

Information on daily life

(Chino City)

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CHINO-SHIYAKUSHO (Chino City Office)

〒391-8501

Nagano-ken, Chino-shi, Tsukahara, 2-6-1

Tel: 0266-72-2101

Open: Monday-Friday, 8: 30-17: 15

Closed: Saturday, Sunday, Holidays,

December 29th-January 3rd



Chino City Office Branch "BELLVIA"

〒391-0001 Chino-shi, Chino, 3502-1, BELLVIA 2F

Tel: 0266-71-1663

Open: 10:00 - 19:00

Closed: Thursday, December 29 - January 3

The BELLVIA basement parking lot is free of charge for the first three hours.



CHINO CITY CONSULTATION COUNTER “Free of charge”

We provide a service to solve problems regarding to daily life of foreign residents.

Date/Time: Every third Thursday 10:00 - 16:00

Location: Chino City Office 7th floor

Tel: 0266-72-2101, ext.232 (CHINO-SHI CHIIKI-SOSEI-KA)

Date/Time: Saturday or Sunday 13:00 – 16:00

Location: YUI-WORK-CHINO (ゆいわーく茅野)

Chino-shi, Tsukahara, 2-5-45

Tel: 090-8846-0491 (OKAMOTO)

0266-72-2101, ext.232 (CHINO-SHI CHIIKI-SOSEI-KA)

JAPANESE CLASSES

CHINO-SHI NIHONGO KYOSHITSU (Free)

Place: YUI-WORK-CHINO (ゆいわーく茅野)

Hours: Saturday or Sunday, 13:00 - 15:00

Tel: 090-8846-0491 (OKAMOTO)

0266-72-2101 (ext. 232) (CHINO-SHI CHIIKI-SOSEI-KA)



YUI-WORK-CHINO (ゆいわーく茅野)

Chino-shi, Tsukahara, 2-5-45

EMERGENCIES

■ Police (KEISATSU) Tel: 110

For non-urgent response, contact Chino Police Station on 0266-82-0110.

- 1) Dial 110
 - 2) Tell the operator what your language is.
 - 3) Wait for the interpreter.
- * In the case of an accident please provide details.

■ Fire / Ambulance (SHOBO-SHO) Tel: 119

Fire

1) "KAJI DESU."	It is a fire
2) "KOKO WA _____ DESU"	Give your address or location
3) " _____ NO CHIKAKU DESU."	Give the names of nearby landmarks
4) "NAMAЕ WA _____ DESU."	Give your name
5) "DENWA BANGO WA _____ DESU."	Give your telephone number

Ambulance

1) "KYUBYO DESU." / "KALANIN DESU."	a sudden illness / an injury
2) "KOKO WA _____ DESU"	Give your address or location
3) " _____ NO CHIKAKU DESU."	Give the names of nearby landmarks
4) "NAMAЕ WA _____ DESU."	Give your name
5) "DENWA BANGO WA _____ DESU."	Give your telephone number

NATURAL DISASTERS

■ Earthquake

- Escape from the place where something might drop and protect your head with something soft to absorb the shock.
- Dive under a strong table, or a bed, and grip a leg of the table firmly.
- Put on shoes without fail, lest you should be injured.

■ Typhoon and heavy rain

Carefully watch TV, and/or listen to radio to gather weather information.

■ Helpful Apps and Websites

Japan Meteorological Agency		Safety tips	
		Android 	iOS 
goo Disaster Readiness App		NHK WORLD-JAPAN	
Android 	iOS 	Android 	iOS 

■ Things to take to an evacuation shelter

e.g., Drinking water, Residence card, Passport, Insurance card, Medicine, Mask, Ready-to-eat food, Tissue paper, Wet tissue, Flashlight, Plastic bag, Pocket warmer (Kairo), Mobile battery, Cash (Coin), Band-aid, Blanket, Clothing, Towel, Working gloves, Sanitary items, Paper diaper, Mobile toilet, etc.

★Please follow the rules at the evacuation shelter.

■ Disaster Emergency Message Board (web 171) <https://www.web171.jp>

The service provided when a large-scale disaster occurs.

People who live in a disaster-stricken area can register text messages and it is brows able in Japan and overseas.



NATIONAL PENSION / INDUSTRIAL ACCIDENT / HELLO WORK

■ Health Insurance (KENKO HOKEN)

Foreign nationals staying Japan more than 90 days must enroll in National Health Insurance System or Employees' Health Insurance System so that you can receive medical benefits or medical allowance if you get injured or sick.

■ Employees' Pension Insurance, National Pension

Employees and part-time workers meeting requirements must enroll in Employees' Pension Insurance. Other foreign nationals between 20 and 60 years of age must enroll in National Pension.

