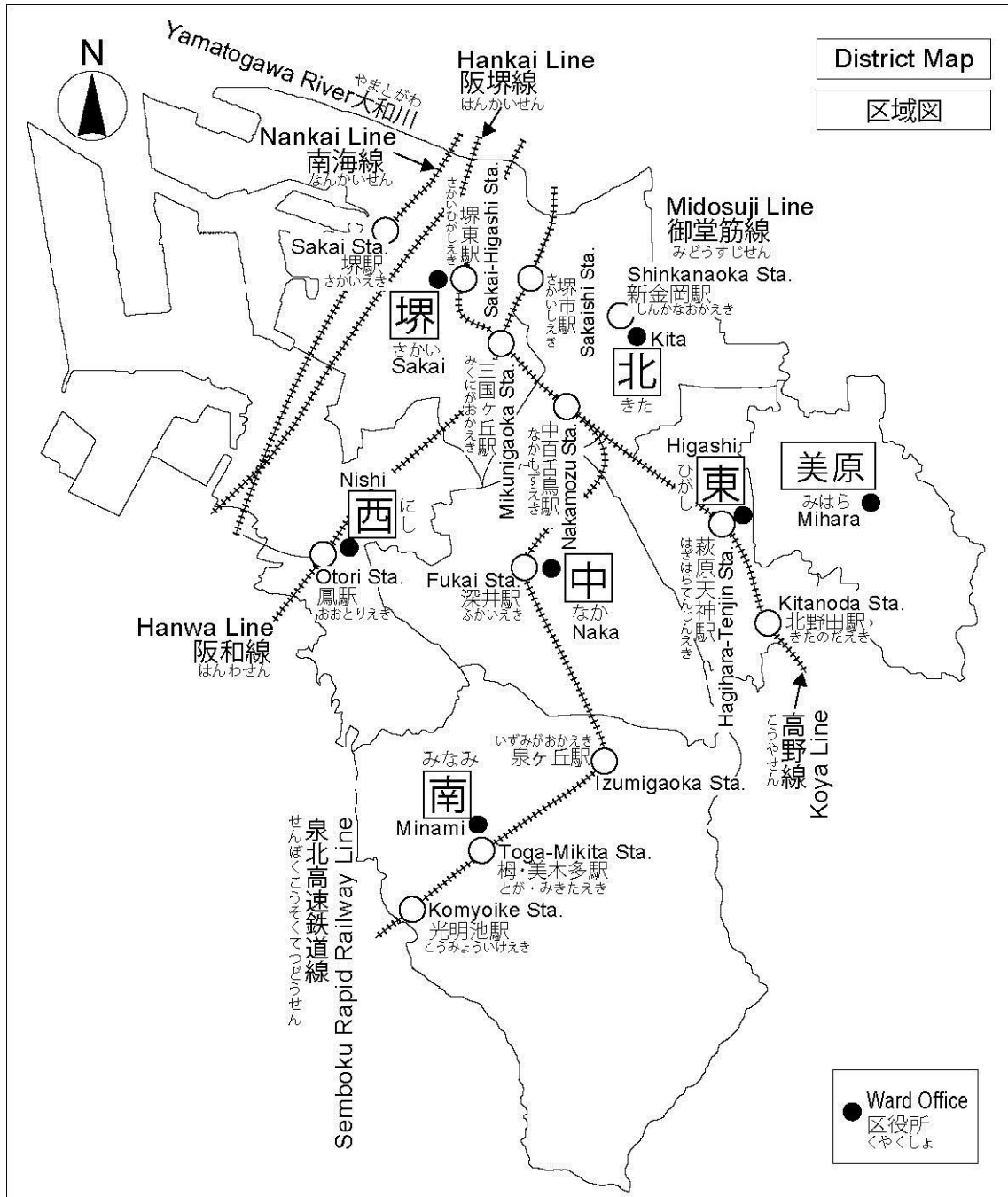


Essentials for Living in Sakai

(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 Plaza of Multicultural Exchange Sakai (p.2) offers a consultation service for foreign residents living, working, or studying at schools in Sakai City. An advisor will listen and offer advice if you have questions or troubles in your everyday life, and provide administrative information. Depending on the nature of the inquiry, we may introduce you to other suitable institutions.

