

# Guide to Everyday Living in Miyazaki City (full version)

< English >



1. Reporting Emergencies
2. Disaster Preparedness
3. Notifications
4. Insurance and Pension
5. Taxes
6. Childbirth and Childcare
7. Education
8. Healthcare and Wellness
9. Daily Life (Trash Disposal, Work, Learning Japanese)

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# 1. Reporting Emergencies

## (1) Fire & Medical Emergencies

Fire Department Command Division TEL : 0985-27-1118

mail : 75sirei@city.miyazaki.miyazaki.jp

### Contact Information and How to Call

Fire (Kaji)	Medical emergencies (Kyukyu)	
TEL : 1 1 9		
<input type="checkbox"/> Describe what is burning and how <input type="checkbox"/> State if you've attempted to extinguish the fire <input type="checkbox"/> Confirm if everyone has escaped <input type="checkbox"/> Mention if there are any injuries	<input type="checkbox"/> Specify if it's an illness or an injury <input type="checkbox"/> Identify who is affected (age & gender)	
	(In case of illness)	(In case of injury)
	<input type="checkbox"/> Describe the symptoms <input type="checkbox"/> State if the person is conscious <input type="checkbox"/> Confirm if the person is breathing	<input type="checkbox"/> Explain how the injury happened <input type="checkbox"/> Describe where the injury is located <input type="checkbox"/> Confirm if there is any bleeding

✓ Interpretation services are available in English, Chinese, Korean, Spanish, and Portuguese.

✓ Ambulances are free, but only use them in an emergency. Do not call an ambulance if you can get to the hospital by car or taxi.

## (2) Accidents & Incidents

### Contact Information and How to Call

Accidents (jiko)	Incidents (jiken)
TEL : 1 1 0	
It's a traffic accident. My car got hit. (Kotsujiko desu. Kuruma o butsuke raremashita.)	It's a robbery. (Dorobo desu.)

✓ Interpretation services are available in English, Chinese, Korean, Spanish, and Portuguese.

### (3) Things to Note When Making a Report

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- Provide your name
- Describe your location and any landmarks
- Give your phone number

- ✓ Stay calm and act carefully.
- ✓ 119 and 110 are emergency numbers.  
They are not for general consultations or inquiries.

## 2. Disaster Preparedness

### (1) Mental Preparedness for Disasters

Crisis Management Division TEL : 0985-21-1730

mail : 03kiki@city.miyazaki.miyazaki.jp

#### ① Earthquakes

Miyazaki City is prone to earthquakes (a phenomenon where the ground shakes). Be prepared by maintaining an awareness of them and adopting the correct mindset.

#### Actions to Take During an Earthquake

- |  |  |
|--|--|
| <input type="checkbox"/> Stay calm and protect yourself first                      | <input type="checkbox"/> Avoid dangerous places like masonry block walls, cliffs, and rivers |
| <input type="checkbox"/> Extinguish open flames/fires as soon as the shaking stops | <input type="checkbox"/> Check the TV or radio for accurate information                      |
| <input type="checkbox"/> Open doors and windows to secure an escape route          | <input type="checkbox"/> Turn off the gas and switch off electrical breakers                 |
| <input type="checkbox"/> If a fire breaks out, put it out                          | <input type="checkbox"/> Collaborate with others to extinguish fires and rescue people       |
| <input type="checkbox"/> Put on shoes and escape on foot                           | <input type="checkbox"/> If you are in an elevator, get off when it stops                    |

#### ② Tsunamis

Large earthquakes at sea can potentially cause tsunamis.

Tsunamis are extremely powerful and can be more than 10 meters high. They approach rapidly; it's too late to escape once you see them. Immediately evacuate to a safe place if an earthquake or a tsunami warning or advisory is issued.

#### Actions to Take During a Tsunami

- Evacuate immediately** after the earthquake stops.  
Even a small earthquake may trigger a tsunami.  
Don't wait for further information; evacuate right away.
- Escape to the **highest point** possible.  
Immediately evacuate to elevated areas or tall, sturdy buildings.
- As a rule, **evacuate on foot**.  
Using a car may mean you get stuck in traffic.
- Don't return** to the sea even if the water recedes.  
Tsunamis can recur. Don't return home until the tsunami advisory is lifted.



### ③Typhoons

Miyazaki City has typhoon-related disasters almost every year.

Accidents can happen when objects are blown around or knocked over by the wind.

Take precautions before a typhoon arrives.

#### **Before a Typhoon Arrives**

- Check your antenna to ensure it is securely fixed in place
- Check for any loose or cracked roof tiles
- Check for any cracks or broken areas in block masonry walls
- Check that gutters are free of debris and sediment
- Check for any cracks in exterior walls
- Check for any cracks or loose window glass
- Check for anything that can be blown away on your balcony or yard

#### **When a Typhoon Approaches**

- Clear any objects around the house that might get blown away before the wind gets strong.
- Close your storm shutters.
- Fill your bathtub or water tanks in case of water outage.
- Move household items to higher ground if there's a risk of flooding.
- Avoid going outdoors unnecessarily. Stay away from rivers and overflowing gutters in particular.

### (2) Gathering Disaster Information

Crisis Management Division TEL : 0985-21-1730 mail : 03kiki@city.miyazaki.miyazaki.jp

International Policy Division TEL : (0985)42-9234 mail : 01kikaku-in@city.miyazaki.miyazaki.jp

#### ①Miyazaki City Disaster E-mail

Provides prompt information regarding disasters occurring in Miyazaki City.








Registration is required.

[Available Languages]

English, Chinese (Simplified & Traditional), Korean, Vietnamese, Nepali, Easy Japanese

[How to Register]

- (1) Send a blank email to the email address for each language.
- (2) Access the URL in the reply email.
- (3) Confirm the details and press the register button.

(English) Mail : en-bousai.miyazaki-city@raidens2.ktaiwork.jp		(Chinese (Simplified)) Mail : cn-bousai.miyazaki-city@raidens2.ktaiwork.jp	
(Chinese (Traditional)) Mail : ch-bousai.miyazaki-city@raidens2.ktaiwork.jp		(Korean) Mail : ko-bousai.miyazaki-city@raidens2.ktaiwork.jp	
(Vietnamese) Mail : vi-bousai.miyazaki-city@raidens2.ktaiwork.jp		(Nepali) Mail : ne-bousai.miyazaki-city@raidens2.ktaiwork.jp	
(Easy Japanese) Mail : zj-bousai.miyazaki-city@raidens2.ktaiwork.jp			

②Miyazaki City Multilingual Disaster Call Center

Provides information about disasters and evacuation through an interpreter.

Please call if you're unsure or anxious.

Opening information will be posted on the Miyazaki City Homepage for Foreigners and the [Miyazaki City International Association's Facebook page](#).

[Phone Number]

**0 8 0 0 – 2 2 2 – 5 1 0 3 (toll-free)**

[Available Languages]

21 languages (including English, Chinese, and Korean)

③Miyazaki City Foreign Language Website

Provides information about disasters and whether shelters are operating.

Also provides information about whether the Multilingual Disaster Call Center is operating.

(English)  <a href="https://www.city.miyazaki.miyazaki.jp/en/">https://www.city.miyazaki.miyazaki.jp/en/</a>		(Chinese)  <a href="https://www.city.miyazaki.miyazaki.jp/cn/">https://www.city.miyazaki.miyazaki.jp/cn/</a>	
(Korean)  <a href="https://www.city.miyazaki.miyazaki.jp/kr/">https://www.city.miyazaki.miyazaki.jp/kr/</a>		(Vietnamese)  <a href="https://www.city.miyazaki.miyazaki.jp/vn/">https://www.city.miyazaki.miyazaki.jp/vn/</a>	

Easy Japanese

<https://www.city.miyazaki.miyazaki.jp/easy/>



#### ④ Other Useful Pages & Apps

Find the one that is easiest for you to use.			
 <p>Japan Meteorological Agency Website (14 languages) Provides weather and disaster information across Japan. <a href="https://www.jma.go.jp/jma/kokusai/multi.html">https://www.jma.go.jp/jma/kokusai/multi.html</a></p>		 <p>NHK World (21 languages) Provides disaster information across Japan <a href="https://www3.nhk.or.jp/nhkworld/en/multilingual_links/index.html">https://www3.nhk.or.jp/nhkworld/en/multilingual_links/index.html</a></p>	
 <p>「safety tips」 (12 languages) Provides disaster information for foreign tourists.</p>		iPhone 	android 
 <p>Yurekuru Call (Japanese and English) Warns that an earthquake is imminent</p>		iPhone 	android 
 <p>「Hazardon」 (14 languages) Provides smartphone-based evacuation information</p>		iPhone 	android 
 <p>NERV Disaster Prevention (Japanese and English) Provides disaster information across Japan</p>		iPhone 	android 

#### (3) Evacuating from Disasters

Crisis Management Division TEL : 0985-21-1730

mail : 03kiki@city.miyazaki.miyazaki.jp

##### ① Alert Level

Know what actions to take at each alert level and evacuate as soon as possible.

**By Alert Level 4, everyone in the danger zone must evacuate!**

Leaflet on alert levels (prepared by the Cabinet Office and Fire and Disaster Management Agency in 14 languages)



[https://www.bousai.go.jp/oukyu/hinanjouhou/r3\\_hinanjouhou\\_guideline/pdf/poster\\_multi.pdf](https://www.bousai.go.jp/oukyu/hinanjouhou/r3_hinanjouhou_guideline/pdf/poster_multi.pdf)

## ② About Shelters

Shelters are places where people can stay until the danger of disaster has passed or where people in danger can live temporarily. Decide in advance about where is best to evacuate. Anyone living in Miyazaki City can use these shelters.

During a disaster, you can check the operating status and level of occupancy of Miyazaki City's shelters by accessing VACAN's website.