Lump-Sum Withdrawal Payments (DATTAI ICHIJIKIN)

Foreign nationals who have made insurance premium payments more than 6 months can claim Lump-Sum Withdrawal Payment within 2 years after moving out of Japan.

For more details, please contact OKAYA NENKIN JIMUSHO (Tel: 0266-23-3661).



(National Pension)

■ Long-Term Care Insurance

Long-Term Care Insurance System supports people who need assistance.

■ Employment Insurance

Employment Insurance System provides unemployment benefits and educational and training benefits for stable life and promotion of employment.



■ Industrial Accident Compensation Insurance

Industrial Accident Compensation Insurance System provides insurance benefits for people who get injured, become ill, disabled, or die due to work or commuting.

(Industrial Accident)

■ Hello Work

Hello Work provides services such as job introduction, employment insurance benefits and job training.

【Hello Work Suwa】

Address: 3-2503-1, Kamigawa, Suwa-shi TEL: 0266-58-8609

Closed: Saturday, Sunday, Holiday, December 29 – January 3.



In case of unemployed

Please get certified for unemployment to receive Employment Insurance (Unemployment Benefits).

Employment Insurance does for 7 days after applying for a job.

What to bring to apply for a job.

1. RISHOKU-HYO (Separation notice) (receive from employer)
2. Residence card or MY NUMBER CARD
3. Two photos (3.0X2.5cm) (taken within last 3 months)
4. Bank book
5. INKAN

CHILDBIRTH AND CHILDCARE

■ If you are Pregnant

The grant of Maternal and Child Health Handbook (Boshi-kenko-techo).

This Maternal and Child Health Handbook is necessary for the health examination and the Childbirth.

You should submit the pregnancy notification (issued by an obstetrician and gynecologist) to the Health Administration Center (Kenko-kanri-center) of the Chino City Office.

Inquiry: Health Administration Center (Chino-shi Kenko-kanri center), Tel: 0266-82-0105

■ Vaccination for Child

Necessary items: Maternal and Child Health Handbook, Vaccination questionnaire

【Individual vaccinations】

Hib (Haemophilus influenzae type b), Pediatric pneumococcal (Shoni no Haienkyukin), Hepatitis B (B-gata Kanen), Rotavirus (Rota), DPT and Inactivated polio (Yonshu-kongo), Combined measles-rubella (MR) (Mashin, Fushin), Chickenpox (Suito), Japanese Encephalitis (Nihon-noen), Diphtheria and Tetanus (DT) (Nishu-kongo), Cervical cancer HPV (Human Papillomavirus) (Shikyukei-gan)

【Group vaccinations】

BCG

Inquiry: Health Administration Center (Chino-shi Kenko-kanri center), Tel: 0266-82-0105

■ Health Check for Child

There are routine health checks for children who are 4 months old, 10 months old, One ½ years old, 2 years old, and 3 years old. This time is the most important for a child's growth and development. Please make sure your child has these health checks.

Inquiry: Health Administration Center (Chino-shi Kenko-kanri center), Tel: 0266-82-0105

■ Public Nursery Schools (HOIKUEN)

Inquiry: Chino City Office 6th floor, Early Childhood Education Division (Yoji-kyoiku-ka),

Tel: 0266-72-2101 (ext. 622/623)

■ OYASUMI-KAN

OYASUMI-KAN accepts children who are not able to go nursery schools or elementary schools during recovery from illnesses. Up to six children can use the facility.

Requirements: The child is registered as a resident in Chino-shi, Okaya-shi, Suwa-shi, Shimosuwa-machi, Fujimi-machi or Hara-mura.

Guardians cannot take care of their children because of works, illnesses, others.

Age: 6 months old to third grade in an elementary school

Inquiry: OYASUMI-KAN "Chino-shi Tamagawa 444-1", Tel: 0266-55-3161

Chino City Office 6th floor, Early Childhood Education Division (Yoji-kyoiku-ka)

Tel: 0266-72-2101 (ext. 622)

WELFARE

■ Child Support Allowance (JIDO-FUYO TEATE) Income-tested

The person who supports or brings up the child who meets any of the following conditions can receive the allowance (until the March 31 after the child reaches the age of 18).

