



Hello! SUGINAMI

Suginami City Population (as of January 1, 2024)
Total population 572,843
Foreign residents 19,178

Issued on the 1st of even-numbered months

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

COVID-19 Vaccinations from FY2024

We will conclude COVID-19 vaccinations (beginning from Fall 2023), which are currently being implemented for free, on March 31, 2024. Those wishing to receive a vaccination should make a reservation at a medical facility themselves prior to this date. From FY2024, we are planning to implement vaccinations regularly in the same manner as influenza vaccinations, etc., in order to prevent the development of serious symptoms from COVID-19.



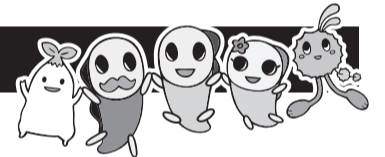
Overview of Vaccinations from FY2024 (As of February 1)

- **Eligibility** Persons aged 65 or older, or persons between the ages of 60 and 64 with heart, kidney, respiratory, or immune function disorders applicable for a Level 1 Physical Disability Certificate
*Non eligible persons can still voluntarily receive vaccinations (they will bear the full cost for vaccinations).
- **Number of vaccinations** Once per year (subject to charge)
- **Vaccines delivered [Contact]** The vaccine used will change each year depending on the COVID-19 variant(s) spreading during that year.
Suginami City Novel Coronavirus Vaccination Call Center
Tel: 0120-023-015 (9:00am-5:00pm (excluding Saturdays, Sundays, and national holidays).
Support provided for foreign language speakers (in 20 languages). Ends on March 29.)

Provision of Support Benefits to Pay for Soaring Prices (70,000 yen) for Households Exempt from FY2023 Inhabitant Tax

- [Eligible households]** Households registered as residents of Suginami City as of December 1, 2023, and where all members are exempt from paying inhabitant tax per capita.
- [Value of support benefits]** 70,000 yen per household *limited to one payment per household
- [Procedures]** A notification has been sent to the head of households. Please confirm the content, and if you wish to apply for the benefits, complete the necessary sections and send the application form to arrive by May 31 (with a valid postmark for this date).
- [Contact]** Suginami City Call Center for Support Benefits to Pay for Soaring Prices
Tel: 0120-378-233 (8:30am-5:15pm (excluding Saturdays, Sundays, and national holidays))
*Consultations in person must be reserved by telephone.

Moving season is approaching...Don't forget to file the required paperwork



Address changes must be filed at the city office.

◇ Reporting address change, etc. for residence certificates

Ensure that any changes to your address or household are reported within the prescribed time period. Reports must be made to the Residents Subsection, Residents Section (1F City Office East Wing), or Residents Offices either by yourself (please bring identification such as residency card/special permanent resident certificate), or a proxy agent bearing a letter of proxy written by yourself or the head of the household. Please see the Table below for most common types of notifications/reporting timings. For details, please refer to the City's website (QR code to the right)



◇ Notification for the Basic Resident Registry

Type of notification	Filing period	Required documents
Tennyu Todoke Notification of moving in (Moving into Suginami City from another municipality)	Within 14 days of moving in or out	<ul style="list-style-type: none"> • Moving out certificate (Tenshutsu Shoumeisho) issued by the mayor of the previous municipality (Not required for exceptional cases that involved the use of individual number cards.) • If moving into Suginami City from overseas, passports (of all household members who are moving in) • Resident cards for medium- and long-term residents, special permanent resident certificates for special permanent residents (for all household members) • If applicable, individual number cards or basic resident register cards (excluding those who moved in from overseas) • Official document showing the relationship with the head of household
Tenkyo Todoke Notification of address change (Moving within Suginami City)		<ul style="list-style-type: none"> • Resident cards for medium- and long-term residents, special permanent resident certificates for special permanent residents (for all household members) • If applicable, health insurance cards, medical certificates, individual number cards, or basic resident register cards, issued by Suginami City
Tenshutsu Todoke Notification of moving out (Moving out Suginami City)	By the date of moving out, or within 14 days after moving out	<ul style="list-style-type: none"> • If applicable, health insurance cards, medical certificates, individual number cards, or basic resident register cards, issued by Suginami City

◇ Please use the Residents Offices

There is an increase in the number of people moving in March and April due to such reasons as employment or job transfers. The counters at the main city office are expected to be extremely busy. The six Residents Offices around the city are able to accept applications for moving in and out of the city as well as other accompanying paperwork. Please utilize the Residents Office close to you.

