

# Welcome to Itabashi!

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# 1

## Itabashi City Office Registration Related Matters & Procedures



Living Information for International Residents of Itabashi City  
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### ◆Guide to City Office, Change of Address and Other Notifications

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# Itabashi City Office

## ◆ Itabashi City Office

City Office offers various services and registration procedures for living in Itabashi.

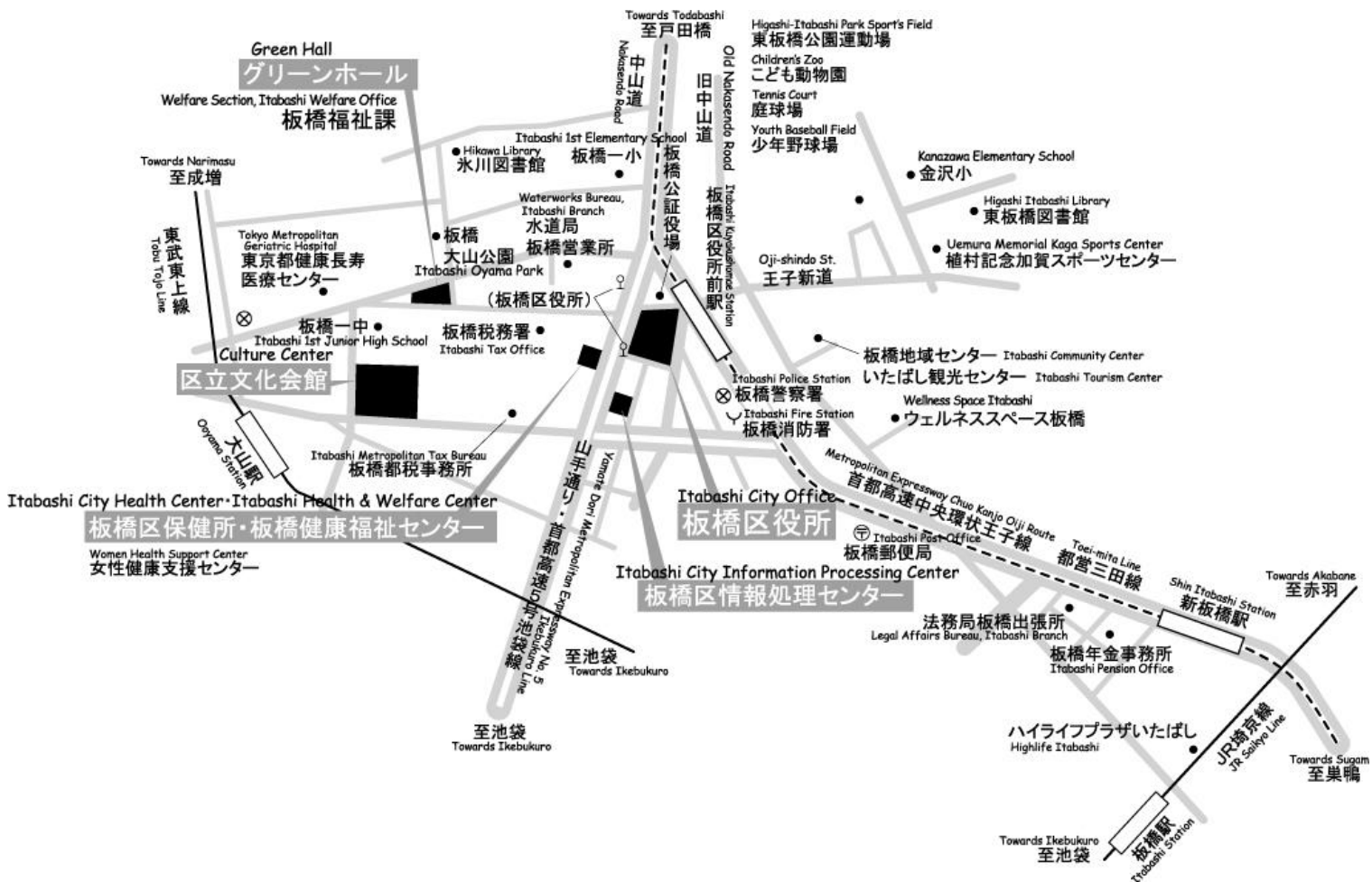
**Business days:** Weekdays and the second Sunday of each month (except national holidays)  
Closed on Saturdays, Sundays, and December 29 to January 3

**Business hours:** 8:30-17:00  
※ Limited services are available on the second Sunday of each month from 9:00-17:00  
※ Limited services are available every Tuesday until 19:00

**Telephone:** 03-3964-1111 (switchboard)

**Location:** 2-66-1 Itabashi, Itabashi-ku

**Access:** 1 minute walk from Itabashi Kuyakusho-mae Station (Toei Mita line),  
or 10 minutes from Oyama Station (Tobu Tojo line)



## ◆Akatsuka Branch Office

A limited range of services is offered at the Akatsuka Branch Office, such as applications for child benefit related allowances, provisional driver's licenses, as well as birth and marriage registration, death notification and cremation permits, etc.

**Business days:** Weekdays (except national holidays)

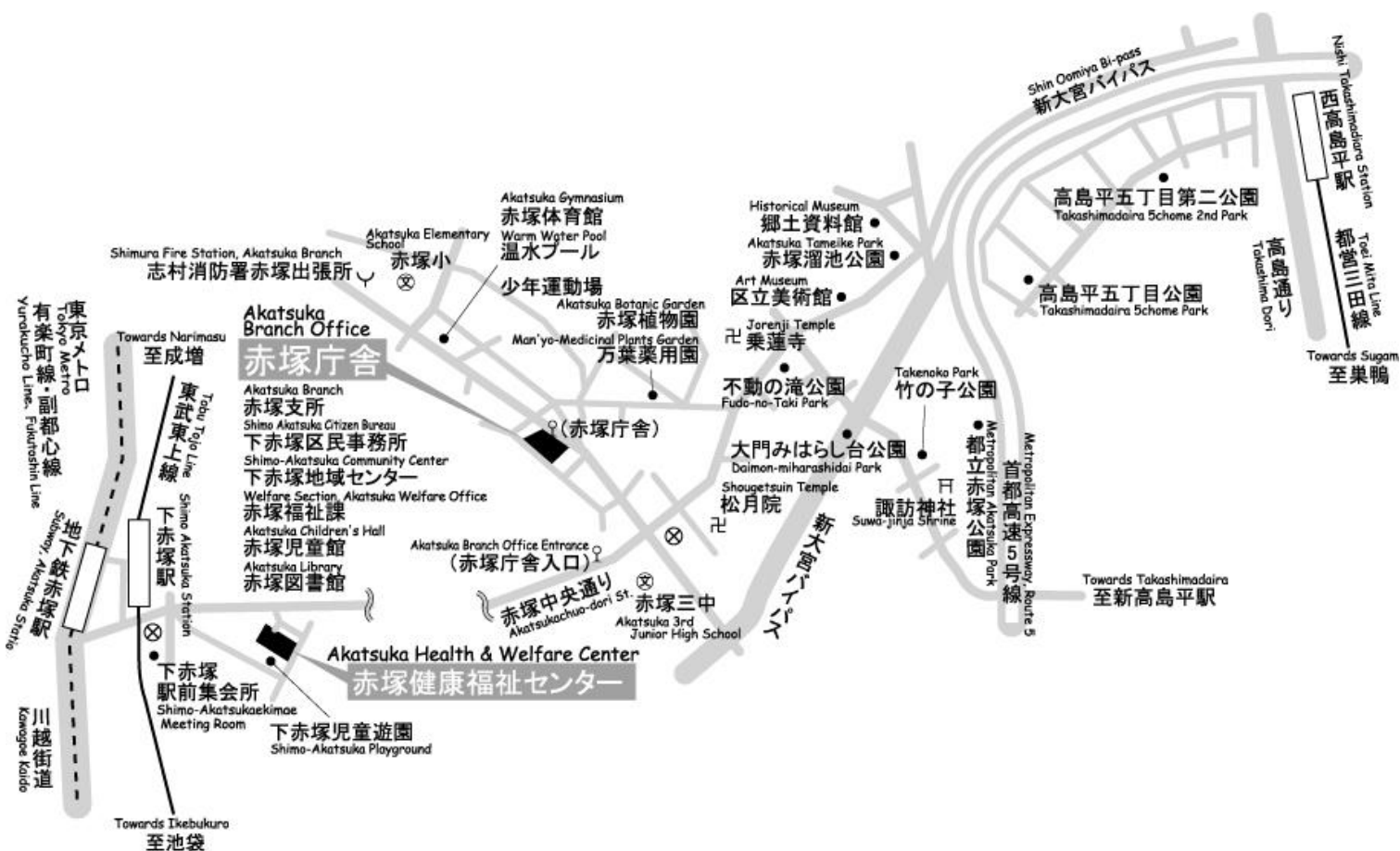
※Closed on Saturdays, Sundays, and December 29 to January 3

**Business hours:** 8:30-17:00

**Telephone:** 03-3938-5113

**Location:** 6-38-1 Akatsuka, Itabashi-ku

**Access:** 15 minutes walk from Shimo-akatsuka Station (Tobu Tojo line); 17 minutes from Akatsuka Station (Yurakucho line/Tokyo Metro Fukutoshin line); 1 minute from the Akatsuka Branch Office (*Akatsuka Chosha*) stop on the Akabane Station-bound bus leaving from the north exit of Narimasu station; or 4 minutes from Akatsuka Branch Office Entrance (*Akatsuka Chosha Iriguchi*) stop on the RinRin Go Community Bus or the Kokusai Kogyo Bus



## **City Residents' Offices**

**Business days:** Weekdays (except public holidays)

※Closed on Saturdays, Sundays, and December 29th to January 3rd

**Business hours:** 8:30-17:00

City Residents' Offices	Location	Telephone
Nakacho City Residents' Office	20- 5 Nakacho, Itabashi-ku	03-3959-4105
Tokiwadai City Residents' Office	3-27-1 Tokiwadai, Itabashi-ku	03-3967-6711
Shimura Sakaue City Residents' Office	2-19-15 Azusawa, Itabashi-ku	03-3969-7571
Hasune City Residents' Office	2-18-1 Sakashita, Itabashi-ku	03-3969-7581
Shimo Akatsuka City Residents' Office	6-38-1 Akatsuka, Itabashi-ku	03-3938-5110
Takashimadaira City Residents' Office	3-12-28 Takashimadaira, Itabashi-ku	03-3938-1191

**Main services available:**

- ▶ Change of Address (for Resident Register)
- ▶ Report of resident address
- ▶ Seal registration
- ▶ Issue of certificates  
(Resident Register copies, certificate of recorded information, certificate of seal registration, copy of Family Register, tax related certificates, Light Vehicle Tax certificate)
- ▶ Issue of Maternal and Child Health Handbook (pregnancy report)
- ▶ Payments of Resident Tax, Light Vehicle Tax
- ▶ Payments of premiums for National Health Insurance premiums, Latter-stage Elderly Health Care and Nursing care system
- ▶ Distribution of housing information (Tokyo Metropolitan Government housing etc.)
- ▶ Dog registration and issue of anti-rabies vaccination certificate
- ▶ Applications for Death registration(Residents service subsection, Akatsuka Branch, accepts for Shimoakatsuka area)
- ▶ Application for My Number (Individual Number Card) card and pick-up (appointment for the pick-up required)





# Itabashi City Office Layout

傍聴席 Visitor Seating	13F	
本会議場 Main Assembly	12F	
委員会室 Committee Chamber	11F	
区議会事務局 Secretariat to the Assembly	10F	議員控室 Councilor's Waiting Room
大会議室 Assembly Room A・B	9F	
⑪Facilities Management ⑫Regional Promotion ⑬Culture&International Exchange ⑭Sports Promotion ⑮Living Support, Special Benefit Payment for Livelihood Support, Health & Welfare	8F	教育施設担当課 Educational Facilities Section 文化国際交流課 Culture&International Exchange スポーツ振興課 Sports Promotion 臨時給付金担当課 Ombudsman Office
⑪Resource Recycling Promotion ⑬Contracts, Property & Management ⑭Secretariat to the Election Administration Committee ⑮Auditor's Office	7F	資源循環推進課 Recycling Promotion 環境政策課 Environmental Strategy 契約管理課 選挙管理委員会事務局 監査委員事務局 Auditor's Office
Board of Education Office ⑫New Schools Development ⑭Educational Affairs Regional Education Promotion Education Room	6F	教育総務課 General Educational Affairs 学校配置調整担当課 Schools Placement Adjustments 生涯学習課 Lifelong Learning 歴史公園担当課 Historic Parks Section 指導室 Guidance Office 教育委員会室 Board of Education
⑪Construction Safety ⑫Railway Three-Dimensional Promotion ⑬Urban Development Cordination ⑭Housing Policy ⑮Urban Planning, Land Maintenance ⑯Architectural Guidance	5F	⑰Construction Design Subsection ⑱Parks & Greenery ⑲Public Works Planning, Traffic Safety River Town Development Project Planning ⑳Public Works Division Administration
⑪Finance ⑫Policy & Planning, Brand Strategy Section ⑬Managerial Reform Promotion ⑭General Affairs Mayor's Office	4F	⑰Human Resources ⑱Regional Disaster Prevention Support ⑲Disaster Prevention & Crisis Management Disaster Prevention Center
⑪Tax Payment ⑫⑬Taxation ⑭Accounting Office	3F	⑰Health Promotion ⑱Children Policy Child-Raising Support Section ⑲Childcare Administration Section Nursery Services ⑲Disability Aid Policy Disability Aid Services Baby Station (diaper changing, breast-feeding)
⑩Disability Aid Services (Support for Itabashi District) ⑪Disability Aid Services (Disability Consultation) ⑫Disability Aid Services (Support for Children with Disabilities) ⑬Latter-Stage Elderly Healthcare System ⑭Nursing Care & Insurance ⑮Longevity Society Promotion	2F	⑳-㉓National Health Insurance & Pension Human Resources Development (Issuance Counter for Individual Number Card (My Number Card))
⑥Child-Raising Support (Child Subsidies & Medical Care) ⑦Administrative Information・City Administration Reference Room Baby Station (diaper changing, breast-feeding) Designated Financial Institution ATM Security Office (Holiday and evening reception) Gallery Mall Promotion Corner Event Square	1F	①-⑤Family Registration レストラン・売店 Restaurant・Kiosk
Toei Mita Line(Connecting Passage)	B1F	駐車場 Parking

## Facilities neighboring the City Office

### Information Processing Center 板橋区情報処理センター

Floor	Organization
10F	IT推進課 IT Promotion
7F	消費者センター Consumer Center
6F	くらしと観光課 商店街連合会 社会福祉協議会 アクティブシニア Lifestyle & Tourism, Shopping Streets Associations, Social Welfare Council (Active Senior 就業支援センター Work Support Center) 板橋区観光協会事務局 Itabashi Tourist Association Office
5F	産業振興課 板橋区産業振興公社 Industry Promotion Itabashi Industry Promotion Public Corporation 一般社団法人日本光学会 General Incorporated Association The Optical Society of Japan
4F	区民相談室 Resident Consultation Services
3F	介護保険課 認定係 Nursing Care & Insurance (Certification)
2F	シルバー人材センター Silver Personnel Center
1F	社会福祉協議会 権利擁護 いたばしサポートセンター Social Welfare Council (Itabashi Rights Advocacy Support Center)

### Green Hall グリーンホール

Floor	Organization
7F	男女平等推進センター Gender Equality Advancement Center 団体交流室 情報資料コーナー (Information Corner・Information Corner)
4F	いたばし暮らしのサポートセンター いたばし就労支援コーナー Itabashi Life Support Center Itabashi Employment Support Corner
3F	板橋福祉課 Welfare Section, Itabashi Welfare Office 管理係 総合相談係 援護係 (Management, General Information, Assistance)
2F	板橋福祉課 Welfare Section, Itabashi Welfare Office 保護第1~6係 (First-Sixth Protective Custody)

### Itabashi Healthcare Center 板橋区保健所

Floor	Organization
5F	生活衛生課 食品衛生係 環境衛生施設係 Residential Health (Subsections for Food Hygiene, Environmental Health Facilities, 建築物衛生係 Sanitation in Building Maintenance)
3F	生活衛生課 管理係 医務・薬事係 Residential Health (Subsections for Administration & Subsections for Medical & Pharmaceutical Affairs) 予防対策課 管理・公害保健係 感染症対策係 Disease Prevention (Management and Pollution-related Health Subsection, Infectious Disease Control Subsection, Vaccination) 予防接種係
1F	板橋健康福祉センター 女性健康支援センター Itabashi Health & Welfare Center Women's Health Support Center

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## Resident Management System

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► **Inquiries:** Family Registration Section, Resident Register Subsection,  
City Office South Building 1F TEL: 03-3579-2207

On July 9, 2012, the Immigration Law and other relevant rules have been revised, and procedures for foreign nationals living in Japan have also been changed. Details for Special Permanent Residents are different from the following information. Please inquire (5) below, or the Resident Register Subsection for more details.

Outline of Changes applicable as of July 9, 2012:

- A. The new system applies only to foreign nationals with legal residence status of over 3 months. Those with no residence status or with only "Temporary Visitor" (*tanki taizai*) status are not included.
- B. A new Residence (*zairyu*) Card is issued to replace the old Alien Registration Card.
- C. Eligible foreign national residents are recorded on the Resident Record (*juminhyo*) same as Japanese nationals.

### (1) Important Reminders for Residence (*zairyu*) Cards Holders

#### ① Notification of Address

You are required to notify your local municipality of your address in person within 14 days once you have decided the residence, bringing the Resident Card and relevant documents with you. If you fail to notify of your address within 90 days of arriving in Japan without a valid reason, your residence status may be revoked.

#### ② Obligation to Carry Residence Card At All Times

You are required to carry your Residence Card with you at all times while in Japan. However, this rule does not apply to minors aged under 16 years old.

#### ③ Renewal or Change of Resident Status

Renewal and change of resident status procedures are proceeded by the Immigration Services Agency. When you have renewed or changed your resident status, the Immigration Bureau notifies your local government of the changes. You do not need to carry out any particular procedures for renewal or change of resident status at your local government office. However, you may need to carry out related procedures which arise as a result, e.g. renewal of period of validity of National Health Insurance card at the local government office.

### (2) Procedures related to Resident Records (*juminhyo*)

If you move to a different municipality (city, town or village), you need to get a Moving Out Certificate (*tenshutsu-todoke*) from your current local government, and then submit a moving in report (*tennyu-todoke*) to the local government of your new residence.

For moving in and moving out reports procedures, you need to bring the Residence Card(s) for all members of your household who move.

Those with no residence status or with only "Temporary Visitor" status are no longer recorded in the Resident Register and not entitled to get Resident Record copies or register a personal seal (*inkan toroku*).

### (3) Locations for various procedures or applications

Regional Immigration Services Agency	Changes to resident status or period, re-issue of Residence Card, changes to name, nationality, etc, application for kanji name
Local Governments	Moving in/moving out reports, change of address, change of head of household, etc. Copies of Resident Record

### (4) The New Re-Entry Permit System

A Re-entry Permit is no longer required in principle when a foreign national with a valid passport and Residence Card re-enters Japan within one year of leaving. However, a person who leaves Japan without a Re-entry Permit is not able to extend the validity period of the permit while outside Japan. Also, please note that the visa is to be invalidated if you do not return within one year.

※ If your visa term is to be expired in less than one year from departure date, please return by the expiration date. Please present the Residence Card when leaving Japan. For more details, inquire Regional Immigration Services Bureau.

### (5) For More Information on the System

1. Visas and Residence Cards:

Foreign Resident General Information Center,

TEL: 0570-013-904 (03-5796-7112 from IP or PHS phones or from overseas)

Special Permanent Residents:

The Immigration Services Agency(Immigration Bureau)

[https://www.moj.go.jp/isa/publications/materials/newimmiact\\_2\\_index.html](https://www.moj.go.jp/isa/publications/materials/newimmiact_2_index.html)

Other foreign nationals:

[https://www.moj.go.jp/isa/publications/materials/newimmiact\\_4\\_index.html](https://www.moj.go.jp/isa/publications/materials/newimmiact_4_index.html)

2. Resident Registration:

The Ministry of Internal Affairs and Communication:

[https://www.soumu.go.jp/main\\_sosiki/jichi\\_gyousei/c-gyousei/zairyu/index.html](https://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu/index.html)

### (6) Returning the Residence Card

Foreign nationals are required to return their Residence Card if it has become invalid under the following circumstances: when they are no longer covered by the system; or when they exit Japan with a Re-entry Permit and do not return within the validity period of the permit. The Cards must be returned to the Regional Immigration Bureau within 14 days of becoming invalid. Cards may be returned in person to the Regional Immigration Services Bureau with jurisdiction over the applicant's resident address, or by mail to the address below. Fines may be imposed for failure to return a card by the specified date.

▶ Address for return by mail:

Tokyo Immigration Services Bureau, Odaiba Branch

Tokyo Bay Government Office Complex 9F

2-7-11 Aomi Koto-ku, Tokyo 135-0064

### **(7) Requests for Disclosure of Recorded Information**

With the implementation of the new registration system on July 9, 2012, the Alien Registration System was abolished. Certificates of Recorded Matters (aka, Certified Copy of Foreign Registration Details) are no longer issued by local governments accordingly. For certification of information recorded prior to July 8, 2012, inquire the following office. Requests may also be made by mail as well. It may take time for issuing the certificate. Please inquire for more details. Section for Immigration Information Disclosure, Information System Management Office, General Affairs Division, Immigration Services Agency

Address: 13F, Yotsuya Tower, 1-6-1 Yotsuya, Shinjuku-ku, Tokyo 160-0004

TEL: 03-5363-3005

Hours: 9:00-17:00

Closed: Saturdays, Sundays and Holidays including year-end & new year

### **(8) Tokyo Regional Immigration Services Bureau**

The Tokyo Regional Immigration Services Bureau accepts application procedures for acquisition and change of residence status, renewal of duration of stay, activities other than those stated in the visa, permanent residence and re-entry permits. Multilingual consultation services are available at the Immigration Information Center.

#### **▶Tokyo Regional Immigration Services Bureau**

Address: 5-5-30 Konan, Minato-ku, Tokyo, TEL: 0570-034259 (Internet Protocol Phone , from abroad: 03-5796-7234)

Hours: 9:00-16:00 (closed Saturdays, Sundays and holidays)

#### **▶Consultation for Immigration Issues**

##### **Foreign Resident General Information Center (Tokyo)**

TEL: 0570-013904 (IP/PHS phones, international calls: 03-5796-7112)

Hours: 8:30-17:15 (closed Saturdays, Sundays and holidays)

Languages: English, Korean, Chinese, Spanish, etc.

### **(9) Naturalization**

Naturalization is the process by which a foreign resident acquires Japanese nationality. To be naturalized, an application need to be made to the Minister of Justice for approval. For details, please inquire the Tokyo Regional Legal Affairs Bureau.

#### **▶Tokyo Regional Legal Affairs Bureau, Nationality Section**

Address: Kudan 2<sup>nd</sup> Building 8F, 1-1-15 Kudan Minami, Chiyoda-ku, Tokyo

TEL: 03-5213-1347

## Change of Address and other Notifications

►**Inquiries:** Resident Transfer Subsection, Family Registration Section  
 City Office South Building 1F TEL: 03-3579-2205  
 Notifications are to be submitted to the Family Registration Section or at a local  
 City Resident's Office

### (1) Address Changes, etc.

<u>Types of Request</u>	<u>When</u>	<u>What to bring</u>	<u>Who</u>
Entering Japan	Within 14 days of setting up household	1. Residence Card (or Special Permanent Resident Card), 2. Original of official document showing family relationships (for families) 3. Passport	Applicant him/herself or family of the same household ※16 years or over)  a Letter of Proxy is required in case of application by representative)
Change of status to visa eligible for Resident Registration	Within 14 days of receiving approval of eligible visa	*1 + 2=(A)	
Moving in from other city/town	Within 14 days of moving	(A) + Moving Out certificate + My Number Card (if applicable) or <i>Juki</i> Card (if applicable) ※1	
Moving within Itabashi City		(A) + <i>Juki</i> Card (holders only) or My Number Card (holders only)	
Change of family relation, head of household etc.	Within 14 days of change	Same as (A) + Passport	
Moving to other city/town ※2	Up to 2 weeks before moving	Same as (A) + My Number Card or <i>Juki</i> Card (cardholders only)	
Leaving Japan ※2	Up to 2 weeks before leaving	(A) + My Number Card or its Notification Card + <i>Juki</i> Card (cardholders only)	

In addition to the procedures above, National Health Insurance, National Pension, Nursing Care Insurance, Elder Care Program, Childcare Allowance, Children's Medical Care Subsidies, Nursery care applications, School Registration, Resident Tax and other procedures may be necessary. Refer the appropriate booklet for details.

※1: If you are a holder of a My Number Card (or *Juki* Card) and have completed moving out procedures but do not have a Moving Out certificate, bring your My Number Card (or *Juki* Card + Notification Card).

※2: Please visit Itabashi City Website for OSS(One-Stop Service) when move-in or out of Itabashi.

※3: Moving-Out Notifications are also accepted by post. Inquire for details to 03-3579-2226.

## (2) Birth of a Child

<u>Type of Request</u>	<u>Where</u>	<u>When</u>	<u>What to bring</u>	<u>Who</u>
Report of Birth	Family Registration Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2202 or Akatsuka Branch Resident Services 03-3938-5113	Within 14 days of birth	1. Report of Birth (Certificate of Birth completed by doctor in charge) 2. Mother & Child Health Handbook (Japanese version) 3. Marriage Certificate (if married overseas)	Father or mother of child (Please inquire to City Office in case his/her father or mother in Japan is unable to notify the marriage.)
Approval of Residence	Tokyo Immigration Bureau	Within 30 days of birth (if child will remain in Japan more than 60 days)	For details, please inquire the Immigration Information Center Tel. 0570-013904 (IP Phone, from abroad: 03-5796-7112)	
Application for Special Permanent Resident Status	Resident Register Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2207	Within 60 days of birth	1. Receipt of Report of Birth & Resident Record 2. Requester's Personal ID	Father or mother of child (if not possible, inquire the office)

For National Health Insurance, childcare allowance, children's medical care subsidy, childbirth allowance, single parent households and children with disabilities, etc., please see the appropriate booklet for details.

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## Copies of the Resident Record

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▶**Inquiries:** Certification Subsection, Family Registration Section  
City Office South Building 1F TEL: 03-3579-2210

With the implementation of the new registration system on July 9, 2012, a copy of the Resident Record (*juminhyo no utsushi*) has replaced the Certificate of Recorded Matters (aka, Certified Copy of Foreign Registration Details). It certifies the residence address, name, birthdate, gender, nationality, visa status and validity period, and others.

In case members of the same household apply copies, a Letter of Proxy is requested to prepare. Applicant needs to present personal identification (My Number Card, driver's license, Residence Card, etc). The issuing fee applies.

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## Seal Registration

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▶**Inquiries:** Certification Subsection, Family Registration Section  
City Office South Building 1F TEL: 03-3579-2205

### **About Registered Seals**

Seals (*inkan*) are used on official documents in the same way as signatures in Japan. You may purchase one or have it made at seal stores. By registering the seal at City Office (*inkan toroku*) a certificate of seal registration (such “registered seals” are called *jitsuin*) is issued. This is required for important transactions such as motor vehicle registration, real estate registration, loan guarantees, notarized documents, etc.

### **(1) Application for Seal Registration**

Registered residents of Itabashi at the age of 15 or older and Non-Adult Ward may register a personal seal. Please bring the seal to be registered to the Family Registration Section at City Office, or any Residents' Office, along with your Residence card or Special Permanent Resident card. Seal Registration Card is to be issued accordingly. A charge applies for this service.

※Application for 15 years of age and adult ward are requested to inquire the Resident Transfer Subsection for details.

If an application is made by proxy, a letter of authorization holographed by the owner of a seal is required. In order to qualify for registration, seals must meet certain conditions; please inquire the Resident Transfer Subsection for details.

