

CINO CITY CONSULTATION COUNTER “Free of charge”

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

Location: Chino City Hall 7F,
Chino-shi,Tsukahara, 2-6-1

Date: Every third Thursday

Time: 10:00 - 16:00

Tel. 0266-72-2101, Community Revitalization (CHINO-SHI CHIIKI-SOSEI-KA)

Location: Chino City HITO/ MACHI Plaza (YUIWORK-CHINO)
Chino-shi,Tsukahara, 2-5-45

Date: Saturday or Sunday

Time: 16:00 - 17:00

Tel. 090-8846-0491 (OKAMOTO)

0266-72-2101, Community Revitalization (CHINO-SHI CHIIKI-SOSEI-KA)

★Please call before coming.

JAPANESE CLASSES “Free of charge”

CHINO-SHI NIHONGO KYOSHITSU

Location: Chino City HITO/MACHI Plaza (YUIWORK-CHINO)
Chino-shi, Tsukahara, 2-5-45

Date: Saturday or Sunday

Time: 13:00 - 16:00

Tel. 090-8846-0491 (OKAMOTO)

0266-72-2101, Community Revitalization (CHINO-SHI CHIIKI-SOSEI-KA)

★Please call before coming.



Address:

Chino City HITO/ MACHI Plaza (YUIWORK-CHINO)

Chino-shi, Tsukahara, 2-5-45

NATURAL DISASTERS




Earthquake (JISHIN)

- 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.
- Evacuation orders may be issued.
- Pay attention to weather forecasts and information from your local government.

Helpful Apps and Websites

Japan Meteorological Agency	NHK WORLD-JAPAN	
	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 browsable in Japan and overseas.



(Web171)

INSURANCE / PENSION / 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.

Long-Term Care Insurance (KAIGO HOKEN)

Long-Term Care Insurance System supports people who need assistance. Pays from the age of 40.

Employment Insurance (KOYO HOKEN)

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

When looking for a job or receiving unemployment insurance, please feel free to contact Hello Work.

Hello Work

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

Hello Work SUWA

Address: Suwa-shi, Kamigawa, 3-2503-1

Tel. 0266-58-8609

Closed

Saturday, Sunday, Holiday, December 29 - January 3.



(Hello Work)

Industrial Accident Compensation Insurance (ROSAI HOKEN)

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)

Please report the case as below to Chino City Health Insurance Division (HOKEN-KA)

When you join another health insurance plan or when you hope to withdraw from National Health Insurance.

- When you move in or out of Chino City.
- When your give birth.
- When a family member died.
- When your name, address, or householder is changed.
- When you lose your National Health Insurance certificate.

Inquiry

Chino City Hall 1F, Health Insurance Division (HOKEN-KA), Tel. 0266-72-2101

Employees' Pension Insurance (KOSEI NENKIN) / National Pension (KOKUMIN NENKIN)

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)

TAXES

Income Tax (SHOTOKU-ZEI)

This tax is imposed on individual income earned between January 1 and December 31.

A document "Tax Withholding Statement "GENSEN CHOSHU HYO" is issued by the employer (salary payer), and it certifies the amount of one's annual income and income tax withheld for the year. It is required for various applications, so it should be kept in a safe place.

Inquiry

Suwa tax office (SUWA ZEIMUSHO), Tel. 0266-52-1390

Resident Tax (JUMIN-ZEI)

The tax is imposed on any person, regardless of a his/ her citizenship, who has an address in the prefecture or municipality as of January 1.

A person, whose resident tax is not withheld from his/her salary, will receive a resident tax bill from the municipality. Upon receipt of the bill, payment should be made through a bank and so on.

Inquiry

Chino City Hall 2F, Tax Division (ZEIMU-KA), Tel. 0266-72-2101

Consumption Tax (SHOHI-ZEI)

Standard tax rate 10%

Reduced tax rate 8% (Food and drink excluding alcoholic drink and dining out)

Vehicle Tax (JIDOSHA-ZEI) / Light Motor Vehicle Tax (KEI-JIDOSHA-ZEI)

If you have an automobile

Persons who have an automobile (engine size over 660 cc) as of April 1, are obliged to pay.

