



When you are concerned about any aspect of your life in Japan or when problems occur, do not keep your worries to yourself; ask a Japanese person you know or a friend who can speak Japanese, or consult a specialized consultation organization in the area where you reside for help.

1 Specialized consultation desks on laws or systems (municipal administrative offices)

Please consult respective departments which have been set up in your municipal administrative office, and which have been introduced in each section of this booklet, when you need to know about legal and official systems. Go with a Japanese speaker for assistance if you do not speak Japanese well. Depending on the region, some municipal administrative offices will have interpretation services; however, in many cases these are limited to certain days or hours in the week. You should confirm with your municipal administrative office beforehand.

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2 Multilingual consultation desks

Multilingual consultation desks with different languages have been specially set up at some prefectural/municipal administrative offices and international exchange associations at specific times and on specific days.

See List 1 for a list of multilingual consultation desks. Feel free to consult the desk in your residential area.

List 1: List of multilingual consultation desks

[English consultation desks](#)



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3 General consultation desks (international exchange associations)

If you seek consultation for matters other than systems and laws, or if there is no multilingual consultation desk with different languages nearby to help you with general problems, feel free to consult any international exchange associations in your residential area when you have concerns or worries about your life in general. (See List 2) Some International Associations offer consultations by experts in legal matters, visas etc. at no cost. Please feel free to make use of these services.

List 2: List of international exchange associations

●Prefectural International Associations

Prefecture	Organization Name E-mail	Location	Tel (Fax)
北海道 (Hokkaido)	(公社)北海道国際交流・協力総合センター (Hokkaido International Exchange and Cooperation Center (HIECC)) hiecc@hiecc.or.jp	〒060-0003 札幌市中央区北 3 条西 7 丁目 道庁別館 12F (12 th Floor, Hokkaido Government Annex Bldg. Kita 3-jo Nishi 7-chome, Chuo-ku, Sapporo City, Hokkaido, 060-0003)	011-221-7840 (011-221-7845)
青森県 (Aomori)	(公財) 青森県国際交流協会 (Aomori International Exchange Association) info@kokusai-koryu.jp	〒030-0803 青森市安方 1-1-32 水産ビル 5F (5 th Floor Suisan Bldg., 1-1-32 Yasukata Aomori City, Aomori, 030-0803)	017-735-2221 (017-735-2252)
岩手県 (Iwate)	(公財) 岩手県国際交流協会 (Iwate International Association)	〒020-0045 盛岡市盛岡駅西通	019-654-8900 (019-654-8922)



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	iwateint@iwate-ia.or.jp	1-7-1 いわて県民情報交流センター 5F 国際交流センター内 (5 th Floor Iwate Prefecture Citizen's Cultural Exchange Center - Aiina, 1-7-1 Morioka Station West, Morioka City, Iwate 020-0045)	
宮城県 (Miyagi)	(公財) 宮城県国際化協会 (Miyagi International Association) mail@mia.miyagi.jp	〒981-0914 仙台市青葉区堤通 雨宮町 4-17 宮城県仙台合同庁舎 7F (7 th Floor Miyagi Prefectural Government Office, 4-17 Tsutsumidori Amamiyamachi Aoba-ku, Sendai City, Miyagi, 981-0914)	022-275-3796 (022-272-5063)
秋田県 (Akita)	(公財) 秋田県国際交流協会 (Akita International Association) aia@aiahome.or.jp	〒010-0001 秋田市中通 2-3-8 アトリオン 1F (1 st Floor Atorion, 2-3-8 Nakadori, Akita City, 010-0001)	018-893-5499 (018-825-2566)
山形県 (Yamagata)	(公財) 山形県国際交流協会 (Association for International Relations in Yamagata) info@airyamagata.org	〒990-8580 山形市城南町 1-1-1 霞城セントラル 2F (2 nd Floor Kajo Central, 1-1-1 Jonanmachi	023-647-2560 (023-646-8860)



