

## あげお 暮らしのガイド

がいこくせき なた あげおし せいかつ うえ きほん じょうほう  
 外国籍の方が、上尾市で生活する上で基本となる情報を  
 まとめたものです。ご利用ください。  
 ちゅうい しょうさい てつづ ちやくせつたんとうか といあわ  
 注意：詳細な手続きは、直接担当課にお問い合わせください。  
 い か でんわばんごう ちやくつうばんごう  
 以下の電話番号は直通番号です。

## Guide to Living in Ageo

This leaflet provides non-Japanese residents with basic information on living in Ageo. We hope you will find it useful.

Note: For more details, please contact the sections in charge. Telephone numbers shown are direct dial numbers.

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市役所の案内

本庁舎

ところ: 上尾市本町3-1-1
電話番号: 048-775-5111 (代表)
アクセス: JR上尾駅東口から徒歩約8分
開庁日: 月~金曜日 午前8時30分~午後5時

- 本庁舎の一部は土曜日も開庁しています。
開庁時間: 午前8時30分~午後5時 (正午~午後1時を除く)
開庁窓口で取り扱う業務は、内容によっては受け付けできないものがありますので、あらかじめ担当課にお問い合わせください。
開庁窓口
1階: 市民課・パスポートセンター
証明書発行センター・保険年金課・出納室
2階: 市民税課・納税課・障害福祉課・高齢介護課
5階: 子ども支援課・保育課・子ども家庭総合支援センター

City Hall / Shiyakusho

Main Office

Location: Ageo-shi Honcho 3-1-1
Telephone: 048-775-5111 (Operator)
Access: 8 minute walk from east exit of Ageo Station
Hours: Monday ~ Friday 8:30 a.m. ~ 5:00 p.m.

- The following sections are open on Saturdays.
Hours: 8:30 a.m. ~ 5:00 p.m. (closed noon ~ 1:00 p.m.).
Some services may not be available. Please contact each section for more information.
1F: Shimin-ka (Citizen's Affairs Section)
Passport Center
Shomeisho Hakko Center (Certificate Issuance Center)
Hoken-nenkin-ka (National Health Insurance & Pension Section)
Suitou-shitsu (Cashier)
2F: Shiminzei-ka (Municipal Tax Section)
Nouzei-ka (Tax Payment Section)
Shougai Fukushi-ka (Disabled Citizens' Welfare Section)
Kourei Kaigo-ka (Senior Citizens' Nursing Care Section)
5F: Kodomoshien-ka (Children Support Section)
Hoiku-ka (Childcare Section)
Children and Families Comprehensive Support Center

緊急

急病のとき

<休日・夜間の医療機関の紹介>
休日・夜間でも診療を行っている病(医)院を、消防本部指令課で常時紹介しています。電話でお問い合わせください。
⇒ 消防本部指令課
TEL 048-775-1311

Emergency

Sudden Illness

< Information on medical institution that are open on holidays and in the evenings >
Around the clock, Shoubou Honbu Shirei-ka gives information on hospitals and clinics that provide medical treatment on holidays and in the evenings. Please contact this office by phone.
⇒ Shoubou Honbu Shirei-ka (Fire Department Headquarters, Direction Section)
Tel. 048-775-1311



<平日夜間急患診療>

ところ: 平日夜間・休日急患診療所
⇒ TEL 048-774-2661
(緑丘2-1-27 東保健センター3階)
診療科目: 小児科・内科
診療日: 月曜日~金曜日(祝日は除く)
受付時間: 午後8時~9時30分

< Weekday / Evening Emergency Treatment >

Where: Heijitsu Yakan · Kyujitsu Kyukan Shinryujo (Weekday / Evening Emergency Clinic)
⇒ Tel. 048-774-2661
(3F of Higashi Hoken Center / East Public Health Center, Midorigaoka 2-1-27)
Services: Pediatrics and internal medicine
Open days: Mondays ~ Fridays (Excluding national holidays)
Reception hours: 8:00 ~ 9:30 p.m.



<p>&lt;休日急患診療&gt;          ところ: 平日夜間・休日急患診療所          ⇒ Tel 048-774-2661          (緑丘2-1-27 東保健センター3階)          診療科目: 内科、小児科、外科          診療日: 休日診療 (日曜日・祝日・年末年始)          受付時間: 午前9時~11時30分          午後1時~3時30分</p>	<p>&lt; Holiday Emergency Medical care &gt;          Where: Heijitsu Yakan・Kyujitsu Kyukan Shinryojo          (Weekday / Evening Emergency Clinic)          ⇒ Tel. 048-774-2661          (3F of Higashi Hoken Center / East Public Health Center, Midorigaoka 2-1-27)          Services: Internal medicine, pediatrics and surgery          Open days: Sundays, national holidays &amp; Year-end and New Year holidays          Reception hours: 9:00 ~ 11:30 a.m.          1:00 ~ 3:30 p.m.</p>
<p>&lt;救急車の要請&gt;          ⇒ Tel 119 (携帯電話からも通報できます。)          119番に電話したら次のことを伝えてください。          ◇ 住所・目標になるもの          ◇ けが人、病人の状況          ◇ あなたの名前、電話番号</p>	<p>&lt; Kyukyusha (Ambulance) &gt;          ⇒ Tel. <b>119</b> (You can call 119 from a cell-phone as well)          Please give the following information.          • Address and nearby landmarks          • Conditions of injury and illness          • Your name and phone number</p> 
<p>● 救急車を呼ぶか判断に迷ったら          埼玉県救急医療情報センター          ⇒ Tel. #7119 または048-824-4199          緊急診療が必要なとき、近くの診療可能な医療機関を24時間、電話でお知らせします。歯科、口腔外科、精神科を除きます。</p>	<p>● <b>When you are unsure whether or not to call an ambulance</b>  <u>Saitama-ken Emergency Medical Information Center</u>          ⇒ Tel. #7119 or 048-824-4199          When urgent medical treatment is needed, information will be provided by phone, 24 hours a day, of nearby medical institutions which can offer medical care. Dentistry, oral surgery and psychiatry are excluded.</p>
<p>● 火災          &lt;火災の通報&gt;          ⇒ Tel 119 (携帯電話からも通報できます。)          どんな小さな火災でも、すぐに119番に通報してください。“あわてず・早く・正確に”です。落ち着いて次のことを伝えてください。          ◇ 火災の場所、目標になるもの          ◇ 燃えているもの          ◇ 逃げ遅れ、けが人がいるか          また、「火事だ!」と大声で近所に知らせ、協力を求めましょう。          &lt;住宅用火災警報器の設置&gt;          ⇒ 消防本部予防課 Tel 048-775-1314          火災の発生を早期に感知して警報する住宅用火災警報器の設置が、新築・既存の住宅すべてに義務づけられています。</p>	<p>● <b>Fire</b>          &lt; Fire Report &gt;          ⇒ Tel. <b>119</b> (You can call 119 from a cell phone as well)          Call for a fire engine immediately, even for a small fire. Please remember “Don’t panic, act quickly and precisely.” Stay calm and give the operator the following information.          • Location of the fire and nearby landmarks          • What is on fire          • If anyone has failed to escape or is injured          Say “<i>Kaji-da</i> (Fire)!” in a loud voice to inform your neighbors and ask for their cooperation.          &lt; Installation of Fire Alarm for Housing &gt;          ⇒ Shobou Honbu Yobou-ka          (Fire Department, Prevention Section) Tel. 048-775-1314          It is mandatory to install fire alarms in newly built houses as well as all existing houses. Fire alarms sense fires at early stage and alert.</p> 

**日本は地震が多い国です**

自分と家族の身の安全が第一です。  
家族で避難場所・連絡方法について話し合っておきましょう。



**Japan is an earthquake-prone country**

You and your family's safety are most important. Have discussions among your family members about evacuation shelters and how to contact each other.

