



那須塩原市



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外国人生活 ガイドブック

Living Guide for
Foreign Residents



英語

English



こんにちは

Olá

Xin chào



Hello

你好

Hola

1 Introduction



Welcome to the city of Nasushiobara.

This Guidebook provides useful information and services in different foreign languages to help you in your daily life in Japan.

We wish you to make effective use of this guidebook to help you get accustomed to life in Nasushiobara as soon as possible and live with a sense of security.



Usage note

When using this guidebook, please note the following:

If you need to call the numbers provided in this guidebook, or go to our consultation counter, please try if possible to ask someone who speaks Japanese to either accompany you or call on your behalf.



2 For foreign residents

2.1 Consultation services for foreign residents



Nasushiobara City Support Center for Foreign Residents

(2-3 Atagochou, Nasushiobara-shi)

Counselors provide consultation for foreign residents who live in the city.

Date	Every Friday from 8:30 AM to 5 PM
Place	First floor, Nishinasuno branch, Nasushiobara municipal office
Available languages	Japanese, English, Portuguese, Spanish
Contact	Please note that there is no direct number for consultation. Please call this number and ask to be transferred to the Support Center : ☎0287-62-7019



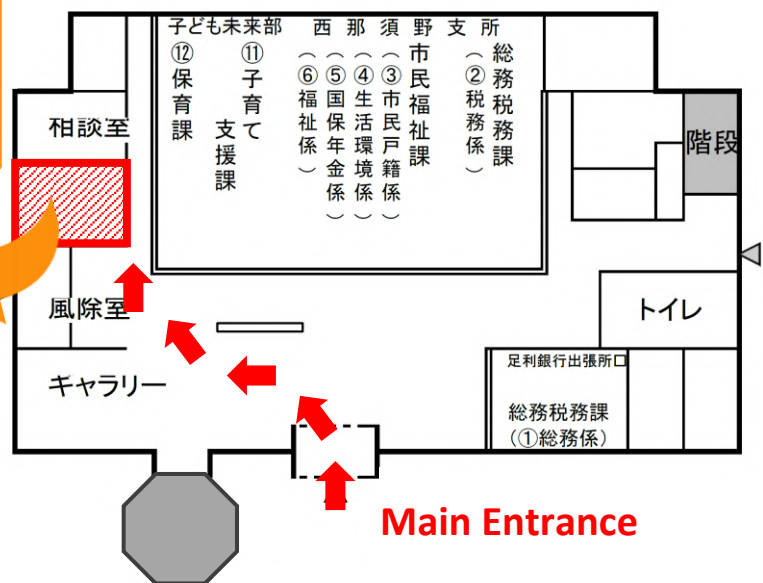
(Shimin Kyoudou Suishin-ka Diversity Suishin-gakari)



<For inquiries>

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7019



Tochigi International Association (9-14 Honchou, Utsunomiya-shi)

Counselors provide consultation for foreign residents who live in Tochigi Prefecture.

Date From Tuesday to Saturday 9 AM to 4 PM

Available languages Japanese, English, Portuguese, Spanish, Chinese, Vietnamese, Tagalog, Nepalese, Thai, Sinhalese, Tamil and Indonesian

Contact Direct number for consultation

☎028-627-3399

URL <http://tia21.or.jp/>

E-mail tia@tia21.or.jp



2.2 Japanese language classes



Japanese language lessons are available for foreign residents at two different locations in Nasushiobara city. In the classes, you will learn daily conversation, Hiragana, Katakana and Kanji that are necessary for your life in Japan.

You can not only learn Japanese, but also have a chat with other people and make new friends there. You can come and join the class anytime you want. No entry fee is required.

Class	Location/address	Date & Time	For inquires
Kouryuu Salon	Higashinasuno Kouminkan (474-11 Higashikoya)	Every Tuesday From 7 PM to 8:30 PM	Nasushiobara city International Association ☎0287-62-7019
Mishima Kouminkan (Community Center) Japanese language class	Mishima Kouminkan (6-337 Higashimishima)	Saturdays (3 times a month) From 1:30 PM to 3:30 PM	Mishima Kouminkan ☎0287-36-8531



〈For inquiries〉

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7019

2.3 Nasushiobara International Association



The Nasushiobara International Association, in order to make a city comfortable to live in for foreign residents, conducts a variety of activities to deepen mutual understanding and encourage exchange.

Why don't you join us and learn more about the people living in your region?

No membership fee is required for foreign residents.



Events organized by the Nasushiobara International Association

Japanese language class (Kouryuu Salon)	Every Tuesday from 7 PM to 8:30 PM Higashinasuno Kouminkan
Lectures on foreign cultures	These are conducted for better understanding on the different cultures.
International interaction events	World festival, Christmas event etc.
Publication of the newsletter	It is published once a year and communicates about events.



As to the details, please refer to Nasushiobara International Association homepage.

Homepage : <https://nasushiobara-ia.jp>



〈For inquiries〉

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7019

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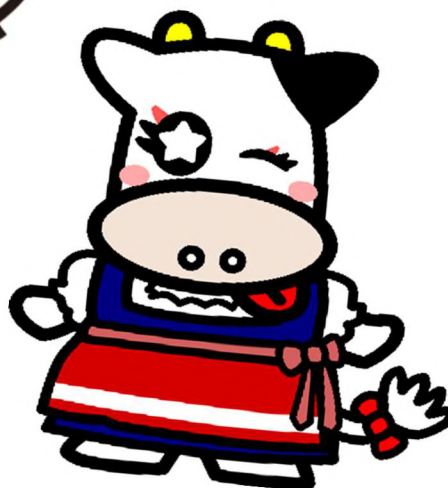
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Welcome to the city of
Nasushiobara.



3 In case of emergency



Emergency numbers in Japan are ☎119 for ambulance and fire service, ☎110 for police station.

When you make an emergency phone call, please say as follows in a loud and clear voice.

	Fire	☎ 119	“Kaji desu” (Fire!)	Theft	☎ 110	“Dorobou desu” (It’s a thief!)
	Sudden illness	☎ 119	“Kyubyou desu, Kite Kudasai” (It’s an emergency, please come)	Crime	☎ 110	“Tasukete kudasai” (Help!)
	Serious injury	☎ 119	“Ookega desu” (Seriously injured)	Traffic Accident	☎ 110	“Jiko desu” (An accident has happened!)

※When you call, make sure to give your name, place and your phone number. If you do not know how to say your place, please ask for assistance from someone in your neighborhood.

3.1 Preparation for earthquakes and typhoons



When a typhoon approaches

In Japan, typhoon will approach from summer to autumn.

- When typhoon is approaching, the wind and rain get considerably stronger. Therefore, keep the light items that can easily be blown away inside the house.
- When typhoon approaches, close the rain doors and shutters, and pay attention to the typhoon news on TV or radio.
- If the flood is expected due to the localized downpour by the typhoons, you will need to prepare the materials such as sandbags for fortification. You should prepare them to prevent serious damage.

When earthquakes occurred

Japan is an earthquake-prone country. In the event of an earthquake, remain calm and take the following actions.

- Do not rush outside. Be careful to the fall of roofing tiles and the collapse of walls.
- If you were using fires, extinguish them immediately.



- Open a window or door to secure a safe exit.
- Keep away from things that might fall over, get under a steady table or desk and wait until the quake passes.
- When evacuating a home, protect your head with cushion, etc.



When the disaster occurs due to a typhoon or a big earthquake, water and electricity supply might be disconnected, however, try to remain calm and pay attention to the information on TV or radio, and the information provided by the municipal offices or fire stations.

When the disaster occurred or expected to occur, people in charge may evacuate you to safer place.

You should always prepare the emergency pack and keep it in a place where all the members of your family know. It may be a good idea to decide family's gathering spot before the evacuation.



Recommended items to be put in the emergency packs (reference)

Drinking water		Radio		Flashlight	
Dry bread		Towel		Battery	
Canned food and others (something you can eat without cooking)		Tissue		Mobile battery	
Can opener		Wet tissue paper		Knife, Lighter, Ropes	
Medicines		Blanket		Candles	
Work gloves		Wrap		Valuables (Money, Passport etc.)	
Underwears					

Message dial at the time of disaster 171

At the time of disaster, you may not use your fixed phone. It's better to use e-mail of your mobile phone. This shows a way to communicate with your family and friends at the time of disaster.



To inform your safety (speak)	To confirm their safety (listen)
① Dial 1 7 1	① Dial 1 7 1
② Push 1	② Push 2
③ Push the number of your home or of persons to communicate (including area code)	③ Push the number of your home or of persons to confirm their safety (including area code)
④ Tell your message	④ Listen to their messages
⑤ Push 9 and # (sharp) button	⑤ Push 9 and # (sharp) button
⑥ End	⑥ End

Other (thunder, tornado, hail, heavy rain)

Tochigi Prefecture has many thundery days in summertime. When you hear the rumble of thunder, avoid going out, and pull out the plugs to prevent lighting strikes.



When there happens a tornado or a sudden gust of wind, immediately please enter into a sturdy building made of concrete as well as into cars.



When hail (small ice particles) is falling, please go inside a sturdy building. Please close the curtains and stay away from windows. The ice hitting the windows, the glass may fly around toward you.



Tochigi International Association “disaster prevention information for foreign residents”

They provide disaster prevention information in various languages for foreigners living in Tochigi Prefecture. Please check it before disaster strikes.

Homepage : <https://tia21.or.jp/disaster.html>



3.2 Evacuation sites (Places to escape)



The evacuation sites are the places to escape when large scale of disasters such as earthquake, large fires, flood etc. take place.

In case of disaster, or if one has been predicted, evacuation sites are designated in advance to facilitate the evacuation of the residents who live in the affected areas (dangerous areas) and the guests of inns and hotels without any confusion.



In preparation for a disaster, check the location of the evacuation site and as well as a safe route to get there.

When you have to take shelter due to the disaster, try to go to the nearest evacuation site in operation from where you are.



At the evacuation sites, drinkable waters, emergency foods (canned foods), blankets are distributed.

Kuroiso area

Evacuation sites	Phone number	Address	Area concerned
Kuroiso Elementary School	0287-60-1290	2-1 Yutakachou	Area around Kuroiso Community Center
Iki Iki Fureai Center	0287-60-1115	1-5 Sakurachou	
Kuroiso Junior High School	0287-60-1010	5-3 Yutakachou	
Kyouei Elementary School	0287-60-1295	99-11 Kyoukonsha	Area around Atsusaki Community Center
Sakitama Elementary School	0287-60-1293	99 Sakitama	
Atsusaki Junior High School	0287-60-1008	385 Kamiatsusaki	
Ishikawa Sports Ground Kuroiso Budoukan (Kuroiso Undoujou Budoukan)	0287-60-1113	664 Kamiatsusaki	
Atsusaki Community Center	0287-60-1166	500-1 Kamiatsusaki	
Taishoudou Kuroiso Milch Hall (Kuroiso Bunka Kaikan)	0287-63-3219	490 Kamiatsusaki	Area around Inamura Community Center
Inamura Elementary School	0287-60-1291	8 Sakitama	
Higashihara Elementary School	0287-60-1292	4 Higashihara	
Kuroiso Kita Junior High School	0287-60-1012	6 Sakitama	
Inamura Community Center	0287-64-3998	117-1 Wakakusachou	

Toyoura Elementary School	0287-60-1294	17 Toyoura	Area around Toyoura Community Center
Nisshin Junior High School	0287-60-1009	1087 Nabekake	
Toyoura Community Center	0287-60-3122	23-110 Higashitoyoura	
Senior Center	0287-73-2210	1429-34 Nabekake	
Nabekake Elementary School	0287-60-1296	1019 Nabekake	Area around Nabekake Community Center
Former Terago Elementary School	-	1146-2 Terago	
Nabekake Community Center	0287-60-1164	531 Nabekake	
Ooharama Elementary School	0287-67-1055	3-14-6 Houkyou	Area around Higashinasuno Community Center
Hattachi Elementary School	0287-67-1056	228 Hattachi	
Higashinasuno Junior High School	0287-67-1166	689 Shimakata	
Higashinasuno Community Center	0287-67-1163	474-11 Higashikoya	
Takabayashi Elementary School	0287-68-7118	483 Takabayashi	Area around Takabayashi Community Center
Aoki Elementary School	0287-62-1293	12 Aoki	
Takabayashi Junior High School	0287-68-7116	353 Yatsubo	
Takabayashi Community Center	0287-68-0115	347-1 Yatsubo	

Nishinasuno area

Evacuation site	Phone number	Address	Area concerned
Mishima Elementary School	0287-36-0103	1-21 Mishima	Mishima Elementary School District
Tsukinokizawa Elementary School	0287-36-0246	1 Tsukinukizawa	Tsukinokizawa Elementary School District
Higashi Elementary School	0287-36-0066	1-193 Tayuuzuka	Higashi Elementary School District
Minami Elementary School	0287-36-0244	399 Nikuchou	Minami Elementary School District
Nishi Elementary School	0287-36-0243	662 Yonkuchou	Nishi Elementary School District
Ooyama Elementary School	0287-36-4192	8-7 Shimonagata	Ooyama Elementary School District
Mishima Junior High School	0287-36-0209	1-104 Higashimishima	Mishima, Nishi, Tsukinokizawa Elementary Schools' Districts
Nishinasuno Junior High School	0287-36-0146	4-3 Shimonagata	Higashi, Minami, Ooyama Elementary Schools' Districts
Nishinasuno Community Center	0287-36-1143	1-194-78 Tayuuzuka	Higashi Elementary School District
Karino Community Center	0287-37-3528	231 Tsukinukizawa	Tsukinokizawa Elementary School District
Minami Community Center	0287-36-7341	401 Nikuchou	Minami Elementary School District
Nishi Community Center	0287-37-1677	661 Yonkuchou	Nishi Elementary School District
Mishima Community Center	0287-36-8531	6-337 Higashimishima	Mishima Elementary School District
Ooyama Community Center	0287-37-6130	8-7-86 Shimonagata	Ooyama Elementary School District

Kyokutou Mishima Sports Park (Mishima Taiiku Center)	0287-36-4787	5-1 Mishima	Mishima Elementary School District
Sanwa Jyuutaku Nishinasuno Sports Plaza (Nishinasuno Stadium)	0287-36-4785	10 Takayanagi	Mishima, Tsukinokizawa Elementary Schools' Districts
Kenkouchouju Center	0287-38-1355	5-163 Minamigouya	

Shiobara area

Evacuation site	Phone number	Address	Area concerned
Shiobara Community Center	0287-32-3812	1-2 Nakashiobara	Shiobara hot spring village
Shukuhakutaikenkan Maple	0287-32-2909	58-3 Kamishiobara	
Houkine Gakuen	0287-35-2034	2018-1 Sekiya	Hello Plaza area
Hello Plaza	0287-35-2006	1266-4 Sekiya	
Former Houkine Junior High School	—	1251 Sekiya	
Former Kanezawa Elementary School	—	1969-2 Kanezawa	
Former Oonuki Elementary School	—	2077-2 Kamioonuki	
Former Yokobayashi Elementary School	—	137-5 Yokobayashi	

※Please refer to the “Nasuhiobarashi Benri Mappu (Illustrated Map)for foreigners” and “Hazard map for Disaster prevention” for the evacuation sites.