[Filing and inquiries] *Excludes Sundays and national holidays.

Residents Subsection, Residents Section (1F City Office East Wing (Monday to Friday: 8:30am-5:00pm, 1st, 3rd and 5th Saturday: 9:00am-5:00pm))

► Resident Offices (Igusa (4-30-2 Shimoigusa, **Tel: 03-3394-0461**); Nishiogi (3-5-23 Nishiogiminami, **Tel: 03-5344-3030**); Kōenji (Sesion Suginami, 1-22-32 Umezato, **Tel: 03-3317-6560**); Takaido (Keio Retnade Takaido, 2-1-26 Takaidonishi, **Tel: 03-3333-5395**); Eifuku Izumi (Eifuku Izumi Community Hall, 3-8-18 Izumi, **Tel: 03-5300-9310**); Ogikubo (Daiwa Ogikubo Tower, 1-2-1 Kamiogi, **Tel: 03-3392-8846**). For all Offices - Monday to Friday: 8:30am-5:00pm (Wednesdays: open until 7:00pm), 2nd and 4th Saturday: 9:00am-5:00pm)

National Health Insurance Premiums will be Reduced for Childbirth Periods

Insurance premiums after January 2024 will be reduced during eligible periods for women on the national health insurance who will give birth during or after November 2023. Please inquire with us for details.

[Eligible periods] 4 months from the month before childbirth ((expected) childbirth after 85 days (4 months) of pregnancy. Including stillbirths, miscarriages, premature births, induced abortions). (For multiple births, 6 months from 3 months before (expected) childbirth)

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section **Tel: 03-5307-0641**

For Guardians of Children Attending International Schools

Suginami City offers subsidies to reduce the burden of school fees and other related expenditures for guardians of children attending international schools.

[Eligibility]

Applicants must fulfill all of the following eligibility criteria.

- Have children at the age for receiving compulsory education, who are attending international schools accredited under the School Education Act.
- The children and guardians must have a residential address registered in Suginami City, and be living in the same household.
- The children, or the father or mother of the children, cannot be of Japanese nationality.
- The guardians are paying for the school fees.
- The guardians' incomes do not exceed the income cap (For details on the income cap, please refer to the City's website (QR code to the right))



[Application period]

Must be received by February 29

[Application method]

The subsidy for this round of applications is for the second half of the school year. The precise period of the second half of the school year and the application method varies depending on the school, so please inquire for details.

[Amount of subsidy]

7,000 yen per month times the number of months when school fees were paid for the second half of the school year

[Contact]

General Affairs Subsection, Management Section, Resident Affairs Division

Sorting and Disposing Waste and Recyclables

Calendars are designated by area

The 2024 version of the waste collection calendar "Sorting and Disposing Waste and Recyclables" (Japanese) will be distributed to all households mailboxes including business offices. Please take this opportunity to review the contents and ensure you are following all of the guidelines.

The multilingual versions of the booklet "Sorting and Disposing Waste and Recyclables" can be obtained from the Waste Reduction Section (7F City Office West Wing), Residents Subsection, Residents Section (1F East Wing), Suginami Waste Collection Office (5-15-20 Naritahigashi), Suginami Waste Collection Office Hōnan Branch (1-3-4 Hōnan), Residents Offices, Miyamae Library (5-5-27 Miyamae), and Sakurajosui-kita Book Pick-up and Return Counter (1-24-15 Shimotakaido).

[Contact] Waste Reduction Section, Suginami Waste Collection Office **[Tel]** 03-3392-7281
Suginami Waste Collection Office Hōnan Branch **[Tel]** 03-3323-4571



Japanese Classes for Foreigners Living in Suginami

These are level-based classes in which students can learn to speak, read, and write basic Japanese, which is necessary for everyday life.

[Class dates and times]

From February 2 to March 25, (1) Mondays and Wednesdays, 9:30am-11:30am, (2) Tuesdays and Fridays, 7:00pm-9:00pm (Excluding national holidays. 13 classes for (1) and 14 classes for (2) in total.)