***Face-to-face consultations:** Consultations in 11 languages are available through an automatic translation device, etc.

Languages Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Tagalog, Thai, Indonesian and Nepali

Dates and times Monday to Friday 10:00–12:00, 13:00–16:00 (closed on Saturdays, Sundays, public holidays, and New Year holidays)

***Telephone consultations:** Consultations are available through interpreters using triophone (a three-way phone interpreting system) in 8 languages.

Dedicated telephone number: 072-228-7499

Languages Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese and Thai

Dates and times Monday to Friday 10:00–12:00, 13:00–16:00 (closed on Saturdays, Sundays, public holidays, and New Year holidays)

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

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

Dates and time 14:00–17:00 on the third Wednesday of every month, in principle

Venue Plaza of Multicultural Exchange Sakai (p.2)

Application/Inquiry An appointment is required in advance by phone. (Up to three groups are accepted per day). If you need an interpreter, please apply at least 10 days prior to the consultation date.

☎072-228-7499 FAX 072-340-1091

【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.

Languages Japanese, English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Tagalog, Thai, Indonesian, Nepali, French, Italian, Arabic, Russian, etc.

Application/Inquiry Please fill out and submit the “Volunteer Interpreter Request Form” to the Plaza of Multicultural Exchange Sakai (p.2) by post, fax or e-mail at least 10 days prior to the day you need the service. Applications by phone are not accepted.

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 if the contents of the interpretation are complicated and/or we cannot find any interpreters, etc.

◆ **Plaza of Multicultural Exchange Sakai** (堺市立多文化交流プラザ・さかい)

[POME Sakai (ポムさかい)]

Life advice and a consultation service on issues concerning naturalization and immigration are offered. Japanese language textbooks and books introducing Japan can be borrowed. Meeting rooms for international exchange activities are also available.

Location • Sakai City General Welfare Hall 5F
• Nearest station: Sakaihigashi Station on the Nankai Koya Line

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

Closed Saturdays, public holidays, and New Year holidays

Address 2-1 Minamikawara-machi, Sakai-ku, Sakai City 590-0078

☎072-340-1090

FAX 072-340-1091

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

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



1-2 Learning Japanese (日本語の勉強)

【Japanese classes / Japanese learning materials】 (日本語教室・日本語学習教材)

You can search Japanese classes and materials to study Japanese.

<https://www.city.sakai.lg.jp/yasashii/classroom/index.html>



【Studying at Japanese classes】 (日本語教室で勉強する)

- Japanese classes for beginners

Japanese classes for people studying Japanese for the first time.

<https://www.city.sakai.lg.jp/yasashii/classroom/nyuumon-nihongo.html>



- Local Japanese classes

Japanese classes run by volunteers in Sakai City.

<https://www.city.sakai.lg.jp/yasashii/classroom/nihongo-kyoshitsu.html>



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

- Connect and Enhance Your Life in Japanese—TSUNAHIRO (Agency for Cultural Affairs)

<https://tsunagarujp.bunka.go.jp/>



- IRODORI Online Japanese Course (The Japan Foundation)

<https://www.irodori-online.jpf.go.jp/>



- NHK World-Japan Easy Japanese (NHK)

<https://www.nhk.or.jp/lesson/>



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

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

The city's Coordinators for 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, Plaza of Multicultural Exchange Sakai, Administrative Information Center in the city hall, Administrative Information Corners in ward offices, city libraries, etc. Non-Japanese residents living, working or studying at schools in Sakai City are eligible to have the newsletter delivered for free by applying to the International Division by email.

