7:00am-6:00pm)
📞Open Daily

BY THE TOWER- HIGASHIAZABU

Map D (4-b)

☎03-6434-9667 / B1F, The Belgravia, 1-8-4, Higashi-Azabu, Minato-ku 📍5 min. from Akabanebashi Sta. Nakanohashi exit. ☑6:30am-9:00pm (Sat/Sun: 7:00am-6:00pm) 📞Open Daily
<http://www.club360.jp>

Sun and Moon Yoga

Map J (3-a)

☎info@sunandmoon.jp / Gotanda Yamakatsu Building 201, 3-16-44 Higashigotanda Shinagawa-ku 📍5 min. from Gotanda Sta. East Exit. ☑Check website for in studio and online classes 📞January 1
<http://ja.sunandmoon.jp/>

esforta Roppongi

Map D (2-a)

Esforta Roppongi is the fitness club for urban adults who want to bring fitness to their daily life.

☎03-3560-3466 / 2F Izumi Garden Tower, 1-6-1 Roppongi, Minato-ku 📍Direct from Roppongi-Itchome Sta. ☑7:00am-11:00pm (Sat: -9:00pm /Sun: -8:00pm)
<https://www.esforta.co.jp/english/personal/>

Re-Juvenate Pilates

Map F (3-a)

Classical pilates in a bright airy studio with a friendly atmosphere. Fully bilingual (JP/EN).

☎03-6384-5829 / 2F Kuwajima Bldg 3-15-7 Minami-Aoyama, Minato-ku 📍4 min. from Omotesando Sta. ☑9:00am-9:00pm (Mon-Sat), 9:00am-6:00pm (Sun) 📞Open Daily
<https://re-juvenatepilates.com>

HILLS SPA

Map A, C, D

☎03-6406-6808 / 5 locations in Minato-ku
☑Hours and holidays vary by facility.
<http://www.hillsspa.com>

*Membership conditions : over 30 years old and subject to a screening process.

Sports

There are gyms, pools, golf clubs, baseball and soccer teams where you can enjoy sports activities in and around Tokyo and Yokohama. A number of groups, online forums and websites have also been created by local fans to help non-Japanese speakers enjoy their favorite sports during their stay in Japan.

FITNESS CLUB

 **esforta ROPPONGI**

●Gym ●Pool
●Studio lesson etc.

Rental set service
All items* are available
as many as you like

☎0120-980-497
🌐 www.esforta.co.jp



* T-shirts,pants,shoes etc.



Municipal Gyms

Most local governments operate affordable public gyms and sports centers. Some are open only to those who live or work in the area, while others are open to all. Training rooms and facilities for a wide range of sports are available.

Shinjuku Sports Center

■ 5 min. from Nishi Waseda Sta.
<http://www.shinjuku-sportscenter.com/index.html>
 (Japanese only)

Shibuya Sports Center

■ 7 min. from Hatagaya Sta.
<https://www.city.shibuya.tokyo.jp/eng/living/sports.html>

Chiyoda Sports Center

■ 5 min. from Otemachi/Kanda Sta.
<https://www.spsst-chiyoda.jp/> (Japanese only)

Chuo Sogo Sports Center

■ 2 min. from Hamacho Sta.
<https://www.chuo-sports.jp/index.html> (Japanese only)

Minato City Sports Center

■ 5 min. from Tamachi Sta.
<https://www.minatoku-sports.com/en/index.html>

Shinagawa Sogo Gym

■ 8 min. from Osaki/Gotanda Sta.
<http://www.ssa-or.biz/about/foreignlanguage.html>

Check the Expat's Guide homepage for more public gyms in Tokyo: <http://expatsguide.jp/living-in/fitness-beauty/municipal-gyms-sports-centers/>

Running & Cycling

Many city parks have running/cycling courses, and some also offer bicycle rentals. With running becoming more popular in recent years, more convenient "running stations" provide services such as showering facilities and locker rentals. Remember to be careful if you decide to take your bicycle out on the main roads, as drivers may not be used to driving alongside cyclists.



Namban Rengo (Tokyo's International Running Club)
<https://www.namban.org>

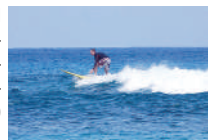
Cycle Tokyo!

<http://cycle-tokyo.cycling.jp>

Tokyo Great Cycling Tour
<http://tokyocycling.jp>

Water Sports

There are public and school pools open to residents in most neighborhoods. These pools generally charge around 400 Yen (adults) for 2 hours.



Be aware that most if not all facilities require the use of swimming caps, and earrings, necklaces, and watches etc. must be removed before entering the pool. Most places also have a strict "no tattoo" policy. However, these rules may not apply at some fitness clubs and spa pools, which may have a completely different set of policies.

There are many beaches open to swimmers and surfers that can be found just an hour away from the city. Just be aware that beach culture and rules are a bit different from those in other countries. Most swimming areas have beach houses that offer locker rental and shower facilities along with food and beverage services. Alcohol is allowed on the beach, but you should not drink if you will be driving home afterwards. Some locations have different zones for swimmers and surfers, while others have specific times or seasons designated for each.

SURFING IN JAPAN

<http://www.surfinginjapan.com>

Hiking & Outdoor Activities

Most people living in Tokyo overlook the fact that hiking and other outdoor activities can be found only a few hours outside the city. While Mt. Takao is certainly famous and worth the trip, the mountain ranges in Yamanashi and Nagano offer everything from beginner hikes to world-class mountaineering. Tour groups also offer rafting, canyoning, and other thrilling adventures.



Bouken Goya

<http://www.boukengoya.com> (Japanese only)

Canyons

<https://canyons.jp/en>

Kappa Club

<http://www.kappa-club.com> (Japanese only)

International Adventure Club (IAC) Tokyo

<https://www.iac-tokyo.org>

International Outdoor Club Japan

<http://www.outdoorclubjapan.com>

Outdoor Japan

<https://www.outdoorjapan.com>

Yamareco

<https://www.yamareco.com> (Japanese only)

Winter Sports

Japan's ski resorts provide access to mountains blessed with heavy snowfall, where visitors gather to participate in a variety of winter sports including skiing, snowboarding, and snowshoeing. While you won't be able to find any of this inside the city, there are a number of resorts that

are easily accessible from Tokyo by car or train. Some convenient locations are even directly connected to the city via bullet train, and most resorts offer rental services. Many ski resorts have hot springs on the compound or in the near vicinity where you can warm up after a long day on the slopes. An adult day-pass typically costs around ¥5,000.

The mountainous regions in Japan's national parks are perfect for backcountry skiing. Within easy access of the Kanto region, Mt. Hakuba, Mt. Shibutsu, Mt. Akazura, Mt. Tanigawa, Mt. Kagura, Mt. Akashiro, and Mt. Hotaka are popular locations. Some places can be accessed via ski lifts, but most you must hike up yourself.

Hakuba Happo-One (Nagano)

<https://www.happo-one.jp/en>

GALA Yuzawa Snow Resort (Niigata)

<https://gala.co.jp/winter/english/>

Japan Avalanche Network

An avalanche information database with daily updates. Some information available in English.

<http://nadare.jp> (Japanese only)

SnowJapan

Daily updates on winter sports and snow information in Japan.

<https://www.snowjapan.com>

Steep Deep Japan

An English blog on backcountry in Hakuba.

<https://www.mountainlife.jp>

Bouldering

Bouldering has become increasingly popular in Japan in the past few years. All you need to start is some chalk and a pair of climbing shoes, both which can be borrowed from the gym.



Pump Climbing Gym & Shop

Akihabara, Ogikubo, Yokohama, Kawasaki, etc.

<https://english.pump-climbing.com>

Escalade Climbing gym

<https://www.escalade-climbing.com> (Japanese only)

Golf

Golfing in Japan is an all-day commitment and can be very expensive. However, it provides a relaxing alternative to the urban activities associated with living in a large city. There are also driving ranges within the city allowing you to stop by for some practice shots on your way home from work.



Golf in Japan

<https://www.golf-in-japan.com>

Martial Arts

Japan is the birthplace of many traditional martial arts, making it a great place to learn.

Kendo

Kendo is the Japanese art of sword fighting, usually practised with wooden swords.



All Japan Kendo Federation

<https://www.kendo.or.jp/en/>

Karate

A martial art with a focus on strikes with the hands, feet and limbs.

Japan Karate Association

<http://jka.or.jp/en>

Judo

An Olympic sport with a focus on throws, pins and joint-locks.

All Japan Judo Federation

<http://www.judo.or.jp> (Japanese only)

Aikido

A relatively recent defensive art, which focuses on redirecting an opponent's force.

Kyudo

Kyudo is a traditional Japanese form of archery which uses a long bow.



All Nippon Kyudo Federation

<https://www.kyudo.jp/info/english.html>

Chapter 11

Culture & Community



Tokyo has a lot to offer expats interested in engaging with the local culture through language, arts and crafts. There are also many community groups, places of worship and clubs for those seeking to make new friends with like-minded people.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Japanese Language & Culture

Learning more about Japan's language and culture can help you feel more at home in a foreign environment, and potentially develop interests and skills that will stay with you forever.

Learning Japanese

Language schools offer courses to fit the needs of a range of lifestyles. Choose the format that works best for you, in the classroom or at home.

Aoyama International Education Institute Map F (3-b)
☎03-3403-1901
<https://aoyama-igc.com/>

Coto Japanese Academy (Iidabashi)

☎03-6261-4515 <http://cotoacademy.com>

Coto Japanese Club (Azabu-Juban) Map C (3-b)

☎03-6809-4880 <https://cotoclub.com>

Coto Japanese Academy (Yokohama)

Map K (1-a)

☎045-594-8271 🕒 5 min. from Yokohama Sta. <https://www.cotoacademy.com>



Tokyo Central Japanese Language School (TCJ) Shinanomachi

A large Japanese language school established in 1988. A variety of courses are offered, including evening courses, spouse courses, and private lessons where students can improve their level on a one-to-one basis.



🕒 0 min from Shinanomachi Sta. / 7 min from Kokuritsu-Kyogijo Sta. 🕒 9:00pm-6:00pm Sat, Sun, N.H.

<https://tcj-education.com>

THJ Japanese and Culture

☎050-1451-5559 / 942,2-2-15 Minami Aoyama, Minato-ku 🕒 2min. from Aoyama 1-chome Sta.

The Naganuma School

– Tokyo School of Japanese Language Shibuya

☎03-3463-7261 🕒 12 min. from Shibuya Sta. or 7 min. from Shinsen Sta.

<https://www.naganuma-school.ac.jp/index.html>

Japanese Culture Classes

Ikebana (Flower Arranging)

Japanese flower arranging is widely practiced and there are many local groups. Different schools exist within the field, and many offer information, classes and certification in English.



Ikebana International

<https://www.ikebanahq.org>

Ichiyo (Ichiyo School of Ikebana)

<http://www.ichiyo-ikebana-school.com/>

Sogetsu Ikebana

<http://www.sogetsu.or.jp/e>

Nihon Buyo (Japanese dance)

A traditional performing art, Nihon Buyo is the term for a form of Japanese dance which has its roots in kabuki theatre. Movements are highly stylized and resemble mime, and are performed to music which incorporates shamisen, koto and vocals.

Nihon Buyo Foundation

<https://nihonbuyo.or.jp/en/>

Sado (Tea Ceremony)

Sado is a carefully practised ritual involving the preparation and serving of green tea, usually using matcha powder.



Omotesenke

<http://www.omotesenke.jp/english/tobira.html>

Urasenke

<http://www.urasenke.or.jp/texte/index.html>

Kudan Institute of Japanese Culture Tea Ceremony Class

<https://www.kilc.co.jp/teaceremony/en/>

Shizu-kokoro

<https://shizukokoro.com/>

Origami

The Japanese art of paper-folding is well-known worldwide, and living in Japan will allow you to learn from true masters.