**交通ルールを守りましょう**

日本では、歩行者は右側通行、自動車・バイク・自転車は左側通行です。信号を守り、道路を横断する時は横断歩道を歩きましょう。

**Follow Traffic Rules**

In Japan, pedestrians walk on the right side of the road, whereas automobiles / motorcycles / bicycles keep to the left. Watch and obey the traffic lights, and walk in the designated crossings when crossing the road.



**相談窓口**

● **ハローコーナー** (外国人住民相談窓口)  
ハローコーナーは、外国人住民の日常生活の相談に  
お応じています。月曜日と土曜日の相談があります。お気軽  
にご相談ください。ベトナム語はメールで相談を受け付け  
ています。

<月曜日の相談>

開設日：第1、2、3、5月曜日（祝日を除く）

場所：市役所 第三別館1階

<土曜日の相談>

開設日：第4土曜日（市役所の閉庁日と祝日を除く）

場所：市役所 本庁舎5階 501会議室

いつ	午前9時～正午	使用言語	スペイン語・英語
	午後1時～4時	使用言語	スペイン語・ポルトガル語・中国語

⇒ Tel 048-775-5111

電話をしたら、「ハローコーナーおねがいします」と言  
ってください。

市役所の窓口では、次の12言語で電話による通訳サービ  
スがあります。

言語：英語、中国語、韓国語、ポルトガル語、スペイン語、  
タイ語、ベトナム語、インドネシア語、タガログ語、ネパ  
ール語、ヒンディー語、モンゴル語



ベトナム語メール相談受付フォーム

<https://www.city.agoe.lg.jp/page/hcnv.html>

**Counseling Service**

● **Hello Corner**

(Counseling Service for Non-Japanese Residents)

Please feel free to visit or call Hello Corner for assistance in  
daily life matters. Counselling services are offered on  
Mondays and Saturdays. We are receiving consultations in  
vietnamese via email.

< Mondays >

When: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Mondays (except national  
holidays)

Where: 1F of City Hall Annex #3

< Saturdays >

When: 4<sup>th</sup> Saturdays (except Saturdays when City Hall is  
not open and also national holidays)

Where: Meeting Room #501 on 5F of City Hall

Hours	9:00 a.m. ~ noon	Languages	English Spanish
	1:00 p.m. ~ 4:00 p.m.		Spanish Portuguese Chinese

⇒ Tel. 048-775-5111

**Please tell the switchboard operator,  
“Hello Corner onegai-shimasu”**



At City Hall counters, interpretation services are available in  
12 languages via telephone. For your information, Hello  
Corner offers counselling services in English, Spanish,  
Chinese and Portuguese.

Available languages: English, Chinese, Korean, Portuguese,  
Spanish, Thai, Vietnamese, Indonesian, Tagalog, Nepalese,  
Hindu, and Mongolian

**Vietnamese email consultation reception  
form**

<https://www.city.agoe.lg.jp/page/hcnv.html>



住所の届け出

⇒ 市民課

TEL 048-782-8790

外国人住民の人も転入・転居・転出などの届け出が必要

です。外国籍の人（観光目的などの短期滞在を除く）が日本国内に住所がある場合、住所の届け出（転入・転出等）

が必要になります。この届け出に基づき日本人と同様に住民票が作成され、住所や転入・転出事項、家族構成などが記録され、申請により証明書が交付されます。

また、この情報に基づいて、さまざまな行政サービスが行われます。


Notification for Address

⇒ Shimin-ka (Citizen's Affairs Section)

Tel. 048-782-8790

All non-Japanese living in Japan, just like Japanese residents, need to notify their local municipality of their address when moving in, moving out, or changing address within the city (temporary visitors, such as tourists, are excluded from this requirement).

This notification allows non-Japanese residents to be eligible for certificates of residence (*Jyumin-hyo*), on which their address, moving-in and moving-out information, and their family members are recorded, exactly as Japanese residents are. A copy of your *Jyumin-hyo* will be issued at the city offices upon request. Also, your *Jyumin-hyo* makes you eligible to receive various services from the city.

外国人住民の異動に関する届け出の種類			Types of Notifications for Changes regarding Non-Japanese Residents		
<p>住所や世帯の変更があったときは、下記の届け出を出してください。届出人は、本人または同一世帯の方（住居および生計を共にする方）です。子どもが生まれた時の届出人は、父または母になります。</p>			<p>When your address and/or family makeup changes, please submit the following notifications. Notifications may be made by you or a member of your household (a person who lives and shares living expenses with you). However, birth notifications may only be submitted by the baby's father or mother.</p>		
<p>● 市役所本庁 舎市民課で受付（入管法の届出も同時に行います）</p>			<p>● Notifications accepted at Shimin-ka (Citizen's Affairs Section) of City Hall: (Notification under the Immigration Law will be done at the same time)</p>		
手続きの種類	申請・届出の期間	手続きに必要なもの	Event	Notification Period	Items required for procedures
<p>日本に入国したとき ※1年未満の一時入国を除く (1年は目安)</p>	<p>入国日から14日以内</p> <p>※平日のみの取り扱いとなります。</p>	<ul style="list-style-type: none"> <li>パスポート</li> <li>在留カードまたは特別永住者証明書 (*1)</li> <li>※本人が来庁してください。</li> </ul>	<p>Entering Japan * Excludes temporary entry to the country in less than 1 year (1 year is an estimate)</p>	<p>Within 14 days of entering Japan * Processed only on weekdays</p>	<ul style="list-style-type: none"> <li>Passport</li> <li>Resident Card or Special Permanent Resident's Certificate (*1)</li> <li>* Applicants must come in person.</li> </ul>
<p>子どもが生まれたとき</p> 	<p>出生日から13日以内</p> <p>※平日以外は、届出書のお預かりのみです。</p>	<ul style="list-style-type: none"> <li>出生届</li> <li>母子健康手帳</li> <li>国民健康保険証 (加入者のみ)</li> <li>パスポート (父と母両方)</li> <li>在留カードまたは特別永住者証明書 (届出人)</li> </ul>	<p>Birth of child</p>	<p>Within 13 days of the baby's birth * On days other than weekdays, notifications are only accepted.</p>	<ul style="list-style-type: none"> <li>Birth notification</li> <li>Mother and Child Health Handbook (Boshi Kenko Techou)</li> <li>National Health Insurance Card (If covered by this insurance system)</li> <li>Passports (both father's and mother's)</li> <li>Residence card or special permanent resident certificate (applicant)</li> </ul>
<p>他の市町村から 転入したとき</p>	<p>転入日から14日以内</p>	<ul style="list-style-type: none"> <li>前住所地の市町村が発行した転出証明書</li> <li>届出人本人であることを確認できるもの</li> <li>在留カードまたは特別永住者証明書 (届出対象の人すべて)</li> <li>通知カードまたはマイナンバーカード (*1) (*2)</li> </ul>	<p>Moving to Ageo from other municipality</p>	<p>Within 14 days of moving-in</p>	<ul style="list-style-type: none"> <li>Moving-out certificate issued by the municipality of former residence</li> <li>Item verifying applicant's identity</li> <li>Resident's Card (s) or Special Permanent Resident's Certificate (s) of everyone involved</li> <li>"My Number" notification card or "My Number" card (*1) (*2)</li> </ul>
<p>市内で住所を変更 (転居) したとき</p>	<p>転居日から14日以内</p>	<ul style="list-style-type: none"> <li>届出人本人であることを確認できるもの</li> </ul>	<p>Changing address in Ageo</p>	<p>Within 14 days of changing address in Ageo</p>	<ul style="list-style-type: none"> <li>Item verifying applicant's identity</li> <li>Resident's Card(s) or Special Permanent</li> </ul>

