



Living in Miyazaki

A Handbook

for Foreign Residents

Information to Protect You and Your Family.



If you have any problems or issues living in Miyazaki, contact us:

Miyazaki Support Center for Foreign Residents

B1F Carino Miyazaki, 4-8-1
 Tachibanadori Higashi, Miyazaki City
 Opening Hours: Tues-Sat 10am-7pm,
 Closed Mondays & National Holidays
 Phone: 0985-41-5901 Fax: 0985-41-5902
 URL: <https://support.mif.or.jp/> E-mail: support@mif.or.jp








Miyazaki Support Center
 for Foreign Residents▲ Facebook▲





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Emergencies (1)

Don't Panic! ☎ Call for Help!


Accident  **Crime**   **Police**   **110**

Medical Emergency  (Sudden Illness or Injury)   **Ambulance • Fire Department**  **119**

Fire  → **Fire Department**

Call 110 (Police) or 119 (Ambulance / Fire) - These numbers are free to call, even from a mobile or public telephone. The ambulance service is free of charge, but may only be used in an emergency.

If the Following Items are Lost or Stolen:

- **Passport** → Contact your country's Embassy or Consulate General in Japan.
[List of Embassies](https://www.mofa.go.jp/mofaj/link/emblst/)
<https://www.mofa.go.jp/mofaj/link/emblst/> →  Ministry of Foreign Affairs of Japan (mobile site)
- **Residence Card** → Contact the local Immigration Bureau. Please apply for a replacement within 14 days.
Fukuoka Regional Immigration Bureau - Miyazaki Office
0985-31-3580
- **Driving License** → Contact the local Driving License Center to apply for a replacement.
Miyazaki Driving License Center 0985-24-9999
- **Bank Card(s)** → Contact the relevant bank or financial institution to cancel the card(s).
Miyazaki Bank (Head Office) 0985-27-3131
Japan Post Bank 0120-794889
The Miyazaki Taiyo Bank (Head Office) 0985-24-2111
- **Wallet/Purse, Bicycle, etc.**
→ Report the theft at the nearest police station or police box (*kōban*).

Please Note!

To reissue a passport or residence card, a Certificate of Lost Property (*Ishitsu todokede shōmeisho*) is required, and can be issued by the police.

Emergencies (2)

Don't Suffer Alone – Talk About It!

Family/Marital Problems, Domestic Violence, etc.

- Miyazaki Prefecture Women's Consultation Office
0985-22-3858
- Police Safety Consultation Office
#9110、0985-26-9110
- Women's Rights Hotline 0570-070-810



Discrimination, Bullying, Harassment

- Human Rights Counseling for Foreigners
0570-090-911
- Yoriso Hotline /
Helpline for Foreigners in Japan 0120-279-338
- Japan Legal Support Center (Houterasu)
0570-078-367



Abuse and Parenting Issues

- The National Child Consultation Hotline
189 (24 hours a day, 365 days a year)
- Children's 24-hour SOS Hotline
0120-0-78310 (24 hours a day, 365 days a year)
- Child Guidance Office
Central Miyazaki 0985-26-1551
Miyakonojo 0986-22-4294
Nobeoka 0982-35-1700



Disasters (1)

Be Prepared, Stay Informed!

Earthquake If Inside a Building →

Protect your body. When the shaking subsides, switch off the electricity and gas.



If Outside →

Watch out for falling objects!

Tsunami

Stay away from the sea, rivers, and cliffs.

Typhoon • Flooding

Check the Hazard Map to identify any dangerous places.

Thunderstorm • Tornado

Stay away from windows, take shelter in a sturdy building or a basement.

Evacuate (Escape)

Information Stay Informed!