In case of moving into Itabashi from other municipality, seal registration in the previous municipalities canceled upon registration of change of address, and it needs to be newly registered in Itabashi. In case of moving out of Itabashi, you are requested to return your Itabashi Residence Card or seal registration card to City Office when you move out.

### **(2) Seal Registration Certificates (*inkan toroku shoumei sho*)**

▶**Inquiries:** Certification Subsection, Family Registration Section  
City Office South Building 1F TEL: 03-3579-2210

A seal registration certificate can be issued on request at the City Office or Residents' Offices. A charge applies for this service. Please apply with your seal registration card (Itabashi Residence Card). You do not need to bring your seal.

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## My Number System (Individual Number Card)

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▶**Inquiries:** Itabashi Individual Number Call Center TEL: 03-6905-7031

The My Number, Individual Number Card system, applies to all foreign residents who are registered on the Resident Register. Please inquire for details.

- If you wish to, you can apply for My Number Card. (No charge for the first issue)
- Holders of My Number Cards can get a copy of their own Residence Certificate, Seal

Registration Certificate, and certain tax certificates issued at major convenience stores nationwide (charges apply).



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## Family Registration

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▶**Inquiries:** *Family Registration Subsection, Family Registration Section*  
*City Office South Building 1F TEL: 03-3579-2202*  
*Akatsuka Branch Office, Resident Services Subsection*  
*6-38-1 Akatsuka Itabashi*  
*TEL: 03-3938-5113*

The Family Register is a notarized document containing comprehensive information about an individual Japanese national from birth to death, including their name, date of birth, names of and relationship with their parents, and marital status. Although foreign nationals are not entitled to create a family register, births and deaths as well as changes to marital status and the establishment of new familial relationships are requested to report. If the applicant is a foreign national, signature may be given in Romanized his/her own mother language.

### (1) Birth Registration (*shussho-todoke*)

<b>Period</b>	Within 14 days from the date of birth including the day of birth
<b>Applicant</b>	Either parent of the child (please inquire if neither parent can apply)
<b>Where to apply</b>	Municipal office of place of birth or area where the applicant resides
<b>Required Documents</b>	Copy of Birth Registration form (Birth Certificate must be filled in by doctor in charge at the hospital), Mother and Child Health Handbook(Japanese version), and marriage certificate (if married overseas)

### (2) Death Registration (*shibo-todoke*)

<b>Period</b>	Within 7 days from the date when you knew of the person's death
<b>Applicant</b>	Family member (if this is not possible, please inquire)
<b>Where to apply</b>	Municipal office of place of death or area where the applicant resides
<b>Required Documents</b>	Copy of Death Registration(Death Certificate/Autopsy Report must be filled in by doctor in charge), passport of the dead (foreign nationals only)

### (3) Other Matters Relating to Family Registration

Since document requirements vary on each application, please inquire at the Family Registration Subsection for details.

### (4) Proof of Registration Certificate (*todokesho juri shomeisho*)

▶**Inquiries:** *Certification Subsection, Family Registration Section*  
*City Office South Building 1F TEL: 03-3579-2210*

If you need a proof that you have notified the City Office on birth, death, marriage, etc., you need to submit an application. A charge applies for this service, and ID is required. Please inquire beforehand if a proxy will make an application on your behalf.

※If new resident status is acquired due to a birth, or residence status changes due to marriage or divorce, procedures at Tokyo Regional Immigration Services Bureau are required.

See number **(8)** on page 10 for details.

## Evening and Holiday Extended Service hours

The Tax Payment Section, Family Registration Section, National Health Insurance & Pension Section and Child-Raising Support Section are open from 9:00-17:00 on the second Sunday of each month, and open until 19:00 on Tuesdays (except national holidays, City Office closing days). Services available are listed below. (There is no evening service for Child-Raising Support Section.)

### (1) Certificate Services

Service	Details
Inquiries	
<b>Resident Registration</b>	<b>Copy of Resident Register, Certificate of Recorded Items</b>
Certification Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2210	※ID is required ※For application by proxy, a letter of authorization and proof of ID for the proxy are required <b>Certificate of Seal Registration</b> ※ Please bring your proof of seal registration.
<b>Tax Certificates</b>	<b>Certificates of Tax Payment, Tax Exemption and Taxation</b>
Certification Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2210	※Certificates are not to be issued if a declaration of resident tax or other requirements are outstanding ※ID is required. ※For application by proxy, a letter of authorization and ID for the proxy are required.
<b>Family Registry</b>	<b>Certification of all items on the Family Registry (full family registry); Certification of items for an individual (family registry extract); Copies of Family Registry Attachment; Proof of Registration Certificate (<i>todokesho juri shomeisho</i>)</b>
Certification Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2210	※ID is required. ※For application by proxy, a letter of authorization and ID for the proxy are required.

※Please see Itabashi City website or inquire above on acceptable forms of ID.

**(2) Registration Services**

Service	Details
Inquiries	
<p><b>Resident Registration</b></p> <p>Resident Transfer Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2205</p>	<p><b><u>Address changes (Moving in/out, within City)</u></b>            ※Proof of identity is required            ※Application may be submitted by the person in question, the head of household, or a proxy (with letter of authorization and appropriate ID)            ※Procedures cannot be completed in case some inquiries to your previous municipality of residence is required            ※Individuals application for moving-in to Itabashi from overseas cannot be accepted at the holiday extended hours counter.</p> <p><b>Seal Registration</b>            ※Please bring the seal to be registered            ※Proof of identity is required                Residence Card, Special Permanent Resident Card, etc.            In case you would bring IDs other than above, please inquire first.            ※Must be registered resident of Itabashi City at the age of 15 or older and Non-Adult Ward            ※When a proxy submits an application, it is necessary to have a power of attorney signed by the applicant and stamped with the registered seal, as well as confirmation of the applicant's identity by the proxy.            ※Persons under 15 years old may not apply.</p>
<p><b>My Number(Individual Number) Card System</b></p> <p>Family Registration Section (City Office 2F North Bldg #10 Itabashi City My Number Call Center 03-6905-7031</p>	<p><b><u>Application for My Number Card</u></b>            Requested to receive My Number Notification Card (in case Applicant has not received the Notification Card by mail)            ※Personal ID is required.            Requested to inquire beforehand in case applicant brings other than Residence Card or Special Permanent Resident Certificate as his/her ID</p>
<p><b>Family Registry</b></p> <p>Family Registration Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2202</p>	<p><b><u>Evening services are not available.</u></b>            (Applications can be accepted but not processed at after-hours security office)  <b>Changes to family registry</b>            ※Some procedures may not be able to be completed on the day of application if contact with your previous city of residence is required</p>

<p><b>National Health Insurance</b></p> <hr/> <p>National Health Insurance Qualification Subsection, National Health Insurance &amp; Pension Section, (City Office South Building 2F#22) 03-3579-2406 Insurance Benefits Subsection, National Health Insurance &amp; Pension Section (City Office South Building 2F#21) 03-3579-2404</p>	<p><b>Enrollment after moving to Itabashi, de-enrollment on leaving Itabashi</b></p> <p>※Some procedures may not be able to be completed on the day of application if contact with your previous city of residence is required</p> <p>Application for medical expenses and high-cost medical treatment, issuance of certificate of expense limitations, application for lump-sum birth allowance, application for lump-sum funeral allowance</p> <p>※Some procedures may not be available if it is not possible to access your tax records.</p>
<p><b>National Pension</b></p> <hr/> <p>National Pension Subsection, National Health Insurance &amp; Pension Section, (City Office South Building 1F#25) 03-3579-2431</p>	<p><b>Enrollment/withdrawal from National Pension (excluding optional enrollment), application for exemption/deferral of premium payments</b></p> <p>※Some procedures may not be able to be completed on the day of application or further procedures may be required if it is not possible to access your pension records.</p>
<p><b>Subsidies for child care and medical expenses</b></p> <hr/> <p>Child Subsidies &amp; Medical Care Subsection, Child-Raising Support Section (City Office North Building 1F #6) Child Subsidies 03-3579-2477 Medical Expenses Subsidies 03-3579-2374</p>	<p><b><u>Evening services are not available.</u></b></p> <p><b>Child-related allowances (child subsidies, child disability benefits, child care allowances, child care special allowances)</b></p> <p>※Some procedures may not be able to be processed without confirmation of your income or family registration</p> <p><b>Child medical expense assistance, medical expense assistance for single-parent households, etc.</b></p> <p>※Procedures may not be able to be completed on the day of application if contact with medical institutions or your insurer is required</p>
<p><b>Services for Special Permanent Residents</b></p> <hr/> <p>Resident Register Subsection, Family Registration Section (City Office South Building 1F) 03-3579-2207</p>	<p><b><u>Evening services are not available.</u></b></p> <p>Special Permanent Resident Certificate applications Applications for Special Permanent Resident status (e.g. after birth of a child) Changes to recorded information (name, nationality, etc.) ※Procedures may not be completed on the day of application in such cases as consultation with Immigration Services Agency is required, etc.</p>

**(3) Payments and payment consultations**

<b>Service</b>	<b>Details</b>
Inquiries	
<b>Special Residential Tax</b> Tax Payment Section (City Office North Building 3F # 11) 03-3579-2138 03-3579-2141 03-3579-2145 03-3579-2135	<b>Consultations on Payments</b> <b>Payment of Resident Tax</b> <b>Payment of Light Vehicle Classified Tax</b>
<b>National Health Insurance Premiums</b> Premium Payment Subsection, National Health Insurance & Pension Section, (City Office South Building 2F #23) 03-3579-2409	<b>Payment of insurance premiums, consultations on payment</b>

# 2 Childbirth・Children・Education



Living Information for International Residents of Itabashi City

## ◆ Information about Mother and Baby health, Child Raising, Education, and Support for Single-parent Families

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## After Confirming Your Pregnancy

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### (1) Maternity Record Book (*boshi kenko techo*)

► **Inquiries:** Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

The Maternity Record Book is used to record information about your baby's growth, health check-ups and vaccinations. Upon confirming that you are pregnant, please submit a Notification of Pregnancy to the Certifications Subsection, Family Registration Section at City Office, South Building (1F), your local Health and Welfare Center or Citizens' Office. The notification forms are available at the counters. You will receive a Mother and Baby Health Bag which includes a Maternity Record Book and maternity health checkup coupons, etc. Maternity Record Books in English and Chinese are also available at the Health Promotion Section and Health and Welfare Centers. For Maternity Record Books in other languages (Korean, Thai, Tagalog, Spanish, Portuguese, Indonesian, Nepali, Vietnamese), please inquire at the Health Promotion Section.

### (2) Pregnancy and Childbirth “Navigation” Project (Interview with expecting mothers)

► **Inquiries:** Your local Health and Welfare Center

Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

Health nurses and specialists meet with expecting mothers at health & welfare centers in the City to discuss pregnancy health practices, childbirth preparations, and child-rearing plans. Please come to the interview in the early stages of your pregnancy. Expecting mothers who has the interview are to receive a gift package. For further details, please inquire at the time of interview.

### (3) Childbirth and Child-Rearing Support Program

► **Inquiries:** Your local Health and Welfare Center

Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

We provide financial support and accompanying counseling and assistance so that pregnant women and families raising children can give birth and rear their children with peace of mind. Support gifts worth 50,000 yen are given after an expectant mother interview and the same amount after a visit for new childbirth by a Health Care Nurse. At each Health and Welfare Center, consultations regarding pregnancy, childbirth, and childcare are available at any time.

### (3) Parenting Class

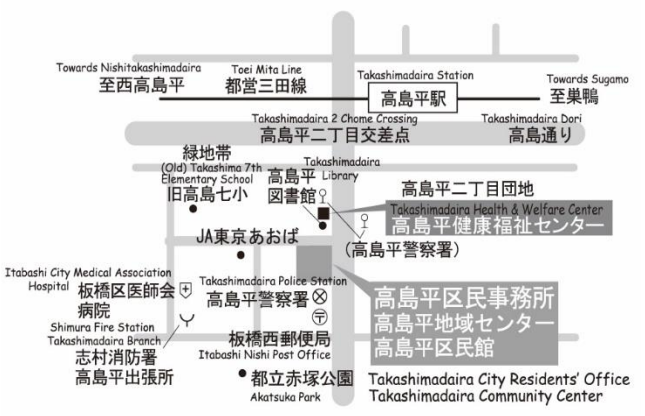
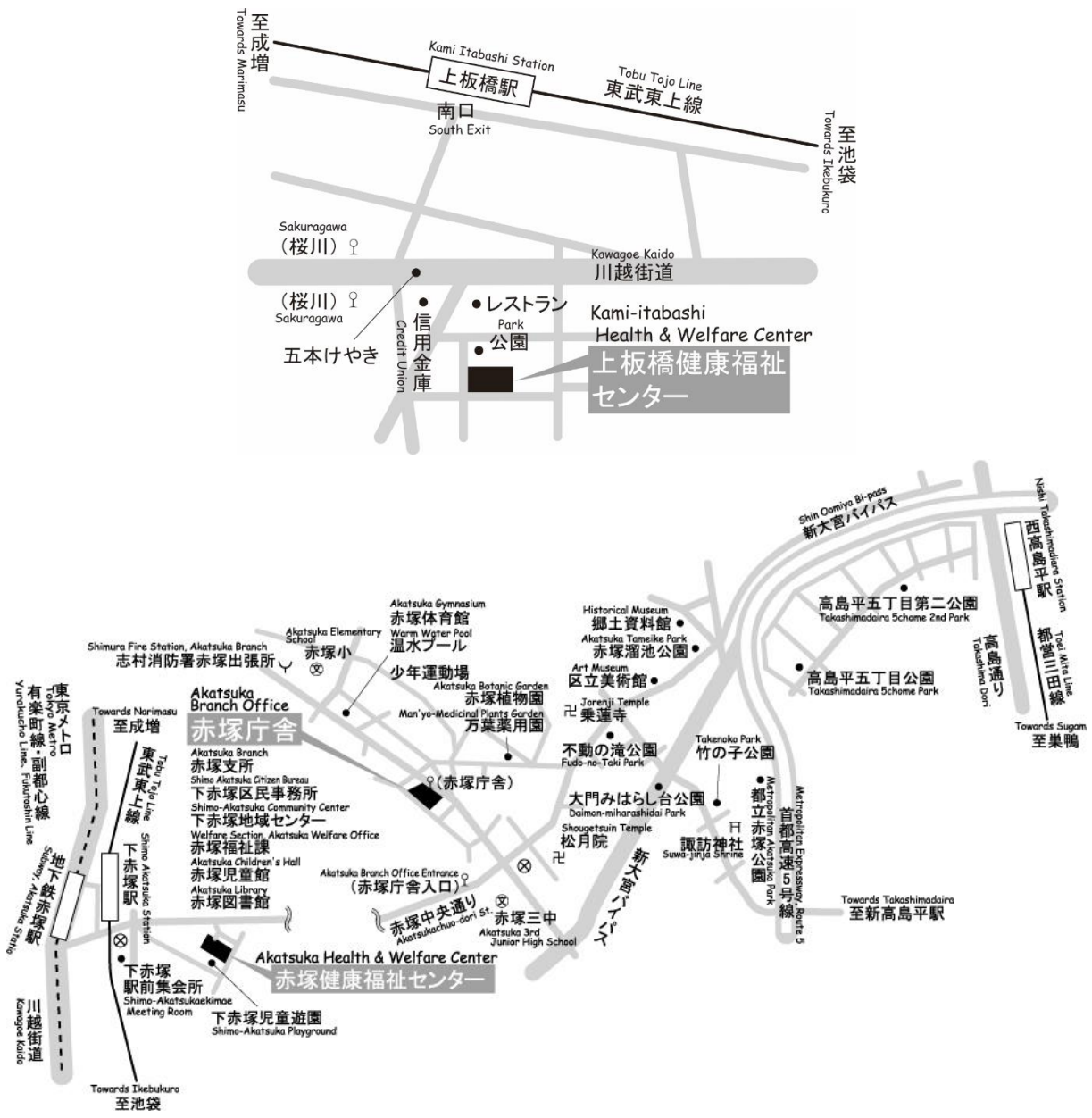
► **Inquiries:** Your local Health & Welfare Center

Health Promotion Section, City Office South Building 3F #21 TEL: 03-3579-2313

City Office hosts classes to learn right knowledge about pregnancy, giving birth and child-raising. First-time mothers are welcome to attend.







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## After Giving Birth

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### (1) Birth Registration (*shussho-todoke*)

- ▶ **Inquiries:** *Family Registration Subsection, Family Registration Section*  
*City Office South Building 1F#5 TEL: 03-3579-2202*  
*Resident Services Subsection, Akatsuka Branch Office*  
*6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5113*  
*Resident Register Subsection, Family Registration Section*  
*City Office South Building 1F TEL: 03-3579-2207*

The Family Register is a notarized document recording information from birth to death of Japanese nationals, including their name, date of birth, parents' names, marital status, and familial relations. Although foreign nationals are not eligible to create a family register, the case of birth taking place in Japan needs to be reported.

### Birth Registration

<b>Period</b>	Within 14 days from the child's birth, including the day of birth
<b>Applicant</b>	Either parent of the child (Please inquire the City Office if neither parent can file the notification)
<b>Where to apply</b>	Municipal office of place of birth or applicant's place of residence
<b>Documents required</b>	A copy of birth registration form (Birth Certificate must be completed by the attending doctor at hospital), Mother and Child Health Handbook(Japanese version), and marriage certificate (in case married abroad)

<To parents who are mid- to long-term residents of Japan >

Parents must apply for a **status of residence** within 30 days of the birth if the newborn will stay in Japan for more than 60 days.

For details, please inquire Immigration Information Center (0570-013904 IP Phones & international 03-5796-7112)

<If either parent has permanent residency >

An application for **permanent residency** needs to be made within 60 days of birth. Applicants are requested to bring proof of birth registration (*shussho todoke juri shomeisho*) and certificate of residence (*juminhyo*) to the Resident Register Subsection (1F, South Bldg, City Hall).

### (2) Home Visits for Mothers with Newly born Babies

- ▶ **Inquiries:** *Your local Health & Welfare Center*

After your child is born, please mail the "birth notice (postcard)" attached with your Mother and Child Health Handbook to your local Health & Welfare Center. Please note that it is important to submit this notice if a newborn baby weighs below 2,500g. According to the information given in the notice, a public health nurse or a midwife visits your home to check your baby's growth, including measuring your baby's weight, etc. They can also give advice on child-rearing or postnatal health issues.

### (3) Postnatal Care Support

- ▶ **Inquiries:** *Your local Health & Welfare Center*

A midwife counsels on conditions of postnatal mother and baby, concerns and problems of childcare and gives advice for confident mothering. There are two types of postnatal care: home-visit care, in which a midwife visits the mother's home to provide breast care and advice on how to care for the baby, and overnight or day-care centers, in which the mother receives care at a midwifery facility.

Please inquire local Health & Welfare Center for the requirements.

#### (4) Child-Raising Classes and Consultation and Baby Food Workshop

▶ **Inquiries:** *Your local Health & Welfare Center*

At the counselling, we conduct physical measurements of infants and accept inquiries on child-rearing, baby food, etc. There is a lecture cum workshop (booking required) that covers feeding process according to the baby age and how to prepare baby food for a 5 to 8 months child.

#### (5) Infant Health Check-Ups

▶ **Inquiries:** *Your local Health & Welfare Center*

Wishing your baby's healthy growth, measuring baby's physical size and necessary advice are offered free of charge at Infant Health Check-Ups. These are an important opportunity to make sure your child's mind and body develop normally, and effective for early detection of speech problems and illness. Information is to be sent by mail according to the timing below.

Checkup	Age of Eligible Children	Location	Notification
4-month checkup	3 to 5 months	Health & Welfare Centers	Mailed around end of 2 <sup>nd</sup> month
6-months checkup	6 to 7 months	Designated medical institutions within Tokyo	
9-month checkup	9 to 10 months		
18-month checkup	Between 18 months to the day before the child's second birthday	Designated medical institutions within Itabashi	Mailed around end of 17th month
18-month dental checkup	Between 18 months to the day before the child's second birthday	Health & Welfare Centers	
3-year checkup	3 year-olds		Mailed around end of 35th month
4~5 year checkup	4 and 5 year-olds (excluding children in daycare and nursery school)		Please refer month-end City Magazine "Koho Itabashi" for details (Bookings required)

#### (6) Dental Examination

▶ **Inquiries:** *Your local Health & Welfare Center*

Dental examination is conducted for pre-school children. (by appointment).

#### (7) Vaccinations

▶ **Inquiries:** *Disease Prevention and Infection Control Measures Section, Itabashi Healthcare Center*

*32-15 Oyama Higashi-cho, Itabashi-ku TEL:03-3579-2318*

*Your local Health & Welfare Center*

Children are entitled to receive the following vaccinations:

Rotavirus, BCG (tuberculosis), HIB vaccine, childhood pneumococcal infection, DTP-IPV quadruple combined vaccine (diphtheria, tetanus, pertussis, inactivated polio), chickenpox, DT double combined vaccine (diphtheria, tetanus), MR double combined vaccine (measles, rubella), Japanese encephalitis, HPV vaccine (cervical cancer).

Those eligible for the above vaccinations will be notified by mail. Please receive vaccinations at designated medical institutions within Itabashi. If vaccinations are received within the vaccination period or target age designated by law, the full amount charge are to be borne by public

expenses (i.e. free of charge).

## Vaccinations

Vaccine	Target age	Preferred vaccination period	Doses
Rotavirus	After 6 weeks: Rotarix (G1P) Before 24 weeks: RotaTeq (G1~4, P1), before 32 weeks	After 2 months~: Rotarix(G1P) Before 24 weeks: RotaTeq(G1~4, P1), before 32 weeks	G1P: 2, G1~4, P1): 3
BCG	Until the day before the child's 1st birthday	5 months to 8 months	1
Hepatitis B	Until the day before the child's 1st birthday	2 months to 9 months	3
HIB ※1	Between the day before the child's 2 months to the day before the child's 5th birthday	▶ Phase 1 2 months to 7 months	3
		▶ Booster Between 7 to 13 months after Phase 1	1
Childhood Pneumococcal Infection	Between the day before the child's 2 months to the day before the child's 5th birthday	▶ Phase 1 2 months to 7 months	3
		▶ Booster Approximately 12 months to 15 months From 1 year or from 60 days after Phase 1	1
DTP-IPV (Diphtheria, Tetanus, Pertussis & Inactivated Polio)	▶ Phase 1 Between the day before the child's 2 months to the day before the child's 7.5 years old	▶ Phase 1 2 months to the day before child's 1st birthday	3
		▶ Booster 12 to 18 months after Phase 1	1
Chicken pox (varicella)	Between the day before the child's 1st birthday to the day before the child's 3rd birthday	▶ Phase 1 1 year to 15 months	2
		▶ Phase 2 6 months to 1 year after Phase 1	
MR (Measles, Rubella)	▶ Phase 1 Between the day before the child's 1st birthday to the day before the child's 2nd birthday		1
	▶ Phase 2 During the 1 year period before entering elementary school (equivalent to final year of kindergarten)		1
Japanese Encephalitis ※2	▶ Phase 1 From the day before 6 months to the day before the child's 7.5 years old	3 years	2
		4 years (After 6 months have passed from the first time)	1
	▶ Phase 2 Between the day before the child's 9th birthday to the day before the child's 13th birthday	9 years	1
DT(Diphtheria, Tetanus)	▶ Phase 2 Between the day before the child's 11th birthday to the day before the child's 13th birthday	11 years	1

HPV (cervical cancer) ※3	Girls from grade 6 of elementary school to grade 1 of high school (intervals between doses vary according to type of vaccine)	First grade of middle school	3
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※1: The number of doses varies according to the age at which vaccination was started. Please visit Itabashi City Website or inquire for details.

※2: Among those who were born between April 2, 1995 and April 1, 2007, if the persons are currently under 20 years of age and have not received the above Japanese Encephalitis vaccinations within the targeted period, they are eligible for a special inoculation program, so please contact the respective Health and Welfare Center.

※3 For women born between April 2, 1997, and April 1, 2008, who have not yet received the three vaccinations in the past, there is currently a relief measure called the "catch-up vaccination" period. The remaining three doses can be given free of charge as regular vaccinations until March 31, 2025. If you wish to be vaccinated, please pick up a Preliminary Checkup sheet at the nearest Health and Welfare Center. Those who have already received three vaccinations are NOT eligible.

## **Subsidies for Birth and Child Raising**

### **(1) Itabashi City Aid for Specified Infertility Treatment**

▶ **Inquiries:** *Women's Health Support Subsection, Health Promotion Section, Itabashi City Healthcare Center 1F, 32-15 Oyama Higashi-cho, Itabashi-ku, [TEL:03-3579-2306](tel:03-3579-2306)*

Those approved to receive aid for specified infertility treatments by the Tokyo Metropolitan Government Subsidy Program for Specific Infertility Treatment Expenses (excluding the so-called advanced medical treatments) will receive assistance for incurred expenses from treatments such as external fertilization and micro fertilization that are not included in one's insurance coverage. (The assistance does not include support for medical costs covered by insurance or costs associated with documentation.)

Incurred expenses from microdissection testicular sperm extraction (MD-TEST) performed by Tokyo Metropolitan Government are also applicable.

### **(2) Pregnancy-Induced Hypertension Medical Care Subsidy**

▶ **Inquiries:** *Maternal & Child Health Subsection, Health Promotion Section, [TEL:03-3579-2313](tel:03-3579-2313)*

*Your local Health & Welfare Center*

If you need to be hospitalized due to Pregnancy-Induced Hypertension Syndrome, you may be eligible for certain subsidies depending on your income and the number of days spent in hospital.

### **(3) Health Guidance Voucher**

▶ **Inquiries:** *Your local Health & Welfare Center*

Health guidance vouchers for health examinations are issued to expectant and nursing mothers and newly born or infants who are members of households receiving public welfare or exempted from paying Resident Tax. Contact your local Health & Welfare Center for details.

### **(4) Maternity Support System**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**  
36-1 Sakae-cho Itabashi-ku (Green Hall 3F) [TEL: 03-3579-2322](tel:03-3579-2322)

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

This system offers financial support for hospitalization and midwife attendance etc. during childbirth. Your medical fees childbirth-related expenses may be completely or partly subsidized by public funds if you stay and give birth at a designated medical institution and have difficulty paying the delivery expenses. Please inquire if you experience financial difficulty paying your delivery expenses (subsidies are limited according to the income).

### (5) Children's Medical Care Subsidy

▶ **Inquiries:** *Child Subsidies & Medical Care Subsection, Child-raising Support Section, City Office North Building 1F#6 TEL: 03-3579-2374*

This system subsidizes the self-pay expenses (excluding the cost of meals and medical care at the time of hospitalization) for children aged 0 through high school (until the first March 31 after turning 18) who received treatment at a medical institution.

Medical costs are fully subsidized upon presenting a health insurance card and medical treatment statement to medical institutions in Tokyo.

To receive this assistance, please bring your health insurance card .

Medical Subsidy Certificate for Children is issued. Please inquire for more details,.

### (6) Childcare Allowances

▶ **Inquiries:** *Child Subsidy & Medical Care Subsection, Child-raising Support Section, City Office North Building 1F#6 TEL: 03-3579-2477  
Akatsuka Special Branch Office, Resident Service Subsection  
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5113*

Itabashi City provides allowances to the parents or guardians of eligible children to assist the expenses associated with child rearing. Please note that these are income caps.

