

Information and Resources for Evacuees in Tokyo

1. Useful information for living in Japan

- **Comprehensive Living Guide for Foreign Residents in Japan**
[Plain Japanese / English / Other languages]
https://tabunka.tokyo-tsunagari.or.jp/guide_plain/index.html
- **Guidebook on Living and Working**
[Plain Japanese / English / Ukrainian / Other languages]
https://www.moj.go.jp/isa/guidebook_all.html

2. Housing (Searching for housing)

- **Consultations regarding Tokyo Metropolitan Government-owned public housing**
[Plain Japanese / English / Ukrainian / Other languages]
One-Stop Consultation Desk for Evacuees from Ukraine (Tokyo Metropolitan Foundation “TSUNAGARI”)
Phone: 0120-142-142
<https://tabunka.tokyo-tsunagari.or.jp/info/2022/03/post-86.html>
- **Consultations regarding other types of housing**
Help Desk for Evacuees from Ukraine
https://www.moj.go.jp/isa/support/fresc/01_00254.html

The Help Desk for Evacuees from Ukraine has ceased operations as of March 31, 2024.

For inquiries or consultations regarding status of residence or difficulties faced while living in Japan, please contact your nearest Regional Immigration Services Bureau.

Tokyo Regional Immigration Services Bureau – Immigration assistance for evacuees from Ukraine

Foreign Residents Support Division [Japanese]

Phone: 03-5363-3025

Tachikawa Branch Office [Japanese]

Phone: 042-528-7179

*If you wish to consult in a language other than Japanese, please note that interpretation services may not be immediately available.

	<p>*For individuals who have been granted complementary protection status, please contact the Refugee Assistance Headquarters (details below) for inquiries and consultations.</p> <p><u>Refugee Assistance Headquarters (RHQ), Foundation for the Welfare and Education of the Asian People</u></p> <p>[Japanese / English / Ukrainian / Other languages]</p> <p>Phone: 0120-400-250</p> <p>Consultation hours: Weekdays, 9:30 a.m.–12:30 p.m. & 1:30 p.m.–5:00 p.m.</p> <p>https://www.rhq.gr.jp/jp2/place-stay/</p> <p>*The RHQ also provides emergency housing for individuals currently applying for complementary protection status who are deemed to be in critical need of housing.</p>
<p>3. Livelihood support (Receiving cost of living assistance)</p>	<ul style="list-style-type: none"> ● <u>Support for living expenses for evacuees with a guarantor residing in Japan</u> [Japanese / Ukrainian] https://www.nitori-shougakuzaidan.com/ukraine/ ● <u>Provision of Toei Transportation one-day passes</u> [Japanese / English / Ukrainian] https://www.seisakukikaku.metro.tokyo.lg.jp/cross-efforts/ukraine/#kotsu
<p>4. Resident registration (Address change procedures)</p>	<ul style="list-style-type: none"> ● <u>List of local government offices</u> [Japanese] https://www.metro.tokyo.lg.jp/tosei/iken-sodan/otoiawase/madoguchi/ichiran.html
<p>5. Health care and long-term care (Insurance, hospital visits)</p>	<ul style="list-style-type: none"> ● <u>Enrolling in National Health Insurance and Long-Term Care Insurance</u> [Japanese / English / Ukrainian] https://www.moj.go.jp/isa/content/001372111.pdf ● <u>Multilingual phone consultations about health care institutions and services</u> [English / Other languages] https://www.hokeniryu.metro.tokyo.lg.jp/iryo/iryo_hoken/gaikokujin/interpreter/himawari.html

<p>6. COVID-19 Vaccination</p>	<ul style="list-style-type: none"> ● <u>Information about COVID-19 vaccination</u> [Japanese] https://www.hokeniryo.metro.tokyo.lg.jp/kansen/coronavaccine/index.html <u>*As of April 1, 2024, COVID-19 vaccinations have been reclassified as “routine vaccinations” that are offered by local municipalities, generally at a cost.</u>
<p>7. Parenting support (Childcare services)</p>	<ul style="list-style-type: none"> ● <u>List of childcare support service categories</u> [Japanese / English / Ukrainian] https://www.moj.go.jp/isa/content/001372112.pdf ● <u>Subsidy program for using babysitting services</u> [Japanese / Ukrainian] https://www.fukushi.metro.tokyo.lg.jp/kodomo/hoiku/bs/Ukraine-shien.html
<p>8. Education and learning</p>	<ul style="list-style-type: none"> ● <u>Information for Ukrainians who wish to attend elementary school, junior high school, senior high school, technical college, or college in Japan</u> [Japanese / Ukrainian] https://www.moj.go.jp/isa/support/fresc/01_00259.html ● <u>Enrollment in Public Elementary and Junior High Schools</u> [Japanese / English / Ukrainian / Other languages] https://www.kyoiku.metro.tokyo.lg.jp/school/japanese/school_attendance_for_foreign_people.htm ● <u>“Tanoshii Gakkou” (“School is Fun”): Japanese language textbook for non-Japanese elementary, junior high, and senior high school students</u> [English / Ukrainian / Other languages] https://www.kyoiku.metro.tokyo.lg.jp/school/japanese/tanoshi_gakko.html ● <u>Enrollment at Tokyo Metropolitan University for college students who have evacuated from Ukraine</u> [Japanese / English]

<https://www.tmu.ac.jp/news/topics/31751.html>

- **Support offered by Japanese colleges for Ukrainian students**

[Japanese]

<https://www.studyinjapan.go.jp/ja/planning/brochures/ukraine-1.html>

- **MEXT Help Desk (Ministry of Education, Culture, Sports, Science and Technology)**

[Plain Japanese / English / Ukrainian]

Phone: 0120-082-434

https://www.mext.go.jp/ukraine_helpdesk.html

9. Learning Japanese

- **Database of Japanese classes in Tokyo**

[Japanese / English / Other languages]

<https://nihongo.tokyo-tsunagari.or.jp/>

- **Resources on starting school and Japanese language education**

[Japanese / English / Ukrainian]

https://www.mext.go.jp/ukraine_helpdesk.html

- **List of Japanese language schools offering support for evacuees from Ukraine**

[Japanese]

<https://www.studyinjapan.go.jp/ja/planning/search-school/nihongokyouiku/ukraine-n/post-2.html>

10. Employment

(Looking for a job in Japan)

- **Ukrainian Evacuees Employment Support Counter**

Tokyo Employment Service Center for Foreigners

Phone: 03-5361-8722

[Japanese] <https://jsite.mhlw.go.jp/tokyo-foreigner/content/contents/002050178.pdf>

[English] <https://jsite.mhlw.go.jp/tokyo-foreigner/content/contents/002050179.pdf>

[Ukrainian] <https://jsite.mhlw.go.jp/tokyo-foreigner/content/contents/002050180.pdf>

- **Employment support offered by the Tokyo International Recruitment Navigation Center**

[Japanese / English / Other languages]

<https://tir-navicenter.metro.tokyo.lg.jp/>

11. International exchange

(Making connections)

- **List of international associations in Tokyo**

[Japanese / English]

<https://tabunka.tokyo-tsunagari.or.jp/organization/tonai/>

- **List of international exchange organizations and support groups for foreign residents in Tokyo**

[Japanese / English]

<https://tabunka.tokyo-tsunagari.or.jp/organization/dantai/>