

## V Other Useful Information

### ■ Learning Japanese

(Contact: Public Relations Division on the 3rd floor of the City Hall Tel. 0868-32-2032)

Tsuyama city offers Japanese language classes to support foreign nationals living in the city and also nearby towns. The lessons are taught in groups according to ability level. It also hosts informal cultural exchange events from time to time.

	Welfare center class	San San class	Region center class
Time	Every Tuesday 10:15~11:15	Every Thursday 10:15~11:15	Every Thursday 20:00~21:10
Place	Tsuyama city general welfare center 520 Yamakita, Tsuyama	San San 5th floor Alne shopping mall 17 Shin'uo machi, Tsuyama City	Region center in Green Hills Tsuyama 920 Ota, Tsuyama
Fees	18 years old and above/Younger than 18 years old and employed -200 yen per lesson Younger than 18 years old - 100 yen per lesson		

### ■ Consultation Services (for daily life issues, legal advice and Women's issues)

#### 1. Daily life issues

Public Relations Division on the 3rd floor of the City Hall, (Tel. 0868-32-2032 Fax. 0868-32-2152)	
It offers services both in Japanese and English and coordinates further consultation in your area of interest. Also you can ask for an interpreter when in need. <b>Address: 520 Sange, Tsuyama city</b>	
Tsuyama Police Station Safety Issues Section (Tel. /Fax. 0868-25-0110)	
It offers services in English and Chinese. <b>Address: 77 Haida, Tsuyama</b>	
Okayama Prefectural International Exchange Foundation (Tel. 086-256-2914 Fax. 086-256-2489)	
There will be native speakers of Chinese, Portuguese and Tagalog to offer you help. (People with appointments have priority.) <b>(Inquiry) Tel. 086-256-2914 (Mon-Sat 9:00~17:00)</b> <b>(Consultation) Tel. 086-256-2913 (see the following schedule for the language support required)</b>	
Chinese/Portuguese	1st and 3rd Saturdays of the month/Wednesdays (except the 5th Wednesdays) 13:00~17:00
Tagalog	3rd Thursday of the month 10:00~14:00
<b>Address: Okayama Prefectural International Exchange Foundation Planning and Information Division 2-2-1 Kita-Ku, Hokancho, Okayama, Japan</b>	

## 2. Legal advice

### Free legal advice for non-Japanese

The OPIEF offers a monthly (except for April) free professional legal advice for non-Japanese residents of Okayama Prefecture. Bookings are a must. Consultation is held in Japanese, English or Chinese. If you wish to have a(n) English/Chinese interpreter, please let us know at the time of booking.

**Place:** Okayama International Center 2-2-1 Hokaicho, Okayama City

**Date:** 3rd Saturday of the month (except for April)

**Time:** 10:00 - 11:00, 11:00 -12:00, 12:00 - 13:00

**Contact:** Information Desk on 086-256-2914 or make booking in person. (English / Japanese)

### Free visa consultation for non-Japanese

Consultation services are offered by the qualified staff of the Japan Visa Service Center. Consultation is held in **Japanese** on a first come first served basis.

**Place:** Okayama International Center, 1st Floor

**Time:** 1st and 3rd Saturdays of each month, 10:00-12:00

(No consultation is available for May 3, 2008 / Jan. 3, 2009)

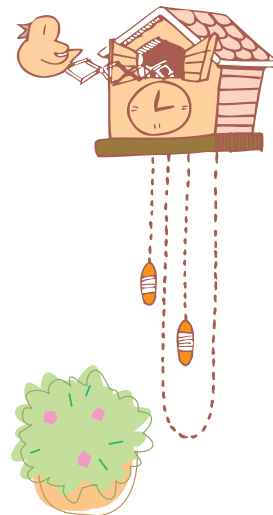
### Advice for foreign workers at Okayama Labor Bureau

The labor related laws/regulations, such as the Labor Standards Law, Minimum Wages Law, and etc. are applied to non-Japanese workers too. If you would like to inquire about your work conditions and other work-related matters in English, please contact the Bureau.

**Place:** The Inspection Division, Labor Standard Department, Okayama Labor Bureau 1F, Okayama No2 Joint Government Office (Dai-ni Goudou Chousha)  
1-4-1 Shimoishii, Okayama City

**Contact:** 086-225-2015

**Time:** 9:30 - 16:00 Mondays (Portuguese is available) and Wednesdays (English is available) except for the 5th Mondays and Wednesdays.



### 3. Women's issues consultation services (about family, domestic violence, etc)

#### Women's issues consultation

You will be able to discuss any issues that you are facing in your life with a female consultant such as difficulty with parenting, discord within a family, experience of domestic violence, etc.

**Time:** Wednesdays, 3rd Saturdays of odd number months, 10:00~16:00

**Place:** 5th floor Alne Shopping Mall, 17 Shin'uo machi, Tsuyama City

**Contact:** Tsuyama Gender Equality Center "San San" Tel. 0868-31-2533

#### Women's and children's issues consultation

You will be able to discuss any problems relating to both women and children with a women's human rights adviser.

**Time:** 2nd and 4th Thursdays of the month, 10:00~15:00

**Place:** 5th floor Alne Shopping Mall, 17 Shin'uo machi, Tsuyama City

**Contact:** Tsuyama Gender Equality Center "San San" Tel. 0868-31-2533

#### Women's and children's issues consultation

You can also receive consultancy with a social worker who helps women build confidence and independency. If you do not know where to go to get help with any issues that come up in your daily life, please make an appointment with one of the social workers.