Automobile Tax, a tax reduction will be applied according to its engine size. Instructions regarding the tax amount and payment method are given on a letter sent to you by the prefectural government

If you have a light automobile

Persons who have a light automobile as of April 1 whose engine size is 660 cc or less are obliged to pay Light Motor Vehicle Tax, a tax reduction will be applied according to its engine size. Instructions regarding the tax amount and payment method are given on a letter sent to you by the municipal office.

Property Tax (KOTEISHISAN-ZEI)

The person who owns the land, the house, etc. pays.

Penalty for late Payment of Taxes

★ If taxes are unpaid due to financial circumstances please consult with the tax department.

★ Nonpayment (A fine will be incurred)

★ Warning Notice regarding Unpaid Tax (Letter of Demand, Home Visit)

Inquiry

Chino City Hall 2F, Tax Division (ZEIMU-KA), Tel. 0266-72-2101

CHILDBIRTH AND CHILDCARE

If you are Pregnant

Take a pregnancy notification form (obtained by the Mr./ Ms.) to the Chino City Health and Child Health Handbook (mother and child handbook).

In the mother's and child's hand book, write down the health status of the mother, the unborn child, and the child, as well as the record of the prognosis and the species.

The medical examination of pregnant woman

You will undergo 14 obstetric check-ups, medical examinations and medical examinations. If the amount exceeds the amount on the examination slip, you will be required to pay by yourself.

Daddy and Mama Lecture (Reservation)

You can talk about prenatal gymnastics, eating habits, and experience being a dad's pregnant woman.

Inquiry

Chino City Health Administration Center (CHINO-SHI KENKO-KANRI CENTER), Tel. 0266-82-0105

Vaccination for Child (YOBO-SESSU)

The date and age of vaccination are fixed.

For more information, please refer to Chino City website.

Health Check for Child (NYUYOJI-KENSHIN)

Please make sure to undergo a medical Check-up.

For more information, please refer to Chino City website.

Public Nursery Schools (HOIKUEN)

This is a facility takes care of children from 0 to the age before entering elementary school on behalf of their parents who due to work, illness, etc. Can't take care of their children.

Inquiry

Chino City Hall 6F, Early Childhood Education Division (YOJI-KYOIKU-KA), Tel. 0266-72-2101

OYASUMI-KAN

OYASUMI-KAN accepts children who can't to go nursery schools or elementary schools during recovery from illnesses. Maximum capacity is 6 children per day.

Inquiry

OYASUMI-KAN, Chino-shi Tamagawa 444-1, Tel. 0266-55-3161

Chino City Hall 6F, Early Childhood Education Division (YOJI-KYOIKU-KA), Tel. 0266-72-2101

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).

Payment targets

Parents are divorced, Father or mother deceased, Father has severe disabilities, etc.

Inquiry

Chino City Hall 6F, Children Division (KODOMO-KA), Tel. 0266-72-2101

Welfare for people with disabilities (SHOGAISHA-FUKUSHI)

This service is for adults and children with disabilities.

Inquiry

Chino City Hall 1F, Social Welfare Division (SHAKAI-FUKUSHI-KA), Tel. 0266-72-2101

Public assistance (SEIKATSU-HOGO)

Public assistance is a system that supports people who can lead a healthy and cultural life.

There are eight types of assistance available.

(Living assistance, Housing assistance, Educational assistance, Nursing care assistance, Medical assistance, Maternity assistance, Occupational assistance, Funeral assistance)

If you don't have enough money for your living expenses, Please feel free to contact us.

Inquiry

Chino City Hall 1F, Social Welfare Division (SHAKAI-FUKUSHI-KA), Tel. 0266-72-2101

Chino City Health and Welfare Service Center (HOKEN-FUKUSHI Service Center)

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

Example

Children and family/ Childcare, Caregiver/ Elderly person, Disability/ disabled person consultation,
Health promotion, health consultation, Information on local activities.

	Service area	Address	Telephone
TOBU Health and Welfare Service Center (TOBU HOKEN-FUKUSHI Service Center)	TOYOHIRA TAMAGAW IZUMINO	Tamagawa 4300	0266-82-0026
SEIBU Health and Welfare Service Center (SEIBU HOKEN-FUKUSHI Service Center)	MIYAGAWA KANAZAWA	Miyagawa 3975	0266-82-0073
CHUBU Health and Welfare Service Center (CHUBU HOKEN-FUKUSHI Service Center)	CHINO YONEZA NAKAOSHIO	Tsukahara 2-5-45	0266-82-0107
HOKUBU Health and Welfare Service Center (HOKUBU HOKEN-FUKUSHI Service Center)	KOHIGASHI KITAYAMA	Kitayama 4808-1	0266-77-3000

SCHOOL

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.

