

## Consultation Services

(Current as of February 2025)

Type of Consultation	Contact Details	Hours & Language Support	Notes
<b>General Everyday Matters</b>	<b>Niigata City International Exchange Foundation</b> TEL: 025-225-2727 Crosspal 2F 3-2086 Ishizuecho-dori, Chuo-ku, Niigata City Email: kyokai@nief.or.jp URL: <a href="https://www.nief.or.jp">https://www.nief.or.jp</a>	Mon–Sat 9:00–16:00 (Except holidays and New Year holidays) Japanese: Mon–Sat English & Chinese: Mon – Fri Korean: Tue & Fri French: Mon & Thu Russian: Tue & Thu Multi-language support can be provided using translation devices for other languages and when interpreters are not available.	Appointment required if you need assistance in languages other than Japanese and English.
		Free legal consultation available in June, November, and February.	Appointment required. You must arrange for an interpreter if needed.
	<b>Niigata Help Association</b> TEL: 025-228-2212 / 080-6596-0168	Vietnamese, Spanish, English, Korean, Chinese, Thai, Portuguese, Bengali, Tagalog, Russian	Appointment Required
	<b>Helpline for Foreigners</b> TEL: 0120-279-338 (Press 2 after the Japanese message ; you will be transfered to the multilingual line) URL: <a href="https://www.since2011.net/yorisoi/">https://www.since2011.net/yorisoi/</a>	Call the 24 hour toll-free number (10:00–22:00 for foreign language support) English, Chinese, Korean, North Korean, Thai, Spanish, Tagalog, Vietnamese, Nepali, Portuguese, Indonesian	
	<b>Niigata City Personal Support Center</b> TEL: 025-385-6851 Labor Welfare Hall 1F 6-2 Shinko-cho, Chuo-ku, Niigata City	Mon–Fri 9:30–16:30 (Except holidays and New Year holidays)	Appointment Required. You must arrange for an interpreter if needed.
<b>Foreign Resident Consultation Center</b> (General Consultations and Information)	<b>Niigata International Association</b> TEL: 025-241-1881 Bandaijima Bldg. 2F 5-1 Bandaijima, Chuo-ku, Niigata City Email: nia10@niigata-ia.or.jp URL: <a href="https://www.niigata-ia.or.jp/">https://www.niigata-ia.or.jp/</a>	<b>Hours:</b> 10:00-17:00 (Last entry at 16:30) (Except weekends, holidays and New Year holidays) <b>Japanese &amp; Russian:</b> Mon–Fri <b>Chinese:</b> Wed <b>English:</b> Mon & Fri /Thu (until 14:00) <b>Thai &amp; Vietnamese:</b> Tue <b>Filipino:</b> Mon <b>Spanish &amp; Portuguese:</b> Thu (until 14:00) *Translation software will be used for other languages	Appointment required for online consultations
<b>Foreign Resident Consultation Center</b> (Specialist Consultation)	<b>Education Consultation</b> Phone consultation regarding education for children with ties to foreign countries. TEL: 025-241-1881	Every Tuesday 13:00-17:00 Japanese, English, Chinese, Thai, Vietnamese, and Russian	Appointment required
	<b>Legal Consultation</b> TEL: 025-241-1881	3 <sup>rd</sup> Thu of every odd month 13:00–17:00 Japanese, English, Spanish, Portuguese, Russian	Availability may vary