**Time:** 8:30~17:00 Monday to Friday

**Place:** Children's Welfare Center, Yamakita, Tsuyama city

**Contact:** Children's Issues Division Tel. 0868-32-2065

#### Free legal advice for women and children

You will be able to discuss with both a social worker and a lawyer about any issues such as gaining parental authority, coming up with fees to bring up children, divorce, domestic violence, etc. Please make an appointment at least one day in advance. Maximum four people will be seen on the day of consultancy.

**Time:** 1st and 3rd Monday afternoons (If it is a national holiday, it will be open on the following Monday.)

**Place:** Children's Welfare Center, Yamakita, Tsuyama

**Contact:** Children's Issues Division Tel. 0868-32-2065  
8:30~17:00 Monday to Friday (for appointment)

#### Domestic Violence

A type of violence that occurs between two people who are involved in an intimate relationship such as a husband and a wife or a couple is called DV (which stands for domestic violence.) It is a criminal offence where the stronger in a relationship tries to dominate the other physically and psychologically. Do not put yourself in this kind of relationship. Please summon up your courage and ask for help. In case of emergency, **call 110!**



## ■ Free Internet access points



### Green Hills Region Center

**Address:** 920 Ota, Tsuyama

**Tel.** 0868-27-7150, **Opening hours:** 9:00~17:00

\* You can use the internet service up to one hour.

\* There is no print out facility available.

\* There are books available in foreign languages inside the International Exchange Plaza (9:00~19:00)

### Tsuyama City Library

**Address:** 4th floor Aine shopping mall, 17 Shin'uo machi, Tsuyama City

**Tel.** 0868-24-2919

**Opening hours:** 10:00~19:00

\* Please fill in a form before using the internet.

\* One slot is 30 minute long. If there is no one waiting after you, you may extend your time of use.

\* There is no print out facility available.

\* **Some sites such as shopping or free e-mailing are not available.**

## ◎ A list of useful websites

### Tsuyama City official website (English and Japanese)

It provides information on sightseeing spots and seasonal events.

<http://www.city.tsuyama.lg.jp/>

### Council of Local Authorities for International Relations Multilingual Living Information (13 languages)

It offers foreign residents the necessary information for life in Japan in English, German, Chinese, Korean, French, Spanish, Portuguese, Tagalog, Vietnamese, Indonesian, Thai, Russian and Japanese.

<http://www.clair.or.jp/tagengo/index.html>

### Okayama Prefectural General Disaster Prevention Information (Japanese, English, Chinese, Korean)

It offers the latest information on the disaster occurring in the prefecture and the prevention measurement being taken.

<http://www.bousai.pref.okayama.jp/bousai/index.jsp>

### Okayama Prefecture Medical Practice Information System (Japanese, English, Chinese, Korean)

It has a list of medical institutions in the prefecture that offer service in English, Chinese and Korean.

<http://www.iryjo-joho.pref.okayama.jp/Top.do>

### Okayama Prefectural International Exchange Foundation

It provides useful information on daily life and a list of seasonal events for foreign residents in the prefecture.

[http://www.opief.or.jp/050\\_foreign/index.html](http://www.opief.or.jp/050_foreign/index.html)

### Okayama Life Information, Multicultural living site (English, Chinese, Korean, Portuguese and Japanese)

It provides useful information on daily life and a list of seasonal events for foreign residents in the prefecture.

<http://www.osms.info/>

## ■A List of Cultural and Sports Facilities

Name (place)	Opening hours(Fees)	Closed days	Telephone
Tsuyama City Library (4th floor Alne shopping mall, 17 Shin'uo machi, Tsuyama City)	10:00~19:00	Last Tuesday of the month	24-2919
Kamo Cho Library (113-6 Kamochou-tatchu)	10:00~18:00	Mondays	42-7032
Shohoku Library (584 Niino-higashi)			36-8622
Kume Library (1271 Nakakita-shimo)			57-3444
Shohoku Pottery Workshop (Togei no sato kobo) (708 Suginomiya) * Workshops available from 1,200 yen	13:00~20:00 (Tuesday to Friday) 9:00~19:00 (Weekends)	Mondays	29-4010
Kume Pottery Center (Fureai togei) (1525-1 Nakakita-kami) * Workshops available from 1,200 yen	8:30~17:00	29 December to 3 January	57-2936
Tsuyama Comprehensive Gymnasium(TCG) (669 Yamakita) Muscle training and running machines available	8:30~21:30 * TCG 8:30~21:00 (Tuesday to Saturday) 8:30~17:00 (Sundays) (120 yen per session) <u>* Registration required</u>	Mondays, National holidays, 29 December to 3 January	24-0202
Tsuyama Track and Field Stadium Training gym (245 Shitobe) Muscle training and running machines available		Mondays, The next day of National holidays, 29 December to 3 January	24-3773
Tsuyama City Kamo Cho Sports Center Training gym (493-3 Kamochou-nakabara) Muscle training and running machines available	9:00~21:30 (100 yen per hour)	29 December to 3 January	42-3358
Rainbow (public indoor swimming pool) (1253 Nakakita-shimo) Indoor swimming pool and training gym	10:00~20:30 (Tuesday to Saturday) 10:00~17:00 (Sundays and national holidays) (500 yen per session) *400yen,Jr.high students/ 65-years-old or more	Mondays, 29 December to 3 January	57-2311
Glass House in Tsuyama Green Hills (512 Ota) Indoor swimming pool and saunas	10:00~21:00 (Tuesday to Saturday) 10:00~20:00 (Sundays and national holidays) (1,200 yen)	Tuesdays	27-7140
Iceland Tsuyama, ice skating rink (245 Shitobe) * Open only when in season * Skate shoes rental 300 yen * Must bring gloves	Mid December to late February (200 to 500 yen)	* When the weather is not favorable	24-4900

