


[Application] Please sign up at MIA, via phone☎, or MIA website format. *For Zoom events, please get ready in advance so that you are connected on time. Information required for participation shall be notified by the day before such events. *When you visit event venues or MIA Office, please be sure to wear a mask, check your temperature and antisepticise hands at the entrance.

JAN 16 (Sat) 14:00-16:00
FEB 6 (Sat) 14:00-16:00



Chandrima-san's Yoga Class

- Contents: Introduction of Yoga for beginners
- Instructor: Ms. Mukhegee Chandrima (MIA foreign member, from India)
- Time: 14:00-16:00
- Place: SWING 10F Skyroom
- Aimed at: 18 years old or up
- Fee: ¥1,500 (MIA member ¥1,000)
- Capacity: 15 people (First come, first served)

*The class will be started if 10 or more people sign up.)

- Sign up by JAN 15 via phone or MIA website.
- Please bring: Yoga mat or a large bath towel, something to drink

*The fee shall be fully collected in case of cancellation on the day or the day before.

FEB 6 (Sat) 14:00-15:00
 Parent/Child participation!
 Kids play club for international understanding:



"Let's Play Together in English with Michael-san!"
 @Civic Center Meeting Room

- Instructor: Mr. Michael Hammond (MIA foreign member, from Australia)
- Contents: Introduction of Australian culture, playing games in English
- Fee: ¥500 (MIA member: free)
- Aimed at: Elementary school 4th grade or lower, with parents.
- capacity: 12 pairs (First come, first served)
- Sign up via phone or MIA website by FEB 4.

*The fee shall be fully collected in case of cancellation on the day or the day before.

FEB 13 (Sat) 10:00-11:00
"Know the World!"
 Let's Communicate with People Worldwide!:
 Germany



Zoom

- Speaker: Mr. Andreas Simonsen (MIA foreign member, from Germany)
- Topics: Nature, food culture of Germany etc.
- Capacity: 15 people (First come, first served)
- Fee: Free
- Sign up by FEB 10 via MIA website.

JAN 23 (Sat) 10:00-12:00
Tagalog Language Exchange Class - The first step
 @MIA Conference Room




- Contents: Introduction of Tagalog language and culture
- Instructor : Mr. Paneyo Lampaan Jr. (MIA member, from Philippines)
- Schedule: Every Saturday during JAN 23 - MAR 13 (8 times total)

Place: MIA Conference Room
 Aimed at: 18 years old or up, who study Tagalog for the first time.
 Fee: ¥6,000 (MIA member: ¥4,000)
 Capacity: 10 people (A drawing will be held if applicants exceed capacity, with priority on Musashino citizens/MIA members. The class will be started if 5 or more people sign up.)

- Sign up by Jan 9 via MIA website or return postcard addressed to "MIA Tagalog language exchange class." (Postcard must be received at MIA Office by this date.)

MAR 13 (Sat) 11:00-12:00
 Parent/Child participation!
 Kids play club for international understanding:




Let's play Theater Game with Michele-san
 @Civic Center Meeting Room

- Instructor: Ms. Michele Koinuma (MIA foreign member, from USA)
- Contents: NYC theater game for body movements based on drama method
- Fee: ¥500 (MIA member: free)
- Aimed at: Elementary school 4th grade or lower, with their parents
- Capacity: 12 pairs (First come, first served)
- Sign up via phone from FEB 2 (Tue), or via MIA website from FEB 3.

*The fee shall be fully collected in case of cancellation on the day or the day before.

MAR 13 (Sat) 13:00-14:00
MIA Lecture for Citizens:
 Relay Talk for International Understanding




Zoom

- Speaker: Mr. Katsuhiko Suyama (MIA member, NPO Senior Overseas Volunteer Associates Member)
- Topics: People and towns in Cambodia, volunteer activities in Japan and overseas etc.
- Capacity: 15 people (First come, first served)
- Fee: free
- Sign up by MAR 10 via MIA website.