- The child's parents are divorced.
- The child's father or mother deceased.
- The child's father or mother has severe disabilities.
- It is unknown whether the child's father or mother is alive or dead.
- A child was born out of wedlock.
- Others

Inquiry: Chino City Office 6th floor, Children Division (Kodomo-ka), Tel: 0266-72-2101 (ext. 611)

■ Child Allowance (JIDO-TEATE)

Chino City Office 6th floor, Children Division (Kodomo-ka), Tel: 0266-72-2101 (ext. 614)

■ Other welfare programs

Welfare for people with disabilities (Shogaisha-fukushi) Chino City Office 1st floor, Regional Welfare Division (Chiiki-fukushi-ka) Tel: 0266-72-2101 (ext. 315/316)	Public assistance (Seikatsu-hogo) Chino City Office 1st floor, Regional Welfare Division (Chiiki-fukushi-ka) Tel: 0266-72-2101 (ext. 317/318)
Welfare for elderly people (Koreisha-fukushi) Chino City Office 1st floor, Elderly People/ Insurance Division (Koreisha-Hoken-ka) Tel: 0266-72-2101 (ext. 334/335)	Welfare medical care (Fukushi-iryō) Chino City Office 1st floor, Elderly People/ Insurance Division (Koreisha-Hoken-ka) Tel: 0266-72-2101 (ext. 326/327/328)

■ HOKEN-FUKUSHI service center (Chino-shi)

We provide consulting services for childcare, nursing, people with disabilities, health care, etc.

	Address	Service area	Tel
TOBU Hoken-Fukushi Service Center (東部保健福祉サービスセンター)	Tamagawa 4300	TOYOHIRA 豊平 TAMAGAW 玉川 IZUMINO 泉野	0266-82-0026
SEIBU Hoken-Fukushi Service Center (西部保健福祉サービスセンター)	Miyagawa 3975	MIYAGAWA 宮川 KANAZAWA 金沢	0266-82-0073
CHUBU Hoken-Fukushi Service Center (中部保健福祉サービスセンター)	Tsukahara 2-5-45	CHINO ちの YONEZA 米沢 NAKAOSHIO 中大塩	0266-82-0107
HOKUBU Hoken-Fukushi Service Center (北部保健福祉サービスセンター)	Kitayama 4808-1	KOHIGASHI 湖東 KITAYAMA 北山	0266-77-3000

EDUCATION

■ The Japanese Education System

The school education in Japan includes 6 years of elementary school, 3 years of junior high school, 3 years of senior high school, and 4 or 2 years of university or college, respectively. The elementary schools and the junior high schools are the compulsory education.

■ Elementary School & Junior High School (SHOGAKKO, CHUGAKKO)

Starting Ages

Elementary school: 6 years old children as of April/1

Junior High school: 12 years old children as of April/1

Application Procedure in Chino City

Please visit to School Education Division (Gakko-kyoiku-ka) with the child's Residence card.

Based on the application, School Education Division will later decide and inform you of a school for the child.

Expenses

Admission fee, tuition, and textbooks are free of charge. There are charge for costs for school-provided lunch and learning material. You need to open an account at a designated bank.

Others

Each year starts in April and ends in March. In April or May, a teacher visits children's homes to talk with the parents (Katei-homon). There are school picnics (Ensoku), an athletic meet (Undo-kai), classroom visitations (Sankan-bi), and school trips (Shugaku-ryoko).

Inquiry: Chino City Office, sixth floor, School Education Division (Gakko-kyoiku-ka),

Tel: 0266-72-2101 (ext. 604/605/606)

■ High School (KOKO)

Options

There are prefectural and private high schools. Courses vary depending on the school. For those who are working during the day, evening high school is available.

Entrance exam and classes are in Japanese.

Expenses

Admission fee, tuition fee, and the cost for textbooks and learning material.

For ones who are having difficulty paying the tuition fee, tuition fee exemption programs or scholarship programs are available.

Inquiry

Public high school: High School Education Division (Nagano-ken Koko-kyoiku-ka) Tel: 026-235-7428

Private high school: Private Education Division (Nagano-ken Shigaku-shinko-ka) Tel: 026-235-7058

PROCEDURE FOR FAMILY REGISTER

■ Birth Registration (SHUSSHO-TODOKE)

For a child who was born in Japan

Period: Within 14 days from the date of birth.

Applicant: The child's father or mother

The applying office

At the City Office where the mother or father is living.

In the case of unmarried parents, at the City Office where mother lives or the child was born.

NOTE

- Please report your child's birth to the embassy or consular office of your country in Japan.
- Please apply for your child's residential status to the Immigration Bureau within 30 days from the date of birth.
- Upon necessity, please obtain a Certificate of Acceptance of Birth Report from the City office.

Inquiry: Chino City Office 1st floor, Civic Affairs Division (Shimin-ka), Tel. 0266-72-2101 (ext. 253)

■ Death Registration (SHIBO-TODOKE)

Period: Within 7 days from the date of death

Applying office

To an appropriate administrative office in the area where the deceased person died or was living, or the applicant is living.