〈For inquiries〉

Nasushiobara municipal office

Kiki Kanri-shitsu

☎0287-62-7150

Nishinasuno shisho Soumu Zeimu-ka

☎0287-37-5105

Shiobara shisho Soumu Fukushi-ka

☎0287-32-2911

4 Staying in Japan

4.1 Registration procedure at the city office



In order to live in Nasushiobara, residents must register at the city office. After the registration, the municipal office will provide you with necessary documents. The main registrations are as follows.

Foreign resident registration

- Foreigner who has the residence card must notify the residence place at the local municipal office, the same as Japanese.
- When you will fix new address or change address, please come to the local municipal office with your residence card or special permanent residence card as well as passport and “my number” card.
- Foreigner who has registered your residence, when you will move to another municipal office or to outside the country, must register your move-out to the local municipal office.



Certificate of special permanent resident

- The special permanent resident must submit it when you will modify the content of special permanent resident certificate such as change of the name and when the effective validity will expire.



Marriage registration

- When you, as a foreign resident, get married in Japan, you must follow the marriage procedure set forth by your national law as well as the Japanese law.
- Concerning the laws in your country, please consult the consulate or embassy of your country.
- Please register your marriage at the local municipal office.



Birth Registration

- You must register the birth of a new born to the municipal office within 14 days after the birth.
- A birth certificate issued by the attending doctor is required for the registration.
- Please apply for the residence card for your baby at the Immigration Bureau within 60 days after the birth.



Death Registration

- A death must be reported by the decease's family to the municipal office within 7 days after the death.
- A death certificate issued by the attending doctor is required for the registration.

<For inquiries>

Nasushiobara municipal office

Shimin-ka

☎0287-62-7132

Nishinasuno shisho Shimin Fukushi-ka

☎0287-37-5102

Shiobara shisho Soumu Fukushi-ka

☎0287-32-2988

Houkine Shucchoujyo

☎0287-35-2511

4.2 Residency procedures



Visa status and period of stay

If your visa status and period of stay change as well as you modify the content of the residence card, you must notify the changes to the Tokyo Regional Immigration Bureau.



〈For Inquiries〉

- Tokyo Regional Immigration Bureau Utsunomiya Branch ☎028-600-7750
(2-1-11 Obata Utsunomiya-shi Tochigi-ken, Utsunomiya Houmu Sougou Chousha,1F)
- Tokyo Regional Immigration Bureau ☎0570-034259 / ☎03-5796-7234
(5-5-30 Kounan, Minato-ku, Tokyo)



〈For Inquiries in foreign languages〉

- Information center for foreign residents ☎0570-013904 / ☎03-5796-7112
(Japanese, English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Filipino, Nepalese, Indonesian, Thai etc.)
- One stop Consultation Center ☎03-3202-5535 / ☎03-5155-4039
(English, Chinese, Spanish, Portuguese, Vietnamese, Indonesian, Tagalog)



※Please see their website for more information as the use of each foreign language is variable depending upon a day of the week.

<https://www.moj.go.jp/isa/consultation/center/index.html>

5 Health-related issues

5.1 In case of illness or injuries



If you become ill or injured, consult a doctor as soon as possible. When you go to see a doctor, make sure to bring your health insurance card with you.



List of Medical institutions

Kuroiso Area

Name of medical institutions	Address	Telephone No.	Services (refer to page28)
ITAMURO Clinic	3042-31 Momura	0287-69-0316	①②⑱
INODA Ganka Clinic	1-1-18 Houkyou	0287-65-3787	⑳
OOGAKI Jibi-Inkouka Iin	1-18 Yayoichou	0287-62-8741	㉕
OOSHIMA Naika-Shounika Iin	4-20 Nishikichou	0287-62-0106	①②③④⑪⑳
OHISAMA Clinic	99-55 Awachou	0287-62-2200	㉖
OGATA Clinic Nasu	2-10-3 Kutsukake	0287-65-0755	①⑤⑦ Other
KATSURA Clinic	2-2-1 Houkyou	0287-67-3350	⑪⑱
KANAZAWA Iin	1-8 Chuuouchou	0287-62-0029	①⑪④⑥⑧
KANMA KINEN Byouin	2-5 Daikokuchou	0287-62-0733	①②③④⑤⑥⑦⑪⑬⑭⑱⑳ ㉒㉓㉔㉕㉖㉗㉘㉙㉚㉛㉜ ㉝ Other
KANMA FUZOKU Shinryoujyo	51-1 Maeyaroku	0287-67-1570	①②③④⑦⑬⑲⑳㉓
KUROISO Byouin	3-5 Takasagochou	0287-62-0961	①⑥⑬④⑦
SHINTAKU Lady's Clinic	1-7-3 Houkyou	0287-67-1221	㉓㉔
SUZUKI Naika-Geka Clinic	323-12 Kamiatsusaki	0287-62-2337	①⑬⑲⑳④⑦⑱
SUDA Iin	1206-8 Takabayashi	0287-68-0006	①⑪
TAKITA Medical Clinic	9-26 Honchou	0287-62-0392	①⑬⑲⑳㉔㉕㉖
NAKAGAWA Iin	6-27 Kuroisosaiwaichou	0287-62-0040	①⑪⑬⑲⑳④⑥⑧⑱
NASUAI Clinic	3-12-2 Kutsukake	0287-74-3888	①⑲⑳
NASUKOUGEN Clinic	31-2 Karasugi	0287-67-2701	①②⑨⑪⑲⑳
NASU KOKORONO Iin	1-16-2 Houkyou	0287-74-3233	㉓㉔
NASU KODOMO Clinic	2-19-1 Kutsukake	0287-67-0011	⑨⑪
NASU Noushinkei-Geka Byouin	453-14 Noma	0287-62-5500	①③⑥⑲⑳㉓㉔
NASUNO Clinic	83-24 Kyoukonsha	0287-60-5211	①③④⑦⑲⑳
FUJIOKA Naika-Shounika	93-15 Toyoura	0287-64-3366	①⑪
FUKUSHIMA Seikei-Geka Byouin	1-10 Yayoichou	0287-62-0805	㉒

FUKUDA Naika Clinic	115-3 Shinmachi	0287-73-8170	①④ Other
FUJITA Sanfujinka lin	5-19 Miyachou	0287-62-0115	③⑩
FUMINO Jibi-Inkouka	1-11-5 Kutsukae	0287-65-3387	⑫
MIDORINO MORI Clinic	1-6-7 Ooharamanishi	0287-67-3339	①⑨⑫⑬
MIMORI lin	1-9 Miyachou	0287-62-1095	①⑪⑬⑭⑮⑯⑰⑱
MUNAKATA lin	9-16 Yayoichou	0287-62-1360	①⑪
MURAKIKU Clinic	3-8-25 Kutsukake	0287-74-6662	①⑬⑲
YONEKURA Clinic	2-4 Honchou	0287-64-3335	①⑳
WATANABE lin	140-1 Ooharama	0287-65-3535	①⑪⑭⑮⑯⑰⑱⑲⑳㉑
AKITA Shika lin	8-25 Honchou	0287-62-0055	⑳
ARAI Shika lin	378-6 Ooharama	0287-65-1180	⑳
IZUMI Shika lin	100-103 Toyouranakamachi	0287-63-0048	⑳㉑
ISO Shika lin	4-6 Takasagochou	0287-64-2171	⑳
EGUCHI Shika lin	1-8-2 Ooharamanishi	0287-65-2133	⑳
OOTAWARA Shika lin	3-34 Sumiyoshichou	0287-63-9323	⑳
OONO Shika Clinic	3-1493 Higashihara	0287-60-5181	⑳㉑㉒㉓
Green Shika HONDA Clinic	6-32 Zaimokuchou	0287-64-2332	⑳㉑㉒㉓
SAKAMOTO Clinic	4-21 Chuuochou	0287-60-1414	⑳㉓
SATOMI Shika Clinic	99-82 Awachou	0287-64-3200	⑳
SHIMIZU Shika lin	11-184 Toyoura	0287-64-2525	⑳㉑㉒㉓
SHINDOU Shika lin	721-1 Kamiatsusaki	0287-64-4182	⑳㉑㉒㉓
SEKIGUCHI Shika lin	582-5 Kamiatsusaki	0287-62-6487	⑳㉑㉒㉓
TASAKI Shika	5-21 Kuroisosaiwaichou	0287-74-3626	⑳㉑㉒㉓
DENTAL CLINIC M'S	1-6-2 Houkyou	0287-65-4505	⑳㉑㉒㉓
NABEKAKE Shika	1475-642 Nabekake	0287-60-1717	⑳㉑
HIYAMA Shika Clinic	2-28 Yayoichou	0287-64-1180	⑳㉑㉒㉓
Pyrenee Shika	27-2392 Aoki	0287-63-4182	⑳㉑㉒㉓ Other
MASHIKO Shika lin	3-26 Nishikichou	0287-63-8648	⑳
MAJIMA Shika lin	7-6 Wakabachou	0287-63-8833	⑳
MATSUI Shika Shinryoushitsu	193-2 Higashikoya	0287-65-4618	⑳㉑㉒㉓
MATSUMOTO Shika・Kyousei Shika	1087-398 Nabekake	0287-63-5919	⑳㉑㉒
MAWATARI Shika lin	1201-23 Takabayashi	0287-68-1356	⑳㉑㉒㉓
MIZUTANI Shika lin	1-82-5 Kyoukonsha	0287-64-3111	⑳㉑㉒㉓
MUROGA Shika lin	93 Toyoura	0287-63-8851	⑳
YUU Shika	538-14 Shimakata	0287-65-1235	⑳㉓
WATANABE Shika lin	78-86 Sakitama	0287-64-3911	⑳㉑

Nishinasuno Area

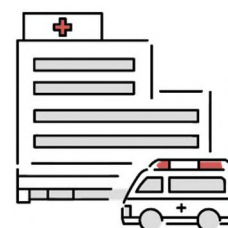
AKUTSU Seikeigeka	3-16 Nagatachou	0287-36-3639	①⑬⑳㉒㉓
ISHIZUKA Sanfujinka	2-14-9 Mishima	0287-36-6231	⑳
ISHIBASHI Ganka	146-12 Mutsumi	0287-47-7766	㉔
OOHARA Clinic	3-67 Higashimishima	0287-37-1133	①⑪㉔㉕
KOKUSAI IRYOU FUKUSHI DAIGAKU Byouin	537-3 Iguchi	0287-37-2221	①②③④⑤⑥⑦⑧⑨⑩⑪⑫ ⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗ ⑳㉑㉒㉓㉔㉕㉖㉗ Other
KOSEKI Seikeigeka	12-12 Ougichou	0287-36-0203	㉒㉓
KONUMA Naika-Ichouka Clinic	6-42 Nishiasahichou	0287-37-5353	①⑪⑭
SAITOU Clinic	7-13 Nishisaiwaichou	0287-39-1805	①⑪⑳
SATOU Iin	7-16 Nishisakaechou	0287-36-0147	①⑪㉒
TAKAZAWA Clinic	1-8-472 Midori	0287-37-9901	①⑬㉕ Other
TSUBASA Clinic NASU	1-106 Minamigouya Seravi III 406	0287-53-7567	①㉒㉓
Nishinasuno Naika-Junkankika Clinic	7-13 Nagatachou	0287-36-1100	①③⑤
HARA Clinic	4-54-7 Higashimishima	0287-39-5232	①⑬⑭
HARA Naika-Shounika Iin	8-35 Nishiharachou	0287-36-0732	①⑪
POPPO Clinic	666-10 Ishibayashi	0287-46-5103	①⑬
HIRANO Hifuka Iin	1-15-11 Mishima	0287-36-9088	㉒
MIZUNUMA Clinic	2-80-6 Higashimishima	0287-39-1581	①⑪⑮⑱
MIDORI Clinic	160-1 Ikkuchou	0287-37-8231	①⑪⑬⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚ ④⑤⑥⑦⑧⑨⑩⑫⑬⑭⑮⑯⑰⑱⑲⑳㉑㉒㉓㉔㉕㉖㉗㉘㉙㉚
IKOMA Dental Clinic Kyousei Shika	1-195-21 Tayuuzuka	0287-36-4545	㉙㉚㉛
ITOU Shika Iin	6-16 Ougichou	0287-36-7120	㉙㉚㉛
USUI Shika Iin	6-232-474 Tayuuzuka	0287-46-5135	㉙㉚
OGAWA Shika Iin	3-1173-2 Shimonagata	0287-39-6656	㉙㉚㉛㉜
OTONA TO KODOMONO Haishasan ONO Shika	7-7-132 Shimonagata	0287-47-7900	㉙㉛
GOMIBUCHI Shika Iin	7-10 Nagatachou	0287-36-0253	㉙
SHINOHARA Shika	6-19 Nishiasahichou	0287-47-7922	㉙
SHIBUI Shika Iin	7-10 Nishisaiwaichou	0287-37-1444	㉙
TAKASAKI Shika Iin	4-31-158 Minamigouya	0287-36-6321	㉙㉛
TAKANO Shika Iin	2-79-2 Higashimishima	0287-36-5590	㉙㉚㉛㉜

