

Counseling Information for Foreign People

外国人のための相談窓口(英語)

Please use the following information as a guide for foreign language counseling within Tochigi and the Kanto region. (Updated April, 2021)
 < International Affairs Division of Tochigi Prefecture・Tochigi International Association >

※Due to the spread of the COVID-19 infection, the reception hours may be revised.

○ General Information Consultation

*Abbreviations: E=English, C=Chinese, P=Portuguese, S=Spanish, V=Vietnamese, T=Thai, K=Korean, F= Filipino, I= Indonesian, B= Bengali, TL=Tagalog, N=Nepalese, S=Sinhalese, TA=Tamil, J=Japanese, Bu=Burmese, Kh=Khmer, Mo=Mongolian
 TIA=Tochigi International Association

Organization	Phone	Days and Times Available		Languages Spoken
Tochigi Consultation and Support Center (Tochigi International Association) For details, http://tia21.or.jp/hello.html	028-627-3399	Tues.-Sat.	9:00-16:00	P-S-V
		Once a week	10:00-13:00	E-C-TL-N-T-S-TA-I
Utsunomiya International Plaza (Consultation Counter for Foreign People) Utsunomiya City Hall, 2 nd floor *consultations accepted 30 minutes before closing	028-632-2834	Thurs.	9:00-12:00 14:00-17:00	P-S P-S
		1st Thurs.	14:00-17:00	T
		2nd Thurs.	9:00-12:00 14:00-17:00	C V
		3rd Thurs.	14:00-17:00	E
Utsunomiya International Plaza (Consultation Counter for Foreign People) Omotesando Square, 5th Floor *consultations accepted 30 minutes before closing	028-616-1564	Mon.	15:00-18:00	P-S
		1st.,3rd., Mon.		V
		Tues.		C
		Wed.		T
		Fri.		E
		4th Sun. (appointment necessary)		E-C-P-S-T-V
NPO Dek Thai Group (Daily life, government procedures, education)	090-77207575	Mon.-Fri. Evenings	18:00-22:00	T
	LINE @ https://dekthaigroupnpo.jimdo.com	Every day	24 hours	T-J
Kiyohara Area Int'l Association (Daily life, Labor)	028-667-0384	Mon.	20:30-22:00	P
Group "Nakama" consultations for foreign people (Daily life)	0282-86-7910	Tues.s., Wed., Fri.	9:00-17:00	P
Ashikaga City Resident Division (Daily life, government paperwork, interpreting at City Hall service counter, etc.)	0284-20-2102	Mon.-Fri.	8:30-17:00	E-S-P
Ashikaga International Association (Daily Life)	0284-43-2412	Mon.-Fri.	9:00-16:00	C-K
Tochigi City International Exchange Association Consultation Counter for Foreign People (Daily life, General Information)	0282-25-3792	Mon.-Fri.	9:00-17:00	E-C
		Wed.Thurs.		S
		Tues.		S (Civil life divisions in Tochigi City Hall)
		Mon.-Fri.		72 languages(Translation Device)
Sano City hall, Civil life division, Community Safety Section (Daily life, consumer problems, government procedures)	Sano City Office, Transportation and Community Division, Public Safety Section 0283-20-3014	Mon.-Fri.	8:30-17:00	J Make an appointment 10 days in advance at Civil life division for foreign languages

Kanuma City International Association (Daily life, government paperwork, interpreting at City Hall service counter)	0289-60-5931	Mon.-Fri.	9:00-17:00	P-S-E-V-J
Nikko Community Services Division Foreign Residents Service Counter (Daily life)	0288-21-5111	3rd Tues.	14:00-17:00	E
Oyama City Multicultural Support Center Counselings for Foreign People (Government procedures, daily life)	Priority language: S,P 0285-22-9439 Priority language: E 0285-22-9678 (R3.5~)	Mon.-Fri.	9:00~17:00	P-S-E
Moka International Association, Community Safety Division (Daily life, interpreting; at city hall service counter)	0285-83-8719	Mon.-Fri. Mon.	8:30-17:00 9:00-16:00	P-S E-TL
Nasu-Shiobara City Foreign Residents Service Counter	0287-62-7324 (Secretarial Division)	Fri.	9:00-16:00	P-E-S
Oyama City Local Support Center (<i>Gaikokujin Fureai Kosodate Salon</i>) (Child raising)	0285-23-1042	Mon.-Fri.	9:00-17:00	P-S
Tochigi-Indonesia Friendship Society	028-658-4080	Mon.-Fri.	9:00-17:00	I
Global Group (daily life, education)	080-6702-2441	Every day	9:00-21:00	E-S
Otawara Int'l. Association. (Daily life)	0287-22-5353	Wed.	10:00-16:00	J
Kurobane International Association (Daily life)	0287-54-1105 (Hotel Kagetsu)	Every day	9:00-16:00	E-K
ICCLA Inter-Cultural Community Life Association	028-634-5409	contact us by E-mail (iccla@sea.plala.or.jp)	10:30-12:00	J-E

○ Specialized Counseling (専門分野に関する相談)

【Legal】 (法律)

Organization	Phone	Day and Times Available	Languages Spoken
Tochigi Support Center for Foreign Residents (Tochigi International Association) (Legal advice)	028-627-3399	1st Tues.s. (Appointment necessary) (3rd Tues.s. if the 1st Tues.s. falls on a holiday)	10:00-12:00 E-C-P-S-V-TL-N-T-S-TA- I Please contact for other languages

【Health/Medical Care】 (健康・医療)