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

City Life (English language newsletter) Website

<https://www.city.sakai.lg.jp/foreign-language/english/visitors/newsletter/index.html>

我們的堺市 (Chinese language newsletter) Website

<https://www.city.sakai.lg.jp/foreign-language/chinese/visitors/top/index.html>



English



Chinese

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/shisei/koho/koho/merumaga/citylife/index.html>

我們的堺市 (Chinese language newsletter) Mail magazine

https://www.city.sakai.lg.jp/foreign-language/chinese/visitors/top/ch_newsletter/index.html



English



Chinese

Inquiry International Division, International Affairs Department

☎072-222-7343 FAX 072-228-7900



Sakai City Website
Multilingual page

【Sakai City website】 (堺市ホームページ)

English <https://www.city.sakai.lg.jp/foreign-language/english/visitors/index.html>

Chinese <https://www.city.sakai.lg.jp/foreign-language/chinese/visitors/index.html>

Korean <https://www.city.sakai.lg.jp/foreign-language/korean/visitors/index.html>

Portuguese https://www.city.sakai.lg.jp/foreign-language/other_languages/portuguese/index.html

Spanish https://www.city.sakai.lg.jp/foreign-language/other_languages/spanish/index.html

Vietnamese https://www.city.sakai.lg.jp/foreign-language/other_languages/vietnam/index.html

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



Easy Japanese

【Facebook】

- **Easy Japanese Facebook:** Living information which is essential for foreign citizens such as information regarding events at the city hall and disasters such as typhoons and earthquakes will be posted.
- **Facebook in English:** The city's Coordinators for International Relations will post information on local events and useful living information in English for foreign residents living in Sakai and surrounding areas from the point of view of English native speakers.



English

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 FAX 072-272-9911)

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 FAX 072-272-5959	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 FAX 072-292-0629	×	17:30-20:30	9:30-11:30 12:45-16:30 17:30-20:30
Dentistry	Sakai Dental Health Center	18-3 Daisennakamachi, Sakai-ku ☎072-243-0099 FAX 072-243-3088	×	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 Website for Foreigners】 (外国人のための医療情報サイト)

Osaka Medical Net for Foreigners

Japanese, English, Chinese, Korean, Spanish, Portuguese, Vietnamese and Tagalog languages are available. You can obtain basic medical information and search for medical institutions where foreign language speakers are available.

<http://www.mfis.pref.osaka.jp/omfo/>

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

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

You can find medical questionnaires written in 21 languages on the internet. (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Tagalog, Thai, Indonesian, Nepali, French, Arabic, Russian, Persian, Khmer, Lao, German, Croatian, Tamil, Sinhala and Ukrainian) 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 It may take a while 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 / Portable Disaster Prevention Cards】

(防災ハンドブック・携帯用防災カード)

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

Languages Available in English, Chinese, Korean, Spanish, Portuguese, Vietnamese and Easy Japanese.

There are also small-size Disaster Prevention Cards to carry in a wallet, etc.

Languages Available in English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Tagalog and Easy Japanese.

Both are available from the Civic Affairs Divisions in the ward offices (pp.16–17), the International Division in the city hall (☎072-222-7343) or the Plaza of Multicultural Exchange Sakai (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 (e.g. weather information including heavy rain and flood warnings, earthquakes and evacuation information) by registering your email address.

- Please release your spam mail prevention function.

Japanese <https://www.osaka-bousai.net/pref/PreventInfoMail.html>

English <https://www.osaka-bousai.net.e.add.hp.transer.com/preventinfomail.html>

Chinese (simplified) <https://www.osaka-bousai.net.c.add.hpcn.transer-cn.com/preventinfomail.html>

Chinese (traditional) <https://www.osaka-bousai.net.t.add.hp.transer.com/preventinfomail.html>

Korean <https://www.osaka-bousai.net.k.add.hp.transer.com/preventinfomail.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 (Sakai city version):** You can find information about earthquakes, tsunamis, typhoons, advisories and warnings.

