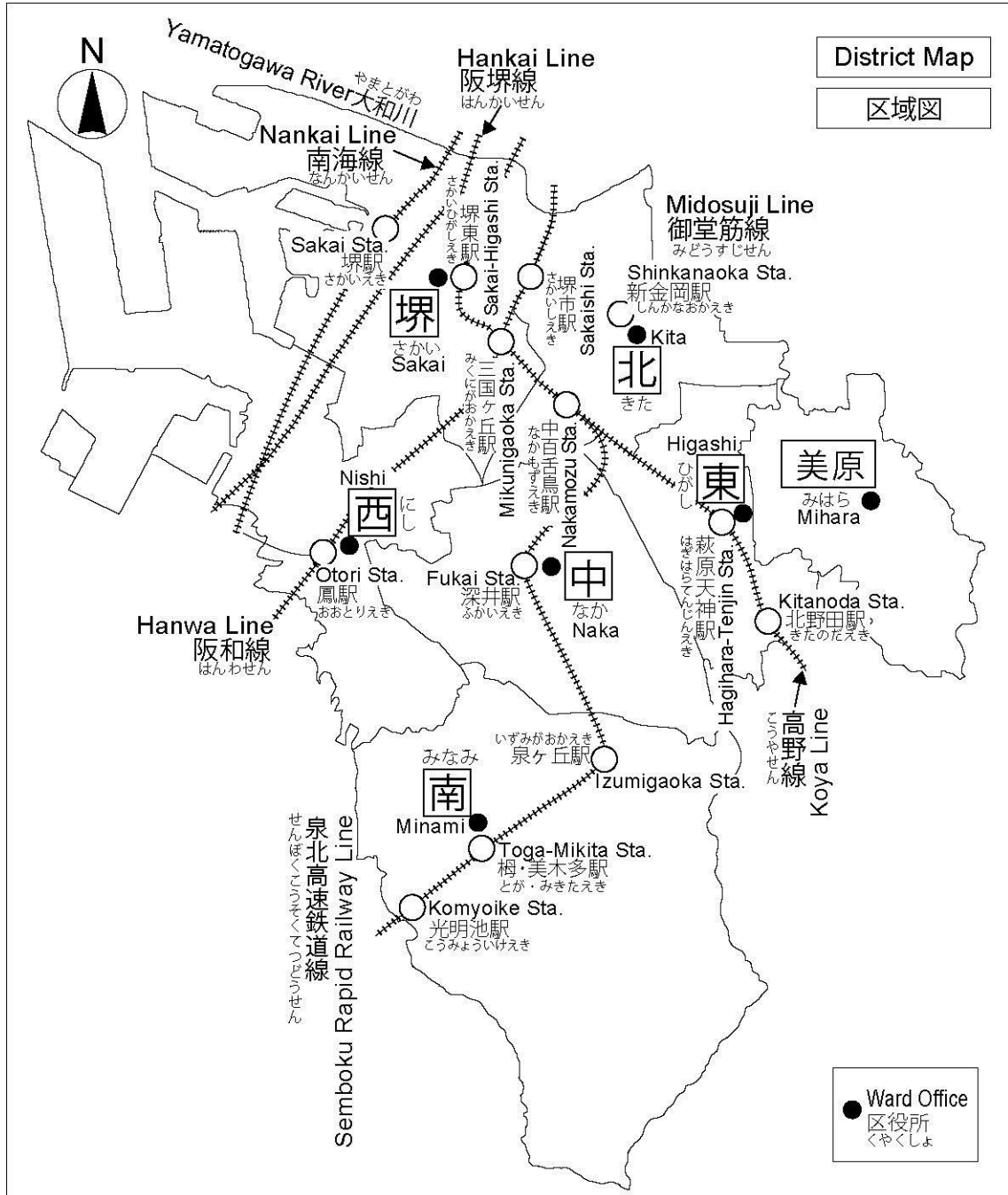


Essentials for Living in Sakai

(English)



さかいし
堺市

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Reference You may find the information also on the Sakai City's "Yasashii Nihongo (easy Japanese)" website.
<http://www.city.sakai.lg.jp/yasashii/index.html>

I. Daily Life (日常生活)

1. Daily Life (日常生活)

1-1 When in trouble (困ったとき)

【Getting advice】 (相談したい)

• Life advice (free of charge)

The Sakai International Plaza (p.2) offers a consultation service for foreign residents living, working, or studying at school in Sakai City. An advisor will listen and offer advice if you have questions or troubles in your everyday life, and provide administrative information.

According to the nature of the enquiry, we may introduce you to other suitable institutions.

Consultation in Chinese, Korean, Portuguese and Spanish is available through volunteer interpreters using triophone (a three-way phone interpreting system).

Consultation in other languages may also be available, so please enquire on the number below.

