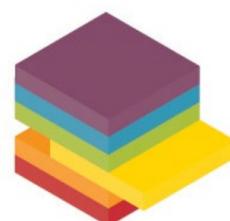


Destination Tokyo



Brought to you by



RELO JAPAN

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Welcome To Tokyo

Your Guide to Living In Tokyo



While relocating to another country often turns out to be a wonderful, life-changing experience, there are always some traumatic obstacles and challenges that get in the way.

That is why the H&R Group is dedicated to being here for you every step of the way – while you prepare for your assignment, when you make the big move, during your time in Japan and as you prepare to go home. We love helping people get the most out of their “Japan Experience” and we are with you from beginning to end.

Our team of experienced, bilingual consultants are ready to help you with every aspect of your time in Japan. We offer support finding short or long term housing, relocation settling-in assistance and orientations, visa processing, immigration guidance, obtaining furniture, finding a car, helping you get a driver’s license and much more. Whatever you need to know about your time in Japan, we have a wealth of experience and knowledge to share. So, come and join the H&R Club!

The H&R Group believes in supporting the communities in which we work and live. Once you are settled in, I hope you can join with me in supporting some of the worthy charitable activities we are involved with. As we welcome you to our community, we hope that you will enjoy your time here by becoming part of it.

As we say at the H&R Group, we are “More Than Relocation” Thank you, and I hope you enjoy this book!

Warmest regards,

Steve Burson
President
H&R Consultants K.K.
ReloJapan K.K.

Tokyo is one of the most electrifying quick-change artists on the planet—look away for a moment and you may miss your neighbor's house being remodeled, the rise of a new fashion, the arrival of a trendy new shop or restaurant, or even the wholesale makeover of an entire neighborhood. Tokyoites are into transformation, both of themselves and where they live.

Whether you cheer or mourn the changes, the urge to reinvent itself runs in Tokyo's blood, and that urge is seldom denied. The nightlife, the clatter of pachinko balls, the delivery bikes hurtling past, all tell you one thing: Tokyo moves. That said, there are bastions that serenely ignore the altered state, particularly on the eastern side of town.

Tokyo is also not the monolithic entity most people imagine; the wards, towns and neighborhoods that form it have distinct personalities all their own. The city boasts a surprising amount of greenery - sprawling oases in the form of parks and gardens - where you can lie back, breathe deep, and renew your spirit.





Location

Tokyo is situated in the middle of Japan's largest island, Honshu, facing south toward the Pacific and the bay bearing its name. Tokyo is often referred to and thought of as a city, but is officially known and governed as a "metropolitan prefecture" that covers 2,187 square kilometers, taking in 23 wards, 26 cities, 5 towns, 8 villages, the Izu Islands down south and, through an administrative quirk, the far-off Ogasawara Islands, a thousand kilometers to the southeast.

As of May 2014, 13.35 million people called Tokyo home, making it the most densely populated part of Japan. And that doesn't even include the millions who commute from the neighboring prefectures of Kanagawa, Saitama, and Chiba on any given day.

Climate

Winter days are generally cool but clear, and temperatures tend to range between 3 and 10 degrees

celsius. Spring temperatures average 13 degrees, and the cherry blossoms start to show their delicate color in late April or early May.

The month-long rainy season, *tsuyu*, lasts from mid-June to mid-July and heralds a hot, wet, sticky summer that runs from July to early September, with temperatures typically soaring into the 30s for weeks on end. If you've never experienced the heat-island effect, Tokyo will serve as your introduction to the phenomenon.

Autumn turns the leaves red and gold between early October and mid-November, and the temperatures average a pleasant 17 degrees. Tokyo also gets the occasional typhoon, but these storms usually wear themselves out battering Okinawa and Kyushu and points west, seldom bringing much more to the capital than a few days of clouds, gusty winds and rain; in the summer, the rain is more than welcome.

History

One of the things people often mention in conversations about Japan's history is the rivalry between Tokyo and Kyoto. There has always been a certain amount of jockeying for position between Tokyo, Japan's modern capital and economic powerhouse, and Kyoto, the old capital, which many see as the cultural and traditional heart of Japan.

Tokyo was once just a fishing village on the Pacific coast called Edo, while Kyoto was the capital, the center of Japan's culture, money and power.

During the chaos of the Sengoku (Warring States) Period, which lasted from 1467 to 1615, various feudal lords (daimyo) fought to dominate Japan. In 1603, Tokugawa Ieyasu emerged as the victor, destroying the last resistance to his rule in 1615.

The new shogun chose to make Edo his base and the most powerful city in Japan. A harsh ruler, he imposed strict laws and

constructed an insular, hierarchical society that closed its doors to the world outside for two hundred and fifty years. The effects of this isolation can still be glimpsed in Japan today.

In 1853, a squadron of U.S. Navy ships under the command of Commodore Matthew Perry appeared in Tokyo Bay, demanding that Japan open its doors to foreign trade. Japan grudgingly complied soon after, letting in the outsiders and their goods. That was the start of a breathless fascination with imported goods, styles, and ways still much in evidence.

In 1867, the last shogun, Tokugawa Yoshinobu, passed control of the nation to the Emperor Meiji. The Emperor, determined to open Japan up to the rest of the world, moved from Kyoto to Edo, renamed the latter Tokyo or "eastern capital", and proceeded to modernize the city as rapidly as he could, hiring experts from all over the world to help with the job. Newly created jobs attracted people to fill them, and Tokyo took off.





Since its inception Tokyo has been a postmodern pastiche of tradition and modernity, bright lights and quiet back streets, loud and boisterous crowds, and some treasured places of serenity. Tokyo's capacity to reinvent itself has been called into serious question twice. The first instance occurred in September 1923 when the Great Kanto Earthquake struck, setting Tokyo aflame with blazes that raged for over forty hours. Just two decades later the air raids of World War II decimated the city again; 40 percent of the metropolis was flattened, and over 80,000 lives were lost.

Tokyo dusted itself off and rebuilt yet again, becoming a swinging honky-tonk town in the postwar years. The city's rapid rise was internationally spotlighted when it hosted the 1964 Olympic Games, something it will do again in 2020.

There was no stopping this

town: Tokyo was soon on its way to becoming a world economic and business hub. By the 1980s the Tokyo area was the epicenter of the country's "bubble" economy, an era when the Japanese became obsessed with the paper wealth generated by inflated real estate prices, among other sources, and started buying everything in sight—including a lot of Hawaii, a few Van Goghs, and some very famous golf courses.

The bubble burst in 1990, and the city's economy was managing to recover just as the "Lehman Shock" struck in 2008 causing further economic uncertainty. In 2011 the effects of the Tohoku earthquake and tsunami added challenges for the city as well as Japan as a whole.

Yet somehow through it all Tokyoites manage to thrive and the city maintains a well-deserved reputation as a first-class world metropolis.



Arriving with Unaccompanied Baggage

When relocating to Japan, it is necessary to fill out two copies of the “Customs Declaration” form in duplicate which will allow your personal effects to clear customs smoothly. With air shipment you may usually receive your shipment within a week or so after your arrival to Japan and submission of your custom forms. These custom forms are available from the flight attendant inside the airplane. Failure to submit these forms may delay the release of your personal belongings, and you will be required to provide additional paperwork.

The customs officer will stamp both forms and return one form to you which must be submitted to the local shipping agent so that when your shipment has arrived, it can pass the customs clearance process. Please be aware of importation quotas when sending medication, cosmetics, over the counter drugstore items, or contact lenses; even those

for personal use. For example, importing even one Tylenol containing codeine into the country would result in you being detained.

After retrieving your luggage, it is necessary to pass through the customs clearance counter. Once you exit customs, you will most likely transfer to either a bus or train to reach your final destination. One thing to keep in mind is that almost any transportation in Japan will require more walking than you think it will. Many people find that what they thought was a manageable size or amount of luggage will rapidly become a problem after arrival. After clearing customs, you may want to take advantage of one of the baggage delivery services located inside most major airports and avoid having to deal with carrying luggage all the way to your final Japanese destination. Baggage can be delivered as early as the following day for a nominal fee and is recommended when taking public transportation such as a shuttle bus or train, or when carrying a large amount of luggage.

Getting to Tokyo from Narita Airport:

Narita International Airport, Tokyo's primary international airport, is located around 60km from the heart of Tokyo. Arriving in Japan is generally a hassle-free process. After going through immigration and collecting your bags, head to the first floor, where you have a number of options to leave the airport:

Getting to Tokyo via the Narita Express:

The Narita Express (N'EX) takes around 50 minutes to get to Tokyo Station from either Narita Terminal 1 or Terminal 2-3 stations. Tickets start from ¥3,020 for adults. There are counters to purchase tickets at both stations; all seats are reserved, so you'll need to purchase a ticket before getting on the train.

The N'EX also stops at Shinagawa Station, which is a popular connection to both the Yamanote Loop Line and the JR Shinkansen (bullet train) bound for either Nagoya or Osaka.

www.jreast.co.jp/e/nex/





Getting to Tokyo via the Keisei Skyliner:

The Keisei Skyliner takes roughly the same amount of time to get to Tokyo Station as the Narita Express, and is a bit cheaper (from ¥2,470 one way), although you will need to transfer at Ueno on the Yamanote Line. Again, you'll need to purchase tickets at the Keisei counter and reserve your seat before riding on this train.

www.keisei.co.jp/keisei/tetudou/skyliner/us/

Getting to Tokyo via Bus:

Limousine buses offer connections to major hotels and will set you back around ¥3,000. For the frugal traveller, a highway bus to Tokyo Station will cost ¥1,000.

<http://www.narita-airport.jp/en/access/bus/>

Getting to Tokyo via Taxi:

Standard tax fares to destinations in Tokyo are from ¥15,000 to ¥24,000 plus expressway tolls.

www.tokyo-taxi.jp/english/service2/index.html

Getting to Tokyo from Haneda Airport (International Terminal):

For most of the time since Narita International Airport opened in 1978, Haneda Airport has been used only for domestic flights. However in recent years, Haneda's far more convenient location to both Tokyo and Yokohama has meant that more and more international routes have started flying to and from the the airport again.

Transferring between terminals:

You can take the Tokyo Monorail between terminals, or use the free shuttle bus.

www.tokyo-airport-bldg.co.jp/en/access/

Getting to Tokyo via the Tokyo Monorail:

The monorail goes all the way from the airport to JR Hamamatsu-cho Station (¥490), where you can transfer to the Yamanote Loop Line. The total trip between the international terminal and Tokyo Station takes around 20 minutes.

www.tokyo-monorail.co.jp/english/haneda/access.html

Getting to Tokyo via the Keikyu Line:

If you're heading to Shinagawa, a popular connecting station, the Keikyu Line from the airport will take you directly there. It costs ¥410.

www.haneda-tokyo-access.com/en/





Getting to Tokyo via Bus:

Buses bound for various locations in Tokyo, Kanagawa, and other surrounding areas can be caught from in front of the international terminal. There is a ticket and reservation counter just to your left as you exit the second floor arrival lobby. Buses to central Tokyo cost around ¥1,000 for adults and half of that for children.

www.limousinebus.co.jp/en/bus_services/haneda/index

Getting to Tokyo via Taxi:

Taxis to the city will cost between ¥6,000-¥10,000 (not including highway fees) depending on how far from the airport you travel.

www.haneda-tokyo-access.com/en/transport/taxi.html

Getting Around Tokyo

With over 800 stations to choose from, planning a journey from one point to another in Tokyo may seem daunting at first. Thankfully, there are both websites and apps to help you find the best route.

Jorudan provides a free route-finding service that is popular with the locals. You put your starting station and your destination in, and the site returns which train you should ride and when: www.jorudan.co.jp/english/norikae/

Another option is to simply put where you would like to go into Google Maps and click the train-shaped “transit” icon after typing your starting point and destination e.g. “Shinagawa to Tamachi”. maps.google.com

Trains in Tokyo:

JR East is the main above-ground rail operator in Tokyo, and runs the two most important lines: the Yamanote Loop Line, and the Chuo Line that bisects it. Trains on the Yamanote Line operate from around 4:00 in the morning to 1:00 the next morning.

The Yamanote Line covers all major stops in Tokyo; if you can think of a place in Tokyo, then it’s probably served by this line. Most stations have free Wi-Fi amongst other amenities.

JR East Web: www.jreast.co.jp/e/index.html
Free Wi-Fi guide (PDF): www.jreast.co.jp/e/pdf/free_wifi_02_e.pdf

Subways in Tokyo:

The Tokyo subway consists of 290 stations spread over 13 lines, with over 8.7 million people riding it each day.

Tokyo Metro

Tokyo Metro operates 9 of those lines and touts the subway as “the most convenient way to get around Tokyo”. Stations have free Wi-Fi and more direct access to shopping and tourist spots than above-ground rail.

Web: www.tokyometro.jp/en/index.html
Tokyo Metro Guide (PDF): www.tokyometro.jp/en/tips/guide/pdf/tokyo_metro_guide.pdf
Toei Subway

Four of the lines and roughly half the stations are run by the Tokyo public Toei Subway. These stations also have free Wi-Fi.

Web: www.kotsu.metro.tokyo.jp/eng/index.html
Toei Subway Guide (PDF): www.kotsu.metro.tokyo.jp/eng/guides/pdf/subwayguide.pdf

Discount Tickets

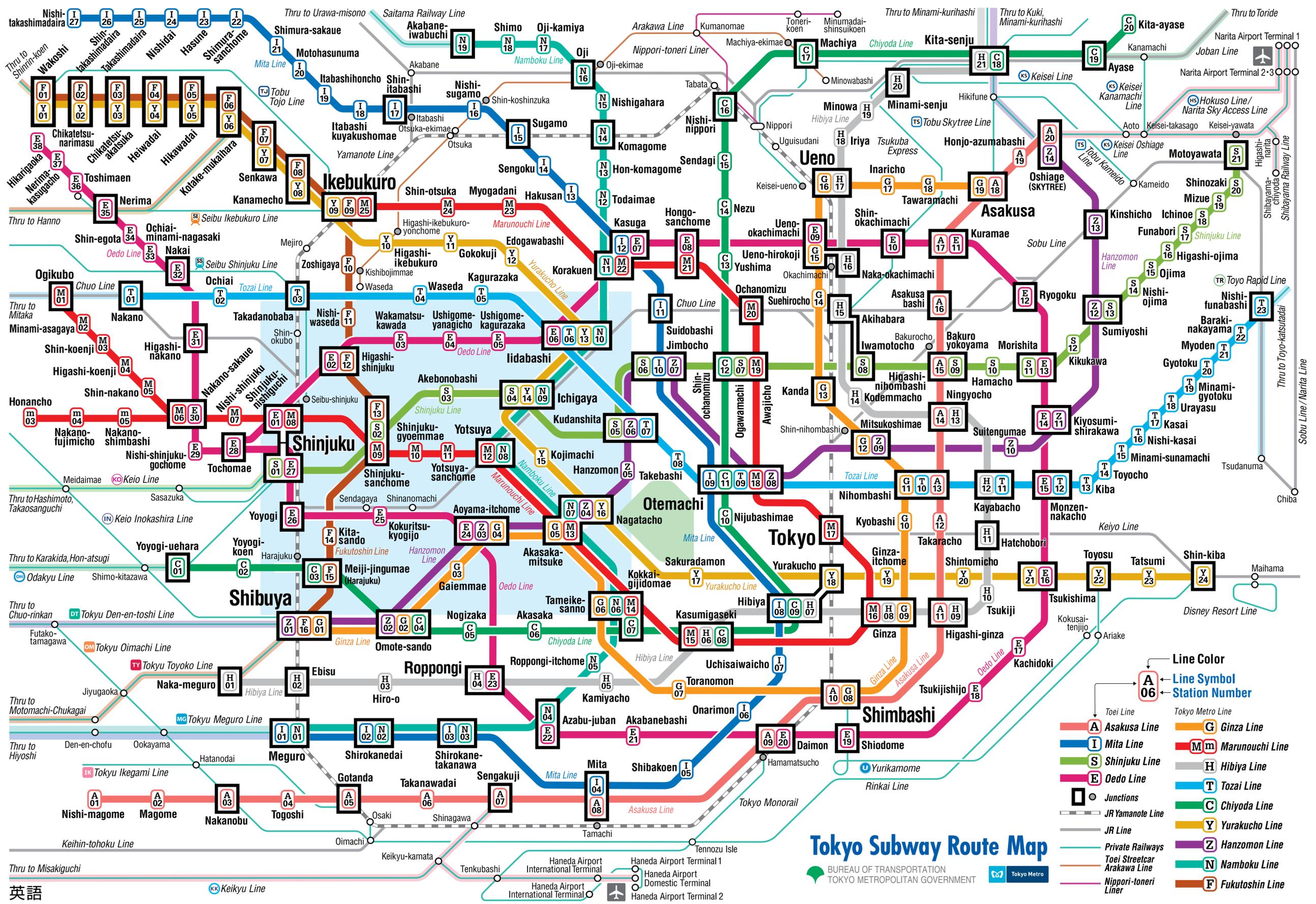
If you’re going to be doing a lot of travelling in one day, the ¥1,580 Tokyo Free Ticket allows you to ride on JR East trains, both the Tokyo Metro and Toei Subway lines, and Toei buses and streetcars as much as you like.

JR East, Tokyo Metro, and Toei Subway all have their own variety of one-day passes for around ¥600-¥700. While they can be more of a hassle than the Tokyo Free Ticket, if you’re certain that you are only going to be riding on one operator’s trains for the day, they are a better value option.

www.tokyometro.jp/en/ticket/value/1day/index.html
www.kotsu.metro.tokyo.jp/eng/tickets/index.html