Japanese <https://www.osaka-bousai.net/27140/index.html>

English <https://www.osaka-bousai.net.e.add.hp.transer.com/27140/index.html>

Chinese (simplified) <https://www.osaka-bousai.net.c.add.hpcn.transer-cn.com/27140/index.html>

Chinese (traditional) <https://www.osaka-bousai.net.t.add.hp.transer.com/27140/index.html>

Korean <https://www.osaka-bousai.net.k.add.hp.transer.com/27140/index.html>

- **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 information. 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	<u>Civic Affairs Division in the ward office (pp.16-17)</u> of the ward you are moving to within 14 days from the date of moving in. - If you are pregnant or have an infant, please also contact your local <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 Pension Handbook, Notice of Basic Pension Number, statement of payment, etc., if you are covered ④ My Number (Individual Number) Cards (for all members of your family who have the card)
<Moving> Moving within Sakai City but between different wards or within the same ward	Same as above	• ①, ③ and ④ (in the column above) • ⑤ National Health Insurance Card, if you are covered.
<Moving out> Moving out of Sakai City	Civic Affairs Division in the ward office of the ward you are moving from by the day of moving (If you have already moved, within 14 days from the date of moving).	• ID for the person notifying (driving license, Resident Card, etc.) and ⑤ (in the column above) • ③ and ④ above are also 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 your local public health center (pp.16-17).

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

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 an Individual Number notification 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.

<https://www.digital.go.jp/policies/mynumber/>

1-2 Household garbage collection (ごみの収集 しゅうじゅう)

【Garbage disposal】 (ごみの出し方 でしかた)

Please check types of garbage and collection days, and leave garbage at the designated point. The booklet which shows how to dispose garbage, “**Encyclopedia of how to separate resources and garbage**” (*Shigen to Gomi no Bunbetsu Daijiten / Japanese only*) is available at the Administrative Information Center in the city hall and Administrative Information Corners in the ward offices. You can also receive them at the Civic Affairs Divisions in the ward offices (pp.16–17) when you go through the procedures for change of address (moving in, moving within the city.)

Inquiry Public Sanitation Division (☎072-228-7429 FAX072-229-4454)

Japanese

https://www.city.sakai.lg.jp/kurashi/gomi/gomi_recy/bunbetsu/shigen/

Easy Japanese

https://www.city.sakai.lg.jp/yasashii/yasa_gomi/

English

<https://www.city.sakai.lg.jp/foreign-language/english/visitors/living/dailylife/handbook/index.html>

Chinese

<https://www.city.sakai.lg.jp/foreign-language/chinese/visitors/living/livinginsakai/handbook/index.html>

Korean

<https://www.city.sakai.lg.jp/foreign-language/korean/visitors/handbook/index.html>

Portuguese

https://www.city.sakai.lg.jp/foreign-language/other_languages/portuguese/portuguese/index.html

Spanish

https://www.city.sakai.lg.jp/foreign-language/other_languages/spanish/spain/index.html

Two types of pamphlets other than Japanese are available for your information.

https://www.city.sakai.lg.jp/kurashi/gomi/gomi_recy/bunbetsu/shigen_gomi_pamph/index.html

Languages English, Chinese, Korean, Portuguese, Spanish and Vietnamese

1-3 Water supply and sewerage (水道・下水道 すいどう げすいどう)

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 confirmation of the amount of water you used, water charges, etc.
 - The handy smartphone app, “Suirin”, is available. Paperless billing and credit card payment can also be applied.



Suirin’s webpage at the Sakai City Waterworks and Sewerage Bureau’s website

- 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 <small>じょうげすいどうきょく きゃくさませんたー</small>)	
Inquiry	☎0570-02-1132 (Navi Dial) Please note that this service is not available for some IP Phones. ☎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)

【How to apply】 (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 FAX 072-228-8223

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

☎072-228-8113 FAX 072-228-8034

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 Inhabitant Tax】 (個人市・府民税 (住民税))

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 Inhabitant Tax by March 15. You will receive a tax payment notice later. Please pay your taxes according to the notice.

Inquiry Municipal Inhabitant Tax Division of the City Tax Office (please call the ward in which you live)

Tax Office 1-3-1 Akahata-cho, Mozu, Kita-ku, 591-8037		
Municipal Inhabitant Tax Division	Sakai Ward / Nishi Ward	☎072-231-9751 FAX 072-251-5632
	Naka Ward / Minami Ward	☎072-231-9752 FAX 072-251-5632
	Kita Ward / Higashi Ward • Mihara Ward	☎072-231-9753 FAX 072-251-5632

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票つづり)

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 enters so that mother and baby’s health record will be written down. Maternal and Child Health Handbooks are available in ten languages (English, Korean, Chinese, Spanish, Portuguese, Vietnamese, Thai, Tagalog, Indonesian and Nepali).

