

SHINAGAWA

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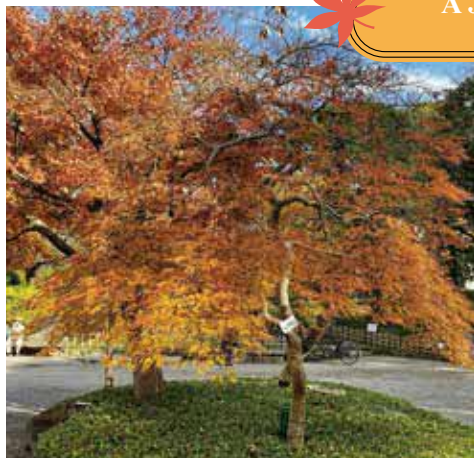
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Places the Shinagawa Tourism Association Recommends for Fall Colors

Enjoying Autumn in Japan

Shinagawa City has many parks rich in natural scenery and perfect for a leisurely stroll. This is the time of year to enjoy the autumn colors of various trees such as maple and ginkgo. In this issue, we introduce four city parks with stunning fall displays.

A Japanese Strolling Garden with Brilliant Red Fall Colors



Togoshi Park

This municipal park was created from the garden on grounds that once belonged to a *daimyo* (feudal lord). A new municipal facility in the park called ECORU Togoshi is a wonderful place for learning about the environment, and serves as a spot for relaxation and friendly exchanges.

The maples in the center of the park display their autumn colors every year from late November through early December, and there are also special night lights.

Location: 2-1-30 Yutakacho

Access: About a seven-minute walk from Togoshi-koen Station or Shimo-shinmei Station on the Tokyo Oimachi Line.

■ A Little Trivia ■

A Japanese garden is modeled after natural scenery, such as mountains and rivers, and created with rocks, flowing water, plants and trees. Two other characteristics are its curved lines and asymmetry. A strolling garden is a type of Japanese garden that you can enjoy while going on an excursion. If the garden has a pond in the center, it's called a strolling pond garden.

An Autumn Stroll in a Forest with Sea Breezes

Oi Central Seaside Park

Oi Central Seaside Park is a spacious metropolitan park that includes two areas known as Sports Forest and Nagisa Forest. Nagisa Forest has a manmade beach along a spacious waterway surrounded by natural greenery, where you can enjoy activities such as bird-watching as well.

Location: 4-1-19 and 4-2-1 Yashio

Access: About an eight-minute walk from Oi Keibajo Mae Station on the Tokyo Monorail.



A Japanese Strolling Pond Garden Full of Rich Autumn Hues



Ikedayama Park

The municipal park's landscape design incorporates the natural topography with differences in elevation so that you can enjoy the view of the pond from high ground. The lower area is built for strolls around the pond. The autumn colors here are at their peak from late November through early December.

Location: 5-4-35 Higashi-Gotanda

Access: About a fifteen-minute walk from JR Gotanda Station or Meguro Station.

Hours: 7:30 a.m. to 5:00 p.m. (During July and August, 7:30 a.m. to 6:00 p.m.)

Closed: During the year-end/New Year's holidays (from December 29 through January 3)

Enjoy Fall's Foliage



Rinshi no Mori Park

This park was built on the former site of the testing grounds of Japan's Forestry Agency, a forestry research institute. Enjoy the autumn colors of various trees from across Japan and overseas here on a spacious expanse that stretches across nearly twelve hectares of land.

Location: 2-6-11 Koyamadai

Access: About a ten-minute walk from Musashi-Koyama Station on the Tokyo Meguro Line.

Inquiries: Shinagawa Tourism Association "Shinakan PLAZA"

(Tel: 03-5743-7642, Fax: 03-5743-7643) **Location:** 1-14-1 Oi

Hours: 9:30 a.m. to 5:00 p.m. **Closed:** Sundays, national holidays, and during the year-end/New Year's holidays.

URL: <https://shinagawa-kanko.or.jp/?lang=en>

About COVID-19 Vaccinations

(information current as of October 28)

● Concerning Omicron-targeting Vaccines

The city is now administering omicron-targeting (BA.4/5) vaccines.

