

Guidebook: Life in Oita City

PREFACE

Welcome to Oita City!

Oita City is promoting internationalization and striving to become a multicultural community. We are adopting various policies to provide adequate governmental services and to build a pleasant, worry-free environment for foreign residents.

This guidebook was compiled with the help of many individuals and organizations. Its purpose is to provide foreign residents with basic information about daily life to help overcome uncertainty or problems, which may arise from differences in culture and customs. We hope that by using this guidebook, you will gain an understanding of our city and enjoy many fulfilling days here, in what we would like you to think of as your second hometown.

Oita City

Please keep the following points in mind when reading this book:

- Some of the contents of this book are subject to change, which may cause discrepancies.
- For further information, please do not hesitate to contact Oita City Office. When making an enquiry, it is recommended to bring an accompanying person who can speak Japanese, if you don't, to ensure a smoother process.
- The contents are directly related to daily life in Oita City, although the basic information is common to any municipality.
- Oita City telephone area code (097) is omitted from this publication.

発行にあたって

大分市へようこそ。大分市は現在、国際化を推進し、多文化共生を図るため、市内に居住する外国人の方々にも安心して快適な暮らしができるよう、行政サービスの充実と環境づくりのための各種施策の推進を行っています。

このガイドブックは、本市で暮らす外国人の方に、日常生活の基本的な情報を提供したり、生活習慣や文化の違いから生じた戸惑いや悩みを解消する一助となるように、関係の方々のご協力をいただき、編集したものです。本書の利用を通じて、大分市をよりよく理解していただき、本市を第二の故郷として楽しく充実した日々を過ごしていただければ幸いです。

大分市

なお、このガイドブックをご利用の際には、以下の点にご注意ください。

- ・掲載した情報は、その後変更される場合があります、実際と異なることもあります。
- ・詳細について問い合わせをするときは、相手の方が英語を理解できないことが多いので、日本語をよく理解できる方をお願いするか同行してもらうことをお勧めします。
- ・このガイドブックは大分市での生活について記述していますが、基本的なことはどの市町村でも共通です。
- ・掲載されている電話番号のうち、大分市内のものについては市外局番（097）を省略しています。

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Profile of Oita City

Oita City is situated in the middle of Oita Prefecture and faces Beppu Bay. It is blessed with a warm climate, lush greenery, and an abundance of natural resources.

Oita's history dates back to the 4th century when it was called the "Land of Bungo." From the end of the 12th century, the Otomo clan ruled Bungo for about 400 years. During the time of Sorin, the 21st Otomo feudal lord, trade with foreign countries was promoted, and Bungo flourished as the center of western culture in Kyushu.

In the 16th century the Otomo clan was overthrown and Bungo was broken up into many feudal domains. It was not until the Meiji Restoration in 1871, when the fief system was abolished, that Oita City became the central seat of government for Oita Prefecture.

During World War II, the central part of the city was burned to the ground, and postwar reconstruction transformed Oita into a modern city. In March 1963, Oita merged with five neighboring municipalities including Tsurusaki city, Dainan town, Oita town, Ozai village and Sakanoichi town to create a new and larger city. Oita was chosen to become a new industrial city by the Japanese Government in (January) 1964, and designated as a core city in (April) 1997. Oita has gained influence in accordance with its role as a major city. In January 2005, Oita merged with Saganoseki town and Notsuharu town. The current population is 460,000. It continues to progress rapidly as the heart of Eastern Kyushu.

・ 大分市で生活をはじめの方へ

- Important Information for New Arrivals

1. 外国人登録 (Gaikokujin Toroku) - Foreign Registration

Any foreigner who intends to stay in Japan for more than 90 days must register at the main city office or one of its branch offices within 90 days of arrival.

The office where you must register depends on your neighborhood, so it is advisable to call the Citizen Division of the City Office and confirm which is the appropriate office for you (presiding office). Children under 16 years old or those who cannot appear in person due to illness or injury must have an adult in their household apply in their place. Foreigners who are issued the registration card must carry it at all times.

Please note that if you choose not to observe Oita City rules regarding keeping your card up to date, you must take full responsibility for any hardships faced in your life as a result of being caught with an inaccurate card, such as legal penalties.

(1) 新規登録 (Shinki Toroku) - New Registration

To register you are required to submit the following materials to the presiding office.

A completed foreign registration form provided by the presiding office

The form will request the following information: name, date of birth, gender, nationality, birthplace, address in home country, occupation, passport number, status of residence, date of landing permit, authorized period of stay, address in Japan, name and location of (office where employed) work place, name of householder, personal relationship to householder, and other family information.

In addition, for those who are above 16 years old, and who are allowed to remain in Japan for more than one year, it is necessary to sign and register other household members staying in Japan (and receive endorsement for their continued residence).

Passport

Two identical photos

3.5cm wide and 4.5cm long. The picture must be of the applicant alone, with no background or hat and it must be a recent photo taken within the last 6 months. Both colored or black and white photos are acceptable and they must be in focus. (People who are under 16 years of age do not required them.)

(2) 登録後 (Toroku Go) - Procedures After Receiving the Card

For the following situations, complete procedures at the presiding office where you initially applied. However, if you change addresses within city limits but outside of the jurisdictional area of the previous presiding office, please complete procedures accordingly at your new presiding office. The same situation applies if you move outside of city limits.

*変更登録申請 (Henko Toroku Shin Sei)

– How to Make Changes to Registration Information

If any information on your card changes, for example address, occupation, status of residence, or period of stay, you are required to register the new information at the city office within 14 days of the change.

If it is a change in name or nationality, it is necessary to bring proof of that change to complete a new application for registration. The old registration card must be replaced.

*引替交付申請 (Hikikae Kofu Shin Sei) –How to Replace Your Card

If your card is damaged or extremely dirty, you can request a new one. Bring your old card, passport, and two photos for the replacement procedure. In addition, when the back of your card runs out of space for additional notes and possible changes, such as name or nationality changes, you must apply for a new card.

*確認申請 (Kakunin Shinsei) - Renewal & Expiration

Before your card expires, you will be notified by post of a date when you can lodge a renewal application and you must apply for confirmation of the information in your card at the city office within 30 days starting from the date stated on the notification. Bring your passport and two photos.

People who are under 16 years of age are not required to renew. However, within 30 days from when you turn 16, you must apply for confirmation. The expiration date is shown at the bottom of your card.

*再交付申請 (Sai Kofu Shin Sei) – Having Your Card Reissued

If your card is lost or stolen, you are required to apply for a new card at the presiding office within 14 days. Procedures are the same as that for the original card. It is recommended to notify the police of your lost or stolen card.

(3) 外国人登録証明書の返納 (Gaikokujin Toroku Shomeisho no Hen-no)

- Return of Registration Card

If a foreigner acquires Japanese nationality or dies, the card should be returned to the presiding office within 14 days. If you do not comply with this rule, complications arise from recording inconsistencies such as double nationality or records that prove a person is alive when in fact he/she is dead.

(4) 外国人登録原票記載事項証明書

(Gaikokujin Toroku Ghempyo Kisai Jiko Shomeisho)

– Certificate of Items in the Official Foreign Registration

Oita City office provides a service to issue a certificate of the items in your foreign registration. This certificate may be required when renting an apartment, obtaining a driver's license or purchasing a car. You can apply for the certificate at any of the city offices. The fee is ¥300 per certification. A proxy form is required if someone other than the registered foreigner or household member applies for this service. Identification such as the Foreign Registration Card is required when you make the request.

(5) 問い合わせ先 (Toiawase Saki) - Contact Information

If you have any questions, please contact the main city office or the any of the presiding offices listed below: (Preferably in Japanese)

Citizen's Division, Main City Office	(534-6111 ext. 1322)	2-31 Niage-machi
Akeno Branch	(558-1255)	1-1-1 Akeno-Higashi
Tsurusaki Branch	(527-2111)	1-1-21 Higashi-Tsurusaki
Dainan Branch	(597-1000)	4540-1 Naka-Hetsugi
Wasada Branch	(541-1234)	455 Kinoue
Ozai Branch	(592-0511)	1-21-8 Yokota
Sakanoichi Branch	(592-1700)	1687-1 Sakanoichi

Saganoseki Branch	(575-1111)	2178 Owaza Seki
Notsuharu	(588-1111)	800 Owaza Notsuharu

2. 印鑑 (Inkan) - Name Seals

It is more common to use name seals (inkan) than signatures in Japan. In fact, they should be considered just as important as a signature. There are two types of seals, one is a formal seal called “jitsu-in,” the other is a personal informal seal called “mitome-in.”

You must register your jitsu-in at the city office and they will issue you a certificate of seal impression. This certificate and your seal together allow you to verify your identity. When producing important documents such as a contract of an automobile purchase or real estate purchase, your jitsu-in impression is required.

A “mitome-in” is for less formal transactions and does not need to be registered. Changing your jitsu-in is a complicated procedure. Please consider the design carefully before beginning the registration process.

(1) 登録できる印鑑 (Toroku Dekiru Inkan) - How to Order Your Jitsu-in

Jitsu-in are made at local seal shops called “hanko-ya.” Please observe the following restrictions regarding jitsu-in:

The seal impression may be circular, oval, rectangular, or square and must fit inside a square with each side measuring between 8mm and 25mm. The height should be over 1cm.

It must be made of wood, stone, metal, or other sturdy material.

No part of the image should be chipped or rubbed off.

No more than one third of its frame line can be missing.

You must confirm that the form of letters used on your seal is identical to that used to spell your name as shown on your foreign registration card. If your name is spelled using the English alphabet, your jitsu-in also must be spelled with the English alphabet or Japanese Katakana.

(2) 印鑑登録の仕方 (Inkan Toroku no Shikata) - How to Register Your Jitsu-in

Any foreigner living in Oita who is 15 years or older may register a jitsu-in. You must take your seal and foreign registration card to the main city office or your presiding office and inquire at the seal registration counter called “inkan toroku madoguchi.” You will receive an official card of your seal impression.

