



HELLO! SUGINAMI

Suginami City Population
(as of July 1, 2025)
Total population 581,829
Foreign residents 23,953

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/>

Notice Regarding FY2025 Suginami City Fixed Amount Tax Reduction Supplemental Benefits (Shortfall Payment)

Following the implementation of fixed amount tax reductions in FY2024, Suginami City provided supplemental payments (initial adjustment benefits) to those for whom the fixed amount tax reduction was expected to exceed their pre-reduction tax amount. Based on 2024 income tax and FY2024 resident tax information available to the city as of June 2, 2025, shortfall payments will be provided to those who experienced shortfalls in their initial adjustment benefit amounts. For details, please refer to the City website (QR code to the right).



【Eligibility】 Those who had residential registration in Suginami City as of January 1, 2025, and fall under the following categories:

- Those who experienced shortfalls in their initial adjustment benefit amounts
- Those who meet the eligibility requirements, such as business family employees, non-taxable persons with total income exceeding 480,000 yen.

【Procedures】

Those who received a notice of payment will not need to apply in principle. From late August, payments will be transferred sequentially to public fund receiving accounts and other accounts. Those who received confirmation forms should fill in the required information and submit them with necessary documents. Those who moved into the city on or after January 2, 2024, and meet the eligibility requirements should also submit application forms with necessary documents. Electronic applications can be made via the special website.

【Application period】 October 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.

National Health Insurance Eligibility Confirmation Certificates or Eligibility Information Notices Have Been Sent

For National Health Insurance members who do not have a My Number health insurance card, “Eligibility Confirmation Certificates” were sent via registered mail; for those who have My Number health insurance card, “Eligibility Information Notices” were sent via regular mail to household heads on July 10. Please note that the elderly beneficiary certificates previously issued to those aged 70-74 will no longer be issued as they have been integrated with My Number health insurance cards and eligibility confirmation certificates.

The new “Eligibility Confirmation Certificate” (salmon-colored, card-type) is valid until July 31, 2027. However, those aged 70 or older, or those whose residence period expires before July 31, 2027, have different expiration dates. The “Eligibility Information Notice” (white, A4 size) should be presented together with your My Number health insurance card if the My Number health insurance card cannot be used at medical institutions when receiving medical treatment.

Please dispose of expired insurance cards yourself, taking care to protect your personal information.

【Contact】 National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section **【Tel】 03-5307-0641**

Applications for Suginami Municipal Elementary and Junior High Schools

Children of foreign nationality residing in Suginami City who wish to enter one of the city’s municipal elementary schools from April 2026 must apply. Children currently attending one of the municipal elementary schools who wish to proceed to a municipal junior high school after graduation in March 2026 must also make an application.

To apply, visit the School Affairs Section (6F East Wing, Suginami City Office) with documentation identifying the student’s name, address and date of birth (e.g. residence card) in September.

【Contact】 School Affairs Section

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. Income restrictions were eliminated following the October 2024 system revision.

【Eligibility】 Applicants must fulfill all the following eligibility criteria:

1. Have children at the age for receiving compulsory education, who are attending international schools accredited under the School Education Act.
2. The children and guardians must have a residential address registered in Suginami City, and be living in the same household.
3. The children, or the father or mother of the children, cannot be of Japanese nationality.
4. The guardians are paying for the school fees.

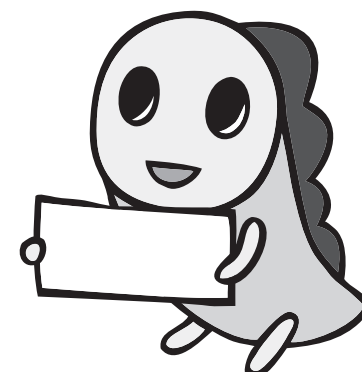
【Application period】 September 1 to 30 (No applications accepted past this date)

【Application method】

This application is for the first half of the year. Since the application process varies by schools, please inquire for details. Please check with your child’s school to find out if it is an international school accredited under the School Education Act.