		<ul style="list-style-type: none"> <li>在留カードまたは特別永住者証明書（届け出対象の人すべて）</li> <li>通知カードまたはマイナンバーカード（*1）（*2）（*3）</li> </ul>			Resident's Certificate (s) of everyone involved • “My Number” notification card or “My Number” card （*1）（*2）（*3）
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● 市役所本庁舎市民課のほか、支所・出張所でも受付

● Notifications accepted at Shimin-ka of City Hall and its branch offices:

手続きの種類	申請・届出の期間	手続きに必要なもの	Event	Notification Period	Items required for procedures
転出するとき (日本国外を除く)	引っ越しする前にあらかじめ届け出をして下さい	<ul style="list-style-type: none"> <li>届け出人本人であることを確認できるもの（*3）（*4）</li> </ul>	Moving out (Except moving out of Japan)	Please notify before moving out of Ageo	<ul style="list-style-type: none"> <li>Item verifying applicant's identity（*3）（*4）</li> </ul>
日本国外へ転出するとき ※1年未満の一時帰国を除く (1年は目安)	引っ越しする前にあらかじめ届け出をして下さい	<ul style="list-style-type: none"> <li>通知カードまたはマイナンバーカード（届け出対象の人すべて）</li> <li>届け出人本人であることを確認できるもの（*3）（*4）</li> </ul>	Moving out of Japan *Excludes temporary return to the country in less than 1 year (1 year is an estimate)	Please notify before moving out	<ul style="list-style-type: none"> <li>“My Number” notification card(s) or “My Number” card(s) of everyone involved.</li> <li>Item verifying applicant's identity（*3）（*4）</li> </ul>
家族関係に変更があったとき	世帯主や家族関係（続柄）に変更があった日から14日以内 ※戸籍の届け出をしている場合を除きます。	<ul style="list-style-type: none"> <li>届け出人本人であることを確認できるもの</li> <li>変更の生じたことを確認できる書類（*3）</li> </ul>	Change in family makeup	Within 14 days after household head or family relationship change * Not necessary if notification for family register was done	<ul style="list-style-type: none"> <li>Item verifying applicant's identity</li> <li>Document confirming a change（*3）</li> </ul>
<p>（*1）ほかの人が住んでいる世帯に転入・転居する場合は、家族関係を証明する書類が必要になることがあります。</p> <p>（*2）国民年金加入者は、年金手帳もお持ちください。</p> <p>（*3）国民健康保険加入者は、国民健康保険証もお持ちください。</p> <p>（*4）印鑑登録をしている人は、印鑑登録証もお持ちください。</p> <p>★ いずれの手続きも15歳未満の児童を養育する人は、子ども支援課にお立ち寄りください。</p> <p>★ 代理人が届け出るときは上記の他に委任状が必要です。</p> <p>★ 平日以外の日の届け出については、一部取り扱えないものがあります。</p>			<p>（*1） When you move into a residence where other person(s) is (are) currently living, the document that certifies family relationship might be required.</p> <p>（*2） Please bring your Pension Handbook if you are enrolled in National Pension Plan.</p> <p>（*3） Please bring your National Health Insurance Card if you are covered by National Health Insurance System.</p> <p>（*4） Please bring your Seal Registration Card if your name seal is registered.</p> <p>★ Those who are caring for a child under 15 years old, please stop by the Child Support Section for any of these procedures.</p> <p>★ When a proxy (someone other than you or a member of your household) files a notification, a written letter of proxy will be required in addition to the items mentioned above.</p> <p>★ Some notifications may be processed on only weekdays.</p>		

**国民健康保険**

⇒ 保険年金課 Tel.048-775-5136 (11番窓口)

国民健康保険とは、病気やけがをしたときに加入者の皆さんがお金(保険税)を負担し合って、医療機関にかかるときの医療費に充てる、助け合いの制度です。

住民登録をしていて、他の保険に加入しておらず、3か月を超えて日本に滞在する場合、国民健康保険に加入することになっています。国民健康保険に加入すれば、医療機関が行うほとんどの診療・検査について、年齢に応じ70%または80%が保険によって支払われることになります。

保険税は、各人の前年の所得によって決まります。



**National Health Insurance / Kokumin Kenkou**

**Hoken**

⇒ Hoken-nenkin-ka  
(Health Insurance & Pension Section)  
Tel: 048-775-5136 (Counter #11)

National Health Insurance is a cooperative system in which subscribers contribute money (insurance tax) to cover medical expenses generated in medical institutions in case of illness or injury.

If you are registered as a resident, do not have any other insurance, and stay in Japan for more than three months, you will be required to join the National Health Insurance system. If you enroll in the National Health Insurance, the insurance will pay 70% - 80%, depending on your age, of most medical examinations and treatments performed by medical institutions. Insurance taxes are determined by each person's income from the previous year.

**国民年金**

⇒ 保険年金課 Tel. 048-775-5137

加入者が納める保険料と国の負担金によって、国が責任をもって運営する制度で、病気やけがになったとき、また、高齢になったときに皆で助け合い、生活に不安がないようにしていこうという制度です。

◇ 住民登録をしている20歳以上60歳未満の方で、厚生年金に加入していない方は、国民年金に加入することになっています。

◇ 保険料は、年齢・性別・所得に関係なく一律です。



**National Pension Plan / Kokumin Nenkin**

⇒ Hoken-nenkin-ka  
(National Health Insurance & Pension Section)  
Tel. 048-775-5137

This pension plan is responsibly operated by the National Government with premiums paid by subscribers and government subsidy. It is a mutual aid system designed to provide financial security when the subscribers become ill, injured or old.

◇ All registered residents of Japan between 20 and 59 years of age are required to join the National Pension Plan. (Exclusion offered to those subscribing to other pension plans, such as the Employee's Pension Insurance Plan / Kousei Nenkin).

◇ The premium is uniform regardless of age, gender or income.

**税金**

**<市・県民税>**

⇒ 市民税課 Tel. 048-775-5131

納税義務者となるのは、毎年1月1日現在、市内に住んでいて、前年(1月~12月)に所得のあった人です。ただし、外国人住民で日本での滞在が短期間(約3か月以内)の場合は、税金がかかりません。

**<軽自動車税>**

⇒ 市民税課 Tel. 048-775-5130

毎年4月1日現在、原動機付自転車・バイク・軽自動車などを所有している人に税金がかかります。

**<固定資産税>**

⇒ 資産税課 Tel. 048-775-5134

毎年1月1日現在、土地や家屋などを所有している人に税金がかかります。

**Tax / Zeikin**

**<City/Prefectural Tax>**

⇒ Shiminzei-ka (Municipal Tax Section)  
Tel. 048-775-5131



Taxpayers are those who live in the city as of January 1st of each year and had income in the previous year (January through December). However, foreign residents whose stay in Japan for a short term (approximately 3 months or less) are not subject to tax.

**<Light vehicle Tax>**

⇒ Shiminzei-ka (Municipal Tax Section)  
Tel. 048-775-5130

As of April 1st of each year, those who own motorized bicycles, motorcycles, light vehicles, etc., are subject to this tax.

**<Property Tax>**

⇒ Shisanzei-ka (Property Tax Section) Tel. 048-775-5134

As of April 1st of each year, those who own land, a house, etc., are subject to this tax.



## マイナンバー、マイナンバーカード

⇒ 市民課 TEL 048-782-8790

住民票のある方がひとりひとり持つ、12ケタの番号で、一々使うものです。税金・保険・年金などの管理のために使われます。

個人番号通知書についている個人番号カード交付申請書を使用して、マイナンバーカードを申請できます。マイナンバーカードは身分証明書として使え、コンビニで住民票の写しが取れるなど、便利な機能があります。



## My Number, My Number Card

⇒ Shimin-ka (Citizen's Affairs Section)  
Tel. 048-782-8790

'My Number' is a 12-digit number, given to every individual registered as a resident in Japan. Once your number is issued, it will be used for the rest of the time you reside in Japan in order to manage your tax, health insurance, pension and so on.

