

Guidebook to Living in Japan and Disaster Preparedness



Minamisoma Multicultural Center **SAKURA**

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1

Moving In



① Resident Registration/ My Number Registration



■ Resident Registration (住民登録, jumin toroku)

| | |
|---------------|--|
| What | Submit notification of moving in (転入届, tenyu todoke) |
| When | Within 14 days of moving in to Minamisoma |
| Where | <ul style="list-style-type: none"> • Minamisoma City Hall, Civic Affairs Division • Odaka/Kashima Ward Offices, General Civic Service Divisions |
| Why | People who reside in Minamisoma for over 3 months enter resident registration and create a certificate of residence. |
| What to bring | <ul style="list-style-type: none"> • Residence card • Passport • (For those moving with family) Documents certifying family member's relationship to head of household (e.g. birth certificate, marriage certificate) <p>※ Bring the original copy and a Japanese translation</p> |

■ My Number (Individual Number)

“My Number” (マイナンバー, mai nanba) is a unique number assigned to each person with a Japanese certificate of residence, including foreign nationals. This number is an important piece of personally identifiable information that is used in systems such as taxes and social security. Your number will remain the same for your entire lifetime.

① My Number notification ⇒ A notification that will be delivered to your registered address and will inform you of your individual number.



② My Number card ⇒ An IC card with a chip on which your individual number is written. Once you receive the My Number notification in ①, you can apply for your card online or at City Hall.



You can use a My Number card to get documents such as your certificate of residence or family register issued at your local convenience store.

For more details: [My Number general website](#)



② Health Insurance

Those who possess a visa status that lasts a period of over 3 months must enter into one of the following health insurance systems. You will then receive a health insurance card, which if used at hospitals and clinics will cover 70% of the cost.

| | |
|--|---|
| ① Social insurance (社会保険, shakai hoken) | Those who are employed can register themselves and their family members in their company's health insurance. Please contact your company for more details. |
| ② National health insurance (国民健康保険, kokumin kenko hoken) | Those who are not entered into social insurance will instead be entered into national health insurance. Please complete the process at City Hall. A tax notice (納税通知書, nozei tsuchisho) will be delivered to your address. Please pay by the date listed on the notice. |

* Nursing Insurance (介護保険, kaigo hoken)

Those 40 years old and older can enter into nursing insurance and pay the insurance premium, and use the service when it becomes a necessity. This insurance is not required, but those who wish to use the service must apply for primary nursing care requirement authorization.

For more information: [Minamisoma City Hall, Longevity Welfare System, Nursing Insurance Section](#)

Tel: 0244-24-5334

(Japanese)



③ Pension (年金, nenkin)

Everyone living in Japan are required to enroll in the public pension system. Pension benefits are provided to the elderly, the disabled, and the bereaved family members of a national pension member who passes away.



① Welfare Pension (厚生年金, kosei nenkin)

Those employed at a company, etc., will enter into the company's welfare pension system.

② National Pension (国民年金, kokumin nenkin)

| | |
|---------------|---|
| Who | Those not enrolled in welfare pension. Those who cannot pay the pension premium for reasons such as limited income can apply for exemption. (免除申請, menjo shinsei) |
| What | Enroll in the national pension system. (Or submit exemption application in cases where it is necessary to do so) |
| Where | Minamisoma City Hall, Civic Affairs Division |
| What to Bring | <ul style="list-style-type: none"> • Residence card or passport • Document containing your My Number |

※ If you pay the pension premium for at least 6 months but return to your country without receiving pension benefits, you can withdraw a lump sum.

※ Pension booklet (年金手帳, nenkin techo): A booklet that will be delivered to your home upon enrollment in the pension system that is used in pension-related procedures.

For more information:

Minamisoma City Hall, Civic Affairs Division

Tel: 0244-24-5233

English



※ **Tohoku Fukushima Pension System Office**

Tel: 0570-05-4890

※ **Japan Pension Service**

Multilingual details about the Japanese pension system.

English




④ Taxes (税金, zeikin)

Everyone living in Japan must pay Japanese taxes.