(3) 印鑑登録証明書の交付 (Inkan Toroku Shomeisho no Kofu)

- How to Order a Jitsu-in Certificate

This certificate is required to make large-scale purchases. Just show your seal card at the main city office or your presiding office, and you can receive the certificate for a fee of ¥300 (as of March 1st, 2007).

(4) 問い合わせ先 (Toiawase Saki) - Contact Information

For more information, please contact the Citizens' Division.

The first floor of Main City Office

Tel: 534-6111 (ext. 1330) (preferably in Japanese)

3. 銀行 (Ginko) - Banking

(1) お金の管理 (Okane no Kanri) - Managing Your Money

Opening an Account

You can open an account at any financial institution such as a bank, post office, credit bank, credit association or agricultural cooperation. You will need your seal and one form of identification such as a passport, foreign registration card, or drivers' license.

*Required documents differ among financial institutions so please contact the appropriate one beforehand.

Business Hours

	Monday ~ Friday
Banks:	9:00am ~ 3:00pm
Central Post Office:	9:00am ~ 6:00pm

* Business hours may vary depending on the financial institution you use.

Cashing Service (ATM service)

Request a cash card when you open an account. At an ATM you can deposit, withdraw, update your account book, transfer and check account balances, and remit payment for certain services. There is no charge for using an ATM at a post office with a Yucho-Card. ATMs' business hours depend on where you go. Additionally, ATMs generally do not offer 24-hour service. For more information on these services, please contact any financial institution or post office.

(2) 両替・送金 (Ryogae・Sokin) – Foreign Exchange / Remittance

Foreign Exchange service is only available at major banks and post offices where "Foreign Exchange" is posted. Exchange service may not work depending on various currency or amount of money, so please contact the appropriate institution. Please remember to bring your passport or foreign registration card when exchanging currency.

There are three ways to send money overseas using your bank:

Telegraph remittance (2-3 days), bank account remittance (1-2 weeks), and check/money order remittance (delivery time depends on destination). The commission fee varies from ¥5,000 to ¥7,500 depending on which method you use.

There are three ways to send money overseas using the post office:

Sending a foreign exchange certificate via airmail; sending money to the recipient's postal account; sending money to an overseas bank account (but it might not work in some countries). Service charge costs ¥2,500 uniformly. However, the charge will differ slightly when sending money to America. For more information on these services,

please contact the central post office.

Foreign Exchange / Remittance services are only available during business hours.

Refer to (1) of this section.

(3) 問い合わせ先 (Toiawase Saki) - Contact Information

Post Office:	0120-108420	(toll free)
	8:30am ~ 6:00pm	(weekdays)
Post Office English Info Line:	0120-085420	(toll free)
	8:30am ~ 6:00pm	(weekdays)
HP:	http://www.kyushu.yusei.go.jp/oita/sisetu.html	

Brochures about post office services in 8 languages (English, Chinese, Korean, French, Rumanian, Thai Tagalong and Portuguese) are available at the central post office.

4. 住居 (Jyukyo) - Accommodations Services

Real estate agents can help you find an apartment or house to rent. Their services are free, but when you sign a contract, the associated company is entitled to a commission. When you inquire at a real estate agency, you can ask to see several apartments. A representative of the company will take you there. Most of the companies belong to the associations below, and they also handle your claims should you run into any trouble with your landlord. Listed below are two major real estate agencies in Oita and the official seal, which indicates membership in the association:

-Oita ken (Oita Prefecture) Takuchi Tatemono Torihikigyo Association

*This label certifies the agent belongs to the associations.

Apartments and houses for rent are listed in magazines available at convenience stores and bookstores. These magazines are generally placed near the registers. They feature diagrams, explanations of the housing, rent and other fees, size, year of construction, type of flooring, location, and whether it has a bath. Maps in the back of the magazine can help you find the location of the housing. The real estate agency you use will take you to the apartment/house. The rent contract is usually finalized between you and the agency.

(1) 借用に際しての情報 (Shakuyo ni Saishiteno Joho) - Rental Information

Japanese apartments do not include standard cooking or laundry facilities such as a gas range, oven, refrigerator or washing machine. Please consider these expenses and the space they require when previewing apartment layouts. Most landlords require foreign renters to have a guarantor, or “hoshonin.” This person should be Japanese, be willing to countersign the contract, and be willing to accept responsibility for the renter’s

negligence regarding contract conditions. In particular, changing interior or exterior features of your apartment such as painting, is generally not permitted in the contract. In case of a breach of contract, a large amount of compensation could be claimed. In Japan, various fees are required when renting an apartment or house. Below you will find a description of the fees:

手付金 (Tetsuke-kin) - Deposit

This initial deposit is paid to the landlord to reserve the property. The deposit will be appropriated to become part of the first month's rent after the contract is finalized.

敷金 (Shiki-kin) - Security Deposit/Key Money

In Oita the security deposit generally totals about three months' rent. In the case of an outstanding balance, the landlord can deduct that amount from the shiki-kin. It can be also used towards damages caused deliberately or incidentally and repairing costs incurred due to inappropriate usage. Please refer to your contract regarding the amount of time you are required to notify the landlord and realtor before moving out. Naturally if you fail to notify them in time, you may be charged another month's rent after moving out. Also, before you sign the contract, if you find aspects of the apartment unsatisfactory, you must notify the realtor for repairs, otherwise it will become your own responsibility.

仲介料 (Chukai-ryo) - Real Estate Agency's Commission

According to regulations, this payment should be less than one month's rent. It is non-refundable. This payment is for their organization services, handling the contracting, communication with the landlord, and acting as the liaison for your concerns regarding the apartment.

家賃 (Ya-chin) - Monthly Rent

You must pay the rent for the following month by the end of each month. When you make a contract in the middle of the month, the rent will be pro-rated. However, if you move out mid-month, most landlords will not allow you to pay your rent according to the number of days you remain. In most cases, the whole month's rent must be paid even if you leave in the middle of the month.

* Generally, a sum of money totaling about five month's rent will be necessary before you move into an apartment or rented house.

共益費 (Kyoeki-hi) - Neighborhood Fee

Some apartments have a monthly charge, which is used towards maintaining the neighborhood. Often this charge is simply tacked onto your monthly rent.

保険 (Hoken) – Insurance

You may be required to purchase a comprehensive householders' policy or fraternal

insurance towards any tenants' or personal liability in the event of fire and water leakage. The cost is approximately 20,000 yen.

(2) 家族用公営住宅 (Kazoku yo Koei Jyutaku) - Public Housing (for families)

Public housing is an option for families living in Oita City. However, availability is very limited. There are some requirements such as an upper income limit and good tax record. Applications are accepted at the following locations:

Oita Municipal Public Housing Public Housing Division 6 th Floor, Oita City Office Tel: 534-6111 ext. 1772 (Japanese only)	Oita Prefectural Public Housing Oita Ken Jutaku Kyokyukosha 1-2-3 Shirosaki-machi Tel: 537-1086 (Japanese only)
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5. 医療保険制度 (Iryo Hoken Seido) - Health Insurance System

In Japan there are two kinds of social health insurance systems: National Health Insurance (NHI) and Employee Health Insurance (EHI, there are several kinds). NHI coverage is compulsory for those without EHI. Foreigners living in Oita City who have gone through foreign registration procedures and intend to stay in Japan at least one year should join NHI. Both types of insurance allow you to pay only a fraction of the medical expenses for you or a family member. Moreover, you can obtain benefits after a birth or death in the family.

Please note that some medical expenses such as an extra charge for a private room in a hospital and special dental treatment are not covered by insurance.

(1) 国民健康保険 (Kokumin Kenko Hoken) – NHI

Application Procedures

Bring proof that you intend to reside in Japan for over one year. If your foreign registration card indicates such, then it suffices. If not, bring your passport including visa and documents from the institution that invited you to Japan. It is best to determine exactly what documents are required before requesting your hosting institution to provide them. An NHI certificate will be issued following application. There is no fee to apply, but naturally there are fees to be a member of NHI. Please refer to the following examples for a person less than 40 years old:

Approximate Yearly Income	Number of Participants	NHI Payment
¥2,400,000	1	¥183,300/year
¥3,600,000	1	¥270,700/year
No income from the previous year	1	¥ 18,500/year

Payment of Medical Expenses

When you go for a medical exam, submit your NHI card at the reception desk. Using the card, you are only required to pay a certain percentage (20% for 0-2 years of age, 30% for 3-69 years of age, 10% to 30%; 10% to 30% for 70 years and over and depending on income) of the fees. After treatment, the card will be returned to you.

Changes to Registration Information

If your name or address changes, you must notify the City Office. Bring your NHI card and your foreign registration card to the NHI Division of the City Office or to one of its branch offices within 14 days. Also the NHI card must be returned for the following reasons:

- Become a member of EHI
- Move from Oita City
- Return to home country
- Go on welfare
- Death

Payment of Insurance Premium

NHI payments are made every month except April and May. When you receive a payment slip from NHI, you may proceed to pay your premium at most banks, post offices, or at the NHI Division of the City Office. It is possible to have your payments automatically transferred.

Benefits of NHI

Benefits are available in the case of pregnancy or death.

- a) NHI provides a one-time benefit of ¥350,000 to subsidize maternity fees. To register the birth and receive payment you must submit the following materials at the National Health Insurance and Pension Division of the City Office or one of its branch offices: NHI card, inkan, Boshi-Kenko-Techo (Maternal and Child Health Handbook), and your bank account booklet.
- b) In the case of death, NHI provides ¥20,000 to subsidize funeral services. Necessary documents are the same as birth benefits except for the Maternal and Child Health Handbook. The death benefit is only available if the person died in Japan and is paid to the person responsible for funeral services.

Contact information:

the National Health Insurance and Pension Division
2nd Floor of Main City Office
Tel: 534-6111 ext. 1341 (Japanese only)

(2) 被用者保険 (Hiyousha Hoken) - EHI and other Employee Health Systems

Your company will handle all procedures for you, so for more details please contact your employer or Oita Shakai Hoken Jimusho (the Oita Social Health Insurance Office).