Dedicated number ☎072-228-7499 (Triophone)						
<u>Note</u> This service is not available when the City Hall is closed, even if it shows “○” in the columns below.						
		Mon	Tue	Wed	Thu	Fri
9:00 ~ 12:00	Japanese, English	○	○	○	×	○
	Chinese	×	×	×		○
	Korean	×	○	×		×
	Spanish	×	×	×		×
	Portuguese	×	×	×		○
13:00 ~ 16:00	Japanese, English	○	○	○	×	○
	Chinese	×	×	○		×
	Korean	×	×	×		×
	Spanish	○	×	×		○
	Portuguese	○	×	×		×

• Consulting Service for Naturalization and Immigration (free of charge)

An administrative scrivener offers a consultation service on naturalization application, visa application and changes, permanent residency application, international marriage, etc.

Date (as a general rule) 14:00–17:00 on every third Wednesday of the month

Venue 5th floor, the Sakai International Plaza (p.2)

Application/Inquiry Appointment required in advance by phone (up to three groups). If an interpreter is necessary (p.2 “Using interpreter service”), please call 10 days in advance.

☎072-228-7499

【Using interpreter service】 (通訳がほしい)

Volunteer interpreter service (free of charge)

This is a volunteer interpreter dispatching service to municipal offices, schools and hospitals for people who cannot speak Japanese well. (Translation is not available.)

This service is available for residents living, working or studying at schools in Sakai City.

Available languages English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Tagalog, Thai, Indonesian, French, Singhalese, German, Italian, Urdu and Mongolian

Application/Inquiry Please fill out and submit the “Volunteer Interpreter Request Form” to the Sakai International Plaza (please see below) by post, fax or e-mail 10 days prior to the day you need the service. Application by phone is not available.

Note 1 This system is not conducted through professional interpreters, so neither Sakai City nor volunteers take any responsibility for damages caused by misinterpretations. Please arrange a professional interpreter if you prioritize accuracy.

Note 2 Please note that we might not be able to offer the service in the case that the contents of the interpretation are complicated or/and we cannot find any interpreters.

◆ **Sakai International Plaza** (堺市立国際交流プラザ)

Life advice and Consulting Service for Naturalization and Immigration are offered. Japanese language learning textbooks and books introducing Japan can be borrowed. Meeting rooms for international exchange activities are also available.

Location • Approx. 300m from Sakai Higashi Station (Nankai Koya Line)
• Short walk from “Sakai Shiyakusho-mae” bus stop (Nankai Bus)

Opening hours 9:00–17:30 Sunday to Friday

Closing Saturday, Public holidays, and year-end/New Year holidays

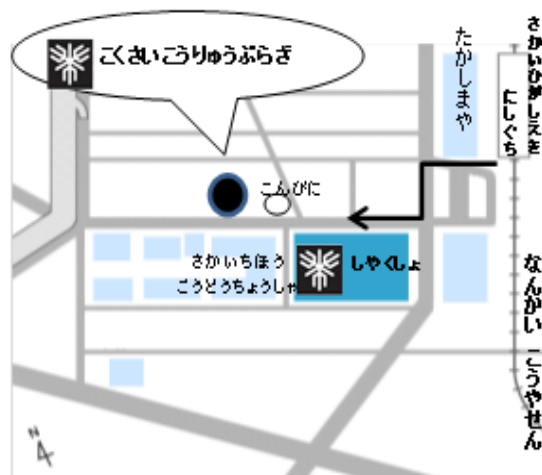
Address 5th & 6th floor, 1-4-24 Nakakawara-machi, Sakai-ku, Sakai-shi 590-0077

☎072-340-1090

FAX 072-340-1091

E-mail address: kokusai@city.sakai.lg.jp

<http://www.city.sakai.lg.jp/shisei/kokusai/koryuplaza/>



1-2 Learning Japanese (日本語の勉強)

【Japanese lessons available in Sakai City】 (堺市内の日本語教室)

You can learn Japanese either free of charge or with a low fee.

Japanese <http://www.city.sakai.lg.jp/shisei/kokusai/suishin/kyosei/seikatsu/nihongo/index.html>

Easy Japanese <http://www.city.sakai.lg.jp/yasashii/classroom/index.html>

English <http://www.city.sakai.lg.jp/english/visitors/living/school.html>

Chinese <http://www.city.sakai.lg.jp/chinese/visitors/living/school.html>

Korean <http://www.city.sakai.lg.jp/korean/visitors/living/school.html>

Portuguese http://www.city.sakai.lg.jp/other_languages/portuguese/school_p.html

Spanish http://www.city.sakai.lg.jp/other_languages/spanish/school_s.html

Vietnamese http://www.city.sakai.lg.jp/other_languages/vietnam/school_v.html

【Learning Japanese on the internet】 (インターネットで勉強)

- NHK WORLD Easy Japanese: English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Thai, Indonesian, French, Hindi, Arabic, Bengali, Russian, Persian, Urdu, Burmese and Swahili
<http://www.nhk.or.jp/lesson/> (Produced by NHK WORLD)

【Useful websites and tools】 (役に立つサイト、ツールの紹介)

- Portal for Learning Japanese NIHONGO E-na: Japanese, English, Chinese and Korean
<http://nihongo-e-na.com>