[How to Use VACAN (Miyazaki City Website)]

<p>(English)</p>  <p><a href="https://www.city.miyazaki.miyazaki.jp/en/disaster_prevention/284255.html">https://www.city.miyazaki.miyazaki.jp/en/disaster_prevention/284255.html</a></p>	<p>(Chinese)</p>  <p><a href="https://www.city.miyazaki.miyazaki.jp/cn/disaster_prevention/284265.html">https://www.city.miyazaki.miyazaki.jp/cn/disaster_prevention/284265.html</a></p>
<p>(Korean)</p>  <p><a href="https://www.city.miyazaki.miyazaki.jp/kr/disaster_prevention/284274.html">https://www.city.miyazaki.miyazaki.jp/kr/disaster_prevention/284274.html</a></p>	<p>(Vietnamese)</p>  <p><a href="https://www.city.miyazaki.miyazaki.jp/vn/disaster_prevention/284255.html">https://www.city.miyazaki.miyazaki.jp/vn/disaster_prevention/284255.html</a></p>
<p>Easy Japanese</p> <p><a href="https://www.city.miyazaki.miyazaki.jp/easy/disaster_prevention/284255.html">https://www.city.miyazaki.miyazaki.jp/easy/disaster_prevention/284255.html</a></p> 	

## ③ Preparing Necessary Items for Disasters

### ○ Stockpiling Supplies













In the event of a large-scale disaster, lifelines such as water and electricity, as well as goods distribution, may be cut off, making it extremely difficult to procure daily commodities. Store at least enough water and food for three days, ideally for a week.

Examples of Items to Stockpile		
<p>Drinking water</p> 	<p>Emergency food (ready-to-eat rice, canned goods, instant food, cup noodles, etc.)</p> 	<p>Portable toilet</p> 
<p>Gas cylinder stove (with spare cylinders)</p> 	<p>Toilet paper / tissues</p> 	<p>Disposable tableware (plates, cups, chopsticks)</p> 

Plastic wrap / aluminum foil 	Blankets / towel blankets 	
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○Items for Evacuation

These are items to take with you when there's imminent danger from a disaster. Always keep them packed in a bag and store them where they can be quickly grabbed. Having additional supplies in your car can offer extra peace of mind.

Examples of Evacuation Items		
Drinking water (at least three 500ml bottles) 	Ready-to-eat food 	First aid supplies (band-aids, regular medicine, etc.) 
Valuables (cash, copy of health insurance card, etc.) 	Large handkerchief (for use as a mask, for stopping blood, etc.) 	Infection prevention supplies (masks, disinfectant, thermometer, etc.) 
Portable toilet 	Wet wipes 	Plastic bags (can be used as buckets, rain gear, etc.) 
Flashlight 	Phone charger / batteries 	Portable radio 

○Items for Your Household

Consider what you or your family may need.

Infants	Formula (powder/liquid), baby bottles, diapers, toys, etc.
Elderly or disabled	Care supplies, adult diapers, dentures, canes, disability certificate, etc.
Women and pregnant women	Menstrual items, maternal and child health handbook, etc.
Others	Prescription medication, medication record book, eyeglasses, pet food, etc.

### 3. Notifications

#### (1) City Hall and General Branch Offices

Citizens Registration Management Division TEL : 0985-21-1752

mail : 07simin@city.miyazaki.miyazaki.jp

	Reception Desk	Business Hours	Services
City Hall	Miyazaki City Hall Citizens Registration Management Division (TEL)0985-21-1752 Address: 1-1-1 Tachibanadorinishi, Miyazaki City	Mon to Fri 8:30 to 17:15 Closed on Sat, Sun, public holidays, and New Year holidays	<ul style="list-style-type: none"> <li>■ Notification and certification of change of residence</li> <li>■ Reissue applications for Individual Number (My Number) Cards</li> <li>■ Registration and certification of births, deaths, etc.</li> <li>■ Seal registration and certification</li> <li>■ Temporary operation permits</li> <li>■ Issuance of health handbooks</li> <li>■ Certification related to city taxes</li> <li>■ Application and issuance of Individual Number (My Number) Cards</li> </ul>
	Sadowara General Branch Office Community Welfare and Services (TEL)0985-73-1112 Address: 20660 Shimotajima, Sadowaracho		Note: The City Hall is the Individual Number Card Promotion Office (1st floor of the Second Government Building)
General Branch Offices and Sub-Branches	Sadowara Sub-Branch Office (TEL)0985-74-1111 Address: 8387-2 Kamitajima, Sadowaracho		Note: Does not include sub-branch offices
	Tano General Branch Office Community Welfare and Services (TEL)0985-86-1112 Address: 2818 Tanocho Ko		
	Takaoka General Branch Office Community Welfare and Services (TEL)0985-82-1112 Address: 2887 Uchiyama, Takaokacho		
	Takaoka General Branch Office Mukasa Sub-Branch Office (TEL)0985-82-1052 Address: 69-2 Oyamada, Takaokacho		

Regional Centers	<p>Kiyotake General Branch Office Community Welfare and Services (TEL)0985-85-1103 Address:1-1 Nishishinmachi, Kiyotakecho</p>		<p>Foreign resident notifications and seal registrations are only accepted at the Citizen's Registration Management Division and each General Branch Office.</p>
	<p>Akae Regional Center (TEL)0985-51-4274 Address: 5730-3 Tayoshi, Oaza</p>		
	<p>Kibana Regional Center (TEL)0985-58-1111 Address: 591 Kumano, Oaza</p>		
	<p>Aoshima Regional Center (TEL)0985-65-1231 Address: 2-1 Aoshimanishi</p>		
	<p>Sumiyoshi Regional Center (TEL)0985-39-1314 Address: 7409-1 Shimanouchi, Oaza</p>		
	<p>Ikime Regional Center (TEL)0985-48-1111 Address: 3000-1 Ukida, Oaza</p>		
	<p>Kita Regional Center (TEL)0985-41-1111 Address: 3909-40, Uryuno, Oaza</p>		

	Reception Desk	Business Hours	Services
Regional Offices and Citizen Service Corners	Higashi Omiya Regional Office (TEL)0985-26-1111 Address: 1346-1 Shimanomae, Murasumicho	Mon to Fri 8:30 to 17:15 Closed on Sat, Sun, public holidays, and New Year holidays	<ul style="list-style-type: none"> <li>■ Copies of certificate of residence</li> <li>■ Copies of individual family registry</li> <li>■ Seal certificates</li> <li>■ Issuance of health handbooks</li> <li>■ Certification related to city taxes (Some may not be able to be issued)</li> </ul>
	Oyodo Regional Office (TEL)0985-50-1111 Address: 2211-1 Nishimutsuki, Otsubocho		
	Otsuka Regional Office (TEL)0985-54-2222 Address: 2296-3 Kamagasako, Otsukacho		
	Aoki Regional Office (TEL)0985-28-1111 Address: 265-1 Edabaru Ko, Yoshimuracho		
	Otsukadai Regional Office (TEL)0985-47-1111 Address: 2-18-1 Otsukadainishi		
	Chuo Higashi Regional Office (TEL)0985-27-7871 Address: Miyazaki Nanairo East Bldg. 8F, 3-10-32 Tachibanadorinishi	Mon to Fri 10:00 to 18:00 Sat 10:00 to 13:00 Closed on Sundays, public holidays, and New Year holidays	
	Miyako City Citizens Service Corner (TEL)0985-51-0778 Address: Miyako City 1F, 4-6-28 Oyodo	Mon to Fri 10:00 to 18:00 Closed on Saturdays, Sundays, public holidays, and New Year holidays	
	Tobu Citizens Service Corner (TEL)0985-61-7567 Address: AEON MALL Miyazaki 2F, 862-1 Eguchi, Shinbeppucho		



<p>Convenience Stores, etc. At Seven-Eleven, Lawson, Family Mart, Ministop, and Aeon Kyushu stores with multi-copy machines</p>	<p>6:30 to 23:00 For certified copies of the entire family registry and annexes, Mon to Fri 9:00 to 17:00 except public holidays and New Year holidays Note: Excludes maintenance days</p>	<p>With an Individual Number (My Number) Card or Basic Resident Registry Card, you can obtain copies of your certificate of residence, seal registration certificates, etc.</p>
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(2) Various Notifications

Citizens Registration Management Division TEL : 0985-42-6381

mail : 07simin@city.miyazaki.miyazaki.jp

When making notifications, please bring identification like a driver's license or a residence card that includes a photo.

Notification Name	Notification Period	Notifying Individual	Place for Notification	Items Needed for Notification
Notification of Birth	Must be submitted within 14 days of birth, including the day of birth	Father or mother of the child	The registry office responsible for issuing the child's family registry, place of birth, or notifying individual's place of residence	<input type="checkbox"/> Notification of Birth (issued by the hospital, etc., after a doctor or midwife fills out a birth certificate) <input type="checkbox"/> Maternal and child health handbook
Notification of Death	Must be reported within 7 days from the day you learn about the death	Family members, cohabitants, etc.	Registry office responsible for the notifying individual's place of residence, place of death, or deceased's family registry	<input type="checkbox"/> Death notification (provided by the hospital after a doctor fills out a death certificate)

Seal Registration	Optional	Individual or representative	Citizen's Registration Management Division and each General Branch Office's Community Welfare Division	<input type="checkbox"/> Seal <input type="checkbox"/> Photo ID <input type="checkbox"/> Fee: 300 yen If a representative is applying, registration may take several days, so please inquire.
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- For family registry notifications other than births and deaths, requirements may differ based on nationality. Please inquire at the Citizen's Registration Management Division or each General Branch Office.

- For other notifications or if a representative is making the notification, please inquire at the Citizen's Registration Management Division or each General Branch Office.

- Notification forms are available at the Citizen's Registration Management Division or each General Branch Office.

### (3) Moving

Citizens Registration Management Division TEL : 0985-21-1756

mail : 07simin@city.miyazaki.miyazaki.jp

For foreign residents, procedures related to moving are only accepted at the Citizen's Registration Management Division or each General Branch Office.