Nippon Origami Association

<https://www.origami-noa.jp> (Japanese only)

Paper Museum

<https://papermuseum.jp/en>

Origami Kaikan

https://www.origamikaikan.co.jp/lp/english_guide.html

Shodo (Calligraphy)

Shodo is the art of writing with a brush, with a focus on painting kanji characters with confidence and precision.



HiSUI Tokyo

<http://en.hisui-tokyo.com>

R-room Roppongi

<http://calligraphy-art.jp/english>

Traditional Japanese Arts

Kabuki

Kabuki theater's origins can be traced back to the Edo period (1603-1868). It developed as an art form popular with the common people, as opposed to Noh which was performed for the upper class. Kabuki plays are based upon historical events featuring moral conflicts, and are performed with the accompaniment of traditional Japanese instruments.

Kabuki is performed at the National Theater and the Kabuki-za Theater in Ginza. Both venues offer headsets that provide an English commentary on the performance.

Kabuki Official Website

<https://www.kabukiweb.net/>

Noh & Kyogen

Noh is a classical Japanese performance which combines elements of dance, drama, music, and poetry into a highly aesthetic stage art. Kyogen is a form of comic theater with an emphasis on dialogue. The two share a common origin, and are often performed back-to-back at the same showing.

Noh and Kyogen plays are staged at the National Noh Theater, and include English subtitles. Tickets for Kabuki or Noh can be purchased at the box office, via ticket centers, or online.

Japan Arts Council

<https://www.ntj.jac.go.jp/english.html>

Sumo

Japan's national sport, sumo is a martial art where the competitors' aim is to knock their opponent to the floor, or out of the ring. Major tournaments take place in Tokyo at the Ryogoku Kokugikan (January, May and September), and in Osaka (March), Nagoya (July) and Fukuoka (November). The least expensive tickets are sold on the day of the performance.

Ryogoku Kokugikan (Nihon Sumo Kyokai)

☎03-3623-5111 (Japanese only)

🕒2 min. from Ryogoku Sta.

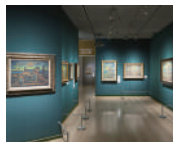
<http://www.sumo.or.jp/en/index>

Museums & Galleries

Tokyo has many museums and galleries, some of the largest of which are concentrated around the Ueno and Roppongi areas. Most major museums charge entry fees.

Panasonic Shiodome Museum of Art [Map G\(4-a\)](#)

The Panasonic Shiodome Museum of Art opened as part of its social outreach commitment of Panasonic. It is located in the Panasonic Tokyo Shiodome Building. The Museum is home to a collection of almost 240 works by French artist Georges Rouault, which include paintings and some of his best-known prints from every stage of his career. The Museum also presents exhibits on themes that are central to the work done by Panasonic.



©Panasonic Shiodome Museum of Art
Georges Rouault exhibitions (2018)

🕒8 min. from Shimbashi Sta. or 5 min. from Shiodome Sta.

<https://panasonic.co.jp/ls/museum/en/>

Tokyo National Museum

The country's oldest museum of its kind, specializing in Japanese and Asian artworks.

🕒10 min. from JR Ueno Sta.

<https://www.tnm.jp/>

Tokyo Metropolitan Edo-Tokyo Museum

The Edo-Tokyo Museum is a museum of Tokyo urban history, which exhibits the history, life, and culture of the city from the 1600s to today.

🕒3 min. from JR Ryogoku Sta.

<https://www.edo-tokyo-museum.or.jp/en/>

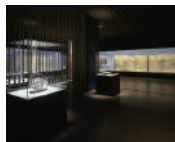


©Edo-Tokyo Museum

Suntory Museum of Art

Map A (1-b)

Located inside the Tokyo Midtown complex, Suntory Museum of Art holds special exhibitions centred around classical Japanese art, including painting, ceramics and lacquerware. A tea room where visitors can experience Japanese tea ceremony is open on designated Thursdays.



📍 Direct from Roppongi Sta.
<https://www.suntory.com/sma/>

Tokyo Photographic Art Museum

Map I (1-c)

Located at Yebisu Garden Place, Tokyo Photographic Art Museum ("TOP") holds annually about 15-20 temporary exhibitions of photography and moving images in its three exhibition gallery.

📍 7 min. from Ebisu Sta.
<https://topmuseum.jp/e/contents/index.htm>

Tokyo Metropolitan Teien Art Museum

A museum based in an art deco building which was once the residence of members of a branch of the Imperial Family. The museum hosts periodic exhibitions and has grounds that include Japanese and European style gardens.

📍 7 min. from Meguro Sta.
<https://www.teien-art-museum.ne.jp/en/>

Miraikan - The National Museum of Emerging Science and Innovation

A museum exploring science and technology with plenty of interactive exhibits.

📍 4 min. from Telecom Center Sta.
<https://www.miraikan.jst.go.jp/en/>

Mori Art Museum

Map A (3-a)

Located on the top floor of the Roppongi Hills Mori Tower skyscraper, featuring specially-curated, feature exhibitions of contemporary art.

📍 Direct from Roppongi Sta.
<https://www.mori.art.museum/en>

Edo-Tokyo Open Air Architectural Museum

An open-air museum featuring reconstructed buildings and streets from the early Edo period to the post-war period.

📍 10 min. by bus and foot from Musashi-Koganei Sta.
<https://tatemonoen.jp/english>

The Nezu Museum

Map F (4-a)

A museum exhibiting the Japanese and East Asian pre-modern art collected mainly by businessman and philanthropist Nezu Kaichiro Sr.

📍 8 min. from Omotesando Sta.
<http://www.nezu-muse.or.jp/en/>
 *On-line timed-entry reservation required

Ghibli Museum, Mitaka

The museum of Studio Ghibli, a famous Japanese animation studio. Tickets must be purchased in advance.

☎ 0570-055777 (Japanese only)
 📍 5 min. from Mitaka Sta. by shuttle bus (separate fare)
<http://www.ghibli-museum.jp/en/>

The National Art Center, Tokyo

Map A (2-a)

The National Art Center, Tokyo boasts one of the largest exhibit spaces in Japan, and has beautiful architecture designed by Kisho Kurokawa.

📍 Direct from Nogizaka Sta.
<https://www.nact.jp/english/>

The Omiya Bonsai Art Museum, Saitama

A bonsai museum exhibiting not only over 70 fine bonsai but also pots, decorating stones, historic documents and tatami room decorations.

☎ 048-780-2091
 📍 5 min. from Toro Sta.
<https://www.bonsai-art-museum.jp/en/>

Grutto Pass

The Grutto pass is of exceptional value at ¥2,500, giving you one-time admission or discount to around 99* facilities, including museums, art galleries, zoos/aquariums, and botanical gardens/gardens. The pass can be bought at any of the participating venues and is valid for 2 months starting from the first day of use.

*Subject to change. Check website for participating venues.
<https://www.rekibun.or.jp/en/grutto/>

Community Involvement

Often the hardest part about getting settled in a foreign country is interacting with the local community. Fortunately, there are many ways you can connect with the Japanese and expat community while pursuing your passions and cultivating new skills.

Sports Programs for Kids

Japan offers many unique after school opportunities for children. Internationally popular sports such as soccer, swimming or tennis are readily available. Traditional Japanese sports such as karate and judo can also be an excellent choice.

Karate

Noji Dojo

Age: 4 year olds~
 7F HB Bldg. 2-9-12 Kachidoki Chuo-ku
<https://www.noji.tv> (Japanese only)



Clubs & Societies

Tokyo and Yokohama have members-only clubs for foreign residents. These clubs offer facilities including conference rooms, banquet halls, restaurants, fitness gyms, sports facilities, libraries and more, and a diverse range of cultural, recreational and business activities.

Tokyo American Club

Opened in 2011, the Club's impressive facilities, featuring a rooftop pool, bowling alley, library, range of restaurants and squash courts, are home to a stunning array of services, programs and opportunities for members of all ages to meet people, keep fit, socialize, relax, learn and grow.

☎ 03-4588-0687 / 2-1-2 Azabudai, Minato-ku
 📍 10 min. from Azabujuban or Kamiyacho Sta.
 ✉ membership@tac-club.org



©Jeff Goldberg-Esto.

Map C (2-c)

Yokohama Country & Athletic Club (YC&AC)

☎ 045-623-8121 /
 11-1 Yaguchidai, Naka-ku, Yokohama-shi
 📍 10 min. from JR Yamate Sta.
 ✉ concierge@ycac.jp

Map L (3-a)

< Other Online Resources >

Tokyo Brits

<https://www.tokyobrits.com>

Japan Australia New Zealand Society Inc.

<http://janz.jp/en>

Association des Français du Japon

<http://www.afj-japon.org>

Swiss Club Tokyo

<https://www.swissclub.tokyo>

Association of Foreign Wives of Japanese

<https://www.afwj.org>

College Women's Association of Japan

<https://www.cwaj.org>

For Empowering Women in Japan

<https://fewjapan.com>

Yokohama International Women's Club

<http://yiwc.lady.jp/ContactUs.html>

Tokyo International Communication Committee

<https://www.tokyo-icc.jp/english/tonai/index.html>

Yokohama Association for International Communications and Exchanges

<https://www.city-cost.com/blogs/YOKE>

Volunteering

Chokkura Home Stay

<http://chokkura.org/en/index.php>

Hands On Tokyo

<http://www.handsontokyo.org>

Run for the Cure® Foundation

<https://rftc-japan.org/en/rftc-founder-message>

Second Harvest Japan

<http://2hj.org/english/>

The Nature Conservation Society of Japan

<https://www.nacsj.or.jp/english>

Tokyo Voluntary Action Center

<https://www.tvac.or.jp/en>

Places of Worship

Churches, Mosques, and places of worship around Tokyo have worship services in English and other languages. Further listings can be found on our website.

<Tokyo>

Central Bible Church

Outside the map

<http://www.chuo-seisho.org/english.htm>

Franciscan Chapel Center

Map A (1-c)

<http://franciscanchapelcenter.tokyo.org>

Kreuzkirche (German)

Map J (4-b)

<http://www.kreuzkirche-tokyo.org/index.html>

Saint Alban's Anglican Episcopal Church

Map D (3-b)

<https://www.saintalbans.jp>

Tokyo Baptist Church

Map I (4-a)

Live Stream worship Sun 11am:

<http://t-b-c.us/channel/Reservation> to attend the worship: <https://tbc.brushfire.com/Online> children's church: <https://t-b-c.us/kidz>

Tokyo Church of Christ

Outside the map

<https://tccnet.org>

Tokyo Union Church

Map F (2-b)

<https://www.tokyounion.org>

Jewish Community of Japan

Map B (3-a)

<http://www.jccjapan.or.jp>

Arabic Islamic Institute in Tokyo

Map B (2-c)

<http://www.aii-t.org> (Japanese, Arabic)

Islamic Center Japan

Outside the map

<https://www.islamcenter.or.jp>

<Yokohama>

Sacred Heart Cathedral (English)

Map L (2-a)

<https://catholiccyamate.org>

Yokohama International Baptist Church

Map L (3-a)

<https://www.yibc.org>

Yokohama Union Church

Map L (2-a)

<http://www.yokohamaunionchurch.org>

Ja'me Masjid Yokohama

(Yokohama Mosque)

Outside the map

<http://www.masjid-yokohama.jp>

Chapter 12

Trips & Recreation

Tokyo and Yokohama have plenty of sights to see so why not consider taking a day or weekend trip to one of the many places of interest nearby, from historical sites to mountains, seaside towns and hot spring resorts.



Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Sightseeing in Central Tokyo

Tokyo offers both modern and historic attractions. Here are some of the must-see spots in Tokyo.

Asakusa

As one of the most popular sightseeing spots, Asakusa offers a taste of historic and religious Japan. A number of festivals are held here throughout the year. The surrounding area also offers the unique feel of an older Tokyo that you do not find elsewhere in the city.



TOBU Tourist Information Center ASAKUSA

☎03-3841-2871 / Tobu Asakusa Sta. Central exit
🕒7:20am-7:00pm, Open Daily

ASAKUSA CULTURE TOURIST INFORMATION CENTER

☎03-3842-5566 *In front of Kaminari-Mon
🕒9:00am-8:00pm, Open Daily

Sensoji Temple

This temple is also known as Asakusa Kannon and has a history of over 1,300 years. People come by every day to wave smoke from the burning incense toward problematic areas of the body, as it is believed this cures pain and disease.

🕒5 min. from Asakusa Sta.
<https://www.senso-ji.jp/english/>

Kaminari-Mon

With the God of Thunder on the left, the God of Wind on the right, and a huge red lantern in the center, Kaminari-Mon (Thunder Gate) is the symbol of Asakusa.

🕒2 min. from Asakusa Sta.



Nakamise

This 200m long shopping street with souvenirs and traditional Tokyo confectioneries stretches from the Gate to the Temple.

TOKYO SKYTREE®

At 634m in height, TOKYO SKYTREE is the tallest structure in Japan and the world's tallest free-standing broadcasting tower.

🕒9:00am-9:00pm (Observatories)
*Hours may differ.

🚶Short walk from TOKYO SKYTREE Sta.

<http://www.tokyo-skytree.jp/en>



©TOKYO-SKYTREETOWN

TOKYO Solamachi

Located at the foot of TOKYO SKYTREE, this commercial complex houses one of the largest selections of shops and restaurants in Tokyo.



©TOKYO-SKYTREETOWN

🕒10:00am-9:00pm (restaurants on 6F, 7F, 30F, 31F: 11:00am-11:00pm) *Hours may vary among shops and restaurants. Closed irregularly.

🚶Short walk from TOKYO SKYTREE Sta.

<https://www.tokyo-solamachi.jp/en>

TOKYO mizumachi

Opened in June 2020, a commercial complex located underneath the railway track that connects Asakusa station and TOKYO SKYTREE station. There are restaurants, shops, sports café and hostel.

🕒Hours may vary by shop. 📅Holidays vary by shop. 🕒5min. from Asakusa Sta. through SUMIDA RIVER WALK

Tokyo Tower

The 333-meter-tall tower offers unbeatable panoramic views of Tokyo from the observatories at 150m and 250m. *Advance booking is recommended to access the 250m Top Deck.

☎03-3433-5111

🕒5 min. from Akabanebashi Sta.

<https://www.tokyotower.co.jp/en/html>

Map D (3-b)



©TOKYO TOWER

Tokyo City View, SKYDECK (Roppongi Hills)

Map A (3-a)

270 meters above sea level. Rooftop with 360-degree-panoramas offers a marvelous view of the city including Tokyo Tower and Tokyo Sky Tree.

*The Facility is closed for renovation (January-April 2021)

☎03-6406-6652

📍Direct from Roppongi Sta.

<https://tcv.roppongihills.com/en>

Imperial Palace

Map G (1-a)

The Imperial Palace is the residence of the Emperor and Empress of Japan. Inside you will find the East Gardens (closed Mon & Fri every week and 12/28-1/3 every year) which are the former site of Edo Castle's innermost circles of defense. Guided tours available with advanced booking. The moat surrounding the palace is a popular jogging course.

☎03-3213-1111 🕒10-15 min. from Nijubashimae Sta.

<https://www.kunaicho.go.jp/index.html>

Sky Hop Bus Tokyo (Hop-on Hop-off Bus Tokyo)

Operating by a double-decker open top bus. Passengers are free to hop on and off at any stops. Routes include Asakusa/SkyTree, Tokyo Tower and Odaiba via Rainbow bridge etc. Sightseeing audio-guidance is available in English, Spanish, French, German, Chinese, Korean and Japanese. Tickets can be purchased at ticket counter or on-board.

☎03-3215-0008 🕒3 min. from Tokyo Sta.

<https://skyhopbus.com>



Cycling Tour

A guided cycling tour takes you to major tourist spots around Tokyo. The fee includes rental bike and lunch. Check the website for details.

Tokyo Great Cycling Tour

<https://www.tokyocycling.jp>

Meiji Jingu (Shinto Shrine)

Map F (1-c)

In contrast to the lively Sensoji Temple in Asakusa, Meiji Jingu has an air of tranquility. Once you have passed through the large wooden Torii (gate) and are inside the grounds, it is easy to forget about the bustling city outside.

🕒1 min. from Harajuku or Meiji-Jingumae Sta.

<http://www.meijijingu.or.jp/english>



Ueno

In addition to many great museums, such as the Tokyo National Museum and the National Museum for Western Art, you can also enjoy the oldest zoo in Japan with your family. There are about 350 animal species, including the very popular pandas. You can also go on a boat-ride on Shinobazu Pond.



Tokyo Tourist Information Center Keisei Ueno Branch

☎03-3836-3471*In front of the ticket gate

at Keisei Ueno Sta. 🕒8:00am-6:30pm, Open Daily excl. N.Y.H.

Ameyoko

Ameyoko is a rarity in Tokyo. It is packed with small shops selling a wide variety of products, including clothes, bags, cosmetics, fresh fish and dried food, all at bargain prices.

🕒2 min. from Ueno Sta.

Akihabara

Once the electronics capital of Tokyo, Akihabara is now more famous as the home of otaku (nerd) culture.

Many shops here specialize in merchandise related to anime, manga, video games and so-called "idol" groups. Some of Tokyo's oldest maid cafes can also be found here.

📍Akihabara Station, Electric Town exit



Toyosu Shijo (Fish Market)

Tokyo's famous fish market was moved here from Tsukiji in late 2018. Visitors wishing to see the daily tuna auction must apply online in advance. A limited number of entrants are chosen by lottery, and can view ten minutes of the auction. The facility also includes a fruit and vegetables market and various shops and restaurants.

🕒16 min. from Toyosu Sta. or short walk from Shijo-mae Sta.

<https://www.shijou.metro.tokyo.lg.jp/english/toyosu>

Tokyo Metropolitan Government Building Observatories

Map H (4-b)

The Metropolitan Government Buildings are 243m in height. From the observation decks on top of both the North and South towers (free of charge), you have an unrestricted view of the sprawling metropolis and Mount Fuji.

<https://www.metro.tokyo.lg.jp/english/index.html>



Odaiba

This waterfront area on the other side of Rainbow Bridge from Shimbashi has many modern architectural sights including the FUJI Television Building, hotels and shopping malls. It is also beautiful at night.

🕒 20 min. from Shimbashi Sta. by Yurikamome Line., 30 min. from Shibuya Sta. by Rinkai Line

Day Trips from Central Tokyo

Tokyo is surrounded by attractions that you can easily visit as a day trip. Here are some of the places that will make a great getaway.

Yokohama

Map K

Just a short train ride from Tokyo, Japan's 2nd largest city is well-known for its sea breezes and newly renovated bay area. It also has a wealth of other attractions.



🕒 28 min. from Tokyo Sta. by JR Tokaido Line (Local), 25 min. from Shibuya Sta. by Tokyu Toyoko Line (Limited Express)

Tourist Information Center Yokohama Sta. Office
Map K (1-a)

☎ 045-620-9926 Yokohama Sta. East-West Walkway
🕒 9:00am-7:00pm, Open Daily
<https://www.yokohamajapan.com/information>

Yamate

Map L

When Japan finally opened to trade in the mid 19th century, westerners began to take up residence on the Yamate Bluff, where European-style wooden buildings and a foreigners' graveyard can still be found today. A few museums and the Harbor View Park overlook the bay from here, and the Motomachi shopping street is only a short walk away.

🕒 7-10 min. from Motomachi-Chukagai Sta.

China Town

Map L (1-a)

During the Meiji period, Chinese traders began to settle in what has now become the country's largest China Town. While dining at one of the neighborhood's world-class Chinese restaurants is a must, the Kanteibyō is also well worth a visit. This temple's vibrant colors and exquisite detail is startling after becoming accustomed to the modest décor of Japanese shrines.

🕒 1 min. from Motomachi-Chukagai Sta.
<https://www.chinatown.or.jp/>

Minato Mirai

Map K (2-b)

Yokohama's bay district feels spacious in spite of the ubiquitous skyscrapers nearby. The Landmark Tower rises above the office buildings, shopping complexes, theme park, and the Yokohama Red Brick Warehouse.



Shin-Yokohama

A number of recreational facilities including the Yokohama Arena, Nissan Stadium and Shin-Yokohama Park can be found in the area around Shin-Yokohama Station. If you are looking for something a bit different, try the Ramen Museum located only a short walk from the station.

Kamakura

The many shrines and temples set amid the wooded hills bring to mind a poetic, oriental image of Japan. At Kamakura station's east exit, there is a red Torii (gate) which is the side entrance to Kamakura's symbolic shopping street. The nearby beach is very popular for surfing and fireworks festivals in the summer.



🕒 60 min. from Tokyo Sta. or Shinjuku Sta. by JR Line

Kamakura Tourist Information

☎ 0467-22-3350 Kamakura Sta. East exit
🕒 9:00am-6:00pm, Open Daily excl. N.Y.H. (Dec 29-31)
<https://www.city.kamakura.kanagawa.jp/kamakura-kankou/en>

Daibutsu

A 13.35m bronze statue of a seated Buddha at Kotokuin Temple.

🕒 7 min. from Hase Sta. <http://www.kotoku-in.jp/en>

Mount Takao

This 599m high sacred mountain is a popular day hiking spot for Tokyo residents. From the peak, on a clear day, you can see central Tokyo and Mount Fuji. The colorful, wooded hills create a stunning background in autumn.



🕒 50 min. from Shinjuku Sta. by Keio Line (Semi-Special Express)
<https://www.keio.co.jp/english/sightseeing/takao.html>

Hakone

From Tokyo, Hakone is the closest onsen (hot spring) resort, but this scenic area also has museums and art galleries. A ropeway trip to the top of Mount Hakone will give you spectacular views of the surrounding countryside.

🕒80 min. from Shinjuku Sta. by Odakyu Limited Express Romancecar

Odakyu Sightseeing Service Center Shinjuku (Shinjuku West)

☎03-5909-0211 / 1F Odakyu Shinjuku Sta. West Exit.

Hakone Tourist Information Center (Hakone T.I.C)

☎0460-85-5700 📍In front of Hakone-Yumoto Sta. 🕒9:00am-5:45pm, Open Daily

HAKONE ZENZAN

<https://www.hakone.or.jp/en>

Hakone Freepass

A special ticket which covers travel to and from Hakone, plus unlimited travel within the Hakone area.

https://www.hakonenavi.jp/international/en/discount_passes/free_pass/
<https://www.odakyu.jp/english/passes/hakone/>

Lake Ashi (Ashinoko)

Acknowledged as the primary attraction of Hakone, you can enjoy a boat ride across the lake or take a walk on Suginamiki-Kaido to enjoy the beautiful reflected image of Mount Fuji on water.

🕒40 min. by bus from Hakone-Yumoto Sta.

Owakudani

Owakudani is another landmark of Hakone with a great view of Mount Fuji. Witness the sulfurous fumes and bubbling mud.

http://www.owakudani.com/index_e

Hakone Tozan Train

It takes about 40 minutes by this train to travel the 8.9km distance from Hakone-Yumoto to Gora.