<b>Child Allowance</b>	Payable until the March 31 following their 15th birthday
<b>Dependent Child Allowance</b>	For children with single parent or single parent with serious disability, payable until March following their 18th birthday (or 20th birthday in cases where children have a disability of a level specified by Cabinet Order)
<b>Child Rearing Allowance</b>	▶ Child Rearing Allowance: For children with single parent or single parent with seriously disability. Payable until the March following their 18th birthday. ▶ Disability Allowance: For children under 20 years old who have a disability to the extent specified in the attached table of Ordinances, or who have cerebral palsy or progressive muscular dystrophy.
<b>Special Dependent Child Allowance</b>	For families with children under 20 years old who have a disability of a level specified by Cabinet Order

### (7) Medical Treatment and Care Services for Infants

▶**Inquiries:** *Maternal & Child Health Subsection, Health Promotion Section, TEL:03-3579-2313  
Your local Health & Welfare Center*

You are entitled to receive financial support for medical and care services for infants at designated medical institutions if your infant is hospitalized in the following cases: (1) Your infant's birth weight is 2,000g or less; or (2) Your infant has serious jaundice.

## **(8) Medical Treatment for Independence Support (Child Disabilities Medical Treatment)**

▶ **Inquiries:** *Maternal & Child Health Subsection, Health Promotion Section, TEL:03-3579-2313*

*Your local Health & Welfare Center*

Children under 18 years old who are physically disabled (or who are expected to become so in future) are entitled to receive financial support for related medical services if they are expected to recover by operations or other medical treatment.

**Eligible conditions:** (1) orthopedic birth defects; (2) visual impairments; (3) hearing and balance impairments; (4) auditory, vocal, speech or masticatory impairments; (5) heart problems; (6) renal problems (artificial dialysis and kidney transplants only); (7) intestinal problems; (8) liver problems; (9) other organ problems (excluding respiratory, bladder, rectal or intestinal problems; limited to organ problems caused by congenital diseases); (10) immunodeficiency problems due to HIV.

Please note that this assistance is means-based and some individuals may not be applicable for any or all assistance. For details, please consult your local Health & Welfare Center.

## **(9) Subsidy Program for Air Pollution-related Medical Expenses**

▶ **Inquiries:** *Pollution & Health Care Subsection, Disease Prevention Section, Itabashi City Health Center, 32-15 Oyama Higashi-cho, Itabashi-ku, TEL: 03-3579-2303*  
*Your local Health & Welfare Center*

Medical expenses are subsidized for individuals who have contracted the following diseases.

**Eligible diseases:** Bronchial asthma (Individuals under the age of 18 are also eligible for chronic bronchitis, asthmatic bronchitis and pulmonary emphysema)

**Eligible individuals:** For those who meet all of the following four criteria: (1) Aged under 18 years old (2) Resident in Tokyo for more than one year (6 months in the case of children under the age of 3) (3) Enrolled in the National Health Insurance (NHI) program (4) Non-smoker.

**Support details:** The copayment after health insurance coverage for medical expenses incurred for medical treatment for the above diseases during the period of validity of medical treatment tickets is subsidized.

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## **Childcare Support Programs**

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### **(1) Itabashi Support Center for Children and Families**

▶ **Inquiries:** *Itabashi Support Center for Children and Families, 24-17 Hon-cho, Itabashi-ku*

#### **① Child Consultations**

Consultations for child- and family-related issues are available. Please feel free to inquire us for advice if you have any worries, concerns or problems related to child-raising. All consultations are strictly confidential. We may introduce you to appropriate specialists depending on the case.

#### **Who can come for advice?**

- Children (under 18 years old)
- Parents or guardians of children
- People who are involved in child raising

#### **How is consultation conducted?**

▶ **By telephone or in person** (Anonymous consultations are also available)

\*Prior appointment by phone required

TEL: 0120-925-610 Child Consultation, 24/7

03-5944-2373 Consultation for Children and Families(Continuing cases)

8:30AM-17:00PM Weekdays

※All calls will be transferred to Child Consultation number above after business hours such as holiday or night-time.

## ②Short Stay, Twilight Stay

Children can be temporarily looked after at Childcare Centers , Infant Care Center or cooperating families designated by the City Office in case of temporary difficulties in providing childcare due to parent’s sickness, childbirth, nursing care etc. A charge applies. (Exemptions may apply depending on income)

### ▶Applications & Inquiries

TEL: *Child Rearing Support, Itabashi Support Center for Children and Families* 03-5944-2381

## ③Dispatch of Childcare Supporting Helpers

Childcare Supporting Helpers are available for such households with a pregnant woman (Maternal and Child Health Handbook holder) or having a baby aged less than three year old. A charge applies.

Available hours	8:00AM~19:00PM, Mondays through Sundays including public holidays, excluding December 29~January 3
Fees	¥800 per hour, 9:00AM~17:00PM Weekdays, ¥900 per hour for other timings
Inquiries	Child Rearing Support, Itabashi Support Center for Children and Families 0120-022-177

## ④Family Support Center Project

This is a service for members of guardians who need short-time childcare or transportation to and from daycare centers for their children due to their work commitments or sickness.

Eligible parents: Itabashi residents who need childcare support

Child Supporters:

Child Supporters are people aged over 20 years old, who are enthusiastic about childcare activities, in good health, and have completed Itabashi's Child-raising Supporter Training Course.

Persons eligible for membership: For those with children from 43 days to 12 years old.

Charge:

(per hour per child)

Mon-Fri, 9:00AM-17:00PM	800 Yen
Mon-Fri, outside the above hours	900 Yen
Sat/Sun/Holidays	900 Yen
December 29th-January 3rd	900 Yen

Where to Register:

Child Rearing Support, Itabashi Support Center for Children and Families

• Children's Halls (26 locations in Itabashi)      • Childcare Services Section, Itabashi City Office

Digital application is available on the website of the City Office.

Applications & Inquiries:

Child Rearing Support, Itabashi Support Center for Children and Families; 03-5944-2381

## ⑤Postpartum Doula

A professionally qualified Postpartum Doula visits before and after childbirth to support mothers and help with housework and childcare.

Service hours: Monday through Sunday (including national holidays) from 9:00 to 20:00

Excluding year-end and New Year's holidays (Dec.29-Jan.3).

Fee: 1,300 yen per hour (half price for Resident Tax-exempt households, exempt for households receiving Public Assistance)

Eligible persons: Pregnant women (after obtaining “Boshitecho” or the Maternal and Child



Health Handbook) and those with a child up to 6 months of age.  
Maximum hours of use: Up to 30 hours (up to 60 hours in the case of multiple births)  
Application for User : Registration Itabashi Support Center for Children and Families by Post  
or Electronic application

▶ **Inquiries:** Management and Services Coordination Subsection, Support Section, Itabashi  
Support Center for Children and Families 03 5944-2371

### ⑥ **Babysitter Support Services (Assistance for Temporary Babysitting)**

The Itabashi City subsidizes a part of the babysitter's fee for temporary childcare needs.

Eligible persons: Guardians residing in Itabashi city who live with their preschool child (until  
the last day of the school year when the child turns 6 years old)

Maximum Subsidy: 07:00 to 22:00 Up to 2,500 yen per hour

From 22:00 to 07:00 the next morning: up to 3,500 yen per hour

Maximum hours of use: Up to 144 hours per child per fiscal year

(up to 288 hours per child per fiscal year in the case of multiple births)

Eligible Expenses: Out of the usage fee charged by the babysitter, the fee for the provision of  
genuine childcare services (including tax). is eligible for subsidy. Joining  
fees, membership dues, transportation costs, etc. are NOT eligible.

Please visit the Tokyo Metropolitan Government's Welfare Bureau website for details about  
Babysitting service providers certified by the Tokyo Metropolitan Government

▶ **Inquiries:** Babysitter Support Services (Assistance for Temporary Babysitting) Dedicated  
Phone number: 0120-212-115

### ⑦ **Assistance for Children and Families (Child Consultation Centers, CCCs)**

CCCs provide consultation on child-rearing issues such as abuse, delinquency, and upbringing and  
necessary assistance in response to notifications from residents, police, and others utilizing  
specialized knowledge and technologies in accordance with the policy determined based on  
comprehensive investigation, diagnosis, and judgment.

If you suspect that a child may have been abused, please call "189", child abuse reaction number  
to contact CCCs or the numbers below.

#### ▶ **Inquiries:**

*Itabashi Support Center for Children and Families, 24-17 Hon-cho, Itabashi-ku*  
*TEL:03-5944-2373* 8:30AM-17:00PM Weekdays

※All calls will be transferred to Child Consultation number above after business  
hours such as holiday or night-time.

○ 189 Child Abuse Dedicated Number

- ▶ Child-raising  
Problematic home life due to parental illness/death/absence, etc.
- ▶ Delinquent behavior  
Running away from home, theft, staying out late, drug abuse, etc.
- ▶ Physical and mental development  
Delayed mental/intellectual development, physical impairment, autistic tendencies, etc.

The following kinds of support are offered:

- ▶ Interview consultation  
Consultation by interview including ongoing consultations are also available. Depending on  
the content of consultation, you may also be introduced to other welfare organizations.
- ▶ Temporary childcare shelter  
In cases of urgent care, behavioral observation or lifestyle and welfare guidance for children,

Temporary Childcare shelter is ready for use.

- ▶ Issuing of “*Ai-no Techo*”

Tokyo Metropolitan Government issues *Ai-no Techo* (handbook for persons with mental disability) to provide assistance to children with mental disabilities.

## **(2) Suku-Suku Card**

▶**Inquiries:** *Child-raising Support Service Subsection, Child-raising Support Section*  
*City Office South Building 3F #22 TEL: 03-3579-2475*

Parents who are pregnant or parenting an infant with an address in Itabashi City will receive a card with a coupon that can be used for various child-raising services. These cards are distributed at the time of submission of the notification of pregnancy. For those who have moved into the city, the tickets will be mailed to you. These coupons can be used to access childcare support services designated by the City.

## **(3) Children’s Halls 「CAP’S」 (Children And Parents’ Station)**

▶**Inquiries:** *Child-raising Support Service Subsection, Child-raising Support Section*  
*City Office South Building 3F #22 TEL: 03-3579-2475*  
*Your local Children’s Hall*

Children’s Halls can be used by all children aged between zero and 18 years old. However, they focus on providing programs for infants and their parents and guardians. Specialist staff provides supervision, and use of facilities is free.

**Hours of Operation:** 9:00AM-17:00PM

**Closed:** Saturday, Sunday, national holidays, year-end period

**Opening hours:** The facility is open for children and infants and toddlers with their accompanying guardians during these times:  
Saturdays, Sundays and national holiday 9:00AM-12:00PM, 13:00PM-17:00PM

### **Child Raising Counselling:**

Consultation on issues concerning child-rearing available during hours of operation.

### **Age-Appropriate Group Play**

The club is open for infants and toddlers and their parents or guardians to join in age-appropriate group play every morning from Monday to Friday (excluding week-ends, national holidays and year-end period). All participants are welcome to the playroom, even if your child doesn't join the Infants’ Club, please feel free to drop in and spend time in the facilities.

### **Suku-Suku Salon: A Room Exclusively for Infants**

All 26 Children’s Halls in Itabashi offer a Suku-Suku Salon room open during Children’s Hall opening hours from Monday to Friday where guardians can bring their infants to relax and spend the day while exchanging information and making friends.

※Suku-Suku Salon opening hours may be subject to change.

## **(4) Childcare Plaza (“Forest Salon”)**

▶**Inquiries:** *Child-raising Support Service Subsection, Child-raising Support Section*  
*City Office South Building 3F #22 TEL: 03-3579-2475*

This is a space for children under the age of 4 and their guardians. Specialist staff is stationed so that guardians can receive counselling while their children play. Please feel free to stop by. For inquiries and applications for Forest Salon TEL: 03-3961-6354



## **(2) Kindergartens (Preschool) (Yochi-en)**

- ▶ *Inquiries:* Educational Affairs Section, Board of Education  
City Office North Building 6F #14 TEL: 03-3579-2613

Kindergartens are for children between the ages of 3 and 5 years old, just prior to entering elementary school. In Itabashi there are 1 public and 32 private kindergartens. They start to accept applications each year in early November for the academic year that starts in the following April. Guardians with children living in Itabashi who enroll their children in private kindergartens and pay the relevant fees may be eligible for a subsidy. In cases that guardians enroll in Itabashi or any vicinity, each kinder is ready to distribute subsidy application form which can be filled in and submitted to each institution. In other cases of enrollment outside Itabashi, the Educational Affairs Section sends information on the application to the relevant guardians.

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## **School Education (Elementary School, Junior High School)**

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Japan has a “6-3-3-4” school year system: elementary (six years), junior high (three years), high school (three years) and college or university (four years). Attendance is compulsory from elementary through junior high school for a total of nine years (ages 6 to 15). The Japanese school year runs from April through March the following year. Children are required to enter elementary school in the first April following their 6th birthday.

### **Entering Elementary and Junior High School**

- ▶ *Inquires:* Education Affairs Section, Board of Education  
City Office North Building 6F #14 TEL: 03-3579-2611

Children of foreign residents are not obliged to attend school in Japan, but those interested in sending their children to a Japanese school are welcome to apply. Procedures related to enrolling in schools and the classes at schools are all conducted in Japanese.

According to the Resident Registration records, enrollment information is mailed to households with children who have attained school age in late August on entering school the following spring. Children continuing on to junior high school after attending elementary school in Itabashi receive information via their elementary school in early September. In the case the children are not enrolled at Itabashi municipal elementary schools, the information is mailed in late August according to Resident Registration.

Those who move into Itabashi City and would like their children to attend Itabashi public elementary or junior high schools need to complete paperwork at the Educational Affairs Section, Board of Education Office. Resident (Zairyu) Cards or Special Permanent Resident Cards and passport for the children in question are necessary to apply. Children who have already attended Japanese school at their previous residence is required to show the enrollment certificate and textbook certificate issued by their previous school.

Admission, tuition fees and textbooks are free at Itabashi public elementary and junior high schools. Guardians only need to pay for school supplies, school lunches and school trips. For further details, please inquire for more details.

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## **After-School Activities Program “I-Kids”**

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- ▶ *Inquiries:* I-Kids Subsection, Regional Education Promotion Section,  
City Office North Building 6F #16 TEL: 03-3579-2637

## I-Kids (*ai-kizzu*)

I-Kids is a special afterschool program open to all children that aims to provide a safe and secure afterschool environment for elementary age schoolchildren living in Itabashi and to promote the healthy development of children through hands-on activities such as sports, culture and free play.

### Target children


All children who are currently enrolled as school students are eligible. Furthermore, children in grades 1-6 living within the local area of the relevant elementary school and attending any type of school (including municipal schools, private schools, and Special Support Schools) can also participate.

### Dates available

Monday to Saturday (excluding Sundays, national holidays, year-end holiday period)

※"Kira-Kira" time only on Saturday

### Available Hours

Shaded areas  are called "Kira-Kira Time". Depending on the usage category, requirements of use (e.g. guardian employment) may apply. If you applied for "Kira-Kira Time", you are entitled to join "San-San Time" as well.

	School holidays usage hours		School days usage hours				
	8:00	8:30	After school	16:30	17:00	18:00	19:00
March-September	Kira-Kira Time					Kira-Kira Time (Snack provided)	
October-February	C Category (no fee)		San-San Time (no fee)		D Category (no fee)	A Category ¥2,700	B Category ¥3,900
Saturday	"Kira-Kira" time, S Category, daily fee ¥700, includes snack						Until 19:00 upon request

### Fees and Snack Provision

**San-San Time:** No fee No snack provided

**Kira-Kira Time:** ①Fee (monthly)···A Category ¥2,700, B Category ¥3,900 No fee···C and D Category

②Fee (daily)···S Category ¥700

**A,B and S Category :** Snack provided from 17:00PM

### How to apply

Refer to the table above and apply using the attached application form for the relevant category.

<u>Eligible School Grade</u>	<u>Category</u>	<u>Content</u>	<u>Employment Requirements</u>
Grades 1-6	San-San Time general	Students participate and go home freely. (Home-time supervision for Grade 1 students in first semester only)	No
Grade 1 and 2	San-San Time Orange	San-San time, absence and system for set time to return home	Yes
Grades 1-6	Kira-Kira Time	Control of attendance time is applied. Time management for returning home is monitored only for first and second graders. (A, B, C, D, S Category)	Yes

### 【Exemption of fees】

Upon separate application, those receiving public welfare assistance are to be exempted from fees. Fees is reduced for households exempted from residence tax and households receiving school expense subsidies. Please submit fee reduction/exemption application forms to I-Kids (April for exemption and from June for reduction).

※Applications need to be made every year. Apply the following year even if reduction or exemption approved for the previous year.

#### ▼Fee reduction

Category	Fee	After reduction
A	¥2,700/month	¥2,100/month
B	¥3,900/month	¥2,700/month
S	¥700/day	¥400/day

#### ※Children requiring special support for I-Kids of “Kira-Kira Time” and “San-San Time Orange”

For the children who attend Special Support Schools or Special Support Classes, Disability Handbook holders for Physical, Intellectual or Mental disease, the school can arrange to increase the staff numbers accordingly. Please request it to each I-Kids office.

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## Single Parent Support Programs

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### (1) Assistance to Single parent

**Inquiries:** *Child Subsidy & Medical Care Subsection, Child-raising Support Section,  
City Office North Building 1F#6 TEL: 03-3579-2477  
Resident Service Subsection, Akatsuka Branch Office,  
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5113*

See number (6) on page ②-9 for details.

### (2) Medical Expenses Subsidy for Single Parent Households

▶ **Inquiries:** *Child Subsidy & Medical Care Subsection, Child-raising Support Section  
City Office North Building 1F #6 TEL: 03-3579-2374*

This is a system for the household of single parent with a child younger than 18 years old as of April 1 (in case the child was more than moderate level of mental or physical disability, applicable till 20 years old) to assist with subsidies for health insurance for the parent and his/her children in the form of refunds for copayment (except the amount paid at medical institutions for meals). Medical costs are fully subsidized or reduced to 10% upon presenting Health Insurance Certificate and medical treatment statement at medical institutions in Tokyo. Income cap applies.

#### Eligible households:

- ▶ Single-mother or single-father households
- ▶ Households where either parent has a severe level of disability
- ▶ Households with a child who is being raised by someone other than the father or mother.

Please inquire for more details.

### (3) Self-Support Training Benefit Subsidy for Single Parent Households

▶ **Inquiries:** *General Information Subsection, Welfare Section, Itabashi Welfare Office  
36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322*

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

**①Self-Support Educational Training Benefit**

Single parents can receive partial subsidies for vocational training aimed at helping them gain employment and become financially independent. Those receiving Family Allowance are eligible.

**②Advanced Vocational Training Promotion Benefit**

Single parents can receive partial subsidies for education and training for at least one year and with the aim of acquiring a qualification. Those receiving Family Allowance are eligible.

**(4) Welfare Funds for Women**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331 Single women over 25 years old and women under 25 years old who support their families are eligible for a loan to cover costs incurred as a result of starting a business, daily life, housing, and education. The annual interest is 0% or a low rate, and the repayment period is from 7 to 20 years.

**(5) Home Helpers for Single Parent Households**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331 Helper services are available for single mothers/fathers of single parent households with elementary school children in case of difficulties doing housework, for example in case of illness or other special circumstances. There is no income limit for application; however the applicant may have to pay according to his/her income scale.

**(6) Resting Facilities for Single-Parent Households**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331 Single mothers/fathers of single parent households (consisting of a parent and his/her children under 18 years old) may visit certain resting facilities within Itabashi either free or at a discounted rate once per year.

**(7) Counseling for Single Parents**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331A consultation service is available for single parent households on the concerns and daily life in general.

**(8) Tokyo Metropolitan Single Mother and Single Father Welfare Foundation**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

Single mothers/fathers of single parent families with children under 20 years old who have lived in Tokyo for 6 months or longer are eligible for this loan in case of financial needs such as business start-ups, daily life, housing repairs, medical treatment, education and employment costings. The annual interest rate is 0% or set at the lowest rate, with the repayment period being from 3 to 20 years.

**(9) Subsidies to support for securing childcare expenses**

▶ **Inquiries:**

**General Information Subsection, Welfare Section, Itabashi Welfare Office**

36-1 Sakae-cho Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**General Information Subsection, Welfare Section, Akatsuka Welfare Office**

6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**General Information Subsection, Welfare Section, Shimura Welfare Office**

2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

In order to support mothers/fathers of single-parent families who live in Itabashi City and raise their children in securing childcare expenses, subsidies are provided to help them prepare notary documents on the fairness of childcare expenses and file for mediation with the family court.

**(10) Itabashi Single Parent Family Counseling Service (including pre-divorce)**

▶ **Inquiries:**

**Itabashi Single Parent Family Consultation Service**

4F Green Hall, 36-1 Sakae-cho, Itabashi-ku TEL: 03-6909-6205

A consultation service is available for single-parent families who have problems with living, finances, pre- and post-divorce issues, etc., and for parents who are considering divorce.

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## Japanese Language Education Support

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**(1) Japanese Language Classes at Public Elementary and Junior High Schools**

▶ **Inquiries:**

For information on taking classes:

*Educational Affairs Subsection, Education Affairs Section,  
Board of Education*



City Office North Building 6F#14

TEL: 03-3579-2611

For details about the teaching:

*Teachers' Consultant, Guidance Office, Board of Education*

City Office North Building 6F#17

TEL: 03-3579-2643

Itabashi City offers special Japanese classes at a total of five elementary and junior high schools. These Japanese classes are to help schoolchildren learn Japanese and facilitate their smooth adaptation to school life. Participating students attend language classes at their schools at determined times and dates. Those who wish to have their children attend Japanese classes should consult with their school principal.

### **Schools with special Japanese classes**

Shingashi Elementary School	1-3-1 Shingashi, Itabashi-ku	03-3936-8521
Itabashi Dairoku Elementary School	13-1 Oyama-cho, Itabashi-ku	03-3956-8101
Itabashi Daihachi Elementary School	42-1 Futaba-cho, Itabashi-ku	03-3963-4181
Itabashi Daini Junior High School	26-1 Saiwai-cho, Itabashi-ku	03-3956-8121
Shimura Daini Junior High School	1-21-1 Azusawa, Itabashi-ku	03-3969-3363

## **(2) Japanese Language Classes**

► **Inquiries:** *International Exchange Section, Itabashi Culture & International Exchange Foundation, Green Hall 1F* TEL: 03-3579-2015

※Details of all the Japanese classes below are also available at: <https://www.itabashi-ci.org>

### **a. Japanese language classes conducted by Itabashi Culture & International Exchange Foundation (ICIEF)**

①**Japanese Language Class for Beginners**(level:introductory to beginner)

The classes are 6 month long and held twice per week.

**Time:** a. Monday/Thursday Class (Morning; 10:00AM-12:00PM)

b. Tuesday/Friday Class (Evening; 18:30PM-20:30PM)

**Capacity:** 30~40 students per class

②**Wednesday Conversation Salon**(level: beginner to advanced)

In this class, you talk with a conversation supporter and learn Japanese while having fun.

**Time:**Every Wednesday,

A) Morning Course 10:00AM~11:30AM, B) Evening Course 18:30PM~20:00PM

**Capacity:** 20 people(first-come-first-served basis)

①&② above

**Eligibility:** People who live, work or study in Itabashi

(aged 15 or over) ※Bringing your children is not allowed.

**Period:** April to September (first semester) / October to March (second semester)

**Location:** Green Hall, 36-1 Sakae-cho, Itabashi-ku **Cost:** Lesson fee plus textbook cost

### **b. Volunteer Japanese Classes in Itabashi City**

A list of volunteer groups who teach Japanese to international background people is available on the website above. For details, please inquire to each institution directly.



# 3

## National Health Insurance/Pension/ Health Care/Taxes



Living Information for International Residents of Itabashi City

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# National Health Insurance System

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▶ **Inquiries: Qualification Assessment Subsection, National Health Insurance & Pension Section**

City Office South Building 2F #22 TEL: 03-3579-2406

The National Health Insurance (NHI) (*kokumin kenko hoken*) is a public healthcare system which all residents of Japan are required by law to join in order to ensure that all individuals are able to receive medical treatment with peace of mind in the event of sickness or injury.

By law, all residents of Japan are required to join NHI if they are not already enrolled in their employer's health insurance scheme, and foreign nationals residing in Japan are also subject to this law. NHI is based on the principle of mutual assistance, where all enrolled members pay medical fees (premiums) proportional to their income in order to cover the medical costs of the insured.

## (1) Enrollment

Individuals under 75 years old who correspond to any of the following are obliged to join NHI:

- Registered residents of Itabashi
  - ▶ Those who have entered Japan from abroad
  - ▶ Those who have moved into Itabashi from a different municipality
  - ▶ Those who have changed to a visa eligible for resident registration
- Registered residents
  - ▶ Those who have left their employer's health insurance program
  - ▶ Those who have stopped receiving public assistance
- Babies born in Japan

※Those with "Designated Activities" (*tokutei katsudo*) visa status, who are in Japan to receive medical care or to assist those receiving medical care, are not eligible to enroll in NHI even if they are registered residents. Those with "Designated Activities" visa status, whose period of stay is one year or less, and who are in Japan for the purpose of tourism, recuperation or other similar activities or those accompanying such individuals, are not eligible to enroll in NHI.

## (2) Loss of National Health Insurance

Those who correspond to any of the following must take procedures to leave NHI:

- ▶ Those who have joined their employer's health insurance scheme
- ▶ Those who have joined another health insurance scheme (including as a dependent)
- ▶ Those who have started receiving public assistance
- ▶ Those who leave Japan or move to a different municipality
- ▶ Deceased individuals

## (3) Returning Health Insurance Cards

Those who leave NHI must return their insurance card. Those who continue to use the system to receive benefits even though they are no longer eligible will be subject to penalties.

The insurance card is not eligible after moving out of Itabashi City. If the insurance card is used after moving out, even by accident, the insurance benefit cost (70% of covered medical fees) must be repaid to Itabashi.

#### **(4) Health Insurance Cards and Benefits**

Upon joining NHI, you receive a 'National Health Insurance Card' (*kokumin kenko hoken hi-hoken-sha-sho*). When you visit a medical facility for treatment due to sickness or injury, the total cost of medical treatment is to be paid, in principal, 70% by NHI upon presenting the insurance card at reception; the remaining 30% must be paid by the individual. Only the insured individual whose name is written on the insurance card is entitled to use it. Once the individual has left NHI, the health insurance is no longer valid, even if the insurance card is within the expiration date. Insurance cards are not tickets, and may not be given or lent to any other individuals. The insured individual is eligible to receive fixed maternity and death benefits.

#### **(5) Premiums (*hoken-ryo*)**

Once enrolled in NHI, premium payments are levied on a per-household basis. Notifications for Premium are to be mailed addressed to the head of the household. Premiums is, in principle, to be paid as direct debit from bank account (Registration of bank account is required) .If not possible, it can be paid at City Office, City Residents' Offices, convenience stores and financial institutions. Credit cards(mobile Register) ,and such digital money as LINE Pay, Pay Pay, d-Barai Payment, au pay, J-Coin PAY are also acceptable. Individuals may be denied coverage or extension of resident status in case of delinquent payments of the premiums.

#### **(6) Income Declaration**

The premium is calculated according to the income of the previous year. Taking an example, in the case of new enrollment between April 1st, 2025 and March 31st, 2024, premium is calculated based on the income between January 1st, 2023 and December 31st, 2023. Since there is an exceptional case of reducing premium according to the declared income, kindly requested to declare regardless of the amount of income. Without the declaration, the exception case cannot be applied to. You are requested to inquire taxation section of relevant municipalities the resident registered as of January 1st (in case of Itabashi resident, refer to P.16). For those residing in Japan for less than one year, inquire and consult at National Health Insurance & Pension Section, City Office South Building 2F #22.

#### **(7) Procedures for Renewal and effective validity of National Health Insurance**

The National Health Insurance card of Itabashi is renewed on October 1st of every odd year. Validity of the NHI for Non-Japanese is the following date of the resident permit or September 30th , 2025. In case of delinquency of premium payment, some cases may not be applicable. Once the period of stay has been extended, requested to take procedures for NHI accordingly with your resident card and passport. It is planned to integrate the NHI card with the My Number card and abolish the current NHI card in the fall of 2024. Details will be announced as soon as the National Government policy is decided. (As of November 1, 2023)

#### **(8) Application Procedures for Change of Address, Name or Head of Household**

As premiums are calculated on a per-household basis, individuals will need to undertake the necessary procedures in order to change their premiums and receive a new insurance card when there have been changes in the number of people in the household, the household head or the address.