	Notification Name	Notification Period	Notifying Individual	Required Items
Moving to Miyazaki City from another city	Move-in Notification	Within 14 days of moving	-Individual -Household members -Representative	<input type="checkbox"/> Move-in notification form <input type="checkbox"/> Move-out certificate (issued by your previous municipality) <input type="checkbox"/> Residence Card/Special Permanent Resident Certificate (either one) <input type="checkbox"/> Individual Number Card/Basic Resident Registry Card (if you have one)
Moving to Miyazaki		Within 14 days of		<input type="checkbox"/> Residence Card/Special Permanent Resident Certificate

City from another country		arriving in Japan		(either one) <input type="checkbox"/> Passport
Moving within Miyazaki City	Change of Address Notification	Within 14 days of moving		<input type="checkbox"/> Residence Card/Special Permanent Resident Certificate (either one) <input type="checkbox"/> National Health Insurance Card (if you have one) <input type="checkbox"/> Individual Number Card/Basic Resident Registry Card (if you have one)
Moving from Miyazaki City to another city	Move-out Notification	From 14 days before moving to another city		<input type="checkbox"/> Residence Card/Special Permanent Resident Certificate (either one) <input type="checkbox"/> National Health Insurance Card (if you have one)
Moving from Miyazaki City to another country	Move-out Notification (Moving Overseas)	From 14 days before moving to another country		<input type="checkbox"/> Residence Card/Special Permanent Resident Certificate (either one) <input type="checkbox"/> National Health Insurance Card (if you have one) <input type="checkbox"/> Individual Number Card/Basic Resident Registry Card (if you have one)

- If the notifier is a representative, bring a letter of authorization.
- If you are a foreign resident moving to Miyazaki City or changing address, please bring Residence Cards/Special Permanent Resident Certificates for all relevant individuals.
- When there are multiple foreign residents or new household members, you may need documents to confirm relationships.

#### (4) Various Certificates

Citizens Registration Management Division TEL : 0985-21-1752

mail : 07simin@city.miyazaki.miyazaki.jp

You can apply for various certificates. Please bring your proof of identity.

Certificate	Certificate Type	Fee
Seal registration-related	Seal registration certificate	1 copy: 300 yen
Certificate of residence-related	Copy of certificate of residence, certificate of items stated in the certificate of residence, etc.	1 copy: 300 yen
Family registry related	Full family registry certificate, closed family registry certificate etc.	1 copy: 450 yen
Various certificates	Non-resident certificate, proof of identity, etc.	1 copy: 300 yen
Tax and income related	Proof of tax payment, certificate of no debt on tax payment, proof of income, etc.	1 copy: 300 yen

(5) Documents Required for Verifying Identity

Citizens Registration Management Division TEL : 0985-21-1752

mail : 07simin@city.miyazaki.miyazaki.jp

When submitting notifications for moving in/out or obtaining various certificates, we must verify the identity of the person who comes to the counter.

Please bring **one** document from **Identity Verification Document A**, or if you don't have one, bring **two** from **Identity Verification Document B** or **one** from each of **Identity Verification Document B and C**.

Note: The required types of Identity Verification Documents B and C differ for family registry, seal registration, and Individual Number related matters. For details, please inquire at the Citizen's Registration Management Division or each branch office.

Identity Verification Document A	Identity Verification Document B	Identity Verification Document C
<u>Residence Card, Passport, Special Permanent Residence Certificate,</u> Driver's License, Individual Number Card, Basic Resident Registry Card (with photo), Disability Certificate, etc.	National Health Insurance Card, Latter Stage of Life Elderly Insurance Card, Long-Term Care Insurance Card, Health Insurance Card, Pension Booklet, Pension Certificate, Basic Resident Registry Card (without photo), etc.	Student ID, Employee ID, etc.

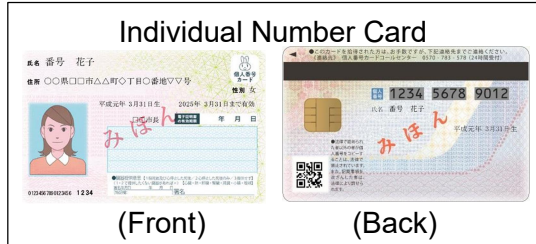
(6) Individual Number (My Number)

My Number Card Promotion Office TEL : 0985-42-2036

mail : 03myna@city.miyazaki.miyazaki.jp

① What is an Individual Number?



A 12-digit number used in the fields of social security, tax, and disaster response. Foreign residents with a certificate of residence in Japan will also be assigned an Individual Number. After entering Japan and registering your residence, an



Individual Number notification with your personal number will be mailed to you within about three weeks. If you wish, you can also apply for an Individual Number Card with a photo and IC chip.

[About the Individual Number system and Card]

Please refer to the following websites for each system and application methods.

Content	URL	QR Code
How to apply for and use an Individual Number Card (Immigration Services Agency)	<a href="https://www.moj.go.jp/isa/support/portal/mynumbercard.html">https://www.moj.go.jp/isa/support/portal/mynumbercard.html</a>	
Individual Number Card Site (Japan Agency for Local Authority Information Systems)	<a href="https://www.kojinbango-card.go.jp">https://www.kojinbango-card.go.jp</a> -This is a multilingual website that provides information about Individual Number Cards and notification cards.	

You can use your Individual Number Card as a photo ID, and it can also serve as a health insurance card. Additionally, if you have an Individual Number Card, you can apply for residence procedures online. For details, please check the above websites.

[Individual Number Toll-Free Helpline]

For inquiries by phone, please call the following number.

Note: Support hours may vary depending on the language.

	<b>About the Individual Number System</b> <b>0120-0178-26</b>	<b>About Individual Number Cards, etc.</b> <b>0120-0178-27</b>
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English Chinese Korean Spanish Portuguese	Monday to Friday 9 : 00 ~ 20 : 00 Saturday, Sunday, Public Holidays 9 : 00 ~ 17 : 30 (excluding New Year's holidays)	9 : 30 ~ 20 : 00
Thai Nepali Indonesian	-	9 : 00 ~ 18 : 00
Vietnamese Tagalog	-	10 : 00 ~ 19 : 00

② Applying for an Individual Number Card

To apply for an Individual Number Card	Receive notification letter	Receive Individual Number Card
Fill out the necessary information on the application form sent with the individual number notification letter and mail it back in the enclosed return envelope. You can also apply online via a smartphone, etc.	About 1.5 to 2 months after the application, a notification letter (postcard) will be sent to your home. Please check the location and required documents for receiving the card.	Bring the necessary items listed on the postcard to the designated counter, where you will set a series of PIN numbers, and receive your Individual Number Card.

③ For Those Who Already Have an Individual Number Card

- If your residence period has been extended, you must also extend the validity period of your Individual Number Card. Please apply for an extension at the Citizen's Registration Management Division on the day you receive your residence card or at the My Number Card Promotion Office on the following day or later.

- If you cannot extend the validity period within the effective period or if the card is lost or stolen, a reissuance fee (1,000 yen) is required.

- Please inquire if your Individual Number Card's expiration date is approaching and you are in the process of renewing your residence period.

## 4. Insurance and Pension

### (1) National Health Insurance

National Insurance and Pension Division TEL : 0985-21-1745

mail : 07hoken@city.miyazaki.miyazaki.jp

National Health Insurance is a mutual aid system in which people contribute money (insurance premiums (tax)) based on their income to cover medical expenses to lighten the financial burden as much as possible in case of illness or injury. In Japan, **everyone must join a health insurance system** to ensure that they can receive medical care without heavy financial burdens.

#### ① When Joining or Leaving National Health Insurance

The head of the household must report this within 14 days. (Handling office: National Insurance and Pension Division, each General Branch Office, each Community Center)

When joining National Health Insurance		When leaving National Health Insurance	
In these Situations	Required Items	In these Situations	Required Items
When moving in from another city or town	<input type="checkbox"/> Moving-out certificate from the previous city or town <input type="checkbox"/> Proof of identity	When moving to another city or town	<input type="checkbox"/> Insurance card
When leaving a workplace health insurance scheme	<input type="checkbox"/> Notification of loss of eligibility for health insurance, etc. (issued by the workplace) <input type="checkbox"/> Proof of identity	When you join a workplace health insurance scheme	<input type="checkbox"/> Insurance card <input type="checkbox"/> Workplace health insurance card or proof of joining workplace health insurance (if card is not yet issued)
When no longer a dependent on a family member's health insurance		When becoming a dependent on a family member's health insurance	
When a child is born	<input type="checkbox"/> Maternal and child health handbook <input type="checkbox"/> Proof of identity	When the policyholder has died	<input type="checkbox"/> Proof of death <input type="checkbox"/> Insurance card
When no longer receiving public assistance	<input type="checkbox"/> Notice of cessation of public assistance <input type="checkbox"/> Proof of identity	When receiving public assistance	<input type="checkbox"/> Insurance card <input type="checkbox"/> Notice of commencement of protection

#### ② National Health Insurance Tax

The National Health Insurance Tax is paid by the head of the household and is calculated by combining the medical insurance portion for all members, support money for elderly people in latter stages of life, and long-term care insurance (for those aged 40 to 64). There are two methods for paying your health insurance tax.

Regular payment method: Payment by bank transfer or payment slip

Special payment method: Deducted from public pension

**!!Ensure you Pay your National Health Insurance Tax!!**

If you don't, you will lose your insurance benefits and will have to bear the full costs of all medical expenses.

Note: If you're having difficulty paying the National Health Insurance Tax, please consult with the National Health Insurance Collection Division as soon as possible.

Payment in installments may be approved upon application.

## (2) Medical Care System for Elderly in Latter Stage of Life

National Insurance and Pension Division TEL:0985-21-1745

mail:07hoken@city.miyazaki.miyazaki.jp

People aged 75 and over who have registered as residents (and those aged 65 and over with certain disabilities who wish to join) will join the Medical Care System for Elderly in Latter Stage of Life. Foreign residents are also eligible if their period of residency exceeds 3 months. However, you cannot join if you have entered Japan for medical treatment under a "Specified Activities" status of residence.

## (3) National Pension

National Insurance and Pension Division TEL : 0985-21-1753

mail : 07hoken@city.miyazaki.miyazaki.jp

### ①What is the National Pension?

Japan's public pension system is a system based on the concept of social insurance, in which everyone supports each other in the event of retirement, disability due to accidents, or the death of a provider in the family. In principle, all people aged 20 to under 60 living in Japan must join the National Pension, regardless of nationality. The National Pension System is a public scheme that aims to stabilize livelihoods by offering specific benefits and exemptions from insurance premiums in cases of life difficulties such as disability due to illness or injury, childbirth, death, old age, disability, and unemployment.