MIA "Ryugakusei" Musashino Family Program

✦ **Practical lecture**

Feb 6 (Sat) 14:00-16:00



- Aimed at: Families/foreign students in "Ryugakusei Musashino Family Program"
- Details: Listening to foreign students who participated in the past, explaining what they learned from studying abroad etc. Some of them are active in their home countries, and some are relocated to other parts of Japan.
- Capacity: 30 people
- Sign up by JAN 30 (Sat)

✦ **Interactive program with foreign students: Orientation**

Mar 27 (Sat) 15:00 - 16:30 @SWING 10F

- Eligibility: Those who can continue the program activities till Mar next year.
- *Foreign students (Ryugakusei) will be introduced on Apr 24 (Sat)
- Details: Program explanation with presentations by Ryugakusei and families etc
- Capacity: 20 people
- Admission: free
- Sign up for the orientation by Mar 19 (Fri).

♥ **This is not a homestay program. Please join if you are interested in interaction with foreign students.**

«Limited Use & Security of Privacy Information» Private information acquired from your application to MIA programs will only be used for the purposes of registration in the events, correspondence of specific program activities and basic information supplied to the instructors for necessary preparation. MIA will not use such private information for the purposes other than the above nor supply such information to any third party.

MIA Japanese Courses / Study Support Course for elementary/junior high pupils

☎ 0422-36-4511

<https://mia.gr.jp/foreigner/japanese>

| Course title | Scheduled Period | Time/Frequency/Capacity/Fee |
|-------------------------------------|--------------------------|--|
| Thursday morning | 1/7-3/18 (no class 2/11) | ■Time: 10:00-11:00 Zoom Course 11:15-12:15 @MIA Course ■10 times total for each course ■Capacity: 6 people each course ■Fee: ¥3,000 for 10 times ☆"Childcare" available on THU and FRI up to 3 people each. |
| Friday morning | 1/8-3/12 | |
| Saturday morning Japanese Course | 1/9-3/13 | |

| Study Course for elementary/ junior high pupils (Study Support) | Schedule | Time/Capacity/Fee etc |
|--|---|--|
| | JAN 13 - MAR 17 15:00-17:00 EVERY WED | ■Capacity: 10 people ■Fee: ¥3,000 for 10 times ■Place: MIA Conference Room * Please ask MIA if you want to join |

Japanese courses/Study course If you want to attend the course, please come to MIA in person as early as possible to fill in the application form and make necessary payments. *The fee shall not be reimbursed for your absence due to sickness etc, but be refunded if you notify cancellation in advance

MIA Consultation @SWING 9F

☎ 0422-56-2922 (For Foreign Nationals)

JAN 23 (Sat) / FEB 27 (Sat) / MAR 27 (Sat)



13:00 p.m. - 16:00 p.m.

"SKYPE" & "Zoom" OK.

Priority placed on people living in nearby areas. See MIA access map on P1. Free of charge.

You can consult with lawyers, psychiatrists and other experts. Privacy ensured.
Interpreter service available.

Foreign Language Information @MIA: 10 Languages

Free of charge. Phone or visit MIA in person.

• Interpretation/translation assistance also available.

| | | | |
|------------------|---|-------------|---|
| Japanese·English | Tue · Wed · Thu · Fri · Sat 9:00 -17:00 | Spanish | Third Wed 15:00 -17:00 (1/20, 2/17, 3/17) |
| Chinese | Tue · Wed · Thu · Fri · Sat 10:00 -17:00 | Russian | Second Fri 10:00 -12:00 (1/8, 2/12, 3/12) |
| Norwegian | Second Wed 14:00 -16:00 (1/13, 2/10, 3/10) | Tamil·Hindi | Fourth Fri 15:00 -17:00 (1/22, 2/26, 3/26) |
| German | Third Tue 14:00 -16:00 (1/19, 2/16, 3/16) | Thai | First Thu 10:00 -12:00 (1/7, 2/4, 3/4) |