(Provided by The Japan Foundation Japanese-Language Institute, Kansai)

【Materials available for download】 (ダウンロードして使用できる教材)

“Teaching materials for Brazilian pupils in Japan”

“Teaching materials for Filipino pupils in Japan”

“Teaching materials for pupils from South American Spanish speaking countries”

“Teaching materials for pupils from Vietnam”

“Teaching materials for pupils from Thai speaking countries in Japan”

“Self-study materials to learn Kanji for Brazilians in Japan”

<http://www.tufs.ac.jp/blog/ts/g/cemmer/social.html>

(Produced by Center for Multilingual Multicultural Education and Research, Tokyo University of Foreign Studies)

1-3 Information provided in multiple languages (多言語での情報提供)

【FM COCOLO】 (FM COCOLO)

This FM radio station(76.5MHz) provides living information in Sakai City and information in the case of disaster.

It is on air on the following hours between Monday and Friday of the 2nd and 4th week of the month.

Hours & Languages:	Monday	19:15–	Japanese
	Monday	20:40–	Korean
	Tuesday	20:40–	Chinese
	Wednesday	20:40–	English
	Thursday	20:40–	Spanish
	Friday	5:28–	Vietnamese
	Friday	20:40–	Portuguese

【English/Chinese language newsletter (free of charge)】 (英文・中文ニュースレター)

The city's coordinators of International Relations produce these newsletters. Information such as events and daily life in Sakai can be found. Newsletters are published bimonthly (every even-numbered month) and are available in the International Division, Sakai International Plaza, Administrative Information Center in the City Hall, Administrative Information Corners in Ward Offices, city libraries, etc.

Non-Japanese residents living, working or studying in schools in Sakai City are eligible to receive newsletters for free by applying to the International Division by email.

E-mail address: kokusai@city.sakai.lg.jp

<http://www.city.sakai.lg.jp/english/visitors/newsletter/>

<http://www.city.sakai.lg.jp/chinese/visitors/top/>

If you subscribe to the mail magazine, you will be notified when the link to the latest issue is available online.

City Life (English language newsletter) Mail magazine

<http://www.city.sakai.lg.jp/communication/merumaga/citylife/>

我們的堺市 (Chinese language newsletter) Mail magazine

http://www.city.sakai.lg.jp/chinese/visitors/top/citylife_newsletter.html

Inquiry International Division, International Affairs Department

☎072-222-7343 FAX 072-228-7900

【Sakai City website】 (堺市ホームページ)

English <http://www.city.sakai.lg.jp/english/visitors/index.html>

Chinese <http://www.city.sakai.lg.jp/chinese/visitors/index.html>

Korean <http://www.city.sakai.lg.jp/korean/visitors/index.html>

Portuguese http://www.city.sakai.lg.jp/other_languages/portuguese/index.html

Spanish http://www.city.sakai.lg.jp/other_languages/spanish/index.html

Vietnamese http://www.city.sakai.lg.jp/other_languages/vietnam/index.html

Easy Japanese <http://www.city.sakai.lg.jp/yasashii/index.html>

2. Emergency Medical Information (病気・緊急)

2-1 When you become ill (病気のと看)

【Weekdays】 (平日)

Sakai City Medical Center (1-1-1 Ebaraji-cho, Nishi-ku ☎072-272-1199)

Note The hospital is for patients who need specialized treatment and have referrals from other medical institutions. In addition to ordinary treatment fees, additional fees are required if you receive treatment without a referral.

【Sudden sickness at night or during holidays】 (休日・夜間に急病になったとき)

Department	Name of medical institution	Address	Opening Hours		
			Weekdays	Saturdays	Sundays and public holidays
Pediatric Care *1	Sakai Children's Emergency Medical Center	1-1-2 Ebaraji-cho, Nishi-ku ☎072-272-0909	20:30-4:30 (the following morning)	17:30-4:30 (the following morning)	9:30-11:30 12:45-16:30 17:30-4:30 (the following morning)
Internal Medicine *2	Senboku Emergency Medical Center	1-8-1 Takeshirodai, Minami-ku ☎072-292-0099	×	17:30-20:30	9:30-11:30 12:45-16:30 17:30-20:30
Dentistry	Sakai Dental Health Center	18-3 Daisennaka-machi, Sakai-ku ☎072-243-0099	×	17:30-20:30	9:30-11:30 12:45-16:30

*1 Junior high school students and under

*2 Junior high school students and under: please go to the Sakai Children's Emergency Medical Center

【Medical Information for Foreigners】 (外国人のための医療情報ガイド)

Japanese, English, Chinese and Korean language are available.

You can obtain basic medical information and search for medical institutions where foreign language speakers are available.

<http://www.pref.osaka.lg.jp/iryo/medicalinfo/>

(Produced by the Health and Medical Planning Affairs Division, Public Health and Welfare Office, Osaka Prefectural Government Department of Health and Medical Care)

【Multilingual medical questionnaire】 (多言語医療問診票)

You can find medical questionnaires written in 18 languages on the internet. (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Tagalog, Thai, Indonesian, Nepali, French, Arabic, Russian, Persian, Khmer, Lao, German and Croatian) Fill in the questionnaire in advance and bring it with you to help you communicate with the doctors.