If you wish to have your 'My Number Card' issued, you can apply for it by using the Individual Number Card Issuance Application Form which is attached to your Personal Number Notice Letter. The 'My Number Card' has useful functions. For example, you can use it as your ID to obtain a copy of your Residence Certificate (Jyumin-hyo) at a convenience store.

## 妊娠・出産・育児・子どもの健康

● 子育て世代包括支援センター（あげお版ネウボラ）

妊娠中の生活のことや、生まれたばかりの赤ちゃんのこと、子育てに関することなどの相談に応じます。

⇒ 東保健センター内 緑丘2-1-27  
TEL 048-774-1414

⇒ 子ども家庭総合支援センター 市役所5階  
TEL 048-775-5294

⇒ 子育て支援センター内 春日2-20-3  
TEL 048-778-2008



## Pregnancy / Childbirth / Child-raising / Child Health

● Comprehensive Support Center for Families with Small Children (Neuvola in Ageo)

They offer counselling services regarding how to live during pregnancy, new born babies, child-raising and so on.

⇒ Higashi Hoken Center (East Health Center)

Midorigaoka 2-1-27 Tel. 048-774-1414

⇒ Children and Families Comprehensive Support Center  
5F of City Hall Tel. 048-775-5294

⇒ Inside the Child care support Center  
Kasuga 2-20-3 Tel. 048-778-2008

● 母子健康手帳・妊婦健康診査・新生児聴覚検査・

産婦健康診査の費用の一部助成

⇒ 健康増進課（東保健センター内）  
TEL 048-774-1414

妊娠したときは、妊娠届出書を提出して「母子健康手帳」の交付を受けてください。東保健センター、市役所5階の子ども家庭総合支援センターで受け付けます。母子健康手帳の交付には、「マイナンバーカード」または「マイナンバー通知カード（氏名・住所等の記載事項と本人の情報が一致している場合に限る）」と在留カードなどの本人確認書類が必要です。この手帳は、母と子の健康状態を記録し、生涯にわたって活用でき、市の保健サービスを受けるときに必要です。

母子健康手帳交付時に14回分の妊婦健康診査・新生児聴覚検査・産婦健康診査の助成券を交付します。







## Boshi Kenkou Techou (Maternal and Child Health Handbook) • Health Checkups for Expecting Mothers • Newborn hearing test • Partial subsidy for the cost of maternity health examination

⇒ Kenkouzouishin-ka (Health Promotion Section in Higashi Hoken Center) Tel. 048-774-1414

Once pregnancy has been confirmed, please submit a pregnancy notice at the Higashi Hoken Center (East Public Health Center) or Children and Families Comprehensive Support Center on 5F of City Hall. After the notification has been submitted, you will be issued a "Boshi Kenkou Techo." In order to have the "Boshi Kenkou Techo" issued, your "My Number Card" or "My Number Notification Card, (only when the information matches the person's name, address, etc)" and your ID such as Residence Card are necessary. This handbook records health conditions of both mother and child and is useful throughout the child's life. In addition, you are required to bring this handbook with you when receiving health services provided by Ageo City.

A subsidy coupon for 14 times of health examinations for pregnant women, newborn hearing tests, and maternity health examinations will be issued at the time of issuance of the Mother and Child Health Handbook.

<p>● <b>発達支援相談センター</b> ⇒ 吉丁目東22-1 TEL 048-725-3373</p> <p>育児の相談や、発育に心配がある乳幼児の療育などを 行っています。乳幼児育児相談は、保健師・保育士が相談 に応じています。来所の場合は、あらかじめ電話で予約し てください。</p> 	<p>● <b>Hattatsu Shien Soudan Center (Development Support Counseling Center)</b> ⇒ Ichome-Higashi 22-1 Tel. 048-725-3373</p> <p>This facility is located on 2F of the same building as the <i>Ageo Hoikusho</i> (nursery school), which is on 1F. It offers childcare counseling services as well as support to infants in need of special care. There is also a playroom with wooden toys where children and their parents are free to play together. Public health nurses and preschool teachers are available for consultation regarding raising babies and infants. Please make an appointment by phone.</p>
<p>● <b>子育て支援センター</b> ⇒ 春日2-20-3 TEL 048-778-2008</p> <p>上尾西保育所に併設された施設です。育児の相談や 講演会、子どもの遊びの場、保護者同士の交流の場となる 催しなどを開催しています。他にも市内に12か所あり ます。</p>	<p>● <b>Kosodate Shien Center (Childcare Support Center)</b> ⇒ Kasuga 2-20-3 Tel. 048-778-2008</p> <p>This facility is located at <i>Ageo Nishi Hoikusho</i>. It offers counseling services regarding child-raising, holds lectures and organizes events to encourage communication among parents. It has a playroom for children. There are 12 similar facilities throughout Ageo.</p>
<p>● <b>乳幼児の保健事業・予防接種</b> ⇒ 健康増進課 (東保健センター内) TEL 048-774-1414</p> 	<p>● <b>Infant Health Care / Vaccinations</b> ⇒ Kenkouzoushin-ka (Health Promotion Section in Higashi Hoken Center) Tel. 048-774-1414</p>
<p>&lt;乳幼児の健康診査・相談&gt; 乳幼児健康診査には、4か月児健康診査・1歳6か月児 健康診査・3歳児健康診査があります。各健診対象者には 個別通知します。また、10か月児健康相談、『ここに健康 相談会』では身長・体重測定、育児相談、食事・歯の相談 を行います。 日程などは『広報あげお』や『上尾市健康カレンダー』、ホ ームページをご覧ください。 また、健診を受けるときは母子健康手帳、 通知(はがき)、バスタオルを持参して ください。</p> 	<p>&lt; Infants Health Checkups · Counseling &gt; Ageo City offers free health checkups for infants when they are 4 months, 18 months and 3 years old. Postcards informing of the checkups will be sent to eligible residents. Health counselling services are also offered when the child is 10 months. At the “<i>Nikoniko Kenkou Soudan Kai</i>,” where height and weight are measured, counseling about child-raising, and counseling about meals and dental development are also offered. Please see the monthly newsletter, “<i>Kouhou Ageo</i>”, “<i>Ageo-shi Kenkou (Health) Calendar</i>” for schedules or Website. When you attend the checkups, you must bring your <i>Boshi Kenkou Techou</i> (Maternal and Child Health Handbook), the notification postcard, and a bath towel.</p>
<p>&lt;乳幼児期・学童期の予防接種&gt; 予防接種はワクチンによって接種時期、接種回数が決まっ ています。『予防接種と子どもの健康』、『上尾市健康カレ ンダー』をよくご覧いただき、市内実施医療機関または県内 契約医療機関に予約の上、接種してください。 ワクチンの種類: ロタウイルス・ヒブ・B型肝炎・小児用肺炎 球菌・BCG・四種混合・二種混合・麻 しん風しん・水痘・日本脳炎 子宮頸がん予防ワクチン (女子のみ)</p> 	<p>&lt;Vaccinations for Infants and School-age Children &gt; The schedule of vaccinations varies according to the type of vaccine administered. Please read the “<i>Yobousesshu to Kodomo no Kenkou (Vaccinations and Child Health)</i>” or “<i>Ageo-shi Kenkou Calendar</i>” thoroughly, and then make an appointment with one of the designated medical institutions in Ageo or in Saitama Prefecture to receive the vaccinations. Type of Vaccine: Rota virus, Hib, Hepatitis B, Pediatric pneumococcus, BCG, Quadruple Vaccine (diphtheria, whooping cough, tetanus and Polio), Double Vaccine (diphtheria and tetanus), Measles and rubella, Chickenpox, Japanese encephalitis, Vaccination to prevent cervical cancer (only for girls)</p>

