



世界をつなぐ。未来をつくる。

出入国在留管理庁

Immigration Services Agency

東京出入国在留管理局在留支援部門

Would you like to apply online for residency procedures at FRESC ?

Immigration staff will assist your online residence application!

Free of
charge

No
Waiting
Time

We take
your face
photo for
application

For more information
See back side

Advance reservation
via the Internet is required.

<https://forms.gle/GkTLQHnB5JY5MSdx6>

Address : FRESC
(Foreign Residents Support Center)



Eligible Applications

Application for

- Extension of Period of Stay
- Change of Status of Residence
- Acquisition of Status of Residence

※Status of residence such as "Diplomat", "Temporary Visitor", "Designated Activities" and "Permanent Resident" are not eligible.

Eligible persons

- Applicant him/herself
- Legal representative

Things to bring

- Individual Number Card(My Number Card)
- PIN(Personal Identity Number) of the Individual Number Card (6-16digit)
- PIN(Personal Identity Number) of the Individual Number Card (4digit)
- Residence Card
- Passport
- Application form & attached documents
- Smartphone



外国人在留支援センター

F R E S C

Opening hours

9 a.m. to 5 p.m.

※Closed on Saturdays, Sundays, National holidays, and Year End & New Year holidays

Address

Foreign Residents Support Center(FRESC)
Yotsuya 1-6-1, Shinjuku-ku, Tokyo
Yotsuya Tower 13th

For more information



https://www.moj.go.jp/isa/support/fresc/fresc_4.1.html

Phone Number ☎ 0 3 - 5 3 6 3 - 3 0 2 5