Elementary School & Junior High School

Eligible Children

Registered as a resident of Chino City.

Elementary School (SHOGAKKO) 6 to 11 years of age as of April 2

Junior High School (CHUGAKKO) 12 to 15 years of age as of April 2

Application

Please bring Notification of change of residence (JUMIN IDO TODOKE) to School Education Division (GAKKO KYOIKU KA).

You can obtain Jumin Notification of change of residence (JUMIN IDO TODOKE) at Civic Affairs Division (SHIMIN-KA).

Expenses

Admission fee, tuition, and textbooks are free of charge. There are charge for costs for school-provided lunch and learning material.

If you have a low income and can't pay the fee of school supplies or school lunch, Chino City will pay a part of them.

Inquiry

Chino City Hall, 6F, School Education Division (GAKKO-KYOIKU-KA), Tel. 0266-72-2101

High School (KOKO)

- Registered as a resident.
- 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

Nagano Prefecture Board of Education, Division of High School Education
(KOKO-KYOIKU-KA), Tel. 026-235-7428

Private high school

Nagano Prefecture Citizens' Cultural Department, Learning Support Division
(KENMIN-NO MANABI-SHIEN-KA), Tel. 026-235-7058

PROCEDURE FOR FAMILY REGISTER

Birth Notification (SHUSSHO-TODOKE)

For a child who was born in Japan

Period of Submission

Within 14 days from the date of birth.

Applicant

The child's father or mother

Place of Submission

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

In the case of unmarried parents, at the City Hall 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 Hall.

Inquiry

Chino City Hall 1F, Civic Affairs Division (SHIMIN-KA), Tel. 0266-72-2101

Death Notification (SHIBO-TODOKE)

Relatives must submit a death notification.

Period of Submission

Within 7 days after the date that the death became known.

Place of Submission

The municipal office where the deceased person died, or where the submitter's address is located.

SEIKA-EN (静香苑) Crematory (Address: Chino-shi Miyagawa 647-1), Tel. 0266-72-5150

- Please make an appointment at Chino City Civic Affairs Division (SHIMIN-KA) for cremation.
- Cremation permit is necessary. Please submit the death registration and receive the cremation permit.
- If the deceased person registered as a resident in Chino City, Okaya City, Suwa City, Shimosuwa Town, Fujimi Town or Hara Village, the cremation fee at SEIKA-EN is 10,000yen.

Other

Please report the death to an appropriate administrative office of your country.

Inquiry

Chino City Hall 1F, Civic Affairs Division (SHIMIN-KA), Tel. 0266-72-2101

Other Notifications

- **Marriage Registration (KONIN-TODOKE)**
- **Divorce Registration (RIKON-TODOKE)**

Inquiry

Chino City Hall 1F, Civic Affairs Division (SHIMIN-KA), Tel. 0266-72-2101

LIVING

Moving

Moving to Chino City

You have to submit Notification of Moving out (TENSYUTU-TODOKE) to the municipal office of your former residence before moving out, and submit Notification of Moving In (TENNYU-TODOKE) to Civic Affairs Division (SHIMIN-KA) within 14 day after moving.

Inquiry

Chino City Hall 1F, Civic Affairs Division (SHIMIN-KA), Tel. 0266-72-2101

Change of address within Chino City

You have to submit Notification of Change of Address (TENKYO-TODOKE) to Civic Affairs Division (SHIMIN-KA) within 14 days after moving.

My Number System

Everyone registered as a resident in Japan has Individual Number (My Number) and they can apply and obtain My Number Card.

When to use the Card

- As a health Insurance card
- To receive a pension, childcare allowance or medical services
- To make or receive overseas remittances
- To open a bank account



(My Number Card)

AI Ride-on On-Demand Transportation "NORAZAA"

NORAZAA is AI on-demand shared transportation service in Chino City. AI will provide the optimal route and dispatch vehicles in real time based on the user's reservation, from the desired boarding location to the desired destination within the area.

Register in the app

- ① Install the NORAZAA app.
- ② Enter your mobile phone number, name, date of birth, etc.
- ③ Enter your credit card information as needed.
- ④ Register as a user (child, Senior citizen a person with disabilities).