TAKEDA Shika lin	4-4 Nishisakaechou	0287-36-0409	㉔
TANABE Shika Clinic	6-396-16 Higashimishima	0287-47-5166	㉔㉗㉘
NAKAE Shika lin	2-4 Nagatachou	0287-36-0017	㉔
NISHIDA Shika lin	7-1098-3 Shimonagata	0287-37-9511	㉔㉗
NIJI NO MACHI Shika lin	1-8 Nishiyamato	0287-36-7800	㉔
HIRAIDE Shika lin	2-25 Gokenchou	0287-37-0580	㉔㉗
HIRANO Shika lin	1-15-5 Mishima	0287-37-6681	㉔
MASUBUCHI Shika lin	1-155-3 Nishimishima	0287-36-7750	㉔
MISHIMA Shika Clinic	2-121-10 Mishima	0287-36-6672	㉔
MIYUKI Shika	61-18 Takayanagi	0287-39-6061	㉔㉗㉘
WATANABE Shika Clinic	2-178-18 Nishimishima	0287-36-8241	㉔㉖㉗㉘

Shiobara Area

KIKUCHI Naika Clinic	531-130 Shimotano	0287-34-0678	①
TOCHIGIKEN Ishikai Shiobara Onsen Byouin	1333 Shiobara	0287-32-4111	①⑥⑲⑳㉑㉒ Other
INNAMI Shika lin	420-25 Shimotano	0287-35-4373	㉔
WATANABE MIKHIKO Shika Clinic	2040-2 Sekiya	0287-34-0005	㉔㉗

- ※Please make sure to contact each medical institution and check the current status before visiting as there may be some change.
- ※Please refer to the “Nasushiobara Benri Map (City Map) for foreigners” for the locations of the medical institutions.



Services

① Internal Medicine

② Respiratory Organ

③ Circulatory Organ

④ Digestive Organ (Gastrointestinal)

⑤ Kidney disease

⑥ Neurology

⑦ Diabetes disease

⑧ Blood disease

⑨ Allergic disease

⑩ Infectious disease

⑪ Pediatrics

⑫ Infantile Surgery

⑬ Surgery

⑭ Respiratory Organ Surgery

⑮ Circulatory Organ Surgery
(Heart, Blood vessel)

⑯ Mammary Gland Surgery

⑰ Bronchial Esophagus Surgery

⑱ Digestive Organ Surgery

⑲ Proctology Surgery

⑳ Cerebral Neurosurgery

㉑ Rheumatic disease

㉒ Plastic Surgery

㉓ Rehabilitation

㉔ Ophthalmology

㉕ Otolaryngology

㉖ Dermatology

㉗ Urology

㉘ Plastic Surgery

㉙ Cosmetic Surgery

㉚ Obstetrics/Gynecology

㉛ Obstetrics

㉜ Gynecology

㉝ Psychiatry

㉞ Mental Cure disease

㉟ Dentistry

㊱ Orthodontics

㊲ Child Dentistry

㊳ Dental surgery

㊴ Radiology

㊵ Anesthesiology

㊶ Diagnostic Pathology

㊷ Clinical Laboratory

㊸ Emergency Department

㊹ Neurology Department

㊺ Respiratory Department

㊻ Digestive Organ Department

㊼ Gastrointestinal Department

㊽ Circulatory

㊾ Cardiovascular surgery

㊿ Dermatology and Urology

① Venereology (sexually transmitted diseases)

② Proctology Department
(Colon and Rectal)

③ Bronchoesophagology



〈For inquiries〉

Nasushiobara municipal office

Kenkou Zoushin-ka (Promotion of Health Section)

Kuroiso Hoken Center

☎0287-63-1100

5.2 Health care system



Before going to a medical institution

- ① Check the day and time of your medical visit. Check if you need to make an appointment, make one if necessary or go without calling first.
- ② Please also bring your patient's registration card when you have already visited the hospital/clinic as well as your health insurance card. Foreign students and temporary visitors are expected to bring their own insurance card as well as your identification card to prove yourself. Do not forget your insurance card, as you would have to pay for the whole cost of the visit.
- ③ Have some cash ready.
The number of medical institutions accepting credit card payment is still pretty low in Japan, so please bring some cash with you.

Once you arrive at the medical institution (from the reception to the payment)

- ① Hand in your insurance card to the receptionist, and tell them if it is your first examination there. Give them your patient's registrations card if you have already visited there. When it's your first visit, you will have to fill out a form with questions related to your health condition. Tell the reception if you do not understand what is written on the form.
- ② Go to the waiting room and wait until your name is called. Some receptions might also give you a ticket with a number printed on it; wait until your number is called.
- ③ After your consultation, go to the waiting room and wait until the reception desk staff call your name or number again. Once you have paid, you can either get your medicine at the drugstore located within the hospital, or get a prescription to use in another pharmacy. There usually are some pharmacies next to the hospital or in town, you can identify them with the signs 「処方せん受付」(Shohousen uketsuke) or 「調剤薬局」(Chouzai yakkyoku).



About the questionnaire on your physical condition

These information will help your doctor get a better idea of your symptoms and physical condition.

【Frequently asked questions】

General condition

Write the reason of your hospital visit. Fever, nausea, stomachache, headache etc...



Have you ever had a serious disease in the past?

Cardiac disease, diabetes, asthma etc...

Are you currently under treatment by other medical institutions and taking medication?



Write down the medicine you are currently taking, and the name of other medical institutions you have been to. If you do not know the name of the medicine you take, please bring medicines with you.



Do you have any allergic reaction to medicine or food?

Please write down the name of the medicine and food you are allergic to.



Luxury goods

Write down the amount of alcohol and cigarettes you usually consume.



For expecting mothers

Write down the number of weeks of your pregnancy.



5.3 Medical institutions available

at the time of sudden illness



The following medical institutions accept emergency patients during out-of hours. Make sure to confirm by phone before seeking medical advice from a doctor.

	Name of medical institution	Case	Consultation day/hours
Holidays	Medical Institutions on-duty ※please refer to the Newsletter “Nasushiobara” or newspapers for details	Small emergency	Sundays, Holidays, Year-end and new year holidays (12/29~1/3) From 9 AM to 5 PM
Night time	Nasu Chiku Yakan Kyuukan Shinryoujo Inside Nasusekijuuji Hospital ☎0287-47-5663	Internal medicine, Pediatrics	Everyday From 7 PM to 9:30 PM



〈For inquiries〉

Nasushiobara municipal office

Kenkou Zoushin-ka (Promotion of Health Section)

Kuroiso Hoken Center

☎0287-63-1100

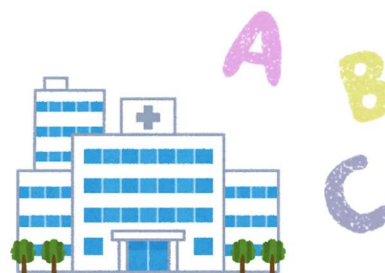
5.4 Medical institutions that provide treatments in foreign languages



Name of medical institutions	Address	Telephone No.	Language available
OOHARA Clinic	3-67 Higashimishima	0287-37-1133	Mandarin
IKOMA Dental Clinic Kyousei Shika	1-195-21 Tayuuzuka	0287-36-4545	Portuguese, Spanish










※ Above information might have been changed since then. Please make sure to contact the medical institutions and check the current status before visiting.











※ Please refer to the Page 20-28 for the services.





5.5 Expressions of your health condition

Zutsuu ga suru	I have a headache 
Samuke ga suru	I feel a chill 
Hatsunetsu, Netsu ga deru	Fever/ I have a fever 
Hakkan	Sweating
Darui	Feel sluggish 
Shokuyoku-fushin	Poor appetite 
Memai	Dizziness 
Itami	Pain 
Kayui	Itchy
Seki ga deru	Have a cough 
Hakike	Nausea 

Outo	Vomit 
Geri	Diarrhea 
Kossetsu	Bone fracture 
Itsuu, I ga itai	Stomachache 
Kusuri	Medicine 
Chiryou	Treatment 
Chuusha	Injection 
Arerugii, Ijyou hannou	Allergy/abnormal reaction. 
Isha o yonde kudasai	Please call a doctor! 
Kyuuukyusha o yonde kudasai	Please call an ambulance! 

5.6 About new coronavirus, COVID19



Please refer to the following sites when you have any troubles or concerns about new coronavirus.

Tochigi Prefecture homepage

<https://www.pref.tochigi.lg.jp/e04/coronaviccinegaikokujin.html>



Consultation hotline (Tochigi International Association)



 028-678-8282 (available anytime in 24 hours)

5.7 Health Insurance



Medical insurance in Japan comprises social health insurance (corporate health insurance) and the national health insurance systems. All residents in Japan must be member of either one of these systems. Medical costs can be very high without having medical health insurance.

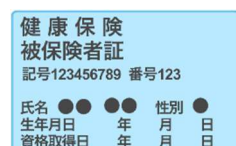
For those of you who have a residence card or a special permanent resident certificate and are registered at the city office, you should apply for the national health insurance system in case that you don't have social health insurance.

National Health Insurance



Documents required to join are residence card or a special permanent resident certificate.

- When you have a doctor's examination, you have to pay 30% of total medical fees. (Copayment). (20% for children under 6 years old and for people over 70 years old, the ratio of copayments differs according to the income.)
- Please apply for the insurance within 14 days after moving into Nasushiobara city or after you lost the status of social health insurance.
- If you have been a member of the national health insurance system in Nasushiobara city and you have to move out of the city (out of the country) or you have changed to social insurance, bring your health insurance certificate, both social health insurance and the national health insurance, to Nasushiobara municipal office for taking necessary procedures.
- If the household member joins the national health insurance, the head of household has to pay the National Health Insurance tax. The tax amount is calculated according to the insured person's income in the previous year. If you joined the national health insurance during a fiscal year, the calculation begins from the month you joined. If you move out of the city or switch to social insurance during the fiscal year, the tax amount up to the previous month shall be calculated on monthly basis.
- The national insurance tax is used for the medical expenses and lump-sum allowance for childbirth and nursing, etc.



Social Insurance

- Social Insurance comprises health insurance by Social Insurance Agencies and health insurance managed by health insurance unions. Social Insurance is operated by insurance premiums deducted from monthly salary and premiums borne by business owners.
- If your employer provides corporate health insurance, you can not apply for national health insurance system. Please ask your employer.

Health care system for the latter-stage elderly

- People who are over 75 years old or over 65 years old with the certification of the disability must switch from the current health insurance system to the health care system for the latter-stage elderly.
- The insurance premium shall be charged individually. The premium rate is decided according to the person's income.



〈For inquiries〉

Nasushiobara municipal office

Kokuho Nenkin-ka ☎0287-62-7129

Nishinasuno shisho Shimin Fukushi-ka ☎0287-37-5103

Shiobara shisho Soumu Fukushi-ka ☎0287-32-2988

5.8 Medical Subsidy

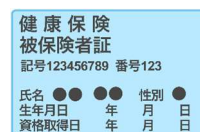


People who are member of the health insurance system and fall into the following categories have access to subsidies for the copayments of the medical expenses that are covered by the health insurance, paid to the medical institutions. For any medical expense, the subsidy application is accepted only after the following month of the treatment.

Medical care subsidies for children

Applicable to Children aged 0 up to 18 years old (3rd grade of high school student)

Applicable period, application procedures, etc.



Age 0 – 15 (3rd grade of junior high school)

If you show the card issued by the municipal office (Medical care beneficiary certificate) and the health insurance card at the cashier's window in the hospitals or the pharmacies in Tochigi prefecture, you do not have to make any payment for the medical expenses which are covered by the health insurance. (No need to apply for the subsidies)

However, when you receive a medical treatment outside of Tochigi prefecture or if you forget to show the cards, after making the payment, file an application for “the Medical Care Subsidies for Children” together with the receipt or a proof of payment issued by the hospital or the pharmacy.

Age 16 – 18 (1st grade of high school to 3rd grade of high school)

After making the payment, file an application for “the Medical Care Subsidies for Children” together with the receipt or a proof of payment issued by the hospital or the pharmacy.



Medical care subsidies for expecting and nursing mothers

Applicable to Expecting and nursing mothers

Applicable period From the month of the pregnancy's notification was made to the following month after the delivery (the month the mother delivered the baby)

Application procedures, etc. After making the payment at the cashier's window in the hospitals or the pharmacies, file an application for “the Medical Care Subsidies for Expecting and Nursing Mothers” together with the receipt or a proof of the payment issued by the hospital or the pharmacy. The subsidy will be transferred into your bank account at a later date.