Window for Tax-Related Documents

| | |
|--|---|
| <p>Income Tax (所得税, shotokuzei)</p> | <p>Tax applied to income. The higher the income you earn, the higher the percentage of income tax is applied.</p> <ul style="list-style-type: none">• Employed: Your company will use a portion of your salary to pay for your income tax• Self-employed: You will pay the tax office directly. Calculate your annual income and amount of tax, and submit a tax return (確定申告, kakutei shinkoku) to the tax office. <p>For more details, contact the Soma Tax Office (Tel: 0244-36-3111)</p> |
| <p>Consumption Tax (消費税, shohizei)</p> | <p>Tax applied to the provision of goods and services. The business operator uses the money collected from the consumer to pay the tax. The current tax rate is 10%.</p> |
| <p>Automobile Tax (自動車税, jidoshazei)</p> | <p>Paid annually by owners of automobiles. The amount to be paid depends on the car category, e.g. fuel emissions. A vehicle tax notification form is sent to you in May.</p> <p>For more information: </p> |

| | |
|--|--|
| <p>Municipal Tax (住民税, juminzei)</p> | <p>Tax paid to the prefecture and municipality in which you reside.</p> <p>Prefectural and municipal taxes are paid in lump sum to the municipality. Rules regarding taxes differ depending on your type of employment.</p> <p>For more information: City Hall, Tax Division (Tel: 0244-24-5226)</p> |
| <p>National Health Insurance (国民健康保険, kokumin kenko hoken)</p> | <p>Your insurance premium is determined based on your household income.</p> <ul style="list-style-type: none"> • Employed: Your company use a portion of your salary to pay your premium. • Self-employed: You will make your payments directly to City Hall. <p>For more information: City Hall, Civic Affairs Division (Tel: 0244-24-5233)</p> |

Note: Please check with Minamisoma City Hall Tax Division if you believe you may be eligible for a tax deduction based on disability, marriage/dependent status, etc.



自動車税



⑤ Types of Certificates

| Certificate | What It Contains | Cost | Where to Go | What to Bring |
|--|--|--------|---|--|
| Certificate of residence (住民票, juminhyo) | The names, addresses, and birthdates of you and your household | 200yen | <ul style="list-style-type: none"> • Minamisoma City Hall, Civic Affairs Division • Odaka/Kashima Ward Offices, General Civic Service Divisions | ID (e.g. residence card, Japanese driver's license) |
| Certificate of tax payment (納税証明書, nozei shomeisho) | Taxation amount, amount paid, amount overdue | | | |
| Income certificate (所得証明書, shotoku shomeusho) | Income amount | | | |
| Certificate of acceptance (受理証明書, juri shomeisho) | Paper certifying City Hall has accepted a notification you submitted, e.g. your marriage certificate | | | |
| Certificate of personal seal registration (印鑑登録証明書, inkan toroku shomeisho) | Certification of an officially registered seal | | | ID, personal seal you want to register ※ Seal must have full last name, and the ink pad must be separate from the seal. |

■ Using a My Number Card to Obtain Certificates at a Convenience Store

You can use your My Number Card to get certificates printed at the multipurpose copy machines in convenience stores nationwide even when Minamisoma City Hall is closed, including on holidays and at night.

You will need a My Number Card to take advantage of this service.





① Searching for Housing

Real estate agencies can help refer you to potential homes and act as an intermediary between you and the landlord.



◎ Payments to be Paid When Renting

| | Type of Payment | Details | When to Pay |
|---|--|---|--|
| 1 | Rent (家賃, yachin) | Fee to rent housing | Monthly |
| 2 | Administrative costs (管理費, kanrihi) Condo fee (共益費, kyoekihi) | Monthly fee for common areas in apartment building (lighting, etc.) | |
| 3 | Security deposit (敷金, shikikin) | Money given as proof of intent to move in and care for domicile (equal to 2-3 months of rent) | One-time payment made when you first begin renting |
| 4 | Key money (礼金, reikin) | Upfront non-refundable payment made to landlord (equal to roughly 1 month of rent) | |
| 5 | Agency fee (仲介手数料, chukai tesuryo) | Fee paid to real estate agency (up to equivalent of 1 month of rent) | |
| 6 | Damage insurance, a.k.a. fire insurance (損害保険料, songai hokenryo) | Insurance premium paid to cover the property and your personal belongings in the case of accidents, fire, theft, etc. | Every 1 to 2 years |

◎ You will be asked for the following information at a real estate agency.

| | | | |
|---|--|---|--|
| 1 | Full name | 5 | Occupation |
| 2 | Income (収入, shunyu)/ salary (給料, kyuryo) | 6 | Level of Japanese ability |
| 3 | Any other members in your household | 7 | Do you have a guarantor (保証人, hoshonin)? Person who will be listed on your rent agreement and will pay your rent, etc., if you default on a payment. (Not required in some cases) |
| 4 | Reason for housing search | | |

※ You will need your residence card or passport when applying for housing.

② Public Housing (公営住宅, koei jutaku)

Public housing is cheaper to rent than private sector units. Those who fulfill certain requirements such as income under a certain level can apply to live in public housing.