<b>When You Need to Contact Us</b>	<b>Required Items</b>
When entering Japan from abroad (self-employed, unemployed people, students, etc., need to enroll in the National Pension System)	✓Residence card or passport or any other ID for verification
When quitting a job (employees, civil servants, etc., need to enroll in the National Pension System if they lose their welfare pension)	✓Documents indicating your basic pension number such as a basic pension number notice or pension notebook, documents showing the date of retirement such as health insurance/welfare pension



	insurance disqualification notification slip or employment insurance insured person's release form, and documents showing identification such as residence card or passport.
When facing life difficulties like disability due to illness or injury, childbirth, death, old age, disability, and unemployment (please inquire).	✓ Documents indicating your basic pension number such as a basic pension number notice or pension notebook, or a residence card or passport that can be used to identify the applicant.

② Types of National Pension you will enroll in and how to pay the insurance premiums

	Type	Age, etc.	Eligibility	Payment Method
<b>Mandatory Enrollees</b>	Type 1 Insured Persons	Aged 20 to 59	Self-employed, unemployed, part-timers, students, etc., who do not qualify for Type 2 or 3	Payment can be made via payment slips sent from the Japan Pension Service or through bank transfer systems.
	Type 2 Insured Persons	Period of employment to age 64	Employees, civil servants, etc. Welfare pension members	Premiums are deducted from your salary.
	Type 3 Insured Persons	Aged 20 to 59	Spouses dependent on welfare pension members	You don't need to pay the insurance premiums yourself. This is because the pension scheme your spouse is enrolled in covers it.

<b>Those Who Can Optionally Enroll</b>	Optional Enrollment Insured Persons	<ul style="list-style-type: none"> <li>- People aged 60 to 64 with an address in Japan</li> <li>- People aged 20 to 64 with Japanese nationality living abroad</li> </ul>
<b>Special Optional Enrollment</b>	Those who did not secure pension benefits by age 65 can enroll until the age of 70 to ensure they can. (People born on or before April 1 in 1965)	

③ For those who find it difficult to pay the premiums

Type 1 insured persons (self-employed, unemployed, students) must pay the premiums individually. If you find it difficult to pay the premiums due to illness, unemployment, or poor business performance, you can apply for a premium waiver at the National Pension window. Upon approval, you can be granted a full, 3/4, half, or 1/4 waiver. For those under 50, there is a deferral system for premium payments, and for students, there is a special deferral system for payments during their student period. Note that waived premiums can be back-paid within 10 years.

④ Lump-sum withdrawal for short-term foreign residents

Non-Japanese nationals who lose their National Pension coverage and leave Japan can claim a lump-sum withdrawal within two years after losing their Japanese address.

Eligibility	Required Documents
<p><b>You can claim the lump-sum withdrawal if you meet all of the following conditions:</b></p> <ul style="list-style-type: none"> <li>- Non-Japanese national</li> <li>- Not insured under a public pension plan (welfare pension insurance or National Pension)</li> <li>- Have paid National Pension premiums for at least 6 months as a Type 1 insured individual (periods in which you received</li> </ul>	<p>Prepare the following documents for the application:</p> <ul style="list-style-type: none"> <li>✓ Lump-sum withdrawal application form</li> <li>✓ Copy of your passport (pages confirming name, date of birth, nationality, signature, and residence status)</li> <li>✓ Copy of record of the person deleted from the certificate of residence (<i>johyo</i>) or a copy of the page of your passport confirming the date of departure, or any</li> </ul>

<p>partial waivers are calculated differently)</p> <ul style="list-style-type: none"> <li>- Do not meet the criteria for receiving an old-age pensions (including periods covered by welfare pension insurance, totaling 10 years)</li> <li>- Have no right to receive a basic disability pension or other pensions</li> <li>- No longer have an address in Japan</li> <li>- Less than two years have passed since you last lost your public pension coverage (if you had an address in Japan on the day you lost your coverage, then less than two years have passed since you first lost your Japanese address)</li> </ul>	<p>document that confirms you no longer have an address in Japan</p> <ul style="list-style-type: none"> <li>✓ Bank-issued documents (documents confirming bank name, branch name, branch location, account number, and the account name of the applicant)</li> <li>✓ Basic pension number notice or pension book, or any other documents where your basic pension number can be verified</li> <li>- Authorization letter if a representative is applying on your behalf</li> </ul>
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Note: If you receive the lump-sum withdrawal, you lose all pension rights for periods before the claim. Therefore, consider carefully before making a claim, especially if there's a possibility of receiving an old-age pension in Japan in the future.

For more details, please contact the nearest Japan Pension Service office.

Note: Submit your documents to the Foreign Operations Group at the Japan Pension Service Headquarters.

Address: 3-5-24 Takaidonishi, Suginamiku, Tokyo 168-8505

Phone number from within Japan: 0570-05-1165, from outside Japan: 81-3-6700-1165

Note: If you are submitting the application from within Japan before leaving Japan, please submit the form to the Japan Pension Service on or after the (planned) date of moving out of your residence. If applying by mail, make sure the application reaches the Japan Pension Service after the date on which you report your move.

Note: If you submit a moving-out notification to a city, town, or village office and receive permission to re-enter Japan or are deemed to have re-entry permission, you can make a claim for a lump-sum withdrawal.

Note: The lump-sum withdrawal amount is calculated based on the number of months you were enrolled in the Japanese pension system

## 5. Taxes

### (1) How to Pay City Taxes

Tax Collection Division TEL : 0985-21-1741

mail : 05noukan@city.miyazaki.miyazaki.jp

City taxes can be paid by one of the following methods.

<input type="checkbox"/> Local financial institutions	<input type="checkbox"/> Post offices	<input type="checkbox"/> Convenience stores
<input type="checkbox"/> Smartphone or other payment apps	<input type="checkbox"/> Tax Collection Division (National Health Insurance Tax is National Insurance Tax Collection Division)	<input type="checkbox"/> Each general branch office
<input type="checkbox"/> Each community center	<input type="checkbox"/> Pay-easy compatible ATMs or Internet banking	

Note: Payment slips cannot be used after their expiration date.

[Direct Debit is Convenient]

Direct debits can be used to pay for 16 kinds of taxes and fees, including city taxes (inhabitant tax (regular payment) fixed assets tax/city planning tax, light automobile tax). You can apply at a financial institution or online. You need a tax notice, a bankbook or cash card, and a bank seal (not needed for online applications) for the procedure.



### (2) City and Prefecture Taxes

Income Tax Division TEL : 0985-21-1748

mail : 05sizei@city.miyazaki.miyazaki.jp

Even if you are a foreign national, you are obligated to pay city and prefecture taxes.

#### ① Who Should Pay

Anyone who has an address in Miyazaki City as of January 1 each year and earned over a set amount in the previous year.

#### ② Tax Amount

The total amount of tax for the year is calculated based on your income from the previous year (January to December), plus a fixed tax rate.

#### ③ Declaring Tax

If either of the following applies, you may need to declare inhabitant tax. If you don't declare within the time period, you may experience delays in receiving your proof of tax payment and might not be able to receive certain citizen services.

- Those who had income other than a salary or public pension from January 1 to December 31 of the previous year
- Those enrolled in the National Health Insurance or Medical Care System for Elderly in Latter Stage of Life

Miyazaki City Homepage

(English)  <a href="https://www.city.miyazaki.miyazaki.jp/en/daily_life/tax.html">https://www.city.miyazaki.miyazaki.jp/en/daily_life/tax.html</a>	(Chinese)  <a href="https://www.city.miyazaki.miyazaki.jp/cn/daily_life/zeikin.html">https://www.city.miyazaki.miyazaki.jp/cn/daily_life/zeikin.html</a>
(Korean)  <a href="https://www.city.miyazaki.miyazaki.jp/kr/daily_life/tax.html">https://www.city.miyazaki.miyazaki.jp/kr/daily_life/tax.html</a>	(Vietnamese)  <a href="https://www.city.miyazaki.miyazaki.jp/vn/daily_life/tax.html">https://www.city.miyazaki.miyazaki.jp/vn/daily_life/tax.html</a>
Easy Japanese  <a href="https://www.city.miyazaki.miyazaki.jp/easy/daily_life/tax.html">https://www.city.miyazaki.miyazaki.jp/easy/daily_life/tax.html</a>	

(3) Light Motor Vehicle Tax

Income Tax Division TEL : 0985-21-1742  
mail : 05sizei@city.miyazaki.miyazaki.jp

① Who Should Pay

Anyone who owns a bike or light motor vehicle as of April 1 each year.

② Reductions

If you have a disability certificate or own a light motor vehicle modified for use by someone with a disability (e.g., with a lift), you may be eligible for a reduction. Please inquire for more information.

③ Registration, de-registration, and ownership transfer procedures for light vehicles

[Motorbikes under 125cc and small special vehicles (like tractors)]

Income Tax Division, General Branch Offices, Community Centers

[Motorbikes over 125cc]

Miyazaki Transport Bureau, TEL : 050-5540-2088

[Light Vehicles]

Light Motor Vehicle Inspection Organization Miyazaki Office, TEL : 050-3816-1760

#### (4) Property Tax

Property Tax Division TEL : 0985-21-1743

mail : 05sisan@city.miyazaki.miyazaki.jp

##### ① Who Should Pay

Anyone who owns land, buildings, or depreciable assets (like business machinery) as of January 1 each year

##### ② How It's Calculated:

Sum of the tax base amounts for land, buildings, and depreciable assets x 1.4%

#### (5) Urban Planning Tax

Property Tax Division TEL : 0985-21-1743

mail : 05sisan@city.miyazaki.miyazaki.jp

##### ① Who Should Pay

Anyone who owns land or buildings subject to property tax within an urbanized area (in the old Tano town area, this is referred to as "zoning areas" [*yoto chiiki*])

##### ② How It's Calculated:

Sum of the tax base amounts x 0.2%

#### (6) Proof of City Tax

Citizens Registration Management Division TEL : 0985-21-1752

mail : 07simin@city.miyazaki.miyazaki.jp

If you need proof of city taxation, please come to the following counters with your proof of identity.

