



This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living in the community.

## How to Sort and Put Out Waste

Many people are also spending more time at home due to COVID-19, resulting in more household waste. This issue of *Naka Ward Town News* introduces how the City of Yokohama handles residential waste and how to properly separate and dispose of items. Different places have different ways of dealing with waste, and it can be difficult to ask when you don't know anybody in the neighborhood.

### The Different Ways That Large Items Are Handled

When you move, there is always the questions of what to do with large appliances and furniture. Perhaps you've heard of people who irresponsibly leave behind such items or have seen uncollected items at the neighborhood collection site. We'd like to explain how to dispose of items that many people tell us they are not sure what to do about.

#### Large Furniture and Appliances



**Sofas, cupboards, mattresses, microwaves, etc.**  
▶ Oversized garbage

#### Refrigerators and TVs

▶ In accordance with the Home Appliance Recycling Act



\* Not collected by the City of Yokohama

#### Computers and Peripherals



#### Computers

▶ Recycled through the manufacturer

\* Not collected by the City of Yokohama

#### Printers, Keyboards, etc.

▶ Items larger than or equal to 50 cm on one side are oversized garbage. Items less than 50 cm or less on one side are burnable garbage.



#### Confirm the Size of the Following Items!



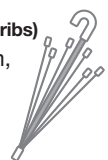
#### Frypans

▶ If the frypan is less than 30 cm in diameter (not including the handle), dispose of it as a small metal item.

#### Umbrella

(metal structural parts such as the ribs)

▶ Put out as a small metal item, even if the ribs are longer than or equal to 30 cm. (remove the canopy)



#### 🔍 Oversized Garbage

Metal items larger than or equal to 30 cm or other items larger than or equal to 50 cm.

##### ✔ Apply in advance for pickup

If you put out oversized items on collection day, it will not be collected. You need to make a reservation with the Oversized Garbage Reception Center by phone or online in advance for a pickup date and location. It takes about two weeks until pickup, so plan accordingly.

To apply for pickup of oversized garbage →



##### ✔ A fee is charged

Oversized garbage requires stickers that show you have paid the required fee. These stickers can be purchased at convenience stores, post offices and banks. The fee will depend on the type and size of oversized item. Purchase stickers for the required amount and affix them on the oversized item.

Flow of events until pickup →



#### 🔍 Items Subject to the Home Appliance Recycling Act

Air conditioners, televisions, refrigerators, washers and dryers are collected for recycling at stores that sell home appliances. The City of Yokohama will not handle these items. There are several ways you can arrange for such items to be recycled: apply to the store that sold it to you, apply to the Yokohama Appliance Recycling Promotion Council, apply to a store that offers home appliance recycling or bring the item to a nearby designated handler.

Yokohama Resources and Waste Recycling Bureau  
Naka office, TEL: 045-621-6952

Selling on an online flea market or to a used goods dealer are ways to dispose unneeded oversized items to save on disposal expenses. If you're still unsure what to do, feel free to contact with the Naka office for consulting.



Note: The City of Yokohama also does not collect tires or pianos. Please inquire at the place where you bought the item or with a seller.

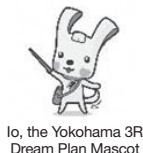


# How and Why: Reducing the Amount of Waste You Create

You may feel burdened by having to separate different kinds of waste, especially if you've lived somewhere else with a simpler system. Each year, 870,000 tons of waste is generated in Yokohama. This is approximately 233 kilograms per resident (2018 figure), a large amount that should be reduced wherever possible.



## Separating Is Done for Various Reasons



Io, the Yokohama 3R  
Dream Plan Mascot

### ● To reduce global warming

Greenhouse gases such as carbon dioxide are generated when burning fossil fuels or other materials. Abnormal weather conditions such as drought and torrential rains are occurring as global warming progresses due to these greenhouse gases.

### ● Limited natural resources

Paper is made from pulp, and plastic is made from petroleum, which are finite resources. Paper, plastic bottles, etc. need to be recycled to conserve resources.

### ● Recycling can be done when recyclable items are separated out

Separating recyclables instead of disposing of everything together means that recyclables can be made into new products.