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		Yamagata City, 990-8580)	
福島県 (Fukushima)	(公財) 福島県国際交流協会 (Fukushima International Association) info@worldvillage.org	〒960-8103 福島市舟場町 2-1 福島県庁舟場町分館 2 F (2 nd Floor Fukushima Prefectural Government Funaba-cho Annex Bldg., 2-1 Funaba-cho, Fukushima City, Fukushima, 960-8103)	024-524-1315 (024-521-8308)
茨城県 (Ibaraki)	(公財) 茨城県国際交流協会 (Ibaraki International Association) iia@ia-ibaraki.or.jp	〒310-0851 水戸市千波町後川 745 県民文化センター分館 2F (2 nd Floor Kenmin Bunka Center Annex, 745 Ushirokawa Senba-cho Mito City, Ibaraki , 310-0851)	029-241-1611 (029-244-3811) (Foreigner Consultation Center) (029-241-7611)
栃木県 (Tochigi)	(公財) 栃木県国際交流協会 (Tochigi International Association) tia@tia21.or.jp	〒320-0033 宇都宮市本町 9-14 とちぎ国際交流センタ ー内 (Tochigi International Center, 9-14 Honcho, Utsunomiya City, Tochigi, 320-0033)	028-621-0777 028-627-3399 (Counseling only) (028-621-0951)
群馬県 (Gunma)	(公財) 群馬県観光物産国際協会国際部 (Gunma Association of Tourism, Local Products & International Exchange International Relations) gtia@gtia.jp	〒371-0026 前橋市大手町 2-1-1 群馬会館 3F (3 rd Floor Gunma Kaikan, 2-1-1 Ote-machi,	027-243-7271 (027-243-7275)



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		Maebashi City, Gunma 371-0026)	
埼玉県 (Saitama)	(公財) 埼玉県国際交流協会 (Saitama International Association) sia@sia1.jp	〒330-0074 さいたま市浦和区北浦 和 5-6-5 浦和合同庁舎内 3 階 (3 rd Floor Urawa Governmental Bldg., 5-6-5 Kitaurawa, Urawa-ku, Saitama City, 330-0074)	048-833-2992 (048-833-3291)
千葉県 (Chiba)	(公財) ちば国際コンベンションビューロー <u>千葉</u> <u>県国際交流センター</u> (Chiba Convention Bureau and International Center / Chiba International Center) ied@ccb.or.jp	〒261-7114 千葉市美浜区中瀬 2-6 WBG マリブイースト 14F (14 th Floor WBG Marive East, 2-6 Nakase, Mihama-Ku, Chiba City, 261-7114)	043-297-0245 (043-297-2753)
東京都 (Tokyo)	東京都国際交流委員会 (Tokyo International Communication Committee) tm-ticc@tokyo-icc.jp	〒101-0023 千代田区神田松永町 17-15 大野ビル 3F (3 rd Floor Ono Bldg., 17-15 Kanda Matsunaga-cho Chiyoda-ku, Tokyo, 101-0023)	03-5294-6542 (03-5294-6540)
神奈川県 (Kanagawa)	(公財) かながわ国際交流財団 <u>多言語支援センター (横浜事務所)</u> (Kanagawa International Foundation Multi-language Information Center (Yokohama Office) tabunka@kifjp.org	〒221-0835 横浜市神奈川区鶴屋町 2-24-2 かながわ県民センター 13F 多言語支援センターか ながわ内	045-620-0011 (045-620-0025)