Contact Information: the Oita Social Health Insurance Office
2-18-15 Higashi-Tsuru, Oita City
Tel: 552-1211 (Japanese only)

6. 自動車免許 (Jidosha Menkyo) – Drivers' License

To drive in Japan, you are required to have a Japanese Drivers' License or an International Drivers' License if you are from a country that is affiliated to the Geneva Convention. (Individuals who possess a Swiss, German, or French license are authorized to drive in Japan with that license and its authorized Japanese translation.) An International Driving Permit can be used for one year from the date of issuance.

What follows are the conditions and procedures required to pursue obtaining a Japanese Drivers' License for candidates who possess licenses from their home countries.

(1) 必要な条件 (Hitsuyo na Joken) - Conditions:

The driver's license from the candidate's home country is still valid.

The candidate lived in the country for more than three months after receiving the license.

The candidate is required to pass a written examination, driving test and aptitude test, which includes an eyesight test and physical test. Candidates with a drivers' license issued from any of the following 22 countries are exempt from taking both the written examination and driving test, but must take the aptitude test: Australia, Belgium, Denmark, Finland, France, Germany, United Kingdom, Greece, Italy, Iceland, Ireland, Luxemburg, Holland, New Zealand, Norway, Portugal, Spain, Sweden, Switzerland, Austria, Canada and Korea. Currently the written examination is offered in six foreign languages, which are English, Chinese, Korean, Spanish, Portuguese and Persian with the Japanese translation included in all versions and Candidates must score at least 7 out of 10 points to become qualified.

Those who pass the written examination can take the driving test. Candidates must use a licensing center vehicle for the driving examination. Both automatic and manual cars are available, but the license will be limited to driving only automatic cars if the candidate takes the test with an automatic car.

(2) 手続きに必要な書類 (Tetsuzuki ni Hitsuyo na Shorui)

- Documents Required for the Procedures:

Driver's license from home country.

Passport or other ID (to verify residence in home country exceeds three months after obtaining the driver's license).

Certificate of the Items in the Foreign Registration: Using your Foreign Registration Card, you can obtain the certificate at any of the city offices. Refer to 1. (4)

Official translation of driver's license from home country: Bring the drivers' license from your home country to either your embassy, consulate or the Japanese Automobile Federation (JAF) for this service. It costs about ¥3,000. JAF's contact information is below:

Nippon Jidosha Renmei Oita Shibu (JAF Oita Branch)
119-2 Shimogori, Oita City
Tel: 567-7000

One photograph (3cm x 2.4cm): Candidate must be shown without a hat and without other objects in the photo.

Fees: Fees include application fee (varies depending on the type of license), car rental fee, and registration fee (if you pass the exam).

(3) 予約・連絡先 (Yoyaku・Renrakusaki) - Reservation and Contact Information

Reservation is required when you apply for a Japanese Drivers' License.

Interpretation service is not available, so a candidate who cannot speak Japanese must bring an interpreter.

* Oita-Ken Keisatsu Honbu Kotsubu Unten-Menkyo-Ka

(Deptment of Motor Vehicle Licensing, Oita Prefectural Police)

6687 Matsuoka, Oita City Tel: 536-2131 (Ext. 702-245)

Open from Monday through Friday (8:30a.m.-17:15p.m.), excluding holidays.

Reception hours (13:30p.m.-14:00p.m.)

7. 電話 (Denwa) - Telephones

(1) 電話番号の読み方 (Denwa Bango no Yomikata) - How to Read Phone Numbers

Example: 097 - 534 - 6111
 City Code- District Code - Phone Number

As in other countries, drop the City Code when you call within city limits. The City Code is only necessary when you make a call outside the City.

(i.e. Tokyo: 03 Osaka: 06 Fukuoka: 092 Oita: 097)

(2) 公衆電話の使い方 (Koshu Denwa no Tsukaikata)

- How to Use Public Telephones

Lift receiver, deposit coins (¥10 or ¥100), or insert a phone card into the slot. Confirm the dial tone before dialing. If you hear a warning beep, deposit more coins or insert a

phone card. Note that change from a ¥100 coin is not returned.

Gray public telephones with “International & Domestic Card Coin Telephone” written in the top left corner can be used for international calls. Charges are calculated in ¥100 units. To make an international call, dial following the numbers below:

- a) Access code of the carrier*
- b) 010
- c) Country code
- d) Phone number of the person you’re calling

* Currently there are main six access codes, any of which you can use.

0033: NTT Communications

001: KDDI

0041: SoftBank Telecom

0080: Deutsche Telecom

0038: Fusion Communications

0071: Verizon Business

For details, refer to http://www.myline.org/index_e.html and go to “How to Dial International Calls”.

(3) 電話を受けたい時は (Denwa o Uketai Toki wa) - Receiving Phone Calls

There are two ways to obtain personal phone service in Japan. One is to purchase a cellular or portable phone, and the other is to install a home phone line.

Cellular or Portable Phones and PHS

You can purchase this type of phone from several companies in Oita. Most of the information necessary to apply for a cellular phone is identical to that for a home phone line. Area coverage, available services, and contract terms and conditions can vary widely between companies. Japan often has signage to discourage cellular phone use in certain locations, so please observe these warnings as well as not using your cellular while driving. Below is a list of local cellular phone companies (Toll Free):

- NTT DoCoMo: 0120-005-250

Foreign language speakers of English, Chinese, Korean, Portuguese and Spanish are available.

- SoftBank: 0088-250-157 (Automatic Response)

After the recorded message in Japanese, push 8.

- au: 0077-7-111 (Automatic Response)

After the recorded message in Japanese, push 0. After a second recorded message in Japanese, push 3. A Japanese operator will answer you, but you can ask for an English, Chinese, Portuguese, Tagalog speaker.

Installation of Home Phone Line

Call 116 (Japanese) or 0120-364-463 toll free (English, Portuguese, Spanish, Korean) to apply for installing a home phone line or for further information. Business hours for the hotline 116 are 9am-5pm every day except for December 29th through January 3rd. Business hours are the same for the hotline 0120-364-463 except for weekends and public holidays. If you apply for home line installation, the following are essential items:

Identification documents such as passport and foreign registration card

Installation fee. Approximately ¥10,000. Varies depending on the work

Your address and billing information

At the time of installation, you must choose one of the four telephone service plans: 'Entry', 'Entry Light Plan', 'INS Net 64 Plan' or 'INS Net 64 Light Plan'.

An additional cost of ¥37,800 is required for joining the 'Entry' or 'INS Net 64 Plan'.

Refer to the NTT official website for details of their services as below:

<http://www.ntt-west.co.jp/product/index.html> (Japanese)

NOTICE: When a person makes a call to you from overseas, he/she must drop the first zero of the city code.

For example: country code + city code + district code + individual code

correct 81 + **97** + 534 + 6111

incorrect 81 + **097** + 534 + 6111

(4) 自宅から国際電話をかけたい時 (Jitaku kara Kokusai-Denwa o Kaketai Toki)

- Making International Calls from Home

Telephone charges, method of calling and the countries or areas you may call differ between telephone companies.

For more information, please contact the individual companies.

(5) 自宅の電話で電話会社を選ぶには

(Jitaku no Denwa de Denwa Gaisha o Erabu niwa)

-Choosing your Home Line

After getting a home line, if you wish to apply for another telephone company (other than NTT), please contact the companies on the following page.

(Reference) http://www.mylines.org/index_e.html (English) and go to "What's MYLINE?"

(6) 電話帳 (Denwa Cho) - Phone Book

There are two types of Japanese telephone directories: Town Pages (business sorted by

industry) and Hello Pages (businesses and individuals). If you have a home line, you can order these directories for free. Contact NTT toll free at 0120-364-463 (English) or 0120-506-309 (Japanese) for more information about these books. English Town Pages are also available for free on the same condition above. For more information about English Town Pages, call toll free 0120-460-815 or refer to <http://english.itp.ne.jp>

(7) 問い合わせ先 (Toiawase Saki) - Toll-Free Contact Information

NTT Communications	0120-506506
NTT West Japan	0800-2000-116
QT Net (Kyushu Telephone)	0120-75-0086
KDDI	0077-777
SoftBank Telecom	0088-82
Deutsche Telecom	0120-668-666
Fusion Communications	0037-100
Verizon Business	0120-61-0071

II. 緊急・健康管理 - Emergencies and Health Concerns

1. 緊急時 (Kinkyu ji) - Emergencies

(1) 消防署 (Shobo-Sho) - Fire Department and First Aid

Emergency Number: **119**

For non-emergency concerns: 532-2187 (Japanese only)

(2) 警察署 (Keisatsu-Sho) - Police, Crimes and Traffic Accidents

Emergency Number: **110**

For non-emergency concerns: (Japanese only)

Residents in central Oita: 533-2131

Residents in eastern Oita: 527-2131

Residents in southern Oita: 542-2131

* When making an emergency call from a pay phone, just pick up the receiver, push the red emergency button and dial the emergency number above.

Dialogue for emergency calls:

1. Your problem = _____ DESU
KAJI = fire

OHKEGA = serious injury

KYUBYO = sickness

JIKO = traffic accident

- DOROBO = robbery
 STOHKA = stalker
2. Your name = WATASHI WA _____ DESU
 3. Your location = _____ NI IMASU
 4. Telephone number = DENWA BANGO WA _____ DESU
 5. Request an ambulance = KYUKYU SHA ONEGAI SHIMASU
 6. Request a speaker of English = EIGO GA WAKARU HITO O
 ONEGAI SHIMASU

* Warning regarding ambulances in Japan: Ambulance service is free of charge. However, they are only available for serious injury and sickness. If you are not in immediate danger, you must go the hospital by taxi or car. Should you need to go to the hospital, have some money (about ¥10,000) and proof of insurance available for procedures at the hospital.