### ☆ Virtually Tour a Waste Disposal Plant ☆

Yokohama's official YouTube channel offers video tours of an incineration plant and a separation facility where you can see what happens after recyclables are sorted. These videos are an excellent educational resource for parents and children to use at home. The incineration plant video is available in 4 languages, including English.



## Suggestions from the Resources and Waste Recycling Bureau Naka office! Tips for Reducing Your Waste Footprint



To better communicate sorting rules, Yokohama has created a leaflet called Separation and Disposal of Garbage and Recyclables. The leaflet, published in 10 languages, is available from Naka Ward Office. YouTube videos in English and Chinese also describe these rules, so please take a look!



To access  
the videos

Many residents also cooperated with our food drive in October, which is designated as Food Loss Reduction Month. A call was made for donations of unopened foods with at least two months until their expiration date, and we received many more donations than expected. The donations will be sent to various *kodomo shokudo* (community spaces providing free or low-cost meals to children) and welfare facilities. You can reduce your waste right now by taking care to not buy more than you need!



→ Workers checking and  
sorting food donations, only  
a small portion of which is  
shown in this photo.



## Easy-to-use resources When You Need to Know What Waste Category an Item Is!

"Mictionary"  
(Searchable database for garbage  
and recyclables separation)  
Refer to p. 3



### Apps

For iPhone



For Android



Pamphlet/Leaflet



Yokohama Official  
LINE Account



Some people are quite busy in the morning and might prefer to put out their garbage in the evening. Please do not do this! The time period for putting out your garbage is fixed (in the morning, by 8 a.m.) in order to keep the garbage collection sites clean. Designated members of the local community work as volunteers to keep garbage collection sites clean, so please cooperate by following the established rules.

## Keep it clean! Garbage Collection Sites

Garbage is put out the morning of collection day. If you put out garbage in the evening, crows and cats will open the bags and create a mess. Even when garbage is put out in the morning, crows can still cause problems before the garbage truck comes. Therefore, some *jichikai/chonaikai* (local neighborhood associations) use nets to keep away crows. Garbage collection sites are maintained through the cooperation of local residents via their *jichikai/chonaikai*, who work to clean collection sites and keep away crows.



### A Common Worry for Foreign Residents

The collection schedule is posted at collection sites, but may be difficult for some foreign residents to understand since it is written in Japanese.

We have created English and Chinese versions of the general garbage collection schedule and fines for improper disposal, and will post them upon request at collection sites in areas where many foreign residents live. We also ask you to help any foreign residents in your local area if you notice they are unsure about garbage-related matters.

→ A scene from a video explaining how to put out garbage in Yokohama. Please separate your garbage and recyclables properly and put them out only on the designated days by the designated time.



## Hand-Washing Is the Most Basic Method of Protection against Infection and Food Poisoning!

Autumn through winter is peak season for infectious diseases. When you understand proper preventive measures for infection routes and take appropriate measures, you can protect yourself from infection and avoid infecting others.

### ▶ When should I wash my hands?

The timing for washing your hands: after arriving home, before and after preparing food, before eating, after using the bathroom, after changing a diaper, after handling vomit, etc.



## Noroviruses

### ▶ Infection Route

- Noroviruses are transmitted through the infected person's fecal matter or via the hands, etc. of a person handling an infected person's vomit. (Note that the virus can become airborne and infect someone inhaling the virus particles, even when there is no direct contact.)
- You can get a norovirus infection by eating food handled by an infected person.
- You can get a norovirus infection from eating raw or undercooked bivalve mollusks contaminated with norovirus.



### ▶ Preventive Measures

Wash your hands and disinfect surfaces. Also sufficiently heat foods so the interior reaches 85–90°C for at least 90 seconds.

### ▶ Important Points

- Be careful when handling fecal matter or vomit. When cleaning up such bodily fluids, use disposable gloves and a mask.
- If you have diarrhea or feel nauseous, avoid handling food. Be the last person in your family to take a bath, or use only the shower.

## COVID-19

### ▶ Preventive Measures

Wash hands, disinfect surfaces, use a mask  
Avoid the three Cs

- Closed spaces: Ventilate regularly so you don't create closed spaces
- Crowded situations: Keep your distance from others to avoid crowding
- Close-contact settings: No close-range conversations, or cheering/shouting



### ▶ Cautions during Meals

- When eating with others, keep as much space between members as possible.
- Remove your mask only when eating and keep it on at all other times to prevent infection while talking.
- Avoid sharing plates of food among several people or drinking in turn from the same cup.