【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 to 18 years old (until the first March 31 after becoming 18 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
Childcare 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.	Kindergarten-Childcare Center Integration Promotion Division in the city hall ☎072-228-7173 FAX 072-222-6997
Sick 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 hall ☎072-228-7612 FAX 072-228-8341

【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/looking after your child.	Child-raising Support Divisions in ward offices (pp.16-17)
Postnatal care	When you have no one who can help you take care of your children, and you have difficulty in looking after them at home due to exhaustion or worries about child-raising.	
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.	
Sakaikko Hiroba (free of charge) (3F Giorno)	When you would like to meet and interact with parents and children up to 12 years old, and seek advice. No application required.	Opening hours: 10:00-17:00 (except Dec. 30-Jan. 3 and closing days of Giorno) ☎072-275-7601 FAX 072-275-7609
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 hall FAX 072-228-8341
Big Bang 1-9-1 Chayamadai, Minami-ku, Sakai City	A place where children approx. between 3 and 9 can enjoy. They can play physically, do crafts and play with traditional toys. Workshops are held on Saturdays and Sundays. Admission fees are required for floors 2 to 4.	10:00-17:00 (closed on Mondays) ☎072-294-0999 FAX 072-294-0998
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: <ul style="list-style-type: none"> • take and bring your child to/from 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 ☎/FAX 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 primary school meals. (Means test required) You can apply at schools or the Planning and General Affairs Division in the ward office (the Ward Administration Planning Office at Minami Ward Office) (pp.16-17)

Inquiry School Office Division, General Affairs Department, Sakai City Board of Education
☎072-228-7485 FAX072-228-7256

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 (on behalf of parents) raising children 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 and/or 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)

There is a priority slot for applications for public housing. Please ask for criteria.

Inquiry Sakai Municipal Housing Management Center (*Sakai Shiei Jutaku Kanri Senta*)

☎072-228-8225 FAX 072-228-8223

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 and/or 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.

Inquiry Council of Social Welfare ☎072-222-7666 FAX 072-221-7409

【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 FAX 072-228-7853

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	FAX 072-228-7058
	Naka Ward	☎072-270-8268	FAX 072-270-8288
	Higashi Ward	☎072-287-8730	FAX 072-287-8740
	Nishi Ward	☎072-275-0009	FAX 072-275-0140
	Minami Ward	☎072-290-1866	FAX 072-290-1886
	Kita Ward	☎072-258-6886	FAX 072-258-8010
	Mihara Ward	☎072-361-1950	FAX 072-361-1960

【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 hall ☎072-228-8347 FAX 072-228-8918

【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 certificates
- 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	FAX 072-224-4400
	Naka Ward	☎072-278-8166	FAX 072-278-4400
	Higashi Ward	☎072-285-6666	FAX 072-287-6767
	Nishi Ward	☎072-271-6677	FAX 072-274-7700
	Minami Ward	☎072-295-8166	FAX 072-298-0044
	Kita Ward	☎072-251-8166	FAX 072-250-8800
	Mihara Ward	☎072-361-1883	FAX 072-361-4444

【Medical subsidy system for persons with severe disabilities】 (重度障害者医療費助成制度)

Part of medical expenses for people with severe disabilities can be subsidized. (Income cap applies. Only medical expenses covered by the health insurance are eligible.) Those receiving public assistance may not be eligible for this subsidy).