<https://www.hakone-tozan.co.jp/en/>



Chiba

Mount Nokogiri

This mountain, located near the west coast of Chiba Prefecture, is famous for its large stone daibutsu (Buddha statue).



Visitors can also see an impressive relief in the cliffside depicting a bodhisattva, and 1500 arhat statues on the mountain trail. The mountain is not particularly tall, but a ropeway is available for visitors, and the summit offers great views of the bay.

🕒110 min. from Shinjuku Sta. by JR Kosoku Bus and JR Uchibo Line

<http://www.mt-nokogiri.co.jp/pc/p130000.php>

Nikko

Nikko, famed for being a World Heritage site, is situated northwest of Tochigi prefecture in the northern Kanto Region. Nikko Toshogu, with its magnificent 97m high Kegon-No-Taki waterfall and the Lake Chuzenji are highlights. This area is very famous for fall foliage.



🕒110 min. from Asakusa Sta. by Tobu Line (Limited Express)
<http://www.visitnikko.jp/en/>

Toshogu Shrine

An intricately decorated temple dedicated to Tokugawa Ieyasu who was responsible for establishing Tokyo as Japan's capital.

🕒About 5 min. by taxi from Nikko Sta.

Lake Chuzenji (Chuzenjiko)

Around 20,000 years ago, the lava from the volcanic eruption of Mount Nantai formed a ravine which became the origin of Lake Chuzenji.

At the altitude of 1,269m, it is the highest located natural lake in Japan.



Mount Fuji

The highest mountain in Japan is also one of the most famous symbols of the country. Many people like the thought of climbing Mount Fuji, although



it is not easy and can only be climbed during July and August. Station 5 (2,300m) can be reached by foot or by car via the paved roads. However, if you plan to climb to the summit, proper hiking equipment is crucial. Mt. Fuji and surrounding areas were registered as World Heritage sites.

🕒145 min. from Shinjuku Sta. by Chuo Kosoku Bus

Fuji Lake Kawaguchi synthesis sightseeing information site

<http://www.fujisan.ne.jp/e.aca.hp.transer.com>

Official Travel Guide Yamanashi

<https://www.yamanashi-kankou.jp/english>

Fuji Five Lakes (Fuji-Goko)

Formed by lava, from various volcanic eruptions on the northern foot of Mount Fuji, the “Fuji Five Lakes” are Lake Kawaguchi, Lake Yamanaka, Lake Sai, Lake Shoji and Lake Motosu. The beautiful reflection of Mount Fuji on Lake Kawaguchi is sometimes called “Reversed Mount Fuji”. This image is often reproduced in print.

Izu

Izu Peninsula is a resort area famous for hot springs, coastlines, scenic views. It is home to the cities of Atami, Ito and Shimoda. Its proximity to Tokyo makes it a popular weekend getaway.

🕒 1hr - 2hrs from Tokyo Sta. by Odoriko Train (Limited Express) or JR Tokaido Line.

2 hours+ from Shinjuku to Odawara by Odakyu Railways and transfer to the JR Tokaido Line.

Note: Most lines will go to Atami and transfer from there to other areas

Kawagoe

City of Kawagoe in Saitama is only 30 minutes train ride from downtown Tokyo, and it is known as “ko Edo” (small Edo) where old storehouses are lined up as if you have travelled back to Edo period.



Visitor Attractions

Zoos

Tama Zoological Park

☎ 042-591-1611 (Japanese only) 🕒 1 min. from Tama-dobutsukoen Sta. on Keio Line or Tama Monorail
<https://www.tokyo-zoo.net/english/tama>

Ueno Zoological Gardens

☎ 03-3828-5171 🕒 5 min. from Ueno Sta.
<https://www.tokyo-zoo.net/english/ueno>

Yokohama Zoological Gardens “ZOORASIA”

☎ 045-959-1000 🕒 Take bus for Zoorasia for about 15 min. from Nakayama Sta. on JR or Yokohama Municipal Subway, or Tsurugamine Sta. or Mitsukyo Sta. on the Sotetsu Line.
<http://www.hama-midorinokyokai.or.jp/zoo/zoorasias>

Aquariums

Yokohama Hakkeijima Sea Paradise

☎ 045-788-8888 🕒 Short walk from Hakkeijima Sta. on Seaside Line
<http://www.seaparadise.co.jp/english>

SHINAGAWA AQUARIUM

☎ 03-3762-3433 (Japanese only) 🕒 15 min. by free shuttle bus from bus stop No.6, located in front of Oimachi Sta.
<https://www.aquarium.gr.jp> (Japanese only)

Sumida Aquarium

☎ 03-5619-1821
🕒 Short walk from Tokyo Skytree Sta.
<https://www.sumida-aquarium.com/en>



Planetariums

Konica Minolta Planetarium “Manten”

☎ 03-3989-3546 (Japanese only) 🕒 10 min. from Ikebukuro Sta. (inside Ikebukuro Sunshine City)
*Free English audio guides available for some shows.
<https://planetarium.konicaminolta.jp/manten/foreigner>

Konica Minolta Planetarium “Tenku”

☎ 03-5610-3043 (Japanese only) 🕒 Directly from Oshiage (Skytree) Sta. (inside Tokyo Solamachi)
*English, Korean and Chinese audio available for some shows.
<https://planetarium.konicaminolta.jp/tenku/foreigner>

Kids Attractions

KidZania Tokyo

At KidZania, children can have fun while they learn about different careers through role playing experiences.

🕒 8 min. from Toyosu Sta.
✉ info@kidzania.jp <http://www.kidzania.jp/tokyo/en>



Kodomo-no-Kuni (Children's Land)

This 100ha (240 acres) nature park has many attractions including a farm and even a mini steam locomotive.

☎ 045-961-2111 (Japanese only) 🕒 2 min. from Kodomonokuni Sta. on Tokyu Kodonomokuni Line
<http://www.kodomonokuni.org/english/>

LEGOLAND Discovery Center Tokyo

An indoor attraction filled with more than 3 million LEGO bricks and fun attractions.

☎ 080-0100-5346
🕒 2 min. from Odaiba-Kaihlin-Koen Sta.
<https://tokyo.legolanddiscoverycenter.jp/en>

Mother Farm

Interact with the animals and enjoy its rich nature and seasonal flowers.

☎ 0439-37-3211 🕒 35 min. by bus from Kimitsu Sta.
<http://www.motherfarm.co.jp/> (Japanese only)

THOMAS LAND

Children can enjoy Thomas-themed rides at this amusement park located inside Fuji-Q Highland.

☎0555-23-2111 📍100-160 min. by bus from Shinjuku Sta. or Tokyo Sta., 150 min. by bus from Yokohama Sta.

<https://www.fujiq.jp/en/area/thomas/>

Amusement Parks

Tokyo has some fantastic amusement parks and attractions. Here are some places to head for laughs and thrills.

Asakusa Hanayashiki

The oldest amusement park in Japan opened in 1853.

☎03-3842-8780 (Japanese only)

📍5 min. from Asakusa Sta.

<https://www.hanayashiki.net/en>

Fuji-Q Highland

An amusement park with mega roller coasters "DO•DODONPA", "TAKABISHA", "EEJANAIKA", and "FUJIYAMA" located by Mt.Fuji.

☎0555-23-2111

📍100-160 min. by bus from Shinjuku Sta. or Tokyo Sta., 150 min. by bus from Yokohama Sta.

<https://www.fujiq.jp/en>

MOOMINVALLY PARK

MOOMINVALLY PARK in Saitama is only an hour train ride away from central Tokyo, where you can find yourself in the world of Moomin.

☎0570-03-1066

📍Take the bus bound for "metsa" from Seibu Ikebukuro Line Hanno Sta.

<https://metsa-hanno.com/en/>



© Moomin Characters TM

Sanrio Puroland

At this indoor amusement park, you can meet Sanrio characters.

☎042-339-1111 (Japanese only)

📍5 min. from Tama Center Sta.

<https://en.puroland.jp>



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Tokyo Disney Resort

As one of Japan's most popular entertainment destinations, the Resort ensures a thrilling and enjoyable time.

☎0570-00-8632

(10:00am-3:00pm, Open Daily)

📍from Maihama Sta.

<http://www.tokyodisneyresort.jp/en>



© Disney

TOKYO JOYPOLIS

A large indoor theme park offering many fun rides with the latest technology until 10pm.

☎03-5500-1801 📍2 min. from Odaiba-Kaihinkoen Sta.

<https://tokyo-joypolis.com/language/english/index.html>

Yomiuri Land

Roller coasters, swimming pools and many more attractions for the whole family.

☎044-966-1111 (Japanese only)

📍Take the Gondola "Sky Shuttle" from Keio-Yomiuri-Land Sta. <https://www.yomiuriland.com/en/>

Gardens & Parks

"Teien" (gardens) feature traditional Japanese landscaping. A small admission fee is charged, and entrance is limited to park hours. "Koen" (public parks) allow visitors to enjoy a wider selection of activities. Some parks have fenced-in "dog areas" where leashes are not required.

1. Hama Rikyu Gardens 🌸

📍5 min. from Shiodome Sta.

2. Kasai Seaside Park 🌊🐾

📍1 min. from Kasai-Seaside-Park Sta.

3. Kiyosumi Garden (Fining garden) 🌸

📍3 min. from Kiyosumi-Shirakawa Sta.

4. Komazawa Olympic Park 🌸🌊🐾

📍15 min. from Komazawa-Daigaku Sta.

5. Rikugien 🌸 📍7 min. from Komagome Sta.

6. Ueno Park 🌸 📍2 min. from Ueno Sta.

7. Yoyogi Park 🌸🌊🐾

📍3 min. from Harajuku Sta. or Yoyogi-Koen Sta.

→ Please check this website for the information on parks 1-7.

<https://www.tokyo-park.or.jp/multilingual.html>

8. Koganei Park 🌸🌊🐾

Bus from Musashi-Koganei Sta., Higashi-Koganei Sta., or Hanakoganei Sta.

9. Shinjuku Gyoen National Garden 🌸

📍5 min. from Shinjuku-Gyoemmae Sta.

<https://fng.or.jp/shinjuku/en>

10. SHOWA KINEN PARK 🌸🌊🐾

📍2 min. from Nishitachikawa Sta., or 10 min. from Tachikawa Sta.

<http://www.showakinen-koen.jp/guide-english>

11. Umino Koen (Marine Park) [Yokohama] 🌊🌊🐾

📍2 min. from Umi-no-Koen Sta., Umi-no-Koen Shibaguchi Sta., or Hakkeijima Sta.

12. Negishi Shinrin Park [Yokohama] 🌸🌊🐾*

📍15 min. from Negishi Sta., or Yamate Sta.

*Please check the web for the days dog park is open.

13. Rinko Park [Yokohama] 🌊

📍5 min. from Minato-Mirai Sta.

Chapter 13

Transportation



Whether you are traveling near or far, the vast Japanese public transport network provides a fast, precise, and efficient way of reaching your destination.

Opening hours and services may be affected by the pandemic. Please check official websites before visiting.

Trains & Subways

The Tokyo public transport system is a reliable and convenient way to travel around the city. Try to avoid the morning rush hour between 7:30am and 9am. In general, both trains and subways run from around 5am to 1am. In the spring 2021, timetable of the first and last train is scheduled to be changed depending on the line. It is advisable to check in advance the connections between trains. For train and subway maps, see page p.83-p.84, and p.97.

Trains

Tokyo and Yokohama have overground train systems run by JR East and other private train companies. Japanese trains are very punctual, and quite reasonably priced.

