

Sendai Multicultural Center News

Simple 3R Everyone Can Do



Do you know the meaning of "3R"? "3R" takes the first letter of Reduce, Reuse, and Recycle, and helps remind people to treasure our limited resources.

"Reduce" means to reduce the amount of waste we create, "Reuse" means to use something as many times as possible before disposal, and "Recycle" means to recycle items as resources. It is important for each and every person to be aware of these ideas in order to leave behind a rich natural environment, and we must strive to lead lives which are kind to the environment.

This volume highlights some simple 3R that everyone can do. We hope that you can try incorporating it into your daily life.



Reduce



It is important to reduce the amount of waste and stop producing waste.

【What we can do】

- Plan and buy only what you will be able to consume fully.
- Refill shampoo, laundry detergent, etc. bottles after using them up.
- Bring reusable shopping bags with you when shopping so that you don't need to use disposable plastic bags.
- Mend and repair items such as clothing and toys so that they can be used for a long time.

Reuse



It is important to use things over and over before discarding them.

【What we can do】

- Buy things you want at a second-hand shop or used bookstore.
- Give or donate non-perishable foods that you cannot finish at home to those who might need it.

- Give clothes or cloth that you do not use anymore to those who need them, or bring them to a recyclable resource collection storehouse or recycling plaza.

< Food drive >

Businesses and organizations in Sendai cooperate to collect food which is still edible.

Through donation organizations, collected food is given to those who are in need of food.

What is collected

Food with an expiration period longer than 1 month that can be stored at room temperature.

Collection locations

Designated stores in Sendai City
List (Japanese language only)

<https://www.gomi100.com/articles/foodloss/372>



Donation organizations

Social Welfare Corporation Sendai City Council of Social Welfare,
Foodbank Sendai,
NPO Foodbank Tohoku AGAIN

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Publications in Six Languages

In addition to English, we also have publications in Japanese / にほんご, Chinese / 中文, Korean / 한국어, Vietnamese / Tiếng Việt, and Nepali / नेपाली. They can also be viewed on our website, or found at the Sendai Multicultural Center.



< Recyclable resource collection storehouse >

Clothing which can be worn as-is is exported to locations such as countries in south-east Asia.

Items which cannot be used as-is or that are made of cotton will be reused to make factory-use cloths, car seats, cushions, etc.

What is collected

Washed t-shirts, jeans, sweaters, skirts, sportswear, pajamas, jackets, traditional Japanese clothing, socks, handkerchiefs, blankets, curtains, sheets, towels, etc.

※ Please place in a transparent bag so the contents inside can be seen. Please tie the bag closed securely.

What is not collected

Futons, cushions, carpets, mattresses, work clothes, uniforms, rain gear, leather goods, etc.

Collection locations and times

Recyclable resource collection storehouse list (Japanese language only)



<https://www.gomi100.com/manage/wp-content/uploads/2022/03/R0402storage.pdf>

< Recycling plaza >

The City of Sendai collects and displays second-hand clothing, then gives the clothes to people who want them.

What is collected

Clothes that were washed or dry-cleaned (unused clothes and gifts also collected)

What is not collected

Unwashed or dirty clothing, and clothing in poor condition

Underwear, socks, towels, sheets, plastic products (unused socks, towels, sheets, etc. can be collected)

Non-clothing items (futons, blankets, pillows, carpets, curtains, mats, etc.)

Collection locations and time

Kuzuoka Recycling Plaza TEL (022) 277-8573

Imaizumi Recycling Plaza TEL (022) 289-6401

Time: Tuesday – Sunday 9:00 a.m. – 4:30 p.m.

When you come to receive items

- Can receive 3 items per person per day, up to a total of 10 items per week.
 - ※ Items cannot be used for the purpose of sale or resale.
 - ※ Children can only receive items made for children.
- After choosing items you want, make sure to write them down in the "Usage Ledger" which is located at reception.

- When you receive items, please consider donating to the Sendai Environment Fund.

Recycle

Resources can be reused if you properly sort and dispose of waste.



【What we can do】

- Separate paper materials and put them out on paper waste collection days. Do not put paper together with household waste.
- Separate and put out cans, glass bottles, and PET bottles.

< Collection of food trays, paper packs, and PET bottles at stores >

There are stores in Sendai City which collect resources.

By separating and collecting waste, items can be recycled into higher quality products.

Collection locations and times vary by store.

※ Stores which collect items will sometimes also collect purchased items. Please be sure to check before putting items out.

Example of items which are collected

Food trays: Wash and dry trays used for meat, fish, vegetables, fruit, and side dishes before putting out for collection.

Paper packs: Rinse with water, cut open, and dry before putting out for collection.

Egg cartons: Peel off labels before putting out for collection.

PET bottles: Rinse inside with water and dry before putting out for collection.