<http://www.kifjp.org/medical/>

Note "Multilingual medical questionnaires" may be revised occasionally. Please check before using them.

(Produced by International Community Hearty Konandai and Kanagawa International Foundation)

2-2 In the case of fire, sudden sickness or injury (火事の時、急病や大けがの時)

【119 emergency call】 (119番通報)

Five languages (English, Chinese, Korean, Portuguese and Spanish) are available through interpreters at the call center 24/7/365.

Note Please allow approx. 10 seconds to connect to the call center.

2-3 In the event of being the victim of a crime (犯罪被害などにあったとき)

【110 emergency call】 (110番通報)

Please refer to the page "I. Emergency Measures" provided by Osaka Foundation of International Exchange.

3. Disasters (災害)

3-1 Preparation for disasters (災害に備える)

【Disaster Prevention Handbook for Foreign Residents】 (防災ハンドブック)

Available in seven languages (English, Chinese, Korean, Spanish, Portuguese, Vietnamese and Easy Japanese).

Please read it in order to prepare and know how to act in case of disasters.

Handbooks are available from Civic Affairs Divisions in Ward Offices (pp.16-17), the International Division in the City Office (☎072-222-7343) or Sakai International Plaza (p.2).

【Registering for Osaka disaster prevention information mail】 (おおさか防災情報メールの登録)

You can receive emails containing information that you have requested (e.g. weather information including heavy rain and flood warnings, earthquakes and evacuation information) by registering the email address of your mobile phone.

- Please release your spam mail prevention function.

Japanese	http://www.osaka-bousai.net/pref/PreventInfoMail.html
English	http://www.osaka-bousai.net/en/pref/LangPreventInfoMail.html
Chinese	http://www.osaka-bousai.net/cn/pref/LangPreventInfoMail.html
Korean	http://www.osaka-bousai.net/ko/pref/LangPreventInfoMail.html

3-2 In the case of disaster (災害がおこったら)

【How to obtain information about a disaster】 (災害の情報を知るには)

- **Osaka Disaster Prevention Net (Sakaishi):** You can find information about earthquakes, tsunamis, typhoons, advisories and warnings.

PC	Japanese	http://www.osaka-bousai.net/sakai/
	English	http://www.osaka-bousai.net/en/sakai/
	Chinese	http://www.osaka-bousai.net/cn/sakai/
	Korean	http://www.osaka-bousai.net/ko/sakai/
Mobile	Japanese	http://www.osaka-bousai.net/mobile/sakai/
	English	http://www.osaka-bousai.net/mobile/en/sakai/

- **Loudspeakers for disaster prevention:** In the case of disaster, states of disaster and evacuation information will be informed through loudspeakers located outside. If you don't understand what they say, ask your neighbors or check on the internet and TV.

【When and where to evacuate】 (いつ、どこへ逃げるか)

Please go to evacuation shelters when Sakai City issues evacuation advisories. Evacuation shelters are school or municipal buildings. Please check the nearest designated evacuation shelters.



You can find an evacuation shelter where this sign is located.



This sign shows the height above sea level.

II. Procedures for Living (くらしの手続き)

1. When you start living in or move from Sakai City

(堺市で新しい生活を始めるとき/引越しするとき)

1-1 Moving in, moving (within the city) and moving out (転入、転居、転出)

【Resident registration and change of address】 (住民登録・住居地の変更)

Situation	Where to go for the procedure	Documents/things you need to provide
<Moving in> Moving from outside of Sakai City to Sakai City	At the <u>Civic Affairs Division in the Ward Office (pp.16-17)</u> of the ward where you are moving to within 14 days from the date of moving in. - If you are pregnant or have an infant, please also contact <u>public health center (pp.16-17)</u> .	① Resident Cards or Special Permanent Resident Certificate of all family members who moved with you. ② A Moving-out Certificate issued by the municipal office of your previous address ③ The seal of the head of household (If available). ④ National Health Insurance Card, if you are covered. ⑤ Pension Handbook if you are covered. ⑥ Notification cards or your Individual Number (My Number)* Cards for all family members who moved with you.
<Moving> Moving within Sakai City but between different wards or within the same ward	Same as above	①, ③, ④ and ⑥ (in the column above)
<Moving out> Moving out of Sakai City	At the Civic Affairs Division in the Ward Office of the ward where you are moving from by the day of moving (If you have already moved, within 14 days from the date of moving).	①, ③ and ④ (in the column above) ⑤ is required if you are moving abroad

【Other necessary procedures】 (関連する手続き)

You may be required to follow other procedures to apply for National Health Insurance, National Pension, Nursing Care Insurance, Child Allowance, medical care for children, children's school admission/changing schools, etc. Please ask for details when you go through the procedures for change of address (moving in, moving within the city or moving out).

You need to go through some procedures when you have a dog. Please contact the Animal Protection and Control Center (☎072-228-0168) or Public Health Center in each ward (pp.16-17).