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		(Multi-language Information Center Kanagawa, 13 th Floor Prefectural Citizen Center, 2-24-2 Tsuruya-cho, Kanagawa-ku, Yokohama City, 221-0835)	
新潟県 (Niigata)	(公財) 新潟県国際交流協会 (Niigata International Association) nia21c@niigata-ia.or.jp	〒950-0078 新潟市中央区万代島 5-1 万代島ビル 2 階 (2 nd Floor Bandajima Bldg., 5-1 Bandajima Chuo-ku, Niigata City, 950-0078)	025-290-5650 (025-249-8122)
富山県 (Toyama)	(公財) とやま国際センター (Toyama International Center) tic@tic-toyama.or.jp	〒930-0856 富山市牛島新町 5-5 インテックビル 4 F (4 th Floor INTEC Bldg., 5-5 Ushijimashinmachi, Toyama City, 930-0856)	076-444-2500 (076-444-2600)
石川県 (Ishikawa)	(公財) 石川県国際交流協会 (Ishikawa Foundation for International Exchange) center@ifie.or.jp	〒920-0853 金沢市本町 1-5-3 リ ファール 3F (3 rd Floor Rifare, Honmachi 1-5-3, Kanazawa City, Ishikawa 920-0853)	076-262-5931 (076-263-5931)
福井県 (Fukui)	(公財) 福井県国際交流協会 (Fukui International Association) info@f-i-a.or.jp	〒910-0004 福井市宝永 3-1-1 (3-1-1 Hoei, Fukui City, 910-0004)	0776-28-8800 (0776-28-8818)



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山梨県 (Yamanashi)	(公財) 山梨県国際交流協会 (Yamanashi International Association) webmaster@yia.or.jp	〒400-0035 甲府市飯田 2-2-3 山梨県立国際交流センター 一内 (Yamanashi Prefectural International Association Center, 2-2-3 Iida, Kofu City, Yamanashi, 400-0035)	055-228-5419 (055-228-5473)
長野県 (Nagano)	(公財) 長野県国際化協会 (Association of Nagano Prefecture for Internationalization) mail@anpie.or.jp	〒380-8570 長野市南長野幅下 692-2 長野県庁 東庁舎 1F (1st Floor Nagano Prefectural Government East Bldg., 692-2 Habashita, Minami-Nagano, Nagano City, Nagano 380-8570)	026-235-7186 (026-235-4738)
岐阜県 (Gifu)	(公財) 岐阜県国際交流センター (Gifu International Center) gic@gic.or.jp	〒500-8875 岐阜市柳ヶ瀬通 1-12 岐阜中日ビル 2F (2nd Floor Gifu Chunichi Bldg., 1-12 Yanagase-dori , Gifu City, 500-8875)	058-214-7700 058-263-8066 (Three-way calling) (058-263-8067)
静岡県 (Shizuoka)	(公財) 静岡県国際交流協会 (Shizuoka Association for International Relations) info@sir.or.jp	〒422-8067 静岡市駿河区南町 14-1 水の森ビル 2F (2nd Floor, Mizunomori Bldg., Minami-cho 14-1, Suruga-ku, Shizuoka City, 422-8067)	054-202-3411 (054-202-0932)



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愛知県 (Aichi)	(公財) 愛知県国際交流協会 (Aichi International Association) somu@aia.pref.aichi.jp	〒460-0001 名古屋市中区三の丸 2-6-1 愛知県三の丸庁舎内 (Aichi Prefectural Government Sannomaru Annex Bldg., 2-6-1, Sannomaru, Naka-ku, Nagoya City , Aichi 460-0001)	052-961-8744 (052-961-8045)
三重県 (Mie)	(公財) 三重県国際交流財団 (Mie International Exchange Foundation) mief@mief.or.jp	〒514-0009 津市羽所町 700 アスト津 3F (3 rd Floor UST TSU, 700 Hadokoro-cho Tsu City, Mie 514-0009)	059-223-5006 (059-223-5007)
滋賀県 (Shiga)	(公財) 滋賀県国際協会 (Shiga Intercultural Association for Globalization) info@s-i-a.or.jp	〒520-0801 大津市におの浜 1-1-20 ピアザ淡海 2F (2 nd Floor Piazza Omi, 1-1-20 Nionohama, Otsu City 520-0801)	077-526-0931 (077-510-0601)
京都府 (Kyoto)	(公財) 京都府国際センター (Kyoto Prefectural International Center) main@kpic.or.jp	〒600-8216 京都市下京区東洞院通 七条下ル東塩小路町 676-13 メルパルク京都 地下 1F (Basement 1 st Floor Mielparque Kyoto Bldg. , 676-13 Higashishiokoji-cho, Shichijo Kударu,	075-342-5000 (075-342-5050)