▶ City public housing

Contact information : Minamisoma City Hall, Building and Housing Division
Tel: 0244-24-5253

▶ Prefecture public housing

Contact information: SoSo Area Prefectural Public Housing Management
Tel: 0244-26-5114

③ Administrative Districts (行政区, gyoseiku) and Neighborhood Associations (隣組, tonarigumi)

Groups in which people living in the same area come together to socialize as well as to work together to improve their area. They provide a good chance to be acquainted with your neighbors, make friends, and become a close-knit community that will help each other during emergencies and disasters.

For more information : Minamisoma City Hall, Community Promotion Division
Tel: 0244-24-5411

④ Utilities

Once your move-in date has been set for your new home, you will need to submit an application to start your utilities.

Renters: please check with your real estate agency.

Homeowners: consult the next page.



| Type | Who to Contact | How to Contact | Payment | Contact Information |
|-------------|-----------------------------------|---|----------------|---|
| Waterworks | Waterworks charge customer center | Phone or in person | Every 2 months | (Kashima Ward) Soma District Area Group of Waterworks Companies Tel: 0244-35-6700 |
| | | | | (Haramachi / Odaka Wards) Minamisoma City Construction Department, Waterworks Division, General Affairs Section Tel: 0244-24-5271 |
| Electricity | Private company | Phone | Every month | Tohoku Electric Power Co., Inc. Tel: 0120-066-774 |
| Gas | Private company (propane gas) | Phone When beginning or concluding use, a company employee will come to your home. | Every month | Determined based on the area in which you live. Please ask your landlord or real estate agency. |
| | Soma Gas (city gas) | | | Soma Gas Tel: 0244-22-4101 |

Payment methods include slips of paper with a barcode attached that can be taken to your nearest convenience store. In many cases you can change the payment method to be an automatic payment from your bank account or credit card. Contact the individual company/organization for more information.



For examples of mailed bills:

Minamisoma's tap water is safe to drink.

Please contact the water department if your water is cloudy or leaking.

(Haramachi / Odaka Wards)

Construction Department, Waterworks Division, Engineering Section

Tel: 0244-24-5272

Hours: weekdays (excluding holidays), 8:30am-5:15pm



(Kashima Ward)

Soma District Area Group of Waterworks Companies, Engineering Section

Tel: 0244-35-6736

Hours: weekdays (excluding holidays), 8:30am-5:15pm

⑤ Postal Service

You can send letters and packages from the post office.
Post offices and mailboxes are marked with this symbol: 〒



For more details:

[Practical Guide for International Students](#)



[Japan Post Holdings website](#)



• Delivery Notices (不在票, fuzaihyo)

If a postal carrier attempts to deliver a package or registered mail when you are not home, they will put a delivery notice in your mailbox. You can use this notice to get your item through one of the following methods.

- ◇ Apply for redelivery using the phone number, website, or app listed on the delivery notice.
- ◇ Go to the post office listed on the delivery notice.
 - ※ Bring the delivery notice and personal ID with you.

⑥ Banks

• Opening a bank account

Go to the bank window with personal ID and your personal seal (some banks allow you to open a bank account with a signature instead).

• Closing a bank account

Go to the bank window with your bank booklet, cash card, personal ID, and your personal seal (if needed).



7 Trash

◇ Trash is sorted into burnable trash, nonburnable trash, plastic, and recycle (cans, bottles, plastic bottles, paper, and cardboard).



◇ Please take your trash out to your assigned area on the appropriate day.

Haramachi Ward (North)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Haramachi Ward (South)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Kashima Ward (Yasawa/Kamimano)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Kashima Ward (Kashima/Mano)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Odaka Ward (East)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Odaka Ward (West)

| 日 | 月 | 火 | 水 | 木 | 金 | 土 |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

This is an example of a trash collection calendar. Collection days differ depending on where you live.

Check the city's trash collection calendar (家庭ごみ収集カレンダー, katei gomi shushu karenda) for details. There is an English translation of the calendars and an English garbage guidebook on the official city website.



Trash collection information:

■ Clean Center

- Minamisoma's waste is processed at the Clean Center. You can drop off your daily household trash here as needed.
- You can also bring oversized items that won't fit into the city's designated trash bags such as mattresses and desks, or a large quantity of trash.

(Bulky trash: 60-200cm, 10-100kg)

Contact Information

Clean Haramachi Center

Address: Minamisoma-shi, Haramachi-ku, Kamikitatahira
Higashitakamatsu 37-1

Tel: 0244-24-0063



⑧ Transportation

■ Riding the Bus

Transit buses are boarded in the rear and exited from the front, and the fare is paid when disembarking.