<p>持ち物：母子健康手帳、予防接種予診票</p> <p>☆ 予防接種予診票は、出生届を提出したときに「予防接種と子どもの健康（小冊子）と一緒にお渡しします。持っていない方は、市役所本庁舎（1階市民課・5階子ども家庭総合支援センター）、各支所・出張所、東保健センター、西保健センターに設置しています。</p>	<p>What to bring: Boshi Kenkou Techou (Maternal and Child Health Handbook), the doctor's questionnaire for vaccinations</p> <p>☆ When notification of your baby's birth is submitted, you will receive both the doctor's questionnaire and the "Yobousesshu to Kodomo no Kenkou" ("Vaccinations and Child's Health") leaflet. They are also available at City Hall (Shimin-ka on 1F and Children and Families Comprehensive Support Center on 5F), at its branch offices, and at Higashi・Nishi Hoken Center.</p>
<p><b>成人保健・精神保健</b></p> <p>● 成人検(健)診・保健事業</p> <p>⇒健康増進課(西保健センター内) Tel 048-774-1411</p> <p>日程・会場などは『広報あげお』や『上尾市健康カレンダー』をご覧ください。検(健)診には有料と、年齢などの条件によって無料となるものがあります。</p> <p>● 予防接種</p> <p>⇒健康増進課(東保健センター内) Tel 048-774-1414</p>	<p><b>Adult Health・Mental health</b></p> <p>● <b>Health Checkups・Vaccinations</b></p> <p><b>Health-related Activities for Adult</b></p> <p>⇒ Kenkouzoushin-ka (Nishi Hoken Center) Tel. 048-774-1411</p> <p>Please see the "Kouhou Ageo" or "Ageo-shi Kenkou Calendar" for the schedules and venues. Some medical examinations have a charge, and some are free depending on age and other conditions.</p> <p>● Vaccination</p> <p>⇒ Kenkouzoushin-ka (Higashi Hoken Center) Tel. 048-774-1414</p> 
<p><b>福祉</b></p> <p>● 児童手当 ⇒子ども支援課 Tel 048-775-5120</p> <p>上尾市に住居登録をしていて、日本で子どもを養育している人からの申請により、手当を支給します。</p>	<p><b>Welfare</b></p> <p>● <b>Jidou Teate (Child Allowance)</b></p> <p>⇒ Kodomoshien-ka (Children Support Section) Tel. 048-775-5120</p> <p>If you are registered in Ageo and are raising children in Japan, you are eligible to apply to receive the Jidou Teate.</p>
<p>● こども医療 ⇒子ども支援課 Tel 048-775-5120</p> <p>子どもが医療機関を受診したときに支払う医療費を助成します。この助成を受けるには登録が必要です。</p>	<p>● Children's medical care</p> <p>⇒ Kodomoshien-ka (Children Support Section) Tel. 048-775-5120</p> <p>Subsidizes medical expenses paid when a child visits a medical institution. Registration is required to receive the subsidy.</p>
<p><b>保育</b></p> <p>● 保育所 ⇒保育課 Tel 048-775-5121</p> <p>市内には67か所の認可保育施設(市立保育所14・私立保育園26、認定こども園5、小規模保育施設21、事業所内保育施設1)があり、仕事や病気で子どもの保育ができない保護者に代わって、児童の保育にあたっています。保育時間は、施設により異なります。市立保育所の場合、原則として、延長保育を含めて平日は午前7時から午後7時まで、土曜日は午前7時から午後6時までです。</p> 	<p><b>Childcare</b></p> <p>● <b>Hoikusho (Nursery School)</b></p> <p>⇒ Hoiku-ka (Childcare Section) Tel.: 048-775-5121</p> <p>There are 67 Authorized Childcare Facility (14 city-run nursery schools/hoikusho, 26 private nursery schools/hoikuen, 5 authorized child gardens, 21 small-sized childcare facilities and a On-site Childcare Facility) in Ageo to look after children whose parents are unable to take care of them during the daytime due to illness or work. Each facility operates in different hours. In principle, city-run Nursery Schools operate between 7:00 a.m. and 7:00 p.m. (including overtime care) on weekdays, and between 7:00 a.m. and 6:00 p.m. n on Saturdays.</p>

<p>● <b>幼稚園</b> ⇒ 保育課 TEL 048-775-5044 市内には21か所の私立幼稚園（幼稚園16、認定こども園5）があります。入園について詳しくは、各幼稚園にお問い合わせください。</p>	<p>● <b>Kindergarten</b> ⇒ Hoiku-ka (Childcare Section) Tel. 048-775-5044 There are 21 private kindergartens in the city (16 kindergartens, 5 certified childhood education centers). For more information according enrollment, please contact the respective kindergartens.</p>
<p>● <b>認可外保育施設</b> ⇒ 保育課 TEL 048-775-5044 市内には認可外保育施設もあります。利用については、保育課にお問い合わせください。</p>	<p>● <b>Non-registered Childcare Facility</b> ⇒ Hoiku-ka (Childcare Section) Tel. 048-775-5044 There are also non-registered childcare facilities in the city. For more information according the service usage, please contact the Childcare Division.</p>
<p>● <b>学童保育所</b> ⇒ 青少年課 TEL 048-776-2488 保護者が就労などにより昼間家庭にいない小学生が生き生きとした放課後を過ごすことができるのが、学童保育所です。市内に40か所あります。 保育時間は、月～金曜日は放課後から午後7時まで、土曜日は午前8時から午後7時まで、春・夏・冬休みなどの休校期間の月～土曜日は午前8時から午後7時までです。入所希望の場合は、NPO法人あげお学童クラブの会へ、お問い合わせください。TEL 048-771-6945</p>	<p>● <b>Gakudo Hoikusho</b> ⇒ Seishounen-ka (Juvenile Affairs Section) Tel. 048-776-2488 Gakudo Hoikusho is a place for elementary school children, whose parents are not home during the day due to work etc. , to actively spend time after school. There are 40 Gakudo Hoikusho in Ageo. They open after school and close around 7:00 p.m. on weekdays, and are open between 8:00 a.m. and 7:00 p.m. on Saturdays. During the spring, summer and winter vacations when schools are closed, they are open between 8:00 a.m. and 7:00 p.m. on weekdays and Saturdays. To enroll your children, please contact Ageo Gakudo Club no Kai. Tel. 048-771-6945</p>
<p><b>学校教育</b></p> <p>● <b>小・中学校への就学を希望する人</b> ⇒ 教育委員会学務課 TEL 048-775-9604 外国人として登録しているお子さんの入学に関しては、保護者からの就学希望に基づく届出が必要になります。また、日本語が理解できない児童生徒には、日本語指導もあります。</p> 	<p><b>School Education</b></p> <p>● <b>To enroll your children in elementary and/or junior high schools</b> ⇒ Kyoiku Inikai Gakumu-ka (Board of Education, School Affairs Section) Tel. 048-775-9604 If a child who is registered in Ageo as a non-Japanese resident wishes to enter elementary or junior high school, a request must be made by their parent. Language assistance is offered at schools for children who do not speak Japanese.</p>
<p>&lt;就学援助制度&gt; ⇒ 教育委員会学務課 TEL 048-775-9604 経済的理由で就学が困難な児童・生徒の保護者に、お子さんの給食費や学用品費などの援助をしています。</p>	<p>&lt; Assistance for Educational Expenses &gt; ⇒ Kyoiku Inikai Gakumu-ka Tel. 048-775-9604 There is a financial assistance system for those who, for financial reasons, have difficulty in sending their children to elementary and/or junior high schools in Ageo. Educational expenses such as school lunches and supplies are partially covered by this system.</p>