(3) 自然災害 (Shizen Saigai) - Natural Disaster

Typhoons and Heavy Rains: Typhoons come to Oita Prefecture from June to September, bringing heavy rain and strong wind. Damage resulting from typhoons can cause many services to be cut such as gas, electricity, phone, and water. Heavy rains may also cause roads and schools to close. When a typhoon occurs, the latest info can be available from weather reports on TV or radio.

Earthquakes: Compared with other areas of Japan, Oita Prefecture's earthquakes have not been so powerful. However, the potential for dangerous earthquakes still exists. Once an earthquake occurs, houses may collapse, fires may break out, and tsunami or landslides may occur.

* If you are at **home** when you feel an earthquake, please take the following precautions:

Turn off all gas, ovens, and heaters.

Open doors and windows so you can escape after the earthquake.

Protect yourself by **NOT** going outside, stay away from walls, furniture, glass, and other things that are likely to fall, and hide under a sturdy desk or table.

* If you are **outside** when you feel an earthquake:

Take refuge inside a building or an open area **AWAY** from walls, glass, advertising board, and other things that are likely to fall.

* Phone lines may be down after a powerful earthquake. Take common sense precautions such as contacting your consulate or embassy so loved ones in your home country will know you are safe. Also have a pre-arranged meeting area or message

exchange location for your family in the aftermath of a disaster.

2. 健康 (Kenko) - Health Concerns

This booklet includes a vocabulary list for common symptoms at the end that may help you describe your condition to the doctor. Please be aware that the nurse or receptionist who answers the phone will probably not speak English or other foreign languages.

AIDS Services - You can make a reservation for AIDS consultation or testing at the Oita City Public Health Center. Potential patients can have free anonymous testing with a reservation by phone at 537-8190 (Japanese only. / Use a fake name when making the reservation.)

3. 出産・育児 (Shussan・Ikuji) - Giving Birth and Parenting

(1) 出産 (Shussan) - Giving Birth

母子健康手帳 (Boshi Kenko Techo) - Pregnancy Notification

In Japan there are various services available to pregnant women and babies. To register your pregnancy, you need to fill out a Pregnancy Notification Form at Health Service Division of the Public Health Center, East and West Public Health & Social Welfare Center, Citizens' Division of the City Office or its branch offices and Akeno Community Branch Office. Then you will receive the Maternal and Child Health Handbook, called "Boshi-Kenko-Techo". The handbook in Japanese is free.

Two-language-version (English and Japanese) and four-language-version (Japanese, English, Tagalog and Portuguese) are available only at the Health Service Division of the Public Health Center at a cost of ¥787 and ¥1,575 respectively (tax inclusive).

It includes free tickets for medical checkups for pregnant woman for a Hepatitis B blood test, prenatal and baby checkups. If you send the post card attached to the handbook back to the public health center, you can receive two home visits by a health nurse or midwife within 42 days after giving birth.

The handbook is necessary documentation when you report the birth for vaccinations and foreign registration. There is also a free educational class for pregnant women called "Maternity School for Future Mommies and Daddies". Information about time and place for the class is announced in "Shiho Oita" or the municipal bulletin board.

出生届及び関連の手続き (Shussyo-Todoke oyobi Kanren no Tetsuzuki)

- Birth Registration and Related Procedures

If you give birth in Japan, you or a member of your household must register at the Citizens' Division of the City Office or any branch office within 14 days. You must bring the Maternal and Child Health Handbook, a copy of the Birth Notification issued

by the hospital, your NHI certificate (if you are a participant) and an inkan (a mitome-in suffices). Upon registering the birth, a Certificate of Birth Registration is issued by the City Office.

If your baby does not have Japanese nationality and you want your baby to stay in Japan more than 60 days after birth, you must apply for your child's "status of residence and period of stay" at the Immigration Bureau within 30 days of birth. Either the Maternal and Child Health Handbook or a Certificate of Acceptance of Birth Report is necessary for the procedure at the Immigration Bureau.

You are also required to complete foreign registration for your baby at the city office within **60** days of birth. Also, don't forget to notify to the consulate of your country of the birth.

出産育児一時金 (Shussan Ikuji Ichijikin) - Birthing and Infant Care Allowance

If the baby's mother is enrolled in NHI, ¥350,000 is provided to support the costs of giving birth.

Please apply to receive this money at the National Health Insurance and Pension Division or city or branch offices at the same time you register the birth. The following materials are necessary to apply for the allowance:

- a) NHI card
- b) Bank account information
- c) Inkan
- d) Maternal and Child Health Handbook

If you are a member of EHI or other employee insurance program, please direct inquiries to your employer about this allowance.

予防接種 (Yobo Sesshu) - Baby's Vaccinations:

Oita City offers several vaccinations for babies who are registered with Oita City. Information about vaccination schedules and where to get vaccinations appears in Oita City's Home Page (<http://www.city.oita.oita.jp/>) as well as in the April 1st issue of "Shiho Oita" (the municipal bulletin board). Please bring the Maternal and Child Health Handbook on the day you go for vaccinations.

Health Service Division of the Public Health Center
2-13-29 Nagahama-Machi
Tel: 536-2562

乳幼児健診 (Nyuyouji Kenshin) – Baby's and Infant's Medical Examination:

In Oita City, Medical Examinations for 3-4 months babies, 7-8 months babies, 9-11

months babies, 18 months babies and 3 years old babies are carried out. They should be registered as Japanese citizens or foreign residents. The Consultation Forms are sent. The Medical Examinations for 3-4 months babies, 7-8 months babies, 9-11 months babies are carried out at medical institutions individually. The Medical Examination for 18 months babies and 3 years old babies are carried out at designated institutions. Please bring the Consultation Form and the Maternal and Child Health Handbook on the day you go for Medical Examination.

Contact information:

the Oita City Health Care Center Health Care Division
2-13-29 Nagahama-Machi, Oita City
Tel: 536-2517 (Japanese Only)

すこやか育児相談 (Sukoyaka Ikuji Sodan) - Consultation Service for Infant Care

The public health center provides the following phone service:

Operating hours: Monday - Friday 9am - 4:30pm
Tel: 537-8181 or 536-2517 (Japanese only)

Alternatively you can seek consultation service from the following organizations:

Shimogori Nursery School	Shin-Kasuga Nursery School
Tel: 568-4500	Tel: 544-1500

Advice and information regarding infant care are also available in Japanese at the following organizations.

Shimogori Nursery School	Shin-Kasuga Nursery School
Tel: 568-4500	Tel: 544-1500

(2) 育児 (Ikuji) - Parenting and Child Care Information

保育所 (Hoiku Sho) - Nursery Schools

There are more than 60 authorized nursery schools in Oita City, which care for children whose parents work or get sick. Kids between 3 months and kindergarten age can attend these schools. The fee depends on your income tax. For application or more information, please contact the Family Services Division of the City Office.

にこにこルーム - Niko Niko Room

Children over 1.5 years old who are mentally or physically challenged can be accepted to the Niko Niko Room. Advisory service is also available to support the family.

For more information, please contact Niko Niko Room.

Niko Niko Room

3F Municipal Social Welfare Center
3-5-11 Niage machi
Tel: 532-9099 (Japanese only)

児童手当 (Jido Teate) - Child Allowance System

Parents or guardians can receive a child allowance until March of the year when their child turns 12. Parents with children who are under 3 years old are provided with ¥10,000 since April 1st 2007. Parents with one or two children who are over 3 years old are provided with ¥5,000 per month per child, and ¥10,000 for the third child. When a child is born or comes to a household, apply for the allowance at the Family Services Division.

Please be aware that there is an upper income limit to receive the allowance. The allowance is paid on the 15th of February, June and October. For more details, please contact the Family Services Division.

児童育成クラブ (Jido Ikusei Club) - Child Care Club

Children between 1st and 3rd grade who are alone at home after school can be admitted to this club that provides play time for kids. Generally, each elementary school district has a club, but there are also some that do not. The Family Services Division has a list of available clubs. In principle, the clubs are open from 1pm to 5pm, Monday through Friday, and cost more than ¥3,500 per child per month.

問い合わせ先 (Toiawase Saki) - Contact Information

Niko Niko Room
Family Services Division
Tel: 537-5619 (Japanese only)

4. 福祉 (Fukushi) - Welfare Services

For details please contact the following divisions of City Office (preferably in Japanese).

Welfare Division for the Aged:	534-6111 (ext. 1431)
Welfare Division for the Disabled:	534-6111 (ext. 1441)
Welfare Protection Division:	534-6111 (ext. 1451)

III. 公共サービス・公共制度 - Utilities and Public Services

1. 電気 (Denki) - Electricity

In Oita City, there is only one company that provides electricity, Kyushu Denryoku. “An electricity use application card” will likely be waiting for you in a new apartment or home. Electric current in Kyushu is 60 cycles/100volts. If you have appliances that use a different

current, please refer to the instruction manual or consult someone at an appliance store. For further information about your electricity service, please contact Kyushu Denryoku Oita Branch at 0120-986-504 (Japanese only).

(1) 使い始めるとき (Tsukaihajimeru Toki) - To Begin Service

Switch the limiter and the breaker to ON. On the power switchboard you will find several switches. The main power switch is called the limiter, and auxiliary switches that branch power into various rooms or appliances are called breakers. Fill out the application card that is in the mailbox or in the room, and mail it to Kyushu Denryoku.

If you want automatic deduction from your account (refer to (3) for payment below), fill out “An automatic deduction request form of electric charges”. If electricity does not come on after switching the limiter and the breakers to ON, or you cannot find the card or the notification, contact Kyushu Denryoku Oita Branch.

(2) 停電したとき (Teidenshita Toki) - In Case of Power Failure

When the total ampere you are consuming has exceeded the contracted limit, the amperage limiter cuts off the current. In that case, turn off some electrical appliances to lower the amperage, and push up the limiter switch. When any electrical appliance does not work properly, disconnect and stop using it. If the limiter does not work for turning on or turning off the lights, please contact Kyushu Denryoku Oita Branch.