[Location]

(1) Sesion Suginami (1-22-32 Umezato), (2) Online class

[Instructors]

Members of the "Nihongo Gakusyū Suginami no Kai"

[Eligibility]

Persons living, working, and/or studying in Suginami City

[Cost]

6,000 yen per period (excluding the cost of textbooks)

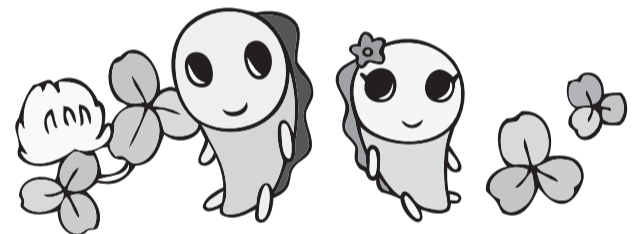
[Application]

Please send an e-mail containing the course name as well as your postal code, address, name, age, and telephone number, to Nihongo Gakusyū Suginami no Kai.

[E-mail] suginaminihongo@gmail.com

[Contact]

Nihongo Gakusyū Suginami no Kai **Tel:** 090-7212-7909



Announcement from Suginami Association for Cultural Exchange

Suginami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with foreign residents as well as Japanese residents. Please join us.

◇ Call for Audience for Japanese Speech Contest

Foreign residents will speak about their experiences in Japan and about their home countries, in Japanese.

[Date and time]

Saturday, March 9, 1:30pm-5:00pm

[Location]

Conference Room 4, Suginami City Office (6F Central Wing)

[Number of people]

100 (in order of application)

[Application]

Suginami Association for Cultural Exchange website (QR code to the right). Applications can be made until February 25.



[Contact]

Suginami Association for Cultural Exchange
Tel: 03-5378-8833



Medical Consultation Service Counters

Tokyo Metropolitan Medical Consultation Service Center

Inquiries regarding medical institutions that provide foreign language consultation and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish. **[Consultation hours]** 9:00am-8:00pm every day **[Tel]** 03-5285-8181

Tokyo Metropolitan Medical Institution Information "Himawari"

The website allows you to search for medical institutions close to an address or station.

[English website] <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

Suginami City Emergency Treatment (In Japanese only)

■ Suginami City Holiday and Nighttime Emergency Treatment Center

[Tel] 03-3391-1599 **[Address]** Suginami Public Health Center 2F, 5-20-1 Ogikubo

[Medical departments and hours]

(reception closes 30 minutes before end of examination time)

Monday to Friday, 7:30pm-10:30pm: pediatrics

Saturdays, 5:00pm-10:00pm: internal medicine, pediatrics, ear/nose/throat

Sundays, national holidays, and year-end/New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat

■ Suginami City Dental Health and Medical Center (Holiday Dental Emergency Clinic)

[Tel] 03-3398-5666 **[Address]** Suginami Public Health Center 5F, 5-20-1 Ogikubo

[Hours] Sundays, national holidays, and year-end/New Year holidays, 9:00am-5:00pm (reception until 4:00pm)

■ Suginami City Emergency Medical Information Center

* Information on medical institutions and medical consultation available.

[Tel] #7399 or 03-5347-2252 **[Hours]** Monday to Friday, 8:00pm-9:00am following day

Saturdays, Sundays, national holidays, and year-end/New Year holidays, 9:00am-9:00am the following day



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2024年度以降の新型コロナワクチン接種



現在、無料で実施している「令和5年秋開始接種」は3月31日で終了します。接種を希望する方は、余裕をもって自身で医療機関に予約してください。2024年度からは重症化予防を目的として、インフルエンザワクチンなどと同様の定期接種として実施していく予定です。

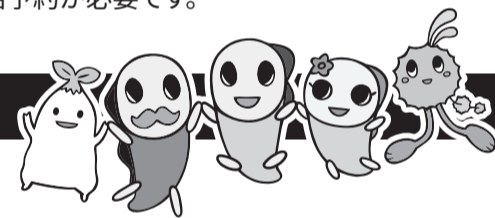
2024年度以降の実施概要(2月1日現在)

- 対象者 65歳以上の方、60～64歳で身体障害者手帳1級相当の心臓・腎臓・呼吸器・免疫機能に障害がある方
※対象外の方は、任意で接種を受けることができます(全額自己負担)。
 - 接種回数 年1回(有料)
 - 使用するワクチン その年に流行する新型コロナウイルスの種類に合わせて毎年変更
- 【問い合わせ】 杉並区新型コロナワクチン接種コールセンター
電話0120-023-015(午前9時～午後5時<土・日曜日、祝日を除く>)。外国語<20カ国>対応。
3月29日をもって終了。)

