



February 1 (Sunday), 2026 No.1914

Hello! SUGINAMI

Suginami City Population
(as of January 1, 2026)

Total population 582,636
Foreign residents 25,275

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/>

Waste and Recyclables: How to Sort and Dispose

The FY2026 version of the waste collection calendar “Waste and Recyclables: How to Sort and Dispose” (in Japanese) will be delivered to all households, including business offices. Please take this opportunity to review the content and ensure you are following all of the guidelines.

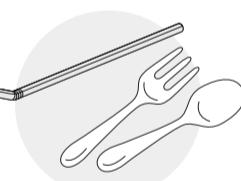
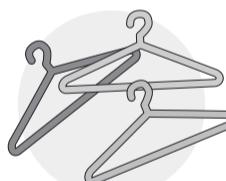
Multilingual versions of “Waste and Recyclables: How to Sort and Dispose” can be obtained from the Waste Reduction Section (West Wing, City Office 7F), Residents Subsection, Residents Section (East Wing, 1F), Suginami Waste Collection Office (5-15-20 Naritahigashi), Suginami Waste Collection Office Honan Branch (1-3-4 Honan), Suginami Waste Collection Office Koenji Depot (2-36-31 Koenjiminami), Residents Offices, Miyamae Library (5-5-27 Miyamae), and Sakurajosui-kita Book Pick-up and Return Counter (1-24-15 Shimotakaido)



◆ Starting in April, plastic waste sorting methods will change! ◆



To further reduce waste output and promote effective resource utilization, from April, we will collect not only plastic containers and packaging as before, but also products made entirely of plastic as recyclable plastic. We ask for your cooperation in separating, collecting, and recycling.



[Contact]

Waste Reduction Section
Suginami Waste Collection Office

Tel: 03-3392-7281
Suginami Waste Collection Office Honan Branch
Tel: 03-3323-4571
Suginami Waste Collection Office Koenji Depot
Tel: 03-3317-6771

For Guardians of Children Attending International School

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 the following eligibility criteria

- The guardian has a child at the age for receiving compulsory education who is attending an international school accredited under the School Education Act
- The child and guardian have an address registered in Suginami City and are living in the same household
- The child, or the father or mother of the child, does not have Japanese nationality
- The guardian is paying for the school fee

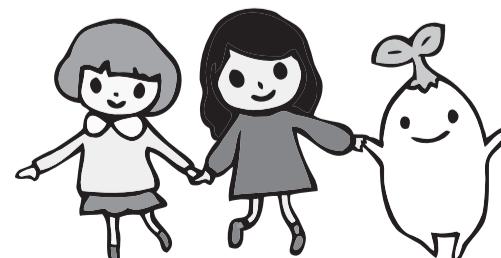
[Application deadline] February 27 (must arrive by this date)

[Application method] This application is for the second half of the year. Each school has different application procedures, etc., so please inquire for details.

Please check with your child's school to confirm whether it is an international school accredited under the School Education Act.

[Subsidy amount] 7,000 yen per month x No. of months during the second half of the year for which tuition fees have been paid

[Contact] General Affairs Subsection, Management Section, Resident Affairs Division Tel: 03-5307-0733



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 other foreign residents, as well as Japanese residents. Please join us.

● Suginami Japanese class for beginners

This is a Japanese class for people who cannot speak Japanese or have never studied Japanese before. Let's learn together enjoyably so you can have simple conversations in Japanese.

[Dates and times] 1:30 pm – 3:00 pm on Wednesdays and Fridays from April 17 to July 17 (excluding April 29, May 1 & 6. Total of 24 sessions)

[Location] Suginami Association for Cultural Exchange (Minami-Asagaya Building 5F, 1-14-2 Asagaya-Minami

[Eligible persons] Residents or workers in the City aged 16 and over (excluding short-term visitors)

[Capacity] Approximately 15 people (first-come, first-served basis)

[Cost] 2,000 yen

[Application] Apply directly to Suginami Association for Cultural Exchange, or via the Suginami Association for Cultural Exchange website

[Other] Orientation will be held at Suginami Association for Cultural Exchange on April 15 (Wednesday) 1:30 pm - 2:30 pm

● SACE Website, Facebook, and LINE

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



● Support Desk in Foreign Languages

Volunteer interpreters provide support for foreign residents who require assistance with various procedures at the Suginami City Office.