(3) 料金の支払い (Ryokin no Shiharai) - To Pay Your Bill

Your meter is checked once a month, and you are notified about your power consumption. You can pay your electricity bill at banks or convenience stores. It is also possible to arrange for automatic deduction from bank or postal accounts.

(4) 使用を中止するとき (Shiyo o Chushisuru Toki) - To Terminate Service

Notify Kyushu Denryoku 4-5 days prior to moving out and arrange payment. When you move out, be sure to switch the limiter to OFF.

* **Important:** You must stop service when you move out because supplying electricity to a vacant house can cause a fire. Also, when the new resident moves in, figuring out the final bill payment can be complicated by your failure to notify Kyushu Denryoku of your last day of service.

(5) 契約アンペアを変更するとき (Keiyaku Anpea Wo Henko Suru Toki) –Changing amperage

If you wish to change the amperage you receive, please contact Kyushu Denryoku after you get an approval of your landlord. In case a breaker turns off with the limiter on, it becomes necessary to ensure that you use appliances appropriately or to do work on the indoor hardwiring such as increasing the number of circuits. Moreover, it is essential to get landlord approval prior to contracting with an electrician to perform work.

2. ガス (Gasu) - Gas

There are two types of gas in Oita City. One is natural gas provided by Oita Gas Co. (Tel. 534-2211) and the other is LP Gas (Liquefied Propane Gas). The type of gas you use is predetermined by your apartment or house, so you must use appliances that match. Using appliances not suited to your gas type is extremely dangerous and results in incomplete

combustion and fire hazards.

(1) 料金の支払い (Ryokin no Shiharai) - Paying Your Bill

The gas consumption charge is billed every month. You can pay your bill at banks and convenience stores or arrange for automatic deduction from bank or postal accounts.

(2) 引っ越しのとき (Hikkoshi no Toki) - When Moving In or Out

Natural Gas

Contact Oita Gas Co., at least 2 days before moving in to establish a service contract. When moving out, be sure to let them know 5 days prior to the cut-off date. They will ask for your customer number, which is written on the meter record, so have it handy when you make the call.

Propane Gas

There are many local merchants of propane gas. Please find the nearest retailer in your neighborhood to establish or cut off service.

3. 水道 (Suido) - Water Service

In Oita City, the water service is managed by the Municipal Water Works Bureau (WWB). Water is purified at various water purification plants and you can safely drink it straight from the faucet.

(1) 使い始めるとき (Tsukaihajimeru Toki) - Starting Water Service

If you speak Japanese, you can request initiation of service by making a call to the office listed in (4) and providing your contact information. Or if you are unable to speak, but you can read Japanese, fill out the service application postcard in an envelope attached to your faucet and mail it. Or bring your inkan to the office listed in (4), the #6 Counter at the Citizens' Division of the City Office or one of the branch offices.

(2) 料金の支払い (Ryokin no Shiharai) - Payment

Charges for water use and sewage services are calculated every two months. You can pay the bill at designated financial institutions, postal offices in Kyushu but not in Okinawa and convenience stores or by automatic withdrawal from your bank or postal account. If you want to apply for the automatic withdrawal service, please contact your financial institution, or fill out the application form for automatic withdrawal in the envelope and mail it together with the service application if you can read Japanese.

(3) 使用を中止するとき (Shiyo o Chushisuru Toki) - Stopping Service

When you move out or don't plan to use water for a long time, you need to lodge a notification to stop the service. If you can speak Japanese, notification can be done by calling one of the branches mentioned at (4). You can also go to one of the offices

mentioned at (4) to register.

(4) 問い合わせ先 (Toiawase Saki) - Contact Information

Call the presiding office of the following list.

Oita City Water Works Bureau	East Branch	527-7171 (Japanese only)
	Central Branch	538-1211 (Japanese only)
	West Branch	567-2355 (Japanese only)

Operating hours: Monday – Friday 8:30am~5pm

4. ごみ (Gomi) - Garbage

Oita City categorizes residential waste as follows:

Items (1) through (10) are collected by Oita City, but item (11) is not. Items (7) (8) and (9) are recyclables, and can be collected by the city. However, in areas where local youth groups collect recyclables, please cooperate with them before using the municipal collection services.

(1) Burnable Garbage

(2) Non-Burnable Garbage

(3) Plastics (Recyclables)

(4) Household Goods that may contain Asbestos

(5) Fluorescent Lights, Light Bulbs and Mercury Thermometers (Recyclables)

(6) Dry Batteries (Recyclables)

(7) Cans and Glass Containers (Recyclables)

(8) Plastic Drink Bottles (Recyclables)

(9) Newspapers and other Paper Products, Clothes (Recyclables)

(10) Oversized or Bulky Items

(11) Non-Collectable Items (includes TVs, refrigerators, freezer, air-conditioners, washing machines, PC and bicycles / requires pick up by private company)

(12) Other

For further information call the Waste Disposal Management Division at 534-6111 (Ext.1522) (Japanese only).

Proper Garbage Disposal

- Oita City garbage trucks periodically collect trash (1)-(9) at designated points throughout the city.
- The collection day varies by neighborhood.
- Calendars for garbage collection are distributed to every home each March. A copy of the calendar (pamphlet) in English, Chinese and Korean is available upon request at the Citizens' Division (1st floor of the City Office).
- Place garbage at designated collection points by 8:30am on pick-up day.

- No pick-up except for scheduled collection days, so you will have to keep your garbage until the next collection day.
- Your garbage must be put in either transparent or semitransparent (colorless) bags. Make sure the garbage bag is securely fastened to prevent spillage and stack it neatly at the designated point. If these rules are not followed, your garbage will not be collected.
- Be a good neighbor! Help keep your collection area clean!

(1) 燃やせるごみ (Moyaseru Gomi) - Burnable Garbage


- Collected two times a week (Mon/Thu or Tue/Fri).
- Burnable garbage includes food waste, shells, paper, disposable chopsticks, bamboo skewers, small bundles of twigs, cooking oil and non-recyclable paper (i.e. disposable diapers).
- Drain kitchen scraps well and place them in paper or plastic bags.
- Soak cooking oil in cloth or paper before disposal.
- Wrap disposable chopsticks and bamboo skewers (be sure to break off the sharp end) in paper.
- Twigs, un-recyclable clothing and stuffed toys are collected on Thursday or on Friday depending on the area.
- Do not dispose of highly flammable materials.
- Rinse human waste off disposable diapers before disposal.

(2) 燃やせないごみ (Moyasenai Gomi) - Non-Burnable Garbage

- Collected every other week.
- Non-burnable garbage includes glass-ware, ceramics, leather shoes, small electric appliances, board waste.
- Use up spray cans or gas containers completely and puncture them before disposal.
- Place cans or containers together in a bag at the edge of the collection point.
- Shards of glass, knives and other sharp objects must be wrapped in newspaper and placed in transparent or semitransparent (colorless) bags and designated as キケン (dangerous) in Japanese Katakana.

(3) プラスチック製容器包装 (Plastic-sei Youki Housou)

- Plastic Containers and Packaging

- Collected every other week.
- This sign;  is the mark. For Plastic Containers of Cup Noodles, Natto, Lunch, Eggs and Strawberry, also plastic bottles of Shampoo and Conditioner.

(4) アスベスト含有家庭用品 (Asbesto Ganyu Katei Youhin)

- Household Goods that may contain Asbestos

- Collected every four weeks.
- Microwave Oven, Oven, Toaster, Dishwasher, Iron, Hairdryer, Vacuum Cleaner, Juicer, Light Appliance, Gas Burner, Electric Pot, Rice Cooker, Stove and Fan Heater.

(5) 蛍光管・電球・水銀体温計 (Keikoukan・Denkyu・Suigintaionkei)


- Fluorescent Lights, Light Bulbs and Mercury Thermometers

- Collected every four weeks.
- They must be put in a paper bag or packaging as not to break.
- If they are broken, they must be wrapped in newspaper and designated as キケン (dangerous) in Japanese Katakana and placed out on Non-Burnable Garbage day.

(6) 乾電池 (Kandenchi) – Dry batteries

- Collected every month.
- Place used-up dry batteries together in a transparent bag at the edge of the collection point on collection date for Fluorescent Lights, Light Bulbs and Mercury Thermometers.

(7) 缶・びん (Kan・Bin) - Cans and Glass Containers (Recyclables) / (8) ペットボトル (Pettobotoru) - Plastic Drink Bottles (Recyclables)

- Collected every other week.
- This recyclable category generally includes containers used for food and beverages, but excludes ones used for oily products. The containers for oily products are grouped with Plastic Containers and Packaging. In case of returnables such as beer and sake bottles (1.8 liter), try to cooperate with a local youth group's collection work or return them to the original retailer. Plastic drink bottles include only those with the international  symbol on the bottom.
- Remove the cap from the containers or bottles. Discard the plastic cap with Plastic Containers and Packaging.
- Rinse the cans, glass containers and plastic drink bottles before discarding. Make sure that “cans and glass containers” are put in a same bag and “plastic drink bottles” should be put in another bag.

(9) 新聞類・その他紙類・衣類 (Shimbunshi・Sonota Kami-ruい・I-ruい) - Newspapers, other Paper Products, Clothes (Recyclables)

- Collected every other week, usually on Wednesdays.
- Put newspapers and glossy advertisements together in the same bag.
- Put magazines, cardboard, (milk) carton packages and other box-like paper together in the same bag.
- Put clothes and cloth together in the same bag.

(10) 一時的多量ごみや大型ごみ (Ichijiteki Taryo Gomi ya Ogata Gomi)

- Oversized or Bulky Items

- Placing oversized items in your neighborhood collection area is prohibited. Oversized items can be collected for a small fee, provided collection is applied for in advance. These items are collected upon request.