Organization	Phone	Day and Times Available	Languages Spoken
Tochigi Support Center for Foreign Residents (Tochigi International Association) (Mental health)	028-627-3399	Once a month (Appointment necessary)	15:00-16:00 E-C-P-S-V-TL-N-T-S-TA- I Please contact for other languages
Fukuda Memorial Hospital	0285-84-1171	Mon.-Sat.	8:30~11:30 14:00~17:30 (Until 11:30 on Sat.) P-S
AMDA International Medical Information Center	03-6233-9266	Mon.-Fri. Mon. Tues., Thurs. Tues. Wed. 2nd, 4th Wed. Fri.	10:00-16:00 E-Easy Japanese K-F C T S V P

【Resident Status】 (在留資格)

Organization	Phone	Day and Times Available		Languages Spoken
Tochigi Support Center for Foreign Residents (Tochigi International Association) (Visa, Resident Status)	028-627-3399	2nd Wed. (Appointment necessary) (4th Wed. if the 2nd Wed. falls on a holiday)	10:00-12:00	E-C-P-S-V-TL-N-T-S-TA-I Please contact for other languages
Utsunomiya International Plaza Free Public Notary Consultation (resident status, nationality, naturalization)	028-616-1564	3rd Mon. (4th Mon. if the 3rd Mon. falls on a holiday)	15:00-17:00	Prior appointment necessary; please contact in advance
Ashikaga International Association Resident Status Consultation	0284-43-2412	2nd Wed.	13:00-16:00	C-K
Kanuma City International Association (nationality, residential status)	0289-60-5931	3rd Wed.	10:00-12:00	P-S-E-V-J Appointment necessary over the phone
Tokyo Immigration Bureau Foreign Residents Information Center	0570-01-3904 03-5796-7112 (for IP Line, PHS, and Overseas callers) http://www.immi-moj.go.jp/info/	Mon.-Fri. (Except holidays)	8:30-17:15	E-C-K-S
Tokyo Immigration Bureau One-Stop Information Center (Consultation Support Center for Foreign Residents)	Tel:03-3202-5535 Fax: 03-5155-4039	Mon.-Fri. (Except 2nd, 4th Wed.) Mon., Tues., Thurs. Mon., Tues., Wed. Tues. Mon., Wed. Fri.	8:30-17:15	E-C P S I V TL
Tokyo Immigration Bureau One-Stop Information Center (Saitama Information & Support Center for Foreign Residents)	Tel:048-833-3296 Fax: 048-833-3600	Mon., Wed., Fri. (Immigration, Government procedures) Tues. (Consultation on labor for foreign residents) At all times (Daily life and other related matters)	9:00-16:00	E-C-K-P-S-T-V-TL-I-N- Easy Japanese

【Human Rights Counseling】 (人権相談)

Organization	Phone	Day and Times Available		Languages Spoken
Main offices of the Legal Affairs Bureaus and District Legal Affairs Bureaus Human Rights Counseling for Foreign Nationals	0570-003-110 (Utsunomiya Legal Affairs Bureau)	Weekdays (Closed on public holidays and December 29th through January 3rd)	9:00-17:00	E-C-K-P-V-F-N-S-I-T
Ministry of Justice Foreign-language Human Rights Hotline	0570-090-911	Weekdays (Closed on public holidays and December 29th through January 3rd)	9:00-17:00	E-C-K-P-V-F-N-S-I-T

〔Labor Conditions〕 (労働条件)

Organization	Phone	Day and Times Available		Languages Spoken
Tochigi Labor Standards Office	0282-24-7766	Wed.	8:30~16:00	C
Tochigi Labor Bureau Inspection Division	028-634-9115	Mon., Fri.	9:00~12:00 13:00~16:30	P-S-E
Ministry of Health, Labour and Welfare Telepone Consultation Service for Foreign Workers	0570-001701	Mon.-Fri.	10:00~12:00 13:00~16:30	E
	0570-001702			C
	0570-001703			P
	0570-001704			S
	0570-001705			TL
	0570-001706	V		
	0570-001707	Mon	10:00~12:00 13:00~16:30	Bu
	0570-001708	Tues.-Thurs.		N
	0570-001709	Thurs., Fri.		K
	0570-001712			T
0570-001715	Wed.		I	
0570-001716			Kh	
0570-001718	Fri.		Mo	

〔Employment〕 (就職)

Organization	Phone	Day and Times Available		Languages Spoken
Utsunomiya Public Employment Security Office ("Hello Work Eki-Mae Plaza") Foreign Residents Service Counter	028-623-8609	Mon.	13:30-17:30	S-P
		Tues.		E
		Thurs.		C
Moka Public Employment Security Office ("Moka Hello Work") Foreign Residents Service Counter	0285-82-8655	Tues.	9:00-12:00 13:00-16:00	P-S
		Wed.	9:00-12:00 13:00-16:00	
		Fri	9:00-12:00	
Oyama Public Employment Security Office ("Oyama Hello Work") Foreign Residents Service Counter	0285-22-1524	Mon.	9:00-16:00	P-S
		Tues.-Fri.	9:00-14:00	

〔Tourism〕 (観光)

Organization	Phone	Day and Times Available		Languages Spoken
Nikko Kyodo Center (Nikko Tourism Association, Nikko Branch)	0288-54-2496	All Year	9:00-17:00	E
JR Nikko Station Tourist Information		All Year	9:00-17:30	E
Tobìu-Nikko Station Tourist Information Center	0288-53-4511	All Year	8:30-17:00	E
Tobu Railways Nikko Concierge		All Year	8:20-17:00	E