- Hazard Map →

<http://disaportal.gsi.go.jp/>



- Register for the emergency email information service. Send a blank email to: bousai.miyazaki-pref@raidен2.ktaiwork.jp →



- Ministry of Land, Infrastructure, Transport and Tourism →

<http://www.mlit.go.jp/>



- River and Flood Information →

<http://www.river.go.jp/portal/#80>



- NHK WORLD-JAPAN

<https://www3.nhk.or.jp/nhkworld/en/news/>

- NHK Radio Miyazaki

Miyazaki 540 Nobeoka 621

Kushima • Kobayashi 1026

Miyakonojo 1161 Nichinan 1341 Takachiho 1584



- Disaster Emergency Message →

Dial171 (follow the prompts to record or play back a message)

Disasters (2)

Survival Essentials - Be Prepared!

Actions That Can Save Lives During a Disaster

1 Earthquake-Proofing

Check to make sure that your home will not collapse, and that large items of furniture will not fall over.

(Large items like these can shift around make sure to secure them:

Fridge, Bookcase, Microwave, TV, Computer, Desk, etc.



2 Evacuate Promptly

Stay away from areas at risk of tsunami and flooding after an earthquake.

- ① Even after a small tremor
- ② Do not evacuate by car
- ③ Do not trust any rumors
- ④ Get to higher ground

Escape!

3 Preparation

Pack water, food, and daily essentials in a rucksack or bag.



Emergency



Disaster Supply Kit



Residence Card & Passport



Bankbook and Card



Cash



Medicine

4 Disaster Apps

You can download these apps on your smartphone – they can be useful in the event of a disaster.



Safety tips



NHK News • Disasters



NewsDigest



VoiceTra (Multilingual voice translation)



Zenkoku hinanjo gaido (Information on evacuation shelters)



Yurekuru Call (Earthquake alerts)

Please Note!

If you are unable to escape in time, shout for help! A loud whistle can also be used to get attention.



Living in Miyazaki (1)

Important Basic Information

Accommodation

Finding Somewhere to Live

- When looking for somewhere to live, information can be found at real estate agents, in housing information magazines at bookstores, or online.

One source of information: ➔ Miyazaki Real Estate Transaction Association
0985-26-4522 <http://www.m-takken.jp/>

Renting

- A guarantor is needed to rent a place to live.
- Along with key money and a security deposit to the landlord, an agency fee, and/or other fees must be paid to the real estate agency.



Living

- Most properties are unfurnished.
- Changes cannot be made to the door or wall colors, floor, tatami mats, or interior.

Utilities

- After securing a place to live, apply for electricity, gas, and water supplies.

Electricity ➔ Kyushu Electric Power Co. (*Kyūshū denryoku*)

Gas ➔ The local gas company

Water ➔ The water supply division of your local city, town or village hall

Rules and Manners

- **Garbage** Each city, town and village has its own rules on garbage disposal and recycling, so make sure to confirm when, where and how you need to put out your garbage. Specific bags must be purchased for burnable and non-burnable garbage, and are available at local shops and supermarkets.

Sort by type ➔ burnable, non-burnable, and recyclable garbage, as per local rules.

- **Noise** Be aware - playing musical instruments, parties, screaming children, etc., may cause annoyance for neighbors, so please keep the noise down.

Useful Information for Daily Life:

- Multilingual Living Information
<http://www.clair.or.jp/tagengo/> ➔



iOS



Android

- Daily Life Support Portal for Foreign Nationals
http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html

- Ministry of Justice - Contact Information
www.moj.go.jp/content/001291871

- Houterasu - Legal Information in Multiple Languages
0570-078377

- Japan Post Customer Service Center (in English) 0570-046-111



Ministry of Justice
(mobile site)

Living in Miyazaki (2)

Useful Things to Know

Tax The Japanese tax system is composed of national and local taxes. Income, sales, and property are all taxed in Japan. Taxes are used to support people and provide essential services.

Income Tax ➔ Paid annually, the amount is calculated based on your net income.

Resident's Tax ➔ This tax is based on the previous year's income and paid to the your local government.

The amount of tax you need to pay will be calculated after you submit a tax return is for the previous year's income. People who are self-employed or have multiple sources of income are required to file a tax return.

Consumption Tax

- ➔ **8%** : Food and drinks (except alcohol and dining out)
- 10%** : Alcohol, dining out, any other goods or services.