- This category includes furniture, beds, bedding, wood cabinets, bicycles, branches and lumber chips. Oversized items include objects with either a weight of more than 50 kg or any aspect of the dimensions (L, W, H) exceeding 50cm.
- Call the office nearest to you for pickup of these items:
 - Chuo Seiso Jigyosho (Central Office): 569-5184
 - Tobu Seiso Jigyosho (Eastern Office): 523-0322
 - Seibu Seiso Jigyosho (Western Office): 541-5473
- Collection fee
¥1,950 per carload: L1.8m × W1.3m × H0.3m

(11) 収集されないごみ (Shushusarenai Gomi) - Non-Disposable Items

- Oita City does not collect these items, so ask the original retailer to handle them.
- This category includes tires, gas cylinders, used car oil, agricultural and other dangerous chemicals, fire extinguishers, motorbikes, dangerous combustibles, car batteries, paint, chemical solvents and medical waste.
- Oita City does not collect TVs, refrigerators, air conditioners or washing machines (hereinafter referred to as an “appliance”). There are two options for the disposal of these items:

When you purchase a replacement appliance, the store will take your old machine away for a fee. However, if you buy something at a used appliance shop or pawnshop, disposal is your responsibility.

In the case of simply getting rid of an appliance, first go to the nearby post office, and remit a recycling charge.

The recycling charge ranges from ¥2,500 - ¥6,000, depending on the brand and type of appliance. The designated disposal company will also vary depending on the brand of your appliance.

A list of recycling charges and the brands each company deals with is available at the post office. After obtaining the remittance, stick the recycling label attached to the receipt onto the appliance you want to dispose of. Then, take it to the designated disposal site or request the appropriate company to come get it for you.

A list of companies that will carry your appliance to the site is also available at the post office. A transportation-handling fee will be charged for removing your appliance.

* **Important:** Recycling charge must be paid in advance at the post office.

* Designated Disposal Companies/Sites:

Fujikei Co.	Kurume Unso Co.
3-7-4 Toyomi, Oita City	5-3-15 Toyomi, Oita City
Mon – Sat 8am - 5pm	Mon – Sat 9am - 5pm

Tel: 536-2588 (Japanese only)

Tel: 535-2161 (Japanese only)

(12) その他 (Sonota) - Other

Concrete fragments, stones, soil and tiles can be taken directly to the city dumpsite.

Call the Waste Disposal Facilities Division for details at 534-6111 ext. 1531 (Japanese only).

To inquire about the disposal of animal corpses, call the Waste Disposal Management Division at 534-6111 ext. 1541 (Japanese only).

* Prevention of littering (as per regulations).

The following acts that are prohibited in all areas of Oita City:

1. The act of throwing cigarette butts or empty cans.
2. The act of leaving dog feces.

More strictly prohibited in certain areas (All Chuo and Funai-machi Area from Oita Station square):

3. Walking-smoking (All smoking except for in the designated smoking areas.)

Penalty:

- Strict areas: Fine of ¥2,000
- Other areas in Oita City: If someone does not follow the improvement advice, the fact will be published.

5. 郵便 (Yubin) - Postal and Delivery Services

(1) 郵便物を送る (Yubinbutsu o Okuru) - Sending Mail

Postcard: The postal rate is ¥50 for a card and ¥100 for a reply card within Japan.

An airmail postcard is ¥70.

Standard Mail: Size restrictions are 14-23.5cm length x 9-12cm width x 1cm thick.

Maximum weight is 50g. The domestic rate is ¥80 up to 25g and ¥90 up to 50g.

Non-Standard Mail: Maximum weight is 4kg.

Aerogramme: ¥90 worldwide.

Yupack Parcel: Length must not exceed 1m and total of length, width and height must not exceed 1.5m. Rates for parcels often differ depending on the address and size. You will save 30% by sending 10 or more items at a time.

Express Mail: Useful for sending parcels quickly. Express postage charges will be added to these rates when using this express mail.

(Example.) Standard 25 grams:

Basic charge (¥80) + Express charge (¥270)= Total ¥350

* Please contact any post office for more information.

Registered Mail: With this service you can claim indemnity for the amount of actual damage. You should use this service when you send money. A cash envelope is available for ¥20.

Surface Mail/Sea Mail: Rates are 1/3 of airmail but delivery takes 1-2 months.

Economy Air (SAL): Rates are lower than airmail and delivery time (3-7) days is faster than surface mail. Available for shipment to 79 countries.

Express Mail Service (EMS): Fastest way to send parcels under 30kg to over 121 countries, takes 2-4 days. (It may take more time depending on customs checks or the situation at the destination.)

(2) その他 (Sonota) - Other Mail Concerns

You must register your address at the post office before you can begin to receive mail.

When a package comes in your absence, the delivery person will leave a “notice of delivery” prepaid postcard on your door. Just make a call and specify when and where you want the mail delivered. Or take the card to the post office with your ID and exchange the card for your package.

If you intend to be away from home for an extended period of time, the post office will hold your mail for up to 30 days. Simply notify the post office of the dates and your mail will be automatically delivered upon your return.

(3) 郵便局の営業時間 (Yubinkyoku no Eigyo Jikan) - Business Hours

	Savings and Insurance:	Cashing:
Monday-Friday:	9am-4pm (up to 6pm at the central office)	9am-5:30pm (up to 11pm at the central office) (by 9pm for payment)
Saturday:	N/A	9am-12:30pm (up to 9pm at the central office) (by 5pm for payment)
Sunday:	N/A	9am-7pm (the central office only) (by 5pm for payment)

(4) 問い合わせ先 (Toiawase Saki) - Contact Information

Oita Central Post Office

Address: 3-4-18 Funai machi

Tel: 532-2200 (Japanese only)

Tokyo Toll Free English Information 0120-085420

Line:

HP: <http://www.post.yusei.go.jp/new-eng/index.htm> (English)

(5) 宅配 (Takuhai) – Delivery Service by Private Companies

There are a number of private companies that offer delivery services. You can send out parcels from convenience stores or have them picked up at home. Refer to a classified telephone directory (“Townpage”).

6. 税金 (Zeikin) - Taxes

(1) 主な税金 (Omona Zeikin) - Major Taxes

A. 市税 (Shi Zei) - Municipal Taxes

市民税 (Shi Min Zei) - Municipal Inhabitants Tax

固定資産税 (Kotei Shisan Zei) - Property Tax

都市計画税 (Toshi Keikaku Zei) - City Planning Tax

軽自動車税 (Kei Jidosha Zei) - Light Vehicle Tax

B. 県税 (Ken Zei) - Prefectural Taxes

県民税 (Ken Min Zei) - Prefectural Inhabitants Tax

事業税 (Jigyo Zei) - Enterprise Tax

不動産取得税 (Fudosan Shutoku Zei) - Real Property Acquisition Tax

自動車税 (Jidosha Zei) - Automobile Tax

自動車取得税 (Jidosha Shutoku Zei) - Automobile Acquisition Tax

C. 国税 (Koku Zei) - National Taxes

所得税 (Shotoku Zei) - Income Tax

自動車重量税 (Jidosha Jyuryo Zei) - Motor Vehicle Tonnage Tax

* The taxes listed above do not include all the taxes you may be required to pay.

(2) 税金を払う場合の例 (Zeikin o Harau Baai no Rei)

- How to Determine your Tax Responsibility

For those who live in Oita City and earn income: A , B , C

For those who own property in Oita City: A

* For those who purchase property: B is added

* For those who own property within the residential zone: A is added

For those who own a - light vehicle (under 660 cc displacement): A

- regular size car (over 660 cc displacement): B

* For those who purchase a light vehicle or a car: A or B , B , C and insurance premium

* Each year on April 1st, the taxes for both A and B are assessed. In the case of light vehicles, if the car is purchased on or after April 2nd, the one-time tax is imposed

from the following April 1st of ownership. However, for a regular size car, the tax is assessed on a monthly basis.

- * The mandatory insurance requires those who purchase a car to pay for the premium, which is not tax.
- * The mandatory car inspection requires those who own a car to pay C and the above premium.

For those who have a business: B

(3) 問い合わせ先 (Toiawase Saki) - Contact Information (Preferably in Japanese)

A Municipal Taxes:	534-6111 (Ext. 1231)
B Prefectural Taxes:	506-5711
C National Taxes:	532-4171

- * For tax information about a regular size car, call the Taxation Division of Automobile Tax Management Office at 552-1121. Also, for the information about a light car, call the Tax System Division of Oita City Office at 534-6111 (Ext.1232).
- * Ordinarily, an automobile dealer is supposed to provide those who purchase a car with information about levied taxes.

7. 国民年金制度 (Kokumin Nenkin Seido) - National Pension System

If you are between the ages of 20 and 59, and have a Foreign Registration Card, by law you must join the National Pension System (NPS).

However, if you are employed by a company or a factory, you must be covered under the Employees' Pension Insurance System (EPIS), in which case application for NPS is not required. Please consult your company for enrollment in EPIS because it is each company's responsibility to ensure pension coverage for its employees.

(1) 国民年金への加入手続き (Kokumin-Nenkin eno Kanyu Tetsuzuki)

- Procedures to Join the National Pension System

You may apply for NPS at the City Office (either at the National Pension Office inside the Main City Office or at branch offices except for Imaichi branch) with your passport.

(2) 保険料の納付 (Hokenryo no Nofu) - Payment

The monthly NPS premium is ¥14,100 as of April 1st 2007. Payment slips will be sent by the Social Insurance Agency and you can pay the bill at post offices, designated convenience stores, banks and other financial institutions, or apply for automatic withdrawal from your account or savings.

- * Payment Problems: If you have difficulty paying the monthly premiums, please consult the city office rather than failing to pay. When your income of the previous year meets certain standards, you may qualify for exemption or payment extension. Students who have special difficulty in paying premium can also apply for exemption.

(3) 加入後に住所などが変わったとき (Kanyugo ni Jyusho Nado ga Kawatta Toki)
- Change of Address or Coverage Status

If you move to another municipality after joining NPS, please report the change of address to the new municipal office. If you become employed in Japan, you will be covered by the Employee Pension Insurance System and then you will no longer need to pay NPS premiums.