<Fukushi Hoken (Health and Welfare) Division,  
Naka Ward Office, TEL: 045-224-8332  
Seikatsu Eisei (Health Sanitation) Division,  
Naka Ward Office, TEL: 045-224-8337 >

## Gathering for Pregnant Chinese Speakers Living in Naka Ward (interpreter-based)

Are you worried about raising your child in Japan due to language and cultural barriers? Are you confused by different childbirth and childcare customs between Japan and your home country? Join other Chinese-speaking mothers with the same concerns to think about and discuss matters of pregnancy, birth and childraising in Japan.

▶ **Date/Time:** March 5 (Fri), 10 a.m.–12 p.m.  
(Naka Ward Office 1F, gather near the information desk by 9:45 a.m.)

▶ **Venue:** Nonbirinko  
(a Naka Ward childcare support center)

▶ **Eligibility:** Pregnant Native Chinese speakers and their families living in Naka Ward (10 persons on a first-come, first-served basis)

▶ **Cost:** Free

▶ **Deadline to apply:** January 8 (Fri)  
Please apply by email if you wish to participate.

E mail: [na-purema@city.yokohama.jp](mailto:na-purema@city.yokohama.jp)  
(Include your name, the name of your local district, your phone number, your due date, the name of hospital where you will give birth and the number of people who will accompany you.)

<Tagengo Navi Kanagawa (Multilingual Support Center Kanagawa), TEL: 045-316-2770  
(Chinese language support on Mon/Thu)>



### Readers' Voices

Here are some recent opinions from some of our readers

There are limited-time special ticket offers, etc. for foreigners in Japan, so I'd like to travel in Japan.

I'm worried about various things because of the COVID-19. I'm taking preventive measures very seriously.

**International Service Staff**  
Naka Ward Office, Counter 23 (2nd floor)  
English 10 a.m.–5 p.m.

International Service Staff provide assistance with matters such as guidance on Naka Ward Office activities, interpretation at various ward office counters and support for filling out certificate applications. Stop by if you would like assistance.

### Help Me Know Q&A



## I don't know how to separate my garbage for some things! Is there a good method?

⇒ Use the Mlctionary database on the City of Yokohama website to determine what waste category an item is.

When you are unsure about garbage separation, simply enter the name of the item you want to dispose of and press Search. You can also search by the Japanese syllabary order. Mlctionary is available in Japanese, English, and Chinese (Simplified). Give it a try!



ミョーとイーオの分別辞典  
**Mlctionary**  
ミク ショ ナリ



Download the App

For iPhone



For Android



### ▶ Search from your computer

English: <https://cgi.city.yokohama.lg.jp/shigen/bunbetsu/?lang=en>

### ▶ Search from your cell phone

English: <https://cgi.city.yokohama.lg.jp/shigen/bunbetsu/m/?lang=en>



### ▶ The app Yokohama Garbage Separation is a convenient way to search on your smart phone.

The app uses Mlctionary and also displays the garbage collection schedule for your local community using the app's built-in calendar. It also provides tips for separating and putting out your garbage, and useful information for recycling and separating waste.







Go for a Visit

# New Yokohama City Hall

The new Yokohama City Hall opened in June 2020.  
The first to third floors are open to the general public, so stop by for a visit!



## Atrium (1F)

The atrium directly connects to Bashamichi Station on the Minatomirai Line. The open three-floor atrium is a natural gathering space and is also used for events and ceremonies.

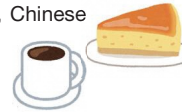


## Presentation Space (2F)

This area introduces the history and charms of Yokohama.

## LUXS FRONT (1F, 2F)

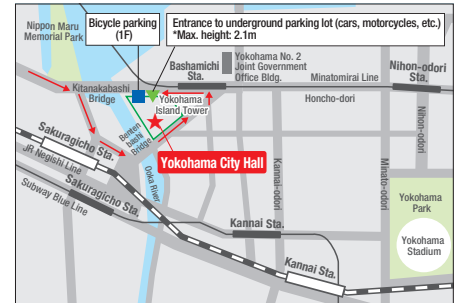
This commercial space has a variety of shops, including a food court, a bookstore and café, Japanese, Chinese and Western restaurants, a convenience store and a Yokohama souvenir shop.