##### ① If you require proof of city tax

- |   |  |
|---|--|
| - If your period of stay will be extended | - If you are applying for a scholarship  |
| - When buying a house or a car            | - If your child will be admitted to an educational or childcare facility, etc. |

##### ② Certificate types and fees

Certificate types	Place of issuance	Fee
Proof of payment of tax	Citizens Registration Management Division, general branch offices, regional centers, regional offices, sub-	300 yen / certificate
Proof of income and taxation		300 yen /

	branches, citizen service corners	certificate
Proof of tax payment for light vehicle tax (for vehicle inspection)		Free
Proof of no debt on tax payment	Citizens Registration Management Division / Each general branch office	300 yen / certificate

## 6 Childbirth and Childcare

### (1) When You Find Out You're Pregnant

Children and Families Support Division TEL : 0985-40-1436

mail : katei-shien@city.miyazaki.miyazaki.jp

As soon as you confirm your pregnancy, visit an obstetric medical institution.

If you're registered as a resident in Miyazaki City and your pregnancy is confirmed through a medical institution, promptly submit your pregnancy notification.

You will receive a Maternal and Child Health Handbook and Pregnancy Health Examination Vouchers from the municipal government.

#### ① Parent and child health handbook (maternal and child health handbook)

Issued by public health nurses and other professionals to those who are registered residents of Miyazaki City, and is used for consultations regarding pregnancy, childbirth, and childcare. It is also required for health checkups and vaccinations. Foreign language handbooks are also available.

Required Items	Notifying Individual	Place of Notification
<input type="checkbox"/> Proof of identity <input type="checkbox"/> Documents confirming Individual Number (My Number) <input type="checkbox"/> Pregnancy notification (provided by medical institution)	<input type="checkbox"/> The pregnant individual <input type="checkbox"/> Spouse (partner) or family member Note: Only in situations where notification by the pregnant woman herself is not possible	<p>■ Prenatal and Postnatal Support Office (North) City Hall 5F TEL : 0985-40-1436</p> <p>■ Prenatal and Postnatal Support Office (South) Kiyotake Branch Office 1F TEL : 0985-85-1137</p> <p>■ Miyazaki City General Health and Welfare Center TEL : 0985-52-1506</p> <p>■ Sadowara Health Center TEL : 0985-73-1115</p> <p>■ Tano Health Center TEL : 0985-86-0117</p> <p>■ Takaoka Health and Welfare Center 「Bokuenkan」 TEL : 0985-82-5294</p>



## ② Support for Pregnant Women

Item	Details	Contact Information
Pregnancy Health Examinations	If you're registered as a resident in Miyazaki City, you're eligible for subsidized pregnancy health exams at local medical facilities. Subsidies are also available if you're going out of the prefecture for childbirth and check-ups.	Children and Families Support Division TEL : 0985-40-1436
Dental Health Check for Pregnant Women	If you're a registered resident and pregnant in Miyazaki City, services like dental check-ups, cleanings, brushing lessons, and dietary advice are available.	Health Support Division TEL : 0985-29-5286
Health Consultations for Expectant and New Mothers	Consultations are available for topics related to pregnancy, childbirth, and childcare up to the child's first year.	Children and Families Support Division TEL : 0985-40-1436 Prenatal and Postnatal Support Office (North) TEL : 0985-40-1436 Prenatal and Postnatal Support Office (South) TEL : 0985-85-1137

## (2) Giving Birth

### ① Submission of Notification of Birth

Citizens Registration Management Division TEL : 0985-42-6381

mail : 07simin@city.miyazaki.miyazaki.jp

After your child is born, you must submit a notification within 14 days at the Citizens Registration Management Division at the City Hall, at a general branch office, regional center, or sub-branch.

Required Items	Notifying Individual	Place of Notification	Notification Period
<input type="checkbox"/> Notification of Birth Note: Provided by the	Child's father or mother	Citizens Registration	Within 14 days from the date of the

hospital and signed by the notifying individual (seal is optional) <input type="checkbox"/> Maternal and child health handbook	Income Tax Division	Management Division, general branch offices, sub-branches, regional centers	child's birth
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②Obtaining Residency Status

A child born to foreign parents does not have Japanese nationality. To reside in Japan, you need to apply for a residency qualification within 30 days of the child's birth at a local Immigration Bureau. If you need to file a notification of birth in the child's country of nationality, please check the required documents in advance at the embassy or consulate.

Consultation Desk	<u>Fukuoka Regional Immigration Bureau, Miyazaki Branch Office</u> Address: 1-1 Beppu-cho, Miyazaki City, Miyazaki Prefecture, Miyazaki District Legal Affairs Bureau 2F TEL : 0985-31-3580
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③Lump-sum Childbirth and Childcare Allowance

National Insurance and Pension Division TEL:0985-21-1745

mail:07hoken@city.miyazaki.miyazaki.jp

If you are enrolled in National Health Insurance and give birth, a lump-sum childbirth and childcare allowance will be provided upon application by the head of the household. This allowance is generally paid directly to the medical institution where you gave birth.

[What is the Direct Payment System?]

This is a system where the childbirth and childcare allowance is paid directly to the medical institution where the birth took place. As a result, families only need to pay the medical institution the amount that exceeds the childbirth and childcare allowance. Please confirm how this system can be used at the medical institution's reception desk.

(3) Children's Health

Children and Families Support Division TEL : 0985-40-1436

mail : katei-shien@city.miyazaki.miyazaki.jp

①Health Examinations

Item	Details	Contact Information
Infant and	The examination tickets are included in the	Children and

<p>Toddler Health Examinations (Individual Examinations)</p>	<p>Tsugumi Set, which is provided along with the parent (maternal) and child health handbook. Please go for the examination at a medical institution in the applicable month.</p> <p>(1) 3 to 4 month infant health examination (2) 7 to 8 month infant health examination (3) 1-year-old infant health examination (must be performed between 1 year and 1 year and 3 months)</p> <p>Note: This examination ticket can only be used by those who are officially registered as residents in Miyazaki City. If you move, please inquire at your new municipality.</p>	<p>Families Support Division TEL : 0985-40-1436</p>
<p>1-year-old dental health examination</p>	<p>Dental examinations, brushing guidance, and dietary habit guidance are provided.</p>	<p>Health Support Division TEL : 0985-29-5286</p>
<p>1-year-6-month infant health examination (group + individual examinations)</p>	<p>First-stage examinations (group examinations) include medical interviews, physical measurements, dental examinations, fluoride application, and individual consultations. Second-stage examinations (individual examinations) involve pediatric consultations at pediatric medical institutions.</p> <p>Note: Eligible individuals will be notified around 1 year and 6 months of age.</p>	<p>Parent and Child Health Division TEL : 0985-73-8200</p>
<p>2-year-old dental health examination &amp; fluoride application</p>	<p>Dental examinations, toothbrushing guidance, fluoride application, and dietary habit guidance are provided.</p>	<p>Health Support Division TEL : 0985-29-5286</p>
<p>3-year-6-month infant health examination (group examination)</p>	<p>Medical interviews, urine tests, physical measurements, vision tests, hearing tests, pediatric consultations, dental examinations, fluoride application, and individual consultations are conducted.</p>	<p>Parent and Child Health Division TEL : 0985-73-8200</p>

	Note: Eligible individuals will be notified around 3 year and 6 months of age.	
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②Vaccinations

Vaccinations are carried out to protect children from diseases that pose a risk of infection.

Free regular vaccinations and subsidized optional vaccinations are available. Consult your pediatrician about the number and timing of vaccinations.

③Medical Expense Subsidies

Medical expenses are subsidized when a parent uses health insurance for a child at a medical institution, as well as costs (out-of-pocket expenses) for orthotics such as therapeutic eyeglasses. To receive the subsidy, first apply for the "Child Medical Expense Eligibility Certificate."

(4) Support for Raising Children

Child Support Division TEL : 0985-21-1765
mail : 10jidou02@city.miyazaki.miyazaki.jp

(1) Consultations on Raising Children

Consultations on concerns and worries related to raising children under 18 are available. Personal information obtained through consultations is strictly confidential, so please feel free to use this service.

Location	Eligibility	Usage Fee	Consultation Method / Reception Hours
Children and Families Support Division Family Support Section (City Hall 5F)	Available for consultations from the child themselves, guardians, schools, nurseries, kindergartens, welfare workers, and children's social workers.	Free	Please contact the Children and Families Support Division Family Support Section (TEL:0985-21-1766). Both telephone and in-person consultations (interviews in the consultation room) are accepted. [Reception Hours]

			Mon to Fri, 8:30 to 17:15 (excluding public holidays and year-end/New Year holidays)
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② Childrearing Allowance

Item	Details	Eligibility	Contact Information
Child Allowance	<p>This is an allowance provided to individuals who are raising children.</p> <p>If approved by the city, the allowance will generally be paid from the month following the application.</p>	<p>The allowance is for those raising children up to the first March 31 after they turn 15.</p>	<p>Child Care and Kindergarden Division TEL : 0985-42-7965</p>
Child Rearing Allowance	<p>This allowance is for those who are taking care of and raising children not living with either parent.</p> <p>(1) Eligibility conditions include one of the following situations for the child:</p> <ul style="list-style-type: none"> <li>- Parents are divorced (this includes de facto marriages and common-law relationships ending).</li> <li>- Either the father or mother has passed away.</li> <li>- Either the father or mother is in a severely disabled state.</li> <li>- Either the father or mother is missing, etc.</li> </ul> <p>(2) If someone other than the father or mother is raising the child, they must be living with the</p>	<ul style="list-style-type: none"> <li>■ Provided to children up to the first March 31 after they turn 18.</li> <li>■ For disabled children receiving Special Child Rearing Allowance, the age limit is under 20.</li> </ul>	<p>Child Support Division TEL : 0985-21-1765</p>

	child.		
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(5) Childcare Facilities (Nurseries, Kindergartens, etc.)

Child Care and Kindergarden Division TEL:0985-21-1774

mail:10jidou@city.miyazaki.miyazaki.jp

In Miyazaki City, the following facilities are available for pre-school aged children.