(4) 年金の請求手続きと給付 (Nenkin no Seikyu Tetsuzuki to Kyufu)
- Benefits and Claims

After qualifying for coverage, if a necessary condition is filled you will be entitled to the following benefits provided by NPS:

If you become disabled: Disability Basic Pension

If you die, and your child or your wife with a child is left: Survivors' Basic Pension

When you reach 65: Old-Age Basic Pension

(5) 脱退一時金 (Dattai Ichijikin) - Lump Sum Withdrawal Payment

Qualification: The payment is granted to those who meet the following conditions:

Those who do not possess Japanese citizenship.

Those who have paid pension premiums for 6 months or more.

Those who do not have a place of residence in Japan.

Those who have never received any kind of pension payment.

Application: Please obtain the application form (available at the Oita Social Insurance Office or the National Pension Office inside the Oita City Office) while you are in Japan, and mail it within 2 years of leaving Japan. Forms should be sent directly to the Social Insurance Operation Center in Tokyo. Other documents, which you must attach with the application, include:

Pension Book

A copy of your passport including a copy of the page that indicates your departure from Japan.

A document verifying the name of your bank, your branch office, branch address, and account number. Please specify a bank in your home country to which you wish the payment to be made.

Note:

- In case of receiving the lump sum withdrawal payment, the term corresponding to that amount is not considered as the pension enlistment period.

(6) 問い合わせ先 (Toiawase Saki) - Contact Information

National Pension Office
Tel: 534-6111(Ext.362)
(Japanese Only)

Oita Social Insurance Office
2-18-15 Higashi-Tsuru, Oita City
Tel: 552-1211 (Japanese only)

8. 再入国許可 (Sai Nyukoku Kyoka) - Re-Entry Permission

One who wishes to leave Japan temporarily to return to his/her home country or to visit another country during holidays must apply for permission for re-entry before leaving Japan. If you do not get the "permission for re-entry", application for a new visa upon your return to Japan will be required.

The following documents are needed:

- (1) Passport
- (2) Foreign Registration Card
- (3) Handling fee: ¥3,000 for single re-entry and ¥6,000 for multiple re-entry

Re-entry permit can be valid for up to three years (4 years for a special permanent resident), but the re-entry must be made no later than the Expiration Date of the Period of Stay. In case you cannot re-enter due to an unavoidable reason such as being hospitalized in a foreign country, you can request extension of the permit period at a Japanese embassy or consulate.

However, the extension itself cannot exceed one year or more than total 4 years since the first date you receive a re-entry permit (5 years for a special permanent resident).

You can apply at

Oita Branch of the Fukuoka Regional Immigration Bureau
4th Floor, Oita Sophia Bldg.
17-20 Higashi-Kasugamachi, Oita City, 870-0037
Tel: 536-5006 (English speaker available)
Operating hours: Mon – Fri 9am~12am 1pm~4pm

9. 戸籍 (Koseki) - Family Registration

- (1) 婚姻届 (Kon-in Todoke) - Marriage Registration

Regarding marriage registration, you must observe both Japanese law and your

country's law. Registration is possible at the Citizens' Division of Main City Office or any branch office. The following documents are necessary to register, but other documents may also be necessary. Inquiry is advised prior to registration.

Certificate of legal capacity to contract marriage

This is ordinarily provided by your country's consulate in Japan. A Japanese translation must be attached with the name, address and signature or seal of the translator.

Passport or corresponding document

This document, provided by your country, is to certify your nationality

(In case of a special permanent resident, a foreign registration card will suffice.)

Marriage notification form

Available at the registration counter. The signatures and seals of two adult witnesses are also necessary.

(2) 離婚届 (Rikon Todoke) - Divorce Registration

Filing a notification of divorce depends on whether the marriage is between foreigners or a foreigner and Japanese. Each situation is handled separately. The following documents are necessary to register and supplementary documents may also be necessary. Inquiry is advised prior to registration.

When applying for a divorce, a divorce notification form is necessary. This form is available at the counter. It requires the signatures and seals of two adult witnesses. If one of the individuals is a Japanese national and the other earned Status of Residence as a spouse, that status is lost after the divorce is recorded. The individual must apply for a change of status at the immigration office or make other arrangements.

(3) 死亡届 (Shibo Todoke) - Death Registration

If there is a death in the family, a family member must notify the city offices within 7 days of the death or knowledge thereof. A notification form, which a doctor completes, is provided by the hospital, or you can get it from the city office. When you submit this form, you will receive a "Permission for Cremation or Burial".

If you ask a funeral home to coordinate services, they will do all these procedures. If you want the deceased buried in your home country, contact your country's consulate. Return the deceased's foreign registration card to the city offices within 14 days of the death.

(4) 出生の場合 (Shusse no Baai) - Birth Registration

Please refer to 3 (1) "Birth Registration and Related Procedures".

(5) 問い合わせ先 (Toiawase Saki) - Contact Information

10. 児童就学 (Jido Shugaku) - Enrolling Your Child in Public School

Ordinarily, the age bracket for each kind of school is as follows:

Kindergarten	ages 5-6	(some kindergartens offer 2 years program and accept children aged 4 or 5)
Elementary School	ages 6-11	
Junior High School	ages 12-14	
High School	ages 15-17	

(1) 幼稚園 (Yochien) - Kindergarten

There are currently 39 municipal kindergartens in Oita. The enrollment information is provided to each household through media like the municipal bulletin at the start of November one year before the enrolment. Enrollment to a private kindergarten is another option. In this case, a subsidy is provided to the household.

(2) 小学校・中学校 (Sho-Gakko・Chu-Gakko)

- Elementary School and Junior High School

In Japan, education in an elementary school and a junior high school is compulsory. All classes are conducted in Japanese. Each school year begins in April and there are three terms: April to July (1st term), September to December (2nd term), and January to March (3rd term). Between each term there is a short vacation.

Children who are six years old by the end of March are admitted to elementary school in April. Children who have completed the six-year curriculum in elementary school are admitted to junior high school.

For public schools, there is no tuition fee, nor textbook fee, but parents must pay a school lunch fee and a fee for some of the supplementary materials.

(3) 入学手続き (Nyugaku Tetsuzuki) - Procedures for Enrollment to School

If a child's foreign registration is complete by enrollment age, notification will be sent to the child's home by the BOE.

In the case of enrollment mid-term, the enrollment must be approved by the BOE. Apply for admission using the child's foreign registration card at the Education Planning Division of the Oita Municipal BOE.

When changing schools in Oita City, please contact the Education Planning Division of the Oita Municipal BOE for details.

(4) 問い合わせ先 (Toiawase Saki) - Contact Information

For more information, please contact the Education Planning Division of the Municipal BOE at 537-5699. (Preferably in Japanese.)

IV. 日常生活を快適に送るために - Daily Life

1. 交通機関 (Kotsu Kikan) - Transportation

(1) バス (Basu) - Bus

バスの乗り方 (Basu no Norikata) - Boarding the Bus

When getting on, take a ticket from the machine beside the middle door. When getting off, push one of the buttons on the window/ceiling after the stop is announced, then pay your fare according to the number printed on your ticket.

There is a lit board at the front of the bus, which shows the fare corresponding to the ticket you took when you boarded the bus. Put your money and ticket together in the fare box. There is a moneychanger available near the driver. Please make change well before your stop to avoid inconveniencing other riders. You can also use “Kaisuken” or a discount ticket book, available in some shops, just like money. If you use a commuter pass, show it to the driver when getting off. “Bus Card” or a prepaid card system, is also available. Insert the card into a machine beside the middle door, and insert it into another checking machine beside the front door when you get off.

Although there are two bus companies (Oita Bus and Oita Kotsu), “Kaisuken” and “Bus Card” can be used commonly with both bus companies.

運賃 (Unchin) - Fare

The minimum bus fare is ¥160. Children up to 12 years old should pay half the adult fare. Up to one child under 7 years old is free when accompanied by an adult.

問い合わせ先 (Toiawase Saki) - Contact Information

Oita Bus:

Tel: 532-7000

<http://www.oitabus.co.jp/>

Oita Kotsu:

534-7455

<http://www.oitakotsu.co.jp/>

(2) 高速バス (Kosoku Basu) - Highway Bus

Tel: Oita Bus 536-3371

Oita Kotsu 536-3655

HP: <http://www.bus.or.jp/>

(3) エアライナー (Eah Raina) - Airliner (Airport Shuttle) Bus

In front of JR Oita station there is a terminal. From here you can catch a bus that takes

you directly to Oita Airport in about one hour. Each flight has a corresponding shuttle, so check departure times in advance. Pay for the ride when you get off the bus. You can buy a ticket from the driver or from the person wearing a yellow armband at the terminal, but sometimes there is no attendant.

One ticket: ¥1,500

Two tickets: ¥2,500

Four tickets: ¥4,000

For further information please refer to the following:

Tel: 534-7455

HP (Japanese): <http://www.oitakotsu.co.jp/i/>
(information about schedule/prices available)
<http://www.oitakotsu.co.jp/timetable/airliner/air.php>

(4) タクシー (Takushi) - Taxi

Try to provide exact change because tipping drivers is not customary. Please note that the left door in the rear opens and shut automatically and most drivers cannot speak English. So, it's a good idea to have your destination written in Japanese.

(5) JR (Japan Railways) - Trains

Tel: JR Kyushu Information Center 537-7001
JR Oita Station 532-1958

HP (Japanese): <http://www.jr.cyberstation.ne.jp/>

(6) フェリー (Fheri) - Ferry

・Oita Hover Ferry (Oita - Oita Airport)

The station is located at 1-14-1 Nishishinchi, Oita City. The hovercraft takes about 30 minutes. Each departure corresponds to specific flight, so check the departure time in advance. The service is cancelled when it's very windy. Availability is confirmed at 0120-81-4080 (recorded message in Japanese).

