

# Free Consultation for Status of Residence

Tokyo Multilingual Consultation Navi offers a “Free Consultation for Status of Residence” service. This service allows foreign residents living in Tokyo to receive a consultation on matters such as “status of residence” and “period of stay”. Consultation can be held in several languages and consultation is free.

Who can receive  
consultations

Foreign residents who live in Tokyo, or work in Tokyo, or attend educational institutions in Tokyo

Consultation  
times/days

The fourth Tuesday of each month, between 2:00PM and 4:00PM  
\*Each consultation can last for up to one hour.

Where consultations  
are held

The office of Tokyo Metropolitan Foundation TSUNAGARI (Nishi-Shinjuku), or online via Zoom

Reservations

Reservations must be made by telephone at least one week prior to the consultation date. When making the reservation, please give the following information:

- (1) Your “status of residence”, “period of stay”, and “nationality/region” as written on your residence card
- (2) Where you would like to receive your consultation
- (3) What you would like to consult about

..... Call the following number to make inquiries or reservations: .....

Tokyo Multilingual Consultation Navi

  **0120-142-142**

\*Call between 10:00AM and 4:00PM from Monday to Friday (excluding national holidays)

~ Languages offered when making inquiries, reservations, and for consultations ~

Plain Japanese (*yasashii nihongo*), English, Chinese, Korean, Portuguese, Spanish, Thai, Russian, Tagalog, Vietnamese, Hindi, Nepalese, French, Indonesian