Getting Around

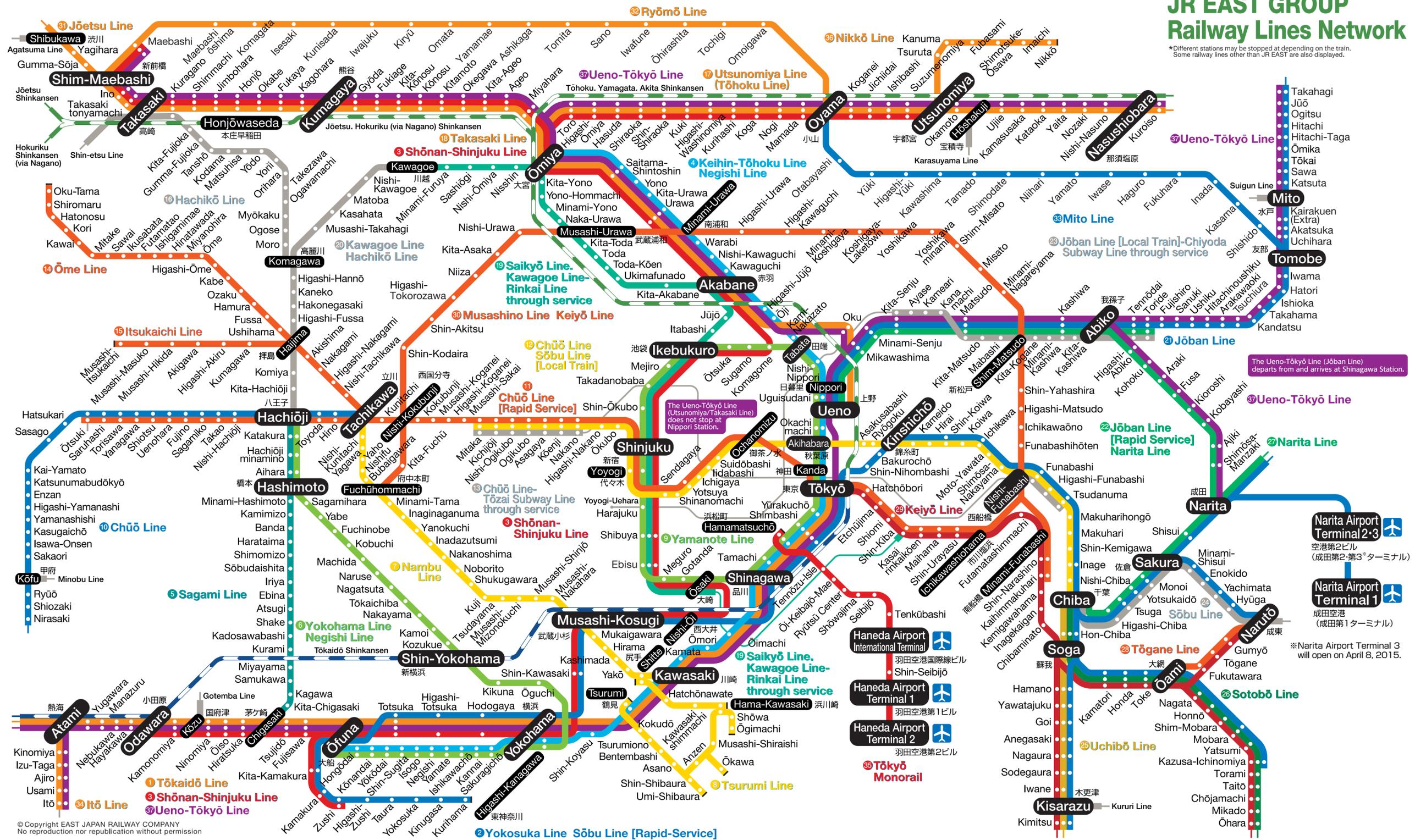
Tokyo Subway Map



BUREAU OF TRANSPORTATION TOKYO METROPOLITAN GOVERNMENT Tokyo Metro Co., Ltd. © 2015.03

Getting Around

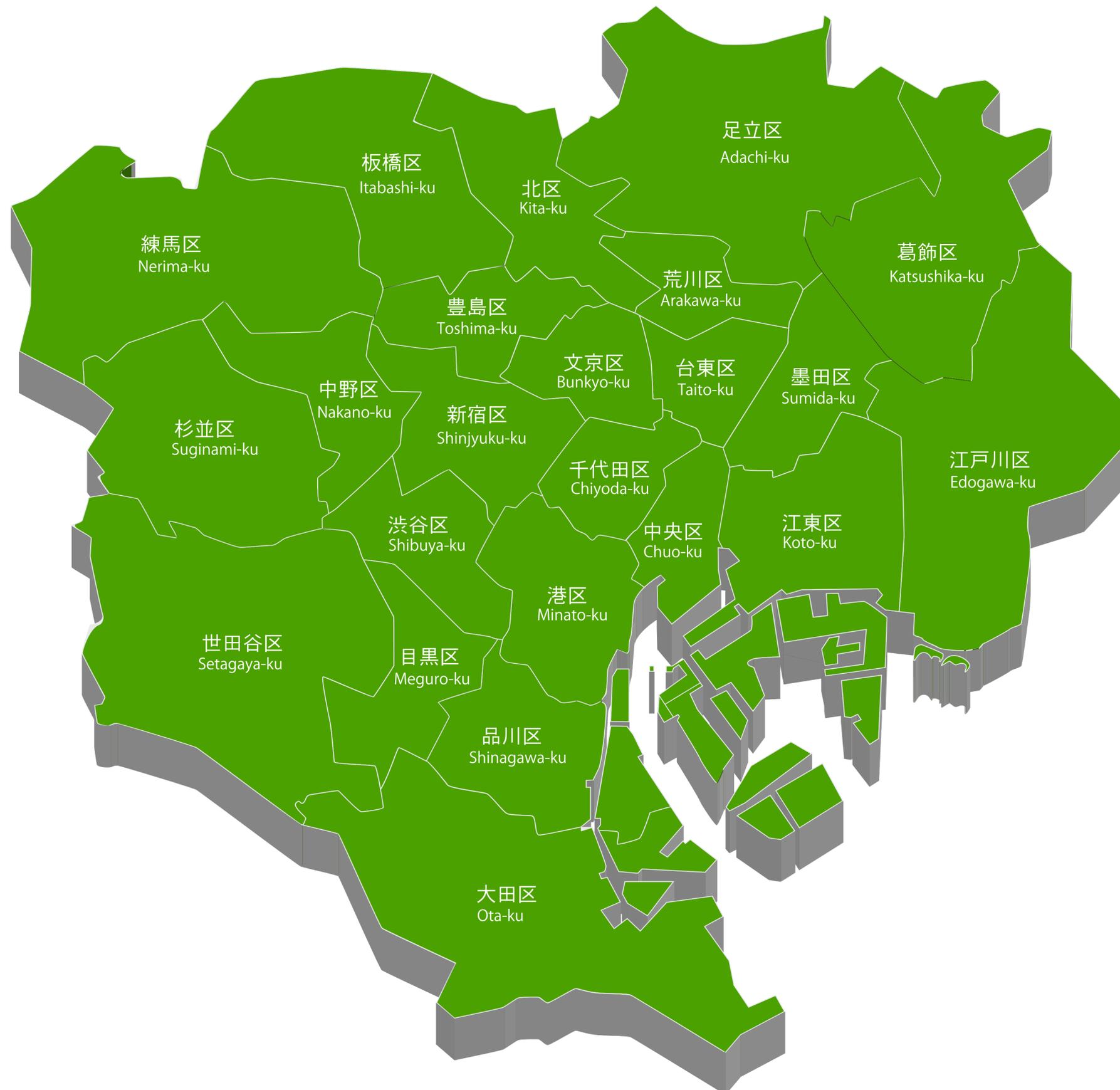
Tokyo Rail Map



- 1 Tōkaidō Line
- 2 Yokosuka Line Sōbu-Line [Rapid Service]
- 3 Shōnan-Shinjuku Line
- 4 Keihin-Tōhoku Line Negishi Line
- 5 Sagami Line
- 6 Yokohama Line Negishi Line
- 7 Nambu Line
- 8 Tsurumi Line
- 9 Yamanote Line
- 10 Chūō Line
- 11 Chūō Line [Rapid Service]
- 12 Chūō Line Sōbu Line [Local Train]
- 13 Chūō Line-Tōzai Subway Line through service
- 14 Ōme Line
- 15 Itsukaichi Line
- 16 Hachikō Line
- 17 Utsunomiya Line (Tōhoku Line)
- 18 Takasaki Line
- 19 Saikyō Line. Kawagoe Line-Rinkai Line through service
- 20 Kawagoe Line Hachikō Line
- 21 Jōban Line
- 22 Jōban Line [Rapid Service] Narita Line
- 23 Jōban Line [Local Train]-Chiyoda Subway Line through service
- 24 Sōbu Line
- 25 Uchibō Line
- 26 Sotobō Line
- 27 Narita Line
- 28 Tōgane Line
- 29 Keiyō Line
- 30 Musashino Line Keiyō Line
- 31 Jōetsu Line
- 32 Ryōmō Line
- 33 Mito Line
- 34 Itō Line
- 35 Tōkyō Monorail
- 36 Nikkō Line
- 37 Ueno-Tōkyō Line







Tokyo is actually a prefecture (similar to a state in the US), the western part of which is rural in places and looks nothing like the Tokyo of popular imagination. The city itself takes up the whole of the eastern part of the prefecture, consisting of 23 wards (ku). The JR Yamanote loop line is widely considered to form the boundary between the center of the city and the suburbs. This area includes business, entertainment, and residential districts and has some of the most expensive land prices in Japan, if not the world.

Each of Tokyo's neighborhoods has its own distinctive atmosphere and the most popular expatriate areas are Minato-ku, Shibuya-ku, Setagaya-ku, and Meguro-ku.

When finding the best place to live you will obviously want to consider which factors are most important; commuting time to work, the most appropriate schools for your family and the amount



Minato-ku

Minato-ku is a ward in central Tokyo located southwest of the Imperial palace. Many foreign embassies and foreign firms are located here - lending the area an international atmosphere. It encompasses a number of distinct neighborhoods which are popular with the Tokyo expatriate community. From Shinbashi which is both a business and transport hub, to the vibrant shopping and entertainment district of Roppongi - Minato-ku has a lot to offer.

Hiroo Area and Minami-Azabu

Hiroo is a convenient, centrally-located neighborhood, with many tree-lined streets and western-style homes and apartments. The wooded Arisugawa Park is nearby, as is the popular National Azabu Supermarket. The International School of the Sacred Heart and the Jewish Community Center are also in the area.

Moto-Azabu, Azabu-Juban and Azabudai

Many artists, businessmen, and celebrities reside in the upscale Azabu area, which is home to Tokyo's largest expatriate community, as well as some of the highest rents in town. There are a number of embassies and international schools - including Nishimachi International School. Azabu Juban's main street features traditional Japanese shops and western-style restaurants and cafes.

Roppongi and Akasaka

Both Roppongi and Akasaka have some of the city's most popular restaurants, clubs, and bars - many of which are open very late. Recently Roppongi has focused on styling itself as Tokyo's art hub with the opening of the Mori art museum among other world-class artistic institutions.

Many foreign companies call the area home as do the United States and Russian embassies. The landmark Roppongi Hills and Tokyo Midtown

buildings contain some of the most stylish and popular residences, offices, shops and restaurants in the city. The popular ASIJ Early Learning Center is located in Roppongi Hills and the Franciscan Chapel Center is close to Roppongi Crossing.

Bayside: Shibaura and Shiodome

Formerly a railway terminal, Shiodome has been transformed into one of Tokyo's most modern areas. High-rise buildings, hotels, restaurants and shops are prevalent, however apartments tend to be small. The Shibaura area is home to Zojo-ji Temple which is famous for being the site of the graves of the shoguns of the Tokugawa family. Also found nearby is iconic Tokyo Tower, Japan's second tallest structure.

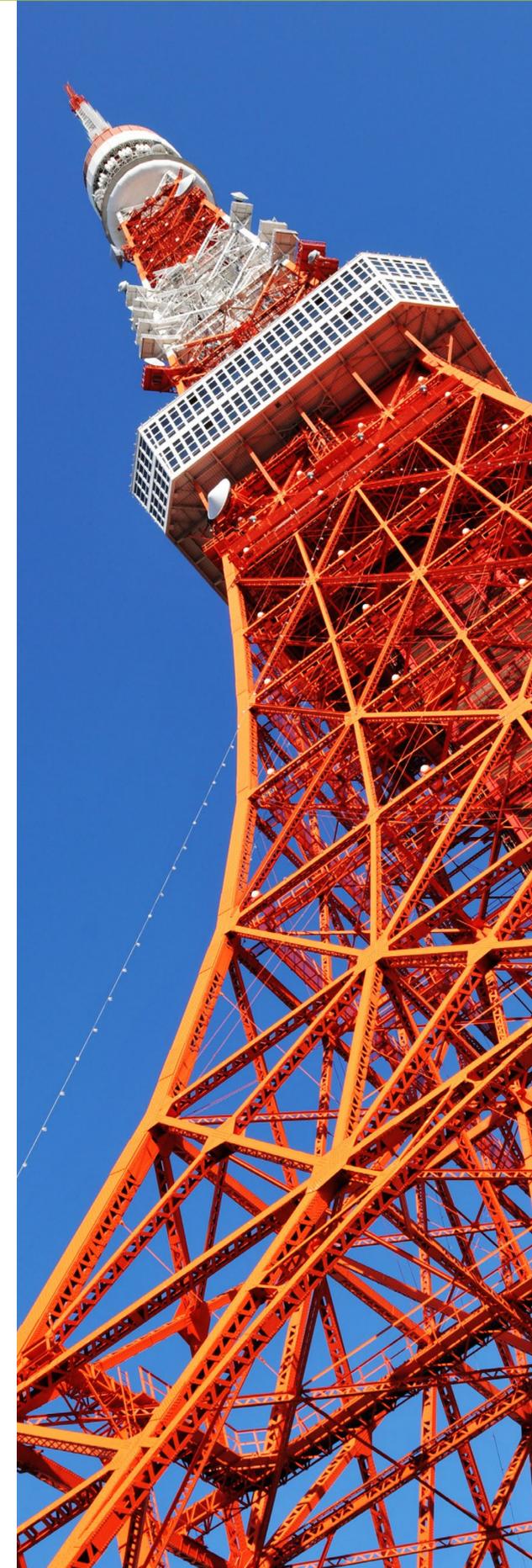
Shirokane and Shiroganedai

This is a residential area with both Japanese and Western-style homes. Shirokane is within walking distance of Meguro Station and with the addition of subway lines passing through this area, and connecting neighboring Kanagawa

area to downtown Tokyo, there has been a marked increase in shops, restaurants and pedestrian activity. There are children's playgrounds and small international schools located in the area, along with the Children's Hall close to Shirokanedai station. The Institute of Nature Study is also located in this area and its grounds are a wonderful place to stroll.

Aoyama, Omotesando and Harajuku

This trendy area is a shopping mecca, especially for Japan's youth culture, with stores offering the latest in Japanese fashion, along with some of the most established designer goods. The area is mostly commercial in nature, with upscale boutiques, fashion salons, and fine restaurants; but it is also dotted with residential areas as well. The Aoyama-Dori (avenue) and Omotesando areas are crowded with shoppers and tourists on the weekend; despite this, a much more tranquil atmosphere awaits nearby, in the form of the many parks and sports facilities found surrounding the Meiji Shrine.





Shibuya-ku

Shibuya-ku is home to one of Tokyo's busiest railway stations and the internationally famous Shibuya crossing. The area includes many well-known commercial and residential districts and also borders large green spaces such as the Meiji and Yoyogi parks. Its many shops and restaurants are popular with young Japanese and foreign teenagers alike, who flock here during the evenings and weekends for shopping and entertainment. Shibuya is also home to several large department stores and many of Tokyo's best known cultural facilities such as Bunkamura, Kanze-Nogakudo (Noh theater), Shoto Art Museum, and the Toguri Museum of Art. The British School campus is located in Shibuya, halfway between Shibuya and Harajuku stations, and is a primary reason many British families choose to relocate here.

Ebisu and Daikanyama

The area around Ebisu Station in Shibuya-ku has developed rapidly since Ebisu Garden Place was built on the site of a brewery in 1994. Today you can find numerous restaurants and fashionable shops. On the west side of the station more traditional vendors - including some famous ramen shops, do a steady trade. Adjacent to Ebisu, the Daikanyama district is home to a number of foreign embassies. The wealth of dining options along with the central location make the area a highly desirable place to live.

Shoto and Kamiyacho

Even though Shoto and Kamiyamacho are located within walking distance of the busy and crowded shopping and nightlife district of Shibuya, they are quiet, high-class residential areas. The apartments and accommodations available here are relatively large by Japanese standards.

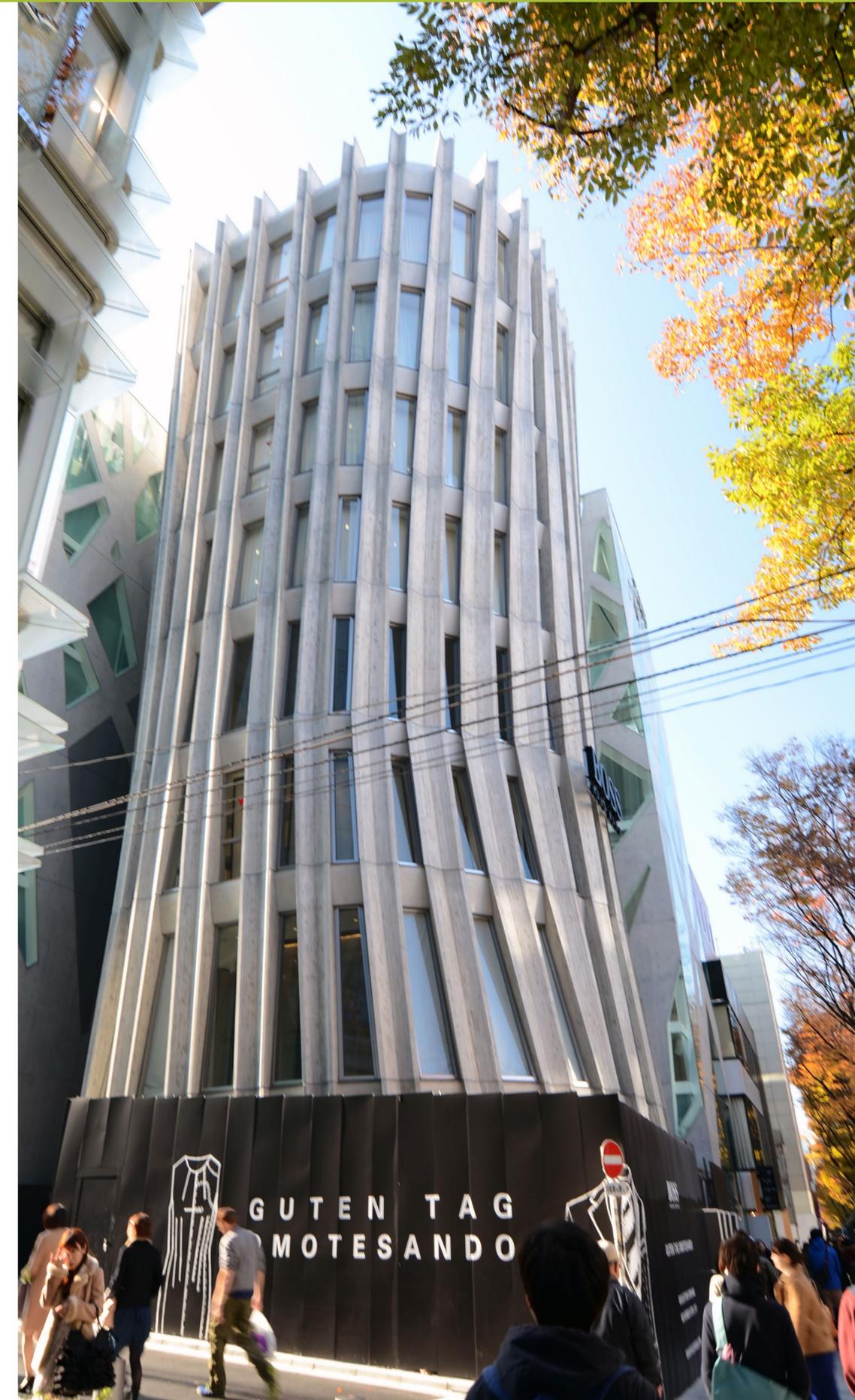
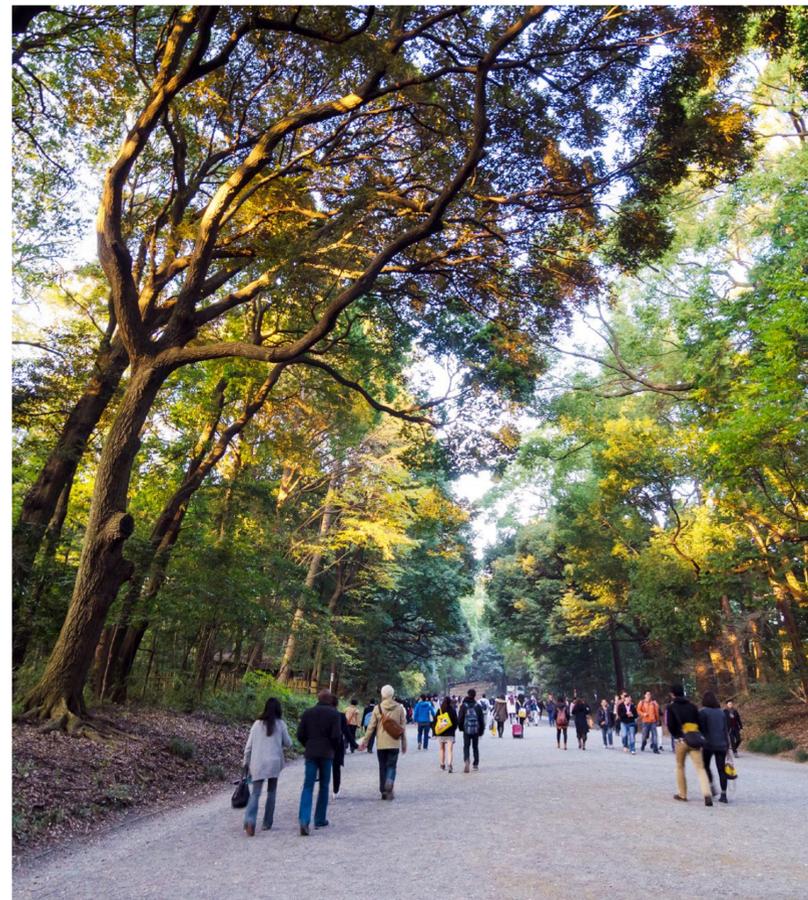
Yoyogi

Known primarily for its large park and verdant streets, the Yoyogi area of Tokyo is particularly popular with families which have children attending the American School as the commute is relatively short.

Kids that attend ASIJ and live in this area get picked up last in the morning and dropped off first in the afternoon.

Omotesando

Somewhat over-enthusiastically dubbed the “Champs-Élysées of Tokyo”, Omotesando is a pleasant and trendy side of town. A wide tree-lined boulevard carves its way through blocks and blocks of shops purveying everything from brand-name luxury items to boutiques that offer crafts and art.





Meguro-ku

Meguro-ku is predominantly a residential district which lies just outside the Yamanote circle line.

Nakameguro

Once a sleepy nondescript area of Tokyo, Meguro has transformed itself into a funky and artistic neighborhood. Along the otherwise drab Meguro river a throng of shops and restaurants have opened up. Along the backstreets you will also find a host of antique and vintage shops selling clothing and more.

Jiyugaoka

This leafy residential area is well known for being pedestrian friendly, especially the Green Street area south-east of the station which is car-free.

Shinjuku-ku

Shinjuku-ku is famous for its business and commercial areas around Shinjuku station - the world's busiest train station. The skyline is dotted with clusters of high-rise hotels and buildings, including the Tokyo metropolitan government buildings. In addition to its modern hotels, office buildings and shopping complexes, Shinjuku retains some of its older residential areas and an old-style "downtown" feeling and is also the location of Shinjuku Gyoen park

Iidabashi, Ichigaya and Kagurazaka

These neighborhoods are very popular with expatriates and Kagurazaka in particular is considered one of the most desirable areas to live in Tokyo. The area has a significant French presence and is close to the The Lycee Francais. For this reason a number of French Cafe's and restaurants can be found throughout the area.

Nishi Shinjuku

This area of town is reaching for the sky - literally. Here you will find a quiver of glass towers that is always growing. A proposed development will add three more skyscrapers that will be amongst the tallest in Japan.





Shinagawa-ku

Japanese people sometimes refer to this area of town as Shinagawa “city” but in English it is simply known as Shinagawa ward or just Shinagawa.

Gotanda

This quiet business district has been transformed from a manufacturing district into a residential and business area mainly because several international firms decided to locate their Japan corporate headquarters here.

Osaki

The Osaki area was once known just for its proximity to Shinagawa, but the area itself has now become a vital business center with an abundance of new office and residential development.

Meguro

Meguro is a stop on the Yamanote line, and offers an easy connection to Shinagawa, where one can ride the JR Shinkansen which connects Tokyo to Kyoto and Osaka. Shinagawa station also connects to Narita Airport via the Narita Express.

Ota-ku

The largest of Tokyo's wards, Ota-ku is the location of Haneda airport and borders Shinagawa-ku, Meguro-ku, Setagaya and Tokyo bay.

Denenchofu

Denenchofu, literally "garden suburb" is one of Tokyo's most exclusive residential suburbs. It borders other highly regarded suburbs such as Jiyugaoka. Denenchofu is especially popular with German families because of the relatively short commute to the German School.





Setagaya-ku

The second largest ward in Tokyo, Setagaya has numerous quiet residential areas as well as swaths of green spaces. It has one of the highest residential populations of any district in Tokyo.

Futako Tamagawa

Located approximately 20 minutes by rail from Shibuya on the Den-en-Toshi line, Futako Tamagawa is known by locals as Nikotama. Futako Tamagawa is on the Tamagawa river - the site of a the annual Tamagawa Hanabi (Tamagawa Fireworks festival) which takes place at the end of August.