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		Higashinotoin-dori, Shimogyo-ku, Kyoto, 600-8216)	
大阪府 (Osaka)	(公財) 大阪府国際交流財団 (Osaka Foundation of International Exchange) info@ofix.or.jp	〒540-0029 大阪市中央区本町橋 2-5 マイドームおおさか 5 F (5 th Floor My Dome Osaka., 2-5 Honmachibashi, Chuo-ku, Osaka 540-0029)	06-6966-2400 (06-6966-2401)
兵庫県 (Hyogo)	(公財) 兵庫県国際交流協会 (Hyogo International Association) hia@net.hyogo-ip.or.jp	〒651-0073 神戸市中央区脇浜海岸 通 1-5-1 国際健康開発センター ビル 2F (2 nd Floor IHD Center, 1-5-1, Wakinohama Kaigan-dori, Chuo-ku, Kobe City, Hyogo, 651-0073)	078-230-3260 (078-230-3280)
和歌山県 (Wakayama)	(公財) 和歌山県国際交流協会 (Wakayama International Exchange Association) wa-world@wixas.or.jp	〒640-8319 和歌山市手平 2-1-2 県 民交流プラザ和歌山ビ ッグ愛 8F (8 th Floor Wakayama Prefecture Citizen Exchange Plaza "Wakayama Big Ai", 2-1-2 Tebira, Wakayama City, 640-8319)	073-423-5717 (073-435-5243)



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鳥取県 (Tottori)	(公財) 鳥取県国際交流財団 (Tottori Prefectural International Exchange Foundation) tic@torisakyu.or.jp	〒680-0947 鳥取市湖山町西 4-110-5 鳥取空港国際会館 1 F (1 st Floor Tottori Airport International Center, 4-110-5 Koyama-cho, Nishi, Tottori City, Tottori 680-0947)	0857-31-5951 (0857-31-5952)
島根県 (Shimane)	(公財) しまね国際センター (Shimane International Center) admin@sic-info.org	〒690-0011 松江市東津田町 369-1 (369-1 Higashitsuda-cho, Matsue City, Shimane, 690-0011)	0852-31-5056 (0852-31-5055)
岡山県 (Okayama)	(一財) 岡山県国際交流協会 (Okayama Prefectural International Exchange Foundation) main@opief.or.jp	〒700-0026 岡山市奉還町 2-2-1 岡山国際交流センター 内 (Okayama International Center, 2-2-1 Hokan-cho, Okayama City, 700-0026)	086-256-2000 (086-256-2226)
広島県 (Hiroshima)	(公財) ひろしま国際センター (Hiroshima International Center) hic@hiroshima-ic.or.jp	〒730-0037 広島市中区中町 8-18 広島クリスタルプラザ 6F (6 th Floor Hiroshima Cristal Plaza, 8-18 Nakamachi, Naka-ku, Hiroshima City, 730-0037)	082-541-3777 (082-243-2001)
山口県 (Yamaguchi)	(公財) 山口県国際交流協会 (Yamaguchi Interenational Exchange Association)	〒753-0082 山口市水の上町 1-7	083-925-7353 (083-920-4144)



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	yiea@yiea.or.jp	水の上庁舎 3F (3 rd Floor Mizunoue Prefectural Governmental Bldg., 1-7 Mizunoue-cho, , Yamaguchi City, 753-0082)	
徳島県 (Tokushima)	(公財) 徳島県国際交流協会 (とくしま国際戦略センター) (Tokushima Prefectural International Exchange Association / Tokushima International Strategies Center) topia@topia.ne.jp	〒770-0831 徳島市寺島本町西 1-61 クレメントプラザ 6F (6 th Floor Clement Plaza, 1-61 Terashima Honcho Nishi, Tokushima City 770-0831)	088-656-3303 (088-652-0616)
香川県 (Kagawa)	(公財) 香川県国際交流協会 (Kagawa Prefecture International Exchange Association) i-pal@i-pal.or.jp	〒760-0017 高松市番町 1-11-63 アイパル香川内 (I-PAL KAGAWA, 1-11-63 Ban-cho, Takamatsu City, Kagawa, 760-0017)	087-837-5908 (087-837-5903)
愛媛県 (Ehime)	(公財) 愛媛県国際交流協会 (Ehime Prefectural International Center) haiku575@lib.e-catv.ne.jp	〒790-0844 松山市道後一万 1-1 (1-1 Dogo Ichiman, Matsyatma City, Ehime, 790-0844)	089-917-5678 (089-917-5670)
高知県 (Kochi)	(公財) 高知県国際交流協会 (Kochi International Association) info_kia@kochi-kia.or.jp	〒780-0870 高知市本町 4-1-37 丸の内ビル 2F (2 nd Floor Marunouchi Bldg., 4-1-37 Honmachi, Kochi City, 780-0870)	088-875-0022 (088-875-4929)
福岡県	(公財) 福岡県国際交流センター	〒810-0001	092-725-9204