NOTE

- Please make an appointment at Civic Affairs Division (Shimin-ka) by phone to cremate a deceased person.
- Cremation permit is necessary. Please submit the death registration and receive the cremation permit.
- If the deceased person registered as a resident in Chino-shi, Okaya-shi, Suwa-shi, Shimosuwa-machi, Fujimi-machi or Hara-Mura, the cremation fee at SEIKA-EN is 10,000yen.
- SEIKA-EN (静香苑) Crematory
Address: Chino-shi Miyagawa 647-1, Tel: 0266-72-5150

Other

Please report the death to an appropriate administrative office of your country. Make an inquiry to the embassy or consulate of your country for details

Inquiry: Chino City Office 1st floor, Civic Affairs Division (Shimin-ka), Tel. 0266-72-2101 (ext. 253)

■ Marriage Registration (KONIN-TODOKE)/Divorce Registration (RIKON-TODOKE)

Inquiry: Chino City Office 1st floor, Civic Affairs Division (Shimin-ka), Tel. 0266-72-2101 (ext. 253)

DAILY LIFE

■ Driver's License

Switching an overseas driver's license to a Japanese Driver's License.

You can switch your Driver's License obtained outside Japan to a Japanese Driver's License.

In addition to submitting the documents shown below, the applicant must receive an aptitude test and a driving test conducted on an examination course.

Requirements for switching to a Japanese License

- Registered as a resident in Nagano Prefecture.
- The applicant's overseas driver's license must be valid.
- The applicant must be able to prove that he or she stayed in the country where he or she obtained the driver's license for three months or more after obtaining the license.

Necessary Documents

- Overseas Driver's License
- Residence card or Special Permanent Resident Certificate and Residence Certificate.
- Passport.
- One photo
- Japanese translation (overseas driver's license, others)

NOTE

To change a foreign driver's licenses to a Japanese one, you must contact the Driver's License Center in advance and reserve a spot for written and practical tests and submit the necessary documents.

Inquiry/ Where to Apply

Thu-nanshin Unten Menkyo Center (中南信運転免許センター), Tel: 0263-53-6611

■ Mutual Aid Traffic Accident Insurance Plan ながのけんみんこうつうさいがいきょうさい (長野県民交通災害共済) (NAGANO KENMIN KOTSU SAIGAI KYOSAI)

This mutual aid system will allow you to receive a benefit if you participate in a traffic accident in Japan.

Membership fee: ¥400 per person per year.

Qualification

- Registered as a resident.
- Application form is available at the Civic Affairs Division (Shimin-ka).
You can apply at any bank within Chin-city (other than post offices).
- For the following people, Chino City will assume the membership fee, and will take over the application
Members of single-mother households, Members of single-father households, Widows aged sixty-five and under, Welfare recipients, Disability certificate holders, Children aged fifteen and under.
- You must claim the benefit within 2 years from the date you had the traffic accident.

Inquiry: Chino City Office 1st floor, Civic Affairs Division (Shimin-ka), Tel: 0266-72-2101 (ext. 255)

GARBAGE COLLECTION

■ Burnable Garbage

- Put in Chino City designated burnable garbage bag “letters are printed in red ink” and place at the designated site by 8:30 am.
- Write your name and district on the designated garbage bag.
- Garbage collection day depends on the district you live in.
- If your garbage is too large to put in the designated garbage bag, bring it to SUWA-MINAMI SEISO CENTER.
- If your pet dies, put the pet’s body in a cardboard box and bring it to SUWA-MINAMI SEISO CENTER.
(If you dispose a pet weighing more than 20kg, please contact pet crematorium.)

■ Recyclable garbage/Non-burnable garbage

- Place at the designated site in your area or other Recycle Stations.
- Put non-burnable garbage in Chino City designated non-burnable garbage bag “Letters are printed in green ink.”
- Write your name and your district on the designated garbage bag.
- Items must be separated into each material.
- If a product is too large to put in the designated garbage bag, bring it to SUWA-MINAMI RECYCLE CENTER.

■ Large garbage

FUTON, Blankets, Carpet, Mattresses (Household garbage is free of charge)

Bring the items to SUWA-MINAMI SEISO CENTER.

Others (Fee: ¥200/10 kg)

Bring the items to SUWA-MINAMI RECYCLE CENTER.

■ Home Appliance Recycling Law

Television, Refrigerators, Freezers, Air-Conditioners, Washing Machines, Drying Machines

Please contact the store where you bought the product.

Inquiry

CHINO-SHI BI-CYCLE CENTER, Tel: 0266-72-2905

SUWA-MINAMI SEISO CENTER (Garbage incineration plant)

Address: Chino-shi Yonezawa 2000-3

Monday – Saturday, 9:00 – 16:30

There is no garbage collection on Sundays, December 31 to January 3.

SUWA-MINAMI RECYCLE CENTER (Incombustible disposal plant)

Address: Chino-shi Yonezawa 2000-3

Monday – Saturday, 9:00 – 16:30

There is no garbage collection on Sundays, December 31 to January 3.

Cooperation: Gaikokuseki-shimin Support group Nekojarashi chino

Published by: Chino City

Simplified version of 2022

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