

To use the rooms you will need to make a reservation in advance, except for the Lounge and Multipurpose Room 1. The following groups that are active in Tsuzuki Ward can register to use the facilities:

**[Users]**

- Groups engaged in support, cooperation or exchange with foreigners.
- Groups involved in activities to promote the healthy development of youths.
- Groups for youths who live, work or go to school in Tsuzuki Ward and surrounding areas.
- Other community groups involved in supporting foreigners and youths.
- Individuals, mainly junior and senior high school students.

**[Reservation Blocks]**

**Seminar Room 1 and 2, Multipurpose Room 2**

A 10:00-13:00 C 15:30-18:00  
 B 13:00-15:30 D 18:00-21:00

**Music and Dance Studio**

•Weekdays •Sat.,Sun. and Holidays  
 A 10:00-13:00 A 10:00-12:00  
 B 13:00-15:30 B 12:00-14:00  
 C 15:30-18:00 C 14:00-16:00  
 D 18:00-21:00 D 16:00-18:00

**[Room Reservation Opening Times]**

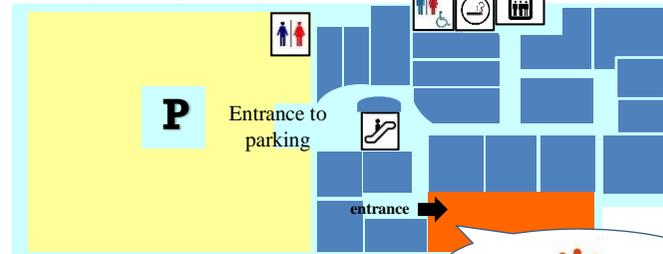
Users Room	Users				
	Foreigner support	Youth support	Youth group	Community group	Individual youth
Seminar room 1	6 mo.	3 mo.	3 mo.	1 mo.	—
Seminar room 2	6 mo.	3 mo.	3 mo.	1 mo.	—
Multipurpose room 1	—	—	—	—	—
Multipurpose room 2	3 mo.	6 mo.	6 mo.	1 mo.	—
Dance Studio	3 mo.	3 mo.	3 mo.	—	daily
Music Studio	3 mo.	3 mo.	3 mo.	—	daily

※We accept reservations 1 to 6 months in advance (please see table).

Northport Mall (5th floor) via walkway  
 3 minutes on foot from Center Kita Station,  
 Yokohama City Subway



**[5th floor]**



**Hours** Weekdays 10:00 - 21:00 Sat.,Sun.and Holidays 10:00-18:00  
**Closed** The 3rd Monday of the month(or the following day when the 3rd Monday is a holiday),and for the New Year's Holidays.

**都筑多文化・青少年交流プラザ  
 (つづき MY プラザ)**

Northport Mall 5th floor 1-25-1 Nakagawa-Chuo,  
 Tsuzuki-ku Yokohama Kanagawa 〒224-0003  
**TEL** 045-914-7171 **FAX** 045-914-7172  
**e-mail** my-plaza@tsuzuki-koryu.org  
**URL** http://tsuzuki-myplaza.net/

**[運営]**



**都筑多文化・青少年交流プラザ**



We offer support for foreign residents and junior high and senior high school students.

This is a comfortable place where people from different nations and ages can freely come and go.



## We Support Foreigners

### ● Multi-language counseling on daily life and information about;

living in Japan, educational/ medical concerns and Japanese language classes in English, Portuguese and Spanish (there are no fixed schedules for a given language).



### ● Interpreters "Sign up"/Recruiting

We have Interpreters for your health checkup, school meetings with your child's teacher, visits to government offices, etc.

### ● Japanese lessons and school work assistance

Our Japanese volunteers teach adults Japanese and assist foreign children with their school lessons. We are always looking for volunteers to assist us with this.



### ● Japanese volunteer support

We provide Japanese volunteer training and development.

### ● Coordination of Japanese volunteer groups

We connect Japanese volunteer groups, and facilitate planning and organizing lessons and activities.

### ● Events that promote international understanding and exchange

We organise events including seminars about multicultural living, childrens' art exhibitions for international exchange and the Plaza Festival.



### ● Promotion of volunteer activities run by foreigners

We create opportunities for people to take part in groups that speak in different languages and also in various local events.

## We Help Young People

### ● Volunteer activities for junior high school students

"HEART de VOLUNTEER" Seminar (Summer Volunteer Experience for Junior High and High School Students) Through orientation, experience and review students learn the value and reward of volunteering. People from many regions are involved in receiving volunteers.



### ● A place to meet your friends

You can use Multipurpose Room 1 or the Lounge without a reservation.



### ● Music Studio

You can practice your band music.

### ● Dance Studio

You can practice dance, also good for wind orchestra rehearsals.

### ● A place to study

After 15:30, Multipurpose Room 1 is always available for young people to study.



## Counseling

### Q. I want information about living in Japan.

A. We have prepared a 'Welcome Kit' containing information about living in Japan for foreign residents, and counseling on daily life, in English, Portuguese and Spanish. (The days on which speakers of these languages are available is not fixed).

### Q. I'm looking for Japanese class and an Interpreter/Translator.

A. We offer Japanese lessons and school work assistance classes for foreign children. We can also connect you with volunteer interpreters for your health checkup, school meetings with your, or your child's teacher, visits to government offices, etc.

### Q. I just want to talk to someone. I need to talk to someone about my struggles.

A. We will listen to you at our front counter, and for foreign children we offer initial personal counseling relating to such issues as school work and school absence.

- \* We are proactive in reaching out and listening to young people.
- \* We also run seminars for guardians and so on.
- \* We also have links with such organisations as Ward Offices, schools, child and youth counseling centers and regional youth plazas.



### Information Counter

Consultations and information in several languages about using the facilities and volunteer opportunities are available. Feel free to come visit.



### Counseling Room

We offer counseling for foreign young people and children.



### Seminar Room1

This room has a capacity of 18.



### Seminar Room 2

This room has a large capacity of 45.



### Lounge

You are welcome to use the Lounge without a reservation. Multi-language information about events/ community groups is posted here.



### Multipurpose Room1

Room can be used without a reservation. After 15:30, youths may use it for study.



### Multipurpose Room 2

Good for group activities or projects, the room has a maximum capacity of 24.



### Music Studio

A room where your band can practice. It has a keyboard, drums and an amplifier.



### Dance Studio

This room can be used for dancing or singing practice by a group of up to 5-6 people.

Entrance  
入口