<b>Foreign Resident Consultation Center</b> (Specialist Consultation)	<b>“Houterasu” Legal Consultation</b> TEL: 025-241-1881	3 <sup>rd</sup> Mon of every even month 13:00–17:00 Japanese, English, Filipino, Russian	Appointment required  Availability may vary
	<b>Administrative Scrivener (gyosei-shoshi) Consultation</b> TEL: 025-241-1881	4th Wednesday of every month 10:00-17:00 Japanese, Chinese, Russian	
	<b>Immigration Procedures Consultation</b> TEL: 025-241-1881	2nd Tuesday of every month 13:00–17:00 Japanese, Thai, Vietnamese, Russian	
<b>Women’s Counseling</b>	<b>Ward Office Public Health and Welfare Divisions</b>	Mon–Fri 9:00–16:00 (Except weekends, holidays, and New Year holidays)	You must arrange for an interpreter
	<b>Chuo Ward Office</b> TEL: 025-223-7236 <b>Higashi Ward Office</b> TEL: 025-250-2415 <b>Kita Ward Office</b> TEL: 025-387-1316 <b>Konan Ward Office</b> TEL: 025-382-4313 <b>Akiha Ward Office</b> TEL: 0250-25-5660 <b>Minami Ward Office</b> TEL: 025-372-6371 <b>Nishi Ward Office</b> TEL: 025-264-7343 <b>Nishikan Ward Office</b> TEL: 0256-72-8369		
	<b>Alza Niigata</b> TEL: 025-245-0545 Bandai Citizens’ Hall 3F 9-1 Higashibandai-cho, Chuo-ku, Niigata City		
	<b>Spousal Violence Consultation and Support Center</b> TEL: 025-226-1065		
<b>Education</b> (Truancy, Bullying, etc.)	<b>Ward Office Education Consultation Centers</b>	Mon-Fri 9:10 – 17:00 (Except holidays and New Year holidays)	Appointment required. You must arrange for an interpreter. 50 min per session.
	<b>Chuo Ward Office</b> TEL: 025-222-8600 <b>Kita Ward Office</b> TEL: 025-387-3709 <b>Konan Ward Office</b> TEL: 025-382-1156 <b>Akiha Ward Office</b> TEL: 0250-23-0101 <b>Minami Ward Office</b> TEL: 025-373-4895 <b>Nishikan Ward Office</b> TEL: 0256-82-1800		
<b>School Procedures</b>	<b>Ward Office Education Support Centers</b>	Mon–Fri 8:30-17:30 (Except holidays and New Year holidays)	For enrollment and transfers
	<b>Chuo Ward Office</b> TEL: 025-223-7026 <b>Higashi Ward Office</b> TEL: 025-250-2180 <b>Konan Ward Office</b> TEL: 025-382-4903 <b>Minami Ward Office</b> TEL: 025-372-6635 <b>Nishi Ward Office</b> TEL: 025-264-7530 <b>Kita Ward Office</b> TEL: 025-387-1525 <b>Nishikan Ward Office</b> TEL: 0256-72-8560 <b>Akiha Ward Office</b> TEL: 0250-25-5500		
<b>Job Searching &amp; Labor</b>	<b>Hello Work Niigata, Foreign National Advisory Service (Employment agency)</b> TEL: 025-280-8609 Niigata Misaki Godo Chosha Bldg. No.2 1F & 2F 1-2-1 Misaki-cho, Chuo-ku, Niigata City	1 <sup>st</sup> –4 <sup>th</sup> Wed 13:30–16:00 English & Chinese	Call to confirm foreign language service is available