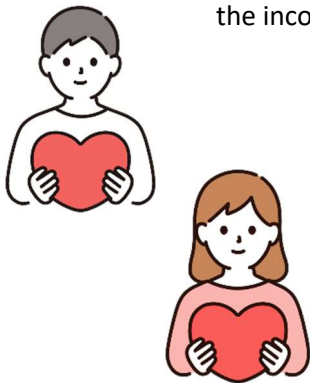


Medical care subsidies for severely impaired people

- Applicable to** Those who are severely mentally or physically impaired (see contact below for details)
- Applicable period** Until the severity of impairment changes
- Application procedures, etc.** After making the payment at the cashier's window in the hospitals or the pharmacies, file an application for "the Medical Care Subsidies for severely impaired people" together with the receipt or a proof of the payment issued by the hospital or the pharmacy. The subsidy will be transferred into your bank account at a later date.

Medical care subsidies for single-parent families

- Applicable to** Parent and child(ren) of fatherless or motherless family (please contact below for details)
- Applicable period** Up to the first March 31 coming after the child's 18-year-old birthday.
- Application procedures, etc.** After making the payment at the cashier's window in the hospitals or the pharmacies, file an application for "the Medical Care Subsidies for single-parent families" together with the receipt or a proof of the payment issued by the hospital or the pharmacy. The subsidy will be transferred into your bank account at a later date. The applicant's income is studied annually. The subsidy shall not be applicable once the income exceeds a certain amount.



<For inquiries>

Nasushiobara municipal office

Kosodate Shien-ka

☎0287-46-5533

Kosodate Shien-ka Sougou Shien-gakari

☎0287-62-7042

Shiobara shisho Soumu Fukushi-ka

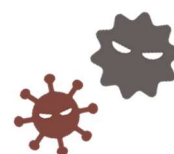
☎0287-32-2988

5.9 For a healthy life



Health examinations

- The city conducts a specified health examination for the national insurance system members and those who are between 40 years old and 74 years old for free of charge. Those who are members of the social health insurance or another type of health insurance, please contact respective health insurance society (your employer, etc) for details.
- The following health examinations are available for a fee. (Free of charge for people with over 70 years old).
Examination for Stomach Cancer, Lung Cancer, Colon Cancer, Prostate Cancer, Cervical Cancer/Breast Cancer/Osteoporosis Check (only for women), risk of stomach cancer, Hepatitis virus etc.



Periodontal disease checkup

- The city conducts a periodontal disease checkup for a fee for people with 40 years, 50 years, 60 years and 70 years old. (Free of charge for over 70 years old)



Preventive vaccination for children



The children are more susceptible to disease than the adults. Once they got sick, the symptoms are likely to get worse, therefore we have to prevent them from getting sick. Here in Japan getting the preventive vaccination is recommended. Please go to get the preventive vaccination after asking a doctor to examine the physical condition of children and consulting with the doctor. There are a lot of preventive vaccinations that the children get free of charge. As to the details of the preventive vaccination, please ask for Kuroiso Hoken Center (health center).

〈For inquiries〉

Nasushiobara municipal office

Kenkou Zoushin-ka (Promotion of Health Section)

Kuroiso Hoken Center

☎0287-63-1100

Maternity Passbook

When you get pregnant, ask your doctor to issue a pregnancy certificate and bring it to Kosodate Soudan-ka. The health center will issue the “Maternity Passbook” which is necessary for your pregnancy examinations, as well as the preventive vaccination and the growth record of your child.



Health examination for infants

The following health examinations are available for infants for free of charge.



Babies' health examinations

Available when the baby reached 4 months old and 10 months old. A notification is sent to all applicable babies.

Health examinations for 18 months infants, and 3-year-old children

A notification is sent to all applicable infants.



Dental care for 2-year-old babies

Information about the cavity prevention and dental health care are provided. A notification is sent to all applicable children.

In addition to the above examinations, various advisory services are available

Childcare, Weaning food, Growth of a child, etc.



〈For inquiries〉

Nasushiobara municipal office

Kosodate Soudan-ka ☎0287-38-1356

5.10 Pension

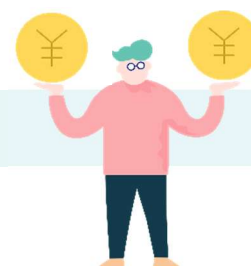


Pension system

Japanese pension provides either lump-sum payment or pension payment when the pension scheme members became unable to work due to old age, illness or injuries, or in the event of death so that the members of their bereaved family can maintain their standard of living. All residents between 20 and 60 years old are obliged to join this system.

Type of Pensions

There are 3 types of national pensions and the residents must join one of them.



First insured person; Residents between 20 and 60 years old

Insurance premium

The premium is the same amount for anyone. Make the payment in cash by the due date with the invoice sent by the Social Insurance Office at a banking institution, post office or convenience store.



It is possible to pay by Bank transfer or credit card. Making a payment through internet banking is also possible.

Second insured person; Those who are a company or factory employee and a member of employee pension insurance

Insurance premium

The premiums vary depending on salary amount.
The premium is deducted from the salary.



Third insured person; Wife or husband of the second insured person and between 20 and 60 years old

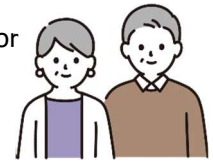
Insurance premium

Do not have to pay by themselves.

Payment of pensions

Eligible people

Those who meet the requirements such as having paid the premium for more than 10 years, etc.



Old-age basic pension	As a rule, those who reached 65 years old are able to receive it.
Basic pension for the disabled	The basic pension for the disabled is paid when a person becomes unable to work due to an illness or injury (if the condition is applicable to either 1st or 2nd grade of disability) that happened for the first-time during enrollment period.
Basic pension for the bereaved	Paid to the bereaved family when the pension scheme member dies and meets a certain requirement.

There are certain requirements on insurance premium payment to receive the Basic pension for the disabled and the Basic pension for the bereaved. Please contact the municipal office for details.

Lump-sum withdrawal payment

Foreign residents who stay in Japan only for a short period of time but paid the premium for more than 6 months are entitled to claim for a refund. They must submit their move-out from Japan to the authority. The claim must be made within 2 years after departure. Lump-sum withdrawal payment is refunded according to the amount paid.



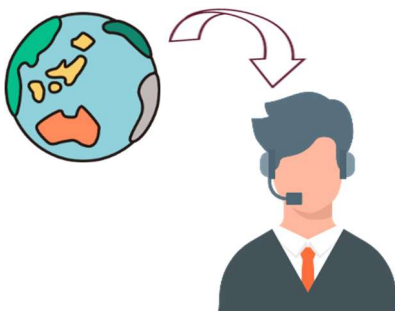
For consultation and inquiries

“Nenkin Dial”

☎0570-05-1165

Inquiries from overseas

☎03-6700-1165



〈For inquiries〉

Nasushiobara municipal office

Kokuho Nenkin-ka

Nishinasuno shisho Shimin Fukushi-ka

Shiobara shisho Soumu Fukushi-ka

☎0287-62-7129

☎0287-37-5103

☎0287-32-2988

6 Welfare Services

Various welfare services are available for children, people with special needs, and elderly people.

6.1 Services for children



Child care consultation

Provides advice on various worries to families with children (ages 0 – 18).

Opening hours Monday to Friday from 8:30 AM to 5:00 PM

Place Kosodate Soudan-ka



<For Inquiries>

Kosodate Soudan-ka ☎0287-46-5537

Development support system

This system is established so that the guardian has a consultation regarding their children (ages 0 – 20) who need development assistance as well as to connect assistance information with related institutions. Your application to use the system is required.



<For Inquiries>

Kosodate Soudan-ka ☎0287-46-5538

Development support (Ohisama room)

Assists parents & preschool children (ages 0 – 6) who are worried about the development of their children. In order to receive the assistance, you need to make an application.

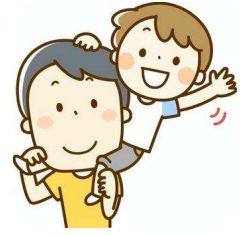
Opening hours Monday to Friday from 9 AM to 5 PM

Place Kosodate Soudan Center



Child care Salon

This is the place where both parents and children can come and play. Also, mothers can enlarge their circle of friends and exchange information. Qualified child minders provide consultation and advice on child care, games, etc.



Opening hours

Monday to Friday from 9 AM to noon / from 1 PM to 4 PM

The child care salons are also held in local community centers once or twice a month.

Place

Iki-Iki Fureai Center Nakayoshi Hiroba



<For Inquiries>

Kosodate Soudan center ☎0287-64-5531

Jidou Teate (Child care allowance)

This is the allowance paid to the people who raise children up to the age of completing junior high school.



<For inquiries>

Nasushiobara municipal office

Kosodate Shien-ka

Kosodate Shien-ka Sougou Shien-gakari

Shiobara shisho Soumu Fukushi-ka

☎0287-46-5533

☎0287-62-7042

☎0287-32-2912

6.2 Services for single-parent household



Childcare allowance

This is a benefit to be paid to a person who raises children (up to age 18) in either a fatherless or motherless family or to a family with a disabled father or mother. A person receiving childcare allowance has to inform the updated information to the municipal office in August every year.



〈For inquiries〉

Nasushiobara municipal office

Kosodate Shien-ka

Kosodate Shien-ka Sougou Shien-gakari

Shiobara shisho Soumu Fukushi-ka

☎0287-46-5533

☎0287-62-7042

☎0287-32-2912

6.3 Services for physically or mentally impaired people



A physical disability certificate, a medical treatment certificate or mental disability certificate is issued to physically or mentally impaired people and various services are available for those who hold these certificates. Please contact the municipal office for more information.



〈For inquiries〉

Nasushiobara municipal office

Shakai Fukushi-ka

Nishinasuno shisho Shimin Fukushi-ka

Shiobara shisho Soumu Fukushi-ka

☎0287-62-7026

☎0287-37-6231

☎0287-32-2912

6.4 Services for the elderly



There are services available to elderly residents over 65 years old. We are ready to get your consultation. Please contact the municipal office for more information.



〈For inquiries〉

Nasushiobara municipal office

Kourei Fukushi-ka

Nishinasuno shisho Shimin Fukushi-ka

Shiobara shisho Soumu Fukushi-ka

☎0287-62-7137

☎0287-37-6231

☎0287-32-2912

6.5 Nursing care insurance system

(when nursing care is required)



This is a system that provides a nursing care to people in need due to old age or illness so that they can carry on with their independent life at their own home.

Services at welfare facilities are available for those who have difficulty living at home. When you are in need of the nursing care, please bring your nursing care insurance card and apply to the municipal office.

People who are entitled to enter the nursing care insurance system

- People over 40 years old who have registered their address in Nasushiobara City for a period of over 3 months



People who are entitled to receive the services

- Those who are over 65 years old and certified as being in need of care (assistance).
- Those who are between 40 and 64 years old and certified as being in need of care (assistance) due to a particular illness.

Available services

Home help service ▪ Home-visit bathing service ▪ Home-visit nursing ▪ Home-visit physiotherapy ▪ Day service ▪ Welfare equipments rental ▪ Home renovation, etc.



<For inquiries>

Nasushiobara municipal office

Kourei Fukushi-ka

☎0287-62-7113

Nishinasuno shisho Shimin Fukushi-ka

☎0287-37-6231

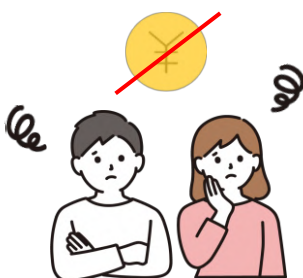
Shiobara shisho Soumu Fukushi-ka

☎0287-32-2912

6.6 Livelihood protection



If you are suffering from a significant decrease in income due to illness or injury or other reason and have trouble making a living, please contact the municipal office for consultation.



<For inquiries>

Nasushiobara municipal office

Shakai Fukushi-ka

☎0287-62-7136

Nishinasuno shisho Shimin Fukushi-ka

☎0287-37-6231

Shiobara shisho Soumu Fukushi-ka

☎0287-32-2912

6.7 About marriage



There is Nasushiobara City Marriage Support Center which deals with the encounter of the single men and women and up to their marriage. It mainly conducts “the matchmaking program” and “Tochigi marriage support program”. The center offers not only marriage counseling, assistance, information but also performs seminars and events.



Matchmaking program

This offers occasions of encounter in the form of an arranged meeting. Marriage supporters play a role as matchmakers and support them from finding a partner to realizing marriage. The enrollment fee is free.

Nasushiobara municipal office Marriage Support Center (in the Shimin Kyoudou Suishin-ka) ☎0287-62-7019

Tochigi Marriage Support Program



This will find your partner by using the matching system of the Center. You can enroll the membership, browse information about your partner and arrange occasion of encounter. The enrollment fee costs 10,000 yens for two years.

〈For inquiries〉

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7019

6.8 About partnership oath regulation



This regulation officially recognizes the same sex couple as partner which is sexual minority such as LGBT. A certificate is issued when both parties submit the oath.

By showing the certificate, they can receive services such as application for the municipal housings as well as being treated the same as relatives when they make a visit to the patients in the hospital.

Please refer to the URL as to the details:

<https://www.city.nasushiobara.lg.jp/soshikikarasagasu/shiminkyodosuishinka/partnership/15206.html>



〈For inquiries〉

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7019

6.9 DV(Domestic Violence)



DV is a violence by a spouse (including a divorced ex-spouse and dating partner) which includes not only physical violence but also mental, economic, social and sexual violence. This is a serious violation of human rights including acts to become crimes and never be tolerated.

We are ready to have a consultation from people who suffer from violence given by their husbands or dating partners.



Who are worrying about can have a consultation online from QR code.