Vehicle Tax ➔ A tax imposed on owners of motor vehicles.

More Information ➔ Visit your local tax office

National Tax Agency <https://www.nta.go.jp/>

Driving Rules Pedestrians should walk on the right-hand side of the road.

Vehicles and bicycles use the left-hand side of the road. Observe the traffic signs and obey the rules.

License To drive a motor vehicle in Japan, you will need one of the following:

- ① Japanese Driving License
- ② International Driving Permit
- ③ Driving License from a Country with a Specific Agreement with Japan (+ Japanese Translation)



Please Note! Do you hold a valid Drivers' License from another country? If so, you can apply to convert it to a Japanese Drivers' License to be able to drive in Japan. If not, you can apply for a new Drivers' License following the same process as a Japanese Citizen.

For More Information ➔ Miyazaki Prefectural Police 0985-31-0110
<http://www.pref.miyazaki.lg.jp/police/>

Japan Automobile Fed. 0985-52-4511 <https://jaf.or.jp>
Miyazaki Driving License Center 0985-24-9999

School System

Elementary School lasts six years, Junior High School three years, High School three years, and University four years (Junior College - two years). The school year starts in April, with breaks in the summer and winter.

Admissions / Transfers

Children aged between 6 and 15 can attend Elementary and Junior High School regardless of nationality.

Consult your local city, town or village hall for more information regarding admissions. For High School and University, there is an entrance examination.



Elementary School (6 years)



Junior High School (3 years)



High School - University (3 years) - (4 years)

For more information → Council of Local Authorities for International Relations - Multilingual Living Information
<http://www.clair.or.jp/tagengorev/ja/index.html>

For help finding a school → Miyazaki Education Information Service Network
<http://himuka.miyazaki-c.ed.jp/>

Japanese Language Study

Learn Japanese - Connect with Everyone Around You

Japanese Lessons in Miyazaki Prefecture

Miyazaki International Foundation 0985-32-8457

<https://www.mif.or.jp/> →



Miyazaki City International Association 0985-21-1719

<http://www.miyazaki-mcia.jp/>

Miyakonojo International Association 0986-23-2295

<http://miyakonojo-mia.com/>

Recommended Websites

NEWS WEB EASY <https://www3.nhk.or.jp/news/easy/>

NHK WORLD JAPAN (Audio & text lessons) <https://www.nhk.or.jp/lesson/>

JF Japanese e-Learning Minato <https://minato-jf.jp/>

Agency for Cultural Affairs - Handbook for Learning Japanese and Life in Japan

https://www.bunka.go.jp/seisaku/kokugo_nihongo/kyoiku/handbook/



→ Agency for Cultural Affairs (website)

Japanese Language Proficiency Test - JLPT <https://www.jlpt.jp/>

Some medical facilities in Japan specialize in one particular area, while others have separate departments to deal with separate areas, such as internal medicine, general surgery, pediatrics, ophthalmology, dentistry, etc.

• Finding a Hospital

Miyazaki Medical Navi <http://www.e-navi.pref.miyazaki.lg.jp/> →

Child Health Hotline #8000, 0985-35-8855 (7pm - 8am)

※ fevers, head injuries, seizures - phone for advice/assistance



After Hours Emergency Helplines

Please Note!

Make sure to call before visiting

Miyazaki City (7pm - 7am) 0985-77-9101
(夜間) 0985-77-9915

Miyakonojo (7pm - 7am) 0986-36-8890

Nobeoka (7:30pm - 11am) 0982-21-9999

※ Hours vary depending on the day

Nichinan (7pm - 10am) 0987-23-9999

Hyuga (7pm - 9:30am) 0982-50-1000

Doctors Currently On Call (Pre-recorded message)

Miyakonojo - Kitamorokata 0986-23-5555

Hyuga - Higashiusuki 0982-53-1214

Nichinan / Kushima region 0987-23-9999

• For Further Medical Care Information

AMDA International Medical Information Center (NPO)

<https://www.amdamedicalcenter.com/>

Helpline for Foreigners 03-6233-9266 (Mon-Fri 10am - 3pm)

Medical Handbook (Miyazaki International Foundation)

<https://www.mif.or.jp/> →



• Medical Expenses

Medical bills will be reduced for holders of National Health Insurance - uninsured people must pay full price.