## Yokohama Citizens Lounge (3F)

An observation area from which you can leisurely enjoy the view of the Minatomirai 21 district along part of the Ooka River.  
Hours: Monday–Friday, 7 a.m.–8 p.m.

Note: To visit a division at Yokohama City Hall (located on the upper floors of the building), please receive an admission card at the 3F reception desk. Proceed to the elevators to get to the needed floor.



## Access

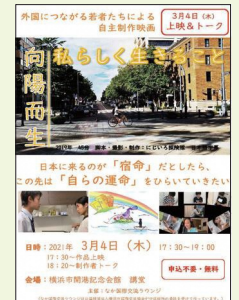
6-50-10 Honcho, Naka Ward  
Direct access from the 1-C exit of 馬車道駅 (Bashamichi Station) (Minatomirai Line)  
A 3-minute walk from 桜木町駅 (Sakuragicho Station) (JR/Yokohama Municipal Subway)

## Indie Film by Youth with Connections to Foreign Countries Koyo Jisei—Living My Own Life Screening and Cast Talk

- Date/Time: March 4 (Thu.) 5:30–7 p.m.
- Venue: Yokohama Port Opening Memorial Hall
- Admission: Free
- Application: Not required

Rainbow Space is a place for young people with connections to overseas countries. The core members (Niji-iro Tankentai) have produced their own film, which depicts their feelings about coming to Japan, their bonds with their parents and their learning with friends, and considers how young people straddling multiple languages and cultures navigate life in Japan while trying to find a way of living true to themselves. Following the screening, the director and Niji-iro Tankentai cast members will talk about the production process and their thoughts on making this film.

<Naka International Lounge, TEL: 045-210-0667>



## Thoughts of a Foreign Resident Life and Culture in Japan



## Getting Rid of Things I No Longer Need

I think many foreigners experience problems when moving or leaving Japan when it comes to disposing or getting rid of unneeded items.

One's belongings increase in the course of living in Japan, and getting rid of unnecessary items when moving or leaving can be a challenge. Small items can easily be disposed of as regular garbage, but large items such as furniture and futons—which are known as *sodai gomi* (oversized garbage)—are handled differently. You must apply to your local government to put out such items, pay a handling fee, and have the items picked up by reservation. Moreover, Yokohama cannot collect electrical appliances such as televisions and refrigerators—you must arrange for them to be recycled through another, special system. Since there are also large items that can

and can't be collected as oversized garbage, many foreign residents find this system to be complicated.

When getting rid of unneeded items that can still be used, you might want to consider taking them to a used goods shop or selling them at a flea market so they can continue to be used by others.

Separating one's garbage and arranging for pickup of oversized garbage, etc. can be complicated. If you are thinking about moving or leaving Japan in the near future, remember that arranging for disposal, etc. can take time, so please plan ahead to arrange to sell, give away, recycle, or dispose of your unneeded goods in a timely way.

(Naka International Lounge Chinese Language Staff)



## Good to Know! About Japanese Culture



An introduction to seasonal events and Japanese culture in terms of food, clothing and housing.

## Hina Dolls

March 3 is Hina Matsuri (Doll Festival), a seasonal event in which dolls are displayed to pray for the healthy growth of girls. It is also called Momo-no-Sekku.

There are various theories about the origin of Hina dolls, but in ancient times paper *nagashi-bina* (floated dolls) would be released on a river to exorcise bad spirits. Later, a popular pastime among aristocratic girls was to play with a pair of small male and female dolls in a tiny palace. Eventually, these two ideas combined to become the gorgeous display of dolls we know today.

Around Hina Matsuri, you may see various types of doll displays, including *nanadan-kazari* (full seven-tier set of dolls), *tsurushi hina* (a hanging display), *kimekomi ningyo* (wooden dolls dressed in traditional cloth), or *tsuchi ningyo* (clay dolls). Enjoy these colorful dolls while feeling the arrival of spring.



We are always looking for locations to distribute *Naka Ward Town News*. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on April 1.