One ticket: ¥2,950

Return ticket: ¥5,000

4 tickets: ¥9,200

For further information please refer to the following:

Tel (Japanese): 558-7180

HP (Japanese): <http://www.oitahover.co.jp/>

・Diamond Ferry (Oita – Matsuyama – Imabari - Kobe)

For further information please refer to the following:

Tel (Japanese): 536-5500

HP (Japanese): <http://www.diamond-ferry.co.jp/>

(7) 飛行機 (Hikoki) - Airline Companies

Tel:	Oita Airport	0978-67-1174
	JAS Oita	537-8300
	ANA Oita	537-2800
	Korean Air Flight Information	537-3311

HP (Japanese): <http://www.coara.or.jp/airline/>

2. アルバイト (Arubaito) - Part-Time Job

The student visa status does not generally allow for working part-time. Therefore, when foreign students want to work to support tuition and other expenses while in Japan, they must apply for and obtain permission in advance. Students can apply for a part-time work permit through their university. If the application is approved by the immigration office, foreign students are allowed to work in any field up to 28 hours within one week (up to 8 hours during summer holiday or long vacation at school). However, part time work in the adult entertainment industry is not permitted.

*Even though they are foreign students and auditors for researching or just auditors, they are allowed to work in any field up to 14 hours per week.

問い合わせ先 (Toiawase Saki) - Contact Information

Oita Branch Office
Fukuoka Regional Immigration Bureau
4th Floor, Oita Sophia Bldg. No.2
17-20 Higashi-Kasugamachi, Oita City, 870-0037
Tel: 536-5006

3. 忘れ物・落とし物 (Wasuremono・Otoshimono) - Lost and Found

(1) バス・電車の中で (Basu Densha no Naka de) - In the Bus or Train

If you lose or forget something in the bus or train, please contact the following places:

	Tel:
Oita Bus	532-7000
Oita Kotsu Bus	534-7455
JR Kyushu General Information Desk	537-7001

(2) タクシー (Takushi) - Taxi

Taxi companies are expected to bring passengers' belongings to Chuo Taxi, which is in charge of handling them. Contact Chuo Taxi after you check with the taxi company you used. If you are unsuccessful, contact the nearest police station to where you lost your

belongings.

	Tel:
Chuo Taxi	532-6323
Chuo Keisatsusho (Central Oita Police Station)	533-2131
Higashi Keisatsusho (East Oita Police Station)	527-2131
Minami Keisatsusho (South Oita Police Station)	524-2131

(3) 路上で (Rojo de) - In the street

If you lose your belongings in the street, contact the nearest police box or the above mentioned police stations.

4. ペット (Petto) - Pets and Other Animal Concerns

Keeping a pet in an apartment or a rented house is ordinarily not approved. If you want to keep a pet in your rented housing, obtain approval from your landlord. For stray dogs and other trouble with pets, contact the Public Health Center at 536-2567 (Japanese only).

5. 外国人のための相談窓口 - Consultation Service for Foreigners

(1) 大分市 (Oita Shi) - Oita City Office

2-31 Niage machi, Oita City, 870-8504

Operating hour: Mon-Fri 9am-5pm

- Consultation Desk of Citizens' Affairs Division
Tel: 534-6111 (Ext. 1317) (Japanese only)
 - International Affairs Section, Cultural and International Affairs Division
Tel: 537-5719 (English and Chinese Speakers available)
HP: <http://www.city.oita.oita.jp/> (Japanese, English, Korean)
- (2)九州にある外国公館 (Kyushu ni aru Gaikoku Kokan) - Consulates in Kyushu
- Consulate of the U.S.A. in Fukuoka
2-5-26 Ohori, Chuo-ku, Fukuoka-shi
Tel: 092-751-9331/4
 - Consulate of Korea in Fukuoka
1-1-3 Chigyohama, Chuo-ku, Fukuoka-shi
Tel: 092-771-0461/3
 - Consulate of P.R.C. in Fukuoka
3-3 Chigyohama, Chuo-ku, Fukuoka-shi
Tel: 092-713-1121
 - Consulate of Australia in Fukuoka
7F Tenjin Twin Bldg.

1-6-8 Tenjin, Chuo-ku, Fukuoka-shi

Tel: 092-734-5055

- Consulate of P.R.C. in Nagasaki

10-35 Hashiguchi machi, Nagasaki-shi

Tel: 0958-49-3311

(3) その他 (Sonota) - Other Consultation Services

From the publisher,

We hope to make this guidebook even better by incorporating your views and ideas and updating the contents. Please feel free to contact the International Affairs Section of the Cultural and International Affairs Division of Oita City Office.

2-31 Niagemachi, Oita City, 870-8504

Tel: 537-5719 Fax: 536-4044

V. Appendix (Symptom Chart)

General Symptoms	Pronounced Japanese	Japanese
Chill	samuke	寒気
Continuous dull pain	taezu itamu	絶えず痛む
Continuous sharp pain	hageshii itami	激しい痛み
Dizziness	memai	めまい
Dull pain	dontsu	鈍痛
Edema	mukumi	むくみ
Exhaustion	karada ga darui	体がだるい
Fever	hatsu netsu	発熱
Headache	zutsu	頭痛
Inconstant piercing pain	sashikomui itami	刺しこむ痛み
Infection	kansen	感染
Insomnia	fuminsho	不眠症
Loss of Appetite	shokuyoku fushin	食欲不振
Pain	itami	痛み
Pain at intervals	toki doki itamu	時々痛む
Perspiration	hakkan	発汗
Rash	fukidemono	ふきでもの
Ringing ears	miminari	耳なり
Sleepy	nemui	眠い
Stiff Shoulders	katakori	肩こり
Digestive System	Shokaki-kei	消化器系
Appetite	shokuyoku	食欲
After meals	shokugo	食後
Belch/burp	geppu	げっぷ
Difficulty swallowing	nodo ga tsukaeru	喉がつかえる
General abdominal pain	onaka ga itai	お腹が痛い
Good	ryoko	良好
Heartburn	muneyake	胸やけ
Hemorrhoids	ji	痔
Hungry	kufuku ji	空腹時
Nausea	hakike	吐き気
Poor	furyo	不良
Rather good	ya ya ryoko	やや良好
Stomach ache	i ga itamu	胃が痛む
Vomiting	ohto	嘔吐
Vomiting blood	chi o haku	血を吐く

<u>Circulatory System</u>	<u>Shinzo Junkan-kei</u>	<u>心臓循環系</u>
Chest pain	munenoatari ga itamu	胸のあたりが痛む
Feel faint	tachi kurami	立ちくらみ
Inconsistent heart rate	myaku ga midareru	脈が乱れる
Palpitation	dohki	動悸
Rapid heart beat	myaku ga hayai	脈が早い
Shortness of breath	ikigire	息切れ
Slow heart rate	myaku ga osoi	脈が遅い
Upon exertion	undo shitatoki	運動した時
<u>Respiratory System</u>	<u>Kokyuki-kei</u>	<u>呼吸器系</u>
Difficulty breathing	kokyu konnan	呼吸困難
Lower back pain	senaka ga itai	背中が痛い
Runny nose	hanamizu	鼻水
Sneeze	kushami	くしゃみ
<u>Nervous System</u>	<u>Shinkei Kinniku-kei</u>	<u>神経筋肉系</u>
Coma	konsui	昏睡
Convulsion	keiren	けいれん
Delirium	uwagoto	うわ言
Drowsy feeling	utouto shita jotai	うとうとした状態
Migraine	henzutsu	偏頭痛
Numbness	kankaku mahi	感覚麻痺
Paralysis	mahi	麻痺
Speech impediment	gengo shogai	言語障害
Trembling	tesaki ga furueru	手先が震える
<u>Injuries</u>	<u>Kega</u>	<u>けが</u>
Burn	yakedo	やけど
Cut	kirikizu	切り傷
External wounds	gaisho	外傷
Puncture	sashikizu	刺し傷
<u>Skin System</u>	<u>Hifuka-kei</u>	<u>皮膚科系</u>
Hives	jinmashin	じんましん
Itchy	kayui	かゆい
Puffiness	hare	はれ
Pus	umi	うみ
Red rash	akai-hanten	赤い斑点
Stinging feeling	kabure	かぶれ

Urinary System	Hinyokika-kei	泌尿器科系
Blood in urine	ketsu-nyo	血尿
Gonorrhea	rinbyo	淋病
Painful urination	hai-nyo-tsu	排尿痛
Pus in urine	no-nyo	濃尿
Turbidity of urine	nigotta-nyo	にごった尿
Eye System	Ganka-kei	眼科系
Blurred	me-ga-kasumu	目がかすむ
Double vision	mono-ga-futatsu-ni-mieru	物が二つに見える
Eye discharge	meyani	目やに
Foreign object in the eye	me-no-gomi	目のごみ
Intolerance to light (photophobia)	mabushii	まぶしい
Tearing	namida-ga-deru	涙が出る
Ear, Nose and Throat System	Jibi-Inkoka-kei	耳鼻咽喉科系
Earache	mimi-ga-itai	耳が痛い
Ear discharge	mimi-dare	耳だれ
Hoarse voice	koega-kasureru	声がかすれる
Loss of voice	koe-ga-denai	声が出ない
Nasal bleeding	hanaji	鼻血
Sore throat	nodo-no-itami	のどの痛み
Stuffy nose	hana-ga-tsumaru	鼻がつまる
Gynecology System	Fujinka-kei	婦人科系
Inconsistent menstruation	gekkei-fujun	月経不順
Lack of menstruation	mu-gekkei	無月経
Lower abdominal pain	kafukubu-tsu	下腹部痛
Lower back pain	yotsu	腰痛
Menstruation	gekkei	月経
Vaginal discharge	orimono	おりもの
Medicine	Kusuri	薬
Antibiotics	kosei-busshitsu	抗生物質
Antiseptics	shodoku-zai	消毒剤
Aspirin	asupirin	アスピリン
Boric acid	hosan	ほう酸
Capsule	kapuseru	カプセル
Digestive aid	shoka-zai	消化剤

Hydrogen peroxide
Ointment
Pain reliever
Sleeping pill
Suppository
Vitamin

okishifuru
nanko
itami-dome
suimin-yaku
zayaku
bitamin

オキシフル
軟膏
痛み止め
睡眠薬
座薬
ビタミン剤