(iOS)



(Android)



HOUSING

Private Apartments/ Houses

Finding a rental apartment house is done through a real estate agent.

Municipal Housing (SHIEI-JUTAKU) Prefectural Housing (KENEI-JUTAKU)

There are conditions if you live in Municipal Housing or Prefectural Housing.

Example

Total annual income is less than designated amount, etc.

Inquiry

KENEI-JUTAKU

Nagano Prefectural Housing Supply Corporation Management Center,
(NAGANO-KEN JUTAKU-KYOKYU-KOSHA, SUWA KANRI CENTER), Tel: 0266-54-2010

SHIEI-JUTAKU

Chino City Hall 4F, Urban Planning Division, (TOSHIKEIKAKU-KA), Tel: 0266-72-2101

How to start or stop water and sewer service

If you are moving into or out to a new house, and you start or stop using water, you need to apply for water and sewer service. You cannot request time to start or stop using water.

Inquiry

Chino City Hall 5F, Water Division (SUIDO-KA), Tel. 0266-72-2101, Monday - Friday, 8:30 - 17:15

Closed

Saturday, Sunday, National holiday, December 29 - January 3

Stop service (CHUSHI-TODOKE)

You must visit the Chino City Water Division (SUIDO-KA) in person or contact by telephone at least one business day prior to your desired stop service date.

If you have unpaid water bill, you must pay the full amount in person at the Chino City Water Division (SUIDO-KA), and then apply for stop service.

Requirements

Customer number (described in your water usage notification or water bill), Service address, Your name, Stop service date, New address, Your home telephone number (cell phone number).

Start service (KAISHI-TODOKE) Water tap opening fee

You have to visit Chino City Water Division (SUIDO-KA) or make a reservation over the phone at least 2 business days before the start date.

Requirements

Service address, Your name, Start service date, Your telephone number

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.

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.
- If you would like to switch to a Japanese driver's license, please make an appointment at the Driver's License Center.
- If you cannot speak Japanese, please go with someone who can translate.

Inquiry

CHU-NANSHIN Driver's License Center (THU-NANSHIN UNTEN MENKYO CENTER), Tel. 0263-53-6611

Nagano Prefecture Mutual Aid Traffic Accident Plan (NAGANO KENMIN KOTSU SAIGAI KYOSAI)

Nagano Prefecture Mutual Aid Traffic Accident Plan will allow you to receive a benefit if you are involved in a traffic accident in Japan.

Qualification

Registered as a resident in Chino City.

Membership fee

¥400 per person per year.

Membership is valid from April 1 to March 31 of the following year.

If you join part way through the year, membership is valid from the day after payment to March 31 of the following year.

How to request benefit payment

The request must be made within two years after a traffic accident.

1. Report an accident to a police or KOBAN.
2. Contact Chino City Civic Affairs Division (SHIMIN-KA) to receive the benefit.
3. Submit required documents to Chino City Civic Affairs Division (SHIMIN-KA).
4. Examination is performed by Chino City and Mutual Aid association.
5. The benefit will be transferred to the designated account.

Inquiry

Chino City Hall 1F, Civic Affairs Division (SHIMIN-KA), Tel. 0266-72-2101

Garbage Collection

Garbage disposal rules

Please make sure to separate your garbage into recyclable garbage, non-burnable garbage, burnable garbage.

Recyclable garbage must be separated into categories according to rules.

Please follow the rules properly.

Inquiry

Chino City BI-CYCLE CENTER, Tel. 0266-72-2905

Garbage incineration plant (SUWA-MINAMI SEISO CENTER)

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 Recycling Center (SUWA-MINAMI RECYCLE CENTER)

Address: Chino-shi Yonezawa 2000-3

Monday - Saturday, 9:00 - 16:30

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



Recycling stations at large supermarkets and public facilities

Name of Recycling station	The day of the week	Collection time
A-COOP SUN-LIFE parking lot	2nd and 4th Saturday	13:00 - 15:00
A-COOP PIA-MIDORI parking lot		
SEIYU CHINO YOKOUCHI parking lot		
SEIBU Health and Welfare Service Center parking lot (SEIBU HOKEN-FUKUSHI Service Center)	2nd and 4th Saturday	13:00 - 15:00
Suwa Minami Recycling Center (SUWA-MINAMI RECYCLE CENTER)	Monday – Saturday Closed: December 31 – January 3	9:00 - 16:30
KYU CHINO-KANKYO-KAN parking lot Address: Chino-shi Tsukahara 2-11-23	Every Sunday Closed: December 31 – January 3	10:00 - 15:00