*The Individual Number (My Number) (マイナンバー (個人番号) について)

Individual Number (nicknamed My Number) is a set of numbers assigned to each individual living in Japan. It is used for social security including pension, health insurance and employment insurance, and tax return procedures. After you complete residence registration for the first time in Japan, you will receive a notification card with your Individual Number approximately two or three weeks later.

You need to use your Individual Number all the time, even if you leave and re-enter Japan. As a general rule, you need to use the same Individual Number for your whole life. Therefore, do not tell anyone your Individual Number unless necessary to follow official procedures.

<http://www.cao.go.jp/bangouseido/foreigners/index.html>

1-2 Household garbage collection (ごみの収集)

【Garbage disposal】 (ごみの出し方)

Please check types of garbage and collection days, and leave garbage at the designated point.

Refer to	Japanese	http://www.city.sakai.lg.jp/kurashi/gomi/gomi_recy/bunbetsu/shigen/
	English	http://www.city.sakai.lg.jp/english/visitors/handbook/
	Chinese	http://www.city.sakai.lg.jp/chinese/visitors/handbook/
	Korean	http://www.city.sakai.lg.jp/korean/visitors/handbook/
	Portuguese	http://www.city.sakai.lg.jp/other_languages/portuguese/portuguese/
	Spanish	http://www.city.sakai.lg.jp/other_languages/spanish/spain/
	Easy Japanese	http://www.city.sakai.lg.jp/yasashii/yasa_gomi/

【Recycling and Garbage Disposal Handbook】 (資源とごみの出し方便利帳)

Handbooks are available in five languages (English, Chinese, Korean, Portuguese and Spanish) at the Public Sanitation Division (☎072-228-7429), Administrative Information Center in the City Hall and Administrative Information Corners in Ward Offices. You can also receive them at Civic Affair Divisions in the Ward Offices (pp.16-17) when you go through the procedures for change of address (moving in, moving within the city or moving out).

1-3 Water supply and sewerage (水道・下水道)

You can make notifications and inquiries regarding the following matters at the Waterworks and Sewerage Bureau Customer Center.

- Notifications when you want to start/stop using water supply (Please make sure you contact the bureau four or five days in advance).
- Inquiries regarding water charges, etc.
- When red/brown water running from taps.
 - Iron rust from water pipes may run with water due to waterworks, etc. Please run water until it becomes clear before use. If the water does not run clear, please contact the Waterworks and Sewerage Bureau Customer Center.
- When you find water leakages on roads or blockages of public sewerage, etc.

Waterworks and Sewerage Bureau Customer Center (上下水道局お客様センター)	
Inquiry	☎0570-02-1132 (Navi Dial) Please note that this service is not available for PHS and IP Phone. ☎072-251-1132 FAX 072-252-4132
Opening hours	Weekdays 8:45-19:00 / Saturdays, Sundays and Public holidays 9:00-17:00 (Inquiries regarding red/brown water, water leakages on roads and blockages of public sewerage are open 24 hours.)

1-4 City Housing and Specified Public Rental Housing (市営住宅、特定公共賃貸住宅)

【Application for prospective tenants】 (入居者募集)

Applications are accepted every May, October and November. You will find details in PR paper “Koho Sakai”.

Inquiry For applications in May and October, please contact the Sakai Municipal Housing Management Center (*Sakai Shiei Jutaku Kanri Senta*).

☎072-228-8225

For applications in November, please contact the House Improvement Division.

☎072-228-8113

Please refer to the page “III. Daily Life and Housing” provided by Osaka Foundation of International Exchange for prefectural housing information.

1-5 Municipal Tax (市税)

【Municipal and Prefectural Taxes for individuals】 (個人市・府民税)

You are required to pay taxes if you live within or have an office in the wards of the city as of January 1, each year.

- Normal collection: If you had income in the previous year, please file a tax return for Municipal Tax by March 15. You will receive a tax payment notice later. Please pay your taxes according to the notice.

Inquiry [Ward City Tax Offices \(pp.16–17\)](#)

Note Ward City Tax Offices will move to the following address from January 4, 2018.

Tax Office 1-3-1 Akahata-cho, Mozu, Kita-ku, 591-8037		
Inhabitant's Tax Division	Sakai Ward • Nishi Ward	☎072-231-9751
	Naka Ward • Minami Ward	☎072-231-9752
	Kita Ward • Higashi Ward	☎072-231-9753
	Mihara Ward	☎072-231-9754

- Special collection: Those receiving a salary will have municipal tax deducted from their salary.

2. Marriage/Divorce (結婚するとき/離婚するとき)

Please refer to the page “IV. Residency Management System・Basic Resident Registration System for Foreign Nationals・Marriage・Divorce” provided by Osaka Foundation of International Exchange.