1. Enter the bus through the door near the rear.
2. Take a bus ticket.
3. The fare is displayed on a fare chart toward the front of the bus.
Be sure to check the fare of the stop at which you will disembark, as the chart will update the fare during transit.
4. When you near your bus stop, press a stop button near you to let the driver know.



5. Pay your fare in cash.

- ▷ When you put your bus ticket in the fare box at the front of the bus, it will display the fare you owe.
Put your cash in the fare box, and exit through the front door.
- ▷ Let the driver know if you have a discounted fare or are paying half fare for a child.
- ▷ You cannot get change from the fare box, so try to prepare the exact fare in advance.

■ Riding the Train

- ▷ You can ride the JR Joban Line from Minamisoma City.
- ▷ There are 5 stations: Kashima Station, Haranomachi Station, Iwakiota Station, Odaka Station, and Momouchi Station.
- ▷ Buy your ticket before boarding the train.
- ▷ You can also get an IC card like Suica or Pasma to board. These cards can be purchased and recharged at the station, and automatically calculate and deduct your fare.



- ◎ You can use the Japan Transit Planner to plan your trip via train or plane, as well as to look up times and transfers. (Available in multiple languages)

Japan Transit Planner



■ Riding a Taxi

If you don't have a car, you can call a taxi to get around town.



Taxi Companies in Minamisoma

- **Haramachi Ward**

Heiwa Taxi

Address: Minamisoma-shi, Haramachi-ku, Asahicho 1-26

Tel: 0120-233-1236

Showa Taxi

Address: Minamisoma-shi, Haramachi-ku, Okido Happouchi 118-1

Tel: 0244-23-2165

Nozomi Care Taxi

Address: Minamisoma-shi, Haramachi-ku, Sakuraicho 1-139-1

Tel: 0244-26-9110

Fuji Taxi

Address: Minamisoma-shi, Haramachi-ku, Kitahara Motoyashiki 181-1

Tel: 0244-32-0030

- **Kashima Ward**

Kitago Taxi

Address: Minamisoma-shi, Kashima-ku, Etari Enokimachi 3

Tel: 0120-854-135

- **Odaka Ward**

Fuji Taxi

Address: Minamisoma-shi, Odaka-ku, Motomachi 1-57

Tel: 0244-44-2543

Minataku: A fixed-sum taxi, which can be used by those who do not drive, or those living in areas with limited access to public transportation.

For more information:



Driver's License (運転免許, unten menkyo)

You will need a driver's license in order to drive in Japan.

You can convert your foreign driver's license into a Japanese one.

Note: depending on the country of origin, some license holders can convert directly to a Japanese license, while others are required to take a written and driving test.



- **Fukushima Driving and Licensed Center**

Address: Fukushima-shi, Machiniwasaka, Ohara 1-1

Tel: 024-591-4372

◇ Driving Schools

If you did not get a driver's license in your home country, you can take lessons at a driving school.



Driving Schools in Minamisoma

- **Haramachi Central Driving School**

Address: Minamisoma-shi, Haramachi-ku, Nishikicho 1-27

Tel: 0244-23-2539

- **Haramachi Driving School**

Address: Minamisoma-shi, Haramachi-ku, Minamimachi 4-50

Tel: 0244-23-2960

Bicycles

When getting a bicycle, you must register in the bike registry (防犯登録, bohan toroku), either at the bike store or at the police station.



◇ Bicycle Rules

- Ride in single file on the left side of the road.
- Use a light when riding at night.
- Be sure to stop at all stop signs and stoplights.
- Do not look at your phone when riding.
- Do not use an umbrella when riding.
- Do not ride your bicycle when under the influence.



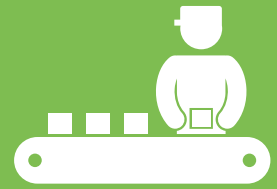
※ Beginning April 1, 2022, enrollment in bicycle insurance has become a requirement.

For more information:



3

Employment



Be sure that your visa status allows you to work in Japan, and that the type of work matches your visa status.

■ Searching for Employment

- **Hello Work, So-So Area (Unemployment Office)**

Address: Minamisoma-shi, Haramachi-ku, Sakuraicho 1-127

Tel: 0244-24-3531

Hours: 8:30am - 5:15pm

- ▷ **Hello Work Internet Service**

You can use the Hello Work website to search for employment online.





What to Do if Sick or Injured (Multilingual)



▶ Going to the Hospital

- Japan's medical institutions include private doctor's offices and clinics as well as larger hospitals.
- If you get sick or injured, you will need to go to the office or clinic with the appropriate department to address your condition.
- Be sure to bring your health insurance card (保険証, hokensho) with you.
- When checking in, you will need to fill out a medical questionnaire (問診票, monshin hyo) to help explain your condition.