Seijogakuenmae

Seijogakuenmae station is an upscale area of Setagaya-ku which is located on the Odakyu line.

Making Your Move!





Relocating With Relo Japan

Not knowing what you don't know is just one of the many travails you endure when moving abroad. Anyone who has decamped to another country will tell you that it is invaluable to have eyes and ears on the ground in advance in order to help you prepare for all the changes that are coming.

Relo Japan has over 20 years of experience in Japan relocations, and their multilingual consultants are ready with a wealth of information about your destination, allowing you to put your focus where it belongs, on your work and family. Relo Japan takes care of all the little details of your move including obtaining a visa, getting you orientated in your new location and arranging for the delivery of your things from your home.

Once you have chosen where you want to live Relo Japan goes about setting you up. From turning on the electricity and water to hooking up your cable and internet – they do it all. Relo Japan aims to go beyond what is expected, and furthermore they will be your first friends in Japan. Relo Japan offers the following:

- Professional and comprehensive support to meet all of your relocation needs
- The www.ReloJapan.com website, a vital source of information on Japan. A recent extension of our “Log-In Center” provides you with all the materials you need to relocate in a digitalized format
- Offices in Tokyo, Nagoya, and Kobe (Osaka)
- Japan-wide coverage through three offices and affiliates in many locations
- Access to all of the best properties available, through Japan Home Search, a multi-listing real estate agency
- Short-term accommodation arrangements in furnished or serviced apartments
- Settling-in services for individuals, couples and families
- Repatriation support leading up to departure
- Visa and immigration support, including local government compliance
- 24-hour Japan help line
- Tenancy management
- Expense management services, including payment of utilities



Finding a Home With Japan Home Search

While traditional real estate agents offer the vast majority of available properties in Japan, they are not all set up to be foreigner friendly.

Many landlords find renting to foreigners is simply too much of a hassle, especially to those who do not speak any Japanese at all. Japan Home Search is a real estate agency that caters specifically to expatriates relocating to Japan.

It is powered by JapanHomeSearch.com, a comprehensive, English-language property search engine. This popular site lists thousands of rental properties for a real-time snapshot of what is available on the market today.

The site features the “Pin Pointer” tool, which allows visitors to zoom in on the areas surrounding potential properties, and now also features a simplified web version for iPads and smart phones.

The Japan Home Search team prides itself on promptly answering all inquiries, and strives to find properties that meet each individual client’s needs.

The apartments and homes offered by Japan Home Search are pre-screened to allow foreign tenants, and unlike a traditional real estate agent, the entire rental process from start to finish is in English.

JapanHomeSearch.com offers the following:

- Multi-listing agent with access to thousands of rental properties
- Regularly updated “Hot Properties” featuring new and popular housing options
- User-friendly interface allowing visitors to search for several properties at once
- Comprehensive property details including features, interior and exterior photos, floor plans and much more
- Helpful information about popular expatriate areas
- Personalized support provided by bilingual real estate consultants
- Rent and condition negotiation to get you the best and most competitive deal
- Bilingual assistance at your “move-in” and your “move-out”
- On-going assistance with any maintenance issues
- Lots of advice on the rental process in Japan, and what you can and cannot do!

Renting a House or Apartment

Sometimes finding a place to live in Japan requires a willing suspension of disbelief from a western mindset. As with so much in Japan, or any other foreign country for that matter, things are simply done differently. And no experience in Japan quite compares to the unique way that the Japanese live and manage their living spaces.

For starters it bears repeating that space is at a premium. The more space you want, the more of something else you will have to give up: time, money or convenience. Choosing between renting an apartment or a house means deciding what kind of lifestyle you prefer. Want to be near the shopping and restaurants of the city? Space will be hard to come by. Want a bit more green and a larger place to live? Prepare for a commute. These choices are familiar to anyone who has lived in an urban area. However Japan tends to put a lot more of a premium on space. Even a big place in Japan might still seem small compared to what you are used to.



How Japanese Apartments and Houses are Measured

Japanese properties are typically measured according to how many tatami mats fit into each room. While modern Japanese apartments and homes are constructed with flooring and often do not have the traditional straw mats or tatami; the tatami standard of measurement is still used.

One jo means one straw tatami mat. The size of a tatami is roughly 85.5cm wide and 179cm (33.5" by 70.5") If the room is 6 jo, it will be about 8.6 square meters. (Tatami size varies according to whether it is used in a free-standing house or apartment and also varies in different locations of Japan.)

Tatami	Square Meters (ft ²)
4	5.8 (62.4)
6	8.6 (92.6)
8	11.6 (124.9)
10	14.5 (156.1)

Japanese Apartments

Japanese apartments can be notoriously small, especially in Tokyo, where even some high-end properties are as small as a den or even a large bathroom in many western countries. However, as Japan becomes more international, properties are becoming more and more “western,” and although space is limited, “open spaces” are now more popular than a number of tiny rooms, which is traditionally the case in Japanese homes.

Apartments will generally not include utilities in the rent, although some do charge fees for water usage. Parking is usually an extra fee which normally runs somewhere between ¥20,000 to ¥30,000 per month, depending on location.

Common Apartment Configurations

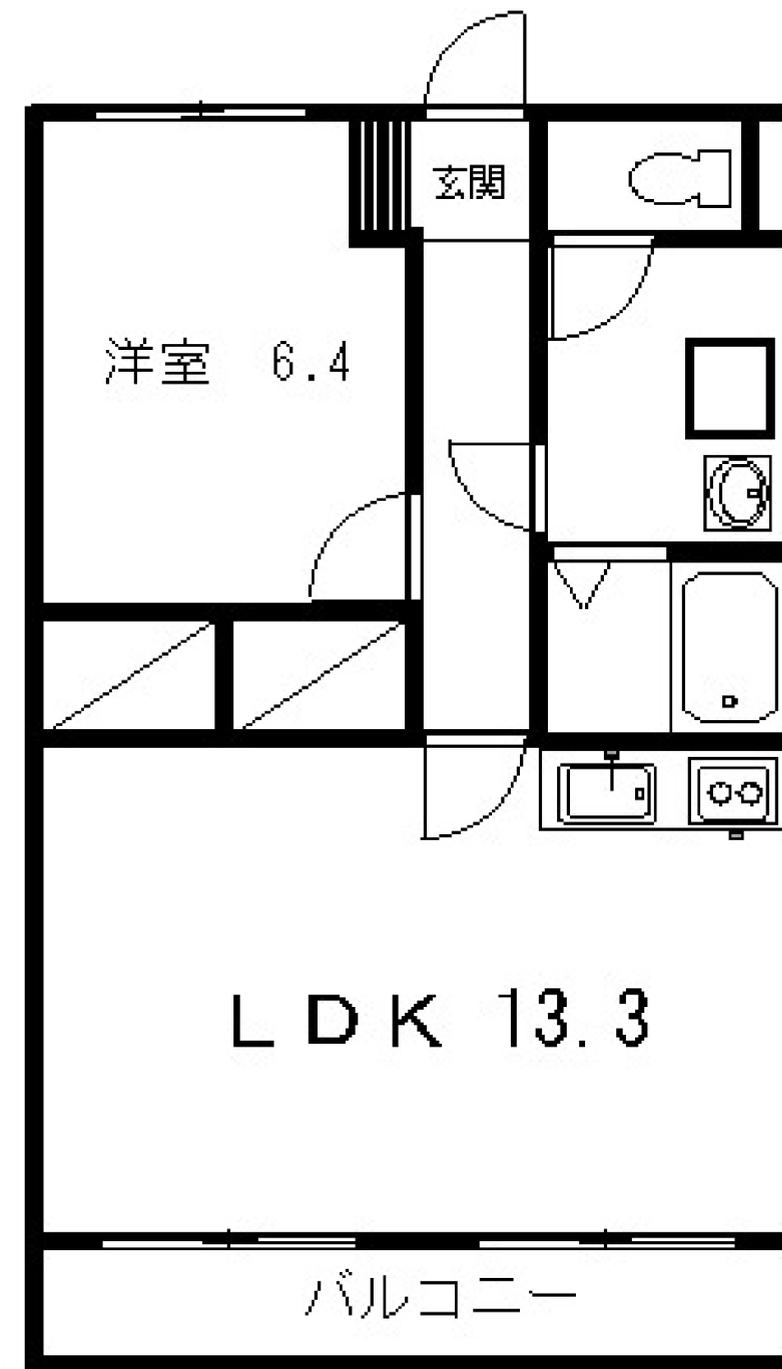
Apartments come in many sizes, and Japan has a unique alphanumeric code for each type of apartment. For example a “1K” is a one room apartment with a kitchen. A 1DK is a one room apartment with a dining room with a joining kitchen. A 1LDK means that the apartment has an adjoining living area as well and one bedroom. Thus the more numbers an apartment has the more “rooms” it has. Just remember that LDK (living, dining, kitchen) is generally one room, not three! The difference from “K” to “DK” to “LDK” is the size of the room containing those areas.

[Here is a sample](#) of a 1LDK floor plan. As you can see, the “LD” portions occupy the same space.

[Here is a 2LDK floor plan.](#)

Larger apartments [such as a 3LDK](#) will often have one or more rooms

with tatami flooring, and while these rooms often wouldn’t be considered by Westerners to count as an “additional bedroom”, they are counted as one bedroom amongst the three bedrooms in 3LDK.



Rental Houses In Japan

Houses in Japan tend to be smaller and simpler than those in other countries, and most foreigners residing in Japan for work tend to choose homes that could be described as “luxury” in the local market. These properties are generally western-style homes with a full suite of amenities not often found in Japanese houses. Clothes dryers, dish washers, central heating, and multiple bedrooms are all features that are now commonly available in upscale Japanese properties.

Houses with gardens are difficult to come by in central areas, but can be found in the wealthier inner suburbs to the south and west. While not so far from the central business districts, getting to work from these areas involves traveling on Tokyo’s infamously crowded commuter trains.

With the help of a relocation company like Relo Japan, someone will take care of all the

little details of the your move, including finding you a house or apartment, sourcing furniture and,or cars for lease or purchase and arranging the delivery of the client’s belongings from their home country. Generally, the company will pay for these services, but a little bit of knowledge will help the employee get the most out of them.

Finding an apartment on your own in Japan can be a daunting task if you have never done it before. It seems like just about everything is a little harder in here, and if you do not speak Japanese your options are fairly limited. One of the first differences between Japan and the west is that apartments and houses are rented through real estate agents and the landlords designated “management company” or “representative”, rather than directly with the landlord. This is why you rarely see “for rent” signs in front of apartments, and when you do the contact information is a local real estate branch office.





Real Estate Agents: Japan Home Search

While traditional real estate agents offer the vast majority of available properties in Japan, they are not set up to be foreigner friendly. Many landlords are simply not willing to rent to foreigners in general, especially to those who do not speak any Japanese.

As one foreign resident has recounted: “I remember hearing the agent who helped me with mine say to my prospective landlords over and over again, “He is foreign, but he is from the United States and speaks Japanese. “ Usually, this was followed quickly by, “Oh, really? I understand, thank you for your

time.” I felt bad for him watching the list of properties he was able to show me get smaller, and smaller, until we were left with about 5; out of an original 25.” Getting a foreigner into housing can be a challenge in Japan.

JapanHomeSearch.com

specializes in serving the specific housing needs of foreign client’s. The apartments and homes they offer are pre-screened to allow foreign tenants, and unlike a traditional real estate agent, they can basically take you through the rental process from start to finish in English.

Fees and Policies

Key Money

Key money or *reikin* is a one-time fee that a tenant may be asked to pay a landlord when a lease contract is concluded. This is considered a gratuity for the conclusion of the lease contract. This business custom dates back to an old Japanese tradition whereby wealthy families in positions of power paid cash to a landlord as a gratuity. Unlike a deposit, this payment will not be returned at the termination of the contract. High rent property owners generally do not request key money and instead, charge deposit plus one month advance rent.

While the “key money” tradition seems overly exorbitant, there are no penalties to canceling contracts at any point during the housing contract. Contracts usually automatically renew without any renewal fees, so the key money you need to pay up front is simply a “different system”

and the overall situation should be considered when evaluating the initial costs of entering a new rental home.

Deposits

Deposits or *hoshokin* are standard for rental agreements and are collected in advance as collateral to cover potential arrears in rent and property damage and/or future cleaning fees at termination of the contract. Typically 2~6 months rent will be charged as deposit. As in most other countries, the deposit is in principle refundable. However, some landlords can be quite punitive in the damage they charge.

Rent

Rent or *yachin* is usually paid monthly, in advance to the owner. In some cases there is a late fee if payment is overdue.

Maintenance Fee

It is standard for the landlord to require *kyoekihi*, a monthly fee for general building maintenance, including grounds, electricity for the elevator and outside lighting as well as up-keep of the structure.

Agent Fees

Most properties are found through a real estate company. The realtor will charge an agent's fee *chukai tesuryo* as payment for acting as an intermediary, from the start of the home-finding process through conclusion of the house contract and move-in inspection. The ceiling of the fee, regulated by law, is 1 month's rent plus consumption tax.

Tenant Insurance

Housing contracts often stipulate the tenant to take out tenant insurance *jutaku hoken*. There are very reasonable comprehensive tenant insurance packages available which offer protection for the whole family providing personal liability and damages

caused fire, water leaks, theft, lightning and earthquake.

Repairs

The responsibility for repairs is usually clearly outlined in the housing contract. Owners are responsible for "general wear and tear" called "*shizen-shomo*" in Japanese, while tenants are responsible for any damage outside normal wear and tear. However, it is important to understand that in Japan all repairs are generally done by the owner's stipulated management company or repairman. You become responsible for the cost, but it is not custom in Japan that you conduct your own repairs.

Pets

Many rental properties don't allow pets, so having a pet is likely to reduce your rental options significantly. However, pets are now very popular in Japan, so we have seen relatively more properties in recent years that will take your poodle or your Siamese beauty. Even when properties are

labeled "pet friendly", it is common case-by-case permission must be obtained from the landlord.

Some properties, for example, will allow small pets, but not large dogs. Some places are OK with dogs, but don't allow cats. Sometimes, additional deposits or rent can be required and there

may be additional "cleaning" or "disinfection" charges at the end of the contract.

In general, if you bring a big dog or a cat with you, you should anticipate that you will have difficulties finding a place to live and will have a fairly small number of options to choose from.



Guarantor

Many companies act as lessee and enter into housing contracts on behalf of foreign employee or “tenant”. In these cases no guarantor is needed. However, if you enter into a private contract and will be the signatory, you will also need a guarantor. The guarantor can be a Japanese colleague or company established to provide just such services. Recently, many owners are using “guarantor companies” who will charge you a flat fee for this service. You will need to provide documents such as copies of your residence card and visa stamp and submit a Certificate of Employment from your company in order to enter into a contract with the “guarantor company” which in turn allows you to make a contract with the house property owner.

Contract Terms

Housing contracts in Japan are generally for a set two years and include clauses for

early termination and renewal. It is standard for contracts to automatically be extended unless a cancellation notice has been submitted. When your assignment in Japan has ended, it will be necessary to terminate the house contract and related services such as utilities. Most housing contracts require one-two months prior written notice of termination. There will be a final inspection when you move out at which time the owner, realtor and, or management representative will ascertain cleaning and damage fees to be deducted from the deposit.

In addition to standard two-year contracts, there are also fixed-term contracts that are common if the owner is planning to return to their property at some point in the future. Fixed term contracts cannot be renewed, so any extension of the initial contract would require a completely new contract. Fixed term contracts are normally for longer periods of four-five years, but the termination process remains the same as for standard two-year contracts.



Appliances and Furniture

When moving into a new apartment or house it is common that there will be little, if anything, in the way of furnishings and built-in appliances. Often you may be required to buy lights, air conditioners, curtains and other white appliance items that you might consider standard in rental properties elsewhere. Either way the utility of such devices and the way they work will need a little study to figure out.

Washing Machines

You should be aware that Japanese washing machines usually wash only with cold water, as there is not often hot water available for the laundry areas of Japanese housing. Japanese clothes dryers are often combination machines, or are separate units that are powered by electricity only, and therefore take hours to dry clothes fully. Powerful clothes dryers don't tend to be common because the Japanese usually dry their clothes outside on a line.

Kitchen Appliances

A Japanese kitchen will be set up quite differently from its western counterpart. An stand alone oven is uncommon and is usually part of an appliance that includes a microwave with an electric oven feature. A lot of people use only a toaster oven in their apartments, as even a smaller “full size” oven will simply not fit. Many stoves

burn propane gas, have two to four burners and include a fish grill that sides out from under the burners and operates as a small broiling oven.

In larger western-style properties, larger ovens and white appliances are available, but in typical Japanese properties even a small dishwasher is rarely included in the kitchen.



Toilets and Baths

Historically Japanese did not have a toilet in the bathroom and the two facilities had their own separately dedicated spaces. A traditional Japanese bath requires that most washing is done out of the bath, which is used primarily for soaking and relaxation. The bathing area was intuitively a “clean” space and the inclusion of a toilet effectively negated this concept. These days however you will find something called a “unit bath” in smaller apartments. A unit bath will have both a toilet and a bathtub with a shower attachment, effectively merging the two functions in a nod to the reality that space is at a premium and some traditions must be sacrificed.

Japanese Toilets

The American equivalent of the “bathroom” or “restroom” is referred to simply as “the toilet” (toire) in Japan, as in European countries. While you will still find standard “squatting” toilets in public facilities and older buildings,

most modern Japanese toilets are quite superior in technology and function to those you may have encountered in other countries. Most will have heated seats and it is also common to include both a bidet and “washlet” (posterior washing spray) functions utilizing warm water. Some will also feature “blow dry” modes to limit the amount of toilet paper that is used.

The Japanese Bath

As mentioned above, the Japanese have traditionally utilized the bath for relaxation. As the body is washed outside of the bath in a shower area, the water in the bath is often used by several people before it is let out. Modern baths will allow you to re-heat the water for later use. Showering is usually done sitting on a stool and for this reason you will find that it is hung lower than you might expect. Most shower heads are attached via a hose and can detach from the wall and be used separately from their normal position.



Furnishing Your Home

Depending on your situation and budget, there are many options for furnishing your home in Japan.

Shipping

If you are coming to Japan for an extended period of time, your company may ship your furniture to Japan and back for you. Being surrounded by familiar things is a great way to help you ease into life in a new country.

Some things simply may not fit into a Japanese apartment or house, so keep in mind what types of things you are bringing and if they will suit your new place. Often the size of doorways and elevators in Japan are smaller than back home and so it is best to confirm whether things will fit or not before you send them. What can you do with a sofa that won't fit in your house after all? For this reason it is a good idea to bring the measurements of any large items you plan on bringing with

you on a home-finding tour.

If you do decide to ship your household items you will need to decide for what to do while you wait for everything to arrive. You may choose to stay in a hotel, or you could just make do living out of a suitcase on the floor. Alternatively Lease Japan offers a convenient short-term furniture rental service which can keep you comfortable during the interval between when you arrive and when your stuff does.

Buying New Furniture

Another option is to buy all new furniture. However you may find that the size and variety of furnishings available may not match your preferences. While western-style furnishings are increasingly common, the quality and price performance for what you get can often be disappointing to foreigners.

Buying Used Furniture

Like anywhere else, you can also purchase used furniture in Japan. One popular way of finding what you are after is to check “sayonara sales”, moving home sales by other foreign residents.

Sayonara sales are usually advertised by word of mouth, but you may find one by searching on the internet. If you get lucky, this is the cheapest method of furnishing your house, but there is no way to guarantee that you will get your home furnished with any sort of expediency. In addition running around and collecting things from people in a new city is a bit of a hassle.

Alternatively you can try one of the “recycle shops” which sells used items. Think of them as permanent garage sales. You never know what you might find in them, and the prices can be much higher than you would expect. Lastly there is the problem of ferrying things back to your residence. Some shops will deliver (depending on how much stuff you buy) but most will expect you to take what you buy home with you.

Most foreigners will tell you that sayonara sales are worth checking out if there is something you can't get elsewhere. Roughly the same goes for used stores, though they tend not to be of very good value.

Leasing Furniture

There are several reasons why leasing furniture is an attractive option for expats. One point to consider is that when it comes time to return home you will either have to ship it home or otherwise get rid of it in Japan. If you can't sell the things you have collected you will have to dispose of them which can be quite expensive and time consuming. If you wish to throw away large items you must reserve a pick up day and pay a fee for anything that cannot be placed in a standard garbage bag.

If you decide to lease furniture then it will be delivered and picked up at your convenience. This is especially useful for people who want to make a contract for the exact period of time that they will be in Japan. You can even have your residence furnished and ready for you before you arrive.

Lease Japan will furnish your home tastefully and quickly without investing a lot of cash up-front. They do the work for you so that you have time and energy to concentrate on getting settled in and acquainted with your new environs. Their English-language service is stress free and easy to use.

Here are some of the services that they provide:

- Tasteful furniture and appliances selected by you from their catalogue. Order piece by piece, or one of their convenient packages, specially selected to provide you with all the essentials.
- Delivery and installation of the items in your home.
- Continued support for maintenance and repair issues.
- Collection of furniture and appliances from your home at lease end.
- Service in English; including contracts and service documentation
- English appliance manuals, when possible.

For more information go to: www.leasejapan.com/furncatalogue.asp

Garbage Collection in Tokyo

Garbage (gomi) in Tokyo is generally divided into three or more different categories for collection purposes: burnable (kanen or moeru gomi), non-burnable (funen or moenai gomi), and recyclables (shigen gomi). Garbage bags for each type of refuse can be bought at supermarkets and convenience stores.