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(Fukuoka)	(Fukuoka International Exchange Foundation) info@kokusaihiroba.or.jp	福岡市中央区天神 1-1-1 アクロス福岡 (ACROS Fukuoka, 1-1-1 Tenjin, Chuo-ku, Fukuoka City, 810-0001)	(092-725-9205)
佐賀県 (Saga)	(公財) 佐賀県国際交流協会 (Saga Prefecture International Relations Associations) spira@po.saganet.ne.jp	〒840-0826 佐賀市白山 2-1-12 佐賀商工ビル 1F (1 st Floor Saga Shoko (Commerce and Industry) Bldg., 2-1-12 Shirayama, Saga City, 840-0826)	0952-25-7921 (0952-26-2055)
長崎県 (Nagasaki)	(公財) 長崎県国際交流協会 (Nagasaki International Association) nia@nia.or.jp	〒850-0862 長崎市出島町 2-11 (2-11 Dejima-machi, Nagasaki City, 850-0862)	095-823-3931 (095-822-1551)
熊本県 (Kumamoto)	熊本県国際協会 (Kumamoto International Association) kuma-koku@cup.ocn.ne.jp	〒862-8570 熊本市水前寺 6-18-1 熊本県庁本館 7 階 国 際課内 (c/o International Affairs Division, 7 th Floor Kumamoto Prefectural Government Main Bldg. , 6-18-1, Suizenji, Kumamoto City, 862-8570)	096-385-4488 (096-277-7005)
大分県 (Oita)	(公財) 大分県文化スポーツ振興財団 おおいた国際 交流プラザ (Oita Prefecture Cultural & Sports Promotion	〒870-0029 大分市高砂町 2-33 O A S I S ひろば 2 1	097-533-4021 (097-533-4052)



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	Foundation Oita International Plaza) in@emo.or.jp	(B 1 F) 国際交流 プラザ (Basement 1 st Floor OASIS Hiroba 21, 2-33 Takasagomachi, Oita City, Oita, 870-0029)	
宮崎県 (Miyazaki)	(公財) 宮崎県国際交流協会 (Miyazaki International Foundation) miyainfo@mif.or.jp	〒880-0805 宮崎市橋通東 4-8-1 カリーノ 9F (9 th Floor Carino, 4-8-1, Tachibanadori Higashi,, Miyazaki City, Miyazaki, 880-0805)	0985-32-8457 (0985-32-8512)
鹿児島県 (Kagoshima)	(公財) 鹿児島県国際交流協会 (Kagoshima International Association) kia@po.synapse.ne.jp	〒892-0816 鹿児島市山下町 14-50 かごしま県民交流セン ター 1 階 (c/o 1 st Floor Kagoshima Prefectural Citizens Exchange Center, 14-50 Yamashita-cho, Kagoshima City 892-0816)	099-221-6620 (099-221-6643)
沖縄県 (Okinawa)	(公財) 沖縄県国際交流・人材育成財団 (Okinawa International Exchange and Human Resource Development Foundation) kokusai@oihf.or.jp	〒901-2221 宜野湾市伊佐 4-2-16 (4-2-16 Isa, Ginowan City, Okinawa 901-2221)	098-942-9215 (098-942-9220)