Facility	Description	Application Point	Usage Fee
Nurseries	Facilities that provide childcare for infants to pre-schoolers when their guardians are working.	[Licensed Nurseries] Child Care and Kindergarden Division (City Hall 1F) TEL : 0985-21-1774	Fees are determined based on the guardian's inhabitant tax amount. However, there is no charge for non-taxable households and for the 3-year-old class onwards (fees other than childcare fees must be paid).
		[Non-Licensed Nurseries] Each facility	Each facility sets its own rates. However, if eligible for certain benefits, there is no charge up to the limit for non-taxable households and the 3-year-old class onwards.
Kindergartens	Educational facilities for children from the month after they turn 3 years old until they start elementary school.	Each kindergarden	Free. However, fees other than the usage fee must be paid.
Licensed Kodomoen	A facility that combines the functions of a nursery and a kindergarden.	[Nursery Function] Child Care and Kindergarden Division (City Hall 1F)	[Nursery Function] Fees are determined based on the amount of inhabitant tax paid by the child's guardian. However, there is no charge for non-taxable households and for the 3-

			year-old class onwards (fees other than childcare fees must be paid).
		[Kindergarten Function] Each licensed kodomoen	[Kindergarten Function] Free. However, fees other than the usage fee must be paid.
Community-based childcare (small-scale in-facility childcare)	Facilities that provide detailed childcare for limited numbers of children in a home-like atmosphere for children aged 0 to 2.	Child Care and Kindergarten Division (City Hall 1F)	Fees are determined based on the amount of inhabitant tax paid by the child's guardian. However, there is no charge for non-taxable households (fees other than childcare fees must be paid).

## 7. Education

In Japan, attending elementary and junior high school is mandatory.

The school year runs from April to March of the following year.

Elementary School (6 years): Ages 6 to 12 (Enrollment starts the April after turning 6).

Junior High School (3 years): Ages 12 to 15 (Enrollment starts the April after turning 12).

For children of foreign nationality, school attendance is not mandatory, but they can attend municipal elementary and junior high schools if they wish.

In Japanese schools, the grade level is determined by the child's birth date, so it may differ from the grade level in schools in their home country.

Children of foreign nationality living in Japan can receive the same free education as Japanese children if they wish to enroll in public elementary and junior high schools.

### (1) School Guide, Enrollment, Transfer

School Education Division TEL : 0985-85-1825

mail : 45gakyou@city.miyazaki.miyazaki.jp

#### ① Entering School [Enrollment Procedures]

Around October of the previous year, the Miyazaki City Board of Education sends enrollment applications to the guardians of children who will enter elementary and junior high schools the next year.

If you wish to enroll, please submit the completed enrollment application to the Board of Education.

Schools are designated based on the address in the Basic Resident Register, and admission notifications are sent out by the end of January.

Please submit the admission notification on the day of the entrance ceremony.

#### ② When Moving [Transfer Procedures]

If there are school-age children in your household and you wish to transfer them to a municipal elementary or junior high school, please inform the Citizen's Registration Management Division when submitting your change of residence notification.

The Miyazaki City Board of Education will notify eligible families. Please visit the School Education Division and submit the necessary application forms for enrollment. Schools are designated based on the address in the basic resident register, and an admission notification will be issued.

Please submit the admission notification at the school office.



### ③Costs

Children of foreign nationality living in Japan can receive the same free education as Japanese children if they wish to enroll in public elementary and junior high schools. However, there are fees for materials and school lunches.

④Please contact the School Education Division of the Board of Education in the following cases:

- If you did not receive an admission notification, or if there is an error in the content.
- If you have concerns about attending school due to illness or other reasons.
- If you have concerns about Japanese language proficiency.

### (2) Educational Support

School Education Division TEL : 0985-85-1825

mail : 45gakyou@city.miyazaki.miyazaki.jp

Item	Description	Department in Charge
Elementary and Junior High School Tuition Assistance	Financial support is provided for families struggling to pay for school supplies or school lunches (school lunch fees are reimbursed at the actual cost, while other costs are covered within a fixed or capped amount).	School Education Division TEL : 0985-85-1825
Educational Fund Loan System	Loans are provided for educational expenses if either the individual or their family members are enrolled in or planning to enroll in high school, college, etc. (these loans are provided in collaboration with Kyushu Rokin Bank).	School Education Division TEL : 0985-85-1825 Kyushu Rokin Bank TEL : 0985-26-9207
Educational Counseling	Counseling is available for various issues related to school education, such as bullying, truancy, special educational needs for school attendance, and requests to schools.	Municipal Education Counseling Center TEL : 0985-23-1051

24-hour Child SOS Dial	A 24-hour helpline, including holidays, for children and guardians facing various issues such as bullying, truancy, and academic problems.	Prefectural Education Counseling Center TEL : 0120-0-78310
Educational Support Classes	This facility aims to support children and students who are not attending school to be independent in society. By providing a space for them to attend classes, receive educational guidance, and participate in experiential activities, they work to help students adapt to group living, supplement their foundational academic skills, and improve their basic life habits. Telephone consultations and interviews about truancy are also accepted.	Odo Classroom TEL : 0985-22-9674
Young Telephone	Telephone consultations for delinquency, bullying, and youth who have run away from home. Available 24/7	Miyazaki North Police Station TEL : 0985-28-7874 Miyazaki South Police Station TEL : 0985-51-7373 Takaoka Police Station TEL : 0985-82-3749
Kodomono-jinken 110-ban	Telephone consultations regarding bullying, corporal punishment, and human rights issues.	Miyazaki District Legal Affairs Bureau TEL : 0120-007-110
Nayamuna Telephone	Telephone and face-to-face consultations (appointment needed for face-to-face) for bullying,	Shiseishonen Ikusei Center

	truancy, delinquency, relationships, academic issues, and career paths. Email consultations are also available (dedicated address: 45seisyou@city.miyazaki.miyazaki.jp)	TEL : 0985-22-7867
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**(3) Miyazaki City Hinata Junior High School (Public Night School)**

Board of Education Planning and General Affairs Division	TEL : 0985-85-1822
mail : 45soumu@city.miyazaki.miyazaki.jp	

① What is a night school?

Night school is a junior high where people who couldn't complete their junior high education can attend classes at night.

The school uses the same textbooks as daytime schools and tailors the education to the individual's academic level.

The student body is diverse, ranging from teenagers to senior citizens, and includes people who work during the day and attend school at night.

It's also open to foreigners who haven't completed their compulsory education either in Japan or their home country.

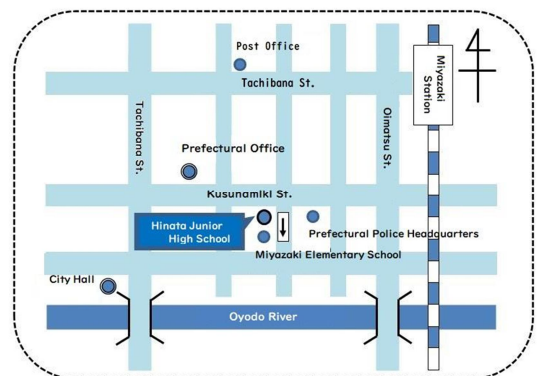
② Miyazaki City Hinata Junior High School

Opens:	April 2024
Location:	Inside Miyazaki City Education Center (Asahi 1-4-1, Miyazaki City)

MAP




- Classes are held from Monday to Friday.
- There's no fee for textbooks or lessons, but you'll have to pay for materials and other school supplies.
- All junior high school subjects are covered.
- Upon completion of all studies, you'll receive a graduation certificate.



### ③Eligibility

Those who meet all the following criteria can enroll:

- People who are past junior high school age
  - People who haven't graduated from junior high or those who graduated but couldn't study properly (including those born overseas)
- Residents of Miyazaki Prefecture who can attend in person



Hinata Junior High School Daily Schedule (Planned)	
17:25~17:35	Homeroom
17:35~18:15	1st Period
18:25~19:05	2nd Period
19:05~19:25	Break
19:25~20:05	3rd Period
20:15~20:55	4th Period
20:55~21:00	Homeroom / Cleaning

## 8 Healthcare and Wellness

### (1) Finding a Hospital

Health Care Division TEL : 0985-29-4130

mail : 10iryoud@city.miyazaki.miyazaki.jp

If you're feeling unwell or have sustained an injury, it's best to go to an appropriate hospital as soon as possible.

Some hospitals may not accept you for consultation without a referral, or they might charge an extra fee called *sentei ryoyohi* (additional fee for a first-time patient without a referral) in addition to the consultation fee. Before visiting, it's a good idea to call the hospital to confirm.

#### ①Miyazaki Medical Navi

Provides information on hospitals within Miyazaki Prefecture based on their medical departments and supported languages

(Japanese) <a href="https://www.e-navi.pref.miyazaki.lg.jp/">https://www.e-navi.pref.miyazaki.lg.jp/</a>		(English) <a href="https://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top">https://www.e-navi.pref.miyazaki.lg.jp/pb_md_fnc_language?screen_kind=top</a>	
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#### ②Japan National Tourism Organization (JNTO) Medical Guide

A multilingual website that can be useful when seeking medical care in Japan.

(Japanese) <a href="https://www.jnto.go.jp/emergencycy/jpn/mi_guide.html">https://www.jnto.go.jp/emergencycy/jpn/mi_guide.html</a>		(English) <a href="https://www.jnto.go.jp/emergencycy/eng/mi_guide.html">https://www.jnto.go.jp/emergencycy/eng/mi_guide.html</a>	
(Chinese (Simplified)) <a href="https://www.jnto.go.jp/emergencycy/chs/mi_guide.html">https://www.jnto.go.jp/emergencycy/chs/mi_guide.html</a>		(Korean) <a href="https://www.jnto.go.jp/emergencycy/kor/mi_guide.html">https://www.jnto.go.jp/emergencycy/kor/mi_guide.html</a>	
(Chinese (Traditional)) <a href="https://www.jnto.go.jp/emergencycy/chc/mi_guide.html">https://www.jnto.go.jp/emergencycy/chc/mi_guide.html</a>			

### (2) Going to the Hospital

Health Care Division TEL : 0985-29-4130

mail : 10iryoud@city.miyazaki.miyazaki.jp

### ① Consultation Hours

Consultation hours vary by hospital. Check with the hospital before you go.

[Rotating Outpatient Services Information]

Outpatient services are available at different clinics on a rotating basis, on Sundays, public holidays, and during the New Year holidays.

