

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)

Time 10:00 – 12:00, 13:00 – 17:00

Place Nakano City Office 4th floor

Tel 03-3228-8929 (direct)

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

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

Date October 14 (Tue)
November 11 (Tue)
December 16 (Tue)

Time 10:00 – 12:00, 13:00 – 16:00

Place Nakano City Office 1st floor
“NAKANIWA”
The location is subject to change.

【Seasonal Japanese Culture】 Autumn Leaves

In autumn, the leaves change from green to vibrant shades of red, orange, and yellow—a phenomenon known as *kōyō*, or autumn foliage. During this season, people visit mountains, valleys, and gardens to enjoy the stunning scenery.

The foliage season typically lasts from October to November, although the timing varies depending on the region and elevation.

You can check the status of autumn colors at various locations across Japan online—from the early stages of color change to the peak viewing period, and even when the leaves begin to fall.

Unlike the cherry blossom season, however, there is no custom of having lunch or drinking alcohol under the autumn-colored trees.



Application for Admission to Authorized Nursery Schools in Nakano City

The application deadline for admission to authorized nursery schools in April 2026 is October 31

How to Apply

Please submit your application to the Daycare Enrollment Section either online or by mail.

Application Period

October 2 (Thu) – October 31 (Fri)
Detailed information is available on the Nakano City Website.



Nakano City Website



Information about Nursery Schools etc.

Learning Japanese

Online Japanese Class for Foreign Residents

Eligible participants

Foreign residents, workers, or students in Nakano city who are learning Japanese for the first time.

Schedule

October 15 (Wed) – December 20 (Sat)
The program consists of 20 sessions. For more details, please visit the Nakano City Website.

Application period

September 2 (Tue) – November 13 (Thu)

Capacity

Capacity: 20
If applications exceed this number, selection will be by lottery.



Nakano City Website

Disaster simulation experience

Disaster Prevention Training for Foreign Residents

Eligible participants

Participants should have a basic understanding of Japanese.

Date

Every second Sunday of the month
October 12, November 9, December 14

Time

9:20 – 11:00, 13:00 – 14:40

Venue

Ikebukuro Life Safety Learning Center
2-37-8, Nishi-Ikebukuro, Toshima, Tokyo

Registration

Via website or Phone
03-3590-6565

For more details, please scan the QR code.



Ikebukuro Life Safety Learning Center Website

Medical Information

Medical Information Services for Foreign Patients

The Tokyo Metropolitan Government provides information on medical institutions for foreign residents by telephone. Services are available in English, Chinese, Korean, Thai, and Spanish.



Tokyo Metropolitan Government Website

Time

9:00 – 20:00 daily (Available 365 days a year)

Telephone

03-5285-8181

Medical Information net “NAVII”

You can search for medical institutions across Japan based on the languages they support.



Medical Information net (NAVII)

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