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●International Associations in Ordinance-Designated Cities

City	Organization Name E-mail	Location	Tel (Fax)
札幌市 (Sapporo)	(公財) 札幌国際プラザ (Sapporo International Communication Plaza Foundation) sicpf@plaza-sapporo.or.jp	〒060-0001 札幌市中央区北 1 条西 3 札幌 MN ビル (MN Bldg., Kita 1-jo Nishi 3, Chuo-ku, Sapporo City, 060-0001)	011-211-3670 (011-211-3673)
仙台市 (Sendai)	(公財) 仙台国際交流協会 国際推進課交流係 (Interaction Section, International Promotion Division, Sendai International Relations Association) koryu@sentia-sendai.jp	〒980-0856 仙台市青葉区青葉山 仙台国際センター内 (Sendai International Center, Aobayama, Aoba-ku, Sendai City, 980-0856)	022-265-2471 (022-265-2472)
さいたま市 (Saitama)	(公社) さいたま観光国際協会 (Saitama Tourism and International Relations Bureau, International Exchange Center) ec@stib.jp	〒330-0055 さいたま市浦和区東高 砂町 11-1 コムナーレ 9 階 (9 th Floor COMUNALE, 11-1 Higashi Takasago-cho, Urawa-ku, Saitama-shi, Saitama, 330-0055)	048-813-8500 (048-887-1505)
千葉市 (Chiba)	(公財) 千葉市国際交流協会 (Chiba City International Association) ccia@ccia-chiba.or.jp	〒260-0013 千葉市中央区中央 2-5-1 千葉中央ツインビル 2 号 館 8F (8 th Floor Chiba Chuo Twin	043-202-3000 (043-202-3111)



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		Bldg. Tower 2, 2-5-1 Chuo, Chuo-ku, Chiba City, 260-0013)	
横浜市 (Yokohama)	(公財) 横浜市国際交流協会 (Yokohama Association for International Communications and Exchanges) yoke@yoke.or.jp	〒220-0012 横浜市西区みなとみら い 1-1-1 パシフィコ横浜 横浜 国際協力センター5F (5 th Floor Yokohama International Organizations Center, Pacifico Yokohama 1-1-1 Minato Mirai, Nishi-ku Yokohama City, 220-0012)	045-222-1171 (045-221-2210)
川崎市 (Kawasaki)	(公財) 川崎市国際交流協会 (Kawasaki International Association) kiankawasaki@kian.or.jp	〒211-0033 川崎市中原区木月祇園 町 2-2 川崎市国際交流センタ ー内 (Kawasaki International Center, 2-2 Kizuki Gion-cho, Nakahara-ku, Kawasaki City, 211-0033)	044-435-7000 (044-435-7010)
静岡市 (Shizuoka)	静岡市国際交流協会 Shizuoka City Association for Multicultural Exchange same@samenet.jp	〒420-0853 静岡市葵区追手町 4-16 (4-16 Outemachi, Aoi-ku, Sizuoka City, 420-0853)	054-273-5931 (054-273-6474)
浜松市 (Hamamatsu)	(公財) 浜松国際交流協会 Hamamatsu Foundation for International Communication and Exchanges info@hi-hice.jp	〒430-0916 浜松市中区早馬町 2-1 クリエート浜松 4F (4 th Floor Create Hamamatsu, 2-1 Hayauma-cho, Naka-ku, Hamamatsu City,	053-458-2170 (053-458-2197)