3. Pregnancy, Child Birth and Child Raising (子どもを産んで育てるとき)

3-1 When you get pregnant (妊娠したら)

【Maternal and Child Health Handbook and medical exam vouchers】

(母子健康手帳と健診受診券つづり)

Please make sure you submit “Pregnancy Notification Form” at the Public Health Center (pp.16–17) in the ward where you live in order to receive “Maternal and Child Health Handbook” and “medical exam vouchers” (for 14 medical check-ups: designated check-up items are covered by Sakai City). Please bring your handbook and vouchers with you when you go to hospitals and Public Health Centers so that mother and baby’s health record will be written down. Maternal and Child Health Handbooks are available in nine languages (English, Korean, Chinese, Spanish, Portuguese, Vietnamese, Thai, Tagalog and Indonesian).

【Antenatal classes】 (妊婦教室)

Antenatal classes are held at Public Health Centers. Professional staff provide life guidance during pregnancy, preparation for birth, child raising, nutrition and dental health. Fathers can also participate.

Inquiry Public Health Centers (pp.16–17)

3-2 When your baby is born (子どもが生まれたら)

【Notification of Birth】 (出生届)

Please refer to the page “VI. Pregnancy, Child Birth, Child Rearing, and Education” provided by Osaka Foundation of International Exchange.

Please submit Notification of Birth to the Civic Affairs Division in the Ward Office (pp.16–17)

【Medical subsidy system for infants and children】 (子ども医療費助成制度)

Subsidies for medical fees and hospital meal fees (standard co-payment charge) are provided to children from 0 years old until the end of junior high school (the first March 31 after becoming 15 years old). (Only the fees covered by health insurance are eligible.) If you receive public assistance, you may not be eligible for the subsidies.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16–17)

【Child Allowance】 (児童手当)

Child Allowance is provided to parents/guardians of children from 0 years old until the end of junior high school (the first March 31 after becoming 15 years old).

Inquiry Child-raising Support Division in the Ward Office (pp.16–17)

【Home visits to families with infants】 (乳幼児家庭全戸訪問)

Before your baby becomes four months old, nursery teachers, midwives or public health nurses will visit you to provide information regarding child care.

Please feel free to ask questions and raise concerns to the Child-raising Support Division in the Ward Office or Public Health Centers (pp.16–17).

【Health examinations for infants and vaccinations】 (乳幼児健診、予防接種他)

Health examinations, baby food classes and BCG vaccines are provided at Public Health Centers (pp.16–17).

Other vaccinations are provided in medical institutions in the City. Please check which vaccinations your baby needs to receive and when they are due in your Maternal and Child Health Handbook.

3-3 Child raising (子育て)
 【Daycares】 (保育)

Daycares	In what circumstances	Inquiry and application
Day care centers	When parents/guardians need their child to be looked after due to their work or illness.	Child-raising Support Divisions in Ward Offices (pp.16-17)
Temporary childcares and Holiday daycares	When parents/guardians are having trouble finding someone to look after their child due to their part time work or temporary circumstances.	Preschool Management Division in the City Office ☎072-228-7231
Sick child care / Convalescent child care	When parents/guardians cannot look after their child due to their work, etc., but the child is ill or injured and cannot be looked after at day care facilities. *Registration in advance is required	Child Nursing Division in the City Office ☎072-228-7612

【Child-raising support】 (子育て支援)

Types of support	In what circumstances	Inquiry and application
Child care support helper dispatch service (fees may need to be partially paid)	When you are unwell before/after giving birth or worried about child-raising and having difficulty carrying out housework/to look after your child.	Child-raising Support Divisions in Ward Offices (pp.16-17)
Child-raising advisor dispatch service (free of charge)	When you have worries and concerns about child-raising and would like to seek advice.	
Kosodate Hiroba at Ward Offices (except Sakai Ward Office)	When you would like to meet and interact with parents and pre-school children, and seek advice. *No application required	
Sakai-shi Tsudoi, Koryu no Hiroba (free of charge) * At Kids' Support Center Sakai (9F, Takashimaya Sakai Store)	When you would like to meet and interact with parents and children up to 12 years old, and seek advice.	*No application is required. Opening hours: 10:00-17:00 (except Dec. 30-Jan. 3 and closing days of Takashimaya Sakai Store) ☎072-238-2050
Minna no Kosodate Hiroba (free of charge)	When you would like to meet and interact with parents and pre-school age children, and seek advice somewhere close in your area (at vacant store, local community hall, etc.) *No application required	Child Nursing Division in the City Office ☎072-228-7612
Family Support Center *This is a membership organization which conducts mutual assistance activities and consists of members who would like to provide child-raising support (providers) and those who would like to receive the service (clients). (¥700/one hour)	When you need someone to: • take and bring your child to school. • look after your child before/after nursery institution's opening hours. • look after your child after school (primary school). • look after your child when you go shopping, etc. *Registration for membership required	Family Support Center ☎072-222-8066

【School Expense Subsidies】 (就学援助)

Families with municipal primary and junior high school children (except special support education schools), who have financial difficulties sending their children can receive subsidies for school expenses such as stationery and elementary school meals. (Means test required)

You can apply at schools or the Planning and General Affairs Division in the Ward Office (pp.16-17)

Inquiry School Office Division, General Affairs Department, Sakai City Board of Education
☎072-228-7485

4. When you become a single parent (ひとり親家庭になったとき)

【Child-rearing Allowance】 (児童扶養手当)

Single parents or guardians fostering children (on behalf of parents) up to the first March 31 after becoming 18 years old are eligible. (Income cap applies.)