As each ward has different collection days, and between 2-48 A4 pages of rules pertaining to garbage separation and collection, please check the rules for where you live at the following links:

Adachi

www.city.adachi.tokyo.jp/gomi/kurashi/kankyo/documents/24japan_english_1.pdf

Arakawa

www.city.arakawa.tokyo.jp/kurashi/gomi/wakekata/dashikata.files/dasikata-english.pdf

Bunkyo

www.city.bunkyo.lg.jp/var/rev0/0094/5882/A4_English.pdf

Chiyoda

www.city.chiyoda.lg.jp/koho/kurashi/gomi/wakekata/documents/poster_eng.pdf

Chuo

www.city.chuo.lg.jp/multilingual/english/guidebook/files/JE_3_3.pdf

Edogawa

www.city.edogawa.tokyo.jp/gomi_recycle/pamphlet/english.files/2-9_rule-e.pdf

Itabashi

www.itabashi-ci.org/int-en/files/2011/10/living-info-en51.pdf

Katsushika

www.city.katsushika.lg.jp/dbps_data/_material/_files/000/000/001/993/h201503english.pdf

Kita

www.city.kita.tokyo.jp/r-seiso/kurashi/gomi/bunbetsu/chirashi/documents/attachment_10.pdf

Koto

www.city.koto.lg.jp/seikatsu/kankyo/kusyugomi/7348/file/niti-ei.pdf

Meguro

Part one: www.city.meguro.tokyo.jp/kurashi/shizen/gomi/pamphlet_shokai/shigengomipdf.files/en1.pdf

Part two: www.city.meguro.tokyo.jp/kurashi/shizen/gomi/pamphlet_shokai/shigengomipdf.files/en2.pdf

Part three: www.city.meguro.tokyo.jp/kurashi/shizen/gomi/pamphlet_shokai/shigengomipdf.files/en3.pdf

Minato

Full guide: www.city.minato.tokyo.jp/gomigenryou/kurashi/gomi/kate/k-wakekata/documents/guidebookengrevised.pdf

A4 poster: www.city.minato.tokyo.jp/gomigenryou/kurashi/gomi/kate/k-wakekata/documents/eigo-tirasi.pdf

Nakano

www.city.tokyo-nakano.lg.jp/dept/473000/d010393_d/fil/4.pdf

Nerima

www.city.nerima.tokyo.jp/kurashi/gomi/recycle/downloads.files/wakedasikani_eigo2702.pdf

Ota

www.city.ota.tokyo.jp/seikatsu/gomi/shigentogomi/23gomi_leaflet.files/26eigo.pdf

Setagaya

www.city.setagaya.lg.jp/foreign/1703/d00127704_d/fil/en_gomibunbetu.pdf

Shibuya

www.city.shibuya.tokyo.jp/env/gomi/pdf/shibuya_gomi_en2014.pdf

Shinagawa

www.city.shinagawa.tokyo.jp.e.ke.hp.transer.com/hp/menu000005700/hpg000005617.htm

Shinjuku

www.city.shinjuku.lg.jp/foreign/english/pdf/other/gomi2014_e.pdf

Suginami

Front: www2.city.suginami.tokyo.jp/library/file/garbage26_omote.pdf
Back: www2.city.suginami.tokyo.jp/library/file/garbage26_ura.pdf

Taito

www.city.taito.lg.jp/index/kurashi/gomi/wakekata/index.html

Toshima

www.city.toshima.lg.jp/151/kurashi/gomi/shigen/documents/gaikokugoban_gomishigen_allpages.pdf

Oversized Garbage:

For large items (over 30cm³, or one meter on any side), you'll need to arrange pick up with the city by calling the collection center for your ward, listed below. They will help arrange a collection date and tell you a price; you'll need to purchase stickers (soudaigomishoritesuuryouken) of that value from a convenience store, post office, or supermarket and affix them to the outside of your items and put them out on the correct day for collection.

Adachi, Arakawa, Bunkyo, Chiyoda, Chuo, Edogawa, Itabashi, Kita, Koto, Minato, Shibuya, Shinjuku, Sumida, Taito, Toshima:
Tel: (03) 5296-7000

Katsushika: Tel: (03) 5296-4400

Meguro: Tel: (03) 5715-0053

Nakano: Tel: (03) 5715-2255

Nerima: Tel: (03) 5703-5399

Ota: Tel: (03) 5465-5300

Setagaya: Tel: (03) 5715-1133

Shinagawa: Tel: (03) 5715-1122

Suginami: Tel: (03) 5296-5300

Purchasing or Leasing a Car in Japan

Purchasing a Car

First, the good news. You are spoiled for choice when purchasing a car in Japan. Used cars are an especially good option as the Japanese tend to be meticulous when it comes to maintaining and servicing their automobiles. No matter what brand or model you are after, there is a good chance you can find a car that suits your needs.

Naturally, purchasing a car involves registering the vehicle to get it on the road. There are also permits to obtain for parking, as well as fees, taxes and additional costs that will be added to that price you see on the windshield. All-in-all though, if you have dealt with your department of motor vehicles in your home country you can get through the hurdles required to have your own wheels in Japan - but there is a lot to be done!

The Basics

- First, register your inkan seal at city hall or your local ward office, and get an inkan shomeisho or Certificate of Seal Registration.
- Next, find a car you would like from an individual or a dealer.

Buying a Car from an Individual

Go to your local police station and ask for the following:

- *Hokan basho shomei shinseisho* (Police Parking Application Form)
- *Hokan basho shomei* (Certificate of Permission For Parking Space)
The owner of your parking place must fill out and stamp this form to prove you have a place to park the vehicle arranged.



Location of parking lot and space:

This can often be obtained from the real estate agent, building owner or building management company. You will need a map that shows your parking space in relation to other property, as well as show the dimensions of the space.

When you have completed the forms, take the documents and your inkan stamp to the police station and turn them in. You will have to pay a fee, usually around ¥2,000, and you will be advised when to pick the documents up again. Some departments will charge you a fee, usually ¥500, to collect the documents when they are completed.

Prepare forms to be signed by, or received from the seller. You will need to go to a vehicle registration office and ask for:

Meigi henkou
(Re-Registration Form)

Both forms must be stamped or signed by the previous owner.

A notarized signature is only valid for three months and cannot be renewed if the party has left Japan. The validity period for the certified stamp varies, but is generally also three months.

Required forms to get from the seller:

- *Ininjou* (Power of Attorney)
- *Joutou shomeisho*

(Certificate of Transfer/ Bill of Sale)
Both forms must be completed in Japanese, and all information must match the notarized signature form. This also applies to the seller's information.

- *Jidoushazei noufusho* (Certificate of Vehicle Tax Payment)

This receipt must be kept as proof of payment of taxes, and given to the buyer if the car is sold.

- *Shakken sho* (Vehicle Registration Certificate)

This certificate must be kept current and with the car. It must be given to the buyer if the car is sold.

Vehicle Registration

Once you have received your approved documents from the police, and had the documents stamped by the previous owner, take the car and all the documents to the kensa touroku jimusho (Inspection Registration Office).

Like any department of motor vehicles, everything at the Inspection and Registration Office is bureaucratic, and will take some time. In addition to the long lines, you will be sent to many different desks and windows as the process continues. Plan on spending at least a few hours, and bring a book.

Every location has different procedures, but in general you will need to submit the papers gathered previously, fill out some other forms, and pay any required fees, such as the following:

- Taxes on the vehicle.
- If the car is from another prefecture, you will need to buy

new plates.

After completing the procedures at the Inspection and Registration Office, the car will be registered to you, and a new shaken certificate issued in your name.

Buying a Car from a Dealer

The dealer should assist or instruct you on how to get the following forms:

- Hokan basho shomei shinseisho (Police Parking Application Form)
- Hokan basho shomei (Certificate of Permission For Parking Space)

Vehicle Registration

Again, the dealer should do all the registrations at the Vehicle Inspection and Registration Office for you, and provide the new Shaken Certificate in your name when they deliver the car to you. Some dealers may charge a fee for this service.



Leasing a Car

Because purchasing and registering a car in Japan can be complicated, you may decide to lease a car instead. Lease Japan offers a comprehensive service for foreigners who wish to obtain a car this way.

What is a Car Lease?

Automobile leasing means that you pay only the amount that a vehicle's value depreciates during the time you are driving it. Depreciation is the difference between a vehicle's original value and its value at lease-end (residual value), and is the primary factor that determines the cost of leasing. Basically, you pay for the part of the car value that you use up during the lease term. There are other costs that may be included in the lease fee. These include insurance, registration fees and the addition of other options such as GPS navigation systems.

The Advantages of Leasing with Lease Japan

- Fewer hassles
- Leases generally come with full service maintenance and full coverage insurance policies included in the monthly lease fee.
- The lease company will be there to assist from the time of delivery to the day the car is returned.
- Lease Japan specializes in providing services and contracts in English.
- At Lease Japan, all of our consultants are bilingual in English and Japanese and we boast a great mix of foreign and Japanese staff.

- **Lower Monthly Payments:** as you only pay for the portion of the car that you actually use, your monthly payments will be 30%-60% lower than a purchase loan of the same term.
- **Lower up-front cash outlay:** most leasing companies, including Lease Japan, require no down payment, which makes getting into a new car more affordable and frees up your cash for other things. We generally ask for the first and last month's lease payment in the first month, as we find this easier for the client, who will not have to make a payment for the last month of the lease (and probably the last month of being in Japan).

This means you will not need to worry about making sure you still have your bank account open to pay the last payment. You can focus on more important last minute things whilst still driving your car until the very last day.

- **More Car, More Often for new car leases:** Since your monthly payments are lower, you get more car for the same money and can drive a brand new vehicle every two to four years, depending on the length of your leases.
- **Fewer Maintenance Headaches:** most people like to lease for a term that coincides with the length, in months, of the manufacturer's warranty coverage so that if something goes wrong with their car, it is always covered. At Lease Japan, we also offer free 1/6/18/24 month maintenance checks on all new cars. We will collect the car from your place of work or residence at a time that suits you, take the car to have its maintenance check and return the car the same day.
- **No Car-Selling Hassles:** with leasing, the headaches of selling a used car are eliminated. When your lease ends, you simply return it back to the leasing company and walk away.

- **Bonus Service Bundles:** different companies make leasing even more attractive by bundling different services with their lease packages. At Lease Japan, we offer:
 - **ETC Card (Electronic Toll Collection System):** get an ETC card without the hassles of a Japanese credit card. We will supply you with an ETC card without the need for applying for a Japanese credit card.
 - **24,7 Emergency Help Line:** When you lease a car from Lease Japan, you will automatically be eligible for our 24/7 English Help Line Assistance Service. If you have an accident or have any problems with the lease car, you will be able to contact one of our native English speaking consultants for immediate assistance.

Easy Steps to Leasing a Car

- Request an estimate for your desired car type, grade, color, options, etc.
- An estimate is prepared and sent to you for verification. Changes and new estimates may be requested at this point.
- When everything is agreed upon, sign the estimate for your new lease car and return it.
- When the signed estimate is received, your contract will be mailed to you. At this point, the lease agent will begin ordering and registering the car.
- To register the car, the lease agent will need some things from you:
 - A copy of your *jyuminhyo* (Residence Certificate)

- *Hokan basho shomei* (Certificate of Permission For Parking Space)
The owner of your parking place must fill out and stamp this form to prove you have a place to park the vehicle arranged.
- Your *inkan* seal on the registration paperwork

Types of Leases:

Closed-end Leases

Closed-end leases, sometimes called “walk-away” leases, are the most common consumer leases today. This type of lease allows you to simply return your vehicle at the end of the lease and have no other responsibilities. Closed-end leases are based on the concept that the number of miles you drive annually is fairly predictable (12,000 miles per year is typical), that the vehicle will not be driven in rough or abusive conditions, and that its value at the end of the lease (the residual) is therefore somewhat predictable.

Open-end Leases

Open-end leases in the west are used primarily for commercial business leasing. In this case the lessee, not the leasing company, takes all the financial risks, which a business will simply count as an expense. Annual mileage on a business lease is usually much higher and less predictable than a standard 12,000 miles-per-year non-business lease.

In Japan, however, the law forbids companies from taking out open-end leases so they are primarily used by individuals as an alternative method of financing a new car; like a car loan, but more complicated.

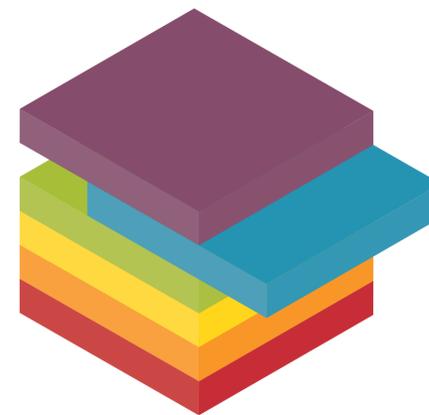
Open-ended leases are also popular with foreign ex-pats in Japan because they are not usually eligible for normal car loans or financing through Japanese banks.

In an open-end lease, the lessee (driver) is responsible for the difference between the estimated lease-end value of the car (the residual) and the actual market value of the car at the end of the lease. This could amount to a significant sum of money if the market value of your vehicle has dropped or you drive more miles than expected.

Often, the residual value for an open-end lease is set much lower than a non-business closed-end lease, which reduces your lease-end risk, but increases your monthly payment amount.

Lease Japan invites you to view our selection of new and used cars to buy or lease. We put you in the driver’s seat with comprehensive leasing, purchasing, and after care services.

Find out more at: www.LeaseJapan.com



LEASE JAPAN



Converting your Foreign License

Like all countries Japan has its own peculiar rules of the road. Signs, traffic laws and customary behavior are quite different from other countries. For this reason, you will have to pass through their regulatory system to drive legally. For some the path is wide and easy. For others it is a bit more narrow; this is one thing you do not want to do on your own.

Fortunately, Japan Driver's License has bilingual experts on hand to assess your place in the system and guide you through it. Essentially foreign license conversion in Japan can be divided generally into two groups, depending on what country issued the foreign license.

The Lucky Ones

The first group includes license holders able to convert their foreign licenses directly to a Japanese license. For this group, conversion is a shorter bureaucratic process that takes a couple of hours at the license center; if your license was issued in one of these countries:

Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Norway, Portugal, Spain, Sweden, Switzerland, The Netherlands, The United Kingdom, Australia, New Zealand, Canada, Taiwan and South Korea

...and it is valid (not expired, etc.), and you can prove residency in that country for a minimum of three months after license issuance you are not required to take either the written test or road test to convert your license.

Let's Take A Test!

The second group includes license holders who require both a written and a driving test in order to get a Japanese driver's license.

Valid foreign license holders from countries not listed above - held by people who can prove a minimum of three months residency in the country that issued the license after it was issued - may be allowed to convert their license only after filing paperwork, taking a short written test, and passing a driving test on an enclosed course at the testing center in their prefecture. If you are not in either of these groups, then the Japan Driver's License consultants can advise you on the best way to go about being certified. If you do not speak Japanese it may be difficult to get through these steps, and most centers require that you bring someone with you who can speak Japanese.

Official Translation of Your Foreign Driver's License

To start the process, both groups of license holders need to obtain an official translation of their foreign driver's license from an approved source. This is most commonly done through the Japan Auto Federation (JAF).

Gather Required Documents

After you obtain your official translation, you must go to the licensing center that serves your area with the following documents:

Valid foreign driver's license – and previous licenses, if you have them; if the license does not show the date of issue, or if the license was recently renewed, it may be necessary to submit additional documentation.

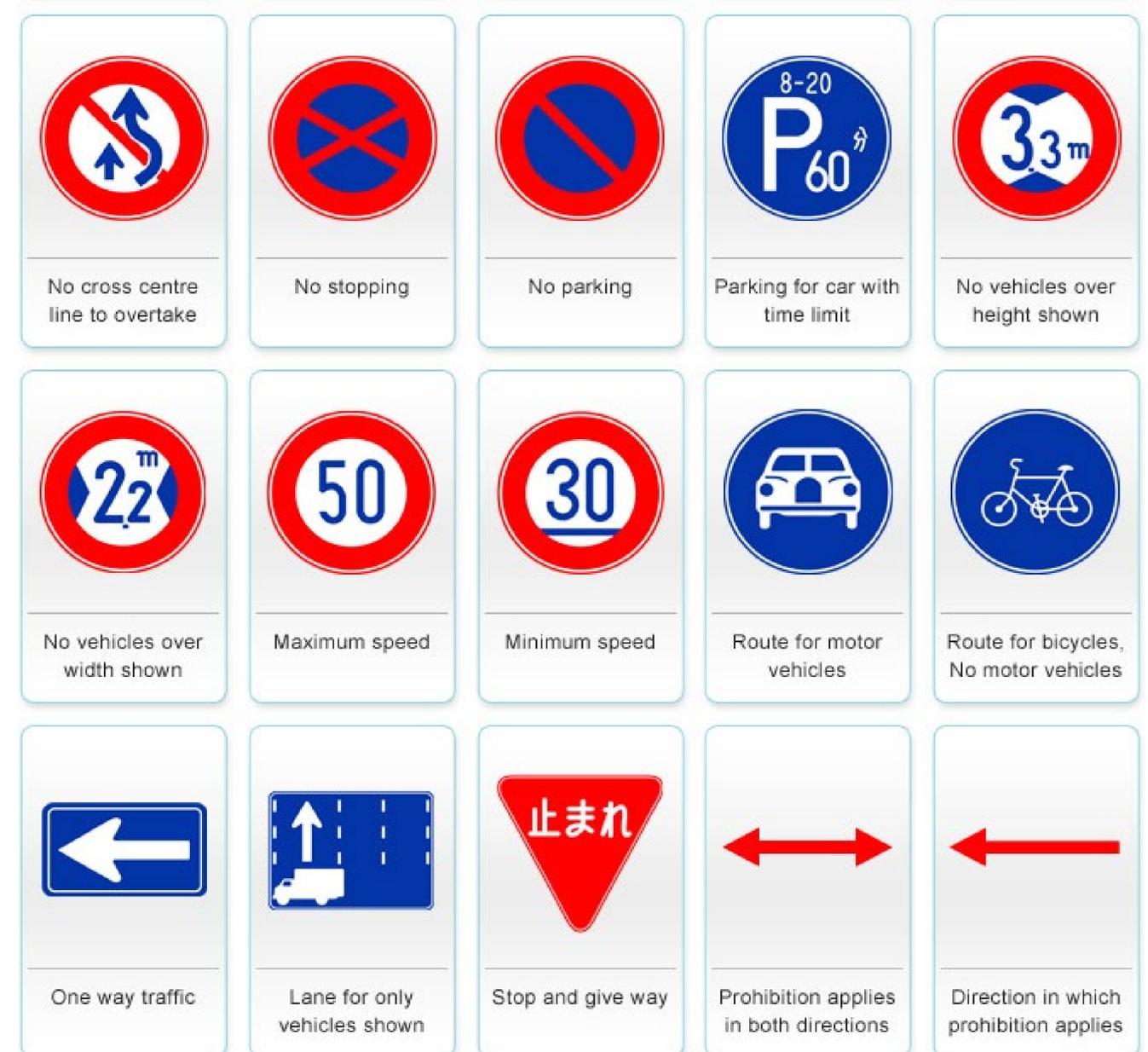
- Japanese translation of foreign license, available from the Japan Automobile Federation: www.jaf.or.jp/e/switch.htm or sometimes at the embassy or consulate of the issuing country.

- Residence Card
- Jyuminhyo x2 (Certificate of Residence)

- Passport and any expired passports; these are required to prove that you were in the country that issued your license for at least three months after you obtained your license.
- One 3 x 2.4 cm photo; must be taken within the last six months.
- Previous Japanese license, if you have one.

There's a Sign For That!

Some of the road signs you will need to know when driving in Japan!



Applying at the Driver's License Center

The application procedure begins with an inspection of your documents to make sure that you have lived in the country that issued your license for at least three months after issuance, and that all of your documentation is up-to-date and complete.

Eye Test

Standard eye test; you will be required to point in the direction that the image is pointing (this will make more sense when you see it). Once you pass the eye exam:

- If you are in group one, you will usually receive your license that day and you will be finished.
- If you are in group two, once you pass the eye exam, you will take the written test. Carry on!

Written Test

The written test for license conversion is much simpler than that given to people getting their first license. The test itself is available in English; however, the instruction session just prior to the test will be in Japanese.

The main point of the Japanese explanation to understand is that in Japan X means false and O means true, and that when you have completed the test you may leave the room. The best way to study for the test is to read the Japan Auto Federation's English-language book, "Rules of the Road."

The Driving Test

This driving test is infamous. The test itself is not difficult, but there are many simple sequences and processes that the test proctors are looking for, and if you are not aware of them, you will not pass.

It is not uncommon for foreigners to take the driving test five times or more, simply for the lack of a little knowledge, rather than a lack of actual driving skills.

Considering that each attempt requires nearly a full day at the testing center, fees and lost wages can make converting your license on your own a time-consuming, expensive, and frustrating experience. The average pass rate unassisted is 20%. Japan Driver's License clients enjoy a greater than 70% first time pass rate, and 95% pass by the second try.

Once you pass the eye exam and written test, you will be scheduled for your driving test. The test is not offered on the same day you apply; you will have to come back to the testing center. Most likely; it will be a testing block period, rather than a specific time.

You may be able to change this schedule on the spot or over the phone later. You will usually also receive a map of the driving course, which you will be required to drive from memory on test day. Take the opportunity to walk the driving course before you leave if possible, it will help you to memorize it.

Depending on the driving center, you may be required to pay an additional car rental fee. Be prepared to spend a lot of time waiting. When your turn comes, you will be required to get in the car and drive the prescribed course with an examiner, who will speak only in Japanese. It is necessary to memorize all the turns and elements of the course in advance; you will not receive instructions from the proctor.

If you make a "major" mistake you will fail on the spot. Whether or not you passed, you will be instructed to go inside and wait for the results with the other test takers. If you were not successful, you'll be given a paper with your next scheduled opportunity to try again.

If you are successful, you should receive your new license that day. This will entail paying more fees, getting your picture taken, and filling out forms.

If you are going to drive in Japan, especially if you are here for more than one year, you must convert your license.

What To See And Do



The Imperial Palace

Tokyo can sate your appetite for both the traditional and modern: for starters, try the Imperial Palace. A brief walk from Tokyo Station, this is the massive property of Japan's royal family, and dominates the center of town.