【Subsidy amount】 7,000 yen per month x No. of months during the first half of the year for which you paid tuition fees

【Contact】 General Affairs Subsection, Management Section, Resident Affairs Division



Asagaya Tanabata Festival

The Asagaya Tanabata Festival, which is the most famous festival of Suginami City, will be held. The streets of Asagaya will be adorned with tanabata decorations of bamboo and paper streamers, handmade papier-mâché decorations, and more.



[Date and time] 10:00am - 10:00pm Thursday, August 7 to Tuesday, Monday, August 11 (national holiday)

[Location] Asagaya Pearl center shopping street, JR Asagaya Station South Exit

[Contact] Office of the Asagaya Shopping Street Promotion Association

[Tel] 03-3312-6181 (Excluding Wednesdays)

Tokyo Koenji Awaodori



©Tokyo Koenji Awaodori

The Tokyo Koenji Awaodori, beloved as a representative summer tradition of Tokyo. 10,000 dancers dance to the joyful ohayashi music at the eight dance sites surrounding JR Kōenji Station. One million spectators were attracted over these two days, creating a lively, energetic atmosphere throughout the entire Koenji district.

[Date and time] 5:00pm - 8:00pm Saturday, August 23 and Sunday, August 24

[Location] Dance sites around JR Kōenji Station and Tokyo Metro Marunouchi Line Shin-Kōenji Station

[Contact] Tokyo Koenji Awaodori Promotional Board

[Tel] 03-3312-2728 **[E-mail]** jimukyoku@koenji-awaodori.com

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] (1) From September 22 to December 15, Mondays and Wednesdays, 9:30am - 11:30am,

[Class dates and times] (2) From September 26 to December 2, Tuesdays and Fridays, 7:00pm - 9:00pm (Excluding national holidays. 10 or 20 classes each)

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

[Instructors] Members of the “Nihongo Gakusyu Suginami no Kai”

[Eligibility] Persons living, working, and/or studying in Suginami City

[Capacity] (1) Approximately 15 people, (2) Approximately 8 people (first-come, first-served)

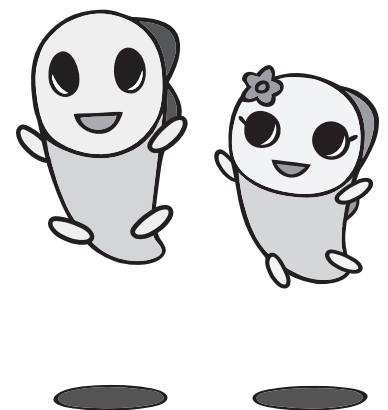
[Cost] 3,000 yen for 10 classes each (textbook fee separate)

[Application] Send an email including course name, postal code, address, name, age, and telephone number to the “Nihongo Gakusyu Suginami no Kai” by September 17

[E-mail] suginaminihongo@gmail.com

[Contact] Members of the “Nihongo Gakusyu Suginami no Kai” **[Tel]** 090-7212-7909

[Misc.] Class placement interviews will be conducted on Friday, September 19



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.

● **Suginami Association for Cultural Exchange’s website, Facebook page, LINE.**

These sites and accounts offer information about events organized by SACE, Japanese language classes held in Suginami City, and friendship cities of Suginami City.

● **Support Desk in Foreign Languages**

Volunteer interpreters help you with the procedures at the Suginami City Office.

Interpretation services are available in English, Chinese, Nepali, etc.

Please feel free to contact the Support Desk for assistance.

[Date and time] · English: 1:00 pm - 4:00 pm every Monday, Thursday; 9:00 am - 12:00 pm every Tuesday, Friday

[Languages] · Chinese: 9:00 am - 12:00 pm every Monday, Thursday; 1:00 pm - 4:00 pm every Tuesday, 1:00 pm - 4:00 pm on the 1st, 3rd, and 5th Friday of every month

· Nepali: Every Wednesday from 1:00 pm to 4:00 pm

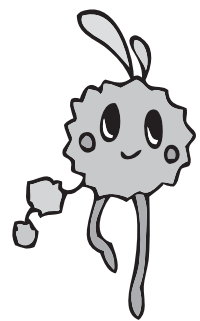
· Korean, French and Vietnamese: by appointment

*Closed on national holidays and year-end/New Year holidays

[Location] Public Hearing Section (1F East Wing, Suginami City Office)

[Consultation methods] Visit Suginami City Office in person/Telephone (Public Hearing Section)

[Cost] Free of charge



[Website]



[Facebook]



[LINE]



For applications and inquiries, please contact Suginami Association for Cultural Exchange.