Please Note!

Always bring your health insurance card whenever you go to see a doctor.

Medical Care ②

Giving Birth and Raising Children

Pregnancy Submit a pregnancy notification form to receive a "Maternal and Child Health Handbook".



♥ Maternal and Child Health Handbook (*Boshi kenkō techō*) ♥
In this book, results from prenatal checkups, vaccinations, and health records of the child from birth up to entering elementary school are recorded. The handbook is available in several different languages.

For more information, visit your local city, town or village hall.

Childbirth Decide on a clinic, arrange regular checkups and receive advice. After giving birth, National Health Insurance holders will receive a lump-sum allowance for childbirth & childcare (Shussan ikujū ichijikin).

Birth Registration Baby is born → decide on a name → register the birth at the local city, town or village hall (within 14 days).

Please Note!

Regardless of the parents' nationality, the birth must be registered in Japan.

For more information → visit your local city, town or village hall.

Nationality When the birth is registered, the baby's nationality must also be registered. If one of the parents is Japanese, the child will have Japanese nationality. If both parents are foreign nationals, the child's nationality will be determined according to the law of the parents' home countries



For more information → Ministry of Foreign Affairs of Japan - Foreign Embassies in Japan

<https://www.mofa.go.jp/mofaj/link/embassy/> →



website

Medical Care

Checkups : Free health examinations for young children are scheduled at regular intervals.

Vaccinations : Vaccinations which are required by law are free of charge, others are partially reduced in cost.

Medical Expenses : The local government will partially cover the medical costs of children living in Miyazaki Prefecture who hold National Health Insurance (until they enter elementary school).

Please Note!

An application must be submitted to receive financial assistance for medical bills.

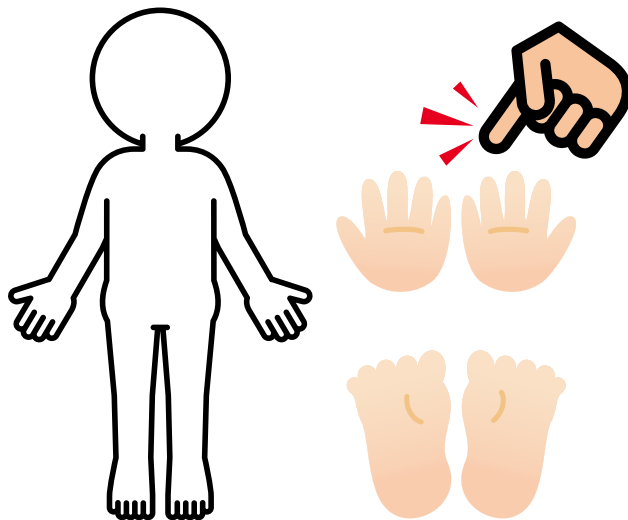
For more information → visit your local city, town or village hall.

Medical Care ③

Seeing a Doctor

• Using the illustration below

- ① Point at the relevant area of the body on the diagram.
- ② Describe the symptoms, such as: *kizu* (injury), *hare* (swelling), *netsu* (fever), *itami* (pain), or *kayumi* (itchy)



• The following documents are available from the AMDA International Medical Information Center

- General Procedures for an Outpatient at a Medical Facility
- Medical Fee Statement/Receipt (sample form)
- A list of Medical Examinations
- Registration Form
- Vaccinations and Immunization Schedule for Children



For more information → AMDA International Medical Information Center (NPO)
<https://www.amdamedicalcenter.com/>
Helpline for Foreigners 03-6233-9266 (Mon-Fri 10am - 3pm)

Immigration & Residency Procedures

Status of Residence

Foreigners intending to enter or live in Japan must have a valid visa. There are two main types; a Certificate of Eligibility issued by the Minister of Justice for work or specific activities, or specified visas such as a permanent resident or spouse of a Japanese citizen.