※ For multilingual guides to medical questionnaires and different departments:



- For more involved treatments such as surgeries or hospitalizations, you may need to go to a larger hospital that has the required equipment. In these cases, your regular clinic can provide a referral letter (紹介状, shokaijo). Take this with you to the hospital.

※ Hospitals are closed on Sundays, holidays, year-end holidays, and Obon. See “Emergency Services” for information about doctors who are duty outside normal hours.

◇ Fukushima Healthcare Information Net



▶ How to Pick Up Prescribed Medication

Your doctor will give you a prescription (処方箋, shohosen). Take it to a nearby pharmacy to get your medication.

▶ Physical Examination (健康診断, kenko shindan)

City Hall will send a notification to you every year regarding an annual physical examination. In some cases, your employer may organize a different physical examination for you.



When a Foreign National Marries a Japanese Person

Proceedings at city hall ⇒ Report to embassy/consulate ⇒
Proceedings at immigration office



| No. | Where | What | What to Bring |
|-----|---|--|---|
| 1 | <ul style="list-style-type: none"> • Minamisoma City Hall, Civic Affairs Division • Odaka/Kashima Ward Offices, General Civic Service Divisions | <p>Submit marriage registration (婚姻届, konin todoke).</p> <p>Receive certificate of acceptance (受理証明書, juri shomeisho).</p> | <ul style="list-style-type: none"> • Marriage registration • Passport • Birth certificate (出生証明書, shussho shomeisho) • Documents that fulfill the marriage registration requirements that confirm marriage eligibility (received at embassy/consulate) • Certification of visa status • Other required documents may differ depending on your home country. |
| 2 | Foreign embassy/consulate in Japan | Receive documents that certify your marriage. | <ul style="list-style-type: none"> • Certificate of acceptance of marriage registration • Passport • Other required documents may differ depending on your home country. |
| 3 | Immigration office | If the marriage will change your visa status, complete the appropriate proceedings at the immigration office. | |

For more information : [Immigration Services Agency of Japan website](#)



In the case of two foreign nationals getting married, your marriage will be legally recognized depending on the laws of your respective home countries.

Please check at your embassy/consulate for more information.

Note: currently (November 2022), Japan does not recognize same-sex marriages.

If there are any changes to your relation to your family, e.g. dependency status, you will need to change your visa status.

Please complete the necessary proceedings.



■ Pregnancy

Once you know that you are pregnant, please submit a notification to Minamisoma City Hall.



| Where | What |
|--|---|
| Health Promotion Division, Mother and Child Health Section Inside the city's health centers | Submit a pregnancy notification (妊娠届, ninshin todoke). Apply for a multilingual mother and child handbook. |

▶ Once you submit the notification . . .

- You will receive a “Mother and Child Health Handbook” (母子健康手帳, boshi kenko techo). In this handbook, doctors will write a record throughout the mother's pregnancy and afterward, as well as the child's health. Be sure to take it with you to all of your medical appointments.
- You will also receive:
 - Health checkup card for expectant and nursing mothers (妊産婦健康診査受診票, ninsanpu kenko shinsa jushinhyo)
 - Newborn hearing test ticket (新生児聴覚検査受験票, shinseiji chokaku kensa jukenhyo)
 You will need these two papers to subsidize the costs of their respective tests and examinations.
- If you are pregnant, it is recommended that you get regular medical examinations.



For more information:



- You can also consult with a public nurse or midwife. (Free service)
Contact information: Minamisoma City Haramachi Health Center, Mother and Child Health Section
Tel: 0244-23-3680

Once Your Child is Born

Proceedings at city hall (within 14 days of birth) ⇒
 Proceedings at immigration office (within 30 days) ⇒
 Report to embassy/consulate (timeframe varies by country)



1) Proceedings at Minamisoma City Hall

| Where | What | What to Bring |
|---|---|--|
| <ul style="list-style-type: none"> • Minamisoma City Hall, Civic Affairs Division • Odaka/Kashima Ward Offices, General Civic Service Divisions | <ul style="list-style-type: none"> • Submit birth registration (出生届, shussho todoke) • Receive “Hello Baby” home visit card • Apply for one-time payment of childbirth and childcare subsidy (出産育児一時金, shussan ikuji ichijikin) • Enroll your child into national health insurance ★ • Receive certificate of acceptance | <ul style="list-style-type: none"> • Parents’ residence cards • Mother and child health handbook • Birth certificate (received from hospital) |

★ Required if the parents are enrolled in national health insurance.