WASTE DISPOSAL CONTRACTOR “A fee is charge”

Company name	Address	Tel.
COCOROSU	Tamagawa Minami-koizumi 9801-1	0266-79-5005
SHINANO-KANKYO-EISEISHA	Kohigashi Yamaguchi 6188-2	0266-77-2282
NAGANO-KOSAN	Chino Tsukahara 2-5-30	0266-73-1728
SHINANO-BIEN	Yonezawa Kitaoshio 3874-11	0266-72-8820

WHEN OWNING A PET

Inquiry

Chino City Hall 2F, Environment Division (KANKYO-KA), Tel. 0266-72-2101

- If you have a dog that is more than 90 days old, you must register the dog at Chino City.
After completing the registration, you will be given a dog license tag (certification). Since the license tag is required for the life of the dog, it would be good to attach the license tag to the dog's collar.
- The pet owner is responsible for cleaning up after the dog when out for a walk. You should take such supplies along with you when you go out for a walk.
- The owner of a dog that is more than 90 days old is required by law to have their pet vaccinated against rabies once a year. Rabies shots are given collectively once a year, and all registered dog owners will be notified of the vaccination period.
- A notice about vaccinations is also published in the newsletter issued by the City Hall. If you cannot have your pet vaccinated during the group vaccination period, you can have the animal vaccinated at a local veterinary hospital.

You will receive a vaccination certificate from the veterinary hospital, which you must then bring to the municipal administrative office to apply for a certification tag for rabies vaccination.

- If your pet died, put the pet's body in a cardboard box and bring it to Garbage incineration plant (SUWA-MINAMI-SEISO CENTER.)
- If you dispose a pet weighing more than 20kg, please contact pet crematoria.



(Registration system of microchip information)

TELEPHONE DIRECTORY

Immigration Office (Nyukoku-Kanri-kyoku)

Tokyo Regional Immigration Bureau	東京入国管理局	Tokyo-to Minato-ku Konan 5-5-30	Tel. 03-5796-7111
Nagano Branch Office	長野出張所	Nagano-shi Asahi-cho 1108 Nagano Dai-ichi Godo-chosya 3F	Tel. 026-232-3317

Municipality

Chino City Hall	茅野市役所	Chino-shi Tsukahara 2-6-1	Tel. 0266-72-2101
Suwa City Hall	諏訪市役所	Suwashi Takashima 1-22-30	Tel. 0266-52-4141
Okaya City Hall	岡谷市役所	Okaya-shi Saiwai-cho 8-1	Tel. 0266-23-4811
Fujimi Town Office	富士見町役場	Suwa-gun Fujimi-machi Ochiai 10777	Tel. 0266-62-2250
Shimosuwa Town Office	下諏訪町役場	Suwa-gun Shimosuwa-machi 4613-8	Tel. 0266-27-1111
Hara Village Office	原村役場	Suwa-gun Hara-mura 6549-1	Tel. 0266-79-2111

Police offices (KEISATSU)

Chino Police Station	茅野警察署	Chino-shi Honmachi-nishi 9-39	Tel. 0266-82-0110
Chino Police Box (KOBAN)	茅野駅前交番	Chino-shi Chino 3506-1	Tel. 0266-72-5380
Togariishi Jomon Police Box (KOBAN)	尖石縄文交番	Chino-shi Toyohira 3074-4	Tel. 0266-72-2203
Kitayama Residential Police Box	北山駐在所	Chino-shi Kitayama 4222	Tel. 0266-78-2110
Fujimi-machi Police Box (KOBAN)	富士見町交番	Suwa-gun Fujimi-machi Fujimi 3295-1	Tel. 0266-62-2034
Haramura Residential Police Box	原村駐在所	Suwa-gun Haramura 6562-1	Tel. 0266-79-2806

Schools “Chino City”