Cabinet Office DV consultation ☎0120-279-889

You can also consult by chat or email (handled in multilingual)



〈For inquiries〉

Nasushiobara municipal office
Kosodate Soudan-ka ☎0287-46-5538

6.10 For those who have trouble with sanitary goods



We provide sanitary napkins free of charge for people who have difficulty in buying sanitary goods.

To whom

Anyone who needs

Given

One set of sanitary napkins #Limited quantity



How to get (two options)

- ① There are “Yell card” in the women restroom. Please deliver that card to the distribution counter.
- ② Please show “Yell card” screen of the website at the distribution counter.

<https://www.city.nasushiobara.lg.jp/soshikikarasagasu/kosodateshienka/12101.html>

Distribution counters

- Nishinasuno Office (Kosodate Shien-ka, Kosodate Soudan-ka)
- Main Office (Kosodate Shien-ka Sougou Shien-gakari, Shakai Fukushi-ka)
- Shiobara Office (Soumu Fukushi-ka)
- Houkine shucchoujo etc.



〈For inquiries〉

Nasushiobara municipal office
Kosodate Shien-ka ☎0287-46-5532

7 Nursery, Kindergarten, Certified Child Institutions, Schools and After School Children's Clubs

7.1 Nursery



A nursery school is a facility that offers childcare for children (from age 0 until entering elementary school) whose family is unable to look after them due to work or illness.

The applicable age to enter and length of the care vary among nurseries, and the childcare costs vary according to the parents' income. Please contact the municipal office for details.



List of nurseries

Kuroiso area

	Nursery	Address	Tel. No.
Public	SAKURA	1-9 Sakurachou	0287-62-0369
	HIGASHINASU	189 Higashikoya	0287-65-3716
	TAKAHAYASHI	353-14 Yatsubo	0287-68-0025
	NABEKAKE	539 Nabekake	0287-62-2251
	WAKABA	9-21 Wakabachou	0287-62-2123
	SAKITAMA	100 Sakitama	0287-63-7153
Private	YURIKAGO	12-209 Toyoura	0287-62-1144
	HIBARIGAOKA	370-5 Sakitama	0287-64-0425
	KOMETTO	6-44 Kuroiso	0287-60-4150
	YUTAKA	92-280 Shinmidorichou	0287-63-8282
	TOYOURA	1088-182 Nabekake	0287-62-2222
	INAMURA	117-1122 Wakakusachou	0287-63-7711

Nishinasuno area

	Nursery	Address	Tel. No.
Public	NAGATA	4-1341 Shimonagata	0287-36-4649
	MISHIMA	4-30 Mishima	0287-36-3980
	MINAMI	287 Ikkuchou	0287-37-0987
Private	HOSHI	343-158 Higashiakada	0287-37-0614
	HIGASHI	5-163-116 Minamigouya	0287-36-0447
	NISHI	662 Yonkuchou	0287-36-2483
	KOHITSUJI	6-5 Nishiyamato	0287-36-5033
	HIKARI MIDORI	1-8 Midori	0287-36-5311
	ATTAKA	2-87 Higashimishima	0287-36-4841

Shiobara area

	Nursery	Address	Tel. No.
Public	OONUKE	2077-7 Kamioonuki	0287-35-2808
Private	HIMAWARI	1173-1 Sekiya	0287-35-2226

〈For inquiries〉

Nasushiobara municipal office

Hoiku-ka ☎0287-46-5536



7.2 Kindergarten



Kindergarten is an education institution for children from 3 years old to the age of entering elementary school. Child care fee is free of charge. When it comes to other expenses, events, holidays and additional time care, please ask for respective kindergarten.

List of kindergartens

	Area	Name	Address	Phone number
Private	Nishinasuno area	Suginoko Mishima Youchien	2-87 Higashimishima	0287-36-4841

〈For inquiries〉

Nasushiobara municipal office

Hoiku-ka ☎0287-46-5536

7.3 Certified Child Institutions



Certified Child Institutions are a combination of the skills used in kindergartens and nursery schools. The age the children can enter our institutions can vary from one institution to another, same thing for the day care hours, and the fees are also calculated on the parents' income. Please contact us for more details.

List of certified Child Institutions

	Area	Name	Address	Phone number
Private	Kuroiso area	Nijigaoka Nintei Kodomoen	6-38 Kuroiso	0287-62-1393
		Nintei Akebono Kodomoen	523-3 Kamiatsusaki	0287-62-1226
		Maronnier Youchien	8-478 Sakitama	0287-62-2760
		Kuroiso Izumi Youchien	451-33 Shimakata	0287-65-0840
		Kuroiso Youchien	2-8 Sumiyoshichou	0287-62-0661
	Nishinasuno area	Suginoko Youchien	3-30 Ougichou	0287-36-0460
		Daini Hikari Youchien	1-8 Midori	0287-36-5311
		Nishinasuno Youchien	6-15 Nishiyamato	0287-36-0440
		Nishinasuno Kids House	533-15 Iguchi	0287-36-1135
	Shiobara area	Shiobara Nintei Kodomoen	652-1 Shiobara	0287-32-2360



〈For inquiries〉

Nasushiobara municipal office

Hoiku-ka ☎0287-46-5536

7.4 Schools



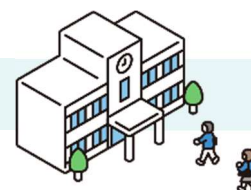
Japanese education system

School terms in Japan start in April and ends in March.

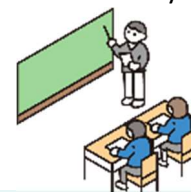
In Japan, 9 years of elementary and junior high school education are compulsory. Therefore, schoolbook and tuition fees are free of charge at public schools. As high school and university do not fall within the scope of compulsory education, matriculation fees, tuition fees and textbooks expenses are charged by yourselves.

Children of foreign residents are also entitled to study at local public schools. Japanese language instructors are available in some schools for children who do not understand Japanese. Please contact the city office for details.

Enrollment policies for elementary school and junior high school



- Children may be enrolled at an elementary school from the age of 6.
- A student's grade level (academic year) at enrollment is determined by the student's age.
- There are 17 elementary schools, 8 junior high schools and 2 obligatory education school in the city. A school is designated according to your district of residence.
- School meals and other school supplies (besides schoolbooks) must be paid at the students' own expense.



List of elementary schools in Nasushiobara City

Kuroiso area

Name of school	Address	Telephone No.
KUROISO Shougakkou	2-1 Yutakachou	0287-60-1290
INAMURA Shougakkou	8 Sakitama	0287-60-1291
HIGASHIHARA Shougakkou	4 Higashihara	0287-60-1292
SAKITAMA Shougakkou	99 Sakitama	0287-60-1293
TOYOURA Shougakkou	17 Toyoura	0287-60-1294
KYOEI Shougakkou	99-11 Kyoukonsha	0287-60-1295
NABEKAKE Shougakkou	1019 Nabekake	0287-60-1296
OOHARAMA Shougakkou	3-14-6 Houkyou	0287-67-1055
HATTACHI Shougakkou	228 Hattachi	0287-67-1056
TAKABAYASHI Syougakkou	483 Takabayashi	0287-68-7118
AOKI Shougakkou	12 Aoki	0287-62-1293

Nishinasuno area

MISHIMA Shougakkou	1-21 Mishima	0287-36-0103
TSUKINOKIZAWA Shougakkou	1 Tsukinukizawa	0287-36-0246
HIGASHI Shougakkou	1-193 Tayuuzuka	0287-36-0066
MINAMI Shougakkou	399 Nikuchou	0287-36-0244
NISHI Shougakkou	662 Yonkuchou	0287-36-0243
OOYAMA Shougakkou	8-7 Shimonagata	0287-36-4192

List of junior high schools

Kuroiso area

KUROISO Chuugakkou	5-3 Yutakachou	0287-60-1010
KUROISO KITA Chuugakkou	6 Sakitama	0287-60-1012
ATSUSAKI Chuugakkou	385 Kamiatsusaki	0287-60-1008
NISSHIN Chuugakkou	1087 Nabekake	0287-60-1009
HIGASHINASUNO Chuugakkou	689 Shimakata	0287-67-1166
TAKABAYASHI Chuugakkou	353 Yatsubo	0287-68-7116

Nishinasuno area

MISHIMA Chuugakkou	1-104 Higashimishima	0287-36-0209
NISHINASUNO Chuugakkou	4-3 Shimonagata	0287-36-0146

Obligatory education school

Shiobara area

SHIOBARA Shou/Chuugakkou	364 Nakashiobara	0287-32-2919
HOUKINE Gakuen	2018-1 Sekiya	0287-35-2034

Procedures for enrollment and admission



- Register your family's address at the Nasushiobara City Office.
- Apply to the Nasushiobara Board of Education for enrollment or admission.
- Receive a notice of enrollment or admission from the Board of Education.
- Go through the enrollment or admission procedures at the designated school.



Procedures for transfer of schools

- If you relocated within Nasushiobara City, please report it to the Board of Education and obtain a notice of transfer of schools for a designated school. Go through the transfer procedures at the new designated school.
- If you relocated outside of Nasushiobara City, report it to the Board of Education of your new municipality then go through the transfer procedures at the designated new school.

Procedures for leaving school

If you move outside of Nasushiobara City and you do not wish to transfer your child to a Japanese public school in your new city of residence, you are required to submit a notice of leaving school for the school your child attended in Nasushiobara City.

Please contact either the Board of Education or the school for more details.



Educational consultations

Consultation services are provided for bullying, truancy and delinquency of children.

Consultation days Monday to Friday from 9 AM to 4 PM

Please call JIDOU-SEITO (school children) Support Center. ☎0287-63-8526



<For inquiries>

Nasushiobara municipal office

Gakkou Kyouiku-ka ☎0287-37-5289

7.5 After School Children's Clubs



After school children's clubs are available at city elementary schools to provide childcare services after school or during long-term holidays for children whose guardians are not at home during the daytime due to work, illness or childbirth.

Opening hours, fees, management systems, and application procedures vary by club. Please contact the club you are interested in for details.



List of clubs

Kuroiso area

No.	Applicable school district	Name of club	Location	Tel. No.
1	KUROISO Shougakkou	KUROISO FUTABA Club	In KUROISO Shougakkou site	0287-74-5560
2	INAMURA Shougakkou	INAMURA WANPAKU Club	Near INAMURA Shougakkou	0287-64-3435
3		INAMURA KORISU Club	In INAMURA Shougakkou	070-4165-9869
4	HIGASHIHARA Shougakkou	HIGASHIHARA GENKIKKO Club	In HIGASHIHARA Shougakkou site	0287-73-8922
5	SAKITAMA Shougakkou	SAKITAMA SUKUSUKU Club	In SAKITAMA Shougakkou site	0287-74-5565
6	TOYOURA Shougakkou	TOYOURA TOYOKKO Club	In TOYOURA Shougakkou site	0287-64-2757
7	KYOUEU Shougakkou	KYOUEI MATSUNOMI Club	In KYOUEI Shougakkou site	0287-74-2213
8	NABEKAKE Shougakkou	NABEKAKE NABEKKO Club	In NABEKAKE Shougakkou site	0287-73-8061
9	OOHARAMA Shougakkou	OOHARAMA NOBIKKO Club	In OOHARAMA Shougakkou site	0287-74-5388
10	TAKABAYASHI Shougakkou	TAKABAYASHI OHISAMA Club	Near TAKABAYASHI Shougakkou	0287-68-1128
11		TAKABAYASHI ASAHI Club		0287-68-1128

12	AOKI Shougakkou	AOKI MIDORI Club	Near AOKI Shougakkou	0287-74-3700
13	Elementary schools mainly in Kuroiso area	DAIICHI SEIWA Club	Toyoura	0287-64-2933
14		DAINI SEIWA Club	Shionosakishinden	0287-65-3727
15		DAINI SEIWA ICHIGO Club		0287-65-3727
16		KUREYON Club	Kuroiso	0287-60-3678
17		TAKENOKO Club	Toyoura	0287-62-1144
18		SHIMAKATA Club	Shimakata	0287-65-0840
19		KUROISO Friend Club	Sumiyoshichou	0287-62-0661
20		GAKUDOU Club TERA KOYA	Kasugachou	0287-73-5771
21		GAKUDOU HOIKU YUMEMIRAI	Touei	0287-74-6800
22		GAKUDOU HOIKU YUMEMIRAI Two	Higashitoyoura	0287-74-6800
23		SUMAIRU Club	Kamiatusaki	0287-62-1226
24		GAKUDOU HOIKU KINOKO Club	Kitawada	070-3893-7077
25		GAKUDOU HOIKU SUMAIRIA	Matsuurachou	050-5236-8884
26		GAKUDOU Club Ni-ko	Kamiatsusaki	080-2887-1453



Nishinasuno area

No.	Applicable school district	Name of club	Location	Tel. No.
1	MISHIMA Shougakkou	MISHIMA SANSAN Club	Near MISHIMA Shougakkou	0287-48-6505
2		MISHIMA NAKAYOSHI Club		0287-48-7866
3		MISHIMA NIKONIKO Club		0287-48-7715
4	TSUKINOKIZAWA Shougakkou	TSUKINOKIZAWA MIRAI Club	In TSUKINOKIZAWA Shougakkou	0287-47-5280
5	HIGASHI Shougakkou	HIGASHI EGAO Club	In HIGASHI Shougakkou site	0287-47-6884
6	MINAMI Shougakkou	MINAMI YOTSUBA Club	In MINAMI Kouminkan site	0287-48-6705
7		MINAMI KEYAKIKKO Club		0287-48-6226
8	NISHI Shougakkou	NISHI HIDAMARI Club	In NISHI Kouminkan site	0287-48-6117
9		NISHI FUTAGO Club		0287-48-6063
10	OOYAMA Shougakkou	OOYAMA YANCHA Club	In OOOYAMA Kouminkan site	0287-47-5012
11		OOYAMA AOZORA Club		0287-47-6377
12		OOYAMA TAIYOU Club		0287-47-7150
13	Elementary schools mainly in Nishinasuno area	WAKUWAKU Club	Nishiyamato	090-8721-8989
14		NOBINOBI Club		090-8721-8989
15		HONOBONO Club		090-8721-8989
16		BI-KIDS	Gokenchou	0287-46-6011

