

Index

| | |
|--|-----------|
| Consultation services in your native language | 1 |
| City of Hitachinaka Consultation Desk | 2 |
| Studying Japanese | 3 |
| 1 Local community interchange | 4 |
| 1.1 Hitachinaka International Association | 4 |
| 1.2 Civic Activities Section, City of Hitachinaka | 4 |
| 2 In emergencies | 5 |
| 2.1 If you are a victim of theft or violence, call 110 | 5 |
| 2.2 In the event of a traffic accident, call 110 | 5 |
| 2.3 If a fire has broken out, call 119 | 6 |
| 2.4 If there is sudden illness or a major injury, call 119 | 6 |
| 2.5 If there is an illness on Saturday, Sunday, a national holiday, or nighttime | 7 |
| 3 Disaster preparedness | 8 |
| 3.1 Preparations against disaster-inflicted damages | 8 |
| 3.2 Types of evacuation information | 11 |
| 3.3 After an earthquake | 11 |
| 3.4 When a typhoon, heavy rain, or tornado occurs | 12 |
| 3.5 If a nuclear power disaster occurs | 13 |
| 4 Moving | 15 |
| 4.1 Renting a home | 15 |
| 4.2 Register as a resident | 16 |
| 4.3 Changing schools | 17 |
| 4.4 Setting up utilities (electricity) | 19 |
| 4.5 Setting up utilities (gas) | 20 |
| 4.6 Setting up utilities (water and sewerage) | 21 |
| 4.7 Waste that is rendered unnecessary by a move | 22 |
| 4.8 Other procedures | 22 |
| 5 Living | 23 |
| 5.1 Community associations | 23 |
| 5.2 How to dispose of your garbage | 23 |
| 5.3 If there are changes to your family composition | 24 |
| 5.4 Personal seal | 27 |
| 5.5 Banking | 28 |
| 5.6 Post office | 29 |
| 5.7 Driving an automobile or motorcycle | 30 |
| 5.8 Riding a bicycle | 32 |
| 5.9 Riding the Smile Aozora Bus | 32 |

| | |
|---|----|
| 6 Healthcare and welfare | 33 |
| 6.1 Medical expenses and Public Medical Insurance | 33 |
| 6.2 Vaccination | 36 |
| 6.3 Adult health checkups | 36 |
| 6.4 Support for those in need | 37 |
| 6.5 Welfare for persons with disabilities | 37 |
| 6.6 Public pension system | 38 |
| 6.7 Nursing care insurance | 39 |
| 7 Childcare | 40 |
| 7.1 Childbirth-related support | 40 |
| 7.2 Childcare-related support | 42 |
| 7.3 Medical and Welfare Treatment System (Maru-Fuku) | 44 |
| 7.4 Childcare support facilities | 44 |
| 8 Education | 45 |
| 8.1 Japanese educational system | 45 |
| 8.2 Kindergarten | 45 |
| 8.3 Primary school and junior high school | 46 |
| 8.4 Senior high school | 48 |
| 9 Working | 49 |
| 9.1 Looking for a job | 49 |
| 9.2 Work-related things to know | 50 |
| 9.3 Employment insurance | 51 |
| 10 Taxes | 52 |
| 10.1 Taxes in Japan | 52 |
| 10.2 Income tax | 53 |
| 10.3 Tax declaration form | 53 |
| 10.4 Deductions for dependents | 54 |
| 10.5 Resident tax | 54 |
| 10.6 Consumption tax | 55 |
| 10.7 Automobile tax | 55 |
| 10.8 Light motor vehicle tax | 55 |
| 10.9 National Health Insurance tax | 55 |
| 10.10 Property tax | 56 |
| 11 Nearby sightseeing spots | 56 |
| 12 List of other sources of information (for consultation) | 56 |
| 12.1 Visa procedures | 56 |