Eimei Elementary School	永明小学校	Tsukahara 1-9-1	Tel. 0266-72-2207
Miyagawa Elementary School	宮川小学校	Miyagawa chino 4632	Tel. 0266-72-3024
Yonezawa Elementary School	米沢小学校	Yonezawa 4188	Tel. 0266-72-2409
Toyohira Elementary School	豊平小学校	Toyohira 2340	Tel. 0266-72-2924
Tamagawa Elementary School	玉川小学校	Tamagawa 3674	Tel. 0266-72-2702
Izumino Elementary School	泉野小学校	Izumino 2643	Tel. 0266-79-3712
Kanazawa Elementary School	金沢小学校	Kanazawa 1141	Tel. 0266-72-3213
Kohigashi Elementary School	湖東小学校	Kohigashi 4982	Tel. 0266-78-2620
Kitayama Elementary School	北山小学校	Kitayama 4362	Tel. 0266-78-2234

Eimei Junior High School	永明中学校	Tsukahara 1-9-1	Tel. 0266-72-2364
Nagamine Junior High School	長峰中学校	Miyagawa 11288	Tel. 0266-72-4108
Hokubu Junior High School	北部中学校	Kohigashi 5643	Tel. 0266-78-2244
Tobu Junior High School	東部中学校	Tamagawa 10030	Tel. 0266-79-5050

Nursery Schools (Public) “Chino City”

Chino Nursery School	ちの保育園	Tsukahara 1-13-5	Tel. 0266-72-3076
Miyagawa Nursery School	宮川保育園	Miyagawa 4458-2	Tel. 0266-72-2601
Miyagawa dai 2 Nursery School	宮川第二保育園	Miyagawa 1277-1	Tel. 0266-72-2589
Tamagawa Nursery School	玉川保育園	Tamagawa 3439	Tel. 0266-72-3265
Kohigashi Nursery School	湖東保育園	Kohigashi 5646-1	Tel. 0266-78-2637
Toyohira Nursery School	豊平保育園	Toyohira 2486-1	Tel. 0266-72-2925
Kitayama Nursery School	北山保育園	Kitayama 4810-1	Tel. 0266-78-2330
Chuo Nursery School	中央保育園	Honmachi Higashi 15-14	Tel. 0266-72-2602

Yonezawa Nursery School	米沢保育園	Yonezawa 6160	Tel. 0266-72-6249
Kanazawa Nursery School	金沢保育園	Kanazawa 1164-1	Tel. 0266-72-2419
Izumino Nursery School	泉野保育園	Izumino 2650-1	Tel. 0266-79-3639
Koizumi Nursery School	小泉保育園	Tamagawa 927-243	Tel. 0266-72-7401
Midorigaoka Nursery School	みどりヶ丘保育園	Miyagawa 8630-1	Tel. 0266-72-0333
Nakaoshio Nursery School	中大塩保育園	Nakaoshio 8-12	Tel. 0266-72-3126

Nursery Schools (Private) "Chino City"

Tamagawa Donguri Nursery School	玉川どんぐり保育園	Tamagawa 2213-1	Tel. 0266-82-5588
Wakaba Nursery School	わかば保育園	Miyagawa 11020	Tel. 0266-72-7016
Yokouchi Certified Nursery School	よこうち認定こども園	Chino 2576-1	Tel. 0266-75-1120
Chinoseibo Kindergarten	ちのせいぼ幼稚園	Nakamachi 14-7	Tel. 0266-72-3512
Noasobi Nursery School Sasahara	野あそび保育ささはら	Kohigashi 1298-1	Tel. 0266-76-2512

General Hospitals

Suwa Chuo Hospital	諏訪中央病院	Chino-shi Tamagawa 4300	Tel. 0266-72-1000
Suwa Red Cross Hospital	諏訪赤十字病院	Suwa-shi Kogandori 5-11-50	Tel. 0266-52-6111
Okaya City Hospital	岡谷市民病院	Okaya-shi Hon-cho 4-11-33	Tel. 0266-23-8000
Suwa Kyoritsu Hospital	諏訪共立病院	Suwa-gun Shimosuwa-machi 214	Tel. 0266-28-2012
Suwa Kohan Hospital	諏訪湖畔病院	Okaya-shi kohagi 1-11-30	Tel. 0266-27-5500
Fujimi Kogen Hospital	富士見高原病院	Suwa-gun Fujimi-machi Ochiai 11100	Tel. 0266-62-3030

Clinic "Chino City"

Internal Medicine/ Cardiology/ Women's Internal Medicine

Aigle Heart & Care Clinic	アイグレーハート&ケアクリニック	Honmachi-higashi 14-3	Tel. 0266-72-9129
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Internal Medicine/ Cardiology