<p>Miyazaki City Medical Association Website (Japanese)</p> <p><a href="https://www.cure.or.jp/jimukyoku/holiday_on_duty_doctor/">https://www.cure.or.jp/jimukyoku/holiday_on_duty_doctor/</a></p>	 <p>Miyazaki City Dental Association Website (Japanese)</p> <p><a href="https://www.m-sikaisikai.or.jp/touban/">https://www.m-sikaisikai.or.jp/touban/</a></p> 
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### ② Things to Bring

- Money
- Any medication you are taking
- Health Insurance Card (see note)

Note: By presenting your health insurance card at reception, you can receive medical care with only partial self-payment.

If you don't have a health insurance card, you'll need to pay the full cost of treatment, which is extremely expensive.

### ③ Medical Handbook

Miyazaki International Foundation TEL : 0985 – 32 – 8457

mail : [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp)

This is a medical handbook for foreign residents living in Miyazaki Prefecture.

It can be useful to bring when going to a hospital.

[WEB Version]



(English)

[https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook\\_en.pdf](https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_en.pdf)

(Chinese)

[https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook\\_ch.pdf](https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_ch.pdf)

(Korean)

[https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook\\_ko.pdf](https://www.mif.or.jp/mif/wp-content/uploads/2020/03/2018medicalhandbook_ko.pdf)

(Vietnam)

<https://www.mif.or.jp/mif/wp-content/uploads/2021/03/Ti%E1%BA%BFng-Vi%E1%BB%87t.pdf>

④ Payment at the Hospital

Payment is made after the consultation, so if you're worried about having enough money, check the approximate cost at the reception desk.

⑤ Other

If you have any restrictions due to religious reasons or if you have allergies, please inform the reception or the nursing staff in advance.

⑥ In Case of Emergency

For urgent medical conditions or injuries, dial "119" to call an ambulance. There is no charge for ambulance services.

⑦ AMDA International Medical Information Center

This is a non-profit organization that provides information on medical facilities and telephone interpreting services for foreigners.

TEL : 03-6233-9266

Hours: Mon to Fri 10:00 to 16:00

(excluding public holidays and the New Year holidays)

Website (available in 8 languages)

<http://www.amdamedicalcenter.com/>



⑧ For Illness at Night

For non-critical cases that do not require hospitalization during the night, the following two hospitals are available:

<p>[Miyazaki City Medical Association Hospital - Nighttime Emergency Medical Center]  Address: 1173 Arita, Miyazaki City  (Inside Ikimenomori Medical and Disaster Risk Reduction Base)  TEL : (nighttime) 0985-77-9915  (day) 0985-77-9101  Departments: Internal Medicine, Surgery  Open: Every day from 19:00 to 7:00 next morning</p>	<p>[Miyazaki City Pediatric Night Emergency Medical Center]  Address: 5-30 Kitatakamatsucho, Miyazaki  (Part of Miyazaki Prefectural Hospital)  TEL : 0985-29-0119  Department: Pediatrics  Open: Every day from 19:00 to 7:00 next morning</p>
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(3) Health Information

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Various health check-ups, vaccinations, and health consultations are available to

confirm the well-being of residents.

Item	Description	Department in Charge
Health Handbook Issuance	Health handbooks are provided to people from over 40 to help manage their health, recording health check-ups and consultations.	Health Support Division TEL : 0985-29-5286
Cancer Screenings	Cancer screenings are available. The types of screenings available vary based on age and other conditions. Please inquire for details.	Health Support Division TEL : 0985-29-5286
Consultation and Testing for HIV/AIDS and STDs	Testing for HIV/AIDS, Chlamydia, and Syphilis is conducted by appointment (anonymously). Testing is free. Consultations are available anytime.	Health Support Division (Phone number is for consultations and appointments only) TEL : 0985-23-7333
Consultation and Testing for Viral Hepatitis	Testing is provided at medical institutions for those who have never been tested for hepatitis. Consultations are available anytime.	Health Support Division TEL : 0985-29-5286
Rubella Antibody Testing	The test is conducted at medical institutions for women planning to become pregnant, their partners, and the partners of pregnant women.	Health Support Division TEL : 0985-29-5286
Additional Rubella Antibody Testing and Vaccination (Additional Countermeasures)	Antibody testing and vaccination are conducted for men born between April 2, 1962, and April 1, 1979, who never had a chance to receive a public vaccination.	Health Support Division TEL : 0985-29-5286
Procedures for Specific Medical Expenses	Applications are accepted for the provision of specific medical expenses for 338 diseases designated by the country.	Health Support Division TEL : 0985-29-5286



(Designated Intractable Diseases)		
Consultation and Support for Intractable Diseases	Consultations and support related to medical care and daily life are provided for patients with intractable diseases and their families. Patient support groups led by medical professionals are also available.	Prefectural Intractable Disease Consultation and Support Center TEL : 0985-31-3414  Health Support Division TEL : 0985-29-5286
Specific Health Check-ups and Health Guidance	Specific health check-ups and health guidance are provided for people from over 35 who are enrolled in the city's National Health Insurance.	National Insurance and Pension Division TEL : 0985-42-2359
Subsidy for Infertility Testing Costs	Couples who have undergone infertility testing at an insured medical institution are eligible for a subsidy on the cost of the test.	Parent and Child Health Division TEL : 0985-73-8200
COVID-19 Consultations	Inquires related to COVID-19 can be made to the following service.	COVID-19 Consultation and Diagnosis Center (24-hour service) TEL : 0985-78-5670
COVID-19 Vaccinations	Inquires related to COVID-19 vaccinations in Miyazaki City can be made to the following service.	City Vaccine Call Center 8:30 to 18:00 (excluding Sundays, public holidays, and the New Year holidays) TEL : 0985-78-0567
COVID-19 Vaccine Side Effects	Inquiries and consultations related to the safety and efficacy of the COVID-19 vaccine and its side effects can be made to the following service.	Miyazaki Prefecture COVID Vaccine Side Effect Consultation Center 24 hours (including weekends and public holidays) TEL : 0985-26-4609
General Health	Provides consultations on health from public	Chuo Health Center

<p>Consultations</p>	<p>health nurses.</p>	<p>TEL ; 0985-29-5281</p> <p>Miyazaki City General Health and Welfare Center TEL ; 0985-52-1506</p> <p>Sadowara Health Center TEL ; 0985-73-1115</p> <p>Tano Health Center TEL ; 0985-86-0117</p> <p>Takaoka Health and Welfare Center 「Bokuenkan」 TEL ; 0985-82-5294</p> <p>Kiyotake Health Center TEL ; 0985-85-1144</p>
<p>Consultations Regarding Nutrition</p>	<p>Provides consultations for individuals about diet to prevent lifestyle-related diseases.</p>	<p>Health Support Division TEL : 0985-29-5286</p>

## 9. Daily Life (Trash Disposal, Work, Learning Japanese)

### (1) How to Dispose of Household Waste

Garbage Collection Division TEL:0985-21-176

mail:09gyoumu@city.miyazaki.miyazaki.jp

① The garbage sorting app "Three R" is very convenient! (Japanese: さんあ～る)



This free app provides easy to understand information about sorting garbage.

#### [Available Content]

- Basic rules for disposing of trash
- Trash collection days
- Different categories of trash
- Detailed precautions when disposing of trash
- Frequently asked questions
- Announcements from Miyazaki City



iPhone



Android

#### [Web Version]

(Japanese) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=ja>

(English) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=en>

(Chinese) [https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=zh\\_CN](https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=zh_CN)



(Korean) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=ko>

(Vietnamese) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=vi>

### ② Basic Rules for Garbage Disposal in Miyazaki City

- Put your garbage out for collection by 8:30 in the morning!
  - Collection times may vary based on the day's schedule and the volume of garbage.
- Put your garbage in the designated areas!
  - Garbage collection points are managed by local community associations. Please ask your neighbors or local community association for details.
  - If your apartment or condominium has a garbage collection point, use that.
- Collection days vary by the area you live in!
  - Check the collection schedule calendar for your area.
  - Collection schedule calendars are available in English, Chinese, Korean, and Vietnamese.
- Use Miyazaki City-approved garbage bags!



<p>Plastic containers and packaging (once a week)</p> 	<ul style="list-style-type: none"> <li>- Use clear or semi-transparent bags of 45 liters or less.</li> <li>- Rinse or wipe off any residue.</li> </ul>	<ul style="list-style-type: none"> <li>- Items with the mark on the left, protective packaging materials (e.g., styrofoam).</li> <li>- Styrofoam, polyethylene bags, packs</li> <li>- Cups, bottles, cushioning material, plastic film, etc.</li> </ul>
<p>PET bottles (twice a week)</p> 	<ul style="list-style-type: none"> <li>- Use clear or semi-transparent bags of 45 liters or less.</li> <li>- Colored PET bottles, even with the mark on the left, are "burnable garbage."</li> <li>- Remove the cap and label, rinse, and do not crush.</li> <li>- Caps and labels are "plastic containers and packaging."</li> </ul>	<ul style="list-style-type: none"> <li>- Eligible items have the mark on the left and are clear and transparent, used for beverages, soy sauce, and mirin, etc.</li> </ul>
<p>Empty cans and bottles (twice a month)</p>	<ul style="list-style-type: none"> <li>- Caps made of metal are "non-burnable garbage," and those made of plastic are "plastic containers and packaging" or "burnable garbage."</li> </ul>	<ul style="list-style-type: none"> <li>- Items less than 20 cm in all dimensions that are for food or beverages.</li> <li>Note: Large cans, spray cans, and gas cans are "metals."</li> </ul>
<p>Clothes/paper (Four times a month)</p>	<ul style="list-style-type: none"> <li>- Clothes go in clear or semi-transparent bags of 45 liters or less.</li> <li>- Sort paper into different bundles according to type and tie with a string.</li> </ul>	<ul style="list-style-type: none"> <li>- Exclude clothes containing cotton or feathers and soiled items.</li> <li>- Paper includes newspapers, cardboard, paper packs, etc.</li> </ul>

Note: For more details on how to dispose of other types of recyclables, used small appliances, and bulky waste, as well as other specific guidelines, please check the Three R (さんあ〜る) garbage sorting app.

## (2) Bicycles and Parking Lots

### ① Traffic Rules for Bicycles

Urban Planning Division TEL : 0985-21-1811

mail : 30tosike@city.miyazaki.miyazaki.jp

- Follow these 5 rules when riding a bicycle.