Subways

Tokyo has 13 subway lines including 9 Tokyo Metro lines and 4 Toei Subway lines. Yokohama has 2 city-run subway lines, plus the Minatomirai line which connects to Tokyo via the Tokyu Toyoko line. For ease of use, each station is coded with a letter and number. You will find these on platform signs and route maps.



PASMO and Suica

PASMO and Suica are two types of prepaid IC cards (integrated circuit cards). They can be used to electronically pay for trains, buses, subways and even many taxis. For trains and buses, simply tap the card over the IC card reader as you pass through the ticket gate at the train station or when you board the bus. IC card fares are slightly cheaper than ticket fares. IC cards are also accepted at many shops, restaurants, convenience stores and vending machines.



To purchase one of these cards, locate a ticket machine at a train/subway station with the PASMO or Suica logo shown. You can choose English instructions by touching the word "English" on the screen. A refundable ¥500 deposit is required to receive a card. Cards can be topped up at the same machines.

PASMO and Suica can also be used in Hokkaido, Nagoya, Osaka, Kyoto, Fukuoka, and some other IC card regions both on railway lines and at applicable vendors.

PASMO Co., Ltd.

<https://www.pasmo.co.jp/visitors/en/>

Suica (East Japan Railway Company)

<https://www.jreast.co.jp/e/pass/suica.html>

Buying a Ticket

Ticket machines usually have a "switch to English" button on the screen. Check the rail map at the ticket machines and buy the correct fare for your journey. If your journey involves a transfer to a line operated by a different rail company, you may be able to buy a transfer ticket (select "Transfer" from the ticket menu). Otherwise, you should buy one ticket to your transfer station and another when you get there. If you buy a ticket that doesn't cover the cost of your journey, you can pay the difference at a fare adjustment machine.



When transferring between two lines, if you have to pass through a ticket gate, be sure to use an orange one and transfer within 60 minutes – otherwise your ticket will be lost, and you will have to buy another. For IC cards, you can use any ticket gate.

JR East (East Japan Railway Company)

<https://www.jreast.co.jp/e/>

Tokyo Metro (Tokyo Metro Co., Ltd.)

<https://www.tokyo-metro.jp/en/index.html>

Toei Subway & Bus (Bureau of Transportation, Tokyo Metropolitan Government.)

<https://www.kotsu.metro.tokyo.jp/eng/>

Train Route Finder

To work out the best route to your destination, use this website from a PC or your mobile phone.
https://world.jorudan.co.jp/min/en/?sub_lang=nosub

Types of Tickets

• Single Fare Tickets

Adults: 12yrs+ Children: 6-11yrs*

(*varies among railway companies)

• Kaisuken (Multiple Single Fare Tickets)

A set of 11-14 tickets of the same fare, for the price of 10 tickets. The number of tickets depends on the type (peak vs. off-peak etc.).

• Teiki (Commuter's Pass)

A function that can be added to an IC card where you pay a flat rate for unlimited travel between two stations of your choice. Usually cheaper than regular fares if you make at least 18 return journeys per month. Those for students (tsugaku teiki) require a certificate from the school and/or a school ID. To purchase a pass, go to the ticket office at a major station, or use the ticket machine.

Convenient Passes

In addition to the passes listed below each JR and Tokyo Metro has combination tickets with round trips for many of the private rail companies.

Tokyo Metropolitan District Pass (Tokunai Pass)

Unlimited rides on JR trains in the Tokyo 23 wards.

Adults ¥760, Children ¥380

http://www.jreast.co.jp/multi/pass/tokunai_pass.html

Tokyo 1-Day Ticket

For most trains/trams/buses in the Tokyo 23 wards.

Adults ¥1,600, Children ¥800

http://www.jreast.co.jp/multi/pass/tokyo_free.html

Tokyo Metro 24-hour Ticket

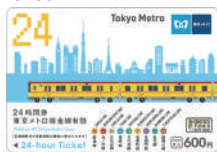
Unlimited travel on all

Tokyo Metro lines.

Adults ¥600, Children

¥300

<https://www.tokyo-metro.jp/en/ticket/1day/index.html>



Common One-day Ticket for Tokyo Metro & Toei Subway

Unlimited travel on all Tokyo Metro and Toei Subway lines.

Adults ¥900, Children ¥450

Keio 1DAY ticket

Unlimited travel on the Keio Line and Inokashira lines

Adults ¥900, Children ¥450

<https://www.keio.co.jp/english/tickets/discount.html>

Passes for Tourists

The following passes are convenient for temporary visitors to Tokyo, and are sold at airports.

Keikyu Haneda and subway common pass

Keikyu from Haneda Airport to Sengakuji Sta.+ unlimited rides on all subways in Tokyo.

<http://www.haneda-tokyo-access.com/en/ticket/discount/common.html>

N'EX TOKYO Round Trip Ticket

The N'EX TOKYO Round Trip Ticket provides great savings for round-trip travel in Ordinary Car reserved seats on the Narita Express, operating between Narita Airport Terminals 1 and 2+3, and major stations in the Tokyo metropolitan area.

Adults ¥4,070, Children ¥2,030 *Passport required for purchase.

<http://www.jreast.co.jp/multi/pass/nex.html>

Tokyo Subway Ticket

Open tickets offering 24 to 72hour consecutive hours of unlimited travel on all Tokyo Metro and Toei Subway lines. Available for purchase at airports, only on presentation of a foreign passport with tourist visa. 24hour:Adults ¥800, 48hour:Adults ¥1,200, 72hour:Adults ¥1,500

<https://www.tokyo-metro.jp/en/ticket/travel/index.html>



Buses

Tokyo has an extensive bus network, providing a convenient and efficient way to travel short and long distances.



On Toei (city-operated) buses, the cost for one journey is ¥210 (IC card: ¥210). *other flat rate buses ¥220 (IC card ¥220). Fares for other flat rate buses depend on the company and line, but are about the same. One-day passes can also be bought on boarding for ¥520. Community buses operate on a smaller scale, mostly within the ward or city division. Fares for these buses are flat rate, most of them being ¥100 or ¥200. Night buses, operating between central Tokyo and outlying areas after regular bus services end, offer an alternative to expensive late night taxi fares.

Riding on Flat Rate Buses

Board from the front door and insert the fare into the machine next to the driver, or use your PAS-MO or Suica. Some machines automatically give change, however other machines will require you to make the change first. When you hear your

stop announced, press the buzzer to notify the driver that you wish to get off.

Riding on Non-Flat Rate Buses

For non-flat rate buses, board from the rear and disembark from the front. Your fare will depend on the distance traveled. Take a ticket from the machine when you board and pay when you get off, according to what the bus' electronic chart reads for your ticket. Alternatively, if you have a Suica or Pasmo IC card, you can simply swipe your card over the reader when boarding and disembarking.

Taxis

Taxi fares are calculated by distance and time. Within the 23 wards of Tokyo plus Mitaka and Musashino cities, the minimum taxi rate is ¥420 for the first 1,052 metres. The fare will increase by ¥80 every 233m thereafter. In other parts of Tokyo and in Yokohama, the rate is ¥500 for the first 1.2km and increases by ¥100 every 257m thereafter (the distance varies by area). The fare is shown on the meter at the center of the dashboard. Late-hour fares (between 10pm and 5am) are usually more expensive. Many taxis in Tokyo accept payment with credit cards and PASMO or Suica.



All licensed taxis have green number plates. To catch a taxi, simply wave your hand. Taxi doors are opened and closed by the driver, so you should avoid doing this yourself. At night, available taxis will have the roof sign illuminated and by day a sign will be illuminated in the front window on the passenger side. It is not customary to tip the driver. While Uber is available in Tokyo, it operates as a taxi company rather than a rideshare company, so its fares are the same as for taxis.

Kokusai Motor Cars

☎03-5530-6001 (Japanese only)
<http://www.km-group.co.jp/en>

MK Taxi

☎03-5547-5557
<https://www.tokiomk.com>

Nihon Kotsu

☎03-5755-2336 (special number for English operator)
<http://www.nihon-kotsu.co.jp/en>

Kanagawa Toshi Kotsu

☎045-743-0100 (Yokohama area)
<http://www.toshikoutsu.co.jp> (Japanese only)

Shinkansen

Shinkansen, also known as bullet trains, are high-speed locomotives operated by the JR group. Shinkansen heading to northern Japan, including Nagano, Niigata, Yamagata, Akita and Hokkaido, depart from Tokyo and Ueno. Shinkansen heading south and west towards Kansai depart from Tokyo and Shinagawa.



Highway Buses

Japan's highway buses offer a cheaper alternative for getting around the country. There are routes connecting most of the major cities, and there are generally few stops along the way.



Shinjuku Expressway Bus Terminal

Buses to distant destinations often depart in the evening and arrive early in the morning, and single-seat rows are common to better allow passengers to sleep. From Tokyo, most highway buses depart from Tokyo Station or from Shinjuku Expressway Bus Terminal, which was completed at Shinjuku Station south exit in 2016. From Yokohama, many services depart from Yokohama Station and Sakuragicho Station.

Airplanes Airlines

Japan Airlines (JAL) and All Nippon Airways (ANA) are the two largest Japanese airlines, operating both domestic and international routes. In recent years, a number of LCCs (low-cost carriers) including Skymark, Peach and Jetstar, have begun operating routes within Japan and between neighboring countries. If you book a domestic flight far enough in advance with JAL or ANA, the price will not differ much from an LCC. Depending on the time of year, it may not be possible to book a flight more than a couple of months in advance. Check the airline's website for the date that tickets for your desired travel period go on sale.

Japan Airlines

<http://www.jal.co.jp/jp/en>

All Nippon Airways

<https://www.ana.co.jp/en/us>

Haneda Airport

There are 2 domestic terminals and 1 international terminal. Being the hub airport for Japanese national airlines, Haneda is the center of domestic travel. In addition, the expanded international terminal is becoming Tokyo's other base for international traveling, with the number of flights to Asia, North America and Europe increasing.

Haneda Airport (Domestic)

☎03-5757-8111 (general information)

🕒5:00am-1:00am

<http://www.tokyo-airport-bldg.co.jp/en>

Haneda Airport (International)

☎03-6428-0888 (flight information & inquiries. 24hrs.)

<http://www.haneda-airport.jp/inter/en>

Tourist Information Center

☎03-6428-0653 / 2F Arrival Lobby

KEIKYU Tourist Information Center

🕒7:00am-10:00pm Near the Keikyu ticket gate on the Arrival Lobby floor in the International Flight Passenger Terminal

Tokyo Monorail (TOKYO MONORAIL CO., LTD.)

☎03-3374-4303 (Japanese only)

<http://www.tokyo-monorail.co.jp/english>

Airport Limousine

(Airport Transport Service Co., Ltd.)

☎03-3665-7220 (inquiries & reservations)

<https://www.limousinebus.co.jp/guide/en/>

Keikyu Limousine Bus

(Keihin Kyuko Bus Co., Ltd.)

<http://hnd-bus.com/highway>

Keikyu Line (Keikyu Corporation)

☎03-5789-8686

<http://www.haneda-tokyo-access.com/en>

Access to Haneda Airport

How to Access	From	Traveling Time	Fare	Card accepted
Airport Limousine	Shinjuku Sta. West Exit	35-75 min.	¥ 1,150	○
	T-CAT (Tokyo City Air Terminal)	20-50 min.	¥ 840	
Tokyo Monorail	Hamamatsu-cho Sta.	13-19 min.	¥ 500	×
Keikyu Line	Shinagawa Sta.	20-30 min.	¥ 300	×
	Yokohama Sta.	25-35 min.	¥ 340	
Keikyu Limousine Bus	Shibuya	50-80 min.	¥ 1,050	×
	Tokyo	40-45 min.	¥ 950	
	YCAT (Yokohama City Air Terminal)	35-40 min.	¥ 590	
By Car	about 30 min. from central Tokyo			

Convenient Services

Private Parking

If you are going to the airport by car, you can use the convenient parking services at a reasonable price.