Asakawa Clinic Internal Medicine and Cardiology	浅川クリニック内科循環器内科	Tamagawa 3080-3	Tel. 0266-82-6813
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Internal Medicine/ Surgery/ Gastroenterology/ Cardiology

Ikeda Clinic	池田医院	Chino 2808-1	Tel. 0266-73-0555
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Chinese Medicine/ Psychosomatic Medicine

Inochinowa Natural Care Clinic	いのちの輪ナチュラルケアクリニック	Kitayama 845	Tel. 0266-78-7280
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Internal Medicine/ Pediatrics/ Gastroenterology

Uehara Clinic	うえはらクリニック	Nakamachi 7-16	Tel. 0266-72-2636
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Internal Medicine

House Call Clinic Chino	往診クリニックちの	Chino 2664-1	Tel. 0266-82-4104
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Internal Medicine/ Gastroenterology

Oguchi Clinic	小口医院	Miyagawa 4441-3	Tel. 0266-72-2619
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Dermatology

Omodaka Dermatology	おもだか皮膚科	Chino 3502-1	Tel. 0266-73-2525
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Internal Medicine/ Pediatrics

Kitayama Clinic <External link>	北山診療所	Kitayama 4808-1	Tel. 0266-78-2310
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Otorhinolaryngology (Ear, Nose, and Throat Department)

Kuzui Otolaryngology	葛井耳鼻咽喉科	Chino 264-11	Tel. 0266-73-8133
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Urology

Kubo Urology Clinic	くぼ泌尿器科クリニック	Nakamachi 14-24	Tel. 0266-75-1720
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Internal Medicine/ Pediatrics

Sakurai Internal Medicine Clinic	桜井内科医院	Tsukahara 1-14-45	Tel. 0266-72-6010
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Otorhinolaryngology (Ear, Nose, and Throat Department)

Mita Otolaryngology Clinic	耳鼻咽喉科三田医院	Tamagawa 4589-1	Tel. 0266-73-9233
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Pediatrics

Sugawara Pediatric Clinic	すがわら小児クリニック	Chino 257-3	Tel. 0266-75-0033
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Dialysis/ Shunt Vascular Treatment

Suwa Chino Clinic	すわちのクリニック	Miyagawa 3832-2	Tel. 0266-78-3834
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Dermatology

Chino Dermatology	ちの皮膚科	Honmachi-nishi 6-21	Tel. 0266-82-3210
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Psychiatry/ Psychosomatic Internal Medicine

Chino Mental Clinic	ちのメンタルクリニック	Chino 266-2	Tel. 0266-82-8277
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Pediatrics/ Internal Medicine

Tsukada Clinic	塚田医院	Honmachi-nishi 3-7	Tel. 0266-72-9898
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Orthopedic Surgery

Tsuchihashi Orthopedic and Dental Clinic	土橋整形外科歯科医院	Tsukahara 2-2-22	Tel. 0266-72-3226
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Internal Medicine/ Gastroenterology

Togariishi Clinic	尖石診療所	Toyohira 4485-1	Tel. 0266-71-6211
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Internal Medicine/ Pediatrics

Tomomi Internal Medicine Clinic	ともみ内科医院	Honmachi-higashi 3-5	Tel. 0266-82-0424
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Internal Medicine/ Pulmonology

Harada Internal Medicine and Respiratory Care Clinic	原田内科呼吸ケアクリニック	Tamagawa 4496-1	Tel. 0266-82-7055
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Orthopedic Surgery/ Surgery/ Rheumatology/ Rehabilitation Department

Hyodo Orthopedic Clinic	兵藤整形外科医院	Tamagawa 4544-2	Tel. 0266-82-1333
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Internal Medicine/ Gastroenterology/ Obstetrics and Gynecology Department

Hiraide Clinic Internal Medicine/Obstetrics and Gynecology	平出クリニック内科・産婦人科	Chino 628-1	Tel. 0266-72-1661
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Obstetrics and Gynecology Department

Hiraoka Obstetrics and Gynecology	平岡産婦人科	Chino 2543-9	Tel. 0266-72-6133
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Ophthalmology

Fujimori Eye Clinic	藤森眼科	Honmachi-nishi 1-34	Tel. 0266-82-1010
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Ophthalmology

