

Nakano Foreign Residents Advisory Desk Information Magazine

“Nakano Foreign Residents Advisory Desk”

We're here to support you with everyday questions or problems you may have while living in Japan. Feel free to come and talk to us! Here are some examples of things we can help with:

- I got a letter from the city office—what does it say?
- Is there a place where I can learn Japanese for free?
- How do I enroll my child in a Japanese school?

You can ask us about anything related to daily life. If needed, we'll connect you with the right department or organization.

Nakano Foreign Residents Advisory Desk



Special Counselling



Date Monday – Friday
Excluding weekends, holidays and
New year's holiday (Dec 29th – Jan 3rd)

Special consultation by experts,
Residence status, naturalization, etc.

Time 10:00 – 12:00, 13:00 – 17:00

Date June 17 (Tue), July 15 (Tue),
August 19 (Tue),
September 16 (Tue)

Place Nakano City Office 4th floor

Time 10:00 – 12:00, 13:00 – 16:00

Tel 03-3228-8929 (direct)

Place Nakano City Office 1st floor
“NAKANIWA”

Language English, Chinese and Japanese available
Other 30 languages by Tablet Interpreter

[Seasonal Japanese Culture]

TANABATA



Tanabata is a traditional festival that came to Japan from China. It's based on a romantic legend about two stars—Altair and Vega—who are separated by the Milky Way and can only meet once a year, on the night of July 7th.

One popular custom during Tanabata is to write your wishes on colorful strips of paper and hang them on bamboo branches, hoping your wishes will come true.

When you start to live in Japan

『Nakano Living Guidebook For Foreign Residents』

When you start to live in Japan, you need to register your address at the City office, and complete some necessary procedures.

There are local rules for how to separate and dispose of garbage.

“Nakano Foreign Residents Advisory Desk” can help you with these procedures.

Please feel free to visit us anytime!



Nakano Living Guidebook for Foreign Residents



For Those who want to study Japanese

『IRODORI Japanese for Life in Japan』

Japanese for Life in Japan is a textbook designed for Foreign residents to learn basic Japanese communication skills needed for daily life and work in Japan.



- Textbooks are available in 20 different languages.
- IRODORI covers a wide range of everyday topics.
- You can download IRODORI online.
- You can study online for free.

Text Download



Employment and further education

Foreign Residents Job & School Expo 2025

Date & Hours

June 26 (Tue) 12:00 – 16:30

June 27 (Fri) 10:00 – 16:30

Venue

Tokyo Metropolitan Industrial Trade Center Hamamatsucho-kan

Foreign Residents Job & School Expo 2025



Medical Information

Medical Information Services for Foreign Patients

The Tokyo Metropolitan Government provides information on medical institutions for foreign residents by telephone.

Available languages English, Chinese, Korean, Thai and Spanish.

9:00 a.m. – 8:00 p.m. 365 days a year

Phone number: 03-5285-8181

Medical information net (NAVII)

Hospitals in the whole country, Clinic and Dental clinic and Birthing center

Medical information net (NAVII)



Publisher : Nakano City Resident Service Section Tel : 03-3228-8929
Nakano City Office 4F, Nakano 4-11-19, Nakano

We publish an Information Magazine every quarter (June, September, December and March), in Japanese, English Chinese and Nepali.