## ごみ

### ● 市で収集するごみ

⇒ 西貝塚環境センター（西貝塚35-1）  
TEL 048-781-9141



家庭から出るごみは、可燃ごみ（プラスチックを含む）、不燃ごみ（金属・陶器・充電式小型家電）、資源物（ペットボトル・飲料缶・スプレー缶・ガラス・紙類・布類）に分別して収集しています。それぞれのごみは、地域ごとに決められた収集日の午前8時までに、正しく分別して、集積所に出してください。ごみの分別方法や収集日程など、詳しくは『ごみ収集カレンダー』をご覧ください。

### ● 小型充電式電池の回収は、電器店やホームセンターなどで行っています。取り外しが難しい電化製品は無理に分解すると火が出る恐れがありますので、本体ごとそのまま市内公共施設にある小型家電回収ボックスに入れてください。

上尾市役所、支所、出張所、西貝塚環境センター

小型充電式電池にはニカド電池、ニッケル水素電池、リチウムイオン電池などの種類があり、以下の製品に含まれています。

デジタルカメラ・ビデオカメラ・ポータブル DVD プレーヤー・ノートパソコン・携帯電話・携帯ゲーム機・掃除機・電動アシスト自転車・加熱式たばこ・電子たばこ・電動シェーバー・電動歯ブラシ・モバイルバッテリーなど

### ごみの出し方マニュアル

<https://www.city.ageo.lg.jp/page/multilingual.html>



### ● 上尾市ごみ分別アプリ

ごみの分別方法を簡単に検索でき、収集日をお知らせする機能がついたごみ分別アプリをご利用ください。

一部外国語にも対応しています。

ごみ分別アプリ「さんあ〜る®」



## Garbage

### ● Garbage Collected by City

⇒ Nishikaizuka Kankyō Center (Environment Center)  
(Nishikaizuka 35-1) Tel. 048-781-9141

Household garbage must be separated and disposed of according to types, such as burnable (including plastics), non-burnable (metal・ceramics・Rechargeable Small Home appliances), and recyclable items (PET bottles・Beverage can・spray can・glasses・paper・cloth). Please separate your garbage properly, and put the separated garbage out by 8:00 a.m. at the designated site on the specified days. For collection schedules and disposal rules, please see the “Garbage Collection Calendar (Gomi Shushu Calendar).”

### ● Small-size rechargeable batteries are collected at electric appliance stores and home improvement centers. However, those used in electric appliances such as heated tabaco products, electronic cigarettes, electric shavers, electric tooth brushes and mobile batteries are difficult to remove. Please do not try to break up a product to take out the battery, as it may ignite. If you have one of these items, please bring it as is to one of the following public facilities:

Ageo City Hall, branch offices, or Nishi-Kaizuka Environment Center, and place it in the “Compact Appliances Collection Box” located at the facility.

Small-size rechargeable batteries include NiCad batteries, nickel batteries and lithium-ion batteries, which are incorporated in the following products:

Digital cameras, video cameras, portable DVD players, laptop computers, mobile phones, portable game players, vacuum cleaners, power-assisted bicycles, heated tabaco products, electronic cigarettes, electric shavers, electric tooth brushes, mobile batteries, etc.

### Instructions for How to Dispose Household Waste and Recyclables

<https://www.city.ageo.lg.jp/page/multilingual.html>

### ● Ageo City Garbage Separation App

Please use the Garbage Separation App, which allows you to easily search on how to separate garbage and has a function to notify you of the collection date. Some foreign languages are also available

Garbage Separation App

[さんあ〜る(San-aru, 3R)®]



● 地域リサイクル

⇒ 環境政策課 TEL 048-775-6925

ごみの資源化と有効利用のため、自治会やPTAなどの協力により、地域リサイクル事業を実施しています。詳しくは環境政策課にお問い合わせください。



便利な情報

☞ 上尾市のホームページ 多言語情報

<http://www.city.ageo.lg.jp/page/multilingual.html>



☞ 埼玉県のホームページ 多言語情報

<http://www.pref.saitama.lg.jp/kurashi/gaikokujin/guide/index.html>



☞ 上尾市国際交流協会のホームページ

<http://aga-world.com/top2018.html>



☞ 法務省外国人生活支援ポータルサイト

<https://www.moj.go.jp/isa/support/portal/index.html>



☞ JP-MIRAIポータル

JP-MIRAIポータルは、官民協力して作っている安心・安全に日本で働き・暮らす為の総合サイトです。

<https://portal.jp-mirai.org/ja>



● Regional Recycling

⇒ Kankyou Seisaku-ka (Environmental Policy Section) Tel. 048-775-6925

To recycle and make efficient use of garbage, there are recycling activities in various regions in cooperation with neighborhood associations (*jichi-kai*) and PTA. For more information, please contact Kankyou Seisaku-ka.

Useful information

☞ Ageo City's Website:

<http://www.city.ageo.lg.jp/page/multilingual.html>



☞ Saitama Prefecture's Website:

Multi Language Information

<http://www.pref.saitama.lg.jp/kurashi/gaikokujin/guide/index.html>



☞ Ageo Global Association's Website:

<http://www.aga-world.com/top2018.html>



☞ Daily Life Support Portal for Foreign Nationals

<https://www.moj.go.jp/isa/support/portal/index.html>



☞ JP-MIRAI Portal

JP-MIRAI Portal is a website for individuals to work and live in Japan safely and comfortably, developed by the government and private sector.

<https://portal.jp-mirai.org/en>



日本語教室

日本語教室の詳細は、上尾市国際交流協会（市役所第三別館）にお問い合わせください。

⇒上尾市国際交流協会

毎週月・木・金 午前10時～午後4時

Tel 048-780-2468 Fax 048-775-0007

[office@aga-world.com](mailto:office@aga-world.com)

※不在の時には市役所4階 市民協働推進課へ  
Tel.048-775-4597

原市公民館でも行っています。

毎週土曜日 午後1時30分～3時30分

お問い合わせは、平日 午前9時～午後5時

⇒ TEL 048-721-4948

Japanese Language Classes

For details about Japanese classes, please contact the Ageo Global Association Secretariat (City Hall Annex #3) between 10:00 a.m. and 4:00 p.m. on Monday, Thursday, or Friday.

⇒ Tel. 048-780-2468

Fax 048-775-0007

[office@aga-world.com](mailto:office@aga-world.com)

\* When the staff member is not available, call Shimin-Kyodo-Suishin-Ka at Tel.048-775-4597



Japanese classes are also held at Haraichi Kouminkan (public hall).

Every Saturday from 1:30 pm to 3:30 pm

Contact us on weekdays from 9:00 am to 5:00 pm

⇒ Tel. 048-721-4948

# Japanese Lessons



## AGA Tuesday / Wednesday Classes

(Taught by volunteer teachers on a one-on-one basis)

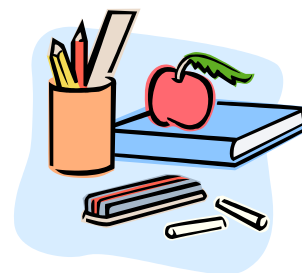
◇ Tuesdays, 10:00 a.m. ~11:30 a.m. at Community Center (Kashiwaza 4-2-3)

◇ Wednesdays, 7:00 p.m. ~8:30 p.m., at Ageo Kominkan

(Located in Bunka center、 Futatsumiya 750)

Those who wish to attend above classes will be requested to pay an annual membership fee (2,000 yen) and become a member of AGA. To sign up, contact the Ageo Global Association (1F of City Hall Annex #3) between 10:00 a.m. and 4:00 p.m. on Monday, Thursday, or Friday. Phone 048-780-2468/Fax 048-775-0007.

[office@aga-world.com](mailto:office@aga-world.com)



## Haraichi Kominkan Class

(Taught by volunteer teachers on a one-on-one basis)

Saturdays, 1:30 p.m. ~3:30 p.m.