[Address] 5F Minami-Asagaya Building, 1-14-2 Asagayaminami, 166-0004

[Tel] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

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 **[Tel]** 03-5285-8181

◇ Medical Facilities Network (Navi)

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





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2025年度杉並区定額減税補足給付金(不足額給付)のお知らせ

2024年度に定額減税が実施されたことに伴い、定額減税可能額が減税前税額を上回ると見込まれる方に対し、差額の給付(当初調整給付)を行いました。2025年6月2日現在、区が把握している2024年分所得税・2024年度分住民税に基づき、当初調整給付額に不足が生じた方などに対して、不足額を支給します。詳細は、区【HP】(右2次元コード)をご覧ください。



【対 象 者】2025年1月1日現在、杉並区に住民登録があり、次に該当する方

- ・当初調整給付額に不足が生じた方
- ・事業専従者、合計所得48万円超の非課税者などのうち、支給要件に該当する方

【手 続 き】

「支給のお知らせ」が届いた方は、原則手続きは不要です。8月下旬から順次、公金受取口座などへ振り込みます。確認書が届いた方は必要事項を記入し、必要書類を添えて申請してください。2024年1月2日以降に区内に転入した方で支給要件に該当する方は申請書に必要書類を添えて申請してください。また、特設ホームページから電子申請することもできます。

【申請期限】10月31日(消印有効)

【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。

国民健康保険資格確認書または資格情報のお知らせを発送しました

国民健康保険の加入者で、マイナ保険証をお持ちでない方に「資格確認書」を簡易書留郵便で、マイナ保険証をお持ちの方に「資格情報のお知らせ」を普通郵便で、7月10日にそれぞれ世帯主宛てに発送しました。なお、70～74歳の方に発行していた高齢受給者証は、マイナ保険証・資格確認書と一体化したため発行されません。

新しい「資格確認書」(サーモン色・カード型)の有効期限は2027年7月31日です。ただし、70歳以上の方や、2027年7月31日より前に在留期間満了日を迎える方などは有効期限が異なります。「資格情報のお知らせ」(白色・A4サイズ)は、マイナ保険証を医療機関などで利用できない場合に、マイナ保険証と併せて提示し受診してください。

有効期限が過ぎた保険証などは、個人情報に注意して自身で破棄してください。

【問い合わせ】国保年金課国保資格係 【電話】03-5307-0641

区立小中学校へ入学を希望する外国の方は手続きを

区内在住の外国の方が、2026年4月に区立小学校へ入学を希望する場合は、手続きが必要です。また、現在区立小学校に在学し2026年3月卒業後、引き続き区立中学校へ進学を希望する方も、改めて手続きが必要です。

9月中に子どもの住所・氏名・生年月日を確認できるもの(在留カードなど)を、学務課(区役所東棟6階)へ持参し、手続きしてください。

【問い合わせ】学務課

外国人学校に通学する児童・生徒の保護者の方へ

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。2024年10月の制度改正に伴い所得制限はなくなりました。

【要 件】次の全てを満たすこと

- ①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
- ②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
- ③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
- ④授業料を納付している

【申請期間】9月1日～30日(必着)