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# National Pension System

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▶**Inquiries: National Pension Subsection, National Health Insurance & Pension Section,**

City Office South Building 2F #25 TEL: 03-3579-2431

The national pension (*kokumin nenkin*) system is provided mainly to guarantee a stable lifestyle for the elderly, sick, injured, and disabled. All residents of Japan aged 20 to under 60 years old are obliged to join, including foreign nationals residing in Japan. You can receive pension payments outside of Japan by remittance even when you no longer reside in Japan.

## (1) Enrollment

Those who are aged from 20 to under 60 years old and registered as resident in Itabashi City and are non-participants of other public pension systems such as an employee pension system are obliged to enroll in the national pension system.

However, those whose status of residence is "engaged in designated activities" and whose purpose of stay is for medical treatment or as an attendant of the medical treatment person, or for sightseeing or recreational purposes staying for a long period of time or the spouse of the long-term visitor are not eligible.

## (2) Pension Premiums

After enrollment, premiums must be paid monthly. Premium payment exemptions proportional to income may be possible in cases of financial difficulty. There is a payment exemption system for students; however, some educational institutions do not qualify. There might be some exemptions in such cases as giving births and receiving disability pension.

## (3) Applicable Pension Types

### ① Old-age Basic Pension (*rorei kiso nenkin*)

In principle, individuals become eligible to receive this pension at the age of 65 if the period of payment of the premiums, the period of exemption from payment of pension premiums, or the combined total number of payment years is longer than 10 years (120 months). If the participant had previously participated in a different public pension program such as *koseinenkin*, this period is calculated as periods in which NHI payments were completed. Participants are eligible to receive the full amount of old-age basic pension if they complete the premium payment for 40 years between the ages of 20 and 60.

### ② Disability Basic Pension (*shogai kiso nenkin*)

Individuals become eligible to receive this pension when they are judged to have a level 1 or level 2 disability as determined by law due to illness or injury for which they first received treatment before the age of 20 or after they were enrolled in NHI.

### ③ Others: Survivor's Pension (*izoku kiso nenkin*), Widow's Pension (*kafu nenkin*), Lump-sum Death Payment (*shibo ichiji-kin*), Pensioner Support Benefit

It is also possible to receive various other pensions under certain circumstances.

※In order to receive ② or ③ above, basic payment requirements, in principle, apply.

※For Pensioner Support Benefit, inquire Japan Pension Service

Itabashi Office, Japan Pension Service 03-3962-1481

## (4) Loss of National Pension membership

If a person who is a member of the National Pension Plan leaves Japan, he/she needs to complete the procedures to discontinue the Plan.

## (5) Lump-Sum Withdrawal Refund (*dattai ichiji-kin*)

Foreign residents who have paid national pension premiums for over 6 months are eligible to

receive a refund in proportion to the period of premium contributions in case of leaving Japan without pension collection. The application for refund should be submitted within 2 years of departure from Japan to the Japan Pension Service.

▶ **Japan Pension Service** 3-5-24 Takaido nishi, Suginami-ku, Tokyo 168-8505

TEL: (from inside Japan) 0570-05-1165 (from outside Japan) 81-3-6700-1165

※For more information please refer to their website.

<https://www.nenkin.go.jp/international/english/lumpsum/lumpsum.html>

## Health & Welfare Centers

Open Monday-Friday (excluding public holidays)

※Closed Saturdays, Sundays, and 12/29-1/3

Hours: 8:30AM-17:00PM

### ▶ Itabashi Health & Welfare Center

32-15 Oyama Higashi-cho, Itabashi-ku (inside Itabashi Healthcare Center),

TEL: 03-3579-2333

### ▶ Kami-itabashi Health & Welfare Center

3-18-6 Sakuragawa, Itabashi-ku, TEL: 03-3937-1041

### ▶ Akatsuka Health & Welfare Center

1-10-13 Akatsuka, Itabashi-ku, TEL: 03-3979-0511

### ▶ Shimura Health & Welfare Center

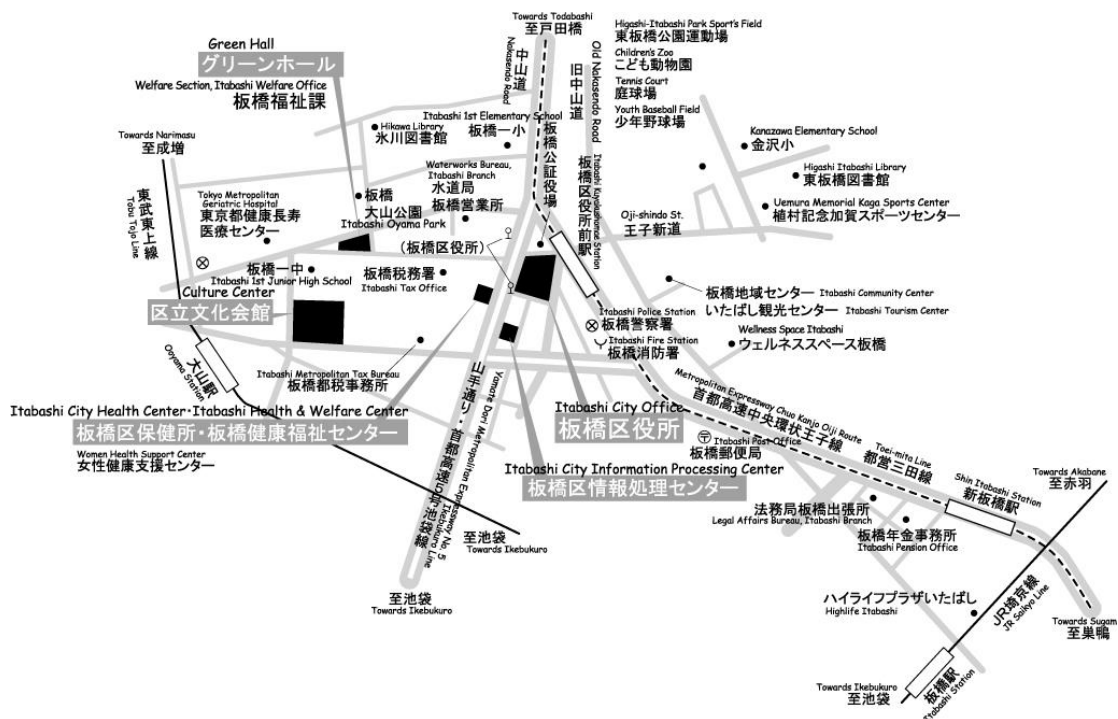
2-5-5 Hasune, Itabashi-ku, TEL: 03-3969-3836

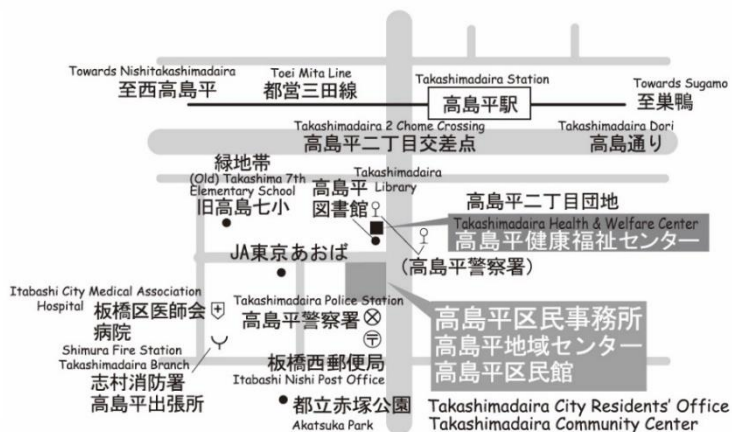
### ▶ Takashimadaira Health & Welfare Center

3-13-28 Takashimadaira, Itabashi-ku, TEL: 03-3938-8621

## Services/Responsibilities

- Health Counseling ○Dental Health ○Nutritional Guidance
- Pregnancy health checkup/child rearing ○Baby health checkup
- Health education ○Fitness ○Preventive Care ○Emotional fitness
- Application for Medical cost assistance for intractable disease and mental disease care
- Reissue of Vaccination Medical Interview Sheet





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## Health Consultations and Examinations

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### Health Examinations

The City conducts health examinations of the four types listed below. Details about the dates and places of examinations and how to apply for them are announced in Newsletter “*Koho Itabashi*”. Individuals aged between 40 to 74 years of age receive their examinations under the health insurance policy in which they are enrolled. Individuals who are enrolled in a health insurance or who are listed as dependents are requested to inquire each health insurance provider.

#### (1) National Health Insurance Specified Examinations

▶ **Apply to:** #21 3F City Office South Building TEL: 03-3579-2319

▶ **Inquiries:** National Health Insurance Specified Examinations Subsection, National Health Insurance & Pension Section TEL: 03-3579-2328

Special health examinations for adult-onset and lifestyle-related diseases are conducted for individuals between the ages 40 and 74 who are enrolled in NHI in Itabashi. Examination coupons are sent to eligible individuals. Depending on the results of the examination, individuals may also receive special guidance either from the medical facility where they took the examination or from private healthcare institutions.

#### (2) Latter-stage Elderly Health Examinations

▶ **Apply to:** #21 3F City Office South Building TEL: 03-3579-2319

▶ **Inquiries:** National Health Insurance Specified Examinations Subsection, National Health Insurance & Pension Section TEL: 03-3579-2328

Health examinations are conducted for Itabashi residents who are enrolled in the Latter-Stage Elderly Healthcare System in order to facilitate early discovery of adult-onset and lifestyle-related diseases and to facilitate residents' health maintenance. Examination coupons are sent to eligible individuals.

#### (3) General Resident Examinations

▶ **Apply to:** #21 3F City Office South Building TEL: 03-3579-2319

▶ **Inquiries:** Adult Health Examinations Subsection, Health Promotion Section TEL: 03-3579-2312

Health examinations are conducted for individuals who are ① between the ages of 35 and 39 or ② over 40 years of age receiving welfare support in order to help prevent and detect adult-onset and lifestyle-related diseases.

#### 【Individual Examinations】

▶ **Apply to:** #21 3F City Office South Building TEL: 03-3579-2319

▶ **Inquiries:** Adult Health Examinations Subsection, Health Promotion Section

TEL: 03-3579-2312

For details about the venue and time of each examination and how to apply, please refer *Koho Itabashi* or inquire **Adult Health Examinations Subsection** of the **Health Promotion Section**. Individuals who have the opportunity to take equivalent examinations at their work, etc., are not eligible. Individuals who fulfill certain conditions may have the examination fee waived.



### (1) Hepatitis Examination

To facilitate the early detection of hepatitis infection, to slow the onset of the disease and to prevent and minimize health disabilities due to it, individual residents in Itabashi aged over 35 who have not had an examination for hepatitis since 2002 are eligible for this examination.

### (2) Osteoporosis Examination

The examinations to prevent and early detection of Osteoporosis are conducted for female residents at the ages of 40, 45, 50, 55, 60, 65 and 70. A charge of ¥500 applies.

### (3) Ophthalmic Examination

Ophthalmic examinations for the prevention and early detection of ophthalmic disorders (including glaucoma and cataracts) are conducted for residents at the ages of 50 and 55. A charge of ¥700 applies.

### (4) Dental Examination for adults

Dental examinations for prevention and early detection of periodontal diseases are conducted for residents at the ages of 40, 45, 50, 55, 60, 65 and 70. A charge of ¥500 applies.

### (5) Cancer Examination

Cancer examinations for prevention and early detection of cancer are conducted for residents. A charge applies for stomach cancer (endoscope examination, ¥1800), breast cancer (¥1,000), laryngeal (throat) cancer (¥500) and gastric (stomach) cancer risk (¥500).

Examination	Eligible Persons ※2	Venues	Program contents
<b>Stomach Cancer</b> (endoscope) ※1	Residents aged over 50 who have not received the same examination in the preceding fiscal year	Co-operating medical institutions	endoscope examination
<b>Stomach cancer</b> (X-ray) ※1	Residents aged over 40 who have not received the same examination in the preceding fiscal year	Group examination by mobile examination room	Stomach X-ray
<b>Lung cancer</b>	Residents over 40		Chest X-ray, etc.
<b>Intestinal cancer</b>	Residents over 37	Co-operating medical institutions	Test for blood in the stool, etc.
<b>Cervical cancer</b>	Female residents aged over 20 who have not received the same examination in the preceding fiscal year.		External and internal examination, cytodiagnosis, etc.
<b>Breast cancer</b>	Female residents aged over 40 who have not received the same examination in the preceding fiscal year.		Breast X-ray
<b>Prostate cancer</b>	Male residents who are aged 55, 60, 65, 70 and 75		Blood tests, etc.
<b>Laryngeal cancer</b>	Residents aged over 50		Indirect laryngoscope, fiberscope and other tests
<b>Risk of stomach cancer</b>	To determine whether or not they are prone to stomach cancer, the test is conducted on City residents aged 35 or 40 who have never been examined for the test.		Blood tests, etc.

※1 One examination has to be chosen among Stomach cancer(endoscope) and Stomach cancer(X-ray) .

※2 Eligible ages are subject to change. Inquire Adult Health Examinations Subsection, Health Promotion Section.

### **【Appearance Care Support Project for Cancer Patients】**

▶ **Inquiries:** Women's Health Support Subsection, Health Promotion Section 32-15, Oyama Higashi-cho, Itabashi-ku TEL: 003-3579-2306

The subsidy covers a part of the cost for City residents who purchase or rent a wig or prosthetic device due to hair loss caused by anti-cancer drug treatment or breast cancer treatment.

(Eligible items)

- Wigs (including nets and hats with hair to protect the skin for wearing wigs)
- Chest prosthetics (prosthetic underwear, silicon pads for prosthetics, etc.)

(Subsidy amount)

Up to 30,000 yen (including tax) for the total amount of purchase or rental, limited to a total of two pieces per person.

For more information on the documents required for application, please contact the Section above.

### **【Counselling on Tuberculosis】**

▶ **Inquiries:** *Health Care Center, Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section* TEL: 03-3579-2321

Don't you happen to have symptoms such as a persistent cough and phlegm for more than 2 weeks, continuous high fever, bloodstained sputum or spitting up blood? If the answer is yes, it may be tuberculosis.

If these symptoms appear, you should take a tuberculosis examination (chest X-ray, phlegm test) at a medical institution, even if you believe they may be due to smoking or a cold. There is a public health subsidy to cover the cost of tuberculosis treatment. You may receive counselling at Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section of Health Care Center.

### **【HIV Antibody Test and AIDS Counselling】**

▶ **Inquiries:** *Antibody Tests Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section, Healthcare Center* TEL: 03-3579-2321  
*Counselling Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section, Healthcare Center and Health & Welfare Centers*

HIV Antibody Test is conducted free of charge, anonymous and by appointment. The result is informed verbally and no certificate issued.

### **【Examination and Counselling for Hepatitis Virus】**

▶ **Inquiries:** *Examinations Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section, Healthcare Center* TEL: 03-3579-2321  
*Counselling Infection Control Measures Subsection, Disease Prevention and Infection Control Measures Section, Healthcare Center and Health & Welfare Centers*

Testing for Hepatitis Viruses (Types B and C) is available free of charge and by appointment.

Those who have taken the test in the past are not eligible to receive.

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## Women's Health

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### Women's Health Support Center

▶ **Inquiries: Women's Health Support Subsection, Health Promotion Section**

Healthcare Center 32-15 Oyama Higashi-cho, Itabashi-ku TEL: 03-3579-2306

Business hours: Monday to Friday, 9:00AM to 17:00PM (closed Saturdays, Sundays, public holidays and year-end period)

- (1) Free counselling available for women's health issues
  - ① Women's health counselling: counselling about women's health with public health nurses by telephone or in person.
  - ② Counselling by Gynecology doctor (by appointment): counselling with female Gynecology doctor
- (2) Lectures on women's health and for women recovering from cancer are conducted. Details of the lectures such as dates and venues are to be announced in *Koho Itabashi* and on Itabashi City website.
- (3) Support and study groups activities for patients/survivors of breast, as well as thyroid-related diseases are organized in the City. Please inquire for details.
- (4) Videos available to help women keep their good health.

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## Medical Facilities with Multilingual Services

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### (1) Tokyo Metropolitan Medical Institution Information Services "Himawari"

Medical Information Services

Provides information such as "lists of medical institutions with services in languages other than Japanese" and "advisory services on Japanese medical system"

- ▶ Telephone: 03-5285-8181
- ▶ Charge: Free
- ▶ Business Hours: Every day, 9:00AM to 20:00PM
- ▶ Available languages: English, Chinese, Korean, Thai, Spanish
- ▶ Website: <http://www.himawari.metro.tokyo.jp>

### (2) Itabashi Weekday Evening Emergency Medical Clinic for Children

Emergency first-aid pediatric care is available at the following medical institutions for those who are troubled by a sudden illness of their children during weekday evenings. The following medical institutions can provide emergency pediatric medical care. Bring your own and your child's healthcare card.

- ▶ Examinations: Weekdays, Monday to Friday (closed on Sundays, Saturdays, public holidays and 12/29-1/3 period)
- ▶ Examination Hours: 19:00PM-22:00PM (Last patient accepted at 21:45PM)
- ▶ Examination type: Pediatrics
- ▶ For whom: Children under 15 years of age, in principle
- ▶ Location: Nihon University Itabashi Hospital, 30-1 Oyaguchi Kamicho
- ▶ Telephone: 03-3972-8111 (Just call us for receiving the Children's Clinic.)

### (3) Holiday Dental Emergency Treatment

Itabashi Dental Health Center in case of dental problems on Sundays, holidays and year-end and New Year holiday period .

**Itabashi Dental Health Center: 3-3-3 Tokiwadai**▶**Telephone:** 03-3966-9393▶**Appointment Hours:** 9:00AM-16:00PM (prior appointment necessary)▶**Treatment Hours:** 9:00AM-12:00PM, 13:00PM-17:00PM**(4) Medical Institutions in Itabashi (listed by area)**

Appointments in advance may be necessary for some institutions. Please inquire beforehand and need to bring your Health Insurance Card to the hospital.

▶**Languages available \*1 Prior appointment required, \*2 Other major languages by translator machine****\*3 Only for the time of a female doctor on duty****E: English C: Chinese T: Taiwanese S: Spanish G: German R: Russian K: Korean****P: Portuguese F: French, TA: Tagalog**

Medical Institution	Address	Telephone	Lan- guages	Specialty
Sho Hospital	1-41-14 Itabashi	03-3963-0551	E	Obstetrics and gynecology
Itabashi Dermatology Clinic	3F Itabashi 266 Bldg. 2-66-16 Itabashi	03-5375-8621	E*3	Dermatology, allergies
Niki Clinic	3-5-3 Itabashi	03-3961-5931	E	Orthopedics, surgery
Shin Itabashi Clinic	4-4-4-1F Itabashi	03-5248-5715	E	Internal medicine, digestive medicine
Iwata Clinic	4-57-4 Itabashi	03-3961-1092	E·G	Internal medicine, pediatrics, dermatology, allergies
Nomura Cardiology & Internal Medicine Clinic	18-4-2F Oyama Higashi-cho	03-5375-3711	E	Cardiology, internal medicine
Imamura Clinic	58-20-101 Oyama Higashi-cho	03-3964-8805	E	Internal medicine, dermatology, anesthesiology
Oyama Toho Clinic	60-9 Oyama Higashi-cho	03-3964-1830	E·G TA	Internal Medicine, Orthopedics, Surgery, Dermatology
Ogawa Clinic	16-8 Oyama Kanai-cho	03-3955-8220	E	Internal medicine, surgery, gastroenterology, dermatology
Mieko Women's Clinic	Kosmo Wako 201, 64-6 Nakajuku	03-5943-1123	E	Obstetrics and gynecology, internal medicine
Kumagai Ophthalmology Clinic	11-11 Naka Itabashi	03-3579-1113	E	Ophthalmology
Suzuki Orthopedics Clinic	1F Le Cool, 17-5 Honcho	03-5375-1049	E	Orthopedics
Yorifuri-lin Clinic	27-4 Kitacho, Oyaguchi	03-3956-1255	E	Pediatrics, Internal Medicine
Yamakura Clinic	51-2 Kitacho, Oyaguchi	03-3956-2626	E	Internal medicine, pediatrics, surgery
Yamakura Ophthalmology Clinic	51-2 Kitacho, Oyaguchi	03-3972-9883	E·S·P	Ophthalmology
Miyashita Clinic	76-7 Kitacho, Oyaguchi	03-3956-5349	E	Internal medicine, digestive medicine
Tanimoto Clinic	3-10-15-102 Mukaihara	03-3530-8327	E	Pediatrics, Internal Medicine
Nanairo Clinic	1F Matsumaeya Bldg., 3-10-18 Mukaihara	03-5926-6310	E	Internal medicine, Pediatrics, Dermatology, surgery

Sou Internal Medicine Clinic	1-21-4 Komone	03-3973-0711	E・K	Internal medicine, digestive medicine
Migita Clinic	1-25-10 Komone	03-3956-1577	E	Internal medicine, cardiology, pediatrics
Goto Children's Clinic	1-27-19 Komone	03-5917-8550	E	Pediatrics, Allergy
Tokyo Musashino Hospital	4-11-11 Komone	03-5986-3111	E	Psychiatry
Hayashi Clinic	4-28-14 Komone	03-3956-2090	E	Internal medicine, Diabetes, cardiology, digestive medicine, pediatrics, dermatology
Tokiwadai Muranaka Ophthalmology Clinic	4F Shinkotokiwa Bldg, 1-2-3 Tokiwadai	03-5915-2003	E*2	Ophthalmology
Hattori Medical Office	1-7-17 Tokiwadai	03-3960-5001	E	Internal medicine, Dermatology
Nakagawa Clinic	1-12-1 Tokiwadai	03-3969-9421	E	Ophthalmology
Tsutsumi Clinic	1-26-2 Tokiwadai	03-3965-7282	E	Dermatology, plastic surgery, allergies
Wada Clinic	1-40-12 Tokiwadai	03-3960-2562	E	Internal medicine, digestive medicine, surgery, orthopedics, proctology (colorectal), radiology, gastroenterology

Medical Institution	Address	Telephone	Languages	Medical Institution
Won Internal Medicine & Gastroenterology Clinic	1F-2-6-1 Tokiwadai	03-5915-5570	K	Gastroenterology, internal medicine, pediatrics
Iinuma Hospital	2-33-15 Tokiwadai	03-3960-0091	E	Psychiatry, Psychosomatic Medicine, Internal medicine
Kami Itabashi Matsuyama Internal Medicine Clinic	4-30-9 Tokiwadai	03-5922-1271	E	Internal medicine
Yumikura Clinic	1-7-12 Minami Tokiwadai	03-3956-1666	E	Cardiology, internal medicine, pediatrics
Kaneko Hospital	1-15-14 Minami Tokiwadai	03-3956-0145	E・C TA	Surgery, Orthopedics, internal medicine, proctology (colorectal), pediatrics, gastroenterology, brain surgery, anesthesiology
Kushimoto Dermatology	1-30-11 Minami Tokiwadai	03-3956-5249	E	Dermatology
Horita Clinic for Internal medicine and gastrointestinal endoscope	1F Wisteria Tokiwadai, 1-34-2 Minami Tokiwadai	03-6909-5705	E	Internal Medicine, Gastrointestinal Medicine, gastrointestinal endoscope
Ariga Pediatric Clinic	2-3-3 Minami Tokiwadai	03-3973-6151	G	Pediatrics
Minami Tokiwadai Otolaryngology Clinic	2-14-11 Minami Tokiwadai	03-3956-3371	E	Otolaryngology
Okuni Clinic	2-8-14 Kami Itabashi	03-3933-4346	E	Internal medicine, Pediatrics
Utsumi Clinic	11-10 Higashiyama-cho	03-3956-2482	E	Pediatrics, Internal medicine
Okinaga Ophthalmology Clinic	1-3 Shimizucho	03-3962-0929	E, G※2	Ophthalmology
Amaki Clinic	47-7 Shimizu-cho	03-3961-3913	E	Internal medicine, surgery, pediatrics, dermatology
Shinoto Clinic	20-14 Hasunuma-cho	03-3966-4901	E	Orthopedics, internal medicine
Hasuhana Kodomo Family Clinic	23-3 Hasunuma-cho	03-3960-8287	E	Pediatrics & Internal Medicine
Nakamura Clinic	1-12-6 Shimura	03-5948-7378	E	Internal Medicine
Kanaya Cosmetic Surgery & Back Bone, Bone Loss Treatment Clinic	2-10-1 Shimura 1F	03-3965-5252	E	Orthopedics, rheumatism, rehabilitation
Koda Otolaryngology Clinic	3-24-1 Shimura	03-3965-3387	E・C・T	Otolaryngology, head and neck medicine
Seishikai Hospital	1-40-2 Sakashita	03-3968-2621	E・C	Internal medicine, surgery
Tokuyama Internal Medicine & Surgery Clinic	3-12-10 Sakashita	03-3966-8737	E	Internal medicine, surgery
Shimurazaka Clinic	1-9-5 Higashi Sakashita	03-3966-6720	E	Internal/Cardiovascular/Digestive Medicine,

Nezu Clinic	2-3-6-101 Higashi-sakashita	03-5914-0236	E	Pediatrics, internal medicine, allergies, surgery
Itabashi Central General Hospital	2-12-7 Azusawa	03-3967-1181	E·C·※2	Internal medicine, Nephrology, Hematology, Diabetic tract medicine, Kidney surgery, Orthopedics, Rheumatism, Urology, Cardiovascular medicine, Pulmonary medicine, Respiratory Surgery, Surgery, Gastrointestinal medicine, Otolaryngology, Neurosurgery, Cranial nerve internal medicine, Obstetrics and gynecology, therapeutic radiology, Anesthesiology, Pediatrics, Ophthalmology, Dermatology, plastic surgery
Koda Orthopedics Clinic	2-25-9 Azusawa	03-3965-6588	C·T	Orthopedics, physical therapy
Kyojokai Clinic	2-26-8 Azusawa	03-3966-2577	E·F	Internal medicine, pediatrics, rehabilitation
Sawa Ophthalmology Clinic	4-8-15 Azusawa	03-5918-8775	E·G	Ophthalmology
Aoyama Clinic	A101-103 Sun City,3-27 Nakadai	03-3931-8888	E	Internal medicine, Orthopedics, Pediatrics
Sun City Otolaryngology	205, 3-27-7 Nakadai	03-5922-4187	E	Otolaryngology
Egao Children's' Clinic	3-31-3 Maenochō	03-5994-7250	E	Pediatrics, Allergies
Jiseikai Maeno Hospital	6-38-3 Maenochō	03-3969-1511	C·T	Internal medicine, digestive medicine
Akatsuka Ophthalmology Hayashi Clinic	1-24-5 Akatsuka Shinmachi	03-3938-8900	E	Ophthalmology
Akatsuka Internal Medicine Iga Clinic	1-24-5 Akatsuka Shinmachi	03-3976-1855	E	Internal medicine, cardiology
Hikarigaoka Clinic	3-32-12-204 Akatsuka Shinmachi	03-5968-3030	E	Internal medicine, cardiology
Kimura Orthopedics Clinic	1-47-7 Misono	03-3977-1351	E	Surgery, Orthopedics
Ito Internal Medicine & Pediatrics Clinic	1-17-10 Narimasu	03-3930-5114	E	Internal medicine, pediatrics
Narimasu-Ekimae Kawai Hifuka (Dermatology)	Narimasu 2F 3A, "Hyrick" 2-17-13 Narimasu	03-3938-1112	E·C·T	Dermatology
Tanabe Orthopedic Surgery Clinic	101 Unibel Building, 3-2-16 Narimasu	03-5998-0061	E	Orthopedics
Kobayashi Hospital	3-10-8 Narimasu	03-3930-7077	E	Surgery, internal medicine, digestive medicine, neurosurgery
Kawada Dermatology Clinic	3-48-23-2F Narimasu	03-5968-3533	E	Dermatology Allergology
Eguchi Ophthalmology Clinic	2-6-1 Tokumaru, Aeon Itabashi 4F	03-3937-1239	E	Ophthalmology

Medical Institution	Address	Telephone	Lang- uages	Medical Institution
Nagase Clinic	2-20-12 Tokumaru	03-3932-1050	E	Orthopedics, rheumatology
Neya Internal Medicine Clinic	5-3-22 Tokumaru	03-5922-5100	E	General internal medicine, cardiology, surgery
Hasune Medical Clinic	2-10-1 Hasune	03-3966-0341	E	Orthopedics, surgery, internal medicine, pediatrics
Kato Orthopedics Clinic	2-22-18 Hasune	03-3965-7005	E	Orthopedics, physical therapy
Sawada Ophthalmology Clinic	2-31-3-101 Hasune	03-3558-9667	E	Ophthalmology
Suzuki Internal Medicine Clinic	Lions Plaza Nishidai Stn.1F, 3-9-11 Hasune	03-5918-9968	E	Internal medicine
Nishidai Murase Orthopedics Clinic	3-14-8 Hasune	03-5970-1222	E	Orthopedics
Nishidai Clinic	3-33-10 Nishidai	03-3934-5558	E	Internal medicine, dermatology
Takashimadaira Clinic	1-12-11 Takashimadaira	03-3936-4164	E・S	Gynecology and obstetrics, pediatrics
Takashimadaira Chuo General Hospital	1-73-1 Takashimadaira	03-3936-7451	E・C	Internal medicine, cardiovascular internal medicine, respiratory internal medicine, diabetes/endocrine secretion/metabolism internal medicine, nephrology, Nephrology (Dialysis), gastroenterological medicine, surgery, gastroenterological surgery, breast surgery, colorectal surgery, vascular surgery, orthopedic surgery, neurosurgery, plastic surgery, urology, Urology (Dialysis), pediatrics, dermatology, ophthalmology, otolaryngology, anesthesiology, radiology, rehabilitation
Takashimadaira Ryu Clinic	2-21-6 Takashimadaira	03-3931-5311	C・T	Internal medicine, orthopedics
Takashimadaira Ni- Chome Orthopedics Clinic	2-22-2 Takashimadaira	03-5399-1231	E	Orthopedics, internal medicine, physical therapy, anesthesiology
Uchida Clinic	2-26-2-112 Takashimadaira	03-3936-8790	E	Pediatrics, Internal Medicine, Dermatology
Itabashi City Physicians Association Hospital	3-12-6 Takashimadaira	03-3975-8151	E	Internal medicine, surgery, orthopedics, gynecology and obstetrics, pediatrics, urology, otolaryngology, ophthalmology, dermatology, rehabilitation
Takayama Orthopedics Clinic	1F-8-14-11 Takashimadaira	03-3931-8653	E	Orthopedics, physical therapy



## Emergency Hospital Care

This is a list of hospitals that have emergency services available on weekday nights, Sundays and holidays. Please remember to take your health insurance card with you. Whenever possible, contact the hospital you are planning to go beforehand to confirm you can receive treatment.