It is possible to visit the Imperial East Garden — a popular cherry blossom viewing spot — any day of the year, but the palace itself is only open to the public on January 2 (new year's) and December 23 (the emperor's birthday). Nijubashi Bridge gives the best view of the palace.

1-1 Chiyoda, Chiyoda-ku, Tokyo

Tel: (03) 3213-1111

sankan.kunaicho.go.jp

[Map](#)





The Tsukiji Fish Market

Tsukiji Fish Market is an immensely exciting spot to visit - a huge wholesale market that handles over 2,000 tons of fish per day. The market wakes up early, and if you want to watch the famous Tuna Auction it is best to be there by 4 am. Some people find it better to stay out all night and then head straight to the market on the first train.

The public is admitted to the outer market, where you can watch the dealers selling the sea's bounty to buyers for restaurants and shops. Be careful on the slippery floors, though, or you could end up in a basketful of fresh fish. And remember - if you disturb their work in any way they are very likely to kick you out.

The market is closed on Sundays and public holidays. Note: No visit to Tsukiji would be complete without eating at one of the many sushi shops in the immediate area.

5-2-1 Tsukiji, Chuo-ku, Tokyo

www.tsukiji.or.jp/english/
[Map](#)

Sumo

There are three sumo tournaments held in January, May, and September at the Ryogoku Sumo Hall (kokugikan) near Ryogoku Station.

You can buy tickets about a month before a tournament through ticket sellers such as Ticket Pia, as well as at the sumo hall itself. If you want to buy your tickets at the gate, turn up at around 9am.

You can also see the wrestlers practice at several of the dozens of sumo stables (heya), most of which are in the same area. Some are more open to visitors than others, and you should always call ahead to arrange a visit; connections and introductions will get your request considered much more seriously. This is definitely an early-morning activity, with some of the stables starting up at 4am.

There is also a museum pertaining to all things sumo-related on the hall's first floor. Admission is free, however during tournaments it is only open to ticket holders.

1-3-28 Yokoami, Sumida-ku, Tokyo

Tel: (03) 3623-5111

www.sumo.or.jp/en/

[Map](#)





Tokyo Disneyland

If you are a Disney fan then you will find the Tokyo outpost of the mouse's empire a fun - if crowded -experience. The first Disney park complex to be built outside the United States, Tokyo Disneyland is twice as clean and three times as polite as its American cousins.

1-1 Maihama, Urayasu, Chiba
www.tokyodisneyresort.jp/en/tdl/
Tel: (0570) 05-1118
[Map](#)

Akihabara

An entrancing mix of the latest technology and nerd culture, Akihabara has every gadget you can imagine. And while the variety of electronic equipment on offer is truly astounding, beware - this is not a “discount” district. But even if you only window shop you can still enjoy soaking up the quirky geek culture from the bottom of a coffee cup in any one of the areas multiple maid cafes.

e-akihabara.jp/en/index.htm

Map





Meiji Shrine

Meiji Shrine, built in 1920 to honor Emperor Meiji and Empress Shoken, is a calm oasis just a short stroll away from JR Harajuku or Yoyogi stations or Meiji Jingumae Station on the Tokyo Metro.

Walking up its long gravel entrance, you'll find it hard to believe you're in the middle of Tokyo. Don't be surprised if you see traditionally clad couples crossing the grounds followed by Buddhist priests and well-wishers, either — the shrine is often the site of weddings.

Meiji Jingu Park and the Meiji Jingu Treasure Museum are nearby, and on weekends a visit to Yoyogi Park will serve as a counterpoint, with its crowds of people picnicking, exercising, dancing, playing musical instruments and throwing frisbees to each other.

1-1 Yoyogikamizonochō, Shibuya-ku, Tokyo

Tel: (03) 3379-5511

www.meijijingu.or.jp/english/index.html

[Map](#)

Senso-ji Temple and Asakusa Shrine

Senso-ji in Asakusa, built for Kannon, the goddess of mercy, is Tokyo's oldest temple. It was originally built in 645 after three young fishermen pulled in a gold statue of Kannon from the Sumida River in 628.

2-3-1 Asakusa, Taito-ku, Tokyo

Tel: (03) 3842-0181

www.senso-ji.jp/about/index_e.html

[Map](#)

On the same grounds as Senso-ji is the famous Asakusa Shrine, one of the most famous Shinto shrines in Tokyo. The shrine honors the three men who founded Senso-ji. Unlike many other structures in the area, including Senso-ji, the shrine survived the Tokyo air raids of 1945.

2-3-1 Asakusa, Taito-ku, Tokyo

Tel: (03) 3844-1575

www.asakusajinja.jp/english

[Map](#)





Sengaku-ji Temple

Sengaku-ji is a small temple commemorating the 47 ronin (masterless samurai) who are buried there. In 1701, in Edo Castle, Asano Naganori, Lord of Ako, drew his sword against Lord Kira Yoshinaka in response to Yoshinaka's insulting behavior. Drawing a sword in a castle was illegal, so Asano committed seppuku (ritual suicide), after which he was buried here.

His 47 ronin thought his death was unfair, as usually both parties had to perform seppuku. They waited until the time was ripe, and then avenged his death by killing Lord Kira. They too were ordered to perform seppuku and were buried in the temple. This story of loyalty and endurance is a classic Japanese tale and has been retold in countless forms.

11-1 Takanawa, Minato-ku, Tokyo

Tel: (03) 3441-5560

www.sengakuji.or.jp/about_sengakuji_en/
[Map](#)

Shibuya Crossing

Until you've joined the throng of people walking across the most famous intersection in Japan you haven't really experienced Tokyo properly. The crossing just outside Shibuya Station is almost always packed and when the lights turn red, they all turn red at the same time in every direction. Traffic stops completely and pedestrians surge into the intersection from all sides. What would look like chaos in almost any other place is eerily civil and somehow everyone seems to get across without much bumping into one another.

<https://goo.gl/maps/upTkX>





Harajuku Girls

Visual Kei, Gothic Lolita, Decora, Gyarū... the list of styles on display in the trendy Harajuku district is long. While tastes change, the Tokyo youth culture is still vibrant and going strong - making Harajuku the street fashion capital of the world.

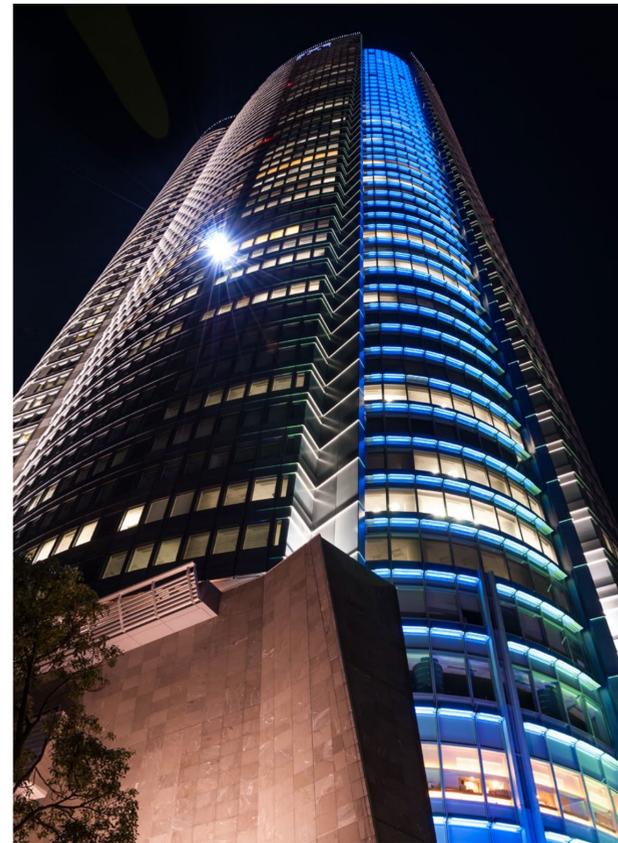
<https://goo.gl/maps/XoCoa>



Tokyo Metropolitan Government Building

Entrance is free to view the city from the Tokyo Metropolitan Government Building in Shinjuku. At sundown you'll be treated to one of the most memorable city vistas you are likely to find.

**2-8-1 Nishishinjuku,
Shinjuku-ku, Tokyo**
Tel: (03) 5321-1111
www.metro.tokyo.jp/ENGLISH/OFFICES/index.htm
Map



Roppongi Hills Mori Tower

The Mori Tower in Roppongi Hills also offers great views, there is an entrance fee but it is included if you purchase a ticket to the Mori Museum.

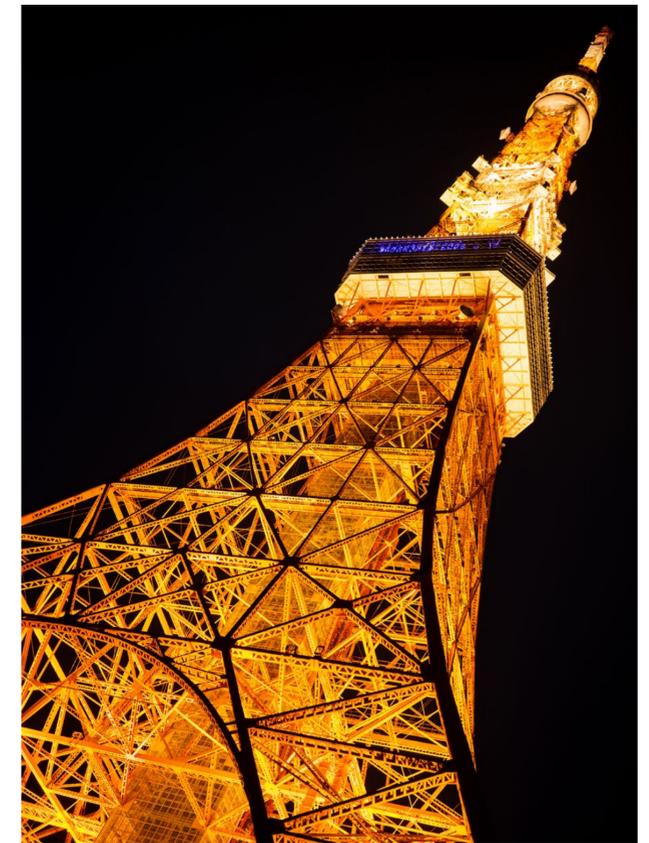
**6-10-1 Roppongi,
Minato-ku, Tokyo**
www.roppongihills.com/tcv/en/
Map



Tokyo Skytree

The Tokyo Skytree became the tallest structure in Japan, and the tallest tower in the world, when it was completed in 2012. It is best to reserve tickets to the viewing platforms, which offer views of the city from 350 and 450 meters. Book tickets online.

**1-1-2 Oshiage,
Sumida-ku, Tokyo**
Tel: (03) 5302-3470
www.tokyo-skytree.jp/en
Map



Tokyo Tower

The Tokyo Tower, a symbol of Japan's postwar economic boom, is an iconic orange-and-white structure similar to the Eiffel Tower. You can pay to view from observation platforms at either 150 or 249 meters, the latter being more expensive.

**4-2-8 Shibakoen,
Minato-ku, Tokyo**
Tel: (03) 3433-5111
www.tokyotower.co.jp/eng/
Map



Yoyogi Park

The best time to visit Yoyogi Park is on Sunday. Get your photo taken with the girls on the bridge or stop to take in the Rockabilly Teddy Boys showcasing their moves and fabulous hair. Spend the rest of the afternoon people watching. From busking musicians to kids playing frisbee, there's a lot to see.

**2-1 Yoyogikamizonocho,
Shibuya-ku, Tokyo**
Tel: (03) 3469-6081
[Map](#)



Shinjuku Gyoen

Shinjuku Gyoen was constructed on the site of a private mansion belonging to Lord Naito, a feudal lord (daimyo) of the Edo era in 1906. This is one of Tokyo's biggest parks and despite its proximity to one of the most populated areas of Japan it is surprisingly tranquil.

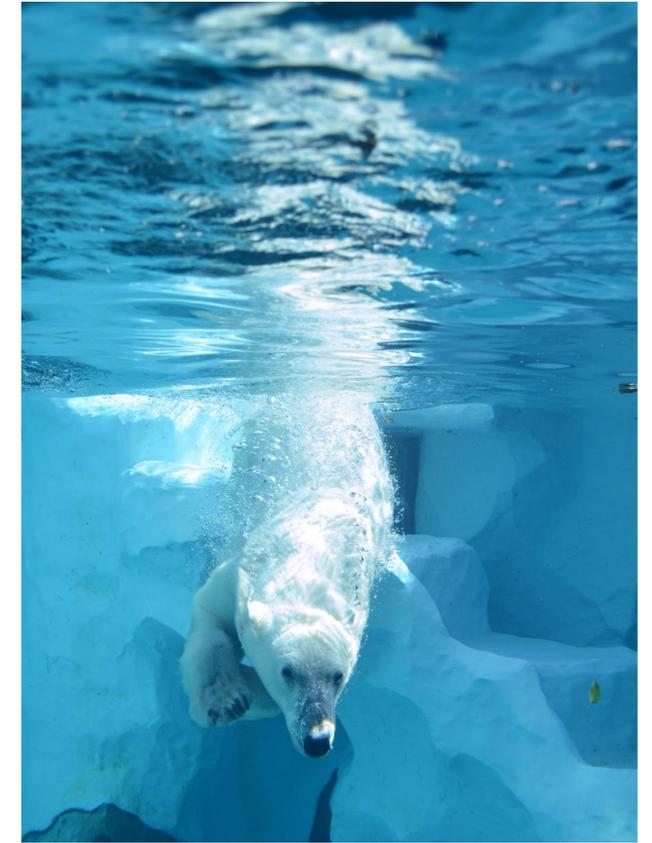
**11 Naitomachi,
Shinjuku-ku, Tokyo**
Tel: (03) 3350-0151
[Map](#)



Ueno Park

While Ueno Park itself does not stand out against other bigger and more verdant spaces in Tokyo, it is worth a visit to check out the museums that are housed within the park including the National Museum of Nature and Science, and Tokyo National Museum, and of course for for Ueno Zoo.

**3 Ikenohata,
Taito-ku, Tokyo**
[Map](#)



Ueno Zoo

Ueno Zoo, which is situated near the Tokyo National Museum is like most other zoos you will have been to- with the exception of two giant pandas which arrived from the Chinese Wolong Nature Reserve in 2011.

**9-83 Uenokoen,
Taito-ku, Tokyo**
Tel: (03) 3828-5171
[Map](#)





Tokyo's main regional specialties fall under the appellation *edomae*, referring to cuisine originating in the Edo Period, and more specifically dishes made with fish caught in Tokyo Bay. Key examples are sushi, which began in Honjo Yokoami, now Sumida Ward; *tempura*, or deep-fried battered vegetables and seafood, derived from the Portuguese word *temporano* or *tenpolas*.

Other local specialties include *soba*, or buckwheat noodles; *oden*, a winter delight of fish cakes, daikon (radish), boiled egg and more soaked in hot broth that originated in the 1850s; and *kaibayaki* (grilled eel).

Another classic Tokyo feast is *monjayaki*, the city's variation on the Japanese pancake known as *okonomiyaki* - a tasty mix of cabbage, vegetables, seafood or meat that you cook on a grill built

into your table and then top with garnishes such as parsley, bonito flakes, sauce and mayonnaise. The city's most famous area for *monjayaki* is in Tsukishima on the Oedo line or Yurakucho-line.

On the sweet side, one local favorite is *taiyaki*, a thick, fish-shaped pancake filled with red azuki beans and toasted. Doll-shaped *ningyoyaki*, are made with the same ingredients and toasted as well. *Kaminari okoshi* (thunder crackers) are also popular, made of fried rice, foxtail millet and sugar, and lightly toasted. The downtown temple market ground of Asakusa is famous for all three of these treats.

Tsukishima Monja Street

Tokyo is famous for Monjayaki or just monja, a specialty of the Kanto region, is a savory pancake cooked on and eaten from an iron hot plate. Many monjayaki restaurants can be found in the Tsukishima district of Tokyo, where the dish is said to have originated. “Monja Street” is centered on Tsukishima’s commercial Nishi-Nakadori where about 70 monjayaki restaurants are in fierce competition.

3-9-9 Tsukishima, Chuo-ku

Tel: (03) 3531-5020

[Map](#)



Japanese

Daigo Vegetarian Kaiseki

The food here may be simple and meat-free but the prices are appropriately expensive for one of the city's nicest kaiseki-style restaurants. Intimate and refined, the dining area is infused with a calm Zen atmosphere.

**2-3-1 Atago,
Minato-ku
Tel: (03) 3431-0811
[Map](#)**



Tempura Kondo

This world-famous Ginza restaurant presents light and flavorful tempura. Everyone from Bill Clinton to Mikhail Gorbachev have dined here. Guests who are seated at the counter enjoy the food prepared by the highly regarded proprietor Kondo-san.

**9F Sakaguchi Bldg, 5-5-13 Ginza,
Chuo-ku
Tel: (03) 5568-0923
[Map](#)**



Takano Ramen

Tokyo-style ramen at its best. A varied menu. Reasonably priced; it is ramen after all, and has a great atmosphere and friendly service.

**2-15-10 Nakanobu,
Shinagawa-ku**

Tel: (03) 3787-2100

www.geocities.jp/taganoya/
[Map](#)

Sushi

Sushi Dai

Be prepared to wait but it is worth it - many people consider this is a mandatory experience. Get there early in the morning as sometimes queues last 2 hours or more - and that's before they open at 5 in the morning.

**Tsukiji Market Bldg 6, 5-2-1 Tsukiji,
Chuo-ku**

Tel: (03) 3547-6797

[Map](#)

Yamazaki Sushi

You are spoiled for choice when it comes to Sushi at the Tsukiji fish market, but this stall near Sushi Dai offers great sets. Being located in the market, the sushi is as fresh as it gets.

**Tsukiji Market Bldg 6, 5-2-1 Tsukiji,
Chuo-ku**

Tel: (03) 3541-1105

www.sushi-yamazaki.com

[Map](#)





Izakaya

Gonpachi Shibuya

Rumored to have inspired the restaurant scene in the film “Kill Bill”, this spacious izakaya is a Tokyo institution. Stepping inside the imposing, Japanese castle-like structure in Nishi Azabu, diners are greeted by a menu which includes charcoal-grilled skewers and soba. A few Western and fusion dishes, such as sirloin steak, spicy chicken wings and avocado and camembert cheese tempura round out the menu. Reservations are recommended.

14F E Space Tower Bldg, 3-6

Maruyamacho, Shibuya-ku

Tel: (03) 5784-2011

www.gonpachi.jp

[Map](#)



Warayakiya Roppongi

A great place to see the chefs at one of the best izakaya in Tokyo at work. Warayakiya specializes in cooking meat and fish over straw using a method that hails from Kochi. The straw burns at a high temperature so the food is only on the grill until it is seared. A full menu of grilled meats and vegetables is available. Reservations are recommended on weekends.

**1F Roppongi Gordy Bldg, 6-8-8 Roppongi,
Minato-ku**

Tel: (03) 5410 5560

r.gnavi.co.jp/g600171/

[Map](#)

Andy's Shin Hinomoto

Well known for its foreign owner Andy, Shin Hinomoto is a noisy, boisterous izakaya squeezed under the JR tracks by Yurakucho Station. A must-visit while in Tokyo, particularly for the super-fresh seafood. Shin Hinomoto has a regular crowd of locals which keeps the atmosphere lively and authentic, and prices are reasonable.

**2-4-4 Yurakucho,
Chiyoda-ku**

Tel: (03) 3214-8021

www.andysfish.com/Shin-Hinomoto

[Map](#)



Fusion

Cedros **American, Seafood, Tapas, Wine Bar**

Cedros is an American-style seafood restaurant. Their gorgeous dishes are inspired by traditional West Coast fish house cuisine. Cedros use only the best ingredients available, sourcing fresh, local, and seasonal fish and produce daily from local markets. The menu is updated every season. Highly recommended.

D Tradgard Daikanyama Bldg,
1-32-3 Ebisunishi, Shibuya-ku

Tel: (03) 3461-2279

www.cedros.jp

[Map](#)





Tapas Molecular Bar

Fascinating yet edible creations that include some pretty spectacular food dioramas. A vast variety of cooking methods including traditional and innovative techniques that result in amazing dishes that are entertaining, interactive and of superior quality.

**38F Mandarin Oriental Tokyo,
2-1-1 Nihonbashi Muromachi,
Chuo-ku
Tel: (03) 3270-8188
www.mandarinoriental.com
[Map](#)**

Narisawa French / Japanese

Ranked both the 20th best restaurant in the world and the best in Asia in 2013. Les Créations de Narisawa also has three Michelin stars. The underlying philosophy here is the direct relation of food with nature. This is expressed in some astonishingly beautiful and sumptuous French-inspired cuisine. The service is attentive, informative and never intrusive. Reservations required.

**2-6-15 Minami Aoyama,
Minato-ku
Tel: (03) 5785-0799
www.narisawa-yoshihiro.com
[Map](#)**



Yakiniku and Teppanyaki

Kobe Beef Kaiseki 511

Some of the best tasting beef in the world can be had in Japan and this restaurant has some of the best Kobe Beef. This establishment prides itself on pairing excellent wines to go with the exceptional cuts of meat they offer. Choose from a variety of course menus or order À la carte.

**Dear Plaza Akasaka B1,
4-3-28 Akasaka,
Minato-ku
Tel: (03) 6685-0511
www.a511.jp
Map**

Kobe Teppanyaki Hakushu

This small, family-owned teppanyaki restaurant in Shibuya has been serving high quality Kobe beef for nearly 50 years. With only 20 seats the atmosphere is cozy and friendly.

**1F MCD Bldg, 17-10 Sakuragaokacho,
Shibuya-ku
Tel: (03) 3461-0546
www.facebook.com/hakusyu
Map**





Indian

Moti

This Roppongi outpost of the popular chain of Indian restaurants has generous servings of typical Indian food as served in Japan. Their Tandoori is quite good as are the naan and assorted curries.