Eligibility: Residents twelve years of age or older who have completed the initial vaccinations (first and second injections).

Note: Currently, the omicron-targeting vaccine is limited to one injection per person.

- You can receive this vaccination if three months have passed since your last injection (second through fourth injections).
- Vaccination tickets were mailed on October 20 to those who have completed up to the fourth injection of the previous vaccines. As soon as you receive your vaccination ticket, you can receive the omicron-targeting vaccine from the day after three months have passed since your previous vaccination.

● COVID-19 Vaccinations for Infants and Toddlers

Vaccinations are scheduled to begin for infants and toddlers from six months to four years of age. Details such as when vaccination tickets will be mailed out will be announced in this bulletin and in the Shinagawa City website as soon as they become definite.

Inquiries: Shinagawa Coronavirus Vaccination Call Center

Tel 03-6633-2433 **Fax** 03-6684-4845 **Hours** 9:00 a.m. to 7:00 p.m.

To find out about the updated information, please visit the Shinagawa City website. The contents on the website can be read in various languages (English, Chinese and Korean), using the automated translation function.
Shinagawa City website



Promote a Sustainable Society to Ensure the Clean and Rich Future Waste If Burned...Recyclable If Sorted

To keep the spirit of *mottainai* (don't be wasteful) in mind and develop a truly sustainable society, we need to promote these "3R" activities: (1) reduce the amount of waste at the source; (2) reuse items whenever possible; and (3) sort and recycle items as recyclable resources. Work on these 3Rs in your daily life!

● Reduce Waste—Minimize It at the Source

- Try not to buy items you don't really need and disposable products
- Do not waste food
- Eat emergency food before the expiration dates and buy the necessary amount

● Reuse Items—Use Items until They Wear Out

- Repair broken items and continue using them
- Give items that you no longer need to people who need them

● Recycle—Sort and Put Out Recyclable Resources

- When you dispose of things you no longer want or need, please sort your items according to the rules.



Follow the 3Rs to reduce the amount of waste

Inquiries: Recycling Promotion Subsection, Shinagawa City Waste Collection Office (Tel: 03-3490-7098, Fax: 03-3490-7041)

The National Pension System: Everyone Supports Each Other

The National Pension system is a system to help each other in preparation for living of old age, in case of disability or when breadwinner family passed away. The premiums you pay support the elderly and those in difficult situations.

● The Pension System

Everyone between the ages of 20 and 59 living in Japan must enroll in the National Pension system.

Registered foreign residents are also required to enroll. The premiums you pay can be deducted from your taxable income. If you are employed in a company in Japan that has an employee pension system, you are required to enroll in it. The company will complete the enrollment procedures.

There are 3 types of members:

- **Category 1 insured person:** This category includes the self-employed, students, part-time workers, the unemployed, etc. Pension premiums are ¥16,590 per month (FY2022) and must be paid by the member himself/herself.
- **Category 2 insured person:** This category includes company employees and public employees who are enrolled in an employee pension system or mutual benefit society. Pension premiums are deducted from their salaries.
- **Category 3 insured person:** This category refers to dependent spouses of category 2 insured persons. Since the pension plan of the category 2 insured person covers the pension premiums, there is no need for the spouse to pay individually.

● When You Receive Pension Benefits

○ Old-Age Basic Pension

As a rule, under the current system, when you turn 65 years of age and if the sum of the following periods listed in (1) through (3) below is ten years or more, you can receive an elderly pension benefit:

- (1) Period that pension premiums were paid (including

- the period that you were a category 2 insured person)
- (2) Period that you were a category 3 insured person
- (3) Pension premium exemption period, special payment exception period for students, and contribution postponement period (grace period) for low income youth

Note: There are also other pension programs, such as the Disability Basic Pension, Survivors' Basic Pension, widow's pension, and lump-sum death benefit, each with their own eligibility requirements, such as the payment period of pension premiums.