[Dates and times / Languages]

• English: 1:00 pm – 4:00 pm every Monday, Thursday; 9:00 am – 12:00 pm every Tuesday, Friday

• Chinese: 9:00 am – 12:00 pm on every Mondays Thursday; 1:00 pm – 4:00 pm on the 1st, 3rd, and 5th Friday of every month

• Nepali: 9:00 am – 12:00 pm every Wednesday

• Korean, French, Vietnamese: By appointment

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

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

[Consultation methods] Visit Suginami City Office in person, call the Public Hearing Section

[Cost] Free of charge

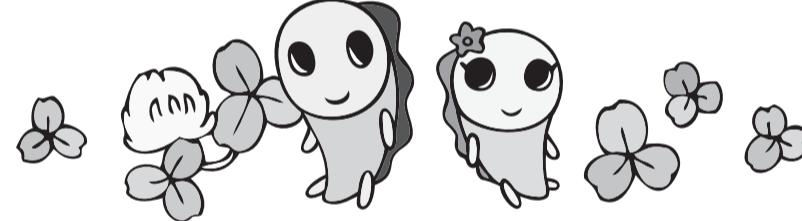
For applications and inquiries, please contact Suginami Association for Cultural Exchange

[Address] Minami-Asagaya Building 5F, 1-14-2 Asagaya-Minami 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 consultations and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish.

[Consultation hours] 9:00 am - 8:00 pm **[Tel]** 03-5285-8181

◇ Medical Information Net (NABII)

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



Suginami City Emergency Treatment (In Japanese only)

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your My Number Card as your Health Insurance Certificate and medical certificate

■ 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, 7:30 pm – 10:30 pm: pediatrics

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

Sunday, national holidays, and year-end/New Year's holidays, 9:00 am to 10:00 pm:

Internal medicine, pediatrics, surgery, otolaryngology (surgery until 5:00 pm)

■ 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

[Consultation hours] Sundays, national holidays, year-end/New Year's holidays, 2026: 9:00 am to 5:00 pm (reception until 4:00 pm)

■ Suginami City Emergency Medical Information Center

* Information on medical institutions and medical consultation available

[Tel] #7399 or 03-5347-2252

[Hours] Monday to Friday: 8:00 pm – 9:00 am the following day

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

■ Tokyo Adventist Hospital (pediatrics)

[Tel] 03-3392-6151 **[Address]** 3-17-3 Amanuma

[Medical departments and hours]

(reception closes 30 minutes before end of examination time)

Monday to Friday, 1:00 pm – 11:00 pm

Saturdays, 9:00 am – 5:00 pm

■ Kyorin University Suginami Hospital (Pediatrics)

[Tel] 03-3383-1281 **[Address]** 2-25-1 Wada

[Consultation hours] Available 24 hours

■ Children's Health Consultation Office (for emergency pediatric consultations)

A nurse, public health nurse, or physician will advise you over the phone.

[Tel] #8000 or 03-5285-8898

[Consultation hours]

6:00 pm – 8:00 am the following day from Monday to Friday

8:00 am – 8:00 am the following day on Saturdays, Sundays, national holidays



▲Children's Health Consultation Office

■ Tokyo Fire Department (TFD) Emergency Telephone Consultation Center

[Tel] #7119 or 03-3212-2323

[Consultation hours] Available 24 hours



▲Tokyo Fire Department



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ごみと資源の分け方・出し方

「ごみと資源の分け方・出し方」2026年度版収集カレンダー(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)、同事務所高円寺車庫(高円寺南2-36-31)、区民事務所、宮前図書館(宮前5-5-27)、桜上水北図書サービスコーナー(下高井戸1-24-15)で配布しています。



◆4月から、プラスチックの分別方法が変わります!◆



ごみ排出量の削減と資源の有効活用をさらに進めるため、4月からこれまでのプラスチック製容器包装に加えて、プラスチックだけでできた製品も資源プラスチックとして回収します。分別回収・資源化へのご協力をお願いします。