Sun Parking (Sun Port Co., Ltd.)

☎0120-333-800 (toll-free, Japanese only)

<http://www.sunparking.co.jp> (Japanese only)

Baggage Delivery Service

Luggage delivery service from your home to the airport.

Yamato Transport Co., Ltd.

☎T1: 03-5757-9267 (6:00am-9:00pm)

T2: 03-6459-9950 (6:00am-11:00pm)

<http://www.kuronekoyamato.co.jp/en>

Narita International Airport

Narita International Airport is one of the largest international airports in Asia. There are 3 terminals, so check which one your flight is departing from in advance.

Narita International Airport

☎0476-34-8000 (flight information & inquiries. 24hrs.)

<http://www.narita-airport.jp/en>

Tourist Information Center

☎T1: 0476-30-3383 / 1F Arrival Lobby

☎T2: 0476-34-5877 / 1F Arrival Lobby

Skyliner (Keisei Electric Railway Co., Ltd.)

☎T1:0476-32-6395

<http://www.keisei.co.jp/keisei/tetudou/skyliner/us>

Narita Express (East Japan Railway Company)

☎050-2016-1603

<http://www.jreast.co.jp/e/nex/narita.html>

Airport Limousine (Airport Transport Service Co., Ltd.)

☎03-3665-7220 (inquiries & reservations)

<https://www.limousinebus.co.jp/guide/en/>

Fixed rate taxi

☎0476-34-8755 (Sat & Sun: 0476-32-9516)

<http://www.narita-airport.jp/en>

Access to Narita International Airport

How to Access	From	Traveling Time	Fare	Card accepted
Keisei Skyliner	Nippori Sta.	36 min.	¥ 2,520	○
Keisei Access Express	Nippori Sta.	58 min.	¥ 1,270	×
JR Narita Express	Tokyo Sta.	50 min.	¥ 3,070	○
	Shinjuku Sta.	85 min.	¥ 3,250	
	Shibuya Sta.	80 min.	¥ 3,250	
	Shinagawa Sta.	73 min.	¥ 3,250	
JR Airport Narita	Tokyo Sta.	95 min.	¥ 1,340	○
Airport Limousine	Tokyo Sta.	75-125 min.	¥ 2,800	○
	Shinjuku	85-145 min.	¥ 3,200	
	T-CAT (Tokyo City Air Terminal)	60-90 min.	¥ 2,800	
TYO-NRT	Tokyo Sta.	65 min.	¥ 1,000	○
	Ginza Sta.	77 min.		
By Fixed rate taxi	60 to 90 min. from ¥23,500 from Tokyo Sta.			

Fare may differ when paying with IC card.

Emergencies & Disaster Prevention

Although Japan is a relatively safe country, it is always best to be prepared for the unexpected. This section provides information on what to do in the case of natural disasters and other emergencies and lists useful resources. All situations, do not panic, gather accurate information and take collect actions.

Emergencies

Ambulance

#119



English Chinese Korean Portuguese Spanish

24hour operator

Fire

#119



When you are not sure if you should call an ambulance.

The Tokyo EMS Guide is available on the Tokyo Fire Department's website. It helps the users to determine whether their illness or injury is an emergency.

Tokyo EMS Guide

http://www.tfd.metro.tokyo.jp/hp-kyuimuka/en_guide/main/index.html



Incident / accident

#110



English 24hour operator

When you want to consult the police in English.

03-3501-0110 8:30am-5:15pm
Mon-Fri

Please stay on the line without hanging up.

The operator will begin by inquiring necessary information in Japanese. If you require support in a foreign language, you will be connected to an interpretation center, so please stay on the line without hanging up. The operator will ask you for the information in the table below.

Emergency Talk (119)

1	Operator	<i>Shōbōsho desu. Kaji desu ka? Kyūkyū desu ka?</i> This is the Fire Department. Is this a fire or a medical emergency call?	5	Operator	<i>Nani-ku, Nani-cho, Nan-ban, Nan-go desuka?</i> What is your address?
2	You	<i>Kyūkyū desu.</i> There is a medical emergency. / Help.	6	You	<i>xx ku xx chome xx ban x gou xxx biru (manshon) x goushitsu</i> My address is (insert your address)
3	Operator	<i>Doushimasitaka?</i> What is wrong?	7	Operator	<i>Denwa bangō wa?</i> What is your phone number?
4	You	<i>Kega wo shimashita.</i> I have injured myself.	8	You	<i>xxxx xxxx desu.</i> My phone number is xxxx xxxx.

[Other expressions for your symptoms] *Kōnetsu ga arimasu.* (I have a fever.) / *Kazoku ga taoremashita.* (A family member (daughter/father etc.) has collapsed.) / *Ishiki ga arimasen.* (They are (he/she is) not responding.) / *Kōtsūjiko ni aimashita.* (It is a car accident.) / *Yakedo wo shimashita.* (I have burnt myself.)

Disaster Prevention

Weather Disasters

Japan is prone to weather related disasters. In such situations, it's important to safeguard against injury and damage. Severe weather can also cause delays and cancellations on transportation networks.

Disaster prevention information in Japan is issued at five alert levels to clarify actions to be taken. Check out the disaster prevention pages of government offices and the fire department.

Typhoons and Heavy Rain

Typhoon season is from July through October. Sudden heavy rain that can exceed 100mm per hour often occurs during the season, overwhelming the drainage capacity of flood control centers. The progress of urbanization has made it difficult for rainwater to penetrate underground, causing it to flow into rivers and underground spaces in a very short time. Below are guidelines to minimize potential damage and injury from wind & water damage.

- Use stairs instead of elevators in buildings. (If you are in an elevator, press buttons for all floors and get off at the first stop.)
- Depending on the area, there may be secondary disasters such as landslides caused by heavy rain. Check the area in advance.

If you are Home

- Stay indoors
- Close and lock windows properly.
- Move breakables or things that can be blown away into indoors.
- Check the TV or radio for updated weather reports and road conditions. Find out beforehand where news in English is broadcast.

• Blackouts and water outages may occur, so it may be a good idea to prepare a flashlight and stores of water.

- If you live in a basement room, evacuate from your room, move to shelter at an early stage.
- Check the location of your nearest evacuation shelter if you live near a river, and evacuate sooner rather than later.

If you are outside

- If you happen to be outside, wait until the storm passes in a tall, sturdy building nearby.
- Because of the risk of flooding, stay away from rivers and waterfronts.
- Beware of flying debris. Even large and heavy objects like signboards can fly in strong wind.
- Avoid using underground facilities when there is heavy rain.
- Return home as soon as possible. Public transportation may be delayed or closed.



Support station marks

Snow

While heavy snow is unlikely, slips and falls due to frozen roads remain a significant danger. Since public transportation in Tokyo is ill-prepared for snow, train delays or stoppages may be severe. Roads will be slippery, so be wary of cyclists and cars, to avoid becoming involved in an accident.

Earthquakes

Earthquake Intensity (Shindo)

In addition to the standard magnitude scale, a seismic intensity scale unique to Japan known as "shindo" is used. Earthquakes are rated on

Useful References

- If you are involved in or witness a car accident→ Ch.05 Cars (P24~P27)
- If you are sick or injured→ Ch.09 Medical Care (P45~P54)

Fire and Disaster Management Agency

<http://www.fdma.go.jp/en>

Living Information

http://www.tokyo-icc.jp/guide_eng

Metropolitan Police Department

<http://www.keishicho.metro.tokyo.jp/multilingual/english/index.html>

Tokyo Fire Department Multilingual Page

<http://www.tfd.metro.tokyo.lg.jp/eng/index.html>

TELL

TELL offers anonymous telephone counselling for the international and Japanese community. Trained counselors provide support on a wide variety of issues including mental health. Counselling in English and Japanese available.

☎ Lifeline (Emergency and other support) *English: 03-5774-0992 9am - 11pm (Mon - Thu) 9am - 2pm (Fri-Sun)

☎ Counseling Inquiries *English: 03-4550-1146 (Mon - Fri 10am - 3pm)

Emergency Survival Kit

The items below should be kept in a backpack, and somewhere accessible where they can be easily accessed should you need to evacuate. The Tokyo Disaster Preparedness manual suggests the Daily Stockpile method. Buy a little more food and water to ensure you will have enough in emergencies.



Nonperishable food



Water



First-aid kit



Nonprescription Medication



Batteries



Portable radio



Emergency Contact Information



Flashlight



Lighter / Matches



Candles



Thick cotton gloves



Thick socks



Passport / IDs



Cash

In the Event of a Large-scale Earthquake

Do

Protect your head

using personal belongings or arms



Stay close to the ground

in case of fire, avoid becoming surrounded by smoke



Move away from structures that may collapse

brick walls, gates etc.



Move away from windows and other glass objects to avoid injury



Follow instructions from

police and local residents
don't blindly follow crowds



Assist rescue operations where possible



Don't

Don't lose your cool

panic will make things worse



Don't rush towards

entrances/exits
may cause injury



Don't move location

without thinking
strong aftershocks may occur



Don't ignite flames, including lighters

may cause fires/explosions



Don't touch electricity switches

may cause fires/explosions



Don't board elevators

you may become trapped



Don't use a car to evacuate

may hinder emergency vehicles



Don't attempt rescue efforts alone

may result in injury



a scale from 0 (the weakest) up to 7 (the strongest). Shindo 5 and 6 are divided into "lower" and "upper", creating 10 levels in total. The Great East Japan Earthquake of 2011 measured 7 in certain areas.

Earthquake Early Warning

When the seismic intensity of an earthquake is estimated as Lower 5 or above, the JMA sends an emergency dispatch to the general public causing alarms to ring on mobile phones, televisions and radios. When the early warning alarm rings, it is important to take cover in a calm and orderly manner.

Disaster Preparations

Follow these instructions to prevent unnecessary damage, harm and confusion in the event of a major earthquake.

Home

Keep all exits and corridors clear and be aware of items that can break or topple over. Be aware of the emergency routes of your building.

Fire is one the most common secondary earthquake disasters. Learn the locations of fire extinguishers and how to use them.

Prepare evacuation goods (see Emergency Survival Kit)

Evacuation Planning

As transportation halts are common, plan a walk-

ing route home from your place of work/school. Visit your local city/ward office for maps showing evacuation sites, temporary shelters and support stations near you. Identify your nearest evacuation site, and let family members know where to go and how best to communicate (see Communication).

Emergency Survival Kit

It is recommended that you prepare an emergency survival kit, and keep it somewhere accessible in an emergency. Three days' worth of food and water should be included for each member of the family. Complete survival kits can be bought online and from lifestyle goods stores.

Evacuation Facilities

Following a major earthquake, public transport suspensions are common, and homes may be rendered unsafe for habitation. The following facilities are in place to assist stranded commuters and those who have lost their homes after a disaster.

Evacuation sites: Parks and open spaces that are safe from debris and fires. These are generally the first port of call.

Support stations: Shops and facilities which offer free water, toilet facilities and information to assist those making their way home on foot after a disaster.

Potential temporary shelters: Public buildings that may be opened for the use of those stranded by suspension of transport services etc.

Basic food, drink and access to emergency phones



When an Earthquake Strikes



At home:

Take cover under a sturdy table or desk. Once the tremor stops, immediately extinguish any open flames (stoves, heaters, candles, etc.), and turn off breakers and gas valves before evacuating.



Outdoors:

Beware of debris from damaged buildings, telephone poles, traffic lights, falling glass, billboards, etc., and make your way to an open space. Avoid walking in roadways whenever possible.