Residence Card

A residence card will be issued to any foreign national who will stay in Japan for more than three months, having obtained permits relating to the status of residence. The card must be carried at all times. Residence cards are not issued to tourists.



Residency Procedures

You must notify the local Immigration Bureau of any changes to your visa status or information that occur after entering Japan as soon as possible.

- Any changes to your name, nationality, date of birth, or gender must be registered (within 14 days).
- Any change to your status of residence, extensions to the period of stay
- Permission to engage in income-generating activities other than that listed in your status of residence
- Permission for Permanent Residence



Please Note!

Necessary Documents → Application Form, Residence Card, Passport, Certificate of Eligibility, ID, Letter of Guarantee, Photographs, etc.

For more Information → Immigration Services Agency of Japan <http://www.immi-moj.go.jp>



Foreign Residents Information Centre 0570-013904
Fukuoka Regional Immigration Bureau - Miyazaki Office 0985-31-3580

Resident Registration A necessary procedure if living in Japan for more than three months.

- Address Notification Register your address within 14 days of moving in.
- Before moving, submit 転出届 *Tenshutsu todoke* at the city, town or village hall where your current address is registered.
- Submit 転入届 *Tennyū todoke* at the city, town or village hall with jurisdiction over your new address (within 14 days of moving in).



※ Required documents: Residence card and passport.

After resident registration, you will be issued a “My Number”. Keep it safe, as this number is required for various procedures and applications.

For more Information → My Number - General Information 0120-017-826 (free-dial)
The Resident Registration Counter at your local city, town or village hall

Employment

Working in Japan

Requirements for Work

Activities are limited according to the status of residence gained on entry to Japan, and length of stay.

- List of Available Types of Status of Residence <http://www.immi-moj.go.jp/tetuduki/kanri/qaq5.pdf> →
- People who want to engage in different activities that generate income, other than that previously permitted by their Status of Residence → Immigration Bureau of Japan (website) → Must apply for permission
- Student visa holders who want to work (up to 28 hours per week) → Must apply for permission
- For more information on applying for “permission to engage in activity other than that permitted under the status of residence previously granted”, go to <http://www.immi-moj.go.jp/english/tetuduki/kanri/shyorui/09.html> →

Finding a Job

Hello Work is a government employment bureau that provides job counseling and placement. There are no fees to use its services and job vacancies nationwide can be checked online.

→ Hello Work (website) <https://www.hellowork.mhlw.go.jp/>

Contracts

Before signing a contract, make sure to carefully read the contents.

- Contents : workplace, job description, wages, working hours, holiday leave, insurance, etc. If the job differs from the contract, or there are problems at work, contact the Labor Standards Inspection Office for advice.

Accidents at Work

- Workers' Compensation Insurance is a system which provides insurance benefits such as medical expenses for workers who get injured, become ill or die during work or while commuting.
- The Insurance fee is borne by the company; the accident claim form should be submitted to the Labor Standards Inspection Office by the injured/sick person or the company.

For more Information → Contact your local Labor Standards Inspection Office

Miyazaki City 0985-29-6000	Nobeoka 0982-34-3331
Miyakonojo 0986-23-0192	Nichinan 0987-23-5277

Social Security System

Protects Everybody's Way of Life

Health Insurance Health Insurance offers support for everyone in the event of a disaster, accident, illness, or other unforeseen circumstances. After enrolling, you will be issued a health insurance card that entitles you to reduced medical expenses.



- **National Health Insurance**
(NHI - Kokumin kenkō hoken)
 - For those who are self-employed, or not working.
 - Inquires: The NHI Department of your local city, town or village hall
- **Employee Health Insurance**
(Kenkō hoken)
 - For employees of companies, organizations, etc.
 - Inquires: The insurance department at your place of work.

Please Note!

- Part-time workers may have to enroll in NHI (instead of Employee Health Insurance), depending on their working hours and income.
- People from countries that have social security agreements with Japan might not be required to enroll.