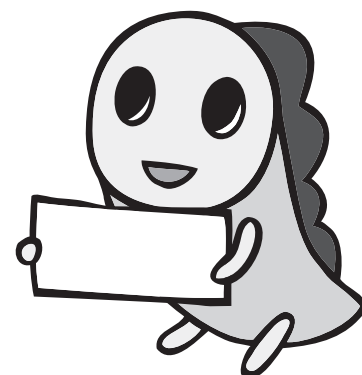
【申請方法】

今回は上半期分です。学校ごとに申請方法などが異なりますので、詳細はお問い合わせください。

なお、「学校教育法」に基づく認可を受けた外国人学校に該当するかどうかは、通学している学校に確認してください。

【補助金額】月額7000円×上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



阿佐谷七夕まつり

今や杉並区を代表するお祭りとなった阿佐谷七夕まつりを開催します。笹と吹き流しの七夕飾り、手作りの張りぼてなどが阿佐谷の夏を彩ります。



【日 時】8月7日(木)～11日(祝) 午前10時～午後10時
【場 所】阿佐谷パールセンター商店街、JR阿佐ヶ谷駅南口
【問い合わせ】阿佐谷商店街振興組合事務所
【電話】03-3312-6181(水曜日を除く)

東京高円寺阿波おどり



©東京高円寺阿波おどり振興協会

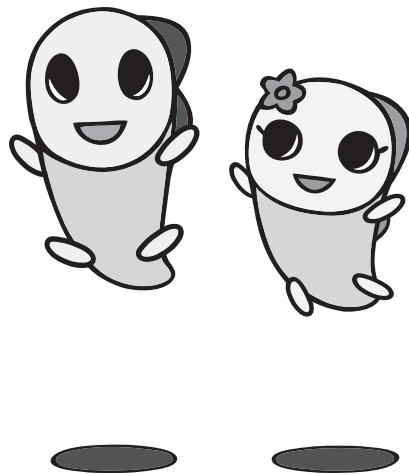
東京を代表する夏の風物詩として親しまれている東京高円寺阿波おどり。JR高円寺駅周辺の8カ所の演舞場を舞台に、1万人の踊り手が軽快な囃子にあわせて踊ります。延べ100万人の観客で賑わう2日間、高円寺の街中が熱気に包まれます。

【日 時】8月23日(土)・24日(日) 午後5時～8時
【場 所】JR高円寺駅・東京メトロ丸ノ内線新高円寺駅周辺の各演舞場
【問い合わせ】NPO法人東京高円寺阿波おどり振興協会
【電話】03-3312-2728 【Eメール】jimukyoku@koenji-awaodori.com

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】①9月22日～12月15日の月・水曜日、午前9時30分～11時30分
②9月26日～12月2日の火・金曜日、午後7時～9時(いずれも祝日を除く。各計10または20回)
【場 所】①セシオン杉並(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
【定 員】①15名程度 ②8名程度(申込順)
【費 用】各10回3000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、9月17日まで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
【そ の 他】クラス分け面接を9月19日(金)に実施



杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、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。

●杉並区交流協会のホームページ・Facebook・LINE

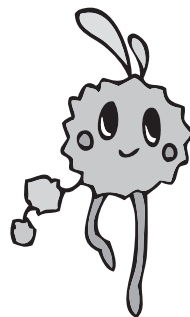
杉並区交流協会主催イベントや区内の日本語教室、杉並区の交流自治体の情報などを掲載しています。

●外国語サポートデスク

ボランティア通訳が区役所での手続きをサポートします。英語・中国語・ネパール語などで対応しています。

【日時・言語】・英語＝月・木曜日午後1時～4時、火・金曜日午前9時～正午
・中国語＝月・木曜日午前9時～正午、火曜日午後1時～4時、第1・3・5金曜日午後1時～4時
・ネパール語＝水曜日午後1時～4時
・韓国語・フランス語・ベトナム語＝予約制
※いずれも祝日、年末年始を除く。

【場 所】区政相談課(区役所東棟1階)
【相談方法】来所・電話(区政相談課)
【費 用】無料



【ホームページ】



【Facebook】



【LINE】



申し込み、詳細の問い合わせについては、杉並区交流協会へ

【住 所】〒166-0004阿佐谷南1-14-2みなみ阿佐ヶ谷ビル5階
【電話】03-5378-8833
【ファクス】03-5378-8844
【Eメール】info@suginami-kouryu.org

医療相談の窓口

◇東京都保健医療情報センター

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

【相談日時】午前9時～午後8時 【電話】03-5285-8181

◇医療機関ネット(ナビ)

ホームページで、住所や最寄りの駅から医療機関を探ることができます。

