

To those having evacuated to Tokyo

1. Useful information for living

- Living guide (**Easy Japanese, English, etc.**)
https://tabunka.tokyo-tsunagari.or.jp/guide_plain/index.html
- Living and working guidebook (**Easy Japanese, English, etc.**)
https://www.moj.go.jp/isa/guidebook_all.html
* Ukrainian version in preparation

2. Housing (Searching for housing)

- Housing owned by the Tokyo Metropolitan Government (Tokyo Public Housing Complex)
One-stop consultation service (**Japanese, English, etc.**) 03 - 6258 - 1227
<https://tabunka.tokyo-tsunagari.or.jp/info/2022/03/post-86.html>
- Other Housing
Ukrainian Evacuees Help Desk (**Japanese, English, Ukrainian, etc.**) 0120 - 022 - 702
https://www.moj.go.jp/isa/support/fresc/01_00254.html

3. Living Assistance (Receiving living expenses and relief supplies)

- Provision of living expenses, etc. to those with a guarantor in Japan
(**Japanese, Ukrainian**)
<https://www.nippon-foundation.or.jp/who/news/information/2022/20220415-69433.html>
- Provision of living expenses, etc. to those who are ineligible for such assistance
Ukrainian Evacuees Help Desk (**Japanese, English, Ukrainian, etc.**) 0120 - 022 - 702
https://www.moj.go.jp/isa/support/fresc/01_00254.html
- Information on available relief goods and services (**Japanese, Ukrainian**)
https://www.moj.go.jp/isa/support/fresc/01_00251.html

4. Resident registration (Making procedures for move-in)

- City office of the area where you live (**Japanese**)
<https://www.metro.tokyo.lg.jp/tosei/iken-sodan/otoiawase/madoguchi/ichiran.html>

5. Medical Care (Getting insurance, and going to the hospital)

- Joining the National Health Insurance, Long-Term Care Insurance
(**Japanese, English, Ukrainian**)
<https://www.moj.go.jp/isa/content/001372111.pdf>
- Telephone service for medical institution information in foreign languages
(**Japanese, English, etc.**) 03 - 5285 - 8181
<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/sodan/komatta/gaikokugo.html>

6. Vaccination against COVID-19

- Contact for vaccination of foreign residents in Japan (**Japanese**)
<https://www.fukushihoken.metro.tokyo.lg.jp/iryo/kansen/coronavaccine/foreigner.html>

7. Childcare Support (Using childcare services)

- Childcare support services (Japanese, English, Ukrainian)
<https://www.moj.go.jp/isa/content/001372112.pdf>
- Use of babysitters (Japanese, Ukrainian)
<https://www.fukushihoken.metro.tokyo.lg.jp/kodomo/hoiku/bs/Ukraine-shien.html>

8. Education (Learning)

- For Ukrainians wishing to attend elementary school, junior high school, high school, technical college, or university
(Japanese, Ukrainian)
https://www.moj.go.jp/isa/support/fresc/01_00259.html
- Enrollment of foreigners in public elementary and junior high schools
(Japanese, English, Ukrainian, etc.)
https://www.kyoiku.metro.tokyo.lg.jp/school/primary_and_junior_high/school_attendance_for_foreign_people.html
- Textbooks for teaching Japanese to foreign children and students
"Tanoshii Gakko" (Japanese, English, Ukrainian, etc.)
https://www.kyoiku.metro.tokyo.lg.jp/school/document/japanese/tanoshi_gakko.html
- Tokyo Metropolitan University accepting university students evacuated from Ukraine (Japanese, English)
<https://www.tmu.ac.jp/news/topics/31751.html>
- Support for Ukrainian students by Japanese universities
(Japanese, English, etc.)
<https://www.studyinJapan.go.jp/ja/other/news/000164.html>
- Education consultation service: MEXT Help Desk
(Japanese, English, Ukrainian) 0120-082-434
https://www.mext.go.jp/ukraine_helpdesk.html

9. Japanese Language Education (Learning Japanese)

- Website of Tokyo Japanese Language School (Japanese)
<https://nihongo.tokyo-tsunagari.or.jp/>
- Materials on schooling and Japanese language education
(Japanese, English, Ukrainian)
https://www.mext.go.jp/ukraine_helpdesk.html

10. Employment (Finding a job)

- Job Placement
"Hello Work" (English) 0800-919-2901
(Japanese, English, Ukrainian)
https://www.moj.go.jp/isa/support/fresc/01_00256.html
- Support for employment
Tokyo International Recruitment Navigation Center
(Japanese, English, etc.)
<https://tir-navicenter.metro.tokyo.lg.jp/>

11. International Exchange (Making friends to interact with)

- The International Exchange Associations in Tokyo
(Japanese, English)
<https://tabunka.tokyo-tsunagari.or.jp/tonai/index.html>
- Support organizations and international exchange groups for foreign residents in Tokyo (Japanese, English)
<https://tabunka.tokyo-tsunagari.or.jp/dantai/index.html>