

# 外国人のための無料相談会

Multilingual Free Professional Consultation for Foreign Residents

いけぶくろ  
池袋  
Ikebukuro

2022年12月10日 土

予約不要  
(よやくはいりません)

秘密厳守  
(ひみつはまもります)

予約優先  
Reservation Priority



色々な専門家がいます。色々な相談ができます。色々な通訳がいます。

Professionals in various fields. Consultation available for a variety of issues. Interpreters in various language

外国人の子どもと親・保護者のための日本の教育と高校の相談

Consultation on Japanese education and high school for foreign children and their parents/guardians

10AM~12PM

高校入試、勉強と学校生活、卒業後の進路について、高校教員に相談できます。

Teachers will take your questions about high school entrance exams, study and school life, and post-graduation career paths etc.

- 協力
- 多文化共生教育ネットワーク東京 (TEAM-Net)
  - 多言語高校進学ガイダンス実行委員会東京
  - 東京都国際教育研究協議会

[出張] 避難民生活相談センター  
Support-R  
2PM~4PM

日本に避難している人の生活、支援制度、心の相談を受け付けます。

For those who have fled to Japan, we provide consultation on daily life, support systems, and mental health, etc.

●通常開設日: 月~金 10AM~4PM

03-6261-6356 <https://support-r.org/>



専門家相談会  
Professional Consultation  
2PM~4PM

弁護士、行政書士、社会保険労務士、医師、社会福祉士などと相談ができます。在留資格、ビザ、離婚、労働、教育・進学、年金・保険、生活トラブルなど

Professionals in various fields: Lawyers, administrative scriveners, certified social insurance labor consultants, medical doctors, social workers, etc. Consultations available for a variety of issues: Residence status, visas, marriage, divorce, labor-related issues, education and access to higher education, pensions and insurance, taxes, medical care, problems related to daily life, etc.

通訳がいます

英語・中国語・スペイン語・ポルトガル語・ミャンマー語・ベトナム語・ネパール語  
その他の言語も事前に相談して下さい。

English, Chinese, Spanish, Portuguese, Myanmar, Vietnamese, Nepalese  
Please feel to contact us in advance if you wish to speak other languages.

お問い合わせ

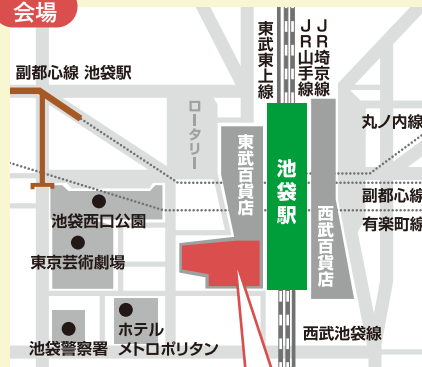
NPO法人国際活動市民中心 CINGA E-mail [info@cinga.or.jp](mailto:info@cinga.or.jp)  
TEL 03-6261-6225 (10AM~4PM) <https://www.cinga.or.jp/3480>



共催・協力

一般財団法人東京都つながり創成財団  
東京外国人支援ネットワーク  
公益社団法人東京社会福祉会 国際委員会

会場



ステーションカンファレンス池袋 (池袋西口2分)

STATION CONFERENCE IKEBUKURO (2 min from Ikebukuro West exit)

〒171-0021 東京都豊島区西池袋 1-11-1 メトロポリタンプラザビル12F Room2A,3  
Metropolitan plaza building 12F Room 2A,3, Nishi-Ikebukuro Toshima-ku, Tokyo 171-0021

# Multilingual Free Professional Consultation for Foreign Residents

## IKEBUKURO Dec. 10 (Sat.) AM10:00-PM4:00

### Multilingual Free Professional Consultation for Foreign Residents

Consultation available for a variety of issues: Residence, visa, marriage, divorce, labor-related issues, pensions, insurance, taxes, medical care, domestic violence from partner. Reservation priority/ Possible even without a reservation / Confidential

 03-6261-6225  info@cinga.or.jp

### 专为外国人举办的多语种免费咨询会

如果您遇到了麻烦或有什么疑问,比如有关在留资格等签证问题、跨国婚姻离婚问题、工伤事故等劳资纠纷、纳税、年金、健康保险以及家庭暴力等问题,都将由各类专家给予免费咨询。严守秘密/预约优先/未预约也可接受咨询。