\*As of September 30, 2023. See the Official Website of Tokyo Metropolitan Government for the latest information.

[https://www.hokeniryo.metro.tokyo.lg.jp/iryo/kyuukyuu/kyukyu\\_shinryo/kyuukyuuitiran.html](https://www.hokeniryo.metro.tokyo.lg.jp/iryo/kyuukyuu/kyukyu_shinryo/kyuukyuuitiran.html)

### Emergency Medical Facilities (listed by area)

Medical Institution	Address	Telephone
Azusawa Hospital	1-6-8 Azusawa	03-3966-8411
Itabashi Central General Hospital	2-12-7 Azusawa	03-3967-1181
Nihon University Itabashi Hospital.	30-1 Oyaguchi Kami-cho	03-3972-8111
Tazaki Hospital	5-3 Oyama Nishi-cho	03-3956-0864
Teikyo University Hospital	2-11-1 Kaga	03-3964-1211
Tokyo Musashino Hospital	4-11-11 Komone	03-5986-3111
Toshima Hospital	33-1 Sakae-cho	03-5375-1234
Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology	35-2 Sakae-cho	03-3964-1141
Seishikai Hospital	1-40-2 Sakashita	03-3968-2621
Takashimadaira Central General Hospital	1-73-1 Takashimadaira	03-3936-7451
Itabashi City Physicians Association Hospital	3-12-6 Takashimadaira	03-3975-8151
Tokiawadai Surgery Hospital	2-25-20 Tokiwadai	03-3960-7211
Ims Memorial Hospital	4-25-5 Tokiwadai	03-3932-9181
Kamiitabashi Hospital	4-36-9 Tokiwadai	03-3933-7191
Yasuda Hospital	1-13-9 Narimasu	03-3939-0101
Kobayashi Hospital	3-10-8 Narimasu	03-3930-7077
Meirikai Tokyo Yamato Hospital	36-3 Hon-cho	03-5943-2411
Kaneko Hospital	1-15-14 Minami Tokiwadai	03-3956-0145
Fujimi Hospital	14-16 Yamato-cho	03-3962-2431
Ukima Funado Hospital	1-17-1 Funado	03-5994-5111
Tobu Nerima Central Hospital	3-19-1 Tokumaru	03-3934-1611

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# Taxes

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## **What are Taxes?**

Government and municipal works relate to our daily life in many ways. The national government is engaged in infrastructure development and enforcement of economic and diplomatic policies that affect us on a national level, whereas municipalities cover welfare, education, health services, police and fire station services etc., which are managed at the community level. We share the burden in the form of taxes in exchange for these services.

### **▶Inquiries:**

#### **Residential Taxes, Taxation Section,**

City Office North Building 3F #12 TEL: 03-3579-2101

#### **Light Motor Vehicle Taxes**

City Office North Building 3F #13 TEL: 03-3579-2095

#### **Income Taxes, Income Tax Report**

Itabashi Tax Office, 35-1 Oyama Higashi-cho, Itabashi-ku TEL: 03-3962-4151

#### **Fixed Asset Taxes**

##### **Tokyo Metropolitan Government Tax Office, Itabashi Branch**

44-8 Oyama Higashi-cho, Itabashi-ku TEL: 03-3963-2111

#### **Motor Vehicle Tax**

##### **Metropolitan Taxes General Office Center**

6-13-10 Toyotama-kita, Nerima-ku TEL: 03-3525-4066

## **(1) Income-based Tax**

There are various kinds of taxes, among which Resident Tax (local tax) and Income Tax (national tax) are particularly directly related to each individual. The two taxes are different in rate and the former is based on the previous year's income while the latter on the current year's income.

### **①Resident Tax (*jumin-zei*)**

#### **Taxpayers**

Itabashi Resident Tax must be paid regardless of nationality if you were residing in Itabashi City as of January 1<sup>st</sup> and earned personal income during the previous year.

#### **Declaration**

Please make a declaration of the previous year's income, etc. at Itabashi City Office Taxation Section, from February 16<sup>th</sup> to March 15<sup>th</sup> of every year. Exceptions apply to those who have already filed an Income Tax report at the Tax Office, or if you have received only employment income which has already been declared to the Tax Office through your workplace. Tax forms are available at the Taxation Section Counter.

#### **Methods of Tax Payment**

There are two ways by which one can pay Resident Tax: "Ordinary Collection", where taxes are directly paid by taxpayers, and "Special Collection", where taxes are paid on behalf of the individual through the workplace.

### **▶Ordinary Collection (*futsu choshu*)**

Resident Tax is calculated based on your tax declaration. Tax payment notification letter and tax payment slips will be mailed to your house around June 10<sup>th</sup>. The payment due dates are set for June, August and October of the same year and January of the following year. Taxes may be paid at City Office, City Bureau, convenience stores, Smartphones and financial institutions.

▶**Special Collection from Salaries (*tokubetsu choshu*)**

Salaried workers will be notified by City Office through their workplace (or the place paying their salary) by notification letter of the amount of Resident Tax to be paid via Special Collection. Tax payments are then deducted from your salary every month (twelve payments from June to May of the following year), and companies undertake tax payments on behalf of the worker.

▶**Special Collection from Public Pensions**

Residential Tax can be collected on public pensions via Special Collection from that year's public pension.

②**Income Tax (*shotoku-zei*) and Income Tax Report (*kakutei shinkoku*)**

▶ **Itabashi Tax Office** 35-1 Oyama Higashi-cho, Itabashi-ku

TEL: 03-3962-4151 URL: <http://www.nta.go.jp/>

Income tax is a national tax handled by the Tax Office. You are required to file an income tax return when you have earned income, as all your individual income for the year is subject to Income Tax. Income Tax reports should be submitted to the Itabashi Tax Office from February 16<sup>th</sup> to March 15<sup>th</sup>. Please refer to the National Tax Agency website for details.

**(2) Asset-Based Taxes**

①**Municipal Property Tax (*kotei shisan-zei*)**

▶ **Tokyo Metropolitan Government Tax Office, Itabashi Branch**

44-8 Oyama Higashi-cho, Itabashi-ku TEL: 03-3963-2111

Municipal property tax is collected from those who owned land, houses or other depreciable assets as of January 1<sup>st</sup>, and is collected by the Tokyo Metropolitan Government Tax Office. The amount of tax payable is based on the assessed value of assets.

②**Motor Vehicle Classified Tax (*futsu jidosha-zei*)**

▶ **Metropolitan Taxes General Operation Center**

6-13-10 Toyotama-kita, Nerima-ku TEL: 03-3525-4066

Motor vehicle tax is paid by those who own motor vehicles as of April 1<sup>st</sup>.

③**Light Motor Vehicle Classified Tax (*kei jidousha-zei*)**

▶ **Taxation Section, Tax Affairs Subsection,**

Itabashi City Office North Building 3F #13 TEL: 03-3579-2095

Light Motor Vehicle Tax is paid by those who own motorcycles or light cars as of April 1<sup>st</sup>. Individuals who wish to purchase a new car or dispose of their old one are required to go through the proper procedures. Those who have not done so when disposing of their light-motor vehicles are subject to tax.

**(3) Consultation on payment**

▶ **Inquiries: Tax Payment Section**

Itabashi City Office North Building 3F #11 TEL: 03-3579-2138

In case of finding difficulty to pay Resident Tax and/or Motor Vehicle Classified Tax/ Light Motor Vehicle Classified Tax, City office is ready to consult regarding how to pay, including installment plans, etc.

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## Registering and Disposing of Motorcycles and Light Vehicles

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### (1) Procedures for Motorcycles under 125 cc

▶ **Tax Affairs Subsection, Taxation Section**

City Office North Building 3F #13 TEL: 03-3579-2095

#### **Registration**

Individuals are required to present the following documents and receive a license plate when purchasing or transferring ownership of motorcycles.

- ▶ Sales receipt or disposal slip and receipt of transfer of ownership
- ▶ Seal and personal identification (My Number Card, Resident Card or driver's license)

#### **Disposal**

If you dispose of or transfer ownership of a motorcycle or move out of Itabashi City, you are required to notify City Office with the following documents.

- ▶ License plate of the motorcycle
- ▶ Registration certificate of the motorcycle
- ▶ Seal and personal identification (My Number Card, Resident Card or driver's license)

### (2) Procedures for Registration and Disposal of Other Motor Vehicles

Procedures for the following types of vehicles are not handled by the Itabashi City Office.

Please inquire with each office in charge as below.

<b>Vehicle Types</b>	<b>Organizations in Charge</b>	<b>Locations, Telephones</b>
Light motor vehicles (three- or four-wheel, 660cc and under)	Nerima Branch, Tokyo Supervisory Office, Light Motor Vehicle Inspection Association	1-12-24 Shingashi, Itabashi-ku <u>TEL</u> :050-3816-3101
Light two-wheel vehicles (125cc and above and 250cc and below) Small two-wheel vehicles (250cc and above) Ordinary motor vehicles (four-wheel)	Nerima Motor Vehicle Inspection and Registration Office, Tokyo District Land Transport Branch, Kanto Transport Bureau	2-8-6 Kitamachi, Nerima-ku <u>TEL</u> :050-5540-2032

# 4 Welfare



Living Information for International Residents of Itabashi City

## ◆ Welfare Services for Elderly People and People with Disabilities

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## Nursing Care Insurance

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The nursing care insurance (*kaigo hoken*) system was designed as a way of providing nursing care through mutual assistance by sharing its related costs. Individuals who have been certified as being in need of care are able to access the services they need, and recipients of the services bear a portion of the expenses incurred (10-30% depending on income).

### (1) Enrollment in Nursing Care Insurance

▶**Inquiries:** *Qualifications & Insurance Premiums Subsection, Nursing Care & Insurance Section, City Office North Building 2F #14 TEL: 03-3579-2359*

All registered foreign residents aged 40 years or older and legally permitted to stay in Japan for longer than three months are required to join the nursing care insurance scheme.

Those who are over 65 years of age are primary participants, and those between 40 to 64 years of age are secondary participants. Nursing Care Insurance Cards are sent to the primary care participants. Please inquire the Nursing Care & Insurance Section in case the card is not with you regardless of your eligibility.

### (2) Payment of Premiums (*hoken-ryo*)

▶**Inquiries:** *Qualifications & Insurance Premiums Subsection, Nursing Care & Insurance Section, City Office North Building 2F #14 TEL: 03-3579-2359*

#### ▶Primary Participants

Those who receive old-age pensions, retirement pensions etc. totaling more than ¥180,000 annually have their premiums deducted automatically from their pensions. Other eligible participants are required to pay with payment notice slip or via bank transfer. For those who find it difficult to pay premiums temporarily due to such special reasons as disaster, there are systems for extension of collection, reducing the amount and exemption.

\*There are systems to apply reducing the amount for those who make a living difficult.

#### ▶Secondary Participants

Premiums are collected in a lump sum along with medical insurance premiums. The amount differs depending on the insurer.

### (3) Qualifying for Nursing Care Insurance

▶**Inquiries:** *Certification Subsection, Nursing Care & Insurance Section, Information Processing Center 3F TEL: 03-3579-2441*

In cases where individuals need care or help in daily life, please inquire the Itabashi Nursing Service, the City Office as it is necessary to decide to what extent care is needed.

- ▶ the application for care may be submitted in his/her place by one of the family members, home care providers or nursing care institutions.
- ▶ Applicants are notified of the result within approximately 30 days from the date of application.

### (4) Service charges

▶**Inquiries:** *Benefits Subsection, Nursing Care & Insurance Section, City Office North Building 2F #14 TEL: 03-3579-2356*

- ▶ Nursing care insurance covers 90-70% of the costs incurred depending on income; insureds' copayments bear the remaining 10-30%.
- ▶ Additional costs incurred when using care facilities (e.g. Meals and residence fees) are the responsibility of the insurer in addition to the above copayments of 10-30%.

## (5) Over 65s “Genki” (Vital Functions) Check

► **Inquiries:** *Senior Citizens Health & Welfare Center, 4-16-1 Maenochō, Itabashi-ku*

TEL: 03-5970-1117

- Wellbeing checks using the “Genki” (Vital Functions) check-sheet are offered to over 65s who are not certified as in need of care or support under the Nursing Care Insurance Scheme at Elderly Consultation Center to facilitate early detection of loss of mental and physical functions. Based on the data, information about “preventive care” workshops and services for independent living are offered for use.

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## Welfare Services for People with Disabilities

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Individuals who have been issued with a physical, intellectual, or mental disability certificate etc. are eligible to receive various services depending on the degree of their disability.

### Physical Disability Certificate (*shintai shogai-sha techo*)

► <b>Inquiries:</b>	<i>Disability Support Subsection, Itabashi Social Welfare Office</i>	<i>2-66-1 Itabashi, Itabashi-ku</i>	<u>TEL:</u> 03-3579-2460
	<i>Disability Support Subsection, Akatsuka Social Welfare Office</i>	<i>6-38-1 Akatsuka, Itabashi-ku</i>	<u>TEL:</u> 03-3938-5118
	<i>Disability Support Subsection, Shimura Social Welfare Office</i>	<i>2-28-1 Hasune, Itabashi-ku</i>	<u>TEL:</u> 03-3968-2337

This Certificate is issued to those who are physically disabled, suffering from orthopedic, visual, auditory, vocal, linguistic, cardiac, renal, liver, respiratory, rectal, digestive, bladder or immunity impairments. The certificate is issued based on diagnosis by doctors who have been specially approved to do so under welfare laws for the disabled, with classification ranging from 1 to 7 according to the severity of their disability.

### (2) Intellectual Disability Certificate (*ai no techo*)

► **Inquiries:** *All Social Welfare Centers*

This is issued to those who are intellectually challenged. The level of disability is classified on a scale of 1 (the most serious case) to 4 (mild case). For individuals under 18 years old they are issued by Itabashi Children and Families Support Center for the physically and mentally disabled (TEL: 03-5944-2374). For individuals over 18 years old they are issued by the Tokyo Metropolitan Government Rehabilitation Center for the physically and mentally disabled (TEL: 03-3235-2961).

### (3) Mental Disability Certificate (*seishin shogai-sha hoken fukushi techo*)

► **Inquiries:**

- **Itabashi Health & Welfare Center** 32-15 Oyama Higashi-cho, Itabashi-ku (inside Itabashi City Public Health Center), TEL: 03-3579-2333
- **Kami-itabashi Health & Welfare Center** 3-18-6 Sakuragawa, Itabashi-ku, TEL: 03-3937-1041
- **Akatsuka Health & Welfare Center** 1-10-13 Akatsuka, Itabashi-ku, TEL: 03-3979-0511
- **Shimura Health & Welfare Center** 2-5-5 Hasune, Itabashi-ku, TEL: 03-3969-3836
- **Takashimadaira Health & Welfare Center** 3-13-28 Takashimadaira, Itabashi-ku, TEL: 03-3938-8621

This is issued to those who are mentally challenged and have difficulties with daily or social life. The classification is made on a scale of 1 to 3.

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## Welfare Services for the Elderly

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### (1) Latter-Stage Elderly Healthcare System

► **Inquiries:** *Latter-Stage Elderly Healthcare System Section,*  
*City Office North Building 2F #13 TEL: 03-3579-2373*

The Latter Stage Elderly Healthcare System (*koki korei-sha iryo seido*) is a health insurance system that all registered residents aged 75 years or older are required to join. By submitting the Health Insurance Card, the payment of medical expenses becomes either 10%, 20%, or 30% of the total amount.

Insurance premiums are borne by all enrolled individuals. As with Nursing Care Insurance, in principle, premiums are deducted automatically from pension payments. However, depending on various conditions such as the amount of pension etc., in some cases you may be requested to pay by payment slip or automatic bank transfer.

Besides when a subscriber dies, a certain amount of benefit is provided to the person who performed funeral service.

### (2) “Respect for the Aged Week” Events

► **Inquiries:** *Senior Citizens' Activity Support Subsection, Long-Lived Society Promotion Section,*  
*City Office North Building 2F #16*  
*TEL: 03-3579-2376*

Itabashi City is pleased to offer a gift to those aged 88, 95, 100 and over 101 years old to honor the elderly and celebrate longevity.

### (3) Respect for the Elderly Bathing Project

► **Inquiries:** *Senior Citizens' Activity Support Subsection, Long-Lived Society Promotion Section,*  
*City Office North Building 2F #16*  
*TEL: 03-3579-2376*

Bathing coupons for the elderly which can be used at public baths in Itabashi and some in Kita City are issued to City residents over 70 years old. Application forms are available at the local public baths as well as Residents' Offices and Regional Centers. Fill in the form and submit it to the Long-Lived Society Promotion Section. A certificate is mailed to applicant which can be exchanged for bathing coupons.

### (4) Welfare Services for the Elderly

► **Inquiries:** *Latter-age Guidance Subsection, Longevity Society Promotion Section, City Office North Building 2F #15, TEL: 03-3579-2464*

For people aged 65 and over, the following items are provided or partially assisted: paper nappies, daily living equipment, hairdressing services, emergency call systems, installation of furniture fall prevention equipment, and hearing aid purchase costs.

### (5) Housing for the Elderly (*Keyaki-en*)

► **Inquiries:** *Housing Policy Section, City Office North Building 5F #14, TEL: 03-3579-2187*

*Keyaki-En* is a City-owned rental housing equipped with elderly-friendly facilities and helpers for people over 65 years old who are experiencing housing difficulties. Tenant recruitment is conducted once a year (around the end of May). Tenants are selected by lottery. Please inquire the Housing Policy Section for details.



## **(6) Consultation Center for the Elderly (Community Comprehensive Support Center)**

▶ **Inquiries:** *Senior Citizens' Health & Welfare Center, 4-16-1 Maeno-cho TEL: 03-5970-1119*

The Center is a comprehensive consultation office that provides support so that the elderly can continue to live in their own homes and communities with peace of mind. Consultation is available for elderly people themselves, as well as their families and local residents, on any problems or concerns they may have, such as preventive nursing care and daily living. There are 19 Consultation Centers located throughout the city. For more information, please contact the consultation center in charge of the community where you live.

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## **Livelihood Support**

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▶ **Inquiries:**

**Itabashi Social Welfare Office**, General Consultation Subsection  
36-1 Sakae-cho, Itabashi-ku (Green Hall 3F) TEL: 03-3579-2322

**Akatsuka Social Welfare Office**, General Consultation Group  
6-38-1 Akatsuka, Itabashi-ku TEL: 03-3938-5126

**Shimura Social Welfare Office**, General Consultation Group  
2-28-1 Hasune, Itabashi-ku TEL: 03-3968-2331

## **Life Support and Welfare Funds**

### **(1) Tokyo Metropolitan Single Mother and Single Father Welfare Foundation**

Single-parent families who have lived in the Tokyo metropolitan area for over 6 months with dependent children under 20 years old are eligible for special loans in cases of financial need such as for business start-up costs, daily life, house repairs, medical treatment/nursing, school entrance fees and new employment. The annual interest is set at 0% or a very low rate, and the repayment period is from 3 to 20 years.

### **(2) Welfare Funds for Women**

Single women under 25 years old or women over 25 years old who support their families are eligible for a special loan in cases of financial need, such as for business start-up costs, daily life, housing, school entrance. The annual interest is set at 0% or a very low rate and the repayment period is from 7 to 20 years.

※Applications for Welfare Fund Loans is judged; not all applications may be accepted.

## **Counseling for Livelihood Support**

The general consultation counters at Social Welfare Offices offer consultation for those who are having trouble making a living. Please feel free to contact them.

### **(1) Livelihood Support for those with Financial Difficulties (Applicable to Foreign Residents)**

Livelihood support is a system based on the Livelihood Protection Law designed to safeguard the livelihood of those with Japanese nationality who are experiencing lifestyle difficulties due to illness etc. using their own abilities and other methods. This law also is applicable to foreigners with specified residence statuses. You are to be interviewed to determine whether you are eligible for support or not. Even if you are not eligible, social workers will work with you to consider ways of assistance. In order to receive support, you are questioned the following:

- Residence status

- Family matters (parents, children, and siblings)
- Lifestyle (income, occupation, etc.)
- Residence (house owner, public housing, private housing, others)
- Assets (real estate, deposits and saving, life insurance, etc.)
- History of illness etc.

The law stipulates that the following should be prioritized and conducted prior to granting livelihood support.

- Utilization of assets, abilities and other possible ways of making a living
- Aliment from support obligors (i.e. Support from family/relatives etc.)
- Subsidies provided by other laws

## **(2) Counseling for Women**

Counselling on women's issues and appropriate support is available in order to ensure that women can be financially and socially independent. Please feel free to request for help in case of domestic violence, problems related to pregnancy or childbirth, or seeking shelter.

## **(3) Family Counseling**

Counselling is available on family relationship and life at home (divorce, marriage registration, recognition of illegitimate children)

- ▶ Mondays, Wednesdays, Fridays 13:00PM -17:00PM

## **(4) Consultation for Returnees from China**

Consultation is available for returnees from China.

Itabashi Welfare Office ※By appointment. Please consult in advance.

Akatsuka Welfare Office ▶ Tuesdays 9:00AM -17:00PM

Shimura Welfare Office ▶Wednesdays 9:00AM - 17:00PM

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## **Single-Parent Support**

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Itabashi City offers various services for single-parent households raising children. Counselling on women's issues and appropriate support is available to ensure that women can be financially and socially independent. For details, please refer to leaflet #② in this series, *Childbirth · Children · Education*.

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## **Itabashi Life Support Center**

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▶ **Inquiries:** *Itabashi Life Support Center*

*Itabashi Main Office 4F Green Hall 36-1 Sakae-cho, Itabashi-ku      Tel. 03-6912-4591*

*Akatsuka Branch c/o Akatsuka Welfare Office 6-38-1 Akatsuka, Itabashi-ku      Tel. 03-6904-1332*

*Shimura Branch c/o Shimura Welfare Office 2-28-1 Hasune, Itabashi-ku      Tel. 03-5948-7088*

The Center offers counselling on issues concerning daily life, employment, household finances, debt, etc. Specialists coordinate with other organizations to create suitable plans for individuals in need of assistance.

▶Business days: Monday-Friday

▶Hours: Itabashi Main Office 9:00~19:00  
Akatsuka Branch·Shimura Branch 9:00~17:00

# 5 Rules for Living



Living Information for International Residents of Itabashi City  
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## ◆ For a Pleasant Life and Community

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## Community Associations

### (1) Town/Residents' Associations

► **Inquiries:**

<i>Itabashi Community Center</i>	<i>3-14-15 Itabashi, Itabashi-ku</i>	<i>03-3963-5049</i>
<i>Kumano Community Center</i>	<i>40-9 Kumano-cho, Itabashi-ku</i>	<i>03-3959-4115</i>
<i>Nakajuku Community Center</i>	<i>12-10 Hikawa-cho, Itabashi-ku</i>	<i>03-3963-1621</i>
<i>Nakacho Community Center</i>	<i>20-5 Naka-cho, Itabashi-ku</i>	<i>03-3958-1101</i>
<i>Fujimi Community Center</i>	<i>3-1 Fujimi-cho, Itabashi-ku</i>	<i>03-3962-9281</i>
<i>Oyaguchi Community Center</i>	<i>2-12-5 Oyaguchi, Itabashi-ku</i>	<i>03-3959-4130</i>
<i>Tokiwadai Community Center</i>	<i>4-14-1 Tokiwadai, Itabashi-ku</i>	<i>03-3559-6560</i>
<i>Shimizu Community Center</i>	<i>16-16 Izumi-cho, Itabashi-ku</i>	<i>03-3969-7564</i>
<i>Shimura Sakaue Community Center</i>	<i>2-19-15 Azusawa, Itabashi-ku</i>	<i>03-3969-7577</i>
<i>Nakadai Community Center</i>	<i>1-44-8 Nakadai, Itabashi-ku</i>	<i>03-3932-9990</i>
<i>Hasune Community Center</i>	<i>2-18-1 Sakashita, Itabashi-ku</i>	<i>03-3969-5723</i>
<i>Funado Community Center</i>	<i>3-19-8 Funado, Itabashi-ku</i>	<i>03-3558-4193</i>
<i>Maeno Community Center</i>	<i>4-6-1 Maeno-cho, Itabashi-ku</i>	<i>03-3969-0307</i>
<i>Sakuragawa Community Center</i>	<i>2-45-6 Toshin-cho, Itabashi-ku</i>	<i>03-3974-3180</i>
<i>Shimo-akatsuka Community Center</i>	<i>6-38-1 Akatsuka, Itabashi-ku</i>	<i>03-3938-5116</i>
<i>Narimasu Community Center</i>	<i>3-11-3-405 Narimasu, Itabashi-ku</i>	<i>03-5998-6881</i>
<i>Tokumar Community Center</i>	<i>3-35-15 Tokumar, Itabashi-ku</i>	<i>03-3932-5370</i>
<i>Takashimadaira Community Center</i>	<i>3-12-28 Takashimadaira, Itabashi-ku</i>	<i>03-3938-1392</i>

Town and residents' associations are organizations run by residents which are active at community level. There are currently more than 200 such organizations in Itabashi. The main activities of these organizations include acting as liaisons with the administration; disaster, crime and fire prevention; clean-up campaigns and recycling; youth development etc. They also organize various events such as festivals and excursions in addition to many other events to promote friendly relations among residents. Joining these organizations is optional. If you are interested in becoming a member, contact one of the community centers in your area or inquire of your neighbors.