<b>Job Searching &amp; Labor</b>	<b>Niigata Work &amp; Labor Advisory Center</b> TEL: 025-378-2163 / 0120-540-217 NEXT 21 12F, 6-866 Nishibori-dori Chuo-ku, Niigata City Email: info@niigata-elcc.jp	Mon–Fri 9:00–18:30 (Except holidays and New Year holidays) English, Chinese, Korean	Appointment required
	<b>Niigata Labor Bureau Foreign Worker Consultation Corner</b> TEL: 025-288-3503 Niigata Misaki Godo Chosha Bldg. No.2 3F 1-2-1 Misaki-cho, Chuo-ku, Niigata City	Fri (Except holidays and New Year holidays) 9:00–12:00 & 13:00–16:30 Vietnamese only	
<b>Job Searching &amp; Labor</b>	<b>Niigata Labor Standards Inspection Office</b> TEL: 025-288-3572 Niigata Misaki Godo Chosha Bldg. No.2 2F 1-2-1 Misaki-cho, Chuo-ku, Niigata City	Mon-Fri 8:30–17:15 (Excluding holidays and New Year holidays)	You must arrange for an interpreter
<b>Legal Matters</b>	<b>Niigata City Legal Advisory Services</b>	(Except holidays)	Appointment required
	<b>Public Opinion and Consultation Division Citizen Consultations Office</b> TEL: 025-226-1025	1 <sup>st</sup> -4 <sup>th</sup> Mon; 1 <sup>st</sup> & 3 <sup>rd</sup> Wed 13:15-16:15	
		1 <sup>st</sup> & 3 <sup>rd</sup> Fri 9:00-12:00	
	<b>Kita Ward Office</b> TEL: 025-387-1295	1 <sup>st</sup> & 3 <sup>rd</sup> Tue 13:15-16:15	Visitors must provide their own interpreter
	<b>Higashi Ward Office</b> TEL: 025-250-2235	2 <sup>nd</sup> & 4 <sup>th</sup> Tue 13:15-16:15	
	<b>Konan Ward Office</b> TEL: 025-382-4203	1 <sup>st</sup> & 3 <sup>rd</sup> Thu 13:15-16:15	30 min consultation per person
	<b>Akiha Ward Office</b> TEL: 0250-25-5674	2 <sup>nd</sup> & 4 <sup>th</sup> Fri 13:15-16:15	
	<b>Minami Ward Office</b> TEL: 025-372-6105	2 <sup>nd</sup> & 4 <sup>th</sup> Wed 13:15-16:15	
	<b>Nishi Ward Office</b> TEL: 025-264-7211	2 <sup>nd</sup> & 4 <sup>th</sup> Thu 13:15-16:15	
	<b>Nishikan Ward Office</b> TEL: 0256-72-8317	3 <sup>rd</sup> Wed 13:15-16:15	
<b>Legal Matters</b>	<b>Niigata Prefectural Bar</b> TEL: 025-222-5533 1-1 Gakkocho-dori, Chuo-ku, Niigata City URL: <a href="https://www.niigata-bengo.or.jp/">https://www.niigata-bengo.or.jp/</a>	Mon–Fri 9:00–17:00 (Except holidays and New Year holidays)	Appointment required. You must arrange for an interpreter. ¥5,500 /30 min
	<b>Japan Legal Support Center “Houterasu” Niigata Office</b> TEL: 0570-078328 TEL (VoIP): 050-3383-5420 Niigata Higashinaka-dori Bldg. 2F 1-86-51 Higashinaka-dori, Chuo-ku, Niigata City	Mon–Fri 9:00–17:00 (Except holidays and New Year holidays)	Appointment required. You must arrange for an interpreter.
	<b>“Houterasu” Multilingual Information Service</b> TEL: 0570-078377 TEL (VoIP): 050-3754-5430	Mon–Fri 9:00–17:00 Simple Japanese, English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Tagalog, Thai, Nepali, Indonesian	
<b>Immigration &amp; Residential Matters</b>	<b>Niigata Prefecture Administrative Scrivener Association (gyosei-shoshi)</b> TEL: 025-255-5225 3-4-8 Sasaguchi, Chuo-ku, Niigata City URL: <a href="https://www.niigata-gyousei.or.jp/">https://www.niigata-gyousei.or.jp/</a>	Mon–Fri 8:30–17:00 (Except holidays and New Year holidays)	You must arrange for an interpreter
	<b>Tokyo Immigration Office Niigata Branch</b> TEL: 025-275-4735 Niigata Airport Terminal Building 3710 Matsuhama-cho, Higashi-ku, Niigata City	Mon–Fri 9:00–16:00 (Except holidays)	

<b>Medical Information</b>	<b>Medical Care Information Network “NAVII”</b> URL: <a href="https://www.iryuu.teikyouseido.mhlw.go.jp/">https://www.iryuu.teikyouseido.mhlw.go.jp/</a>	English, Chinese, Korean	
	<b>Niigata Medical Interpretation Center</b> Email: <a href="mailto:niigatamic.enter@gmail.com">niigatamic.enter@gmail.com</a>	English, Chinese	Not free
	<b>Multinational Clinic Search App “mikke”</b> URL: <a href="https://mikke-niigata.com/">https://mikke-niigata.com/</a>		
<b>Driver’s License</b>	<b>Driver’s License Center</b> 7-1-1 Higashiko, Seiro-machi, Kitakanbara-gun TEL: 025-256-1212	Mon–Fri 9:00–16:00 (Except holidays and New Year holidays)	Appointment required. You must arrange for an interpreter.
	<b>JAF (Japan Automobile Federation)</b> TEL: 025-284-7664 (Niigata) TEL: 0570-00-2811 URL: <a href="https://www.jaf.or.jp/">https://www.jaf.or.jp/</a>	Mon-Fri 10:00–17:00 (Except holidays and New Year holidays)	Foreign driver’s license translation service