**3F Roppongi Hama Bldg,
6-2-35 Roppongi,
Minato-ku
Tel: (03) 3479-1939
www.motijapan.com
[Map](#)**

Mexican

Chiles Mexican Grill

A warm atmosphere and tasty Mexican food. Burritos are their speciality, but you can also enjoy fajitas, tacos, quesadillas and burrito bowls as well.

**1-8-24 Jingumae,
Shibuya-ku**
Tel: (03) 6434-9693
www.chiles-grill.com
[Map](#)





Thai

Ananda Thai

Authentic Thai fare including Pad Thai, vegetarian green curry, as well as most standard dishes. One of Tokyo's better Thai restaurants.

**B1F Akasaka Maruyama Bldg,
3-12-3 Akasaka,
Minato-ku**

Tel: (03) 5545-5305

www.anandathai.com

[Map](#)

Vietnamese

Lotus Palace Akasaka

This small restaurant in Minato-ku is known for serving up dependable and authentic food as is evidenced by the many Vietnamese nationals who come here. Reasonably priced food including spring rolls, spicy fish, fried rice and more.

**1F Sanno Kaikan,
2-14-1 Akasaka,
Minato-ku
Tel: (03) 5114-0747
[Map](#)**





Outback Steakhouse

This extremely popular Australian-themed restaurant has big portions of steak, chicken, ribs, burgers and so much more. Locations all over Tokyo; check the following website for details.

www.outbacksteakhouse.co.jp

Tony Roma's Roppongi

Especially famous for their BBQ Ribs, Tony Roma's also offers up much more in this authentic American steakhouse. Big portions of all that stuff that you haven't eaten in a while.

5-4-20 Roppongi, Minato-ku

Tel: (03) 3408-2748

www.tonyromas.jp

Map

Hard Rock Cafe

While there are two Hard Rock Cafes in Tokyo, the Roppongi location is the one with the most history. Even if you shy away from American chain restaurants this outpost of in-your-face everything is an oasis of big plates of yummy food with rock music and great collectable merchandise. English-speaking staff.

**5-4-20 Roppongi,
Minato-ku**

Tel: (03) 3408-7018

www.hardrockjapan.com/location/tokyo
[Map](#)

TGI Friday's

Like every other TGI Friday's (styled "FRIDAYS" in Japan), this one has big portions of burgers and other American fare. What is different about this branch is that it has the service and hospitality that you come to expect in Japan.

**1-2F Roppongi Plaza Bldg,
3-12-6 Roppongi,
Minato-ku**

Tel: (03) 5412-7555

www.tgifridays.co.jp
[Map](#)





The Pink Cow

A one-of-a kind expat hangout. Owner Traci Consoli is a fixture on the Tokyo scene and The Pink Cow is the garishly funky rumpus room of the foreign crew. Here art, music and seriously good (and healthy) food come together in an eclectic and friendly space. Their Friday Cali-Mex buffet is simply awesome.

**B1F ROI Bldg,
5-5-1 Roppongi,
Minato-ku
Tel: (03) 6434-5773
www.thepinkcow.com
Map**

T.Y. Harbor Brewery Restaurant

Many consider this the location of Tokyo's best burger - a big, thick, juicy burger with cheese, tomato, lettuce and onion and their signature sauce.

**2-1-3 Higashishinagawa,
Shinagawa-ku**

www.tysonsjp/tyharbor/

Tel (03) 5479-4555

[Map](#)





Pizzakaya Roppongi

Great California-style gourmet pizza. The menu is eclectic: cheeseburger pizza, taco fries, garlic balls and more, and includes a serious beer selection with many excellent craft beers available.

**2F Koyama Bldg,
3-1-19 Nishiazabu,
Minato-ku**

Tel: (03) 3479-8383

www.pizzakaya.com

[Map](#)

Gen Yamamoto Cocktail Bar

Spectacular creations are the signature of this awesome eight-seat cocktail bar in Azabujuban. They offer a special four cocktail tasting menu - try it (if you can get a reservation!)

**1F Anniversary Bldg,
1-6-4 Azabujuban, Minato-ku
Tel: (03) 6434-0652**

www.genyamamoto.jp

[Map](#)





Geronimo Shot Bar

A legendary Tokyo bar. It's fun, friendly, and generous portions are poured. A night never goes by when some flush customer comes in and bangs the drum and buys everyone a drink. Plaques line the wall commemorating "chiefs of the month" who have won the coveted award for most shots bought. Go. You'll have fun.

**2F Yamamuro Bldg,
7-14-10 Roppongi,
Minato-ku**

Tel: (03) 3478-7449

www.geronimoshotbar.com

[Map](#)

Two Dogs Taproom

Two Dogs Taproom combines a modern, industrial-themed brew pub with over 20 craft brews on tap which are always changing. Their contemporary wood-fired kitchen serves up delicious pizza and California-style cuisine. It's a great place to relax and enjoy good grub and great beers.

**2F Aries Bldg,
3-15-24 Roppongi,
Minato-ku**
Tel: (03) 5413-0333
www.twodogs-tokyo.com
[Map](#)

Propaganda

This shot bar has been around since before the invention of the love hotel which is the usual next destination for its customers. You get cool techno vibes with your vodka or tequila slammers and the clientele is a lively mix of hard-drinking regulars and hedonistic party people who get going late.

**2F Yua Roppongi Building,
3-14-9 Roppongi,
Minato-ku**
Tel: (03) 3423-0988
www.propaganda-tokyo.com/english
[Map](#)



SuperDeluxe

SuperDeluxe is the brainchild of a pair of architects who envisaged the spot as 'a bar, a gallery, a kitchen, a jazz club, a cinema, a library, a school...' and so on. Closer in atmosphere to an artists' salon than a bar, SuperDeluxe offers something different every night, from slide shows to club nights. If you want to meet the creative cream of Tokyo, this is the place. Also the home of Tokyo Ale - the city's finest microbrew.

B1F, 3-1-25 Nishiazabu, Minato-ku

Tel: (03) 5412-0515

www.super-deluxe.com

[Map](#)





Hobgoblin British Pub Roppongi

This is Tokyo's largest British pub. Watch live sports on their four giant plasma screens or play a round of darts. Their menu includes British pub favorites as well as some international food. (Other locations in Akasaka and Shibuya)

**1F Aoba Bldg,
3-16-33 Roppongi,
Minato-ku
Tel: (03) 3568-1280
www.hobgoblin.jp
[Map](#)**

What The Dickens

This place is literally a Tokyo institution. Part British pub, part live venue, this Ebisu hangout looks and feels like the dive that is. Friendly people and authentic British pub food.

**1-13-3 Ebisunishi,
Shibuya-ku**

Tel: (03) 3780-2099

www.whatthedickens.jp

[Map](#)







Supermarkets and Grocery Stores

There is a large selection of places to buy food in Tokyo from local shopping streets to department store basements. You will find small family-run meat, fruit, vegetable, tofu or other specialty shops and major supermarket chain stores throughout Tokyo. Most shops carry Japanese local foods and brands; but there are many stores that sell both local and international brands. There are many international supermarkets popular with the foreign population.

There are many well-established department stores in Tokyo noted for their high-quality produce and imported foods: packaged foods, baked goods, fresh meat and fish, alcoholic beverages, prepared foods, bakeries, etc. The food section is usually located in the basement of department stores.

Atre Meguro 1

Excellent prices on fresh foods, fish and seafood.

B1F, 2-16-9 Kamiosaki,
Shinagawa-ku, Tokyo
Tel: (03) 6408-8400

www.atre.co.jp/en/meguro.html

[Map](#)

COSTCO Japan

Membership only giant grocery store carrying imported and Japanese goods. Low wholesale prices and bulk quantities. Ample parking.

www.costco.co.jp/p/?lang=en

Kawasaki

3-1-4 Ikegamishincho, Kawasaki-ku, Kawasaki
Tel: 044-270-1140

[Map](#)

Makuhari

1-4 Toyosuna, Mihama-ku, Chiba
Tel: 043-213-4111

[Map](#)

Kanazawa Sea Side

2-6 Sachiura, Kanazawa-ku, Yokohama
Tel: 045-791-6001

[Map](#)

Tamasakai

3-6-1 Oyamagaoka, Machida
Tel: 042-798-6001

[Map](#)

Daiei Himonya

Very reasonable department store with two floors devoted to foods. Extensive parking available inside the building and in adjacent lots.

4-1-1 Himonya, Meguro-ku, Tokyo
Tel: (03) 3710-1111

shop.daiei.co.jp/shop/ShopPageTop.do?shopid=0284 (Japanese)

[Map](#)

Foodium

24 hour supermarket chain owned by Daiei.

Sangenjaya

1-14-16 Taishido, Setagaya-ku, Tokyo
Tel: (03) 3418-2231

shop.daiei.co.jp/shop/ShopPageTop.do?shopid=0777 (Japanese)

[Map](#)

Musashi Kosugi

3- 1100-14 Shinmarukohigashi, Nakahara-ku, Kawasaki

Tel: 044-434-4781

shop.daiei.co.jp/shop/ShopPageTop.do?shopid=0726 (Japanese)

[Map](#)

Hanamasa

Hanamasa is a local wholesale shop specializing in meats.

www.hanamasa.co.jp/shop/index_en.html

Ginza

Ginza Nine Bldg, 8-10 Ginza, Chuo-ku, Tokyo
Tel: (03) 3571-1571

[Map](#)

Toritsudai

1- 3-10 Nakane, Meguro-ku, Tokyo
Tel: (03) 5731-2941

[Map](#)

Ichigaya

S1 Bldg, 1 Ichigayafunagawaramachi,
Shinjuku-ku, Tokyo
Tel: (03) 5225-2068

[Map](#)

Minami Azabu

1F Minami Azabu T&F Bldg, 4-11-22
Minamiazabu, Minato-ku, Tokyo
Tel: (03) 5795-1568
[Map](#)

Akasaka

B1 Sun Terrace Akasaka, 2-12-32 Akasaka,
Minato-ku, Tokyo
Tel: (03) 5545-3029
[Map](#)

Sangenjaya

2-14-6 Sangenjaya, Setagaya-ku, Tokyo
Tel: (03) 3410-0585
[Map](#)

AEON

Grocery, drug store, and discount department store. The following location is popular with expats:

Shinagawa Sea Side

4-12-5 Higashishinagawa, Shinagawa-ku,
Tokyo
Tel: (03) 5715-8300
www.aeon.jp/aeon/shinagawaseaside/
(Japanese)
[Map](#)

Kinokuniya

Well-established, high-class import coffee, tea, and foods store. Stores popular with expats follow:
www.e-kinokuniya.com/kinokuniya.pdf

Todoroki

7-18-1 Todoroki, Setagaya-ku, Tokyo
Tel: (03) 3704-7515
[Map](#)

Kichijoji

3-7-3 Kichijojihoncho, Musashino
Tel: (0422) 21-7779
[Map](#)

Meidi-ya

Well-established, high-class chain store with imported foods and liquors.
www.meidi-ya-store.com/english/

Hiroo

1F Hiroo Plaza, 5-6-6 Hiroo, Shibuya-ku, Tokyo
Tel: (03) 3444-6221
[Map](#)

Roppongi

7-15-14 Roppongi, Minato-ku, Tokyo
Tel: (03) 3401-8511
[Map](#)

Tamagawa

B1F Tamagawa Takashimaya Shopping Center,
3-17-1 Tamagawa, Setagaya-ku, Tokyo
Tel: (03) 3709-2191
[Map](#)

Maruetsu

Supermarket chain.
www.maruetsu.co.jp/corporate/pdf/2014_kaishaannai_english.pdf

Akasaka

2-14-27 Akasaka, Minato-ku, Tokyo
Tel: (03) 3588-8751
[Map](#)

Shiroganedai Platinum Dori

5-2-25 Shiroganedai, Minato-ku, Tokyo
Tel: (03) 3443-8211
[Map](#)

Konan City Tower

4-2-5 Konan, Minato-ku, Tokyo
Tel: (03) 5495-9388
[Map](#)

Gotanda

Higashi Gotanda Icchome Bldg, 1-24-2
Higashigotanda, Shinagawa-ku, Tokyo
Tel: (03) 5798-4788
[Map](#)

Shiroganedai

Storia Shiroganedai, 4-7-8 Shiroganedai,
Minato-ku, Tokyo

Tel: (03) 5475-5988

[Map](#)

Shiroyama Hills

B1F Kamiyacho Prime Place, 4-1-17
Toranomom, Minato-ku, Tokyo

Tel: (03) 5733-5888

[Map](#)

Higashi Azabu

Higashi Azabu Icchome Bldg, 1-9-15
Higashiazabu, Minato-ku, Tokyo

Tel: (03) 3583-5968

[Map](#)

Shiba

101 Caterina Mita East Ark, 4-16-2 Shiba,
Minato-ku, Tokyo

Tel: (03) 5427-6388

[Map](#)

National Azabu

An international supermarket. Parking available.
4-5-2 Minamiazabu, Minato-ku, Tokyo

Tel: (03) 3442-3181

www.national-azabu.com/e_index2.php

[Map](#)

National Den-en

An international supermarket. Parking available.
2-6-21 Tamagawadenenchofu, Setagaya-ku,
Tokyo

Tel: (03) 3721-4161

www.national-azabu.com/e_index2.php

[Map](#)

Nissin World Delicatessen

A supermarket with an excellent selection of
international foods, wines and fresh meats.

Parking and home delivery available.

2-34-2 Higashiazabu, Minato-ku, Tokyo

Tel: (03) 3583-4586

www.nissinham.co.jp/nwd/index.html

[Map](#)

OK Discount Supermarket

A Japanese discount supermarket chain.

www.ok-corporation.co.jp/index.html

(Japanese)

Yoga

Parking available.

4-21-1 Yoga, Setagaya-ku, Tokyo

Tel: (03) 6447-9415

[Map](#)

Hatsudai

Limited parking available.

2-5-7 Hatsudai, Shibuya-ku, Tokyo

Tel: (03) 3378-3921

[Map](#)

Koenji

4-28-3 Koenjiminami, Suginami-ku, Tokyo

Tel: (03) 3312-7177

[Map](#)

Ogikubo

Limited parking available

4-26-1 Minamiogikubo, Suginami-ku, Tokyo

Tel: (03) 3332-7787

[Map](#)

Peacock Store

A major supermarket chain in Tokyo.

www.aeonmarket.co.jp/index.html

Azabu Juban

Limited parking available, 11 spaces

2-9-2 Azabujuban, Minato-ku, Tokyo

Tel: (03) 3456-2791

[Map](#)

Mita Isarago

Parking is available, 41 spaces

4-9-7 Mita, Minato-ku, Tokyo

Tel: (03) 5730-1122

[Map](#)

Takanawa Gyoranzaka

1-5-1 Takanawa, Minato-ku, Tokyo

Tel: (03) 3443-3441

[Map](#)

Aoyama

3-1-34-101 Minami Aoyama, Minato-ku, Tokyo

Tel: (03) 3404-6661

[Map](#)

Ebisu

1-6-1 Ebisunishi, Shibuya-ku, Tokyo

Tel: (03) 3464-3121

[Map](#)

Daikanyama

Parking is available, 73 spaces

17-6 Daikanyama-cho, Shibuya-ku, Tokyo

Tel: (03) 6415-3051

[Map](#)

Jiyugaoka

Parking available, 86 spaces

B1-1F., 2-15-4 Jiyugaoka, Meguro-ku, Tokyo

Tel: (03) 3718-9761

[Map](#)

Mejiro

Limited parking available, 16 spaces

B1-1F, 3-14-21 Shimoochiai, Shinjuku-ku,

Tokyo

Tel: (03) 3954-0185

[Map](#)

Takadanobaba

1-28-7 Takadanobaba, Shinjuku-ku, Tokyo

Tel: (03) 3209-7201

[Map](#)

Queens Isetan

A major supermarket chain in Tokyo.

www.queens.jp/english/english_index.html

Shirokane Takanawa

Parking available, home delivery for minimum purchase of ¥3,000 to parts of Minato-ku

B1F Shirogane Aer City, 1-17-2 Shirokane, Minato-ku, Tokyo

Tel: (03) 5791-2181

[Map](#)

Shinagawa

Parking available, home delivery for minimum purchase of ¥3,000 to some parts of

Shinagawa-ku and Minato-ku

3F Atre Shinagawa, 2-18-1 Konan, Minato-ku, Tokyo

Tel: (03) 6717-6262

[Map](#)

Seijo Ishii

High quality at reasonable prices.

Akasaka Ark Hills

1F Ark Mori Bldg, 1-12-32 Akasaka, Minato-ku, Tokyo

Tel: (03) 5575-2010

[Map](#)

Atre Ebisu

3F Atre Ebisu, 1-5-5 Ebisu Minami, Shibuya-ku, Tokyo

Tel: (03) 3448-1070

[Map](#)

Atago Green Hills

1F Atago Green Hills, 3-21-5 Toranomom, Minato-ku, Tokyo

Tel: (03) 5733-7531

[Map](#)

Atre Gotanda

1F Atre, 1-26-14 Gotanda, Shinagawa-ku, Tokyo

Tel: (03) 5759-6750

[Map](#)

Atre Meguro

B1F Atre Meguro 1, 2-16-9 Kami Osaki, Shinagawa-ku, Tokyo

Tel: (03) 5475-3693

[Map](#)

Hatagaya

1F Sanwa Bldg, 2-16-1 Hatagaya, Shibuya-ku, Tokyo

Tel: (03) 5308-5341

[Map](#)

Kakinokizaka

1-5-10 Higashigaoka, Meguro-ku, Tokyo

Tel: (03) 5433-5810

[Map](#)

Nishi Azabu

1F Apartments Nishi Azabu, 4-15-2 Nishi Azabu, Minato-ku, Tokyo

Tel: (03) 5766-7555

[Map](#)

Seijo Ishii Lumine Shinjuku

B2F Lumine 2, Lumine Shinjuku, 1-1-5 Nishi Shinjuku, Shinjuku-ku, Tokyo

Tel: (03) 5324-0408

[Map](#)

Shin Maru Building

B1F Shin Maru Bldg, 1-5-1 Marunouchi, Chiyoda-ku, Tokyo

Tel: (03) 5224-3901

[Map](#)

Tokyu Toyoko

B1F, 2-24-1 Shibuya, Shibuya-ku, Tokyo

Tel: (03) 3463-5533

[Map](#)

Tomigaya

1F Yoyogi Corpo, 1-9-16 Tomigaya, Shibuya-ku, Tokyo

Tel: (03) 5790-5651

[Map](#)

Village Seijo Ishii

1F Toho Bldg, 6-14-3 Seijo, Setagaya-ku, Tokyo

Tel: (03) 5429-2533

[Map](#)

Shell Garden

High-class Japanese chain store.

Jiyugaoka

Parking available

2-23-1 Jiyugaoka, Meguro-ku, Tokyo

Tel: (03) 3718-6481

[Map](#)

Shiroganedai

Parking available

3-16-8 Shiroganedai, Minato-ku, Tokyo

Tel: (03) 3445-7311

[Map](#)

Meguro

2F Atre Meguro 1, 2-16-9 Kamiosaki, Shinagawa-ku, Tokyo

Tel: (03) 640-8429

[Map](#)

Tokyu Store

Tokyu Store is a major Japanese supermarket chain located near or inside many stations. Many of the stores operate 24 hours. There are Tokyu Stores located at Ookayama, Gakugeidaigaku, Gotanda, Sangenjaya, Shiroganedai, Jiyugaoka, Toritsudaigaku and Naka Meguro stations.

www.tokyu-store.co.jp (Japanese)

Online Food Shopping

The Meat Guy

Excellent selection of gourmet meats at great prices. Whether you want the best steaks, sausages, bacon, cheese they have a lot to choose from.

www.themeatguy.jp

YoYo Market

Imported food from Costco and more. Order online and have it delivered.

www.yoyomarket.jp

FBC

Imported foods, beverages, cleaning products and educational items from the U.S.

www.fbcusa.com

Tengu Natural Foods

Natural and organic food store online
store.alishan.jp





Home Furnishings

Kohoku

201-1 Orimoto-cho, Tsuzuki-ku, Yokohama

Tel: (0570) 01-3900

www.ikea.com/jp/en/store/kohoku

[Map](#)

Funabashi

Ample parking.

2-3-30 Hamacho, Funabashi, Chiba

Tel: (047) 436-1111

www.ikea.com/jp/en/store/funabashi

[Map](#)

MUJI

A “no brand” store, which in itself is a brand. Natural and simply designed low priced clothing, furnishings and furniture. Due to the popularity and quality of its products, there are now many branches of MUJI shops overseas. There are MUJI shops all over Japan.

www.muji.net/eng/shop/muji.html

IDC Otsuka

Ariake

Tokyo Fashion Town East Bldg, 3-6-11 Ariake, Koto-ku, Tokyo

Tel: (03) 5530-5555

www.idc-otsuka.jp/showroom/ariake/

[Map](#)

Shinjuku

3-33-1 Shinjuku, Shinjuku-ku, Tokyo

Tel: (03) 5379-4321

www.idc-otsuka.jp/showroom/shinjuku/

[Map](#)

IKEA

Home center originating in Sweden. Home furnishings at reasonable prices. Delivery service available at nominal cost.

www.ikea.com/jp/en

Tokyo Midtown

B1 Tokyo Midtown Plaza, 9-7-3 Akasaka,
Minato-ku, Tokyo
Tel: (03) 5413-3771
[Map](#)

Yurakucho

Parking available in Tokyo Kokusai
(International) Forum building.
2-3F Infos Yurakucho, 3-8-3 Marunouchi,
Chiyoda-ku, Tokyo
Tel: (03) 5208-8241
[Map](#)

Shinjuku

B1-2F Shinjuku Picadilly, 3-15-15 Shinjuku,
Shinjuku-ku, Tokyo
Tel: (03) 5367-2710
[Map](#)

Living Design Center Ozone

3-8F Shinjuku Park Tower, 3-7-1 Nishishinjuku,
Shinjuku-ku
Tel: (03) 5322-6500
www.ozone.co.jp/index.html
[Map](#)

STYLICS Shinjuku

9F Kawase Bldg, 3-17-5 Shinjuku, Shinjuku-ku,
Tokyo
Tel: (03) 5366-1550
www.stylics.com/shop/shinjuku/
[Map](#)

Tokyo Lease Corporation

Furniture for rent or purchase
1-9-7, Azabudai, Minato-ku, Tokyo
Tel: (03) 3585-5801
www.furniture-rental-tokyo.com/index.html
[Map](#)

Home Centers

Home centers in Japan are usually very large stores, often located in suburban areas and have large parking lots. They stock a combination of hardware store items, home furnishings, DIY goods, and may often sell plants and gardening supplies. Some of the larger stores also sell and repair bicycles and may have an auto shop.