## **(2) How to build good relationships with your neighbors**

- ① Communications between neighbors is usually highly valued in Japanese society. When you move to a new neighborhood, visit your neighbors (at least the ones living directly next door) to introduce yourself.
- ② Attending various events in your neighborhood.
- ③ As many Japanese people are not used to communicate with international residents, they may feel hesitant to speak as the first step. Please try to speak to the Japanese people when you have the opportunity.

## **(3) Volunteer and NPO Activities**

### **Itabashi General Volunteer Center**

▶ **Inquiries:** *Itabashi General Volunteer Center Office* TEL: 03-5944-4601

The Center provides information and consultation about NPO/volunteer activities and manages rental rooms for volunteer groups.

**Address:** 24-1 Hon-cho, Itabashi-ku (7 minutes from Itabashi Hon-cho Station, Toei Mita line)

**Closed:** During New Year holiday and on inspection days

**Service Hours:** 9:00AM-21:30PM

**Consultation Hours:** 9:00AM-17:00PM Tuesday to Saturday

## **(4) Club Activities**

▶ **Inquiries:** *Lifelong Learning Section, Board of Education*, City Office North Building 6F #15

TEL: 03-3579-2633

There are also many different clubs that are organized by members in Itabashi. Members of the clubs share similar interests such as culture, hobbies, sports, recreations etc. Joining one of these clubs is a good way to start communicating with other residents.

# How to separate waste and recyclables

► **Inquiries: East Itabashi Sanitation Office, 2-20-9 Higashi Sakashita, Itabashi-ku**

TEL: 03-3969-3721

Areas administered: Other areas administered by the West Itabashi Sanitation Office below

**West Itabashi Sanitation Office, 1-16-1 Tokumaru, Itabashi-ku**

TEL: 03-3936-7441

Areas administered: Akatsuka, Akatsuka-Shinmachi, Shingashi, Daimon, Takashimadaira, Tokumaru, Nakadai, Narimasu, Nishidai, Misono, Yotsuba, and Wakagi

**Resource Recycling Promotion, City Office North Building 7F #11**

TEL: 03-3579-2218

## (1) Waste disposal

In Itabashi, waste is collected from designated places (called Collection Points) (oversize garbage is collected in a different way. See the table below for details.). There are rules on how to dispose of garbage. Please use the designated Collection Point. If you do not know where to dispose of your garbage, please inquire the owner of the apartment, the management company (a real estate agent), or your next-door neighbors.

Please separate garbage into recyclable, combustible, and noncombustible. Please deliver to the Collection Point by 8:00 a.m. on the morning of the day of collection. Please do not dispose of garbage after collection is finished, on days when collection is not scheduled, or at night.

Collection days vary depending on your residential address. Please check the signboard at the Collection Point or inquire at the City Office or Sanitation Office. If you have any questions or problems about how to separate resources from garbage, or how to dispose of garbage, please contact the Sanitation Office in charge.

The maximum amount of garbage that can be disposed of in one collection is two to three garbage bags. If you wish to dispose of more than this, please inquire Sanitation Office for advice.


To those who dispose of garbage from their work

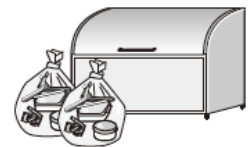
There is a charge applied for resources and garbage generated at work. You are required to purchase a fee-based garbage disposal ticket, “Shoriken” and affix it to your garbage bag. Please contact Sanitation Office before you send your work-related garbage to the city collection.

Illegal waste dump is a crime!





## How to Separate Waste



<b>Recyclable Waste (shigen)</b>	<b>Once per week</b>	<b>Used Papers</b>	Newspapers, advertising leaflets, magazines, books including textbooks, cardboard	<ul style="list-style-type: none"> <li>▶ If there is more than one, be sure to fold and tie them together with string in a crisscross pattern before putting them out.</li> <li>▶ Special kinds of paper such as vinyl-coated paper, carbon paper and smelt and heavily dirty paper should be included in combustible waste.</li> </ul>
			Corrugated cardboard	If there is more than one, be sure to fold and tie them together with string in a crisscross pattern before putting them out.
			Milk carton	Rinse with water, cut open, and dry well. If there is more than one package, be sure to fold and tie them together with string in a crisscross pattern before putting them out. ※Put out as combustible waste if there is aluminum foil coating inside or with a cap.




<b>Recyclable Waste (shigen)</b>	<b>Once per week</b>	<b>Used Papers</b>	Miscellaneous papers (Paper-boxes, paper-bags, and printing papers, etc.)	If there is more than one, be sure to fold and tie them together with string in a crisscross pattern before putting them out. Or put them in a paper bag or other container. *Remove other than paper.
		<b>Glass Bottles</b> (from food and beverages)		<ul style="list-style-type: none"> <li>▶ Wash with water before placing in the yellow recycling box.</li> <li>▶ All glass except food and drink receptacles, broken bottles, bottles with oil stains, glasses, cups, ceramics or chinaware and mirrors should be disposed of as non-combustible waste.</li> </ul>
		<b>Cans</b> (from food and beverages) *metal caps from cans and metal can lids included		<ul style="list-style-type: none"> <li>▶ Wash with water before placing them in the blue recycle box.</li> <li>▶ Spray cans, paint cans, etc. must be completely emptied and placed with non-combustible waste.</li> </ul>
		<b>Plastic Bottles</b>  PET (identification mark)		<ul style="list-style-type: none"> <li>▶Plastic bottles with the mark on the left</li> <li>▶Take off the cap and label</li> <li>▶Rinse the inside of the bottle</li> <li>▶Please crush the plastics before placing them in a special collection net, etc.</li> </ul> *Ensure to dispose of removed plastic caps and labels as resources (plastic).
		Plastics Products made entirely of plastic materials ◆We recommend that you use the container and packaging plastic mark shown aside as a guide for sorting. «Packaging for confectionery bags and retort-pouch foods, containers for cup noodles, lunch boxes, eggs, etc., caps, for plastic bottles, bottles and tubes for shampoo and detergents, etc. ◆Plastic products «plastic hangers, CDs, DVDs, plastic containers, plastic buckets, etc.		Plastics, which used to be classified as "combustible garbage," will become a "recyclable resource" effective April 2024. Please put plastics into transparent or semi-transparent bags with visible contents and tie the bag up. ◆Do not double bag the bag. If the plastic is dirty, wipe with a cloth or rinse with water to remove the dirt. If the color of the food is still present on them, they can be disposed of as garbage. ◆Please do not put them in the garbage storage boxes installed in housing complexes, etc., but place them outside. ◆The following items will not be collected as resources. Plastic that cannot be cleaned (disposed of as combustible waste) Plastics that contain metal or knives (classified as non-burnable trash) Plastics used for home medical treatment (as non-burnable waste) Items with a maximum size of 30cm or more (as oversized garbage) Mobile batteries (small rechargeable batteries, put in recycling boxes at recycling cooperative stores) Injection needles used for home medical care (please inquire the medical institution)





<p><b>Combustible Waste</b> (<i>kanen gomi</i>)</p>	<p><b>Three times per week</b></p>	<p><b>Kitchen waste, paper waste, wood, dirty plastics, leather, rubber, etc....</b></p> <ul style="list-style-type: none"> <li>* Vegetables, seashells, eggshells</li> <li>* Cooking oil (Soaks into paper and fabric but hardens with a coagulant)</li> <li>* Diapers (after removing excrement)</li> <li>* Plastic (bento boxes, polystyrene, medicine sheets and bags including aluminum foil, pastry bags, noodle cups, CDs and floppy disks, videotapes, Cling-film/cellophane food wrap, mayonnaise tubes, etc....)</li> <li>* Rubber (Rubber gloves, balls, etc....)</li> <li>* Leather items (Shoes, bags, etc....)</li> <li>* Small branches (up to 10cm in diameter/ 50cm in length) and leaves (up to 2 or 3 bags at one time of either or both types)</li> <li>* Refrigerants/drying agents, pet litter</li> <li>* Clothes</li> <li>* Drink packs with inner aluminum lining</li> </ul>	<ul style="list-style-type: none"> <li>▶ Use lidded containers or official transparent or semi-transparent waste bags. (Do not use cardboard boxes or paper bags)</li> <li>▶ Remove as much liquid as possible from food-related kitchen waste.</li> <li>▶ Clean off oil from pots and other kitchen utensils using paper or special coagulants.</li> <li>▶ Make sure to remove the soiled parts from diapers before throwing them away.</li> <li>▶ Sharp objects such as skewers must be wrapped in paper and labeled “キケン” (dangerous).</li> <li>▶ Shredded papers of domestic use should be labeled “家庭用” (“domestic”) before being put out.</li> <li>▶ Other waste that is left over or produced as a result of home medication by doctor and nurse: Please inquire of the disposal procedures at the sanitation office.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Lidded containers</p> </div> <div style="text-align: center;">  <p>Transparent or semi-transparent bags (Ensure the bag is well sealed)</p> </div> </div>
<p><b>Non-Combustible Waste</b> (<i>funen gomi</i>)</p>	<p><b>Two times per month</b></p>	<p><b>Glass, ceramic and porcelain, small metallic items, electrical goods less than 30 cm, etc....</b></p> <ul style="list-style-type: none"> <li>* Glass cups, mirrors</li> <li>* Tea cups, pots, vases</li> <li>* Scissors, knives</li> <li>* Aluminum foil</li> <li>* Small domestic electrical goods less than 30 cm (e.g. hair-dryers)</li> <li>* Bulbs, fluorescent lights</li> <li>* Umbrellas, used <i>kairo</i> (disposable hand warmers), metallic tubes etc. for medicines</li> <li>* Pots and other objects less than 30 cm in diameter or length</li> <li>* Disposable lighters (emptied)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Use lidded containers or transparent or semi-transparent waste bags (make sure to close the waste bags properly).</li> <li>▶ Sharp objects and goods such as glass or broken articles must be wrapped in paper and labeled “キケン” (“dangerous”).</li> <li>▶ Be sure to completely use up disposable lighters.</li> <li>▶ Confirm that spray cans, cassette burners and lighters are empty of gas before putting them out in separate bags. Label them separately as “spray cans”, “cassette burner”, “lighter” etc. Please remove the plastic parts and dispose of them as resources (plastic).</li> <li>* Bags with holes can be dangerous, so do not make any holes.</li> <li>▶ Please inquire your medical institution for injection needles used in home health care.</li> <li>▶ Other waste that is left over or produced as a result of home medication by doctor and nurse: Please inquire of the disposal procedures at the sanitation office.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">  <p>Lidded containers</p> </div> <div style="text-align: center;">  <p>Transparent or semi-transparent bags (Ensure the bag is well sealed)</p> </div> </div>

<p><b>Oversized Articles (Waste) (sodai gomi)</b></p>	<p><b>On request (pick-up fee is required)</b></p>	<p><b>Furniture, bedding, etc. with longest side greater than 30cm</b></p> <p>*Oversized items must still be thrown away as oversized waste even if they have been disassembled.          *The City's oversized waste services are only applicable to household waste. Oversized commercial waste must be disposed of by contacting a waste disposal company.</p>	<p>To throw away oversized waste, you must first call the reception center to arrange for pick-up or when to bring it in.</p> <ol style="list-style-type: none"> <li>1. <i>To arrange for pick-up:</i> Reception will tell you when the collection day is and how much it will cost. Attach the necessary fee-based garbage disposal tickets, or "Shoriken" to the waste, and put it at Collection Point by 8:00 a.m. on the collection day. Individuals living in apartments are required to bring it down to the ground level of the building for collection.</li> <li>2. <i>To bring in waste yourself:</i> Reception will tell you when to bring in the waste and how much it will cost. On the designated day, take the waste with you to the Oversized Waste Reception Center. Do not attach any coupons.</li> </ol> <p>▶Coupons can be purchased at City Office or at convenience stores, etc. specially designated stores with sign of "Coupons available for Itabashi Oversized articles of Waste" in the City.          ▶Applications should be made to the Oversized Waste Reception Center.  <u>Oversized Waste Reception Center</u>          TEL: 03-6747-9353 Business Hours: Open Monday to Saturday (including national holidays, excluding New Year's Holidays)from 8:00AM - 7:00PM          Website: <a href="https://ecolife.e-tumo.jp/itabashi_sodai-u/">https://ecolife.e-tumo.jp/itabashi_sodai-u/</a>          24hours(Excluding website maintenance periods.)</p> 
<p><b>Recycling Domestic Electrical Goods (kaden)</b></p>	<p><b>On request (upon payment of fee)</b></p>	<p><b>Air conditioners          Televisions (LCD, plasma and Braun tube)          Freezers, refrigerators          Washing machines, dryers</b></p>	<p>▶These items cannot be collected as oversized waste. You must contact the store or the company from which you purchased the items to arrange pick-up. If this is not possible, contact the recycle centers noted below.          ▶Charges for pick-up vary from place to place. When making arrangements, remember to confirm how much it will cost.  <u>Recycle Center for Household Electric Devices</u>          TEL: 0570-087200          Business Hours: Open on Monday to Friday (including national holidays, New Year's Holidays 9:00AM - 5:00PM)          Website: <a href="https://kaden23rc.jp">https://kaden23rc.jp</a>          24hours(Excluding website maintenance periods.)</p> 

<b>Home Computers</b>	<b>On request</b>	<b>Computers</b>  *Extra charges are not applicable for computers with a "PC recycle mark" (bought after October 2003) as the selling price includes a recycling fee.	【Please note that the collection is not conducted by the City Office.】 Please inquire your PC manufacturer for collection, or request collection by a courier service. Rennet Japan Recycle Co., Ltd. is a cooperating company of the City, and collects them by courier service. If your PC is included in the collection items, one box of the PC will be collected free of charge. Printers and other peripheral devices can also be collected together. (The maximum size and weight of a free box is 140cm or less in total and 20kg or less in weight.) For collection, contact your local Rennet Japan recycling company. Application: Rennet Japan Recycling Co. Internet: <a href="https://www.renet.jp/">https://www.renet.jp/</a> There are also other methods such as collection by PC manufacturers. PC 3R Promotion Association <a href="https://www.pc3r.jp/home/partner_list.html">https://www.pc3r.jp/home/partner_list.html</a>
<b>Food trays</b>		<b>Polystyrene food trays for meat and fish</b>  *How to tell if it is recyclable: - It can be easily punched with a toothpick; - It has the following mark on it. 	1) Rinse with water 2) Dry 3) Place in the collection box ※Please dispose of transparent plastic trays/packages classified as Resources (Plastics).
<b>Plastic Bottles</b>		<b>Plastic bottles with the mark below which have been used as containers for shampoo, conditioner, detergent, cooking oil, sauce, etc.</b> 	1) Plastic bottle caps sorted as Recyclable (Plastics) 2) Rinse the inside of the bottle 3) Put into collection box *Recyclable plastic bottles with the mark below should be put out on the same day and place as recyclable bottles and cans. 
<b>Paper packs</b>	<b>Collected at specified locations(※)</b>	<b>Paper packs e.g. milk cartons</b>	1) Rinse with water 2) Cut open and dry well 3) Place in the collection box ※Take those with aluminum foil inside to the combustible trash. ※Remove all non-paper items such as plastic bottle caps.
<b>Batteries</b>		<b>Manganese / alkaline batteries</b>	*Return button-batteries to the shop where they were originally purchased *Put small rechargeable batteries such as nickel cadmium batteries, nickel-metal hydride batteries and lithium-ion batteries in the Recycle Box for Small Rechargeable Batteries at Recycle Shops.
<b>Used cooking oil</b>		<b>Oil used for frying food like tempura, etc.</b>	After removing any food particles from the oil, put it in a PET bottle and close it tightly. Unused oil e.g. that has passed its expiration date or is in cans, etc., can be disposed of as it is. *Oil that hardens at room temperature, or oil from commercial operations cannot be collected.
<b>Used clothing and cloth</b>		<b>Clothing or cloth that can still be worn or used</b>	Put them in a vinyl bag. Do not remove parts such as buttons or zippers. Soiled items, wet items, blankets, stuffed animal toys, shoes, bedding, pillows, suitcases, over-sized bags, half-sewn cloth, etc., cannot be recycled.

Used small electronic devices	Collected at specified locations(※)	Small electronic devices with total dimensions of less than 30cm which fit through the collection box slot (30cm x 15cm) including cords. Mobile phones, portable games consoles, portable music players, digital cameras, video cameras, calculators, portable GPS, electronic dictionaries, AC adaptors and extension cords	(1) Remove Secure Digital Cards from cameras and delete all personal information before disposal. (2) Remove batteries  ※Please be aware that items cannot be returned once they have been collected.
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### **※Local Collection Points**

Collection boxes are available at municipal facilities including Community Centers. Used cooking oil, cloth and clothing are collected at 14 locations: Itabashi Resource Recycling Promotion Section, East Itabashi Sanitation Office, West Itabashi Sanitation Office, Recycle Plaza, Ecopolis Center, Itabashi Tropical Botanical Garden, Sakuragawa Community Center, Fujimi Community Center, Shimurasakaue Community Center (Cloth and Clothing only), Akatsuka Branch Office, Oyaguchi Community Center, Manaport Narimasu (Narimasu Livelong Learning Center), Tokiwadai Community Center and MUJI at 22 Itabashi Minami-cho(Cloth and Clothing only). Used small electrical appliances are collected at Information Processing Center, Nakacho Fureai Hall and Takashimadaira Community Center in addition to the above 14 locations but excluding Fujimi Community Center, Shimurasakaue Community Center, Oyaguchi Community Center, Manaport Narimasu (Narimasu Livelong Learning Center) , Tokiwadai Community Center and MUJI at 22 Itabashi Minami-cho. Some supermarkets also collect trays or paper packs.

### **Non-collectable Items**

- ▶Toxic, harmful, hazardous and extremely malodorous waste or articles that may pose an obstacle to collection or disposal cannot be collected. Such items should be returned to the shop where they were purchased or to the manufacturer. If you are not sure how to dispose of such items, please contact the sanitation office in your area for further information.
- ▶Examples of non-collectable items include gas cylinders, petroleum agents, industrial chemicals, printing ink, developing fluid batteries, fire extinguishers, fire-proof safes, medicines, soil, blocks, stones, sand, mortarboard, used oil, automobiles, motorbikes, tires (excluding bicycle tires), pianos, etc.

### **Community Recycle Collection**

Community Recycle Collection is a volunteer activity initiated by town and residents' associations or apartment residents' group, not by municipal administration. Each group decides the activity dates and assembling points and collect such used items as papers, cardboards, clothes, and cans, etc., and hand them over to resource collection company. Please inquire if your community conducts the Community Recycle Collection to a person in charge of the associations or apartment residents' committee and follow the rules accordingly.

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## Bicycles and Motorbikes

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▶ **Inquiries: Bicycle Parking Subsection, Public Works & Traffic Safety Section, City Office South Building 5F #24**

TEL: 03-3579-2513

### (1) Bicycle Parking

Leaving bicycles and motorbikes unattended on roads can be very dangerous to the elderly, small children, and wheelchair users as well. In case you need to park bicycle or motorbike around train stations, use the designated municipal or private parking areas.

For information on the locations and fees of City-operated bicycle parking lots, please visit the Itabashi City official website or call the Bicycle Parking Subsection of the City Office.

### (2) Removal of bicycles and motorcycles left on roads

Leaving bicycles and motorbikes unattended on roads can be very dangerous to the elderly, small children, and wheelchair users as well. The City moves the bicycles and motorbikes up to 50cc left on streets administered by the City (including National Highways and Tokyo Metropolitan roads within the No Parking Zones for bikes and motorbikes) and takes them to designated storage facilities. In case your vehicle taken to a storage, requested to find out the storage location and claim it within one month. Unauthorized vehicles including motorbikes larger than 50cc parked in City-run bicycle parks are also subject to removal.

### When claiming your bike or motorbike, you will need:

- ▶ The keys to your bicycle/motorbike
- ▶ An identifying document which can confirm the name and address of the person who has come to pick up the vehicle (passport, driver's license)
- ▶ Removal fee (bicycle: ¥4,300, motor bike up to 125cc: ¥6,600; motor bike over 125cc: ¥8,700)
- ▶ Bicycle impound pick-up hours: Daily 13:00-18:00 (excluding Dec.29~Jan.3 holiday period)
  - ▶ Motorbike and moped impound pick-up hours: Daily 10:00-17:00 (excluding yearend holiday period).
- ▶ There are four storage facilities across the City. Requested to inquire each facility below according to the relevant locations. If they are removed from other locations, please inquire the Bicycle Parking Subsection of the City Office.

① Surrounding areas of such train station as Shimoitabashi, Oyama, Nakaitabashi, Shin-itabashi, Itabashikuyakushomae, Itabashi, and Kotakemukaihara

Contact: Itabashi Yubinkyoku-mae (Itabashi Post Office) Bicycle Storage, Vicinity of, 3-2 and 3-3 Itabashi, Tel: 03-3963-2574

② Surrounding areas of such train station as Itabashihoncho, Motohasunuma, Shimurasakaue, Shimurasancho, Hasune, and Ukimafunado

Contact: Hasune Bicycle Storage, 3-3-10 Hasune, Tel: 03-3558-2095

③ Surrounding areas of such train station as Nishidai, Takashimadaira, Shintakashimadaira, and Nishitakashimadaira

Contact: Daimon Kokashita (Under the train tracks) Bicycle Storage, Vicinity of 4-1-Takashimadaira, Tel: 03-5997-5443

④ Surrounding areas of such train station as Tokiwadai, Kamiitabashi, Tobunerima, Shimoakatsuka, Akatsuka (Subway), Narimasu (Tojo Line and Subway)

Contact: Suisha-Koen Mae Bicycle Storage, 1-21-2 Yotsuba, Tel: 03-3979-6614

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## Pets

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▶ **Inquiries:** *Residential Health Section, Healthcare Center,*

*32-15 Oyama-higashi-cho, Itabashi-ku TEL: 03- 3579- 2332*

### (1) Owning a dog

Application for registration (issuance of dog tags) and issuing injection certificates are available at Healthcare centers, Health and Welfare centers and City Residents' Offices.

#### Dog Registration

When you start keeping a dog that is 91 days old or older, you must apply for registration within 30 days. Since June 2022, dogs and cats sold by pet stores and breeders have been required to be microchipped. If your dog has already been microchipped, the procedures may differ. Please inquire Residential Health Section of Healthcare Center.

#### Rabies shots

Once a year, your dog must receive a rabies shot at a Vet and get issued injection certificate. Please have your dog's rabies shot at a Vet between April and June every year.

The injection certificate must be attached to the dog.

Registration fee: 3,000 yen (the payment address and fee may differ if the dog has a microchip)

Injection Certificate issuance fee: 550 yen

### **Basic Rules for Dogs**

- ① Dogs must be kept leashed, and the owner is required to control the dog with a leash or other means while the dog is on the move.
- ② If your dog bites someone, please report to the health care center within 24 hours and have your dog tested at an animal hospital within 48 hours.
- ③ Have your dog relieve itself before going on a walk. It is the owner's responsibility to dispose of any excrement during walks.

### (2) When Your Pet Passes Away

▶ **Contact:** *East Itabashi Sanitation Office, 2-20-9 Higashi-sakashita, Itabashi-ku TEL: 03-3969-3721*

Areas administered: Other areas administered by the West Itabashi Sanitation Office below

**West Itabashi Sanitation Office, 1-16-1 Tokumaru, Itabashi-ku**

*TEL: 03-3936-7441*

Areas administered: Akatsuka, Akatsuka-Shinmachi, Shingashi, Daimon, Takashimadaira,

Tokumaru, Nakadai, Narimasu, Nishidai, Misono, Yotsuba, and Wakagi

**You are requested to take measures either of the methods below.**

- a. Call the Sanitation Office in your area. Only for pets weighing less than 25kg. A service fee of ¥2,700 applies to a pet.
- b. Call private burial service and inquire the arrangements and fees.

## For Consumers

### Itabashi City Consumer Center

▶ **Contact:** *Itabashi City Consumer Center* TEL: 03-3579-2266

Consultation on consumer affairs is available for residents of the City.

Counselors accept the consultation and provide advice and information to solve consumers' problems, complaints and inquiries related to consumer life such as problems with contracts for products or services.

**Business Hours:** Open from Monday to Friday, 9:00-16:30 (except national holidays and year-end holiday period)

**Address:** 2-65-6 Itabashi, Itabashi-ku (Itabashi City Information Processing Center, 7F)

**TEL:** 03-3962-3511 (for consultations)

**Access:** 8 minutes walk from Oyama Station (Tobu Tojo Line) or 3 minutes walk from Itabashi Kuyakusho-mae Station (Toei Mita Line)

※Consultations are conducted in Japanese only. For information on consultations in languages other than Japanese, please refer to the ⑧ Useful Information page as well.

### Examples of suspicious business practices which can be scams

Type of scam	Main approaches, characteristics and suggested response
<i>Unknown payment request</i>	If you receive an email or a message from someone you don't remember using saying, "You have been charged for a payment." If you contact them, you will be charged for the service. Suggested Response: Do not open unknown e-mails. Ignore it. Do not contact the sender. Do not pay.
<i>Scams on the Internet</i>	In case you place an order on the Internet and pay for the goods, you do not receive it or the goods are fake. Responses to take: •If the price is lower than usual, judge it carefully. Check the return policy.
<i>Inspection scams</i>	You may have a visit of persons to your house claiming to inspect your house and try to make you sign a contract for construction work by saying "Your roof tiles are shifting" or "You need to repair your toilet". How to deal with them: •Do not let the vendor into your home unnecessarily. Do not sign a contract on the spot. Consult with others around you.

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## Stop Unwanted Smoking

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### (1) Unwanted Smoking

► *Inquiries: Resource Recycling Cooperation Subsection, Resource Recycling Promotion Section,  
City Office North Building 7F #11 TEL: 03-3579-2258*

Under the Ecopolis Itabashi Clean Ordinance”, you are obliged to make effort not to smoke while walking on the streets across Itabashi. Additionally, smoking in Non-Smoking Areas is completely prohibited and individuals caught smoking may be warned by the city advisers.

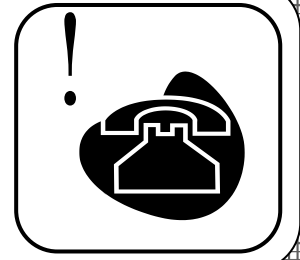
### (2) Second-hand Smoke

*Inquiries: Consultation Services for Preventing Exposure to Second-Hand Smoke, #21, 3F, South Bldg., City Office, 03-3579-2707*

To prevent unwanted second-hand smoke, smoking is controlled in public facilities where many people utilize according to Tokyo Metropolitan Ordinance and other relevant laws. At entrance of every restaurant, notice board on smoking is displayed.



# 6 Emergencies



Living Information for International Residents of Itabashi City  
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## ◆ In case of emergency – don't panic, refer to this booklet!

Emergency Contact Information .....	6-2
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## Emergency Contact Information

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When calling in, please remain calm and make sure to call from a safe location. If you feel danger during the call, please move to a safer location.

- **Inquiries:**     *To report Crimes or Accidents* → Dial 110  
                          *To report Fires and Medical Emergencies* → Dial 119  
                          *Assistance Service for sudden illness or injury and in case you are not sure whether to go to a hospital or call an ambulance.* → Dial #7119 Tokyo Emergency Consultation Center

When you need to report a crime (*hanzai*) and/or accident (*jiko*), dial 110. This number is available 24/7 and is reachable from cellular phones. When you call this number, provide the following information to the operator:

- (1) **What happened:** Crime and/or accident
- (2) **Where it happened:** Name or address of the place in which the crime/accident has occurred
- (3) **Who is reporting:** Your name

※ If there is an injured person (*kega*), the 110 operator will arrange emergency medical services.