Employment Insurance This insurance pays a basic allowance to the insured in the event of them losing their job.



Pension System By paying regular amounts into the system while working, a pension supports people in their old age.

- **National Pension**
(Kokumin nenkin)
 - For those who are self-employed, or not working.
 - The pension contribution is the same, regardless of income.
 - Inquires → The pension department of your local city, town or village hall.
- **Corporate Employee Pension**
(Kōsei nenkin)
 - For employees at companies, organizations, etc.
 - Pension contributions vary according to salary.
 - Inquires → The pension department at your place of work.

For more Information

Ministry of Health, Labour and Welfare
<https://www.mhlw.go.jp/> →

Japan Pension Service
<https://www.nenkin.go.jp/> →



My Details

(わたしについて)

- **Name:**
(なまえ)
- **Address:**
(じゅうしよ)
- **Phone:**
(でんわ)
- **Nationality:**
(こくせき)
- **Language(s) Spoken:**
(はなすことば)
- **Date of Birth:**
(せいねんがっぴ)
- **Gender:** **Blood Type (if known):**
(せいべつ) (けつえきがた)
- **Emergency Contact:**
(きんきゅうれんらくさき)
- **Current Health Issues:**
(かかっているびようき)
- **Current Medication:**
(のんでいるくすり)
- **Religion:**
(しゅうぎょう)
- **Allergies/Dietary Requirements:**
(たべられないしょくひん)

Useful Words & Phrases in Japanese

(English)

- **Help!**
- **Traffic Accident**
- **Fire**
- **Illness**
- **Injury**
- **My _____ hurts**
- **My name is _____**
- **My address is _____**
- **I am in / in the / at _____ now**
- **My phone number is _____**

(Japanese - Japanese Pronunciation)

たすけて!
Tasukete!

こうつうじこです。
Kotsu-jiko desu.

かじです。
Kaji desu.

びょうきです。
Byoki desu.

けがです。
Kega desu.

〇〇がいたいです。
OO ga itai desu.

わたしのなまえは、〇〇です。
Watashi no namae wa OO desu.

じゅうしょは、〇〇です。
Jyusho wa OO desu.

わたしは、いま、〇〇にいます。
Watashi wa ima OO ni imasu.

でんわばんごうは、〇〇です。
Denwa bango wa OO desu.

I CANNOT EAT THIS/THESE




























これはたべられません! *Kore wa taberaremasen!*

DOES IT CONTAIN THIS/THESE?

これにはありますか? *Kore ga haitte imasu ka?*

Please point at any relevant items



 <input type="checkbox"/> Egg たまご	 <input type="checkbox"/> Dairy Products にゅうせいひん	 <input type="checkbox"/> Wheat こむぎ	 <input type="checkbox"/> Buckwheat そば	 <input type="checkbox"/> Peanuts ピーナッツ	 <input type="checkbox"/> Prawn/Shrimp エビ	 <input type="checkbox"/> Crab カニ
 <input type="checkbox"/> Pork ぶたにく	 <input type="checkbox"/> Chicken とりにく	 <input type="checkbox"/> Beef ぎゅうにく	 <input type="checkbox"/> Salmon さけ	 <input type="checkbox"/> Mackerel さば	 <input type="checkbox"/> Abalone あわび	 <input type="checkbox"/> Squid いか
 <input type="checkbox"/> Salmon Roe いくら	 <input type="checkbox"/> Soybeans だいず	 <input type="checkbox"/> Sesame ごま	 <input type="checkbox"/> Walnuts くるみ	 <input type="checkbox"/> Mountain Yam やまいも	 <input type="checkbox"/> Matsutake Mushroom まつたけ	 <input type="checkbox"/> Peaches もも
 <input type="checkbox"/> Apples りんご	 <input type="checkbox"/> Oranges オレンジ	 <input type="checkbox"/> Bananas バナナ	 <input type="checkbox"/> Kiwi キウイフルーツ	 <input type="checkbox"/> Cashew Nuts カシューナッツ	 <input type="checkbox"/> Gelatin ゼラチン	