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		430-0916)	
名古屋市 (Nagoya)	(公財) 名古屋国際センター (Nagoya International Center) info@nic-nagoya.or.jp	〒450-0001 名古屋市中村区那古野 1-47-1 名古屋国際セン タービル 3F (3 rd Floor Nagoya International Center Bldg., 1-47-1 Nagono, Nakamura-ku, Nagoya City, 450-0001)	052-581-0100 (052-571-4673)
京都市 (Kyoto)	(公財) 京都市国際交流協会 (Kyoto City International Foundation) office@kcif.or.jp	〒606-8536 京都市左京区栗田口鳥 居町 2-1 (2-1 Torii-cho, Awataguchi, Sakyo-ku, Kyoto City, 606-8536)	075-752-3010 (075-752-3510)
大阪市 (Osaka)	(公財) 大阪国際交流センター (Osaka International House Foundation) center@ih-osaka.or.jp	〒543-0001 大阪市天王寺区上本町 8-2-6 (8-2-6 Uehommachi, Tennoji-ku, Osaka City, 543-0001)	06-6773-8182 (06-6773-8421)
神戸市 (Kobe)	(公財) 神戸国際協力交流センター (Kobe International Center for Cooperation and Communication) kic00@kicc.jp	〒651-0083 神戸市中央区浜辺通 5-1-14 神戸商工貿易センター ビル 2F (2 nd Floor Kobe Commerce, Industry and Trade Center Bldg., 5-1-14, Hamabe-dori, Chuo-ku, Kobe City, 651-0083)	078-291-0641 (078-291-0691)
広島市	(公財) 広島平和文化センター 国際交流・協力	〒730-0811	082-242-8879



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(Hiroshima)	課 (Hiroshima Peace Culture Foundation International Relation and Cooperation Division) internat@pcf.city.hiroshima.jp	広島市中区中島町 1-5 (1-5 Nakajima-cho, Naka-ku, Hiroshima City, 730-0811)	(082-242-7452)
北九州市 (Kitakyushu)	(公財) 北九州国際交流協会 (Kitakyushu International Association) kia@kitaq-koryu.jp	〒805-0021 北九州市八幡西区黒崎 3-15-3 コムシティ 3F (3 rd Floor COM CITY, 3-15-3, Kurosaki, Yahataniishi-ku, , Kitakyushu City, 805-0021)	093-663-6464 (093-663-6466)
福岡市 (Fukuoka)	(公財) 福岡よかトピア国際交流財団 (Fukuoka City International Foundation) daihyo@rainbowfia.or.jp	〒812-0025 福岡市博多区店屋町 4-1 福岡市役所国際会館 1F (1 st Floor Fukuoka City Hall Kitabetsu International Hall, 4-1 Tenyamachi, Hakata-ku, Fukuoka City, 812-0025)	092-262-1700 (092-262-2700)
熊本市 (Kumamoto)	(一財) 熊本市国際交流振興事業団 (Kumamoto International Foundation) pj-info@kumamoto-if.or.jp	〒860-0806 熊本市中央区花畑町 4-18 熊本市国際交流 会館内 (Kumamoto City International Center, 4-18 Hanabatake-cho, Chuo-ku, Kumamoto City, 860-0806)	096-359-2121 (096-359-5112)



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4 Other consultation desks

Consultation regarding crime and prevention of crimes is available at your nearest police box, general consultation desks at police stations or over general consultation hotlines. Free consulting services are also available at NPOs and NGOs committed to supporting foreign residents. You can also contact “Hoterasu,” the Japan Legal Support Center, should any problems occur.

Ask for more information at the international exchange association in your local area (see List 2) or consultation desks (see List 3).

*Available languages, time and days may change. Please check directly with the organizations or refer to their websites.

List 3: List of Other useful consultation desks

Category	Name	Phone number/ language availability	Open hours	Service outline
Prevention of crime / crime	Police Department General Advisory Center	9110 For dial-up line and some IP phone users, please call the direct phone number of the Police Department General Advisory Center in your prefecture . The above number enables you to connect to your local police. Available languages depend on the police stations.	8:30–17:15 (except Sat., Sun. and public holidays) Open hours may vary, depending on the police headquarters.	General consulting on issues related to police such as crime prevention and crime
	Tokyo Metropolitan Police Department Safety Consultation Center (Consultation for foreign residents)	03-3503-8484 (English/Chinese) Booking required in advance for Korean, Thai, Tagalog, Spanish, Persian, German, Urdu, and Russian	8:30–17:15 (except Sat., Sun. and public holidays)	General consulting on issues related to police such as crime prevention and crime