 03-6261-6225  info@cinga.or.jp

### Consulta gratuita com especialistas, em várias línguas, para os estrangeiros

É possível consultar gratuitamente especialistas sobre questões problemáticas, relacionadas a visto, casamento ou divórcio internacional, acidente, questões trabalhistas, impostos, aposentadoria, seguro da saúde, violência doméstica etc. Preferência por reserva antecipada / Atendimento sem reserva será possível / Sigilo absoluto

 03-6261-6225  info@cinga.or.jp

### Consultas gratuitas para extranjeros a cargo de profesionales en diferentes idiomas

Usted podrá consultar cualquier tema de su preocupación: estatus de residencia, visa, matrimonio internacional, divorcio, accidentes, problemas laborales, impuestos, pensión, seguro médico o violencia doméstica. Atención gratuita. Se dará prioridad a las consultas con la cita previa / Se permitirá la entrada sin cita / Se guardará el secreto estrictamente

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### SANGGUNIAN ng mga ESPESYALISTA para sa mga DAYUHAN sa IBAT-IBANG LINGGUAHE

Pwedeng magkonsulta sa mga espesyalista tungkol sa mga problema, status ng residence, visa, pag-aasawa at deborsyo, aksidente, problema sa trabaho, buwis, pension, insurance, DV, atbp. Libre at kompidensyal. Hindi kinakailangan ng appointment subalit kung nais ninyo magpa-appointment bibigyan kayo ng priority.

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### বিদেপীদের জন্য বিনামূল্যে বিভিন্ন ভাষায় বিশেষজ্ঞদের পরামর্শ প্রদান

জীবনযাত্রা সংক্রান্ত সমস্যা, ভিসা সমস্যা, বিবাহ, তালাক, যেকোন দুর্ঘটনা, চাকুরী সমস্যা, কর, অবসরভাতা, স্বাস্থ্য বীমা, পারিবারিক সহিংসতা ইত্যাদি বিষয়ে বিনামূল্যে বিশেষজ্ঞদের সাথে সরাসরি আলোচনা করতে পারবেন। আগে ফোন করে অ্যাপয়েন্টমেন্ট নিয়ে নিলে অগ্রাধিকার পাবেন। / অ্যাপয়েন্টমেন্ট না থাকলেও আসতে পারবেন। / যাবতীয় বিষয়ে গোপনীয়তা রক্ষা করা হবে।

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### Buổi tư vấn miễn phí đa ngôn ngữ của các chuyên gia dành cho công dân nước ngoài

Nếu bạn đang gặp khó khăn hoặc có những điều lo lắng về tư cách cư trú, visa, kết hôn hoặc ly hôn mang yếu tố nước ngoài, bị tai nạn, những rắc rối trong công việc, vấn đề liên quan đến thuế, lương hưu, bảo hiểm sức khỏe cũng như nếu bạn bị bạo hành từ người bạn đời (bạo lực gia đình) ...v.v, thì bạn có thể nhận được dịch vụ tư vấn miễn phí của chuyên gia. Ưu tiên người đặt hẹn trước/Có thể đến mà không cần hẹn trước/ Giữ bí mật tuyệt đối

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### बिदेशीहरूका लागि निशुल्क परामर्श सेवा

जापानी बिजहरू द्वारा बिभिन्न बिषयहरूमा निशुल्क परामर्श सेवा उपलब्ध हुने भएकोले सम्बन्धित सबैको लागि जानकारी गराइएको छ । केहि समस्या भएमा परामर्श लिनुभई मौकाको फाईदा उठाउनुहोस । निम्नलिखित बिषयहरूमा परामर्श सेवा उपलब्ध छन्। दैनिक जीवनयापनमा परेका समस्याहरू, भिसा, विवाह, सम्बन्ध विच्छेद, श्रम, पेन्सन, बीमा, बिभिन्न करहरू, औषधी उपचार, ब्यवसायिक साझेदारीका समस्या आदि।

नोट: अग्रिम जानकारी गराई नाम टिपाउनुहुनेहरूका लागि प्राथमिकतामा राखिनेछ। तर अग्रिम जानकारी बिना पनि परामर्शको लागि उपस्थित हुन सक्नुहुनेछ। सम्पर्क

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