

Guide to Advisory Service for Foreign Workers

We provide consultation on working conditions at our reception counter or by telephone in ten foreign languages at Tokyo Labour Bureau, three foreign languages at Shinjuku Labour Standards Inspection Office and also two languages at Shinagawa Labour Standards Inspection Office.

If you wish to come to the reception desk, please make an appointment before visit.

Consultation details: · wages or overtime payments are not paid
· dismissal without notice, etc.

Consultation hours: 9:30a.m. - 4:30p.m.(except noon - 1:00p.m.)

E n g l i s h	Mon. to Fri.	Tokyo Labour Bureau Consultation and Support Office for Foreigners 03-5361-8728 〒160-0004 YOTSUYA TOWER 13th floor, 1-6-1 Yotsuya, Shinjuku-ku (Inside Foreign Residents Support Center) From Yotsuya Station ·JR Line / Tokyo Metro Namboku Line: 1 minute walk ·Tokyo Metro Marunouchi Line: 3 minute walk
C h i n e s e	Mon. to Fri.	
T a g a l o g	Mon. Tue. Wed. Fri.	
V i e t n a m e s e	Tue. Thur. Fri.	
N e p a l i	Mon. to Thur.	
I n d o n e s i a n	Tue.	
C a m b o d i a n (K h m e r)	Wed.	
T h a i	Thur.	
M y a n m a r	Fri.	
M o n g o l i a n	Fri.	
E n g l i s h	Mon. Tue.	Shinjuku Labour Standards Inspection Office 03-5338-5582 〒169-0073 Shinjuku Rodo Sogo Chosha 4th floor, 4-4-1 Hyakunincho, Shinjuku-ku From Takadanobaba Station ·JR Line: 5 minute walk at Toyamaguchi ·Seibu Shinjuku Line: 7 minute walk at Toyamaguchi ·Tokyo Metro Tozai Line: 10 minute walk
C h i n e s e	Tue. Thur. Fri.	
K o r e a n	Wed. Thur. Fri.	
C h i n e s e	Wed. Fri.	Shinagawa Labour Standards Inspection Office 03-3440-7556 〒141-0021 3-13-26 Kamiosaki, Shinagawa-ku From Meguro station or Gotanda station ·JR Line: 7 minute walk
T a g a l o g	Mon. Thur.	

Guide to Consultation Dial for Foreign Workers

Ministry of Health, Labour and Welfare has established the "Consultation Dial for Foreign Workers" available to foreign workers in the following 13 foreign languages including English and Chinese. The "Consultation Dial for Foreign Workers" gives legal explanations and introduces relevant organizations to foreign workers regarding problems related to working conditions. This service will be subject to a charge of 8.5 yen per 180 seconds (including tax) from a fixed-line phone and 10 yen per 20 seconds (including tax) from a cellular phone.

Languages	Days available	Hours available	Tel. No.	
English	Mon. to Fri.	10:00a.m. - 3:00p.m. (except noon - 1:00p.m.)	0570-001701	
Chinese			0570-001702	
Portuguese			0570-001703	
Spanish			0570-001704	
Tagalog			0570-001705	
Vietnamese			0570-001706	
Myanmar(Burmese)			Fri.	0570-001707
Nepali			Mon. to Thur.	0570-001708
Korean			Wed. Thur. Fri.	0570-001709
Thai			Thur.	0570-001712
Indonesian			Tue.	0570-001715
Cambodian (Khmer)			Wed.	0570-001716
Mongolian			Fri.	0570-001718

Guide to Labour Condition Consultation Hotline

"Labour Condition Consultation Hotline" is a Ministry of Health, Labour and Welfare commissioned project. You can access from anywhere in Japan free of charge. You can use fixed-line phone, cellular phone or public telephone whichever is convenient. "Labour Condition Consultation Hotline" is available in the following 14 languages including Japanese. This service provides legal explanations and introduces relevant organizations with respect to working conditions, and is available after the closing hours and holidays of prefectural labour bureaus and labour standards inspection offices.

Languages	Days available	Hours available	Tel. No.
Japanese	Mon. to Sun.	○Weekdays (Mon. to Fri.) 5:00p.m. - 10:00p.m. ○Sat. Sun. National holidays 9:00a.m. - 9:00p.m.	0120-811-610
English			0120-531-401
Chinese			0120-531-402
Portuguese	Mon. to Sat.		0120-531-403
Spanish	Thu. Fri. Sat.		0120-531-404
Tagalog	Tue. Wed. Sat.		0120-531-405
Vietnamese	Tue. Wed. Fri. to Sun.		0120-531-406
Myanmar(Burmese)	Wed. Sun.		0120-531-407
Nepali			0120-531-408
Korean	Thur. Sun.		0120-613-801
Thai			0120-613-802
Indonesian			0120-613-803
Cambodian (Khmer)	Mon. Sat.		0120-613-804
Mongolian			0120-613-805