Consultation Service by Other Organizations:

Free of charge. Please be sure to contact the organization and make an appointment.

| When | Where | Point of Contact |
|-----------------------------|---|---|
| Jan 31(Sun) 13:00-16:00 | Sesion Suginami 1F <i>Tenjishitsu</i> Tokyo Metro Marunouchi Line: Higashi-Koenji or Shin-Koenji Sta. | Suginami Association for Cultural Exchange ☎03-5378-8833 info@suginami-kouryu.org Please sign up by 1/21. Childcare available. |
| Feb 21 (Sun) 13:30-15:30 | Machida Citizen's Forum 4F JR Yokohama/Odakyu Lines: Machida Sta. | Machida Cultural & International Exchange Foundation Machida International Center ☎042-722-4260 Please sign up by 2/12. |

Information from Musashino City • MIA • Other Organizations in the Community

Please wear a mask!



0123 Kichijoji • 0123 Harappa

~Please note adjusted rules due to COVID-19!~

Open Hours: 9:00-11:30/13:30-16:00

Open Days:

0123 Kichijoji: TUE-SAT

(Closed on SUN, MON, Public Holidays, Year-end & Year-beginning)

0123 Harappa: SUN-THU

(Closed on FRI, SAT, Public Holidays, Year-end & Year-beginning)

Who can use the facilities?

Families living in Musashino-shi with children aged 0-3 years old.

Who cannot use the facilities? :

People who are bad-conditioned (people who have a cold), or people who returned to Japan from overseas in 2 weeks.

Inquiries: 0123 Kichijoji **0422-20-3210**
0123 Harappa **0422-56-3210**

Check your temperature before visiting!



Why not listen to MIA radio programs?

Musashino FM (78.2MHz)



<http://www.musashino-fm.co.jp/>

Available also on PC & smartphone!



You can hear previous program on podcast!

NEWS from MIA



Broadcasting useful information for foreigners in 4 different languages

Mon~ Fri 10:30~ 10:35

(Re-air) 17:45~ 17:50

(Mon) Japanese (Tue/Fri) English
(Wed) Korean (Thu) Chinese

MIA Plaza

4th Saturday, Every month 18:00-18:30

◀Jan - Mar Schedule ▶

■1/23

■2/27 ■3/27



FRESC Help Desk

Consultation for foreign nationals who have troubles, by advising how they can be supported, and also by providing necessary tips related to residential matters.

MON - FRI

9:00-17:00

14 Languages available:
Vietnamese, Chinese, English etc.

The Foreign Residents Support Center (FRESC)

☎0120-76-2029

(Toll-free)

NHK WORLD-JAPAN

NHK WORLD-JAPAN provides various news, including latest information of the world, to a global audience. You can study Japanese language as well.

<https://www3.nhk.or.jp/nhkworld/>

NHK WORLD-JAPAN provides updates in various languages including COVID-19 situations and disaster prevention etc .

<https://www.nhk.or.jp/nhkworld-blog/>



For Musashino citizens living a tough life due to COVID-19 Consultation service regarding money, employment, housing etc.

You can consult with
Musashino City Office
at

**Living Support Sub-section,
Social Welfare Section,
Health and Social Welfare Dept.**

☎ 0422-60-1254

**Monday ~ Friday
8:30 - 17:00**

☎ 0422-60-1254

Living Support Sub-section,
Social Welfare Section,
Health and Social Welfare Dept.
Musashino City Office

Pay cut...
Loss of jobs...
Difficulty finding jobs...
Electricity bills...
Water bills...
Rent...
What to do...?

**Consultations
free of charge**



For information updates related to Tokyo, please check with Tokyo Metropolitan Government website, including COVID-19 situations.

<https://www.metro.tokyo.lg.jp/foreignlanguage.html>



MIA Data

As of December 1, 2020
MIA Supporting Members: 384 people
MIA Foreign Members 657 people
(68countries/regions)