Theatres/stadiums:

Await instructions broadcast over PA systems. Do not rush straight for emergency exits.



Trains and subways:

Hold onto handrails and straps, and beware of sudden stops and falling items from the luggage rack.

DON'T PANIC! Remain calm, move quickly but carefully, and follow instructions from the authorities.



While driving:

Pull to a stop on the left side of the road. If a parking lot or other open area is available it is better to stop there. Once the tremor stops exit your car and begin evacuating on foot. Leave the keys and keep doors unlocked.



Shops and buildings:

Move away from glass, lighting fixtures or display shelves. Wait in stairwells or near walls/support pillars. When evacuating, follow the instructions given by those in charge. Do not use elevators or escalators. If you are in an elevator, press buttons for all floors and get off at the first you stop at. Evacuate via the stairs.



Coastal regions:

Evacuate to higher ground immediately. Tsunamis can occur anywhere from minutes to hours after an earthquake. If ocean water recedes suddenly it may indicate a tsunami is imminent. Wait for an all clear from official sources before returning.

are provided. Evacuees can stay for a maximum of 3 days, once the facility has been deemed safe.

Shelters: Public buildings like schools where those who have lost their homes can stay, usually for a number of weeks.

Means of Communication

In such events, telephones, especially mobile phones, become extremely difficult to reach. Messaging apps, such as WhatsApp, Line and iMessage are likely to be more reliable ways of staying in touch.

To allow people to confirm the safety of their family and loved ones, phone companies have established Emergency Dial and Disaster Message Board Services. These services are made available whenever a major disaster occurs in Japan.

■ Disaster Emergency Dengon Dial

Emergency Dial is a voice message service. It is usually easier to connect to their individual numbers. It can be reached from public phones as well.

NTT Communications

<http://www.ntt.co.jp/saitai/en/index.html>

NTT East Disaster Emergency Message Dial (171)

<http://www.ntt-east.co.jp/en/saigai/voice171/index.html>

■ Disaster Message Board Services

Disaster Message Board Services are accessible from mobile phones, allow you to leave a short text message. Web171 is a similar service that can be accessed online. Check the websites listed below to see how each service works.

Message boards will also be set up at individual

evacuation centers where people may leave their name and a message.

Softbank

<http://mb.softbank.jp/en/disaster-message/>

docomo

<http://www.nttdocomo.co.jp/english/info/disaster/index.html>

au (KDDI Corp.)

<http://www.au.kddi.com/english/mobile/anti-disaster>

■ web171

NTT East / NTT West

<https://www.web171.jp>

Disaster Prevention Drills / Simulations

Disaster prevention drills are carried out to prepare for earthquakes. The most exemplary of these is a large scale earthquake drill conducted by national and local governments on September 1st. Drills involve walking from one's home to the nearest evacuation center, use of firefighting equipment, simulating rescuing people from fallen buildings, first aid and use of AED defibrillators. In coastal regions where tsunamis can be expected, tsunami evacuation drills are also carried out. Many schools have their own emergency drills to teach the appropriate response during earthquakes, and to practice returning from school in groups.

Earthquake simulations can also be experienced at the following facilities:

Ikebukuro Life Safety Learning Center:

<http://www.tfd.metro.tokyo.jp/hp-ikbskan/>

Tokyo Rinkai Disaster Prevention Park:

<http://www.ktr.mlit.go.jp/showa/tokyorinkai/english/>

Useful References

These websites & app may help in an emergency.

Disaster Prevention Information

- 10 languages

<https://www.bousai.metro.tokyo.lg.jp/1002147/index.html>

"Disaster Preparedness Tokyo App"

- 4 languages

<https://apps.apple.com/us/app/disaster-preparedness-tokyoapp/id1290558619>

"Safety Tips"

- 14 languages

<http://www.mlit.go.jp/kankochu/index.html>

App: <https://apps.apple.com/jp/app/safety-tips/id858357174>

Japan Meteorological Agency (JMA)

- 11 languages

<http://www.jma.go.jp/jma/indexe.html>

NHK World-Japan

- 19 languages *App[18 languages] / Facebook[8 languages] / Twitter, YouTube, Instagram[EN]

<https://www3.nhk.or.jp/nhkworld/en/news>

Tokyo Metropolitan Police Department

- 23 languages

<https://www.keishicho.metro.tokyo.jp/multilingual/english/index.html>

Fire and Disaster Management Agency - English

<https://www.fdma.go.jp/en/post1.html>

Guide for When you are feeling ill

- 5 languages

https://www.jnto.go.jp/emergency/eng/mi_guide.html

Tokyo International Communication Committee Assistance Manual for Foreigners in Times of Disaster

- 8 languages

<http://www.tokyo-icc.jp/english/information/how-to.html>

Please also check your local ward office's website.

in Shinjuku

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Basic Japanese Words and Phrases

Here are some Japanese words and phrases that you often see on the streets, or are useful if you remember.

a あア	i いイ	u うウ	e えエ	o おオ
ka かカ	ki きキ	ku くク	ke けケ	ko こコ
ga がガ	gi ぎギ	gu ぐグ	ge げゲ	go ごゴ
sa さサ	shi しシ	su すス	se せセ	so そソ
za ざザ	ji じジ	zu ずズ	ze ぜゼ	zo ぞゾ
ta たタ	chi ちチ	tsu つツ	te てテ	to とト
da だダ			de でデ	do どド
na なナ	ni にニ	nu ぬヌ	ne ねネ	no のノ
ha はハ	hi ひヒ	fu ふフ	he へヘ	ho ほホ
ba ばバ	bi びビ	bu ぶブ	be べベ	bo ぼボ
pa ぱパ	pi ぴピ	pu ぷプ	pe ぺペ	po ぽポ
ma まマ	mi みミ	mu むム	me めメ	mo もモ
ya やヤ		yu ゆユ		yo よヨ
ra らラ	ri りリ	ru るル	re れレ	ro ろロ
wa わワ				o をヲ
n んン				

一	ichi	One
二	ni	Two
三	san	Three
四	shi / yon	Four
五	go	Five
六	roku	Six
七	nana / shichi	Seven
八	hachi	Eight
九	kyu / ku	Nine
十	juu	Ten
百	hyaku	Hundred
千	sen	Thousand
万	man	Ten thousand
年	nen	Year
月	gatsu / tsuki	Month
日	nichi	Day
北	kita	North
南	minami	South
東	higashi	East
西	nishi	West
上	ue	Up/ Top
下	shita	Down/ Bottom
右	migi	Right
左	hidari	Left
男	otoko	Male
女	onna	Female
駅	eki	Train station
坂	saka	Slope
川	kawa	River

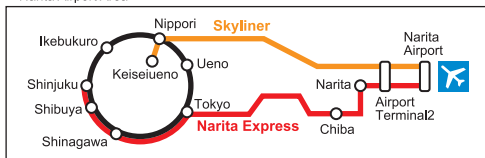
橋	hashi	Bridge
車	kuruma	Car
日本	nihon / nippon	Japan
東京	toukyou	Tokyo
大人	otona	Adult
子供	kodomo	Child
入口	iriguchi	Entrance
出口	deguchi	Exit
高い	takai	Expensive
安い	yasui	Cheap
電車	densha	Train
バス	basu	Bus
交番	kouban	Police box
学校	gakkou	School
公園	kouen	Park
通り	toori / doori	Street / Avenue
週末	shuumatsu	Weekends
英語	eigo	English language
日本語	nihongo	Japanese language
開ける	akeru	Open
閉める	shimeru	Close
駐車場	chuushajou	Parking lot
自転車	jitensha	Bicycle
タクシー	takushii	Taxi
トイレ	toire	Toilet
祝日	shukujitsu	National Holiday
平日	heijitsu	Weekdays
日曜日	nichiyoubi	Sunday
月曜日	getsuyoubi	Monday
火曜日	kayoubi	Tuesday
水曜日	suiyoubi	Wednesday
木曜日	mokuyoubi	Thursday
金曜日	kin-youbi	Friday
土曜日	doyoubi	Saturday

病院	byouin	Hospital
クリニック	kurinikku	Clinic
在留カード	zairyuu kaado	Residence card
警察署	keisatsusho	Police station
消防署	shoubousho	Fire Station
美容室・美容院	biyoushitsu/biyouin	Salon/hairdresser
床屋	tokoya	Barbershop
銀行	ginkou	Bank
郵便局	yuubinkyoku	Post Office
ガソリンスタンド	gasorin sutando	Gas / petrol station
デパート・百貨店	depaato/hyakkaten	Department store
スーパー	suupaa	Supermarket
肉	niku	Meat
牛肉	gyuuniku	Beef
鶏肉	toriniku	Chicken
豚肉	butaniku	Pork
領収書	ryoushuusho	Receipt
会計	kaikai	(restaurant) Bill
消費税	shouhizei	Consumption tax
税込	zeikomi	Tax included
税抜・税別	zeinuki/zeibetsu	Tax not included
地下鉄	chikatetsu	Subway
改札口	kaisatsuguchi	Ticket gate
ホーム	hoomu	Platform
乗り場	noriba	Boarding place
携帯電話	keitaidenwa	Mobile phone
テレビ	terebi	Television
リモコン	rimokon	Remote control
洗濯機	sentakuki	Washing machine
冷蔵庫	reizouko	Refrigerator
電子レンジ	denshi renji	Microwave
ガスコンロ	gasu konro	Gas stove
掃除機	soujiki	Vacuum cleaner
エアコン	eakon	Air conditioner

こんにちは。	Konnichiwa.	Hello.
お元気ですか。	Ogenki desu ka?	How are you?
元気です。	Genki desu.	Fine, thank you.
お名前は何ですか。	Onamae wa nan desu ka?	What is your name?
私の名前は ____ です。	Watashi no namae wa ____ desu.	My name is ____
はじめまして。	Hajimemashite.	Nice to meet you.
お願いします。	Onegai shimasu.	Please. (request)
どうぞ。	Douzo.	Please. (offer)
どうもありがとう。	Doumo arigatou.	Thank you very much.
どういたしまして。	Dou itashimashite.	You're welcome.
はい。	Hai.	Yes.
いいえ。	I-i-e.	No.
すみません。	Sumimasen.	Excuse me.
ごめんなさい。	Gomen nasai.	I'm sorry.
わかりました。	Wakarimashita.	Understood. / I understand.
わかりません。	Wakarimasen.	I don't know. / I don't understand.
さようなら。	Sayounara.	Goodbye.
英語を話せますか。	Eigo o hanase masuka?	Do you speak English?
だれか英語を話せますか。	Dareka eigo o hanase masuka? Is there someone who speaks English?	
たすけて!	Tasukete!	Help!
あぶない!	Abunai!	Look out! / Danger!
おはようございます。	Ohayou gozaimasu.	Good morning.
こんばんは。	Konbanwa.	Good evening.
おやすみなさい。	Oyasuminasai.	Good night.
いくらですか?	Ikura desuka?	How much is it?
～はどこですか?	____ wa doko desuka?	Where is ____ ?