2023年度住民税非課税世帯に対する物価高騰対策支援給付金(7万円)の支給

- 【対象世帯】 2023年12月1日現在、杉並区に住民登録があり、世帯全員が2023年度住民税均等割非課税である世帯
- 【支給金額】 1世帯当たり7万円 ※1世帯1回限り。
- 【手続き】 世帯主宛てにお知らせなどを発送しています。
内容を確認の上、申請が必要な場合は必要事項を記入して、5月31日(消印有効)までに返送してください。
- 【問い合わせ】 杉並区物価高騰対策支援給付金コールセンター
電話0120-378-233(午前8時30分～午後5時15分<土・日曜日、祝日を除く>) ※窓口での相談は電話予約が必要です。

引っ越しの季節を迎えます～届け出や手続きをお忘れなく



引っ越しで住所が変わった場合などは、区役所へ届け出が必要です。

◇住民票の住所変更などの届け出

住所や世帯に変更があった場合は、届け出を本人(在留カード・特別永住者証など持参)か、世帯主または本人が記載した委任状を持参した代理人が、それぞれの届け出期間内に区民課区民係(区役所東棟1階)、区民事務所で行ってください。主な届け出の種類・届け出期間は、下表をご覧ください。詳細は、区ホームページ(右2次元コード)をご覧ください。



◇住民基本台帳の届け出

届け出の種類	届け出期間	届け出に必要なもの
転入届 (杉並区外から引っ越しをしてきた場合)	転入・転居後14日以内	<ul style="list-style-type: none"> 旧住所地の区市町村長が発行した転出証明書(個人番号カードを利用した特例転入の場合は不要) 国外から転入した方は、パスポート(転入した方全員分) 中長期在留者は在留カード、特別永住者は特別永住者証明書(いずれも転入した方全員分) お持ちの方は個人番号カード、住民基本台帳カード(国外から転入した方を除く) 世帯主との続柄を証明する公的な文書
転居届 (杉並区内で引っ越しをした場合)		<ul style="list-style-type: none"> 中長期在留者は在留カード、特別永住者は特別永住者証明書(いずれも転居した方全員分) お持ちの方は杉並区発行の保険証や医療証、個人番号カード、住民基本台帳カード
転出届 (杉並区外へ引っ越しをする場合)	転出予定日まで。 または転入後14日以内	<ul style="list-style-type: none"> お持ちの方は杉並区発行の保険証や医療証、個人番号カード、住民基本台帳カード

◇区民事務所をご利用ください

3・4月は就職や転勤などで引っ越しする方が増え、区役所本庁舎の窓口は混み合います。区内6カ所にある区民事務所でも、転入・転出などの住所の届け出とそれに伴う各手続きなどができます。ぜひ、お近くの区民事務所をご利用ください。

【問い合わせ・受付窓口】 ※いずれも日曜日、祝日を除く。

区民課区民係(区役所東棟1階<月～金曜日午前8時30分～午後5時、第1・3・5土曜日午前9時～午後5時>) ▶区民事務所(井草<下井草4-30-2【電話】03-3394-0461>・西荻<西荻南3-5-23【電話】03-5344-3030>・高円寺<梅里1-22-32セッション杉並内【電話】03-3317-6560>・高井戸<高井戸西2-1-26京王リトナード高井戸内【電話】03-3333-5395>・永福和泉<和泉3-8-18永福和泉地域区民センター内【電話】03-5300-9310>・荻窪<上荻1-2-1Daiwa荻窪タワー内【電話】03-3392-8846>。いずれも月～金曜日午前8時30分～午後5時<水曜日は午後7時まで>、第2・4土曜日午前9時～午後5時)

産前産後期間の国民健康保険料の軽減

2023年11月以降に出産する国民健康保険被保険者に対し、2024年1月分以降で対象期間の保険料を軽減します。詳細はお問い合わせください。

- 【対象期間】 出産(妊娠85日<4カ月>以上の出産<予定>)。死産・流産・早産・人工妊娠中絶を含む)月の前月から4カ月間(多胎妊娠は、出産<予定>月の3カ月前から6カ月間)
- 【問い合わせ】 国保年金課国保資格係 電話03-5307-0641

外国人学校に通学する児童・生徒の保護者の方へ

区では、外国人学校に通学する児童・生徒の保護者に、授業料などの負担を軽減するために補助金を交付しています。

【要件】 次の全てを満たす必要があります

- ・学校教育法に基づく認可を受けた外国人学校に、義務教育年齢に該当する児童・生徒を通学させている
- ・児童・生徒および保護者が区内に住所を有し、同一世帯である
- ・児童・生徒または児童・生徒の父もしくは母が、日本国籍を有していない
- ・授業料を納付している
- ・所得制限に該当しない(所得制限の詳細は、区ホームページ<右2次元コード>参照)