► Upon completing the proceedings . . .

1. You can receive a “Hello Baby” home visit (こんにちは赤ちゃん訪問, konnichiwa akachan homon).

A public nurse or midwife will come to your home and give you information about raising a child.

2. You will receive a free “Healthy Booklet” (すこやか手帳, sukoyaka techo)

This booklet includes tickets for infant medical examinations and vaccinations, as well as information about how to get them.



▶ Children's Subsidies of Medical Expenses

Children's medical care is free until the age of 18.

▶ Child Benefits (児童手当, jido te ate)

Social security payment disbursed to the parents or guardians of children until they graduate from junior high school.

The monthly payment amount per child is as follows.



- Ages 0 ~ 3 ⇒ 15,000 yen
- Age 3 ~ elementary school student ⇒ 1st and 2nd child : 10,000 yen
⇒ 3rd child and beyond : 15,000 yen
- Junior high school student ⇒ 10,000 yen

For more information: Minamisoma City Hall, Families Division

Tel: 0244-24-5215

2) Proceedings at Immigration Office

Within 30 days of your child's birth, you will need to apply for your child's acquisition of status of residence (在留資格取得, zairyu shikaku shutoku).

This application is not required if you return to your country within 60 days of your child's birth.

For more information: [Ministry of Justice website](#)



3) Proceedings at Embassy or Consulate

You will need to submit a report to your home country about your child's birth.

The deadlines and required documents vary depending on your country, so check with your embassy or consulate.

Preschool (保育園, hoikuen)

A welfare institution that can be used by infants and young children ages 0 to 5. Order of priority and prerequisites for facility use are organized based on factors such as the parents' employment status.

Preschools are generally open for 11 hours per day, with time set aside for meals and naps.

For more information : Minamisoma City Hall, Child Upbringing Division
Tel: 0244-24-5242



Kindergarten (幼稚園, yochien)

An educational institution that can be attended by children ages 3 to 5 who have not yet entered elementary school.

In general, kindergartens are available for anyone to use upon the submission of an application, and are generally open for 4 hours per day.

For more information: Minamisoma City Hall, Child Upbringing Division
Tel: 0244-24-5242



Elementary School (小学校, shogakko) and Junior High School (中学校, chugakko)

Elementary school is an obligatory educational institution attended by students ages 6 to 12.

Junior high school is an obligatory educational institution attended by students ages 13 to 15.

The school you attend is determined by the area in which you reside.

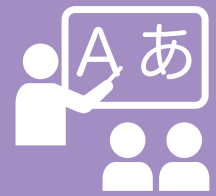
For more information: Minamisoma City Hall, Department of Education, School Education Division, School Affairs Section

Tel: 0244-24-5283



7

Studying Japanese



SAKURA

The Minamisoma Multicultural Center SAKURA was established to help foreign nationals living in Minamisoma.

The center provides opportunities to study Japanese, both through conversational practice and through preparation for the Japanese Language Proficiency Test for those who wish to take it.

SAKURA also provides a chance to get to know local Japanese residents.

Please feel free to contact us if you have any questions.



Minamisoma Multicultural Center SAKURA

Address: Minamisoma-shi, Haramachi-ku, Asahicho 2-35,
Monma Building 2F

Tel: 0244-26-5850



◇ [Japanese classes within Fukushima Prefecture](#) (multilingual site)



◇ [E-Learning materials](#) (multilingual site)





For Inquiries About Resident Registration, Taxes, Pension, Welfare, Schools, and Waterworks

- **Minamisoma City Hall**

Address: Minamisoma-shi, Haramachi-ku, Motomachi 2-27

Tel: 0244-22-2111

- **Kashima Ward Office**

Address: Minamisoma-shi, Kashima-ku, Nishimachi 1-1

Tel: 0244-46-2110

- **Odaka Ward Office**

Address: Minamisoma-shi, Odaka-ku, Motomachi 3-78

Tel: 0244-44-2112

Open hours: weekdays (excluding holidays), 8:30am-5:15pm

For Inquiries About Residence: Immigration Office

If there are changes to the information on your residence card (e.g. visa status, address, residence period), you will need to do some paperwork at the immigration office.



- **Sendai Regional Immigration Bureau (仙台出入国在留管理局, sendai shutsunyuokoku zairyu kanrikyoku)**

Address: Miyagi-ken, Sendai-shi, Miyagino-ku, Gorin 1-30-20

Shared building with Sendai 2nd Legal Affairs Bureau



- **Foreign Residents General Information Center**

You can go here for consultations regarding immigration and residence.

Within the Sendai Regional Immigration Bureau

Tel: 0570-013904

Open hours: 8:45am-4:30pm

※ Assistance also available in English, Chinese, and Korean.