※ If you are calling from a cellular phone, the location and the phone number from which you are calling must be provided.

※ If you have become a victim of a crime such as robbery, report it immediately to the police. If your bankbook/credit card has been stolen, contact your bank and credit card company immediately to avoid further victimization.

To report a fire or illness/injury to the Tokyo Fire Department, dial 119. (Available 24/7). The following is the order of what to say when calling 119.

- (1) **What is happening:** Fire or medical emergency
- (2) **Where is it happening:** Location in which the emergency services are needed
- (3) **Who is reporting:** Your name

※ Let the operator of Police or Tokyo Fire Department know about any landmarks which may help emergency personnel find the location quickly.

※ If you call from a cellular phone, you need to provide the location and the phone number from which you are calling for sure.

### **Example : Reporting a Fire**

#### **In English**

Q: This is the Fire Department.. Fire or Ambulance?

A: Fire.

Q: Where is the location or address fire engine should head for?

A: (Example) It is the ## Building at 1-3-5 Itabashi, Itabashi City.

Q: What is on fire?

A: (Example) The office on the 3<sup>rd</sup> floor. (Tell me specifically what is burning.)

Q: Okay. We're sending the emergency services.

#### **In Japanese**

Q: Shobo-cho. Kaji desu ka? Kyukyu desu ka?

A: Kaji desu.

Q: Nani-ku, nani-machi, nan-chome, nan-ban, nan-go desu ka?

A: (Example) Itabashi-ku, Itabashi 1cho-me 3-banchi 5-gou no ## biru desu.

Q: Nani-ga moete imasu ka?  
 A: (Example) San-kai jimushitsu ga moete imasu.  
 Q: Wakarimashita.Shoboutai mukaimasu.

**Example : Calling for an Ambulance**

**In English**

Q: Fire Department. Fire or Ambulance?  
 A: Ambulance.  
 Q: Where is the location or address ambulance should head for?  
 A: (Example) The address is 1-3-5 Itabashi, Itabashi City. In front of ## Building.  
 Q: What happened?  
 A: (Example) Car accident. *(Describe in detail if you can .Let me know who did what.)*  
 Q: Tell me your name. (In some cases, phone number as well.)  
 A: This is \_\_\_\_\_. (Caller's name) (Phone number is 0000-0000)  
 Q: Okay. We're sending the emergency services.

**In Japanese**

Q: Tokyo Shobo-cho. Kaji desu ka? Kyukyu desu ka?  
 A: Kyukyu desu.  
 Q: Nani-ku, nani-machi, nan-chome, nan-ban, nan-go desu ka?  
 A: Itabashi-ku Itabashi 1cho-me 3-banchi 5-gou no ## biru no mae desu.  
 Q: Dou shimashita ka?  
 A: Kotsu jiko desu.  
 Q: Namae wo oshietekudasai.  
 A : (Your name and Phone number)  
 Q: Wakarimashita.Shobotai mukaimasu.

"Should I call an ambulance?" "Should I go to the hospital right now?" If not sure, just call #7119 (or 03-3212-2323).

Experienced medical professionals such as doctors, nurses and paramedics are on duty to give advice.

**Emergency Hospitals**

This is a list of hospitals that have emergency services available on weekday nights, Sundays and holidays. Take your National Health Insurance card (*kenko hoken-sho*) with you. Whenever possible, contact the hospital that you are planning to go beforehand to confirm if you can receive treatment.

\*As of September 30, 2023. See the Official Website of Tokyo Metropolitan Government for the latest information.

[https://www.hokeniryo.metro.tokyo.lg.jp/iryo/kyuukyuu/kyukyu\\_shinryo/kyuukyuitiran.html](https://www.hokeniryo.metro.tokyo.lg.jp/iryo/kyuukyuu/kyukyu_shinryo/kyuukyuitiran.html)

**Emergency Medical Facilities (listed by area)**

Medical Institution	Address	Telephone
Azusawa Hospital	1-6-8 Azusawa	03-3966-8411
Itabashi Central General Hospital	2-12-7 Azusawa	03-3967-1181
Nihon University Itabashi Hospital.	30-1 Oyaguchi Kamicho	03-3972-8111

Tazaki Hospital	5-3 Oyama Nishi-cho	03-3956-0864
Teikyo University Hospital	2-11-1 Kaga	03-3964-1211
Tokyo Musashino Hospital	4-11-11 Komone	03-5986-3111
Toshima Hospital	33-1 Sakae-cho	03-5375-1234
Tokyo Metropolitan Geriatric Hospital and Institute of Gerontology	35-2 Sakae-cho	03-3964-1141
Seishikai Hospital	1-40-2 Sakashita	03-3968-2621
Takashimadaira Central General Hospital	1-73-1 Takashimadaira	03-3936-7451
Itabashi City Physicians Association Hospital	3-12-6 Takashimadaira	03-3975-8151
Tokiawadai Surgery Hospital	2-25-20 Tokiwadai	03-3960-7211
Ims Memorial Hospital	4-25-5 Tokiwadai	03-3932-9181
Kamiitabashi Hospital	4-36-9 Tokiwadai	03-3933-7191
Yasuda Hospital	1-13-9 Narimasu	03-3939-0101
Kobayashi Hospital	3-10-8 Narimasu	03-3930-7077
Meirikai Tokyo Yamato Hospital	36-3 Hon-cho	03-5943-2411
Kaneko Hospital	1-15-14 Minami-tokiwadai	03-3956-0145
Fujimi Hospital	14-16 Yamato-cho	03-3962-2431
Ukima Funado Hospital	1-17-1 Funado	03-5994-5111
Tobu Nerima General Hospital	3-19-1 Tokumaru	03-3934-1611

## **Crimes and Accidents**

### **(1) Police Stations**

**Itabashi Police Station:** 2-60-13 Itabashi, Itabashi-ku **TEL:** 03-3964-0110

**Shimura Police Station:** 1-11-6 Azusawa, Itabashi-ku **TEL:** 03-3966-0110

**Takashimadaira Police Station:** 3-12-32 Takashimadaira, Itabashi-ku **TEL:** 03-3979-0110

In Japan, many small community police stations (*koban*), etc. are also located in different areas. Police officers working in these *Koban* provide various services: patrolling the neighborhood, taking reports (crime, missing persons, etc.), dealing with lost and found items, giving directions and so on. These *koban* act as “mini-police stations.”

### **(2) Not to become victims**

#### **Sneak thieves (*Akisu*)**

The most common way for a burglar to enter a house is through the unlocked entrance. Since the burglar usually look for entrance doors or windows unlocked, lock them securely. Against the case of breaking windows, it is effective to install auxiliary locks above and below the main lock of the windows. These locks are inexpensive and can be easily installed.

- ▶ Make sure to lock your doors even when leaving the house for a short time, such as when putting out the waste or doing some quick shopping.
- ▶ Locking bathroom windows and doors is also important.

#### **Prevent Bicycle Theft**

There are many bicycle thefts in the City. Follow the advice below just to prevent yourself from becoming a victim.

- ▶ Lock your bicycle, even when you are away for a short time.
- ▶ Double locking.
- ▶ Do not park on the street. Park in a designated parking space.

- ▶ Complete crime prevention registration at bicycle shops.

### **If You Do Become a Victim**

- ▶ Take care of yourself (might be a weapon involved) and seek out help.
- ▶ Call 110 and provide the location and details about the criminal (sex, height, clothes, vehicle, etc.)

### **Lost and Found (*wasuremono, otoshimono*)**

- ▶ **Inquiries:** Metropolitan Police Department Lost and Found Center  
1-9-11 Koraku, Bunkyo-ku TEL: 0570-550-142

In case lost or left something on public transportation, contact the closest station. Lost something in the street, required to contact the closest police station or *koban*. After a certain period of time all lost property is forwarded and stored at the Metropolitan Police Department Lost & Found Center.

### **Traffic Accidents (*kotsu-jiko*)**

No matter how serious the accident you were involved in, call 110 and must be reported to the police. If some injuries involved, request help or ask to arrange an ambulance. Even if there is no visible or apparent injuries involved, serious aftereffects might follow. If hit or injured by a vehicle, go to hospital and receive treatment. After a traffic accident, take the following actions immediately and prevent multiple accidents.

In case other party involved, ask him/her as follows.

- (1) Ask for the driver's license and take notes of the license and registration number, name, address, age and telephone number.
- (2) Note the license number with their insurance document including insurance number.
- (3) If there was a witness, ask for the person's name, address and contact number.

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## **Earthquakes**

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### **Everyday Preparations**

It is very common to experience earthquakes in Japan as it is a volcanic country. Therefore, it is vital for you to be calm and prepared for earthquakes in your everyday life.

※ An earthquake is the violent shaking of the surface of the earth that occurs when tectonic plates cross their respective fault lines.

### **When Earthquakes (*jishin*) Occur**

Stay calm and do not panic. Obey the following rules. Your everyday preparations are important.

#### **Indoors**

- ▶ Crawl under a table to secure your safety, especially from falling objects.
- ▶ Put out fires in the area after the main shaking subsides and open the doors and windows to secure an exit.
- ▶ Do not rush out of the building. Be careful of falling objects when you go outside.
- ▶ Do not use elevators.
- ▶ Obtain accurate information from reliable sources such as the radio and act accordingly.
- ▶ Do not get confused or misguided by inaccurate information or false rumors.

#### **Outdoors**

- ▶ Be careful of falling objects such as glass and signboards and stay away from walls and other objects that may collapse.

- ▶ Act according to the directions given by authorities if you are in a public place.
- ▶ Pull your car over to the left and evacuate. Leave the key in the ignition in case the car needs to be moved by the authorities such as the emergency services.

### Home Safety Measures

Fix your furniture to avoid it falling over or collapsing. The level of the earthquake can be higher than you actually feel or expect. Falling furniture is a common occurrence in earthquakes. In the Great East Japan Earthquake in 2011 it occurred in 16.8% of homes on the 1-2 story, 23.8% of homes on the 3-5 story, 31.9% of homes on the 6-10 story, and 47.2% of homes on the 11th story or above. (Figures taken from survey results from a survey by Tokyo Fire Department after the Great East Japan Earthquake, 2011)

### Emergency Kits

Prepare an emergency kit containing emergency supplies such as flashlight, radio, food, drinking water, medicinal supplies, valuables etc. Store this emergency kit in a convenient place that is easy to access. Canned food is handy in case there is no electricity, gas or water as it does not require cooking. Prepare sufficient drinking water for 3 days. It is estimated that 3 liters per person per day should be sufficient. If you have babies or elderly family members, remember to include milk and diapers etc.

### Talk with your Family

Take time to talk with your friends and family members about what to do when a large earthquake happens. Decide where and how to evacuate, and how to contact each other in case telephone lines are not available.

### If you got injured at the time of disaster

If you got injured during a disaster, just head for Emergency Medical Aid Centers that will be opened in 13 locations in the City. EMACs will be opened in front of Disaster Base Hospitals and Disaster Base Cooperative Hospitals. Please refer to P8-P9 for their locations.

### Levels of Earthquake

Refer to the following seismic scales to get an idea of what is likely to happen with different intensity levels. The seismic scales shown below illustrate some of the estimated damage for each level. It is important to know that the actual damage can vary even with the same intensity level depending on the location. The official announcement of an earthquake's seismic intensity provided by the Meteorological Agency is based on their official measurement system and not based on visible damage caused by earthquakes.

<b>Level 4</b>	Most people wake up, hanging objects sway, dishes in cupboards make clattering noises, and people riding bicycles can feel it.
<b>Level 5 (weak)</b>	Most people feel afraid and attempt to grab on to something for stability. Dishes and books on the shelves fall, and furniture may move. Telephone poles visibly sway, and concrete walls can crack.
<b>Level 5 (strong)</b>	Most people try to grab something for stability and experience difficulty walking. The number of objects falling from shelves and cupboards increases. Unsecured furniture may fall over, driving may become difficult and some cars may stop in the road.

<b>Level 6 (weak)</b>	People experience difficulty standing and most unsecured furniture moves or falls over. Doors may get stuck or not open, and tiles and windows may shatter and fall. Cracks may open in the ground and landslides may occur.
<b>Level 6 (strong)</b>	People can only move by crawling, most unsecured furniture moves or falls over, glass and tiles fall from buildings and the number of buildings collapsing increases. Large earthquake fissures appear.
<b>Level 7</b>	People cannot move of their own volition due to severe shaking. Unsecured furniture moves or falls over, tiles and glass shatters and falls, and the number of collapsing buildings increases. Large landslides may occur, and entire mountains sometimes become deformed.

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## Preparing for Floods

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After heavy rains, there are possibilities of river floods and overflowing water from manholes. Shall we prepare sandbags for floods?

### **(Sandbags stations)**

Inquiries: Nanbu, South, Public Works Service Center, 3-1 Fujimi-cho, 03-3579-2532

Hokubu, North, Public Works Service Center, 1-9-8 Shingashi, 03-5398-1259

In case of floods, sandbags would lessen the damage of floods. Sandbag Stations are available across the City for public use. Please refer the locations on the City website.




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## Evacuation

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► **Inquiries:** *Disaster Prevention & Crisis Management Section*

*City Office South Building 4F #25, TEL: 03-3579-2159*

### **Region-Wide Emergency Evacuation Areas**

Large parks and plazas etc. have been designated as areas to go to for protection during large fires caused by earthquakes, etc. There are twelve such areas in Itabashi including Ukima Park and Arakawa Green Zone. There is also one designated residual area in Takashimadaira which does not need to be evacuated even in case of fire as it has been fire-proofed and there is no worry of fires extending into its area. It is important to remember where these locations are ahead of time.

### **Evacuation Centers (*hinanjo*)**

Evacuation centers are places that provide temporary accommodation for people who have lost their lifelines and relevant facilities and cannot go back home due to earthquakes, flooding, etc. They will serve as a base for information and food distribution. Local elementary and junior high schools are designated as such areas. Make sure to evacuate to somewhere safe.

### **When and Where to Evacuate**

- ① First, go to a wide open and safe space such as a park or a vacant lot or wasteland nearby, and wait and see what happens.
- ② If your building or the buildings around you started to fall down and you had difficulties to go home due to fire, then go to one of the evacuation sites listed such as schools.
- ③ If you think that your house or the local evacuation area may be dangerous due to fires, etc., move to one of the region-wide evacuation areas. When you need to evacuate, the instructions for the elderly and others will be announced via community wireless systems, Itabashi Emergency Report email, City Website, City Twitter(X) or Itabashi Official Messenger App LINE, etc.

### **Evacuation Centers for Flooding**

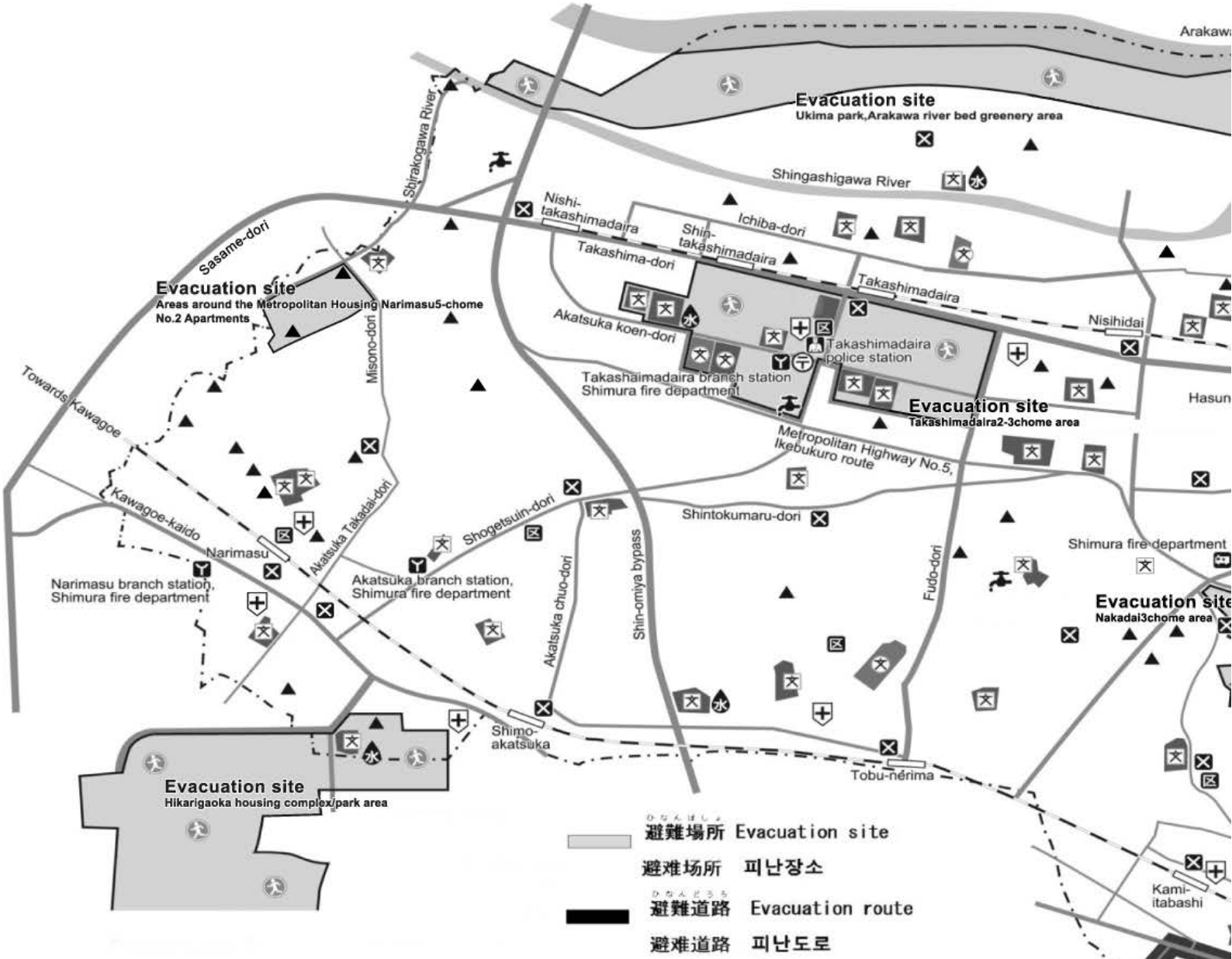
This is the shelter in case of major flooding. Elementary Schools and Junior High Schools are designated as Evacuation shelters. Since the facilities might be changed according to each condition of disaster such as scale of typhoon, location of evacuation center should be double-checked on TV or the City Website in the disaster.

\* The City Office prepares Disaster Prevention Map and Flood Hazard Map indicating each evacuation center. Please make sure the location of your evacuation center just for the time to come.

### **Itabashi Emergency Disaster Center**

The Itabashi Emergency Disaster Center is the center of preventive activities in Itabashi, and has worked on setting up the latest in wireless disaster announcement systems, cameras, weather information and other information collection systems. The Center is on 24/7 information watch in order to protect both the lives and property of Itabashi residents. You can also visit the Center if you make a reservation in advance.





ひなんばしょ  
 避難場所 Evacuation site  
 避難場所 피난장소  
 ひなんどうろ  
 避難道路 Evacuation route  
 避難道路 피난도로

**どこに逃げるの？**

地震等の災害により、住居に住めないときや、住むことが危険な場合は近くの小・中学校に避難してください。  
 街全体に火災が拡大し迫ってくる場合は、避難場所に避難してください。

**Where to run?**

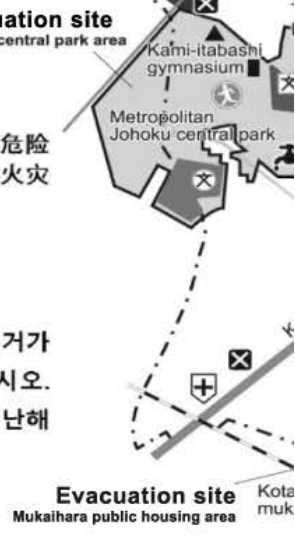
In the case of a natural disaster such as an earthquake in which you are unable to live in a residence or staying at your residence is deemed to be dangerous, please evacuate to a nearby elementary or middle school.  
 If there is a fire spreading throughout the city, please evacuate to a designated evacuation site.

**逃去哪里？**

由于地震灾害等原因，无法在家居住、或者居住场所危险时，请去附近的中·小学校进行避难。如果街道整体火灾蔓延时，请去避难场所进行避难。

**어디로 피하나요?**

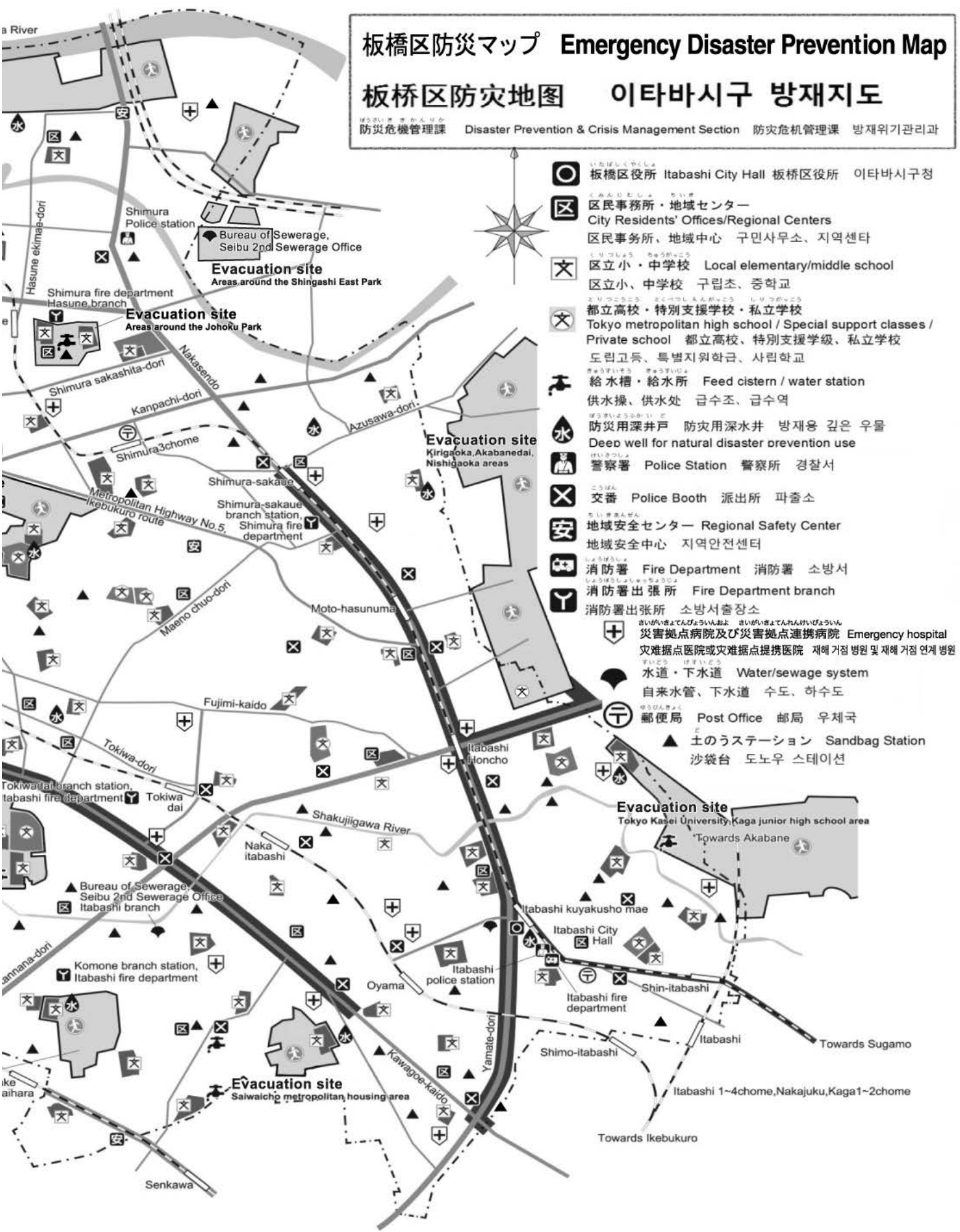
지진등의 재해로 인해, 주거가 불가능할 때나, 주거가 위험할 때에는 가까운 초·중학교에 피난해 주십시오.  
 마을 전체에 화재가 번질 때에는, 피난장소에 피난해 주십시오.



# 板橋区防災マップ Emergency Disaster Prevention Map

## 板橋区防災地图 이타바시구 방재지도

防災危機管理課 Disaster Prevention & Crisis Management Section 防災危機管理課 방재위기관리과



- 板橋区役所 Itabashi City Hall 板橋区役所 이타바시구청
- 区民事務所・地域センター  
City Residents' Offices/Regional Centers  
区民事務所、地域中心 구민사무소, 지역센터
- 区立小・中学校 Local elementary/middle school  
区立小、中学校 구립초, 중학교
- 都立高校・特別支援学校・私立学校  
Tokyo metropolitan high school / Special support classes / Private school 都立高校、特別支援学級、私立学校  
도립고등, 특별지원학급, 사립학교
- 給水槽・給水所 Feed cistern / water station  
供水操、供水处 급수조, 급수역
- 防災用深井戸 防災用深水井 방재용 깊은 우물  
Deep well for natural disaster prevention use
- 警察署 Police Station 警察所 경찰서
- 交番 Police Booth 派出所 파출소
- 地域安全センター Regional Safety Center  
地域安全中心 지역안전센터
- 消防署 Fire Department 消防署 소방서
- 消防署出張所 Fire Department branch  
消防署出張소 소방서출장소
- 災害拠点病院及び災害拠点連携病院 Emergency hospital  
灾难据点医院或灾难据点提携医院 재해거점병원 및 재해거점연계병원
- 水道・下水道 Water/sewage system  
自来水管、下水道 수도, 하수도
- 郵便局 Post Office 邮局 우체국
- 土のうステーション Sandbag Station  
沙袋台 도노우 스테이션

# 7

# Libraries・Cultural Facilities・Sports Facilities



Living Information for International Residents of Itabashi City

## ◆ Enjoying your leisure time

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## Libraries

There are eleven municipal libraries in Itabashi which anyone can use. If you live, work or study in Itabashi, you are also eligible to borrow various types of media such as books, CDs and cassette tapes from the libraries. Required to show ID (resident card, health insurance card, utility bill, etc.) with your current address for issuing a library card.

<u>Library</u>	<u>Location</u>	<u>Telephone</u>	<u>Hours of Operation</u>	<u>Closing Days</u>
Central Library	4-3-1 Tokiwadai	03-6281-0291	9:00AM-8:00PM*	<ul style="list-style-type: none"> <li>• Second Monday of every month (the following day in case it falls on a public holiday)</li> <li>• Last day of every month (the following day in case it falls on a public holiday)</li> <li>• Year-end holiday season (December 29th - January 4th)</li> <li>• March 31st</li> <li>• Special periods when the library is undergoing restoration</li> <li>• Other dates designated by Board of Education</li> </ul>
Itabashi Bologna Gallery		03-6281-0560		
Akatsuka Library	6-38-1 Akatsuka(2F, Akatsuka Branch Office)	03-3939-5281		
Shimizu Library	16-16 Izumi-cho (3F, Shimizu Regional Center)	03-3965-9701		
Hasune Library	3-15-1-101 Hasune	03-3965-7351		
Hikawa Library	28-9 Hikawa-cho	03-3961-9981		
Takashimadaira Library	3-13-1 Takashimadaira	03-3939-6565		
Higashi Itabashi Library	1-10-15 Kaga	03-3579-2666		
Komone Library	1-6-2 Komone	03-3554-8801		
Nishidai Library	3-13-2 Nishidai	03-5399-1191		
Shimura Library	1-8-1 Azusawa	03-5994-3021		
Narimasu Library	3-13-1 Narimasu (3F, Ariesu)	03-3977-6078		

\* The Kids' Room at each library closes at different times depending on the season.