Inquiry Child-raising Support Division in the Ward Office (pp.16-17)

【Daily support for single parent families, etc.】 (ひとり親家庭などへの日常生活支援)

Family life support staff dispatch service is available when single parents, widows or female divorcees living alone are having difficulties in carrying out house work temporarily due to illness, looking for a job, etc. Free of charge for the households receiving public assistance or/and those who are exempt from municipal tax.

Inquiry Child-raising Support Division in the Ward Office (pp.16-17)

【Medical subsidy system for single parent households】 (ひとり親家庭医療費助成制度)

A subsidy for medical fees (only the fees covered by health insurance is eligible) is provided to children up to the first March 31 after becoming 18 years old and to the father or mother of single parent households or child's guardians. (Income cap applies.)

If you receive public assistance, you may not be eligible for the subsidies.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16-17)

【Other】 (その他)

You may be able to be given priority to live in public housing depending on your eligibility. Please ask for details below.

Inquiry Sakai Municipal Housing Management Center (Sakai Shiei Jutaku Kanri Senta)
☎072-228-8225

5. When you have trouble earning a living (生活に困ったとき)

【Public assistance】 (生活保護)

You can receive public assistance for living expenses, medical fees, etc., when you cannot earn a living or make a payment for hospitalization charges due to lack of income as a result of an illness or injury, etc. and are not able to manage even if you are receiving other assistance or/and support from your relatives.

Inquiry Public Assistance Division in the Ward Office (pp.16-17)

【Loan for living expenses】 (生活資金などの貸付)

Low-income households may be able to borrow some money to help improve their circumstances when they are having trouble earning a living temporarily.

To be eligible, a means test is required. Please ask where to apply as it depends on the type of loan.

Inquiry Public Assistance Division in the Ward Office (pp.16-17)

Council of Social Welfare ☎072-222-7666

【Consultation for returnees from China】 (中国帰国者相談)

Consultation service (*Chugoku Kikokusha Sodanshitsu*) is provided for returnees from China to discuss concerns, daily life problems, language-related issues, etc., in order for returnees from China to be able to settle smoothly in Japan and to lead a steady life.

Inquiry Public Assistance Management Division ☎072-228-7412

6. For elderly people (高齢の人に)

【Nursing Care Insurance and nursing care service】 (介護保険と介護サービスの利用)

Please refer to the page “II-2. Medical Insurance” provided by Osaka Foundation of International Exchange for details.

Inquiry Regional Welfare Division in the Ward Office (pp.16–17)

【Regional Comprehensive Support Center】 (Comprehensive consultation desk)

(地域包括支援センター) (総合相談窓口)

You can receive comprehensive services regarding nursing care, healthcare, welfare and medical care as required. Elderly people and their families can seek advice on:

- Nursing care service
- Nursing care prevention care management (making care prevention plan, etc.)
- Support for regional care managers
- Advocacy
- Elder abuse prevention and response

The location of local consultation desk where you can seek advice depends on the ward where you live. Please contact the Comprehensive Support Head Center in your Ward Office for details.

<u>Inquiry</u>	Sakai Ward	☎072-228-7052
	Naka Ward	☎072-270-8268
	Higashi Ward	☎072-287-8730
	Nishi Ward	☎072-275-0009
	Minami Ward	☎072-290-1866
	Kita Ward	☎072-258-6886
	Mihara Ward	☎072-361-1950

【Allowance for Elderly Foreign Residents】 (在日外国人高齢者給付金)

Foreign residents who were born before April 1, 1926 may be eligible to receive 10,000 yen every month depending on the conditions. Please ask for details.

Inquiry Senior Citizens Support Division in the City Office ☎072-228-8347

【Medical subsidy system for elderly people】 (老人医療費助成制度)

Subsidies for medical fees (only the fees covered by health insurance are eligible) are provided to people 65 years and over who are severely disabled; have one or more of the diseases specified by the Japanese government (as being worrisome, having no known treatment and of unknown causes); are receiving tuberculosis treatment or psychiatric rehabilitation. (Income cap applies.)

If you receive public assistance, you may not be eligible for the subsidies.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16–17)

Note The system will change from April, 2018

【Latter-Stage Elderly Healthcare Insurance System】 (後期高齢者医療制度)

Please refer to the page “II-2. Medical Insurance” provided by Osaka Foundation of International Exchange for details.

Inquiry Health Insurance and Pension Division in the Ward Office (pp.16–17)

7. For disabled people (障害のある人に)

【Disability welfare service】 (障害福祉サービスの利用)

People with a physical or intellectual disability can use the services. Please seek advice from the Regional Welfare Division. For someone with a mental disability, please seek advice from Public Health Centers.