17		At-home	Nishimishima	0287-46-4340
18	Elementary schools mainly in Nishinasuno area	DAISAN SEIWA Club	Nikuchou	0287-36-2886
19		DAISAN SEIWA MELON Club		0287-36-2886
20		GAKUDOU HOIKU SAKURANBO	Ougichou	070-1265-1459
21	Elementary schools mainly in Nishinasuno and Houkine area	GAKUDOU HOIKU YUUGAKUKAN	Nishiakada	0287-46-5725

Shiobara area

No.	Applicable school district	Name of club	Location	Tel. No.
1	HOUKINE Gakuen	SEKIYA MOMIJI Club	In HOUKINE Gakuen site	0287-47-5922
2		SEKIYA YAMABIKO Club		0287-47-5922
3	SHIOBARA Shou/Chuugakkou	NIKKORI GAKUDO Club	Shiobara	0287-32-2360



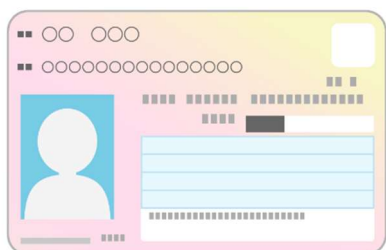
〈For inquires〉

Nasushiobara municipal office

Kosodate Shien-ka ☎0287-46-5532

8 Living in Japan

8.1 About “my number” regulation

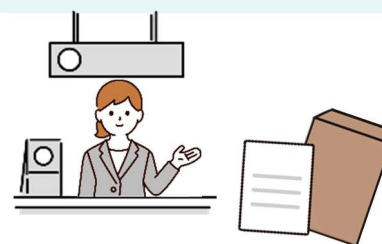


My number (individual number) means 12-digit number given to all the people who have registered their resident certificate in Japan. This can be used only for the matters stipulated by the laws in the fields of social security, tax and disaster prevention. The same number is used in principle in their lifetime and cannot be changed unless with special reasons.

About My number application

There are two ways as follows: the issuance fee is free of charge.

- ① Apply → receive a notification → confirm your identity at the counter and receive your card
- ② Confirm your identity at the counter and apply → receive your card by regular mail



In case of lost or stolen...

Please suspend temporarily the use of the card function.

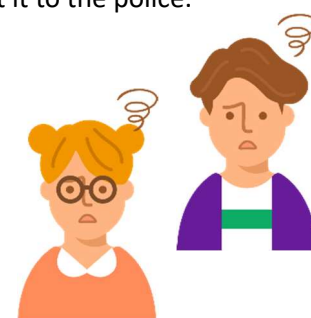
- ① In case that the card is lost or stolen outside your home, please report it to the police.
- ② Please communicate it to the following telephone numbers.

General toll free dial (free of charge)

☎0120-95-0178 (24 hours, 365 days)

☎0120-0178-27 Counter in foreign language

(weekdays 9:30~20:00 Saturday, Sunday and National Holidays 9:30~17:30)



〈For inquiries〉

Nasushiobara municipal office

Shimin-ka ☎0287-62-7132

8.2 Inkan – (Personal seal)



What is a personal seal?

In Japan, seals, on which your family name or given name are engraved, are used the same way as signatures are in many other countries. There are two types of personal seals. *Mitomein* are used for general purposes such as opening a bank or post office account, bank account withdrawals, and on receipts. The other type of seal is called *Jitsuin* and is necessary for authorizing major contracts such as buying a car or a house. Personal seals are available at personal seal shops.

Jitsuin and Seal Registration Certificate

Jitsuin refers to a personal seal that is registered in a municipal office. A Seal Registration Certificate is a document that certifies that a personal seal has been registered as a *Jitsuin*.

Jitsuin and Seal Registration Certificates are used for creating contracts or changing ownership or obligations for major transactions such as real-estate purchases or automobile registration.



Procedures for personal seal registration

Jitsuin must be registered at a municipal office where you are registered as a foreign resident. For registration, please come to the office in person with the personal seal you would like to register and your residence card or driver's license as well as "my number card" in hand. If you cannot come in person, please contact the municipal office in advance.

A seal registration card is issued after the registration procedure is completed. Once you have a seal registration card, you can present it at a municipal office to receive a Seal Registration Certificate. A Seal Registration Certificate cannot be issued without presenting your seal registration card, so please keep it in a safe place.



※The following seals cannot be registered:

- Seals which show names other than what is registered on a resident's original registration with the city. Phonetic equivalents are also not acceptable.
- Seals made with deformable materials such as rubber stamps.
- Seals whose imprints are unclear or unreadable.
- Seals whose imprints are smaller than 8mm, or larger than 25mm.
- Seals which are already registered by other member of the same household.

〈For inquiries〉

Nasushiobara municipal office

Shimin-ka ☎0287-62-7132

Nishinasuno shisho Shimin Fukushi-ka ☎0287-37-5102

Shiobara shisho Soumu Fukushi-ka ☎0287-32-2988

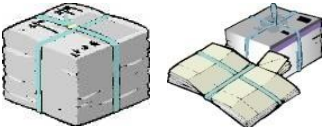




Houkine Shucchoujyo ☎0287-35-2511



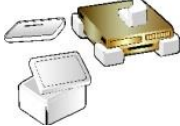
8.3 How to sort and dispose garbage





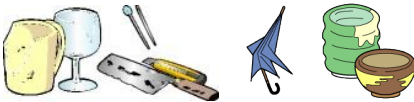


Please sort garbage in the right way and bring it to the designated gomi station by the district (Garbage collection area) by 8:30 AM (8 AM for Shiobara area) on each garbage collection day.



Please make sure to use the designated refuse bag for either burnable garbage or unburnable garbage when you bring it to the gomi station. Garbage is collected from Monday to Friday, regardless of public holidays. (except January 1~3)

	How to segregate		How to dispose
Recyclable Garbage	Newspapers	Newspaper and inserts ※Tie the newspaper and inserts together.	Sort and tie them (cross shape) by type. 
	Cardboard	 ←Those that are wave shape in cross-section	
	Paper cartons	 The ones with the symbol only	
	Magazines, other papers	Magazines, books, confectionery boxes, etc.	
	PET bottles	 The ones with "PET" symbol only	Put them out in garbage bags that clear enough to be able to read an article of newspaper. 
	Cans	Juice, alcohol, canned food, canned cake within a length of 25 cm maximum.	
	Bottles (brown color)		
	Bottles (other colors except brown)	Food & beverage bottles, cosmetic bottles	
Dry-cell batteries	Dry-cell batteries, Lithium batteries		

<p>Small electronic appliances</p>	<p>Outlets, batteries, electronic appliance including personal computer and cables</p>	<ul style="list-style-type: none"> • Objects with personal information <p>Main trash collection (do not put in a bag and leave them in the collection box)</p> <p>As to larger object such as desktop computer etc., please deliver it directly to Nasushiobara clean center.</p> <p>【Collection place: municipal office】</p> <ul style="list-style-type: none"> • Objects without personal information <p>You can leave them on the designated monthly day at the trash station. Put them in a transparent bag enough to be able to read an article of newspaper.</p> 
<p>White tray*</p> <p>White Styrofoam</p>	 <p>The ones with these symbols only</p> 	<p>Collected at a collection point (Put direct in a collection box—bag is not required)</p> <p>【Collection points : municipal office, community centers and Hoken (Health) center】</p> <p>※Also collected at the gomi station once a month.</p>
<p>Disposal of cooking oil</p>	<p>liquid vegetable oil</p>	<p>Collected at a collection point (Put direct in a collection box—bag is not required)</p> <p>※Leave the pet bottles after draining the oil</p> <p>【Collection centers: municipal office, community centers and Hoken (Health) center】</p>

Recyclable Garbage	Mercury used object	<p>Fluorescent lights (direct tube, round type, bulb type)</p> 	<p>At the collection site (without putting it in a bag)</p> <p>※Don't put it at the gomi station.</p> <p>【Collection centers: municipal office, community centers and Hoken (Health) center】</p>
		<p>Clinical thermometer blood pressure meter and regular thermometer in which mercury is used.</p> 	<p>At the collection site (put it in a transparent bag and leave it in the collection box like fluorescent)</p> <p>※Don't put it at the gomi station.</p> <p>【Collection centers: municipal office, community centers and Hoken (Health) center】</p>

	How to segregate	How to dispose
Nonflammable garbage	<p>Glass, porcelain, can cap etc.</p> 	<p>Put them out in the designated.</p>
Flammable dangerous garbage	<p>Used spray can, gas cylinder for portable cooker, disposal lighter and receptacle of volatile, flammable liquids such as mixed oil, gasoline and oil</p> 	<p>Put them out in garbage bags clear enough to be able to read a newspaper.</p> <p>※Please use spray can and gas cylinder completely and <u>don't make a hole.</u></p> <p>※Don't put tap on the receptacle of volatile and flammable liquids Tap is nonflammable garbage.</p>
Flammable garbage	<p>kitchen garbage, plastics, leathers, grasses, leaves</p> 	<p>Put them out in the designated bag (pink color) for flammable garbage.</p>

Large refuses	<p>A refuse which does not fit into the specified garbage bag and can not be tied.</p> 	<p>Bring directly to the clean center by yourself ... 150yen per 10kg</p> <p>Collected from your house...5000yen/1 collection(a 2t truckload)</p> <p>※Please call in advance to make a reservation.</p>
Items that the city does not collect	<p>Items that unsuitable to dispose (products with spring, tires, fire extinguishers, etc.)</p>	<p>Please contact the retail stores and specialty store for disposal.</p>
<p>Specified home electric appliances (Air conditioners, television sets, refrigerators, freezers, washing machines, clothes drying racks)</p>	<p>Please consult the retail shop. When you dispose it by yourself, please purchase the recycling voucher at Postal Office and bring the item to a designated collection point.</p> <p>Some retail stores in the city handle the items with some charge. Please ask Haikibutsu Taisaku-ka (Environmental operation department) in the municipal office.</p>	
<p>Small rechargeable battery</p> <p>Rechargeable batteries with the mark of “small secondary battery recycle” such as nickel cadmium battery, nickel hydrogen battery, lithium ion battery, lead battery</p> 	<p>Leave it in the collection box at the retail shops or electronics stores.</p>	

Usage of Gomi Station (Garbage collection point)

- Gomi stations are managed by the users themselves. Garbage must be disposed at a designated Gomi station in accordance with the rules.
- If you are not sure where the Gomi station is, please contact Haikibutsu Taisaku-ka (environmental operation department) at the municipal office.



Specified garbage bags

The specified garbage bags are used for flammable garbage and nonflammable garbage. Please purchase the garbage bags for flammable garbage and nonflammable garbage at an accredited shop (supermarkets, D.I.Y. stores, convenience stores, etc.) before bring the garbage to the Gomi station. Please contact Haikibutsu Taisaku-ka for information on the stores.

Price of the designated garbage bags (Set of 10 bags)

Flammable	Large (45ℓ)	Medium (30ℓ)	Small (20ℓ)
	500 yen	300 yen	200 yen
Nonflammable	Medium (30ℓ)	Small (20ℓ)	Very small (10ℓ)
	300 yen	200 yen	100 yen



Bring the garbage directly in to the Nasushiobara Clean Center



Garbage can be brought directly to the Nasushiobara Clean Center.



Address

593 Hikinuma (The location is marked on the “Nasushiobarashi benri mappu for foreigners” (illustrated map))

Telephone No.

0287-68-1881

Opening hours

Monday to Saturday from 9 AM to noon, 1 PM to 5 PM

Holidays

Sundays, January 1 – 3

※150 yen per 10 kg disposal fee will be charged for flammable garbage, nonflammable garbage, and large refuses. (Flammable garbage and nonflammable garbage in the designated garbage bags are not charged.)

※150 yen disposal fee is charged even if the garbage is under 10 kg.

Wastes from business activities

Garbage from business activities such as offices, restaurants are called “Jigyoukei Gomi”. The Jigyoukei Gomi Wastes are not accepted at the Gomi stations. Please put them in a clear bag (you cannot use a specific bag.) and bring it directly to the Clean center or ask for a licensed private collector for collection. (Please contact Haikibutsu Taisaku-ka for “the list of licensed private collectors”.)

Disposal fee at the clean center is 150 yen per 10 kg. However, disposal of recyclable items is free of charge. Please sort carefully and help us reduce garbage.



〈For inquiries〉

Nasushiobara municipal office

Haikibutsu Taisaku-ka ☎0287-62-7301

8.4 Taxation



Type of taxes

Japanese taxations are broadly separated into two types. One is national taxes levied by the national government and the other is regional taxes levied by prefectures and cities.

Nasushiobara city levies the following taxes.

Type of tax	People who are taxed
Residential and prefectural taxes	Those who have registered address in Nasushiobara city as of January 1 and had a certain amount of income in the previous year.
Property tax	Those who own lands, houses, assets for business (depreciable assets) in Nasushiobara city as of January 1.
City planning tax	Those who own lands or houses within a specified area as of January 1.
Light motor vehicle tax	Those who own motorbikes or light motor vehicles as of April 1.
National health insurance tax	Head of household whose family is insured by the national health insurance.
Nursing care insurance tax	Head of household pays when people with age of 40 to 64 years belongs to the national health insurance. Person who is a member of the corporate health insurance pays by himself and person with age of more than 65 years pays also by himself.