【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

同事務所高円寺車庫

電話03-3317-6771

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。

【対象】

次の全てを満たす方

- ・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

【申請期限】

2月27日(必着)

【申請方法】

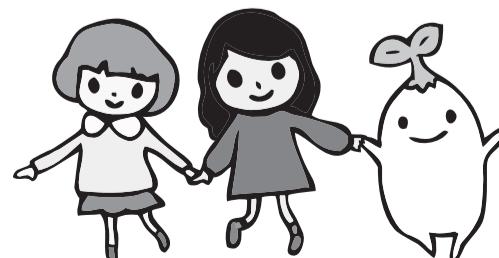
今回は下半期分です。学校ごとに申請方法などが異なりますので、詳細はお問い合わせください。なお、学校教育法に基づく認可を受けた外国人学校に該当するかは、通学している学校に確認してください。

【補助金額】

月額7000円×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 電話 03-5307-0733



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。

●すぎなみ 日本語教室「はじめてのにほんご」

日本語が話せない人・日本語を勉強したことがない人のための日本語教室です。日本語で簡単な会話ができるように、一緒に楽しく学びましょう。

【日 時】4月17日～7月17日の水・金曜日、午後1時30分～3時(4月29日、5月1日、6日を除く。計24回)

【場 所】杉並区交流協会(阿佐谷南1-14-2みなみ阿佐ヶ谷ビル5階)

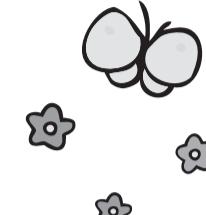
【対 象】区内在住・在勤で16歳以上の方(短期滞在の方を除く)

【定 員】15名程度(申込順)

【費 用】2000円

【申込み】直接、同協会。または同協会【HP】から申し込み

【その 他】4月15日(水)午後1時30分～2時30分に同協会でオリエンテーションを実施



●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。

【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

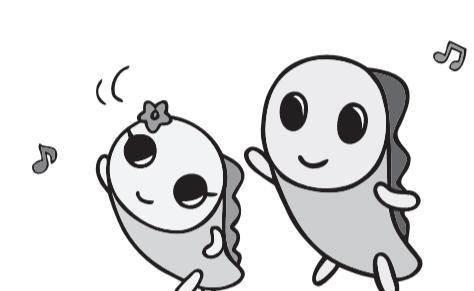
・韓国語・フランス語・ベトナム語=予約制

※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



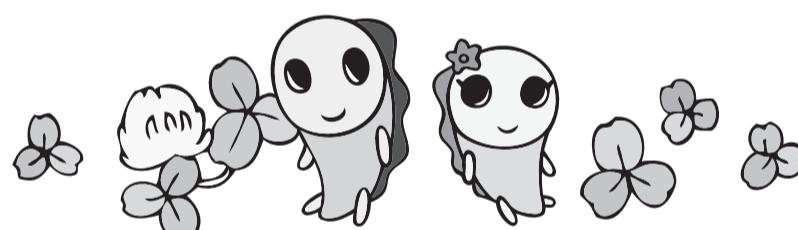
申し込み、詳細の問い合わせについては、杉並区交流協会へ

【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(ナビィ)

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。



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～翌午前9時

土・日曜日、祝日、年末年始…午前9時～翌午前9時

■東京衛生アドベンチスト病院(小児科)

【電 話】03-3392-6151 【場 所】天沼3-17-3

【診療時間】(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1時～11時

土・日曜日…午前9時～午後5時

■杏林大学医学部付属杉並病院(小児科)

【電 話】03-3383-1281 【場 所】和田2-25-1

【診療時間】24時間受け付け

■子供の健康相談室(小児救急相談)

看護師・保健師・医師が電話でアドバイスします。

【電 話】#8000または03-5285-8898

【相談時間】月～金曜日…午後6時～翌午前8時

土・日曜日、祝日…午前8時～翌午前8時



▲子供の健康相談室

■東京消防庁 救急相談センター

【電 話】#7119または03-3212-2323

【相談時間】24時間受け付け



▲東京消防庁
救急相談センター