Other

If you do not know how to sort or dispose of waste, please see the pamphlets on the websites below or contact the Sendai Multicultural Center.

- City of Sendai Wakeru Net (Japanese language only)
<https://www.gomi100.com/>
- Waste sorting smartphone app "3R" (Japanese and English)
<https://www.gomi100.com/articles/dashikata/592>
- "Guide for Sorting Recyclables and Waste, and How to Put Them Out for Collection" (English, Chinese, Korean, Vietnamese, and Nepali, each written next to Japanese)
<https://www.city.sendai.jp/haiki-shido/foreignlanguage/jp/shigentogomi/index.html>



Notice: Foreign language counseling staff can help

Having difficulties while living in Sendai or worried about something?

The Sendai Multicultural Center accepts consultations every day in multiple languages.

Among these, foreign language counseling staff can help in Chinese, Korean, Vietnamese, and Nepali 1 to 2 times per week. No reservation required. Consult by telephone or by visiting the Sendai Multicultural Center.

【Examples of possible consultations】

I can't read documents I received from City Hall, ward office, or school. I do not know how to fill out an application form.

→ Multicultural Center staff will check the document with you and help fill it out.

I want to call City Hall, ward office, children's club, school, etc. but cannot speak Japanese and want help.

→ You can talk in a 3-way telephone call by calling the "Interpretation Support Hotline TEL (022) 224-1919." Multicultural Center staff will help with communication.

I want to consult about not being able to pay income tax or pension fees.

→ You can call a city office and consult together with staff. When traveling to a city office or other location for consultation, a community interpretation supporter (※) can go together with you and provide communication help if you make a reservation.

※ Community interpretation supporter: service is free of charge. Please see website for details.

https://int.sentia-sendai.jp/com_support/en/



I want to study Japanese.

→ The Multicultural Center can tell you information about Japanese classes in Sendai and other opportunities for learning.

Foreign language counseling staff

<http://int.sentia-sendai.jp/e/exchange/counter.html>



Advisor Corner "Incorporating 3R into daily habits"

Thoughts and experiences from advisors on this issue's theme

3R is an important step in reducing our burden on the environment. Japan is known among expats for its stringent rules when it comes to sorting our garbage and recycling. But recycling isn't limited to the mountains of plastic and paper packaging we accumulate on a day to day basis, it includes selling or passing on used items that are still in a good usable condition.

One of my favorite things in here in Sendai when it comes to recycling is going to thrift stores. As Sendai has a large transient population of students and company employees, it's really easy to get your hands on some great statement fashion pieces for much lower prices than you'll see in larger cities such as Tokyo or Osaka. Opting to purchase and donate clothes at thrift stores as opposed to fast fashion chain stores is a good way to ensure clothing doesn't end up polluting the earth.

Due to this many fast fashion chain stores are setting up recycling stations in their stores to encourage people to close the loop, and give their clothes back for companies to create new fabric for clothes. Such investment in fabric recycling shows that corporations are listening to consumers and showing some sort of social responsibility that will hopefully create a positive ripple effect with corporations across the board.

(Advisor M)

Each advisor writes in the "Advisor Corner" each issue in all language versions.

The Japanese translation for each is on our blog. Please have a look.

Sendai Multicultural Center

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仙台多文化共生センター



Opening Hours Daily 9:00 a.m. to 5:00 p.m. (Closed during the New Year's holidays and 1 to 2 days per month for maintenance)

Address Sendai International Center Conference Bldg. 1F, Aobayama, Aoba-ku, Sendai, 980-0856

TEL (022) 265 - 2471

FAX (022) 265 - 2472

Email tabunka@sentia-sendai.jp

URL <https://int.sentia-sendai.jp/e/exchange/>



■ Advice in foreign languages

We are able to give advice in many languages for daily-life troubles or problems. Please call the Interpretation Support Hotline on (022) 224-1919.

Languages available: English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, Russian, Indonesian, Italian, French, German, Malay, Khmer, Burmese, Mongolian, Sinhala, Hindi, Bengali, and Ukrainian

■ Other Services

We have lecture rooms, a children's playroom, a bulletin board, and book rental. We also have spaces for interaction and information on citizen activities.

Specialist Consultations for Foreign Residents

We periodically hold specialist consultations with lawyers, administrative scriveners and so on. If there are matters that are affecting your life in Sendai, please feel free to have a consultation. Consultations are confidential, and are limited to 30 minutes per person. Consultations are held from 1:00 p.m. to 4:00 p.m.

You can check the consultation dates on our website.

<https://int.sentia-sendai.jp/e/exchange/consultation.html>



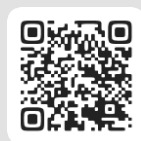
Administrative Scrivener

Lawyer

Labour Bureau

Immigration Bureau

Tax Accountant



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