Railway Map : Yokohama

■ Narita Airport Area



Railway Map: Central Tokyo



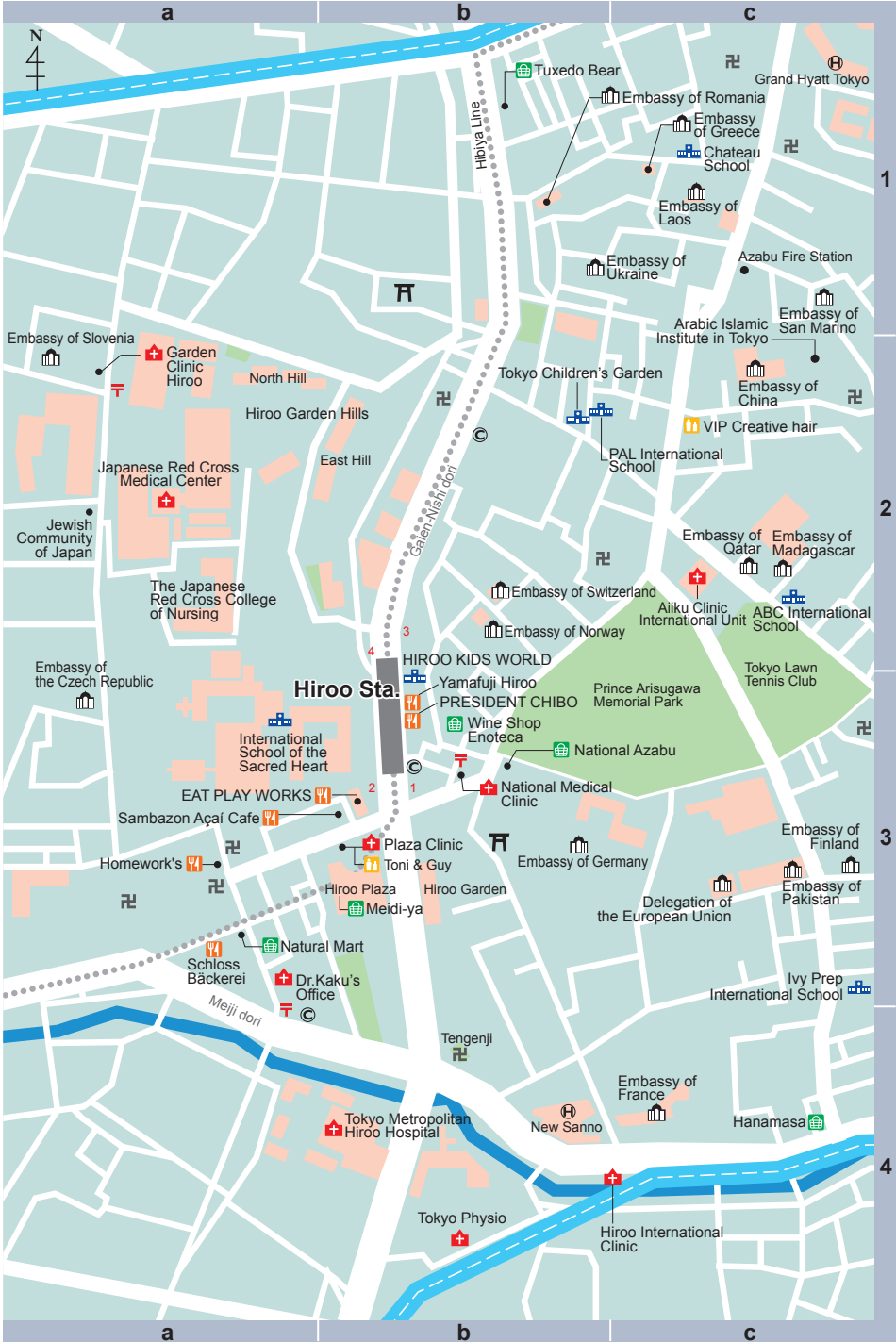
Map of Tokyo & Yokohama

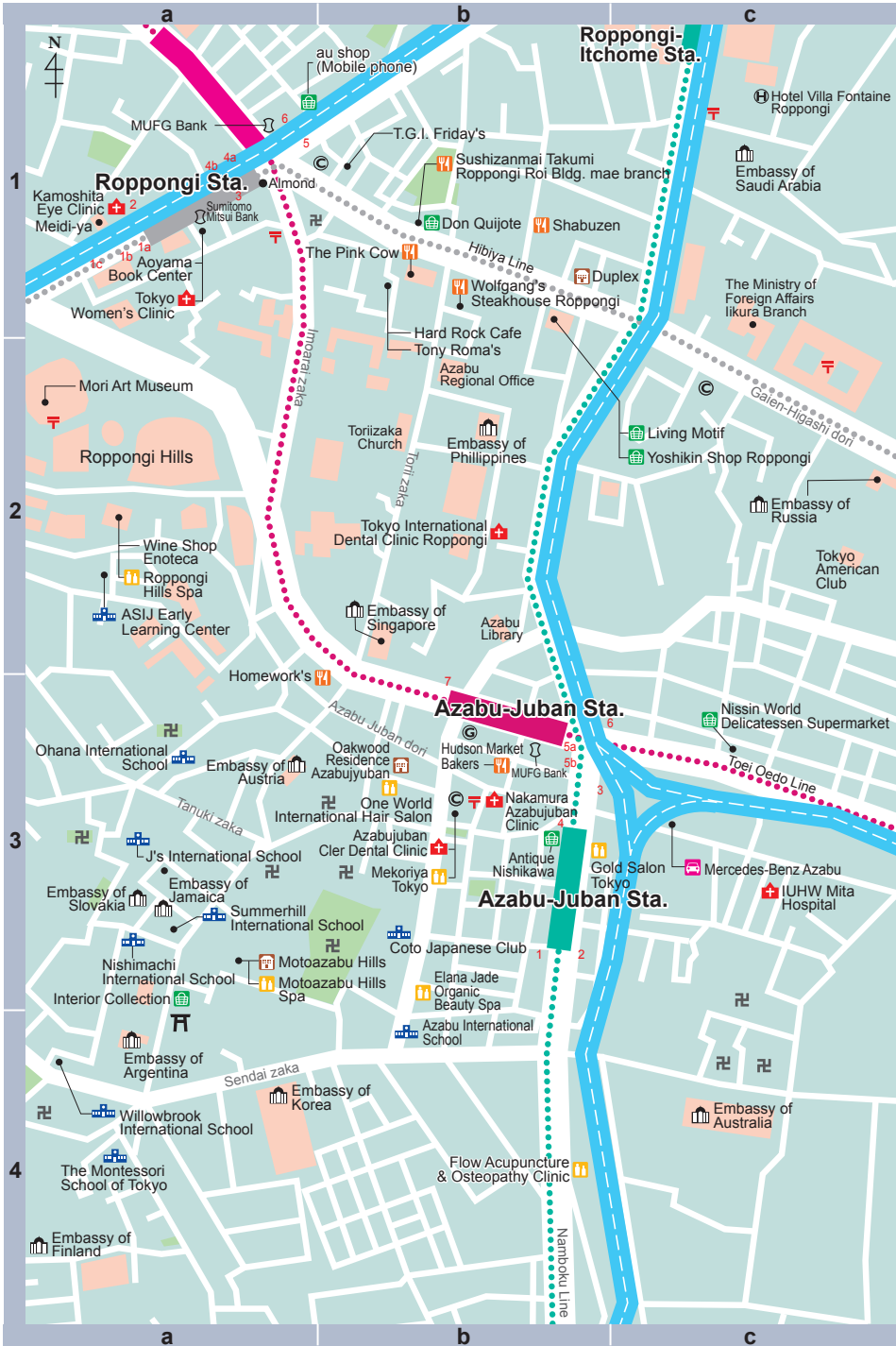
Map legend

Restaurant	Entertainment	School	Embassy	Tourist Information Center	Bank
Shop	Rental Office	Hospital & Clinic	Temple	Convenience Store	Building
Housing Service	Fitness	Accommodation	Shrine	Gas Station	Park
Car Dealer	Beauty		Post Office	Hotel	River

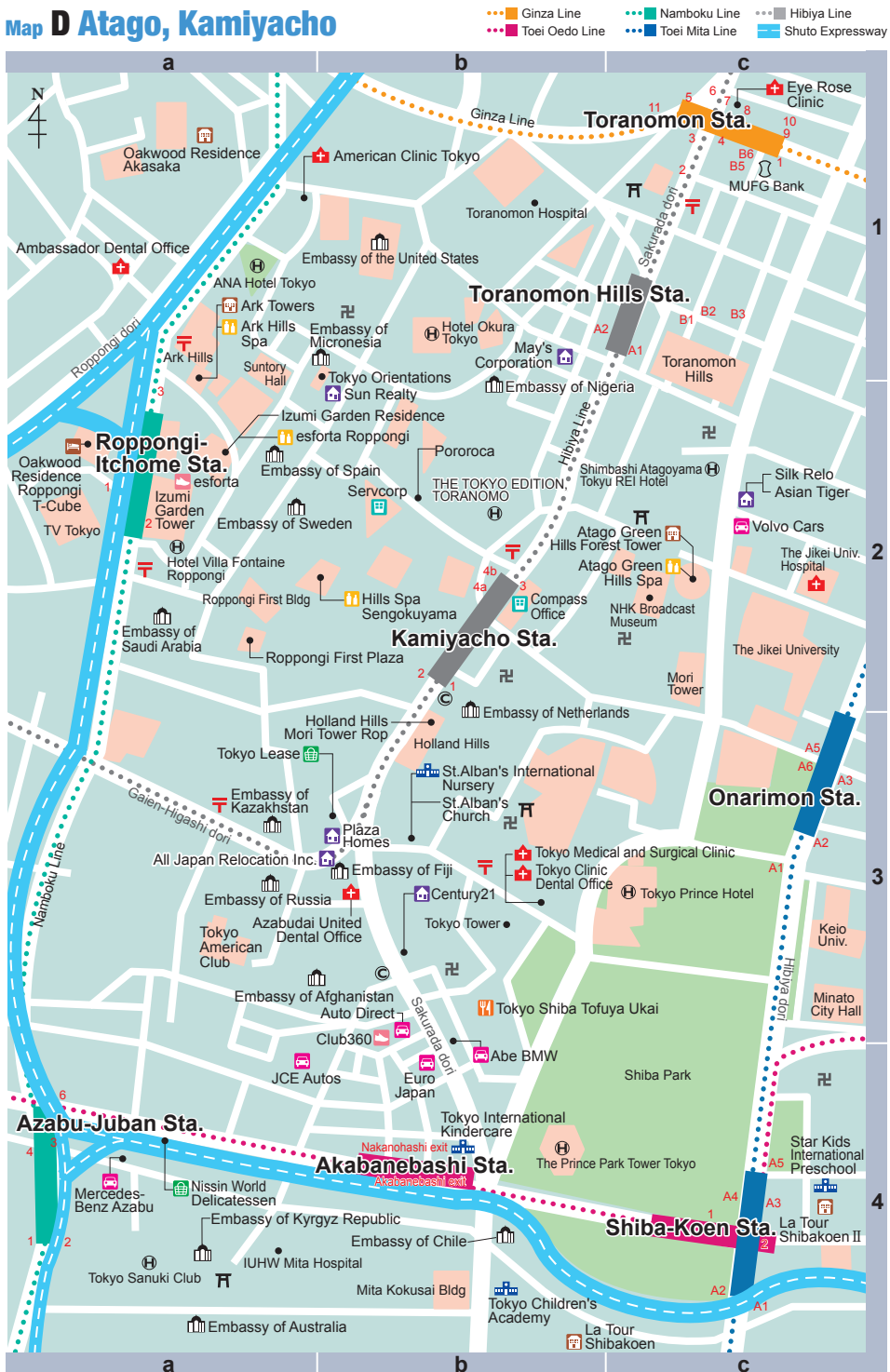
Map A Roppongi







Map D Atago, Kamiyacho





Map F Harajuku, Omotesando, Aoyama

●●● Chiyoda Line
 ●●● Hanzomon Line
 — JR Line
 ●●● Ginza Line
 ●●● Fukutoshin Line







Map | Ebisu, Daikanyama, Nakameguro









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