

For foreign residents

\\ Welcome to // Nerima City

Consultations in different languages are available.

- We are here to answer your questions, help with any concerns about daily life in Japan, and guide you through filling out official documents.
- You can also consult by phone.
- If you would like to consult in a language not listed, please make an appointment in advance.



	Regional Promotion Office, 9th floor of Nerima City Main Building ☎03-5984-4333	Cultural Exchange Square 3-1-1 Hikarigaoka, ☎03-3975-1252
Time	13:00-17:00 Weekday	10:00-13:00 Weekday 13:00-16:00 Sat. Sun. holidays
English	Mon.-Fri.	Tue. Thur. Sat.
Chinese	Mon.-Fri.	Wed. Fri. Sun.
Korean	Fri.	Mon.
Tagalog	Mon.	—

Smart tips for your everyday life

Japanese Language Studies



Learn the essential speaking, reading and writing skills you need for daily life

Disaster Prevention and Preparedness



Be ready for earthquakes and typhoons. Learn practical steps to protect yourself and stay safe from crime.

Garbage Disposal & Recycling



Learn the rules on how to properly separate, discard and recycle your household waste.

Hospital & Medical Care



Find foreign language-friendly clinics and learn how the Japanese medication system works

National Health Insurance



Understand the public insurance system that provides affordable, worry-free access to healthcare

Taxation & Taxes



A simple guide to the Japanese tax system and your responsibilities

Daily Life Orientation



A helpful guide introducing the basic rules and essentials of daily life

Childbirth and Childrearing



Learn about the necessary steps and support for raising children

Nerima City Newsletter
available in simple Japanese and 11 languages



Download the free “Machiiro” app to read it anytime

Nerima City Website
Access the official website in multiple languages to find the latest updates and local services



Select Language



SNS Updates.
Follow our social media channels to stay updated on upcoming events and useful daily life information