DCM Homac

A very large home center depot located near the Ohi Racecourse. Parking available.
1F Wira, 1-6-16 Katsushima, Shinagawa-ku,
www.homac.co.jp
Tel: (03) 5767-7631
[Map](#)

KEIYO D2

A chain of home center and hardware stores.
Parking available.
www.keiyo.co.jp/english/eng_zigyoku.html

Mita

4-2-20 Mita, Minato-ku, Tokyo
Tel: (03) 5442-5828
www.keiyo.co.jp/store/detail.php?sid=105
[Map](#)

Shimachu

Hardware, DIY and furniture chain store
www.shimachu.co.jp

Ota-Chidori

2-33-1 Chidori, Ota-ku, Tokyo
Tel:
(03) 5741-7300 (DIY)
(03) 5741-7311 (Furniture)
www.shimachu.co.jp/shop/tokyo/045.html
[Map](#)

Nakano

2-10-11 Nakano, Nakano-ku, Tokyo
Tel:
(03) 5342-6311 (DIY)
(03) 5342-6313 (Furniture)
www.shimachu.co.jp/shop/tokyo/051.html
[Map](#)

Homes Nakanohonten

5-24-13 Minamidai, Nakano-ku, Tokyo
Tel:
(03) 5328-5731 (DIY)
(03) 5328-5737 (Furniture)
www.shimachu.co.jp/shop/tokyo/310.html
[Map](#)

Tokyu Hands

Hobby, crafts, home improvement, novelty and lifestyle products available. The store appeals to foreigners looking to find a variety of products in one store.

www.hands.net

Shibuya

12-18 Udagawacho, Shibuya-ku, Tokyo

Tel: (03) 5489-5111

shibuya.tokyu-hands.co.jp/en/

[Map](#)

Shinjuku

2F-8F Times Square Bldg, 5-24-2 Sendagaya, Shibuya-ku, Tokyo

Tel: (03) 5361-3111

shinjuku.tokyu-hands.co.jp/en/

[Map](#)

Ginza

5F-9F Marronnier Gate, 2-2-14 Ginza, Chuo-ku, Tokyo

Tel: (03) 3538-0109

ginza.tokyu-hands.co.jp/en/

[Map](#)

Electrical Stores

The voltage in Tokyo is 100 volts, 50 cycles (60 cycles in other parts of Japan). You may bring certain U.S. appliances with you (110 volts, 60 cycles), but they will take longer to heat and the motors will run slower than those made for Japanese current. Some items, such as microwaves, hair dryers and irons will not get hot enough to be useful. Lamps from other countries will work but may require a plug change. 3-way bulbs are not available in Japan and you cannot use halogen lamps from overseas in Japan.

Akihabara

This area of Tokyo, known as “Electric Town”, is famous among Japanese and foreigners for the proliferation of electronic shops. There are several duty-free shops with staff who can speak a foreign language. The easiest way to get to Akihabara is by public transportation. The JR train lines and the Hibiya subway line stop at Akihabara. Suehirocho Station on the Ginza subway line station is also within walking distance.

There are many small, side streets with tiny shops

selling computer, stereo and other electronic parts as well as large chain stores with the latest computers, TVs, DVD players, watches, cameras, lamps, games at discounted prices.

Akky International

1-12-1 Sotokanda, Chiyoda-ku, Tokyo

Tel: (03) 5207-5027

www.akky-jp.com/eg/shop01

[Map](#)

Onoden

1-2-7 Sotokanda, Chiyoda-ku, Tokyo

Tel: (03) 3253-3911

www.onoden.co.jp

[Map](#)

LAOX

Duty Free available

1-2-9 Sotokanda, Chiyoda-ku, Tokyo

(0120) 325-008

www.laox.co.jp/en/

BIC Camera

A chain store with branches throughout Japan.

Shibuya Higashguchi

1-24-12 Shibuya, Shibuya-ku, Tokyo

Located east exit Shibuya Station on JR, Tokyu Toyoko

Tel: (03) 5466-1111

www.biccamera.co.jp/shoplist/shop-008.html

[Map](#)

Shibuya Hachikoguchi

2-5-9 Dogenzaka, Shibuya-ku, Tokyo

Tel: (03) 3477-0002

www.biccamera.co.jp/shoplist/shop-004.html

Map

Yurakucho

Parking available in Tokyo Kokusai

(International)

Forum

1-11-1 Yurakucho, Chiyoda-ku, Tokyo

Tel: (03) 5221-1111

www.biccamera.co.jp/shoplist/shop-014.html

Map

Shinjuku West

1-5-1 Nishishinjuku, Shinjuku-ku, Tokyo

Tel: (03) 5326-1111

www.biccamera.co.jp/shoplist/shop-016.html

Map

Shinjuku Higashiguchekimae

3-26-10 Shinjuku, Shinjuku-ku, Tokyo

Tel: (03) 5312-1111

<http://www.biccamera.co.jp/shoplist/shop-111.html>

Map

Yodobashi Camera

A chain store with branches, not only in Akihabara, but throughout Japan.

Shinjuku Nishiguchi

1-11-1 Nishishinjuku, Shinjuku-ku, Tokyo

Tel: (03) 3346-1010

www.yodobashi.com/ec/store/0011/index.html

Map

Multimedia Akiba

Parking available

1-1 Kandahanaokacho, Chiyoda-ku, Tokyo

Tel: (03) 5209-1010

www.yodobashi.com/ec/store/0018/

Map

Discount Stores

Don Quijote

Donki, as it is called by locals, specializes in discounted dry foods, clothing, electronics, make-up, household furnishings, camping items, costumes, pet supplies, drug store items, stationery items, etc. Every store is different and some branches; you will be amazed at the variety of things sold in this maze-like shop. Locations throughout Japan.

www.donki.com/en/

Akihabara

4-3-3 Sotokanda, Chiyoda-ku, Tokyo

Tel: (03) 5298-5411

www.donki.com/en/store/shop_detail.php?add=1&shop_id=98&pref=13

Map

Ginza Honkan

3 Ginza Nine, 8-10 Ginza, Chuo-ku, Tokyo

Tel: (03) 6215-9688

www.donki.com/en/store/shop_detail.php?add=1&shop_id=92&pref=13

Map

Nakameguro Honten

2-19-10 Aobadai, Meguro-ku, Tokyo

Tel: (03) 5768-6311

www.donki.com/en/store/shop_detail.php?add=1&shop_id=208&pref=13

Map

Roppongi

3-14-10 Roppongi, Minato-ku, Tokyo

Tel: (03) 5786-0811

www.donki.com/en/store/shop_detail.php?add=1&shop_id=31&pref=13

Map

Sangenjaya

2-12-12 Sangenjaya, Setagaya-ku, Tokyo

Tel: (03) 5712-2511

www.donki.com/en/store/shop_detail.php?add=1&shop_id=71&pref=13

Map

Shinjuku

1-12-6 Okubo, Shinjuku-ku, Tokyo

Tel: (03) 5292-7411

www.donki.com/en/store/shop_detail.php?add=1&shop_id=8&pref=13

[Map](#)

Shinjuku Higashiguchi Honten

1-16-5 Kabukicho, Shinjuku-ku, Tokyo

Tel: (03) 5291-9211

www.donki.com/en/store/shop_detail.php?add=1&shop_id=29&pref=13

[Map](#)

Shibuya

2-25-8 Dogenzaka, Shibuya-ku, Tokyo

Tel: (03) 5428-0211

www.donki.com/en/store/shop_detail.php?add=1&shop_id=21&pref=13

[Map](#)

¥100 Shops

Tokyo consistently ranks at or near the top of surveys of the most expensive cities; however, there is a proliferation of ¥100 shops all over Japan selling daily necessities, dry foods, drinks, make-up, toiletries, tools, stationery, kitchen items, clothing, toys, gifts and the list goes on! Online shopping available.

Daiso

www.daiso-sangyo.co.jp/english/index.html

Aqua City Odaiba

Parking available

4F Aqua City Odaiba, 1-7-1 Daiba, Minato-ku, Tokyo

Tel: (03) 3599-7061

[Map](#)

Harajuku

Village 107 Bldg, 1-19-24 Jingumae, Shibuya-ku, Tokyo

Tel: (03) 5775-9641

[Map](#)

Can Do

www.cando-web.co.jp/e/

Ebisu

2-3-3 Ebisuminami, Shibuya-ku, Tokyo

Tel: (03) 3793-6161

[Map](#)

Azabu Juban

2-4-1 Azabujuban, Minato-ku, Tokyo

Tel: (03) 3451-1941

[Map](#)

Gakugeidaigaku

2-15-11 Takaban, Meguro-ku, Tokyo

Tel: (03) 3791-4888

[Map](#)

Hatsudai

1-37-4 Hatsudai, Shibuya-ku, Tokyo

Tel: (03) 3375-0650

[Map](#)

Meguro

2-24-13 Kamiosaki, Shinagawa-ku, Tokyo

Tel: (03) 3493-3487

[Map](#)

Shirokane

3-23-3 Shirokane, Minato-ku, Tokyo

Tel: (03) 3445-5260

[Map](#)

Shiroganedai

3-15-2 Shiroganedai, Minato-ku, Tokyo

Tel: (03) 3444-3120

[Map](#)

Shiroyama Hills

4-1-17 Toranomom, Minato-ku, Tokyo

Tel: (03) 3433-1257

[Map](#)

Babies and Kids

Toys “R” Us

Toys, nursery items baby strollers, child safety seats, etc.
Most of the stores are located in the suburbs and have parking.

www2.toysrus.co.jp/store/en/kanto2.html#tokyo

Odaiba

Parking available.

1F Aqua City Odaiba, 1-7-1 Daiba, Minato-ku, Tokyo

Tel: (03) 5564-5011

[Map](#)

Akachan Honpo

Nursery items, toys, clothing, baby strollers, child safety seats, stationary, etc.

5F TOC Bldg, 7-22-17 Nishigotanda, Shinagawa-ku, Tokyo

Tel: (03) 3779-0365

www.akachan.jp/store/0031/index.html

[Map](#)



Living in Japan With Your Pet

Many people who will be in Japan for an extended period will think about bringing their pet with them. Importing a pet is a difficult decision so before you make it you need to consider how your dog or cat will fare on a long flight and a period of quarantine.

Importing Pets into Japan

Japan is a rabies-free island nation and it is particularly careful about importing animals that may introduce the virus to the domestic animal population. For this reason the Japanese government has implemented a fairly strict quarantine system for those who wish to bring animals into the country.

The Japanese Animal Quarantine Service (AQS) is the official source of information regarding the import and export of pets in Japan. The full procedure with timelines is outlined in their very helpful English website.

Essentially you must submit an advance notification of the planned date of arrival, the number of animals and other items to the AQS which has jurisdiction over your intended port of arrival. This must be completed at least 40 days prior to arrival in Japan. Note that you may be requested to change the date or place of import depending on the situation at quarantine facilities maintained by the AQS.

Animals coming from Taiwan, Iceland, Australia, New Zealand, Fiji, Hawaii, and Guam have an easier time. If you have a certificate for the animal issued by the responsible government agency of the point of export containing information such as the microchip number for individual identification, the quarantine period will normally be completed within 12 hours.

However, for all other countries the situation is a bit more complex. If the aforementioned certificate, as well as dates of rabies vaccinations and rabies

antibody levels as well as a certificate stating that the animal underwent a period of isolation for 180 days in the country of export, the quarantine period will be completed within 12 hours. In all other cases the quarantine period can be up to 180 days.

The Animal Quarantine Service will issue an “Import Quarantine Certificate” on completion of the import quarantine. Anyone importing a dog is required to register their animal under the Rabies Prevention Law and may need to take the Import Quarantine Certificate to their local authorities once they have arrived.

It is the importer’s responsibility to take care of their animals during quarantine. The importation inspection which is carried out by the animal quarantine officers is free, but the importer must cover the cost of transportation, food, onsite veterinary treatment and other care. Bear in mind that veterinary treatment has to be done at the quarantine facilities of AQS during quarantine.

Note that the AQS is unable to grant exceptions and that animals which have not met all requirements as described on their website are subject to being held for extended periods of quarantine, or may possibly be deported back to the origin of the flight. Should the animal fail to successfully complete the quarantine, the importer is responsible for the return or disposal of their animal.

More information about how to import your cat or dog to Japan can be found at the [AQS website](#)

Registration

You must register a dog, but not a cat, at your local city ward office. If you brought your pet with you from overseas you will need to take the Quarantine Certificate that you were given at the port of entry with you. You only need to do this once in Japan, although if there is any change in status, for example, if the dog goes missing, dies, your address changes, or you plan to leave Japan, you must notify the ward office.



The Japanese Health Care System

While medical care in Japan is good, English-speaking physicians and medical facilities that cater to foreign expectations are expensive and not widespread. Japan has a national health insurance system which is available only to those

foreigners with long-term visas for Japan. National health insurance does not pay for medical evacuation. Medical caregivers in Japan require payment in full at the time of treatment or concrete proof of ability to pay before they will treat a foreigner who is not a member of the national health insurance plan.

Western-style and standard psychiatric care can be difficult to locate in major urban centers in Japan and generally is not available outside of Japan's major cities. Extended psychiatric care for foreigners in Japan is difficult to obtain at any price.

Foreign prescriptions are not honored in Japan, so if you need ongoing prescription medicine you should arrive with a sufficient supply for your stay in Japan or enough until you are able to see a local care provider. Certain medications, including some commonly prescribed for depression and Attention Deficient Hyperactivity Disorder (ADHD), are not widely available.

Emergency Situations

There are two major emergency numbers in Japan:

110 will connect you with the police

119 will connect you with the fire department and ambulance service.

Throughout Japan, an emergency phone call can be made free of charge from any phone including public pay phones. In an emergency you may not be able to convey the exact nature of what is happening, especially if you do not immediately reach an English-speaking operator. However there are some basic things you can do in advance to help you in case of emergency.

Write the relevant numbers down near your phone so you will have them at the ready in case you need them

Be able to describe your address or location in Japanese. Have your address written down in roman characters so that you will be able to read it to the operator or enlist a friend who can do so.

Learn how to say your telephone number in Japanese

Here's how to deal with emergency calls for ambulance or fire in Japan.

First Steps

In case of emergency, dial 119
(may not work from cell phones)

In case of fire, say: *Kaji desu*
(There's a fire)

To call an ambulance, say:
Kyu-kyu desu (Please send an
Ambulance)
Do not hang up until the
dispatcher understands your
address and telephone number

Send someone out to the nearest
major intersection to meet the
ambulance or fire truck.

What May Happen During Your Call

Dispatcher: *Shou bou desu...*
Kaji desu ka? Kyu-kyu desu ka?
(Fire department... Fire or
ambulance?)

Caller: *Kyu-kyu desu* (Ambulance)

Dispatcher: *Dou shimashita ka?*
(What happened?)

Caller: (see vocabulary below)

Bleeding: *Shukketsu desu*

Broken bone: *Kossetsu desu*

Burn: *Hidoi yakedo desu*

Difficulty Breathing: *Kokyuu
konnan desu*

Convulsions: *Keiren Desu*
Chest Pains: *Mune ga taihen
kurushii desu*

High Fever: *Kou netsu desu*

Injury: *Kega desu*

Poison: *Dokubutsu desu*

Sick: *Byouki desu*

Unconscious: *Ki fumei desu*

Giving Your Name, Number and Address or Location

My name is...*Watashi no namae
na* (say your name)... *desu*.

My telephone number is... *Denwa
bango wa* (say your telephone
number)... *desu*.

The emergency service people

need to know how to locate you in
order to help.

The dispatcher may say: *Jushyo
wa?* or *Nani ku, Nani machi, Nan
ban desu ka?*

Explaining Your Location

Since many Japanese streets
do not bear names and
house/building numbers are not
consecutive, it is very important
that you learn how to give
adequate directions to your
residence in case you need to
explain it to a dispatcher, usually
guiding them by way of major
landmarks. You can describe your
location relative to recognizable
landmarks using the following
vocabulary:

Front: *Mae*

Behind: *Ura*

Diagonally In Front: *Nana me mae*

Next to: *Tonari*

Intersection: *Koosaten*

One of the best tests to determine
if you have the capability to guide
someone to your residence is
being able to order a taxi, and not

from a company which has your
information already programmed
into its computer.

Japanese neighbors are a great
source of information - ask
them to tell you, word by word,
how they direct people to their
residences. Practice these
directions on a regular basis
and keep a cheat sheet by your
telephone for family, babysitters,
or friends to use in case of need.

Assuming you are not calling from
a mobile phone, just stay on the
line. Emergency operators at the
fire department in most major
urban centers have the ability to
trace calls to your location.

Going to the Doctor's Office

Japan has a number of large and
quite modern medical facilities.
However chances are that you will
never visit any of them unless you
have first been referred by a clinic.

While exceptions abound,
visiting a non-specialty clinic or
doctor's office does not require
an appointment. Simply present

your insurance card to the receptionist upon arrival and you will be seen in turn, much like an emergency room. Wait times are usually less than an hour, but can be significantly longer at big hospitals. Specialists like dentists, psychiatrists, or OBGYN will more likely accept appointments.

Another difference to note is that clinics are not open every day of the week, and many big hospitals offer specific services only on set days. Additionally, the actual office hours will generally be divided into mornings and afternoons. Morning hours will generally run between nine and twelve. After morning hours the office will close until about two, and be open again from then until six. For these reasons it is especially important that you check the schedule before making your plans.

While many doctors speak some English their staff and paperwork is generally in Japanese. If you are not proficient in Japanese you may need to bring someone along to help you through the process. Following is a list of what to

expect when you visit a doctor or stay in a hospital along with a list of medical clinics in your area that will generally offer some sort of English service, though to what extent will vary.

What To Expect

Doctors in Japan, especially older practitioners, still subscribe to a “doctor knows best” philosophy that makes the relationship a bit different from what you might experience in other countries.

If you are going to a small neighborhood clinic you should understand that, especially with older doctors: Asking directly for a second opinion may be offensive. If you are unsatisfied with their diagnosis or treatment you should get one somewhere else.

They may determine the best course of action and go with it, rather than talking the options over with you.

They can be curt to the point of seeming dismissive. Most are very busy, and though they have

your best interest at heart they will want to hear the symptoms and diagnose; no chit chat.

For day to day ailments, the Japanese medical system is top notch. However If you have issues with a doctor you should stop going to them and find another.

What to Bring

If you are just going for a routine check-up, then all you need is your insurance information or national health system card. However if you are staying overnight or longer, you should bring your own towels, slippers, tooth brush, tissues, and sundries. These items are often available at the clinic or hospital, but are expensive.

Families often bring supplies to an admitted family member to keep costs down. If you are hospitalized for a lengthy period there will be a number of items that you will be expected to have provided for you by family or friends.



General Hospitals

Minato-ku

Jikei University Hospital

3-19-18 Nishishinbashi, Minato-ku, Tokyo

Tel: (03) 3433-1111

www.jikei.ac.jp.e.jd.hp.transer.com/hospital/honin/index.html

[Map](#)

Sanno Hospital

8-10-16 Akasaka, Minato-ku, Tokyo

Tel: (03) 3402-3151

www.sannoclc.or.jp/english/index.php

[Map](#)

Shibuya-ku

Japanese Red Cross Medical Center

4-1-22 Hiroo, Shibuya-ku, Tokyo

Tel: (03) 3400-1311

www.med.jrc.or.jp

[Map](#)

Tokyo Metropolitan Hiroo Hospital

2-34-10 Ebisu, Shibuya-ku, Tokyo

Tel: (03) 3446-8331

www.byouin.metro.tokyo.jp/hiroo/english/index.html

[Map](#)

Shinjuku-ku

International Medical Center of Japan

Toyama Hospital

1-21-1 Toyama, Shinjuku-ku, Tokyo

Tel: (03) 3202-7181

www.ncgm.go.jp/eng/

[Map](#)

Other Locations:

Seibo Hospital

2-5-1 Nakaochiai, Shinjuku-ku, Tokyo

Tel: (03) 3951-1111

www.seibokai.or.jp/hospital/english.html

[Map](#)

St. Luke's International Hospital

9-1 Akashi-cho, Chuo-ku, Tokyo

Tel: (03) 3541-5151

hospital.luke.ac.jp/eng/

[Map](#)

Tokyo Adventist Hospital

3-17-3 Amanuma, Suginami-ku, Tokyo

Tel: (03) 3392-6151

www.tokyoeisei.com

[Map](#)

Clinics, General Practitioners

Minato-ku

American Clinic Tokyo

American style family practice. Appointment system.

3F Niikura Daiichi Bldg, 1-7-4 Akasaka, Minato-ku, Tokyo

Tel: (03) 6441-0969

www.americanclinetokyo.jp

[Map](#)

Arasaka-Sekiguchi Clinic International

Specializing in internal medicine and cardiology.

7-5-56 Akasaka, Minato-ku, Tokyo

Tel: (03) 3584-1727

www.h3.dion.ne.jp/~sekiguch/index-e.html

[Map](#)

Hiroo International Clinic

Internal medicine, general practice.

7F Barbizon 34 Bldg, 4-14-6 Minamiazabu,
Minato-ku, Tokyo

Tel: (03) 5789-8861

www.hiroo-ic.com/index.html

[Map](#)

National Medical Clinic

Clinic specializing in service to foreigners.