- **Foreign Residents Support Center (FRESC, フレスク, furesuku)**

You can consult here about questions/issues regarding residence, work, and daily life.

Address: Tokyo-to, Shinjuku-ku, Yotsuya 1-6-1 Yotsuya Tower 13F
Tel (Navi-Dial): 0570-011000

※ When calling from some IP addresses or from overseas: 03-5363-3013

For more information:



- **Support Desk for Foreign Residents (Fukushima):**

Fukushima International Association



■ For Information Related to the Technical Intern Training Program (技能実習制度, gino jissu seido)

- **Technical Intern Training**



◎ **If you have any questions or concerns at all, please ask SAKURA.**



Minamisoma Multicultural Center SAKURA was established to support foreign residents living in Minamisoma. Please feel free to come consult about any concerns regarding daily life, work, or anything else. The facilities are also used once or twice a month as a place for foreign nationals to relax and enjoy time together.

We also host events like Halloween and Christmas parties. Please feel free to come join in the fun.



Address: Minamisoma-shi, Haramachi-ku,
Asahicho 2-35




Tel: 0244-26-5850

For more information:





Natural Disasters that Occur in Minamisoma

| Earthquake (地震, jishin) | Tsunami (津波, tsunami) | Heavy Rain (大雨, o-ame), Typhoon (台風, taifu) |
|--|--|---|
| <p>Large earthquakes can cause furniture to topple over, as well as damage buildings and cause fires.</p>  | <p>A large wave that can be caused by an earthquake. Tsunamis can wash away objects, even entire buildings.</p>  | <p>Heavy rain and strong wind. Heavy rain can cause rivers to overflow and cause landslides on mountains.</p>  |

Warning Levels (警戒レベル, keikai reberu)

| Warning Level | Evacuation Instructions | What to Do |
|---|---|--|
| <p>Warning Level 5 (警戒レベル5) Take urgent action to protect yourself (緊急安全確保, kinkyu anzen kakuho)</p> | <p>A disaster is currently underway. Evacuate immediately if it is still safe to do so.</p> | <p>Your life is in danger. Take immediate action to save yourself.</p> |
| <p>Warning Level 4 (警戒レベル4) Evacuate orders (避難指示, hinan shiji)</p> | <p>Evacuate immediately.</p> | <p>Evacuate to an evacuation site (避難所, hinanjo) or a safe area.</p> |

| | | |
|---|--------------------------------|---|
| <p>Level 4 (警戒レベル4)</p> | | <p>If you cannot evacuate, get inside a building for your safety.</p> |
| <p>Level 3 (警戒レベル3) Evacuation for elderly, etc. (高齢者等避難, koreisha hinan)</p> | <p>Prepare for evacuation.</p> | <p>Residents who may need extra time to evacuate should evacuate now. The following are examples of people who should evacuate at Level 3:</p> <ul style="list-style-type: none"> • Elderly residents • Disabled persons • Pregnant people <p>Please evacuate to an evacuation site (避難所, hinanjo) or a safe area.</p> |
| <p>Level 2 (警戒レベル2) Warning for heavy rain / flooding (大雨・洪水注意報, o-ame・kozui chuiho)</p> | <p>Prepare for evacuation.</p> | <p>Turn on your TV to get news. Check outside to see if it is safe. Look up your nearest evacuation site (避難所, hinanjo) or safe area. If you don't know where your nearest evacuation site is, please contact City Hall or one of the ward offices.</p> |
| <p>Level 1 (警戒レベル1)</p> | <p>Heavy rain may fall.</p> | <p>Turn on the TV to get news. Check outside to see if it is safe.</p> |

Weather Warnings in the News

| Heavy Rain Emergency Warning (大雨特別警報, o-ame tokubetsu keiho) | Heavy Rain Warning (大雨警報, o-ame keiho), Landslide Warning (土砂災害警報, dosha saigai keiho) | Flood Warning (洪水警報, kozui keiho) |
|--|---|---|
| Heavy rain has fallen, causing landslides. Stay away from mountains. Rivers are flooding, and houses may be flooded. Get to high ground if at all possible. Stay away from rivers. | Heavy rain has fallen, and may cause landslides. Stay away from mountains, but try to get to high ground if possible. (e.g. tall buildings) | The water level in rivers is rising and may flood homes. Get to high ground if possible, and stay away from rivers. |

▶ **Multilingual Information on Disaster Mitigation:**



▶ **Minamisoma Hazard Maps**



Check to see if you are in a potential flood zone in the event of heavy rain or a tsunami. Be sure to check on the map for your home, school, and/or place of work. Contact the Crisis Management Department if you have any questions about hazardous areas.