This class is for non-Japanese living or working in Ageo. Free of charge.

To sign up, contact Haraichi Kominkan. (Haraichi 3499, Phone 048-721-4948 / Fax 048-721-4946).

## **For more information**

Please contact Shimin Kyodo Suishin-ka (in English or Japanese) at 048-775-4597 (Fax 048-775-0007) or “Hello Corner” (counseling service for non-Japanese residents in English) held on the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Mondays as well as the 4<sup>th</sup> Saturday of every month, 9:00 a.m.~ noon.

Other Japanese classes:

<https://www.pref.saitama.lg.jp/a0306/tabunkakyousei/nihongo.html>





## Be Prepared for Earthquake!

Is your family prepared for an earthquake? Let's check! When a massive earthquake strikes your area, you may not be able to use water, electricity and gas. Have a survival kit ready. Also have a discussion among your family members about emergency evacuation and how to contact each other.



### What to do if an earthquake hits your area?

- 1) You and your family's safety are most important. Take shelter under a table. Do not walk around barefoot.
- 2) Turn off burning devices.
- 3) Open doors to secure escape routes.
- 4) Extinguish any small fires quickly.
- 5) Confirm safety first and evacuate calmly.
- 6) Stay away from concrete-block walls and gateposts.
- 7) If you are near the ocean, go to higher ground quickly to avoid tsunami.  
If there is danger of landslide, leave there quickly.
- 8) Evacuate on foot. Take the minimum necessary items with you.
- 9) Cooperate your neighbors and lend a helping hand to the elderly and children.
- 10) Follow instructions of city officials, fire brigade members and police officers, and act calmly.

### Survival Kit

Food (canned food and Kan-pan/dry biscuits for emergency), Can opener, Candle, Cotton work gloves, Water, Clothes, Money, Bank book, Passport, Health Insurance Card, Seal (Hanko), Batteries, Flashlight, Matches, Small knife, First aid kit (medicines, Band-aids and scissors, etc.), Radio, Tissue paper, Ball-point pen, Hard hat, Baby formula and diapers (if you have a baby).





## Useful Japanese in Emergencies

Earthquake! 地震です！ Jishindesu!

Fire! 火事です！ Kajidesu!

Help! 助けて！ Tasukete!

Open! 開けて！ Akete!

I'm injured. けがをしました。 Kegawoshimashita.

I'm burned. やけどをしました。 Yakedowoshimashita.

Call the ambulance, please. 救急車を呼んでください。

Kyukyushawoyondekudasai.

Take me to the hospital, please. 病院に連れて行ってください。

Byoinnitureteittekudasai.

Where is City Hall? 市役所はどこですか？ Shiyakushowadokodesuka?

Where is the evacuation place? 避難所はどこですか？ Hinanjowadokodesuka?

Where can I get food / water? 食料・水はどこでもらえますか？

Shokuryou/mizuwadokodemoraemasuka?

Where am I? ここはどこですか？ Koko wadokodesuka?

Is it safe / dangerous here? ここは安全・危険ですか？ Koko waannzen /kikendesuka?

Where should I go? どこへ行けばいいですか？ Doko e ikebaiidesuka?

Show me how to get there, please. 行き方を教えてください。

Ikikatawooshietekudasai.

May I go with you? 一緒に行ってもいいですか？ Isshoniitteiidesuka?

Telephone 電話 Denwa      Electricity 電気 Denki

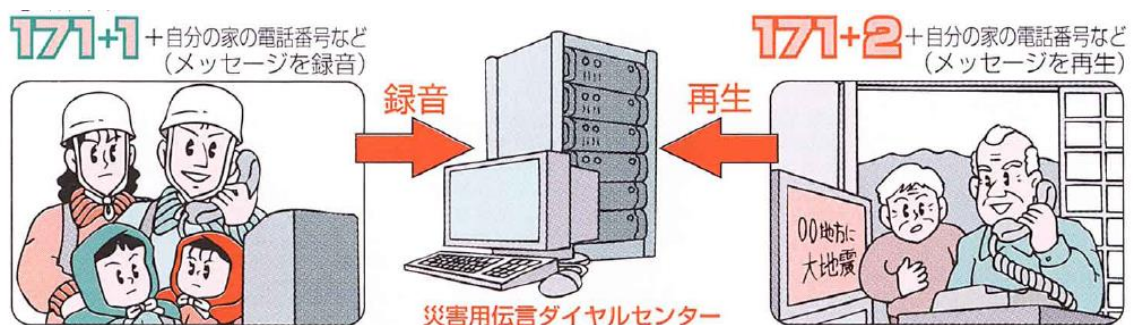
Gas ガス Gasu      Water 水道 Suidou

## NTT Emergency Message Service

If there is a disaster, your telephone may not work. You can easily record and play back messages by using this service.

To record: 171 + 1 + phone number + message

To play back: 171 + 2 + phone number + message





## Evacuation Places in Ageo

Have a discussion among your family members and decide where to evacuate.

< Evacuation Places>

Food and emergency supplies are stored for evacuees. All elementary, junior and senior high schools located in Ageo are evacuation locations as well as the following facilities:

Ageo Tokubetsu Shien Gakkyu: Azuma-cho 3-2009-3, phone: 048-774-9331

Ageo Undo Koen: Atago 3-28-30, phone/771-4245

Ageo Kashinoki Tokubetsu Shien Gakkyu: Hiratsuka 1281-1, phone: 048-776-4601

Seigakuin Daigaku: Tosaki 1-1, phone: 048-781-0031

Shimin Taikukan: Mukoyama 4-3-10, phone: 048-781-8111

<Evacuation Areas>

It may be necessary to evacuate to larger places to protect against spreading fires.

Foods and emergency supplies are stored in Kamihira Park Koen.

Ageo Maruyama Koen, Asamadai Dai Koen, Kamogawa Chuo Koen, Hiratsuka Koen, Kamihira Koen

## Power Saving Efforts

Power plants were damaged by the massive earthquake in March 2011, which has led to power shortages. Let's all work together to cut down on electricity consumption.

- Unplug the appliances that are not in use.
- Turn off room lights when you leave.
- Lower the temperature setting for refrigerators and do not overload them.
- Raise the temperature setting for coolers.



★Maps that show the locations of evacuation places are available at Kikikanri-bosai-ka on the 4<sup>th</sup> floor of City Hall.

**••••• Hello Corner** offers counselling services to non-Japanese residents in Ageo. (free of charge) "Hello Corner" is held on Mondays and Saturdays.

**< Counselling on Mondays >**

When: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Mondays (except national holidays)

Where: Ageo City Hall Annex #3, 1F (Building across from City Hall)

**< Counselling on Saturdays >**

When: 4<sup>th</sup> Saturday (Except national holidays and Saturdays when city hall is not open)

Where: Ageo City Hall Main building 5F, Room #501

Phone: 048-775-5111

Tell the switchboard operator,  
"Hello Corner *onegai-shimasu.*"

Hours	Languages
9:00am to noon	English / Spanish
1:00 – 4:00pm	Spanish / Chinese / Portugues

**••••• Hello Corner News** is issued monthly to inform you of events and activities in Ageo as well as tips on living in the city.

It is posted on Ageo City website (<http://www.city.ageo.lg.jp/>). It will be sent to you by mail if you live in Ageo and wish to have it delivered to your house. For more information, contact Shimin-kyodo-suishin-ka (tel.048-775-4597 / fax 048-775-0007/email [s53000@city.ageo.lg.jp](mailto:s53000@city.ageo.lg.jp))

# Join

## Jichi-kai, Chounai-kai, Kukai neighborhood association

Community associations called Ku-kai (area association), Chounai-kai (town association) and Jichi-kai (neighborhood association) engage in the following activities to strengthen the ties among residents in order to make your neighborhood a better place to live.