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## Sports Facilities

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▶ **Inquiries:** **Sports Promotion Section** City Office North Building 8F #14, TEL: 03-3579-2651

There are gymnasiums, heated swimming pools, baseball fields, tennis courts, soccer fields and futsal fields in the City. Each facility has its own operation hours, separate use for groups/individual, equipment available and user requirement, its fees, etc. There are some facilities available according to timings and reserved for groups. Please inquire Sports Promotion Section for further information.

### Azusawa Gymnasium

**Location:** 3-1-1 Azusawa

**Telephone:** 03-3969-4166

**Closed:** Second Monday of every month (the following day in case it falls on a public holiday) and year-end holiday period

**Facility fees:** Indoor gymnasium ¥330; The 1<sup>st</sup> Martial Arts Gym (Tatami floor), 2<sup>nd</sup> Martial Arts Gym (wooden floor) ¥320, Heated Indoor Swimming Pool ¥470, Training Room ¥420

▶ Japanese archery facilities, baseball fields and tennis courts, etc., are also available in its vicinity.

### Akatsuka Gymnasium

**Location:** 5-6-1 Akatsuka

**Telephone:** 03-3938-1966

**Closed:** Third Monday of every month (the following day in case it falls on a public holiday) and year-end holiday period

**Facility Fee:** Indoor gymnasium ¥330, heated pool ¥470, training room ¥420

### Uemura Memorial Kaga Sports Center

**Location:** 1-10-5 Kaga

**Telephone:** 03-3579-2626

**Closed:** Third Monday of every month (if the following day in case it falls on a public holiday) and yearend holiday period

**Facility fees:** Indoor gymnasium ¥330, the 1<sup>st</sup> Budo Dojo (tatami flooring) and the 2<sup>nd</sup> Budo Dojo (wooden flooring) ¥320, heated pool ¥470, training room ¥420

### Kami-itabashi Gymnasium

**Location:** 1-3-1 Sakuragawa

**Telephone:** 03-5399-6501

**Closed:** Second Monday of every month (the following day in case it falls on a public holiday) and year-end holiday period

**Facility fees:** Indoor gymnasium ¥330, 1<sup>st</sup> Budo Dojo (tatami flooring) and 2<sup>nd</sup> Budo Dojo (wooden flooring) ¥320, heated pool ¥470, training room ¥420

### Takashimadaira Heated Pool

**Location:** 8-28-1 Takashimadaira **Telephone:** 03-3932-5348

**Closed:** Second Monday of every month (the following day in case it falls on a public holiday) and year-end holiday period

**Fees:** Heated pool ¥470, training room ¥310

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## **Cultural and Educational Facilities**

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### **Culture Hall**

This facility is used for music, theatrical and artistic performances as well as various other events. For information about performances or tickets please inquire the Culture Hall directly. There are also rooms that can be used for meetings, music practice and tea ceremony. Please call the telephone number below for more information.

**Location:** 51-1 Oyama Higashi-cho

**Telephone:** 03-3579-2222

**Office hours:** 9:00AM-20:00PM

**Closed:** Yearend holiday period

**Charges apply**

### **Manapoto (Lifelong Learning Center)**

Various programs aimed at Itabashi residents are held at these centers. Please make use of these centers for your social or educational group activities.

▶ **Ohara Lifelong Learning Center** 5-18 Ohara-cho, Tel: 03-3969-0401

▶ **Narimasu Lifelong Learning Center** 1-12-4 Narimasu Tel: 03-3975-9706

**Opening hours:** 9:00AM-21:30PM

**Closed:** Third Monday of every month, 12/29 to 1/3

**Charges:** There is a small fee for using rooms (group registration necessary).

Junior high school, high school students, and other youths can use the “i-youth” space free of charge.

### **Itabashi Art Museum**

The Itabashi Art Museum holds various outstanding regular exhibits on arts and culture.

**Location:** 5-34-27 Akatsuka

**Telephone:** 03-3979-3251

**Hours of operation:** 9:30AM-17:00PM

**Closed:** Mondays (the following day in case it falls on a public holiday) and year-end holiday period

**Admission:** Free (some charges apply for special exhibits)

### **Itabashi Historical Museum**

The Itabashi Historical Museum is a facility where people can learn Itabashi's history through its displays of fossils and old pottery excavated in Itabashi, historical documents, folklore materials and a traditional folk village house.

**Location:** 5-35-25 Akatsuka

**Telephone:** 03-5998-0081

**Hours of operation:** 9:00AM-17:00PM (requested to enter by 16:30PM)

**Closed:** Mondays (the following day in case it falls on a public holiday) and year-end holiday period

**Admission:** Free (some charges apply for special exhibits)

### **Folk Arts Museum**

A facility to practice and learn traditional Itabashi folk arts

**Location:** 6-29-13 Tokumaru

**Telephone:** 03-5398-4711

**Hours of operation:** 9:00AM-21:30PM

**Closed:** Every 3<sup>rd</sup> Monday (the following day in case it falls on a public holiday) and year-end

holiday period

**Charges:** Small fee for renting rooms (group registration necessary).

### **Itabashi Science and Education Hall**

Visitors can learn science and scientific knowledge while having fun. The facility has a planetarium, panel exhibitions and other fascinating exhibits to enjoy.

**Location:** 4-14-1 Tokiwadai

**Telephone:** 03-3559-6561

**Hours of operation:** 9:00AM-16:30PM (open until 17:00PM during summer vacation)

**Closed:** Mondays (the following day in case it falls on a public holiday) and year-end holiday period

**Admission:** Free (admission applies to planetarium)

### **Ecopolis Center**

Ecopolis Center is an educational facility to learn the environment while having fun with interactive panel exhibitions and various environmental lectures.

**Location:** 4-6-1 Maeno-cho

**Telephone:** 03-5970-5001

**Hours of operation:** 9:00AM-17:00PM

**Closed:** Third Monday of the month (the following day in case it falls on a public holiday) and year-end holiday period

**Admission:** Free

### **Tropical Environment Botanical Garden**

With the Southeast Asian natural environment recreated, the Garden is an educational facility that offers people an opportunity to learn global environmental problems such as tropical deforestation through appreciating marine life and plants while having fun.

**Location:** 8-29-2 Takashimadaira

**Telephone:** 03-5920-1131

**Hours of Operation:** 10:00AM-18:00PM (Last entry 17:30PM)

**Closed:** Mondays (the following day in case it falls on a public holiday) and year-end holiday period

**Admission:** Adults: ¥260, elementary and junior-high school students and individuals 65 years old and over: ¥130 (free admission for elementary and junior-high school students on weekends and the summer vacation period)

### **Uemura Adventure Museum**

The Museum, a facility named after UEMURA Naomi who lived in Itabashi, introduces his adventure spirit. There are powerful video introduction of his adventures, the equipment that he actually used and photographs of his adventures on display.

**Location:** 3F Uemura Memorial Kaga Sports Center, 1-10-5 Kaga

**Telephone:** 03-6912-4703

**Hours of Operation:** 10:00AM-18:00PM, Last entry 17:30pm

**Closed:** Mondays (the following day in case it falls on a public holiday) year-end holiday period

**Admission:** Free

## **Itabashi City Archives**

This facility stores and displays precious records and historical materials such as old maps and photographs, administrative publications, and official documents concerning Itabashi City. Some photographs and videos are available for borrowing.

**Location:** 24-1 Hon-cho

**Telephone:** 03-3579-2291

**Hours of Operation:** 9:00AM-17:00PM

**Closed:** Sundays, Mondays (including national holidays), yearend holiday period

**Cost:** Free

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## **Meeting Facilities**

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Meeting facilities are for all citizens who are interested in enriching their hobbies and education. Moreover, there are plenty of meeting facilities promoting friendly relationships. For information on facility fees, hours and applications please contact each facility.

<b><u>Facility</u></b>	<b><u>Location</u></b>	<b><u>Telephone</u></b>
Culture Hall	51-1 Oyama Higashi-cho	03-3579-2222
Green Hall	36-1 Sakae-cho	03-3579-2221
Takashimadaira Citizen's Hall	3-12-28 Takashimadaira	03-3938-1392
Itabashi Community Center	3-14-15 Itabashi	03-3963-5049
Kumano Community Center	40-9 Kumano-cho	03-3959-4115
Nakajuku Community Center	12-10 Hikawa-cho	03-3963-1621
Nakacho Community Center	20-5 Naka-cho	03-3958-1101
Fujimi Community Center	3-1 Fujimi-cho	03-3962-9281
Oyaguchi Community Center	2-12-5 Oyaguchi	03-3959-4130
Mukaihara Hall	1-18-17 Mukaihara	03-3957-8154
Tokiwadai Community Center	4-14-1 Tokiwadai	03-3559-6560
Tokiwadai Community Meeting Room	3-27-1 Tokiwadai	03-3559-6560
Shimizu Community Center	16-16 Izumi-cho	03-3969-7564
Shimura-sakaue Community Center	2-19-15 Azusawa	03-3969-7577
Shimura Community Hall	1-8-1 Azusawa	03-5994-3081
Nakadai Community Center	1-44-8 Nakadai	03-3932-9990
Hasune Community Center	2-18-1 Sakashita	03-3969-5723
Lotus Hall	3-10-G-214 Sakashita	03-3965-2035
Funado Community Center	3-19-8 Funado	03-3558-4193
Funado Hall	1-14-5 Funado	03-3969-5722
Maeno Community Center	4-6-1 Maeno-cho	03-3969-0307
Maeno Hall	2-43-15 Maeno-cho	03-3967-6726
Sakuragawa Community Center	2-45-6 Toshin-cho	03-3974-3180
Shimo-akatsuka Community Center	6-38-1 Akatsuka	03-3938-5116
Narimasu Community Center	3-11-3-405 Narimasu	03-5998-6881
Tokumaru Community Center	3-35-15 Tokumaru	03-3932-5370
Kitano Hall	2-12-12 Tokumaru	03-3932-1090
Takashimadaira Community Center	3-12-28 Takashimadaira	03-3938-1392



## Parks

► **Inquiries:** **Parks & Greenery Section** City Office South Building 5F #23,  
TEL: 03-3579-2525

Itabashi has numerous large and small parks, botanical gardens and zoos for children. Visit these parks and you will enjoy your life in Itabashi.

<u>Park</u>	<u>Location</u>	<u>Telephone</u>
Akatsuka Botanical Garden※1	5-17-14 Akatsuka	03-3975-9127
Itabashi Peace Park	4-3-1 Tokiwadai	—
Hikawa Tsuribori (fishing) Park※2	21-15 Hikawacho	—
Mitsugi (boating) Park ※3	4-59-1 Maeno-cho	—
Akatsuka Tameike Park	5-35-27 Akatsuka	—
Itabashi Kotsu (Traffic) Park※4	21-1 Oyama-Nishicho	03-3973-2550
Johoku Kotsu (Traffic) Park※4	2-19-1 Sakashita	03-3969-9422
Itabashi Children's Zoo※5	3-50-1 Itabashi (inside Higashi Itabashi Park)	03-3963-8003
Children's Zoo, Takashimadaira Annex※5	8-24-1 Takashimadaira (inside Tokumarugahara Park)	03-3932-0090
Suisha (Waterwheel) Park (waterwheel mill, Japanese Garden, Tea ceremony room) ※6	1-17-12 Yotsuba	03-3930-4952 (waterwheel mill)
Takenoko Park	12-2 Daimon	—
Nirinso Park	1-3-18 Wakagi	—
Yakushi No Izumi Park (Japanese Garden)※6	3-7-20 Azusawa	—

※1 Welcome Center is closed every Monday and first, third and fifth Tuesday of each month (the following day in case it falls on a public holiday). Parks are closed during the year-end holiday period (12/29-1/3)

※2 Park Closed first, third and fifth Thursday of each month (the following day in case it falls on a public holiday), and year-end holiday period (12/28-1/4)

※3 Boating available from late March to late October, Saturdays, Sundays and national holidays

※4 Park Closed Mondays (the following day in case it falls on a public holiday) and year-end holiday period (12/28-1/4)

※5 Park Closed Mondays (the following day in case it falls on a public holiday) and year-end holiday period (12/29-1/3), third Tuesday of February

※6 Park Closed during yearend holiday period (12/28-1/4)

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## Volunteer and NPO Activities

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### Itabashi Volunteer Center

► **Inquiries:** *Itabashi General Volunteer Center Office*, TEL: 03-5944-4601

The center provides information and consultation on NPO/volunteer activities, room rental services and information about NPOs and volunteer groups, etc.

**Location:** 24-1 Honcho

(7 minute walk from Itabashi Honcho Station, Toei Mita Line)

**Open:** Every day except New Year and inspection days

**Office hours:** 9:00AM-21:30PM

**Consultation time:** 9:00AM-17:00PM Tuesday to Saturday

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### Itabashi Tourism Center

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► **Contact:** 3-14-15 Itabashi (inside Itabashi Community Center), TEL: 03-3963-5078

The Itabashi Tourism Center provides visitors with tourist information such as display of sightseeing guidebooks and materials and is responsible for promoting Itabashi as a tourist area.

**Hours:** 9:00AM-17:00PM

**Closed:** Every Tuesday (the following day in case it falls on a public holiday) and year-end holiday period

**Getting there:** Oyama Station or Shimo-itabashi Station on Tobu-Tojo Line (14-minute walk), or Itabashi Kuyakusho-mae Station on Toei Mita Line (4 minute walk).

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### Gender Equality Promotion Center

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► **Contact:** *Gender Equality Center*, Green Hall 7F, 36-1 Sakae-cho

TEL: 03-3579-2790

It can be used as a place for learning, activities and exchanges related to gender equality and diversity understanding.

**Hours:** 9:00AM-20:00PM

**Closed:** Year-end holiday period, building maintenance days

**Getting there:** Oyama Station on Tobu-Tojo Line (5 minute walk), or Itabashi Kuyakusho-mae Station on Toei Mita Line (5 minute walk).

### Information and Materials Corner

The Center has books and DVDs for individuals to read and borrow regardless of age, gender etc. on themes such as daily life, working and living. In order to borrow the materials, individuals need to apply for Center Borrowing Card. Bring ID to prove your name and address when you apply for the card.

### Group Interaction corner

There is a free space available for use as a venue for activities and exchanges on the promotion of gender equality and diversity understanding.

# 8 Useful Information



Living Information for International Residents of Itabashi  
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◆The following information has been compiled for your convenience.

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2-66-1 Itabashi, Itabashi City, Tokyo 173-8501, Tel: 03(3579)2018

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## Consultation Counters with Foreign Language Services

Please inquire each facility of the business hours and others in detail.

\*Except National holidays and Year-end & New Year holidays

	<u>Name</u>	<u>Consultation Contents</u>	<u>Language</u>	<u>Day / Time</u>	<u>Telephone Number</u>	
<b>Administrative issues</b>	Tokyo Foreign Residents Consultation Center	Everyday life	English	Mon-Fri * 9:30AM-12:00PM 13:00PM-17:00PM	03-5320-7744	
			Chinese	Tues, Fri * Same as above	03-5320-7766	
			Korean	Wed * Same as above	03-5320-7700	
<b>Immigration and Residency Status</b>	Foreign Residents Information Center	Residency counseling	English, Chinese, Korean, Spanish, etc.	Mon-Fri * 8:30AM-17:15PM	0570-013-904 (IP/PHS/International, use 03-5796-7112)	
	Consultation Support Center for Foreign Residents	Procedures for entry and stay, counselling for daily life	English, Chinese	Mon-Fri	9:00AM ~ 16:00PM * Except 2nd & 4th Wed.	03-3202-5535
			Portuguese	Mon, Tue, Wed		
			Spanish	Mon, Tue, Wed		
			Tagalog	Fri		
			Indonesian	Tue		
Vietnamese	Mon, Wed					
<b>Labor issues</b>	Tokyo Metropolitan Labor Consultation Center	Work-related problems	Interpreting	English	Mon-Fri 14:00PM-16:00PM	03-3265-6110
				Chinese	Tues-Thurs 14:00PM-16:00PM	
	Tokyo Employment Service Center for Foreigners	Labor counseling <u>Target</u> · Foreign students seeking full-time employment in Japan · Counseling for holders of special residence statuses such as specialized or technological fields etc.	TV Phone Interpreting	English Chinese Spanish Portuguese French Russian Korean, Thai Vietnamese Nepali Indonesian Tagalog, Hindi	Mon to Fri (※) 9:00AM-12:00PM 13:00PM-17:00PM Prior appointment in Japanese required	03-3265-6110
				English Chinese	Mon-Fri * 9:00AM-17:00PM	03-5361-8722

<b>Labor issues</b>	Shinjuku Foreigners' Employment Assistance and Guidance Center	Labor counseling <u>Target</u> · Holders of residence statuses with no restrictions on work (e.g. Spouses of Japanese nationals, permanent residents etc.) · Foreign students seeking part-time jobs ( <i>arubaito</i> ) in Japan	English, Chinese (By advance appointment only. Please make an appointment by telephone beforehand)	Mon-Fri * 8:30AM-17:15PM	03-3204-8609	
	Advisory Service for Foreign Workers	Working conditions	English	Mon, Wed Thu, Fri	9:30AM-12:00PM 13:00PM-16:30PM	03-3816-2135
			Chinese	Mon, Tue, Thu		
			Tagalog	Mon, Tue, Wed, Fri		
			Vietnamese	Tue, Thu Fri		
			Nepali	Tue, Wed, Thu		
			Khmer	Wed		
Mongolian	Fri					
<b>Medical Issues</b>	Tokyo English Life Line	Problems and concerns	English	Daily 9:00AM - 23:00PM	03-5774-0992	
	Tokyo Metropolitan Government Health and Medical Information Center <i>Himawari</i>	Hospital guidance and medical information	English, Chinese, Spanish, Thai, Korean	Daily 9:00AM-20:00PM	03-5285-8181	
<b>Taxes</b>	Tokyo Regional Tax Bureau Consultation Service for Foreigner Residents	Income tax consultation	English	Mon-Fri * 9:00AM-17:00PM	03-3821-9070	
<b>Education</b>	NPO Multicultural Center Tokyo	Educational counseling, study/ learning support	English, Chinese	Tue-Sat 9:30AM-18:00PM 10:00AM-19:00PM for Sat	03-6807-7937	
	Tokyo Metropolitan Education Consultation Center	Education consultation including school bullying issues	Japanese	24/7	0120-53-8288	
		Education consultation for High School admissions & promotions	English, Chinese, Korean	Fri (※) 13:00PM-17:00PM	03-3360-4175	

<b>Consumer Affairs</b>	Tokyo Metropolitan Comprehensive Consumer Center	Consultation on consumer affairs	English, Chinese, Korean, Tagalog, Vietnamese	Mon ~ Sat (※) 9:00AM~17:00PM *Vietnamese only on Saturdays	03-3235-1155
<b>Other Support Organizations</b>	Catholic Tokyo International Center (CTIC)	Support for foreigners living in Japan	English, Tagalog, Spanish, Portuguese, Chinese, Italian	Mon-Fri 11:00AM-17:00PM	03-5759-1061
	NPO Asian Peoples Friendship Society (APFS)	Visa and living information	English, Chinese, Korean, Bengali, Burmese, Persian, Tagalog, Urdu	Mon, Tue, Fri 14:00PM-18:00PM	03-3964-8739

## Consultation in Foreign Languages

▶ **Inquiries: Itabashi Culture and International Exchange Foundation, International Exchange**

**Section, Green Hall 1F, 36-1 Sakaecho, Itabashi-ku 〒173-0015**

**TEL: 03-3579-2015, Fax: 03-3579-2295**

**URL: <https://www.itabashi-ci.org/>**



English and Chinese interpreters are available for international residents who need to consult about Itabashi City related matters. Please inquire their schedules and availability.

## Gender Equality Consultation Counters

▶ **Inquiries: Gender Equality Promotion Center TEL: 03-3579-2188**

Specialist counselors and advisors are available to provide consultation about any worries and problems you may be experiencing with your family, human relationships at work, domestic violence from your spouse or partner. All consultations are held in strict confidentiality. Please contact the telephone numbers below if you have something you want to talk about.

### Types of consultation:

**(1) General Advice:** Consultation and advice about issues you may be worried about such as family problems or issues with human relationships at work.

Times: Monday-Friday, 2nd Saturday 9:00AM-17:00PM(Consultations by Phone and Interview)  
Monday-Friday 14:00-20:00 (Chat on Internet)

**(2) Women's Working Life Support and Feminist Counseling):** Counseling and advice about general difficulties and life choices and problems women may face at work such as sexual harassment, working conditions, work-life balance.

Dates: 2nd/4th/5th Wednesday, 2nd Saturday, 10:00AM-12:00PM, 13:00PM-16:00PM.(Interview)

**(3) Domestic Violence Advice:** Consultation and advice for people who have experienced domestic violence from their spouse or partner.

Dates: Monday, Thursday, 2nd Saturday 10:00AM-12:00PM and 13:00PM-17:00PM(Consultations by Phone and Interview)

(Open 2nd Saturday of the month until 16:00PM)

**Consultation methods:** Phone, Interview, or Chat on Internet (Appointment is required for Interview Consultation)

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## Loan Services for Itabashi City Residents

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▶ **Inquiries:** *Economic Measures Subsection, Industrial Promotion Section*  
5F Information Processing Center TEL: 03-3579-2172



### (1) Window for Small and Mid-sized Business Advisory

This advisory corner provides consultation and advice on small and mid-sized business management. (Services available in Japanese only.)

**Hours:** Monday to Friday, 9:00AM-12:00PM, 13:00PM-17:00PM (appointment required)

### (2) Itabashi City Industrial Loan System

Small-and-medium sized enterprises in the City or those who are planning to start business in Itabashi can borrow funds necessary for business management at a low interest rate from financial institutions that have contracts with the City. Either corporate or individual businesses are eligible, but corporate businesses must have their headquarters and activities registered and functioned in the City, and individual businesses must have their main sales office in the City of Itabashi on their tax returns.

In addition, in order to reduce the burden on borrowers, a portion of the interest is subsidized ("interest subsidy").

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## Information Magazine and Newsletters

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<u>Publication</u>	<u>Language</u>	<u>Published</u>	<u>For information</u>
Itabashi Living Guide ( <i>Itabashi Kurashi Guide</i> ) Disaster Prevention Guide	Japanese	Once every 2 years	Public Relations Section, 4F #23 City Office South Building
Newsletter Itabashi ( <i>Koho Itabashi</i> ) ※	Japanese	1 <sup>st</sup> – 4 <sup>th</sup> Saturday every month	
ICIEF Board	Japanese, English, Chinese, Korean	First Tuesday every month	
Itabashi City Assembly News※	Japanese	Four times a year	Itabashi Culture & International Exchange Foundation, International Exchange Section City Office North Building 8F #13

※Catalog Pocket, multi-lingual app is available for multi-lingual Translation and voice-reading function.

○Itabashi City Official Website <https://www.city.itabashi.tokyo.jp/>

Updated information and notices are available on the Website.

121 foreign languages are available through automatic translator.

## Foreign Language Information at City Office Counters

<u>Publication</u>	<u>Languages</u>	<u>Publisher</u>	<u>Contact</u>
Tokyo Metropolitan Inhabitant Tax pamphlet *viewing only	English, Chinese, Korean	Taxation Section	City Office North Building 3F #12
"Guide to Metropolitan Taxes" *See the Guide on official website for Bureau of Taxation, Tokyo Metropolitan Government	English, Chinese, Korean	Tax Payment Section	City Office North Building 3F #11
Mother and Child Health Handbooks ( <i>boshi kenko techo</i> ) *foreign language versions	English, Chinese, Korean, Thai, Tagalog, Spanish, Portuguese, Indonesian, Nepali, Vietnamese	Health Promotion Section	City Office South Building 3F#21
Information on National Health Insurance ( <i>kokumin kenko hoken</i> )	English, Chinese, Korean, Vietnamese, Tagalog, and Nepalese	Administrative Subsection, National Health Insurance & Pension Section	City Office South Building 2F #24
National Pension System *Website for Social Health Insurance Office available	English, Chinese, Korean, Portuguese, Spanish, Indonesian, Russian, Tagalog, Thai, Vietnamese, Myanmar, Cambodian, Nepalese, Mongolian	National Pension Subsection, National Health Insurance & Pension Section,	City Office South Building 2F #25
How to separate wastes and recyclables and their disposal	English, Chinese, Korean	Resource Recycling Promotion Section	City Office North Building 7F #11
Guide on public housing	English, Chinese, Korean	Housing Policy Section	City Office North Building 5F #14
Assistance system for School enrollment	English, Chinese	Educational Affairs Section	City Office North Building 6F #14
Subsidies for Parents/Guardians who send their children to Private Kindergartens, etc.	English, Chinese	Educational Affairs Section	City Office North Building 6F #14
Library guide	English, Chinese, Korean	Each library	



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## Information on International Exchange Events

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▶ **Inquiries: International Exchange Section, Itabashi Culture & International Exchange Foundation** Green Hall 1F, 36-1 Sakaecho, Itabashi-ku 〒173-0015

TEL: 03-3579-2015, Fax: 03-3579-2295

URL: <https://www.itabashi-ci.org/>



The Itabashi Culture and International Exchange Foundation (ICIEF) was established to promote internationalization in Itabashi through holding various events in which international and Japanese residents can increase awareness for multicultural society together.

- ▶ Events related to exchanges with sister and friendship cities
- ▶ ICIEF Japanese Language Classes
- ▶ Free consultation for international residents
- ▶ Educational and Cross-cultural Seminars for International understanding
- ▶ Arranging home visits and homestays
- ▶ Subsidy Assistance for privately organized international exchange events
- ▶ Japanese Language Speech Contest
- ▶ Publications for international residents

### **Japanese Language Classes for International Residents**

Visit the Foundation website for details.

#### **(1) ICIEF Japanese classes**

① **Japanese Language Class for Beginners**(level: introductory to beginner)

Twice a week, 6 months

**Time:** a. Monday/Thursday Class (10:00AM-12:00PM)

b. Tuesday/Friday Class (18:30PM-20:30PM)

**Capacity:** 30~40 students per class (Registration on first-come-first-served basis)

② **Wednesday Conversation Salon**(level: beginner to advanced)

Students talk with a conversation supporter and learn Japanese while having fun.

**Time:** Every Wednesday, Morning & Evening,

A)Morning 10:00AM~11:30AM, B)Evening 18:30PM~20:00PM

**Capacity:** 20 students each course (registration on first-come-first-served basis)

For ①②

**Eligibility:** People who live, work or study in Itabashi City

(aged 15 or over) ※Not allowed to bring children under the age.

**Term:** April to September (First semester) / October to March (Second semester)

**Venue:** Green Hall, 36-1 Sakae-cho

**Tuition:** Lesson and textbook fee

#### **(2) Volunteer Japanese Classes in Itabashi City**

A list of volunteer groups who teach Japanese to foreigners is available on the website above. For details, please inquire to each institution directly.

## **ICIEF BOARD**

The ICIEF Board newsletter is published by the Foundation to provide information to local residents about international exchange events in Itabashi. The publication also includes essential lifestyle and living information.

**Languages:** Japanese with *furigana*, English, Chinese, Korean

**Institutions available:** At over 67 locations in Itabashi including City Hall, City branch offices, libraries, universities. \*More information on ICIEF website.

## **Volunteer Membership Registration System**

The Itabashi Culture and International Exchange Foundation continually accepts volunteer participants as below. Visit the Foundation website for details.

### ▶ Volunteer Interpreters and Translators

Volunteer Interpreters: Interpretation for procedures, consultations at elementary schools and junior high schools, local events, etc.

Volunteer Translators: Translation of application forms, general notifications, and event notifications published by the City. .

### ▶ Host family

Host families for foreign nationals (including overnight stay) and home visits (without overnight stay)

### ▶ Lecturers for International Understanding (international residents only)

Introducing his/her home country's culture, customs, cuisine, dance, music, amusements, etc.

## **Consultation via Email for International residents**

If you are a foreign resident and have any problems on your daily life, just send us e-mail.

\*It may take some time to reply depending on the language and contents of your inquiry.

<https://www.itabashi-ci.org/form/5/step1.html>