Taxes are imposed as a kind of “membership fee” to the local community so that people can lead an affluent and peaceful lives and are used for schools, roads, fire managements and welfares. Please make sure to pay the taxes by due date stated on the tax notices.



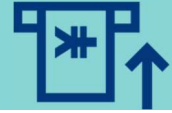
〈For inquiries〉

Nasushiobara municipal office

Kazei-ka

☎0287-62-7179

8.5 Payment and levy of taxes



Taxes can be paid at the municipal offices (head office, branches, sub branches) or banking institutions, convenience stores by using your tax payment notices.

You can pay also by account transfer, Pay-easy, PayPay app, LINE Pay app and credit card (F-REGI “Koukin barai” only).

A demand letter shall be sent to people who failed to pay by the due date and a penalty shall also be imposed as provided by law. Also, the government may seize their properties in order to secure appropriate financial resources, with the purpose of impartiality for everybody’s taxes.



〈For inquires〉
 Nasushiobara municipal office
 Shuuzei-ka ☎0287-62-7190

8.6 Japanese customs and manners



Greetings



In Japan, you should always bow when saying “hi” to someone. Say “ohayou gozaimasu” in the morning, “konnichiwa” during the day and “konbanwa” in the evening. It is even more polite if you bow when you say the greetings.

The “take off your shoes” habit

In Japan, usually you are required to take off your shoes at the entrance and wear a pair of slippers. You are supposed to remove the slippers when entering a Japanese style (tatami-matted) room.



Japanese baths

In Japan, when you take a hot bath, wash yourself before you get into the bathtub. Do not bring soap or towels in the bathtub.

Please be considerate for the other people who will use the bath after you, and keep the water as clean as possible.



Japanese toilets



In Japan, there are both Japanese style (squatting style) and Western (sitting style) toilets. When using Japanese style toilets, please put one foot on each side of the basin and squat.

Tips

In Japan, there is no tip required for taxi, hotel or restaurant services.



8.7 Community life



Friendliness with people in the neighborhood

Neighbors are people you can depend on when you are in trouble. You can manage somehow, even if you do not understand Japanese.

From your neighbors, you can get answers to various questions such as “How can I put the garbage out?”, “Where can I go shopping?”, “Where is the kindergarten or hospital?”. Also there are many things that we can help each other in the event of your’s and your family’s illness or injury, earthquake or typhoon and so on.

If you value interaction (communication) with your neighbors in your daily life, you should be able to help each other when you have some trouble, even though you don’t understand the language.

Value your daily relationship with your neighbors.



Joining a neighborhood community association

The neighborhood community association is a group of residents who live in the community. Although you may have to bear some fees to become a member, this association is very close and important for the residents to get acquainted and encourage a sense of connectedness through interactions such as voluntary activities including setting up and management of Gomi stations in the area and mass cleanups, community festivals or events, and other various activities including anti-crime activities.

It is up to you whether or not to join the association however, exchanging information through circles, etc. is quite valuable and maintaining an excellent communication with neighbors on a daily basis is very important.

In order to find out more about your neighboring area, it is highly recommended to join the association.



〈For inquiries〉

Nasushiobara municipal office

Shimin Kyoudou Suishin-ka ☎0287-62-7151

8.8 Housing



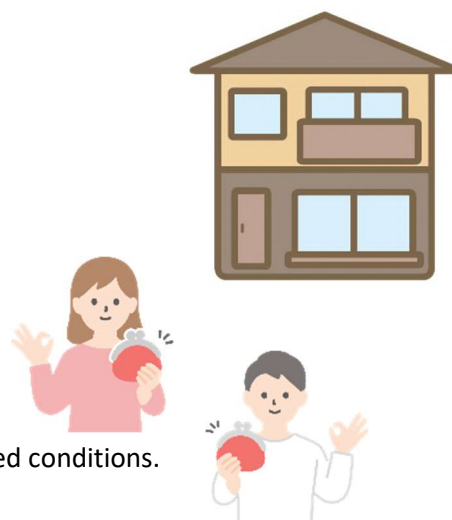
How to rent a house or an apartment

In Japan, people normally look for a rented house or an apartment through the estate agents. Once you found the one you would like to rent, make sure to inspect the property before signing the contract. You are required to pay the rents, lease deposit, key money and agent charge at the time of the contract's signature.

How to rent a municipal house

People who are eligible to rent the municipal houses.


- Those who are having difficulty with housing.
- Those who are living or working in Nasushiobara city.
- Those who are living with their families.
- Those who pay their taxes properly.
- Those whose income is within a certain amount.
- Those who have a joint guarantor who fulfills the required conditions.
- Someone who is not part of a crime organization.




Application period

It will be announced in Nasushiobara city newsletters or on Nasushiobara city's webpage.

<For inquiries>

Residence administration office managed by Nasushiobara municipal office,
Yashio Plaza  0287-74-2800

For prefectural housing,
please contact Tochigi Prefectural residence administration office,
Nasu Plaza  0287-74-5901

8.9 Working in Japan



Work permits



Only people whose visa status allows them to work can work in Japan. Occupations that you can choose also depend on your visa status.

<For inquiries>

Tokyo Regional Immigration Bureau Utsunomiya Branch ☎028-600-7750

Find a job

Hello Work (Public Employment Security office) provides job placement services to you according to your visa status. If you are looking for a job, please apply to the office, as they would give you some guidance about and show you the necessary qualifications to find a job in your area.

Also, when you get a job, it is recommended to ask your employer to write down the working conditions to avoid any trouble that may arise later. Under Japanese law, employers are required to put the following items down in writing:

- ① Working period
- ② Work location and description of the job
- ③ Working hours (core time), break time, day offs and holidays, and overtime
- ④ Amount of wages, methods of calculation of wages, method of payment of wages, cutoff date and payment date. When the wages increase.
- ⑤ Procedures for quitting the job



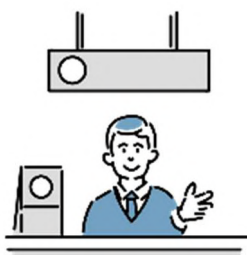
<For inquiries>

Hello Work Kuroiso ☎0287-62-0144

Hello Work Ohtawara ☎0287-22-2268

Consultation for labor

If your employer does not abide by the working conditions, or if you get injured at work or got into trouble, please report the case to the Labor Standards Inspection Office.



<For inquiries>

Ohtawara Labor Standards Inspection Office ☎0287-22-2279

8.10 Transportation



Buses

Bus services

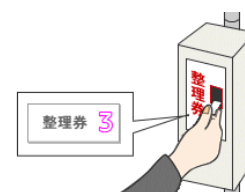
- In Nasushiobara city, there are different routes buses running operated by the private transportation company in addition to “Yu-bus”
- The bus timetable may differ depending on Saturday, Sunday and holidays.
- Please check to see the timetable where the bus goes as well as the departing time before boarding.
- The Yu-bus timetable and the bus route map can be seen at the site of Nasushiobara city homepage.



How to use the bus service

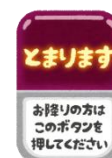
When you get on the bus

- Pick a numbered ticket from the ticketing machine at the bus entrance.



When you get off the bus

- When the bus approaches your destination, push the get-off-button to let the driver know that you want to get off.
- Place the ticket you got at the boarding and the bus fare together in the fare box.
- Each fare is shown under the numbered fare table displayed in the bus. You pay the amount that corresponds to the ticket number you got.
- For Yu-bus, the fare for the adult is 200 yen fixed for one ride.
- In case of the private company bus, the bus fare depends on the distance.



Logo of “Yu-bus”



〈For inquiries〉

For “Yu-Bus” inquiry : Nasushiobara municipal office Seikatsu-ka ☎0287-62-7127

For other routes : JR Bus Kanto, Nishinasuno Branch ☎0287-36-0109

Kanto jidousha, Nasushiobara office ☎0287-74-2911

Trains

How to buy train tickets



Buy a ticket to your destination either from an automatic ticket machine or at the counter at the station. If you do not know how much the fare is to your destination, please ask one of the station staff nearby.



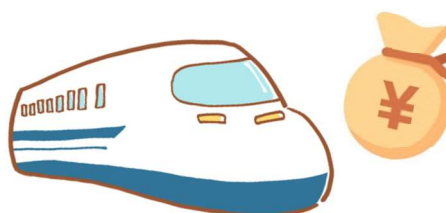
Destination sign

You can normally find the destination and train time sign above the entrance gate and platform.

Use of train services



Trains have unreserved seats as well as reserved seats and first class carriages called “green car” which require an special extra fare for the seats. When you use the limited express or Shinkansen (bullet train), you are required to pay the express fare or Shinkansen express fare on top of the normal fares.



Taxis

If you need a taxi in Nasushiobara city, you can either catch one in the taxi area in front of the station or call one.

As Japanese taxis have driver's operated automatic doors (rear door on the left side) you should be careful when trying to open the door. Although you do not need to tip drivers, though you will be charged an additional 20% after 10 PM until 5 AM.



8.11 Driving in Japan



A driver's license is required when driving in Japan. When you drive, you must carry your driver's license with you.

Driving with an international driver's license

When you hold an international driver's license, you are allowed to drive for a maximum of 1 year upon entering Japan. However, international driver's licenses issued by some countries may not be accepted in Japan. It is recommended to obtain a Japanese driver's license if you are planning to live in Japan for a long period of time.



How to obtain a Japanese driver's license

When you switch from your driver's license issued by your country to a Japanese one.

People who hold a valid driver's license issued by their country (only those who stayed more than 3 months in the country after obtaining the license) are eligible to switch to a Japanese license at a Driving License Center.

It is recommended to go to the Driving License Center with someone who speaks Japanese (the documents required for obtaining the license differ by nationality. Please call the Driving License Center and confirm the necessary documents before you go.) At the Driving License Center, you may be required to take a written test and a skill test apart from the documentary examination and an aptitude test.

When you obtain your new driver's license

In order to get a driver's license in Japan, regardless of nationality, you must pass an aptitude, written and skill test. It is common to take the tests at a Driving License Center after taking a number of driving lessons at a driving school.

Driver's license expiration date

The first driver's license issued is valid until one month after your 3rd birthday. After that, the license is renewed either every 3 or 5 years.

〈For inquires〉













Tochigi Untenmenkyo Center (Driving License Center)
(681 Shimoishikawa, Kanuma-shi) ☎0289-76-0110

Basic rules on automobile driving

- Driving on the left side of the road.
- Yielding to pedestrians at any time.
- Respect speed limits. The speed limits are written on the roadside signposts.
- Drinking and driving is prohibited, no matter how little you drink. Drinking and driving is harshly punished even without causing an accident.
- As well as the driver, passengers are required to wear seat-belts, and child seats are required for passengers under 6 years old.
- Drivers are not allowed to talk over mobile phones while driving.



Road Signs

					
Road Closed	Closed to All Vehicles	No Entry for Vehicles	Only Designated Direction Permitted	No Parking or Stopping	No Parking
					
Stop	School Zone	Slow Down	Maximum Speed Limit	Bicycles and Pedestrians Only	One Way



Automobile inspection

The car safety inspection for the new car must be taken in 3 years after purchase. After that, the inspection must be realized each two years.

Automobile liability insurance and Voluntary insurance

It is mandatory to get an automobile liability insurance (*Jibaiseiki*) when people purchase a car or get the automobile inspection. It is also recommended to also get a voluntary insurance as the automobile liability insurance may not be enough.



Basic rules when you ride on the bicycle

- Please put the helmet on when you ride on the bicycle.
- Please walk at the right-hand side on the roads as the pedestrian as well as on the sidewalk when you walk with the bicycle.
- Please give surely preference to the pedestrian
- Please light on surely when it gets dark.
- When you have a little drink, never ride on the bicycle. It's a crime as drunken driver even with the bicycle.
- Please don't look at the mobile phone screen and make a call while riding on the bicycle.
- Please check the bicycle periodically if the brake works or not. Please place the reflection gadget on so that the cars can see it easily.
- When you had an accident, you will have to pay a lot of money. Therefore, it's recommendable to take out bicycle liability insurance against accidents.
- There are bicycle parking lots near Kuroiso, Nasushiobara and Nishinasuno stations.



<For inquiries>

Nasushiobara municipal office

Seikatsu-ka ☎0287-62-7127

8.12 About being careful when you are getting a dog

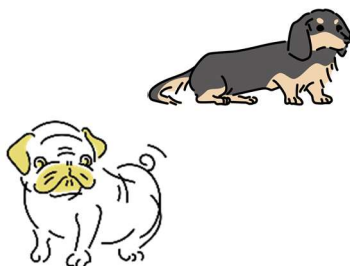


- The rabies prevention law stipulates that dogs over 91 days old after their birth are obliged to be registered once in their lifetime and to be vaccinated against rabies once a year.
- When you want to register a new dog, please go to the related counter of the Municipal Office or to the animal hospital which belongs to the Tochigi prefecture Veterinarian Association. 3,000 yen fee is charged.
- Dogs are obliged to be kept in the fences or cages or tied to the chains or others.



When you walk a dog

- Please attach a pull rope (lead). Leaving a dog unattended is prohibited.
- The owner surely takes dog's droppings home without leaving them as they are.



<For inquiries>

Nasushiobara municipal office

Kankyoku-ka

☎0287-62-7142

Nishinasuno shisho Shimin Fukushi-ka

☎0287-37-5102

Shiobara shisho Soumu Fukushi-ka

☎0287-32-2939

8.13 Consumer troubles

(being tricked into signing a contract or purchasing a product etc.)