- Issue of certificate
- Payment of benefit
- Application of disability welfare service
- Consultation/Submission of other welfare programs

Inquiry Regional Welfare Division in the Ward Office or Public Health Centers (pp.16–17)

【Disability Counseling and Support Center】 (障害者基幹相談支援センター)

People with a disability or their families can seek advice. In order for those people to be able to live with peace of mind in the area, the center will provide support in cooperation with other specialized organizations.

The location of local consultation desk where you can seek advice depends on the ward where you live. Please contact the Disability Counseling and Support Center in your Ward Office for details.

Inquiry	Sakai Ward	☎072-224-8166
	Naka Ward	☎072-278-8166
	Higashi Ward	☎072-285-6666
	Nishi Ward	☎072-271-6677
	Minami Ward	☎072-295-8166
	Kita Ward	☎072-251-8166
	Mihara Ward	☎072-361-1883

Contact point of Ward Offices (各区役所問合せ先)

Sakai Ward Office		3-1 Minamikawara-machi, Sakai-ku 590-0078
Planning and General Affairs Division	Sakai Ward Office	☎072-228-7403
Civic Affairs Division		☎072-228-6934
Health Insurance and Pension Division		☎072-228-7413
First Public Assistance Division		☎072-228-7498
Second Public Assistance Division		☎072-228-7477
Regional Welfare Division		☎072-222-4800
Child-raising Support Division		
Sakai Public Health Center	3-2-6 Kaino-cho Higashi, Sakai-ku 590-0953 In Sakai City Public Health Medical Service Center	☎072-238-0123
Chinugaoka Public Health Center	3-128-4 Kyowa-cho, Sakai-ku 590-0822	☎072-241-6484
*Tax Office	Sakai Ward Office	☎072-228-7410

Naka Ward Office		2470-7 Fukaisawa-machi, Naka-ku 599-8236
Planning and General Affairs Division	Naka Ward Office	☎072-270-8181
Civic Affairs Division		☎072-270-8183
Health Insurance and Pension Division		☎072-270-8189
Public Assistance Division		☎072-270-8191
Regional Welfare Division		☎072-270-8195
Child-raising Support Division		☎072-270-0550
Naka Public Health Center		☎072-270-8100
*Tax Office		☎072-270-8185

Higashi Ward Office		195-1 Hikisho Haradera-machi, Higashi-ku 599-8112
Planning and General Affairs Division	Higashi Ward Office	☎072-287-8100
Civic Affairs Division		☎072-287-8102
Health Insurance and Pension Division		☎072-287-8108
Public Assistance Division		☎072-287-8110
Regional Welfare Division		☎072-287-8112
Child-raising Support Division		☎072-287-8198
Higashi Public Health Center		☎072-287-8120
*Tax Office		☎072-287-8104

* Until December 28, 2017

The office will be relocated from January 4, 2018. (Please refer to p.9.)

Nishi Ward Office		6-600 Otori Higashi-machi, Nishi-ku 593-8324
Planning and General Affairs Division	Nishi Ward Office	☎072-275-1901
Civic Affairs Division		☎072-275-1903
Health Insurance and Pension Division		☎072-275-1909
Public Assistance Division		☎072-275-1911
Regional Welfare Division		☎072-275-1918
Child-raising Support Division		☎072-343-5020
Nishi Public Health Center	4-444-1 Otori Minami-machi, Nishi-ku 593-8325	☎072-271-2012
*Tax Office	Nishi Ward Office	☎072-275-1905

Minami Ward Office		1-1-1 Momoyama-dai, Minami-ku 590-0141
Planning and General Affairs Division	Minami Ward Office	☎072-290-1800
Civic Affairs Division		☎072-290-1802
Health Insurance and Pension Division		☎072-290-1808
Public Assistance Division		☎072-290-1810
Regional Welfare Division		☎072-290-1812
Child-raising Support Division		☎072-290-1744
Minami Public Health Center		☎072-293-1222
*Tax Office		☎072-290-1804

Kita Ward Office		5-1-4 Shinkanaoka-cho, Kita-ku 591-8021
Planning and General Affairs Division	Kita Ward Office	☎072-258-6706
Civic Affairs Division		☎072-258-6713
Health Insurance and Pension Division		☎072-258-6743
Public Assistance Division		☎072-258-6751
Regional Welfare Division		☎072-258-6771
Child-raising Support Division		☎072-258-6621
Kita Public Health Center		☎072-258-6600
*Tax Office		

Mihara Ward Office		167-1 Kuroyama, Mihara-ku 587-8585
Planning and General Affairs Division	Mihara Ward Office	☎072-363-9311
Civic Affairs Division		☎072-363-9313
Health Insurance and Pension Division		☎072-363-9314
Public Assistance Division		☎072-363-9315
Regional Welfare Division		☎072-363-9316
Child-raising Support Division		☎072-341-6411
Mihara Public Health Center	782-11 Kuroyama, Mihara-ku 587-0002	☎072-362-8681
*Tax Office	Mihara Ward Office	☎072-363-9317

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