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Human rights for foreigners	Foreign-language Human Rights Hotline (Legal Affairs Bureau / District Legal Affairs Bureau)	0570-090911 (Navi Dial) (English, Chinese, Korean, Tagalog, Portuguese and Vietnamese), The human rights counseling service in English on the Internet The human rights counseling service in Chinese on the Internet	9:00–17:00 (Mon.– Fri. except year-end and New Year)	
Women's Rights	Gender Equality Bureau Cabinet Office “Information on support for the victims of spousal violence” (In the case that the victim is a foreigner)	(In Japanese, partially in English and other languages)		Lists of Spousal Violence Counseling and Support Centers all over Japan and links to the contacts of related organizations, etc.
	Women's Human Rights Hotline (Legal Affairs Bureau / District Legal Affairs Bureau)	0570-070-810 (Navi Dial)	8:30–17:15 (except Sat., Sun. and public holidays)	
	KYOFUKAI – Japan Christian Women's Organization “Women's House HELP” (Tokyo)	03-3368-8855 (Japanese and English)	10:00–17:00 (Mon.–Fri.)	



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	NPO House for Women “Saalaa” (Kanagawa Prefecture)	045-901-3527 Thai, Tagalog and English: Mon.–Fri. Spanish: Mon., Tue., Thu. And Sat. Portuguese: Tue., Thu. and Sat. Korean: Mon., Wed., and Sat. Chinese: booking required	10:00–17:00	
	NPO Kanagawa Onna no Space, Mizura (Kanagawa)	045-451-0740 (Japanese)	14:00–17:00 (Mon.–Sat.) 18:00–20:00 (Mon.–Fri.)	
	NPO Asian Women’s Empowerment Project (AWEP) (Hyogo)	078-734-3633 (Japanese and English)	11:00–16:00 (Wed.)	
	Asian Women’s Center Asian Women’s Hotline (Fukuoka)	092-513-7333 (Japanese, English, Chinese, Korean, Tagalog, Thai and Indonesian)	Mon.–Fri. (except year-end, New Year and public holidays) Opening hours vary depending on the language.	
Children’s rights	Children’s Rights Hotline 110 (Legal Affairs Bureau / District Legal Affairs Bureau)	0570-070-110 (Navi Dial)		
Legal problems	“Hoterasu” the Japan Legal Support Center	0570-078374 (Japanese, English, Chinese, Korean, Spanish, Portuguese, Tagalog and	9:00–17:00 (except Sat., Sun, and public	Provides information on Japanese legal system



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		Vietnamese) 03-6745-5600 for IP/cell phone users	holidays)	and contacts for consultation desks
Transportation (JR)	JR East Info Line	050-2016-1603 (English , Simplified Chinese , Traditional Chinese and Korean)	10:00–18:00 (except year-end and New Year)	Guide to JR East
	JR West	Customer Center: 0570-00-2486 or 078-382-8686 (Japanese)	6:00–23:00 (daily)	Guide to JR West
		Foreign language customer support (links) (English , Simplified Chinese , Traditional Chinese and Korean)		
	Medical care	Tokyo office 03-5285-8088 English, Thai, Chinese, Korean and Spanish: 9:00–20:00 (daily) Portuguese: 9:00–17:00 (Mon., Wed. and Fri.) Tagalog: 13:00–17:00 (Wed.) Vietnamese: 13:00–17:00 (Thu.)		Information on medical institutions with multi-language services and consultations concerning medical and welfare systems
		Osaka office 050-3598-7574	9:00–17:00 (Mon.–Fri.)	
Mental issues	TELL (Tokyo Inochi no	03-5774-0992 (English)	9:00–23:00	



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	Denwa) Lifeline support		(daily) Online chat counseling service: 22:30 (Sat.)–9:00 (Sun.)	
Postal services	Japan Post Customer Service Center	0120-23-2886 or 0570-046-666 (Japanese) 0570-046-111 (English)	8:30–22:00 (Mon.–Fri.) 9:00–22:00 (Sat., Sun. and public holidays)	General service of Japan Post (postal service, savings, money transfer, insurance, etc.)