Common consumer troubles are:

- A product you didn't order arrived at home.
- You intended to get only once, but it was actually a subscription order.
- The branded product you bought online was a counterfeit.
- You were forced to sign a contract by way of door-to-door sales. etc.



In order to prevent victims from such a damage and detect it at the earlier stage, it is important for family members and surrounding people of the victims to be aware of some changes in their lives.

When you have troubles with contracts or shopping, please call the consumer Hotline (☎188) or the Nasushiobara City Consumer Affairs ☎0287-63-7900.

〈For inquiries〉

Nasushiobara municipal office

Seikatsu-ka ☎0287-62-7126

9 Public services

9.1 Water supply

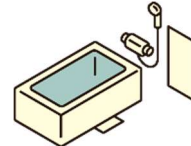


When you want to start using water service

Please contact Jougesuidou-bu (water and sewage department) before you start using water service.

Procedures are necessary in any of the following cases.

- When you want to start using water services.
- When you want to terminate the water services. (You will be charged until the necessary procedures have been done).
- When the user of the service changes.
- When you want to change the payment method.



〈For inquiries〉

Nasushiobara municipal office

Jougesuidou-bu, Kanri-ka

☎0287-37-5100

Jougesuidou-bu, Kuroiso Jigyousho

☎0287-62-7175

Jougesuidou-bu, Shiobara Jigyousho

☎0287-32-2522

9.2 Sewage system



In the regions where the sewage system is provided, the sewage charge must be paid based on the amount of tap water used.

When the sewage usage charge must be paid

Once the usage of tap water is reported, the sewage usage charge shall be also included in the water bill automatically.

When ending the sewage service

When you want to end the sewage service due to relocation, etc., please go through procedures to end the water services. The sewage usage charge shall be billed together with the water charges.



〈For inquiries〉

Nasushiobara municipal office

Jougesuidou-bu, Kanri-ka

☎0287-37-5100

Jougesuidou-bu, Kuroiso Jigyousho

☎0287-62-7175

Jougesuidou-bu, Shiobara Jigyousho

☎0287-32-2522

9.3 Electricity



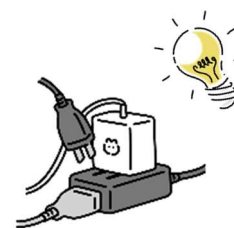
When you want to start using electricity

When you use electricity for the first time after moving in, turn the breaker switch to '入(upside)' position. An application form for electricity usage and an envelope are attached to the breaker. Please fill in your name, address, starting date on the form and drop it into a post box.

If you cannot find the application form or have any troubles using the electricity, please contact Landlord. You can also apply online or by FAX.

※You can contract with electricity power company except Tokyo Electricity Power Company since 2016. (For more information, please contact electric power retailer.)

Please note that in case of the contract content and residence facility, you need to call a person from the electric power company. In that case, please pay attention to the notice from the electric power company.



Paying your electricity bills

You can pay the bill that the electric power company will send you at the post office or a bank or a convenience store. Please contact the electric power company directly if you wish to have the amount withdrawn from your bank account instead.

Attention!

The electric current for standard households in Japan is 100v, the frequency in Nasushiobara city is 50Hz but it differs by region. Before you start electrical appliances, make sure to check if they are suitable or not. Using the appliances with incorrect frequency may impair its functions and can be cause of fire.



When you are in trouble

- ① Landlord
- ② Real Estate
- ③ In case of the trouble with business activity and contract or others given from the electric power company.
<https://www.emsc.meti.go.jp/general/consult.html>



9.4 Gas



When you want to start using gas

Please inform a propane gas dealer of your moving date and time 2-3 days prior to moving in and ask them to start the gas supply. When you move out, please inform the gas dealer of your moving date and time and ask them to disconnect the gas.

Gas appliances and their use

Gas appliances must be adjusted to the type of gas that you use. It is very dangerous if the gas appliances are unsuitable for the gas that you use, because it may cause an incomplete combustion.

If you smell gas, please contact the gas company immediately.



When you can smell gas

- Turn off the gas at the main.
 - Do not light fire.
 - Do not touch the electric appliances, open the window or door to get rid of the gas.
- ※ For more information, please contact a propane gas dealer near you.



9.5 Telephone



When you start using a telephone

If you want to install a telephone at home, please ask NTT.

- When you call from fixed telephone, please dial 📞116
- When you call from mobile phone, PHS, telephone which is not NTT, please call 📞0120-116-000



※There are a lot of telephone companies except NTT, please contact with them.



Telephone directory service

You make a call when you want to know the telephone number. They will teach you about required telephone number when you mention the name (person, company etc.) and address.

You will get the telephone number as far as the desired number is described in the telephone book as well as registered in the list in the directory service 104.

- When you need to know telephone number, call 📞104 (charged)

International phone call

You are able to make an overseas phone call from home or a pay phone. The phone charge and the way of making a call, available areas/countries are different depending on the telephone company. Please contact each phone company for details.

How to use a public telephone

Even though the number of public phones has recently diminished, they are still available and can be used with 10 yen and 100 yen coins or telephone cards. No change is given for partial use of a 100 yen coin.



Mobile phones

You can purchase mobile phones at mobile phone handling shops or electric retail stores. The shop assistant will organize the application and the contract for you at the time of purchase.



- Keep your mobile phone turned off in a hospital.
- Refrain from talking over your mobile phone in a train or in a crowded public area.

Paying your phone bills

Each telephone company will send you the bill with the amount to pay. You can pay at the post office or a bank or a convenience store. Please contact your telephone company if you wish to have the amount charged directly taken from your bank account.

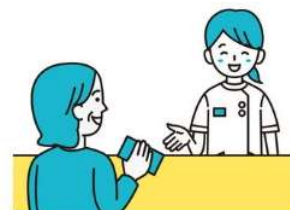
9.6 Postal services



Post office service counters opening hours

Post offices open from Monday to Friday, from 9 AM to 5 PM (Kuroiso and Nishinasuno Post office keep the service counter opened until 7 PM). However, “Yu-yu madoguchi” usually accept mails out of hours, as well as on Saturdays, Sundays and public holidays. Since operating hours are different according to the post office branch, please contact a post office near you for details.

※Please refer to the “Nasushiobarashi Benri Mappu (Illustrated map) for foreigners” for locations of post offices.



Domestic mail



Domestic postal charges are, 63 yen for a postcard, a minimum charge of 84 yen for an envelope.

You can send them either by putting a stamp on and dropping in a post box or bring them to a post office service counter. You can also send parcels at the counter.

International mail

You can send letters or goods to overseas using airmail, express mail service, economy airmail, or sea mail. Postal charges are determined by the type, weight of the item and its destination. Please contact the post office nearby for details.



Takuhaibin – Home delivery service

Forwarding companies deliver the goods from door to door. The delivery cost is determined by the weight, destination, and the forwarding company.

Senders normally take the package directly to the distribution stations, a pickup service from your home is also available. Please contact the forwarding company near you for details.



9.7 Banking institutions



Opening hours

Banks are open from Monday to Friday, from 9 AM to 3 PM (Post offices are open until 4 PM).



Bank counters close on Saturdays, Sundays and public holidays.



How to open an account

In order to open a new account, you are required to bring your passport, photo identification such as your residence card, and personal seal (signature can be accepted in some cases) to the bank.

Once you have opened your bank account, you will get a passbook. The account activity will be recorded in the passbook.

※ When you worry about your communication skill in Japanese, please ask someone who support you continuously (in the workplace or school where you belong to) to make a translation.



ATM (Automatic Teller Machine)

You can also apply for an ATM card when you open the bank account. With the ATM card, you can withdraw or deposit the money. You can find the ATMs at banks as well as at convenience stores, department stores and supermarkets.

Attention! Banks may charge a fee depending on the time of the day.



Automatic payment

If you arrange for the automatic payment, your monthly bills such as electric bill, gas bill, telephone bill, taxes, and water bill will be paid automatically from your bank account. Please contact your bank for details.

9.8 Overseas remittance



There are several methods to make overseas remittance. The cost of remittance, speed, and methods vary with the banking institutions such as banks and post offices. For more details, please ask a bank or post office near you.

10 Overview of Nasushiobara city



10.1 Location, topography and industries of Nasushiobara

Nasushiobara is located in the north of Tochigi prefecture, 150 km from the Tokyo metropolitan district. Half of its area is covered by mountain areas, richly endowed with nature and well-known sightseeing spots, such as Sandogoya onsen or hot spring villages like Shiobara and Itamuro onsen, on the Nasu volcanic belt. Other spots include Shiobara Valley along the Houki River, which shows its colorful beauty and contrasts of all four seasons, and Numappara Highlands.

The other half of Nasushiobara is an alluvial fan with gentle slopes nestled by two rivers, the Nakagawa River in the North and the Houkigawa river in the South. Urban districts have developed around the JR Tohoku Shinkansen (bullet train) and Utsunomiya Line stations such as Nasushiobara, Kuroiso, Nishinasuno and along national routes 4 and 400.

Dairy farming is also well-developed in our city, and we take pride in being No. 1 milk producers in Honshu -Japan's main island (and No.2 at the national level).

10.2 Climate



The city is located at an altitude of more than 200 m and has a highland climate that keeps the land cool and cold. The city's annual rainfall is 1,500 – 2,000 mm, high in summertime and low in wintertime. Snows accumulate in the mountain areas in winter and can be seen still in the end of April.

10.3 Basic Information



Area	592.74 km ²
Population	116,762 (as of April 1, 2022)
Number of households	51,308 (as of April 1, 2022)
Number of foreign residents	2,246 (as of April 1, 2022)



10.4 Main annual events and festivals



2nd Sunday of January / Nishinasuno Hatsuichi (Nishinasuno station square)

Attract many visitors with a variety of stalls such as Garden trees, Daruma dolls, good luck charms, etc.

4th Saturday of January / Kuroiso Hatsuichi (Kuroiso station square)



Attract many visitors with a variety of stalls such as Garden trees, candy floss, flower decorations, etc.

3rd Sunday of May / Hanamatsuri – Flower festival (Karasugamori Park)

The cherry blossoms in the Park are at their best in April. The azaleas can be seen best in May. The hydrangeas are in full bloom in June and July.



June 28 / Nasu Namikirifudouson Himatsuri – Fire festival (Konjouin Temple)

Astonishing hard training programs by ascetics including bare foot on fire or bathing in boiling water are developed.

Last Saturday of July / Nishinasuno Fureai Matsuri (Nishinasuno station square)

The station road becomes “pedestrian’s paradise” and full of life with parades and events during the festival. At night, groups of regions or the local business institutions compete each other with bon dancing.

Early August (every other year) / Nasuno Furusato Hanabi Taikai – Fireworks (Nakagawa River Kahan Park)

Around 20,000 fireworks illuminate the summer night sky. This is one of the main summer events in Nasushiobara.



Mid-August / Nasushiobara City Bon Odori Event – Bon dancing festival (Kuroiso elementary school)

People form a circle and dance along with the festival music.



October 8 / Itamuro Onsen Jinja Sairei – Festival of Itamuro Onsen temple (Itamuro Onsen)

The festival is held in a shrine which is said to grant healthy legs. A gift of gratitude is served to the worshipper. Amazake (sweet drink made from fermented rice) is also served.

3rd sunday of october and the day before / Sangyou Bunkasai – industrial cultural festival (Nishinasuno Undou Kouen – sports park)

Attract many visitors with various events such as Livestock Fair, Local Performing Art Festival, Education Festival, Commercial and Industry Festival, Art Festival, Welfare Festival, etc.

**4th Sunday of October and the day before / Nasuno Makigari Matsuri – hunting festival
(Nasushiobara Station West Exit Public Square, Nakagawa Kahan Undou Kouen – sports park)**



Centered around the main venue in Nasugawa River Kahan Undou Kouen (Sports Park) where you can find numerous stalls run by local enterprises, and attend various events such as Kuroiso Makigari Daiko (Drums) or Makigari Odori (dance). You can also enjoy some Makigari Nabe (hot pot).

〈For Inquiry〉

Nasushiobara municipal office

Shoukou Kankou-ka

☎0287-62-7154

Nishinasuno shisho Sangyou Kankou Kensetsu-ka

☎0287-37-5107

Shiobara shisho Sangyou Kankou Kensetsu-ka

☎0287-32-2914

10.5 Nasushiobara city homepage

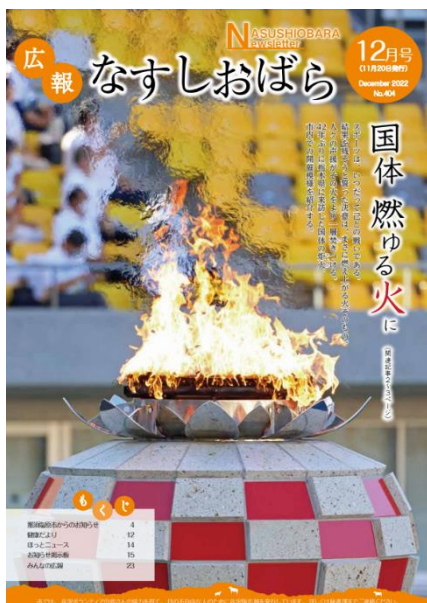


Various information on the city and the registration procedures to the municipal office are available on the website.

Homepage Address (URL) <http://www.city.nasushiobara.lg.jp/>



10.6 Nasushiobara city newsletter



In the city newsletter “Nasushiobara”, you can find what is going on in Nasushiobara and get access to a variety of information.

The newsletter is issued once a month, on the 20th of every month and is delivered to each household via the neighborhood community associations.

You can also take one from the municipal office or the community centers.



〈For Inquiry〉

Nasushiobara municipal office

Kikaku Seisaku-ka ☎0287-62-7109



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