Lump-Sum Withdrawal Payment System

Foreign residents who leave Japan without fulfilling the requirements for receiving a pension can still receive a lump-sum benefit if they have paid pension premiums for six months or longer, and if they file an application within two years after leaving Japan.

● Complete the Designated Procedures in the Following Cases

You need to file an application to enroll in the system, receive pension benefits, and complete other procedures. Please do not forget to file these applications and other notifications.

- **If you leave a company that has an employee pension system (or is a mutual benefit society member) before you reach 60 years of age:** Please complete the designated procedures at the City Office.
- **If you are no longer a category 3 insured person (dependent spouse):** If you do not enroll in an employee pension, please complete the designated procedures at the City Office.
- **If you move overseas (excluding category 2 and 3**

insured persons): If you file a notification that you are moving out of the country into your resident record, you will lose eligibility for the National Pension.

- **If you move into the city from overseas (excluding category 2 and 3 insured persons):** Please complete the designated procedures at the City Office

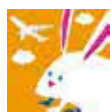
Note: When you reach 20 years of age, the Japan Pension Service Office will send you information on how to enroll in the national pension system.

● Please Ask for Advice

- If you are having difficulty paying your pension premiums, please be aware that there are exemptions and grace period systems you may be able use depending on your income status. You can apply for these dating back up to two years and one month before you submit your application.
- If you receive a disability pension (grade 1 or 2), there are programs to exempt your pension premiums.
- Those who give birth in or after February 2019 must apply for a pension premium exemption.
- For those whose pension premium payment period or enrollment period is less than ten years or who cannot fulfill other pension benefit requirements, it may be possible to extend enrollment in the National Pension even after reaching 60 years of age.

Inquiries:

- National Pension Subsection, National Health Insurance and Pension Section (Hon Chosha 4F)
Tel: 03-5742-6682 and 6683, Fax: 03-5742-6876
- Shinagawa Pension Office (5-1-5 Osaki 2F,
Tel: 03-3494-7831, Fax: 03-3779-3449)



City News SHINAGAWA
Distributed on the free
app, Catalog Pocket

Use this QR code to install the app
Koho Shinagawa (Japanese-language
edition) is also available. (You can
read it in Japanese and nine other
languages via automatic translation.)



Shinagawa City Website

You can view the Shinagawa City website in English, Chinese (simplified characters and traditional characters) and Korean using an automatic translation service.

Inquiries: Public Relations Section
(Tel: 03-5742-6612, Fax: 03-5742-6870)

Tokyo Multilingual Consultation Navi

Consultation services are available for any concerns regarding the spread of the novel coronavirus and its impact on lives.

Languages: Fifteen (plain Japanese, English, Chinese, Korean, Vietnamese, Nepalese, Indonesian, Tagalog, Thai, Portuguese, Spanish, French, Hindi, Russian and Burmese)

Tel: 03-6258-1227

Hours: 10:00 a.m. to 4:00 p.m. (excluding Saturdays, Sundays and national holidays)

COVID-19 Omicron Variant Call Center

Consultation services are available if you have questions or concerns about COVID-19 infection, such as how to prevent the spread of the virus and what to do if symptoms appear at the contact numbers below.

Languages: Twelve (Japanese, English, Chinese, Korean, Vietnamese, Tagalog, Nepalese, Burmese, Thai, French, Portuguese and Spanish)

Tel: 0570-550571 Fax: 03-5388-1396

Hours: 9:00 a.m. to 10:00 p.m. (Available on Saturdays, Sundays and national holidays as well.)

((InterFM89.7MHz))
Shinagawa Info

Multilingual FM City News Broadcasts

The city government broadcasts *Shinagawa Info*, a 3-minute municipal news program, in several languages on InterFM897 (89.7 MHz) from 6:56 a.m., Monday through Friday.

The languages broadcast are as follows:

Mondays: Chinese and Japanese

Tuesdays: Korean and Japanese

Wednesdays: Tagalog and Japanese

Thursdays: English and Japanese

Fridays: English and Japanese

In addition to daily-living information, emergency information is broadcast during times of emergency.

You can also check the broadcast content via the website.

Website: <https://www.interfm.co.jp/timetable/>