#202, 5-16-11 Minamiazabu, Minato-ku, Tokyo

Tel: (03) 3473-2057

www.nmclinic.net/html/service.htm

[Map](#)

Seino Clinic

French spoken.

3F 1-3-1 Nishishinbashi, Minato-ku, Tokyo

Tel: (03) 3502-5711

www.r-seino.com

[Map](#)

Tokyo Medical and Surgical Clinic

Clinic specializing in service to foreigners.

2F 32 Shibakoen Bldg, 3-4-30 Shibakoen,
Minato-ku, Tokyo

Tel: (03) 3436-3028

www.tmsc.jp

[Map](#)

Tokyo Midtown Clinic

Affiliated with John Hopkins Medical
International.

6F Midtown Tower, 9-7-1 Akasaka, Minato-ku,
Tokyo

Tel: (03) 5413-0080

www.tokyomidtown-mc.jp/en/index.html

[Map](#)

Shibuya-ku

The King Clinic

Provides services to international community.

6-31-11 Jingumae, Shibuya-ku, Tokyo

Tel: (03) 3409-0764

www.thekingclinic.com

[Map](#)

Setagaya-ku

Expat Irako Clinic

Internal medicine, dermatology.

5-3-29 Kyodo, Setagaya-ku, Tokyo

Tel: (03) 3426-0220

www.irako-clinic.jp

[Map](#)

Primary Care Tokyo

The best of American and Japanese care.

3F Urbanity Shimokitazawa, 2-1-16 Kitazawa,
Setagaya-ku, Tokyo

Tel: (03) 5432-7177

www.pctclinic.com/menu/

[Map](#)

Other Locations:

Himawari Clinic

Internal medicine, pediatrics, rehabilitation,
orthopedics. Specializes in consultation for work
related accidents and occupational diseases.

7-10-1 Kameido, Koto-ku, Tokyo

Tel: (03) 5609-1823

www.himawari-clinic.jp/index_e.html

[Map](#)

ThinkPark Tower

International Medical Clinic

Family practice. Internal medicine, general
medical services.

3F ThinkPark Tower, 2-1-1 Osaki,
Shinagawa-ku, Tokyo

Tel: (03) 5745-3088

www.thinkparkclinic.com/eng.html

[Map](#)

Pediatrics

Minato-ku

Shibaura Children's Clinic

1F Doctors' Port, Shibaura Island Bloom Homes, 4-20-4 Shibaura, Minato-ku, Tokyo
Tel: (03) 5730-0108

www.shibaurakodomo.com/page02.html

[Map](#)

Shibuya-ku

Dr. Michiko Suwa Pediatric Clinic

Pediatrician.

103 Nikko Royal Palace Hiroo, 5-16-4 Hiroo, Shibuya-ku, Tokyo
Tel: (03) 3443-7060

www.suwa-pediatrics.com/english/

[Map](#)

Kijima Pediatric & Otorhinolaryngology

ENT, pediatrics.

2-21-10 Tomigaya Shibuya-ku, Tokyo
Tel: (03) 3467-6740

www014.upp.so-net.ne.jp/kijimaentclinic/e_index.html

[Map](#)

Chiropractic Care

S Chiropractic Center

5F City Roppongi Daiichi Bldg, 4-5-15 Roppongi, Minato-ku, Tokyo
Tel: (03) 6459-2568

www.chirojp.com/english/index.html

[Map](#)

Tokyo Chiropractic Center

3-5-9 Kitaaooyama, Minato-ku, Tokyo
Tel: (03) 3478-2713

www.tokyochiro.com/english/

Ophthalmology

Minato-ku

Kudo Eye Clinic

2F AG Bldg, 3-18-17 Minamiaoyama, Minato-ku, Tokyo

Tel: (03) 3470-5761

www.kudoganka.jp

Tokyo Medical and Surgical Clinic

Clinic specializing in service to foreigners.
2F 32 Shibakoen Bldg, 3-4-30 Shibakoen, Minato-ku, Tokyo

Tel: (03) 3436-3028

www.tmsc.jp

[Map](#)

Shibuya-ku

Kato Eye Clinic

English available Tuesday, Thursday, Friday, and Saturday (morning).

5F Daigai Bldg, 2-3-2 Dogenzaka, Shibuya-ku, Tokyo

Tel: (03) 6415-3190

www.katoeyeclinic.com/english/index.html

[Map](#)

Misaki Eye Clinic

National Health Insurance accepted.

1F 1-22-6 Uehara, Shibuya-ku, Tokyo

Tel: (03) 6906-7247

www.misaki-eye.com

[Map](#)

Opticians

Paris Miki Azabujuban

Limited English

1F Daiei Bldg, 2-5-3 Azabujuban, Minato-ku, Tokyo

Tel: (03) 3404-1410

[Map](#)

LASIK

Minamiaoyama Eye Clinic

Appointment system.

4F Renai Aoyama Bldg, 3-3-11 Kitaaoyama, Minato-ku, Tokyo

Tel: (03) 5772-1451

www.minamiaoyama.or.jp/en/

[Map](#)

Dermatology

Garden Clinic Hiroo

2F 7-14-7 Minamiaoyama, Minato-ku, Tokyo

Tel: (03) 6427-9198

www.gardenclinic-hiroo.com/index_e.html

[Map](#)

Expat Irako Clinic

Internal medicine, dermatology.

5-3-29 Kyodo, Setagaya-ku, Tokyo

Tel: (03) 3426-0220

www.irako-clinic.jp

[Map](#)

ThinkPark Tower Skin Clinic

3F ThinkPark Tower, 2-1-1 Osaki, Shinagawa-ku, Tokyo

Tel: (03) 5745-0730

[Map](#)

Tokyo Skin Clinic

Cash payment only.

2F, 3-1-24 Roppongi, Minato-ku, Tokyo

Tel: (03) 3585-0272

www.tokyo-skin-clinic.com/e/index2013/english.htm

[Map](#)

Obstetrics & Gynecology

Minato-ku

Aiiku Clinic

Specializing in gynecology and obstetrics.

5-6-8 Minamiazabu, Minato-ku, Tokyo

Tel: (03) 3473-8240

<http://www.aiiku.net/clinic/international/iu/>

[Map](#)

Kanda 2nd Clinic

Appointment system. National Health Insurance only.

2F Umeda Bldg, 3-2-14 Nishiazabu, Minato-ku, Tokyo

Tel: (03) 3402-0654

www.kanda2nd.com

[Map](#)

Parkside Hiroo Ladies Clinic

Appointment system.

3F Qiz Hiroo, 5-1-11 Minamiazabu, Minato-ku, Tokyo

Tel: (03) 5798-3470

www.ladies-clinic.or.jp/e/

[Map](#)

Sanno Hospital

Most doctors speak some English.

Interpretation service is available.

8-10-16 Akasaka, Minato-ku, Tokyo

Tel: (03) 3402-3151

www.sannoclc.or.jp/english/index.php

[Map](#)

Tokyo Women's Clinic

Appointment system.

2F Roppongi Denki Bldg, 6-1-20 Roppongi,

Minato-ku, Tokyo

Tel: (03) 3408-6950

[Map](#)

Shinagawa-ku

Osaki Clinic for Women

3F ThinkPark Tower, 2-1-1 Osaki, Shinagawa-

ku, Tokyo

Tel: (03) 5745-3088

www.osaki-cw.com/english.html

[Map](#)

Dentist

Minato-ku

Tokyo Ambassador Dental Office

Cosmetic and reconstructive dentistry.

Appointment system.

2-22-15, Akasaka Minato-ku, Tokyo

Tel: (03) 3584-2278

www.tokyodontist.com/index.html

[Map](#)

Motoazabu Hills Dental Clinic

General, Preventive, Pediatric, Aesthetic

Dentistry; Orthodontics; Oral Surgery.

Motoazabu Hills Forest Terrace West, 1-3-3

Motoazabu, Minato-ku, Tokyo

Tel: (03) 5730-3900

www.hills-dc.com/en/

[Map](#)

Nakashima Dental Office

4F Roppongi U Bldg, 4-5-2 Roppongi,

Minato-ku, Tokyo

Tel: (03) 3479-2726

www.dentist-nakashima.jp/english/index.html

[Map](#)

Roppongi Hills Nishibori Dental Office

6F Roppongi Hills West Walk, 6-10-1

Roppongi, Minato-ku, Tokyo

Tel: (03) 5772-8668

www.nishibori-dental.com/english/index.html

[Map](#)

Royal Dental Roppongi

4-10-11 Roppongi, Minato-ku, Tokyo

Tel: (03) 3404-0819

www.royal-dental-roppongi.com/index.html

[Map](#)

Shibaura Dental Clinic

General, Aesthetic Dentistry, Orthodontics.

2F Sophix Bldg, 3-12-6 Shibaura, Minato-ku,

Tokyo

Tel: (03) 5442-8525

[Map](#)

Tanaka Dental Clinic

3F Shin Aoyama Bldg West, 1-1-1

Minamiaoyama, Minato-ku, Tokyo

Tel: (03) 3475-1188

[Map](#)

Tokyo Clinic Dental Office

3F 32 Shibakoen Bldg, 3-4-30 Shibakoen,

Minato-ku, Tokyo

Tel: (03) 3431-4225

www.tcdo.jp/index.html

[Map](#)

Tokyo Midtown Dental Clinic

Affiliated with John Hopkins Medical International.

6F Midtown Tower, 9-7-1 Akasaka, Minato-ku, Tokyo

Tel: (03) 5413-7912

tokyomidtown-mc.jp/en/dental/index.html

[Map](#)

United Dental Office

Appointment system. General, Restorative, Implant, Cosmetic Dentistry.

1F, 2-3-8 Azabudai, Minato-ku, Tokyo

Tel: (03) 5570-4334

www.uniteddentaloffice.com

[Map](#)

Shinagawa-ku

Osaki ThinkPark Dentistry

Appointment system. Orthodontists available.

3F ThinkPark Tower, 2-1-1 Osaki, Shinagawa-ku, Tokyo

Tel: (03) 5745-3005

www.osaki-thinkpark-shika.com

[Map](#)

Shinjuku-ku

Empire Dental Clinic

28-1 Daikyocho, Shinjuku-ku, Tokyo

Tel: (03) 3356-2910

www.empire-dental.com/index_e.html

[Map](#)

Tornare Dental Clinic

Appointment system. General odontology, orthodontics, implants, laser treatment

207 Tornare Nihonbashi Hamacho Building, 3-3-

1 Nihonbashiamacho, Chuo-ku, Tokyo

Tel: (0120) 867-627

www.rmdcc.com/english/

[Map](#)

Fujimi Dental Clinic

Appointment system. Preventative, cosmetic dentistry, orthodontics.

4F Chuo Dainijuichi Bldg, 1-8-21 Ginza,

Chuo-ku, Tokyo

Tel: (03) 3563-4022

www.fdclinic.com/english/index.html

[Map](#)

Other Locations

Izumi Dental Office

2F Izumi Bldg, 4-10-6 Narihira, Sumida-ku, Tokyo

Tel: (03) 3624-8148

izumi-dentist.com/menu/en.html

[Map](#)

Nishieifuku Dental Clinic

Appointment system. National Health Insurance accepted. General dentistry.

2F Union Trois Building, 4-19-10 Eifuku, Suginami-ku, Tokyo

Tel: (03) 5378-2228

www.nishieifuku-shika.net

[Map](#)

Orthodontists

Kaku 2

Appointment system. Pedodontics, preventive dentistry. Orthodontics.

Hiroo Office

5-9-23 Hiroo, Shibuya-ku, Tokyo

Tel: (03) 5449-3308

[Map](#)

Yoyogi-Uehara Office

46-17 Ooyamacho, Shibuya-ku, Tokyo

Tel: (03) 5452-0118

www.drskaku.com/en.html

[Map](#)

Royal Dental Roppongi

4-10-11 Roppongi, Minato-ku, Tokyo

Tel: (03) 3404-0819

www.royal-dental-roppongi.com/index.html

[Map](#)

Sophia Orthodontic Clinic

Appointment system.

2F Roppongi Shimada Bldg, 4-8-7 Roppongi,

Minato-ku, Tokyo

Tel: (03) 3403-3795

www.sophia-ortho.com/english/index.html

[Map](#)

Yano Orthodontic Office

Appointment system.

4F Shibuya Center Bldg, 16-8 Udagawacho,

Shibuya-ku, Tokyo

Tel: (03) 3464-4594

www.yanokyosei.jp

[Map](#)

Psychiatry, Counseling, Volunteer

Animal Refuge Kansai (ARK)

Animal Welfare group. Be a foster parent for a pet during your Japan assignment!

www.arkbark.net/?q=en/node/75

International Mental Health

Professionals Japan

This organization offers an online, searchable database of mental health professionals throughout Japan. You can search for a care provider in a number of ways, including by location or by languages spoken:

www.imhpj.org/index.html

Aurora Counseling Center

301 Monte Plaza Magomedai, 1-5-11 Ota-ku, Tokyo

Tel: (090) 1705-9120

home.att.ne.jp/lemon/aurora/english.htm

[Map](#)

Foreign Executive Women (FEW)

Social and professional network for foreign business women providing volunteer and community service opportunities.

www.fewjapan.com

International Social Service Japan (ISSJ)

Focusing on social welfare of children, families, refugees. Addresses divorce, adoption issues, cross-cultural conflicts.

Tel: (03) 5840-5711

www.issj.org

Tokyo English Life Line (TELL)

Community counseling, family services, anonymous telephone counseling, online support services, workshops.

2F Wesley Center, 6-10-11 Minamiaoyama, Minato-ku, Tokyo

Tel: (03) 4550-1191 (Business Office)

(03) 5774-0992 (TELL Lifeline)

www.telljp.com

[Map](#)

Tokyo Meguro Counseling Center

Tel: (03) 3716-6624

1-27-2 Yutenji, Meguro-ku, Tokyo

www.megurocounseling.com

[Map](#)

Tokyo Mothers Group

Social and support network for all mothers living in Tokyo through a wide variety of parenting resources including regular meetings, events, practical advice and useful information.

www.tokyomothersgroup.com

Childbirth Information

La Leche League International

Breastfeeding information and support group. Please check the site for support nearest you:

www.llli.org/Japan.html

Childbirth Education Center

Classes and counseling for expectant parents.

www.birthinjapan.com

Tokyo Pregnancy Group

Meetings held regularly in English for sharing and discussing issues related to pregnancy and delivery in Japan. Lots of information for pregnancy and child care.

tokyopregnancygroup.blogspot.com

Pharmacies

American Pharmacy

B1 Marunouchi Bldg, 2-4-1 Marunouchi, Chiyoda-ku, Tokyo
Tel: (03) 5220-7716

The Medical Dispensary

1F 32 Shibakoen Bldg, 3-4-30 Shibakoen, Minato-ku, Tokyo
Tel: (03) 3434-5817

[Map](#)

Special Services

AMDA International Medical Information Center

Introduces medical facilities to foreign residents in Japan and explanation about Japanese health care system. English, Chinese, Korean Thai, Spanish, Portuguese, Filipino.

Tel: (03) 5285-8088

eng.amda-amic.com

Tokyo Metropolitan Medical Institution Information

Online hospital information.

www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp

Tokyo Metropolitan Health and Medical Information Center

Information about medical institutions and Japanese health insurance system. English, Chinese, Korean, Thai, Spanish.

Tel: (03) 5285-8181

Emergency Translation Services

Interpretation over the phone when you are having trouble communicating about medical issues while at the hospital or clinic. English, Chinese, Korean, Thai, Spanish

Tel: (03) 5285-8185

International Schools

American School in Japan

1-1-1 Nomizu, Chofu city, Tokyo

Tel: (0422) 34-5300

www.asij.ac.jp

[Map](#)

Aoba-Japan International School

Hikarigaoka Campus

7-5-1 Hikarigaoka, Nerima-ku, Tokyo

Tel: (03) 6904-3127

www.aobajapan.jp

[Map](#)

Aoba-Japan International School

Shoto Campus

2-2-1 Shoto, Shibuya-ku, Tokyo

Tel: (03) 5738-6556

www.aobajapan.jp

British School in Tokyo

1-21-18 Shibuya, Shibuya-ku, Tokyo

Tel: (03) 5467-4321

www.bst.ac.jp

[Map](#)

Canadian International School

5-8-20 Kita Shinagawa, Shinagawa-ku, Tokyo

Tel: (03) 5793-3839

www.cisjapan.net

[Map](#)



Christian Academy in Japan

1-2-14 Shinkawacho, Higashi Kurume City, Tokyo

Tel: (0424) 71-0022

www.caj.or.jp

[Map](#)

Columbia International School

153 Matsugo, Tokorozawa City, Saitama

Tel: (04) 2946-1911

www.columbia-ca.co.jp

[Map](#)

Deutsche School Tokyo Yokohama

2-4-1 Chigasaki Minami, Tsuzuki-ku, Yokohama

Tel: (045) 941-4841

www.dsty.jp

[Map](#)

EtonHouse International Pre-School Tokyo

9-2-16 Akasaka, Minato-ku, Tokyo

Tel: (03) 6804-3322

www.etonhouse.co.jp

[Map](#)

Global Kids Academy

Villa Nishi-Azabu #101, 3-5-34, Nishi-Azabu, Minato-ku, Tokyo

Tel: (03) 5775-6640

www.globalkidsacademy.com

[Map](#)

Global Indian International School (GIIS)

3-20-6 Minami Shinozakicho, Edogawa-ku, Tokyo Japan

Tel: (03) 5636-9151

www.globalindian.org.sg

[Map](#)

Indian International School

1-20-20 Ojima, Koto-ku, Tokyo, Japan

Tel: (03) 3635-7850

www.iisjapan.com

[Map](#)

NPO International Secondary School

*Supports special needs students

3-18-16 Megurohoncho, Meguro-Ku, Tokyo

Tel: (03) 6894-0055

www.isstokyo.com/pages/653912/index.aspl

[Map](#)

International School of the Sacred Heart

4-3-1 Hiroo, Shibuya-ku, Tokyo

Main Office Tel: (03) 3400-3951

K/JS Office Tel: (03) 3400-5549

www.isssh.ac.jp

[Map](#)

Jingumae International Exchange School

4-20-12 Jingumae, Shibuya-ku, Tokyo

Tel: (03) 5413-6090

www.jies.jp

[Map](#)

KAIS International School

2-7-16 Kami-Osaki, Shinagawa-ku, Tokyo

Tel: (03) 3324-9903

www.kaischool.com

K. International School

3-31-5 Higashisuna, Koto-ku, Tokyo

Tel: (03) 5421-0127

www.kist.ed.jp

[Map](#)

Lycee Francais International de Tokyo

5-57-37 Takinogawa Kita-ku, 114-0023

Tel: (03) 6823-6580

www.lfitokyo.org

[Map](#)

New International School

18-32, Minami-Ikebukuro 3-chome, Toshima-ku, Tokyo

Tel: (03) 3980-1057

www.newinternationalschool.com

[Map](#)

Nishimachi International School

2-14-7 Motoazabu, Minato-ku, Tokyo

Tel: (03) 3451-5520

www.nishimachi.ac.jp

[Map](#)

Ookayama International School

3-13-16 Minami, Meguro-ku, Tokyo

Tel: (03) 3723-9399

www.tlctokyo.com

[Map](#)

St. Mary's International School

1-6-19 Seta, Setagaya-ku, Tokyo

Tel: (03) 3709-3411

www.smis.ac.jp

[Map](#)

Seisen International School

1-12-15 Yoga, Setagaya-ku, Tokyo

Tel: (03) 3704-2661

www.seisen.com

[Map](#)

The Montessori School of Tokyo

3-5-13 Minami Azabu, Minato-ku, Tokyo

Tel: (03) 5449-7067

www.montessorijapan.com

[Map](#)

Tokyo International School

3-4-22 Mita, Minato-ku, Tokyo

Tel: (03) 5484-1160

www.tokyois.com

[Map](#)

Tokyo Metropolitan Kokusai High School

2-19-59 Komaba, Meguro-ku, Tokyo

Tel: (03) 3468-6811

www.kokusai-h.metro.tokyo.jp

[Map](#)

Tokyo YMCA International School

2-2-20 Toyo, Koto-ku, Tokyo

Tel: (03) 3615-5632

www.tokyo.ymca.or.jp/tyis

[Map](#)

Harvey and MacLaurin's School

Supports special needs students

3-19-23-1003 Takanawa, Minato-ku, Tokyo

Tel: (03) 3473-6896

www.harvey.co.jp/macLaurin

[Map](#)

Tokyo West International School

185 Umetsubomachi, Hachioji, Tokyo

Tel: (042) 691-1441

www.tokyowest.jp

[Map](#)

Yamato International School

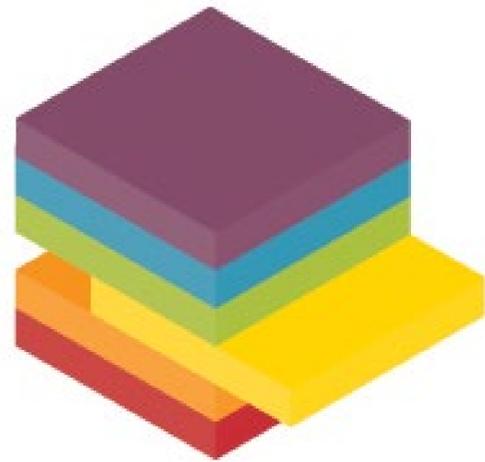
Supports special needs students

2-1-18 Minamiazabu, Minato-ku, Tokyo

Tel: (03) 5488-7888

www.yamato-is.jp

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Fax: +81-(0)3-5449-5830

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4F Nakato Marunouchi Bldg.
3-17-6 Marunouchi, Naka-ku
Nagoya 460-0002 Japan
Tel: +81-(0)52-973-3973
Fax: +81-(0)52-973-9293

Kobe (Osaka) Office

8F Shinkobe Bldg.
1-1-1, Sannomiya-cho,
Chuo-ku, Kobe 650-0021
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Fax: +81-(0)78-325-3651

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