Minamisoma City Hall, Crisis Management Department
 Tel: 0244-24-5232



Evacuation Sites

～ Confirm your evacuation sites before you need them ～

Evacuation sites are designated by the city. Check for the ones nearest you on the hazard map or on the city's English homepage.

Evacuation locations:



ひなんばしょ
避難場所
Safety Area

Evacuation locations to protect yourself from immediate danger, such as a tsunami or heavy rain. Not for long-term stays.
(E.g. parks, school grounds, buildings)



していひなんじょ
指定避難所
Emergency Shelter

Sites at which you can remain until the danger has passed, potentially for extended periods of time if necessary.
(E.g. school gymnasiums, community centers)



Disaster Preparation

During a disaster, it is important to gather accurate information and to stay calm as you take action.

Places to Gather Information

| | |
|--|---|
| TV and radio | |
| Minamisoma Disaster Prevention Email System (Japanese) | Requires registration.  |
| Twitter (Minamisoma City account) |   Japanese English |
| Facebook (Minamisoma City account) |   Japanese English |
| Safety Tips | Multilingual emergency information and notifications about earthquakes, tsunamis, weather warnings, etc. Support in 14 languages.   Apple Android |
| NHK World Disaster Prevention News |  |
| Yahoo Disaster Prevention (Japanese) |  |

Emergency Grab-and-Go Bag: What to Pack

Keep in mind how many people you are packing for !



- Drinkable water, food
(cup ramen, canned goods, biscuits, chocolate, etc.)
 - Valuables (bank booklet, cash, health insurance card, etc.)
 - First-aid kit
(Band-Aids, bandages, disinfectant solution, household medicine, etc.)
 - Helmet, protective hood, masks, working gloves
 - Flashlight, portable radio, extra batteries, phone charger
 - Clothes, undergarments, blanket, towel
 - Toiletries, single-use hand warmer packets, wet wipes, portable toilet
- ※ If there is a baby in your household, be sure to also pack baby formula, diapers, baby bottles, etc.

- [Fukushima Disaster Prevention website](#)





■ All emergency services are free dial.

| | | |
|-------------------|---|---|
| <p>119</p> | <p>Fire department (消防, shobo)</p> <ul style="list-style-type: none"> • Fire (火事, kaji) • Sudden illness (急病, kyubyo) • Serious injury (大けが, o-kega) | <p>First, tell the operator the type of disaster. Fire : 火事です, kaji desu Medical : 救急です, kyukyu desu Tell them your location. Give additional details.</p> <p>※ Translators are available, so use the language you are most comfortable with.</p> |
| <p>110</p> | <p>Police (警察, keisatsu)</p> <ul style="list-style-type: none"> • Crime (犯罪, hanzai) (Theft (盗難, tonan), violence (暴力, boryoku), etc.) • Traffic accident (交通事故, kotsu jiko) | <p>Calmly report information like “when,” “where,” and “what happened.”</p> <p>※ Translators are available, so use the language you are most comfortable with.</p> |
| <p>118</p> | <p>Japan Coast Guard (海上保安庁, kaijo hoancho)</p> <ul style="list-style-type: none"> • Accidents and incidents at sea | <p>Calmly report information like “when,” “where,” and “what happened.”</p> |



* What do I do if it is not urgent?



- ➔ Minamisoma Police Station

Address: Minamisoma-shi, Haramachi-ku, Takamicho 1-262
Tel: 0244-22-2191

* What about for lost items or directions around town?

- ➔ Go to the police box (交番, koban) nearest you to find a police officer who can help you.



* What if I get sick/injured at night or on a holiday?

- ➔ The Minamisoma Municipal General Hospital has night emergency medical care hours.

Japanese:



English:



- ➔ For list of doctors on duty during weekends/holidays:

Japanese:



English:



- ➔ Guidebook for When You Are Feeling Ill

Japanese:



English:



- ➔ Fukushima Healthcare Information
(English option available)



Fukushima Prefecture Children's Emergency Telephone Consultation Line

A consultation line you can call if your child gets sick/injured at night.

Hours: everyday 7pm-8am

Dial #8000, or 0245-21-3790 if that doesn't connect.

● Published by: Minamisoma Multicultural Center SAKURA

〒975-0004 Minamisoma-shi, Haramachi-ku, Asahicho 2-35,
Ekimae Monma Building 2F

Tel: 0244-26-5850 Email: sakura414@kzc.biglobe.ne.jp

Open hours: 9am-5pm

Closed days: weekends, holidays, Dec. 29-Jan. 3