### To be prepared for emergency situations



Conduct disaster drills on a regular basis, collect information in case of emergency and stock emergency supplies.

### To live safely and peacefully



Maintain street lights to improve the safety of the neighborhood, and conduct anticrime patrols when elementary school children go to and from school.

### To get information about the city and community



Distribute "Koho Ageo" (the newsletter issued by City Hall) and pass around *kairanban* (the local bulletin) to share information with your neighbors.

### To create a clean and comfortable town

In order to create a comfortable living environment, everyone works together to clean up the neighborhood and conduct recycling activities.



### For people who wish to participate in fun events

Organize social events to encourage friendship among residents, such as summer festivals and athletic meets, and also traditional events.



### To expand the mutual support within the community



Cooperate in social welfare activities as well as various fund-raising campaigns in the community. Create close ties within the community by offering child-raising support or organizing social gatherings for senior citizens.

## ~ Major Activity Examples ~

### **Making your town a place where you feel safe and secure**

Maintain street lights to prevent nighttime crimes and improve the safety of the neighborhood, and conduct anticrime patrols when elementary school children go to and from school.



### **Mutual support within the community**

Cooperate in social welfare activities as well as various fund-raising campaigns. Create close ties within the community by offering child-raising support or organizing social gatherings for senior citizens.



### **Promotion of environmental beautification campaigns**

In order to create a comfortable living environment, everyone works together to clean up the neighborhood and conduct recycling activities.



### **Sports and recreational activities**

Organize social events to encourage friendship among residents, such as summer festivals and athletic meets, and also traditional events.



### ▼ For more information

Shimin Kyoudou Suishin-Ka

TEL 048-775-4597 fax 048-775-0007

Haraichi-Shisho

TEL 048-721-1604 fax 048-720-1113

Kamihira-Shisho

TEL 048-771-2315 fax 048-770-1102

Haraichidanchi-Jichikai

TEL 048-722-2481 fax 048-722-2481

Nishiageo-Daiichidanchi-Jichikai

TEL 048-726-2067 fax 048-726-2067

Hirakata-Shisho

TEL 048-725-2004 fax 048-780-1112

Oishi-Shisho

TEL 048-725-1079 fax 048-780-1114

Oya-Shisho

TEL 048-781-0121 fax 048-780-1113

Oyamadaidanchi-Jichikai

TEL 048-721-3752 fax 048-721-3752

NishiageoDainidanchi-Jichikai

TEL 048-726-0131 fax 048-726-1404



# JAPANESE HOUSING



## 1. Private Housing

When looking for a place to rent, you should consult a real estate agent in the area in which you want to live. There are many special procedures involved when entering into a lease contract in Japan. Consequently, an understanding of these procedures and Japanese customs is essential to ensure that your move goes as smoothly as possible.

### (1) Information on Private Housing

Rent and Management Fee	<ul style="list-style-type: none"> <li>▶ Rent is paid monthly in advance.</li> <li>▶ A management or common service fee for common facilities used with other tenants, such as a cleaning service and common lights is added to the rent.</li> </ul>
Size of House and Rooms	<ul style="list-style-type: none"> <li>▶ The size of a house is indicated by the total floor space, including not only living areas, but also the toilet, bathroom and kitchen. It is usually measured in square meters (e.g. 30m<sup>2</sup>).</li> <li>▶ The size of each room is indicated by the number of tatami mats that can be laid on the floor. One <i>jō</i> (tatami mat) is about 1.6m<sup>2</sup>. The rooms are categorized as either Japanese or Western style.</li> </ul>
Utilities	<ul style="list-style-type: none"> <li>▶ Basic wiring and piping for utilities such as electricity, water and gas are supplied. However, to use these utilities the tenant must contact the respective companies.</li> <li>▶ Houses do not come furnished, nor are gas ranges or light fixtures provided.</li> </ul>
Location	Location is usually indicated in number of minutes from the nearest station (e.g. A 15-minute walk from Ageo Station).

### (2) Before Entering into a Lease Contract

A lease contract clearly specifies the rights and obligations of both the tenant and landlord. Your signature on such a contract is legally binding and indicates that you agree to and will abide by the terms and conditions listed therein. It is therefore imperative that you understand the contents of the contract before signing. When entering into a lease contract, you are required to present your Resident Card (Alien Registration Card), a certificate of income and your name seal certificate. A guarantor or written oath is also usually required.

### (3) Payment Required when Entering into a Lease Contract

Rent ( <i>yachin</i> )	Rent is paid in advance. Therefore, when first moving into a property, you have to pay 2 months' rent (the current and the following month). Rent is usually paid by bank transfer.
Deposit ( <i>shikikin</i> )	A deposit of 1-3 months' rent is given to the landlord when you sign the lease contract. This money is used to pay any outstanding rent and expenses for repairing the property. The balance, if any, is refunded to you when you move out.
Key Money ( <i>reikin</i> )	Generally 1-2 months rent is paid to the landlord as key money. This money is non-refundable.
Realtor's Fee ( <i>chūkairyō</i> )	This is the commission paid to the real estate agent. In principle, the tenant and landlord each pay the equivalent of half a month's rent, total 1 month's rent. However, if both parties agree, the proportion paid by each party may be changed.
Contract Renewal ( <i>keiyaku kōshinryō</i> )	The duration of a lease contract is usually 2 years. When renewing a lease contract, a renewal fee equivalent to 1 month's rent is sometimes charged.

#### (4) General Terms and Conditions of a Lease Contract

Guarantor	Often you need to have a guarantor when applying for an apartment. If you do not have a guarantor you may discuss with the agent the option of using a company that supplies guarantors.
Payment of Rent	Rent must be paid 1 month in advance by the date stated in the lease contract.
Occupants	You cannot allow anyone other than family members to live with you without the prior consent of your landlord.
Subletting	You cannot sublet any or all of the property to a third party.
Renovating and Redecorating	You must obtain your landlord's permission before installing or changing fixtures such as gas piping or electric wiring, renovating or redecorating the premises.
Lease Termination	When terminating a lease prior to its full term, you must notify your landlord of your intention to do so. This notification must comply with the time frames stated in your lease contract. If you terminate the lease without notifying your landlord, your deposit will not be refunded.
Conditions at the End of the Lease	Be aware that there are instances where deposits are not returned and exorbitant cleaning charges are made at the end of leases. You should agree as to what fees will be required at the end of the lease before you sign.
Pets	Most landlords do not allow pets. Therefore, if you wish to keep a pet, please clarify this point with the real estate agent before entering into the lease contract.

## 2. Public Housing

Saitama provides public housing for low-income residents. Tenants are chosen by way of lottery, due to the extensive number of applications. Applications are accepted during the months of January, April, July, and October.

Individuals meeting the following requirements are able to apply:

- a) If you are a foreign national, you need to have a valid visa and be registered.
- b) You must be able to demonstrate that you are in need of a residence.
- c) You have family (i.e. a spouse or first relative) living with you (except if applying for individual residence).
- d) You reside or work in Saitama.
- e) The income of your household is at or below the designated amount.
- f) You have paid your prefectural municipal tax.
- g) You are not in arrears with rent or damage compensation owed to public housing (housing developed by regional public groups, Urban Renaissance Agency, or a local housing corporation).
- h) You or your family is not part of a crime syndicate.

For further details, please contact the Saitama Housing Supply Corporation at 048-829-2875.

### Consultation for Prefectural Housing

Office	Telephone	Hours
Saitama Housing Supply Corporation's Housing Consultation Plaza (In JR Omiya Sta.) Saitama-ken Jutaku kyokyu kosha Sumai Soudan Plaza	048-658-3017	Everyday 10:00 - 18:30 (Closed over New Year)