Hosoda Eye Clinic	細田眼科医院	Honmachi-nish 15-32	Tel. 0266-71-2727
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Internal Medicine/ Nephrology/ Diabetes and Metabolism

Miura Internal Medicine Clinic	みうら内科クリニック	Tsukahara 2-7-9	Tel. 0266-78-7710
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Endoscopy Department/ Gastroenterology

Yazaki Endoscopy Clinic	やざき内視鏡クリニック	Chino 315-7	Tel. 0266-78-3714
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Internal Medicine/ Gastroenterology/ Respiratory/ Cardiovascular Department

Yajima Internal Medicine Clinic	矢嶋内科医院	Chino 3494	Tel. 0266-72-2048
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Psychiatry/Neurology/Psychosomatic Medicine

Yatsugatake Mental Health Support	ハッ岳メンタルヘルスサポート	Chino 3502-1	Tel. 0266-75-2088
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Ophthalmology

Yokoi Eye Clinic	ヨコイ眼科	Miyagawa 4470	Tel. 0266-72-2316
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Internal Medicine/ Gastroenterology/ Pediatrics/ Rehabilitation

Life Clinic Tateshina	ライフクリニック蓼科	Toyohira 3317-1	Tel. 0266-77-2050
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Internal Medicine/ Chinese Medicine/ Pediatrics

Riverside Clinic	リバーサイドクリニック	Miyagawa 3975	Tel. 0266-72-7010
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Pediatrics/Allergy

Watanabe Pediatric Clinic	わたなべ小児科医院	Tamagawa 3658-1	Tel. 0266-75-1755
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Dental Clinic “Chino City”

Asai Dental Clinic	浅井歯科医院	Nakaoshio 15-59	Tel. 0266-82-5888
Imai Dental Clin	今井歯科医院	Tamagawa 5024-1	Tel. 0266-82-3066
Egawa Dental Clin	江川歯科医院	Chino 257-7	Tel. 0266-82-5400
Kamijo Dental Clin	上條歯科医院	Nakamachi 8-7	Tel. 0266-72-2687
Gyoda Dental Clin	行田歯科医院	Nakamachi 14-2	Tel. 0266-72-2639
Koike Dental Clinic and Orthodontics	こいけ歯科・矯正歯科	Miyagawa 4745-1	Tel. 0266-72-0258
Komatsu Dental Clin	こまつ歯科医院	Tsukahara 1-2-32	Tel. 0266-78-1184
Gomi Dental Clin	五味歯科医院	Chino 2575-1	Tel. 0266-73-5430
Sakai Dental Clin	酒井歯科医院	Honmachi-nishi 9-27	Tel. 0266-73-2822
Shimizu Dental Clin	清水歯科医院	Tamagawa 4650-1	Tel. 0266-72-5669
Tanpopo Dental Clin	たんぽぽ歯科クリニック	Miyagawa 4535-4	Tel.: 0266-82-4618
Chino Dental Clin	茅野歯科医院	Tsukahara 1-14-5	Tel. 0266-72-4225
Chino tobu Dental Clin	ちの東部歯科クリニック	Tamagawa 4155-1	Tel. 0266-73-4911
Tsuchihashi Orthopedic and Dental Clinic	土橋整形外科歯科医院	Tsukahara 2-2-22	Tel. 0266-82-0007
Donguri Dental Clin	どんぐり歯科医院	Tamagawa 3779-1	Tel: 0266-72-6300
Hayashi Dental Clin	林歯科クリニック	Chino 555-1	Tel. 0266-72-5788
Fujimori Dental Clin	ふじもりデンタルオフィス	Miyagawa 1140-1	Tel. 0266-71-1361
Hori Dental Clin	堀歯科医院	Tsukahara 2-5-51	Tel. 0266-73-7139
Yazaki Dental Clin	矢崎歯科医院	Yonezawa 3-10	Tel. 0266-73-5678
Yajima Dental Clin	やじま歯科医院	Honmachi-nishi 3-22	Tel. 0266-75-5125
Yatsugane Dental Clin	やつがね歯科医院	Toyohira 3311-1	Tel. 0266-71-5454
Yoshimizu Dental Clin	吉水歯科医院	Honmachi-higashi 3-46	Tel. 0266-72-3459

Emergency Contact Information

Police	Incident/Accident	Tel. 110
Firefighting	Fire/ Emergency	Tel. 119