【申請期限】 2月29日(必着)

【申請方法】 今回は下半期分です。学校ごとに下半期の期間・申請方法が異なりますので、詳細はお問い合わせください。

【補助金額】 月額7000円×下半期のうち授業料を支払った月数

【問い合わせ】 区民生活部管理課庶務係



ごみと資源の分け方・出し方

地域によりカレンダーが異なります

2024年度版収集カレンダー「ごみと資源の分け方・出し方」(日本語版)を事業所を含む全世帯のポストへ直接投函します。この機会に内容をご確認の上、正しい分別にご協力ください。

外国語版の「ごみと資源の分け方・出し方」は、ごみ減量対策課(区役所西棟7階)、区民課区民係(東棟1階)、杉並清掃事務所(成田東5-15-20)、同事務所方南支所(方南1-3-4)、区民事務所、宮前図書館(宮前5-5-27)、桜上水北図書館サービスコーナー(下高井戸1-24-15)で配布しています。

【問い合わせ】ごみ減量対策課、杉並清掃事務所 電話03-3392-7281、同事務所方南支所 電話03-3323-4571



杉並でくらす外国人のためのにほんご教室

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

【日時】 2月2日～3月25日の①月・水曜日、午前9時30分～11時30分②火・金曜日、午後7時～9時(いずれも祝日を除く。①計13回②計14回)

【場所】 ①セッション杉並(梅里1-22-32)②オンラインで実施

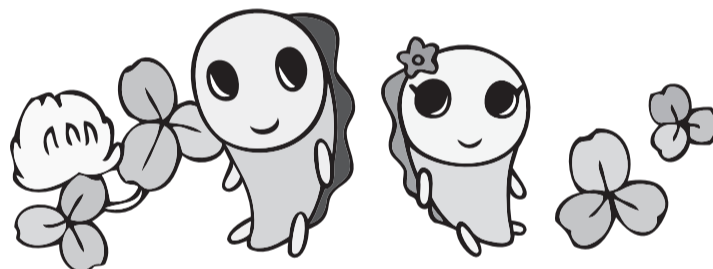
【講師】 にほんご学習すぎなみの会

【対象】 区内在住・在勤・在学の方

【費用】 各6000円(別途テキスト代)

【申し込み】 Eメールに講座名・郵便番号・住所・氏名・年齢・電話番号を書いて、
にほんご学習すぎなみの会[Eメール] suginaminihongo@gmail.com

【問い合わせ】 にほんご学習すぎなみの会 電話090-7212-7909



杉並区交流協会のお知らせ

杉並区交流協会では、気軽に参加でき、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

◇日本語スピーチ大会 観覧者募集

日本で暮らしている外国の方が感じたこと、体験したこと、出身国のことなどについて日本語で発表します。

【日時】 3月9日(土)午後1時30分～5時

【場所】 区役所第4会議室(中棟6階)

【募集人数】 100名(申込順)

【申し込み】 杉並区交流協会ホームページ(右2次元コード)から、
2月25日までに申し込み

【問い合わせ】 杉並区交流協会 電話03-5378-8833



医療相談の窓口

東京都保健医療情報センター

東京都医療機関案内サービス「ひまわり」

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

【相談日時】 毎日午前9時～午後8時 【電話】 03-5285-8181

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【外国語ホームページ】 <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

杉並区の急病診療窓口(日本語対応のみ) まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■ 杉並区休日等夜間急病診療所

【電話】 03-3391-1599 【場所】 荻窪5-20-1杉並保健所2階

【診療時間・科目】 (いずれも受け付けは診療終了時間の30分前まで)

月～金曜日…午後7時30分～10時30分＝小児科

土曜日…午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日、祝日、年末年始…午前9時～午後10時＝内科・小児科・外科・耳鼻咽喉科

(外科は午後5時まで)

■ 杉並区歯科保健医療センター(歯科休日急病診療)

【電話】 03-3398-5666 【場所】 荻窪5-20-1杉並保健所5階

【診療時間】 日曜日、祝日、年末年始…午前9時～午後5時(受け付けは午後4時まで)

■ 杉並区急病医療情報センター ※医療機関案内・医療相談を受け付けています。

【電話】 #7399 または 03-5347-2252

【案内・相談時間】 月～金曜日…午後8時～翌日午前9時

土・日曜日、祝日、年末年始…午前9時～翌日午前9時