Inquiry Health Insurance and Pension Division in the ward office (pp.16–17)

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	FAX 072-228-7844
Civic Affairs Division		☎072-228-6934	FAX 072-221-1471
Health Insurance and Pension Division		☎072-228-7413	FAX 072-228-7539
Public Assistance Division		☎072-228-7498	FAX 072-228-7870
Regional Welfare Division		☎072-228-7477	FAX 072-228-7870
Child-raising Support Division		☎072-222-4800	FAX 072-222-4801
Sakai Public Health Center		☎072-238-0123	FAX 072-227-1593

Naka Ward Office		2470-7 Fukaisawa-machi, Naka-ku 599-8236	
Planning and General Affairs Division	Naka Ward Office	☎072-270-8181	FAX 072-270-8101
Civic Affairs Division		☎072-270-8183	FAX 072-281-0653
Health Insurance and Pension Division		☎072-270-8189	FAX 072-270-8171
Public Assistance Division		☎072-270-8191	FAX 072-270-8103
Regional Welfare Section Regional Welfare Division		☎072-270-8195	FAX 072-270-8103
Nursing Care Insurance Section Regional Welfare Division		☎072-270-8197	
Child-raising Support Division		☎072-270-0550	FAX 072-270-8196
Naka Public Health Center		☎072-270-8100	FAX 072-270-8104

Higashi Ward Office		195-1 Hikisho Haradera-machi, Higashi-ku 599-8112	
Planning and General Affairs Division	Higashi Ward Office	☎072-287-8100	FAX 072-287-8113
Civic Affairs Division		☎072-287-8102	FAX 072-288-2150
Health Insurance and Pension Division		☎072-287-8108	FAX 072-287-8621
Public Assistance Division		☎072-287-8110	FAX 072-287-8117
Regional Welfare Division		☎072-287-8112	FAX 072-287-8117
Child-raising Support Division		☎072-287-8198	FAX 072-286-6500
Higashi Public Health Center		☎072-287-8120	FAX 072-287-8130

Nishi Ward Office		6-600 Otori Higashi-machi, Nishi-ku 593-8324	
Planning and General Affairs Division	Nishi Ward Office	☎072-275-1901	FAX 072-275-1915
Civic Affairs Division		☎072-275-1903	FAX 072-260-2070
Health Insurance and Pension Division		☎072-275-1909	FAX 072-275-1908
Public Assistance Division		☎072-275-1911	FAX 072-343-5050
Regional Welfare Division		☎072-275-1918	FAX 072-275-1919
Child-raising Support Division		☎072-343-5020	FAX 072-343-5025
Nishi Public Health Center		☎072-271-2012	FAX 072-273-3646

Minami Ward Office		1-1-1 Momoyama-dai, Minami-ku 590-0141	
General Affairs Division	Minami Ward Office	☎072-290-1800	FAX 072-290-1814
Ward Administration Planning Office		☎072-290-1805	
Civic Affairs Division		☎072-290-1802	FAX 072-290-2030
Health Insurance and Pension Division		☎072-290-1808	FAX 072-290-1813
Public Assistance Division		☎072-290-1810	FAX 072-290-1818
Regional Welfare Division		☎072-290-1811	
Child-raising Support Division		☎072-290-1744	FAX 072-296-2822
Minami Public Health Center		☎072-293-1222	

Kita Ward Office		5-1-4 Shinkanaoka-cho, Kita-ku 591-8021	
Planning and General Affairs Division	Kita Ward Office	☎072-258-6706	FAX 072-258-6817
Civic Affairs Division		☎072-258-6713	FAX 072-258-6905
Health Insurance and Pension Division		☎072-258-6743	FAX 072-258-6894
Public Assistance Division		☎072-258-6751	FAX 072-258-6678
Regional Welfare Division		☎072-258-6771	FAX 072-258-6836
Child-raising Support Division		☎072-258-6621	FAX 072-258-6883
Kita Public Health Center		☎072-258-6600	FAX 072-258-6614

Mihara Ward Office		167-1 Kuroyama, Mihara-ku 587-8585	
Planning and General Affairs Division	Mihara Ward Office	☎072-363-9311	FAX 072-362-7532
Civic Affairs Division		☎072-363-9313	FAX 072-363-1586
Health Insurance and Pension Division		☎072-363-9314	FAX 072-363-0020
Public Assistance Division		☎072-363-9315	FAX 072-362-0767
Regional Welfare Division		☎072-363-9316	FAX 072-362-0767
Child-raising Support Division		☎072-341-6411	FAX 072-341-0611
Mihara Public Health Center	782-11 Kuroyama, Mihara-ku 587-0002	☎072-362-8681	FAX 072-362-8676