Rule 1: Use the road, and stick to the left side (sidewalks should only be used when unavoidable, keep to the left)

Rule 2: Observe signals and stop signs at intersections, and check for safety

Rule 3: Use lights at night

Rule 4: Do not drink alcohol when riding your bike

Rule 5: Wear a helmet

- You must register your bicycle to help prevent theft. Registration is available at bike shops.

- You must have bicycle liability insurance to ride a bike in Miyazaki Prefecture.

[Miyazaki Prefectural Police HP] (Available in 14 languages)

<https://www.pref.miyazaki.lg.jp/police/jitensha/images/bicycleguidelineforforeigner12languages.html>



## ② Using Bicycle Parking Areas / Relocation of Abandoned Bicycles

Regional Security Division TEL : 0985-44-2802

mail : 03anzen@city.miyazaki.miyazaki.jp

- Use bicycle parking areas to park your bicycle. Avoid leaving it on the road.

- Bicycles abandoned on the road will be moved to a storage facility.

Note: Here, “abandoned” refers to the bicycle’s user leaving the bike in a location where they cannot quickly return to move it.

○ City Managed Bicycle Parking Areas

Use "Miyazaki City Bicycle Parking Area Locations (VACAN Maps)" to check where city managed bicycle parking areas are located within Miyazaki City.



VACAN Maps

## ③ Returning Abandoned Bicycles

Regional Security Division TEL : 0985-44-2802

mail : 03anzen@city.miyazaki.miyazaki.jp

- Abandoned bicycles will be stored at the following location.

Name: Shimoharacho Bicycle Storage (TEL : 0985-29-0668)

Address: 70-1, Shimoharacho, Miyazaki City (Under the elevated railway)

■ Return times:

10:00 to 18:00

(Excluding Wednesdays,  
Fridays, and

New Year holidays)

■ Storage period:

3 months after notice

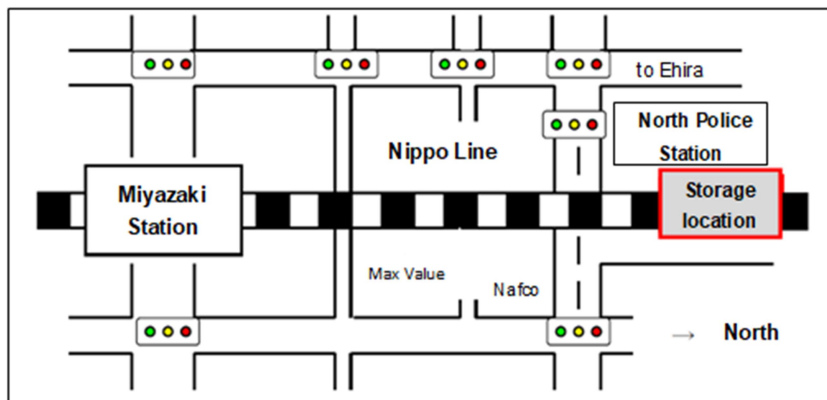
■ Items needed to have your

bike returned:

- Return notification postcard
- Bicycle key
- Identification

■ Storage handling fee:

1,000 yen per bicycle



(3) Job Consultation and Employment Referral

Business Investment Promotion Division TEL:0985-21-1793

mail:17kigyo@city.miyazaki.miyazaki.jp

①Hello Work

To work in Japan, you need a residence status that allows employment, and the type of job you can do depends on this status. For job consultation and employment referrals, please contact Hello Work. They will introduce you to companies that match your skills, wages, working hours, and commuting conditions.

<p>[Hello Work Miyazaki] Address: 131, Yanagimarucho, Miyazaki City TEL : 0985-23-2245 Open: Mon to Fri 8:30 to 17:15 (Closed on Sat, Sun, Holidays, and New Year holidays)</p>	<p>[Hello Work Plaza Miyazaki] Address: 1-1-39, Otsukadainishi, Miyazaki City TEL : 0985-62-4141 &lt;General Consultation Counter&gt; Open: Mon to Fri 9:30 to 17:15 (Closed on Sat, Sun, Holidays, and New Year holidays)  &lt;Special Consultations Counter&gt; Open: Mon to Fri 17:15 to 18:00 Sat: 10:00 to 17:00 (Closed on Sun, Holidays, and New Year</p>
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	<p>holidays)</p> <p>Note: The Special Consultations Counter mainly handles consultations from people considering changing jobs who are currently employed.</p>
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② Supporting Employment/Recruitment of Foreign Students! (From Miyazaki Prefectural Government's Website)

Miyazaki Prefecture Employment Policy Division TEL : 0985-26-7105

mail : u-turn@pref.miyazaki.lg.jp

Miyazaki Prefecture is implementing a project to support the employment of foreign students in local companies. The aim is to help local companies with labor shortages and to secure talent for their global expansion.



Miyazaki Prefectural Government Website:

<https://www.pref.miyazaki.lg.jp/rodoseisaku/shigoto/rodo/ryugakusei2022.html>

Consultations Available as Below (March of 2023)	
<p>[For Foreign Students] Job Consultations</p>	<p>Specialized staff are available to assist foreign students in finding employment within companies in Miyazaki Prefecture.</p> <p>Consultations can be provided via online meetings, email, or face-to-face.</p> <ul style="list-style-type: none"> <li>- Job offer introductions for foreign students</li> <li>- Internship introductions for foreign students</li> <li>- Resume writing guidance</li> <li>- Interview preparation</li> </ul>
<p>[For Companies] Recruitment Consultation</p>	<p>Individualized support is available from specialized staff for companies considering hiring foreign students.</p> <ul style="list-style-type: none"> <li>- Individual consulting</li> <li>- Utilizing internships</li> <li>- Individual support by administrative legal scriveners</li> <li>- Preliminary checks on visa eligibility</li> </ul>

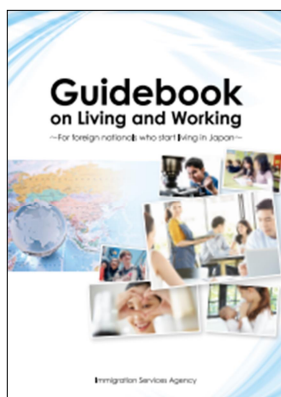
[Consultation Desk]

Office details are listed on the Miyazaki Prefectural Government's website as above.

③ Employment & Labor (From the Immigration Bureau's "Guidebook on Living and



Working")



The "Guidebook on Living and Working" contains essential information for foreigners living in Japan to live safely and comfortably.

Chapter 3 includes basic knowledge before working and rules for when you are working.

Additionally, you can find useful information for living in Japan, such as everyday rules and customs.

The guidebook uses diagrams and illustrations for easy understanding.

Please check out "Life & Work Guidebook for Foreigners Living in Japan."

[https://www.moj.go.jp/isa/guidebook\\_all.html](https://www.moj.go.jp/isa/guidebook_all.html)

[Available Languages] 17 languages (including English, Chinese, Korean, easy Japanese, etc.)



#### ④Miyazaki Labor Bureau General Labor Consultation Corner

TEL: 0985-38-8821

Address: Employment Environment & Equality Office, Miyazaki Labor Bureau,  
3-1-22 Tachibanadori-higashi, Miyazaki City

Free multilingual consultation is available for any troubles, worries, or concerns you have at your place of employment.

#### ⑤Hiring Foreign Workers (From the Ministry of Health, Labour, and Welfare, Miyazaki Labor Bureau Website)

The website introduces HR support tools and labor practices regarding foreign workers. and key points for creating a comfortable workplace for both Japanese and foreign employees.

Miyazaki Labor Bureau Website

[https://jsite.mhlw.go.jp/miyazaki-roudoukyoku/roudoukyoku/\\_120352/antei/\\_120649.html](https://jsite.mhlw.go.jp/miyazaki-roudoukyoku/roudoukyoku/_120352/antei/_120649.html)

[Available Languages] Japanese

### (4) International Exchange

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To make Miyazaki City a comfortable place for foreign residents, various forms of support and events are available.

#### ①Miyazaki City International Association

Miyazaki City International Association TEL : 0985-21-1719

mail : miyazaki-mcia@miyazaki-catv.ne.jp

Open: 8:30 to 17:15 (Closed on Saturdays, Sundays, public holidays, and New Year holidays)

Languages Spoken: English, Chinese, Korean

Address: 1-1-1 Tachibanadorinishi, Miyazaki City

URL : <https://www.miyazaki-mcia.jp/>



## ②Miyazaki International Foundation

Miyazaki International Foundation TEL : 0985-32-8457 mail : miyainfo@mif.or.jp

Open: 10:00 to 19:00 (Closed on Sundays, Mondays, public holidays, and New Year holidays)

Address: B1F, Carino Miyazaki, 4-8-1 Tachibanadorihigashi, Miyazaki City

URL : <https://www.mif.or.jp/>

## ③Places of Support if Trouble Arises (Available in 21 foreign languages) Note: Free of charge

Miyazaki Support Center for Foreign Residents TEL : 0985-41-5901

mail : support@mif.or.jp

Provides consultations regarding problems/questions about daily life via phone, at the counter, by email, or online (Zoom).

Open: 10:00 to 19:00 (Closed on Sundays, Mondays, public holidays, and New Year holidays)

Address: B1F, Carino Miyazaki, 4-8-1 Tachibanadorihigashi, Miyazaki City

URL : <https://support.mif.or.jp/>

## (5) Learning Japanese

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### ①Miyazaki City International Association

Miyazaki City International Association TEL : 0985-21-1719

mail : miyazaki-mcia@miyazaki-catv.ne.jp

You can study Japanese at your own level with Japanese volunteers.

For details on the schedule and how to participate, please check with the Miyazaki City International Association.

### ②Courses at Miyazaki International Foundation

Miyazaki International Foundation TEL : 0985-32-8457

mail : miyainfo@mif.or.jp

The foundation offers three types of classes for foreigners who want to learn Japanese. For details on the schedule and how to participate, please check with the foundation.

1) Japanese Courses

Learn Japanese with a teacher and through textbooks. Online courses are also available.

2) Meetups to Practice Japanese

Study the content you want to learn with volunteers.

3) Community Japanese Classroom

Learn Japanese while interacting with the local community.

Introduces Japanese volunteers to those who can't attend classes.

You decide the place, time, and what to study with the volunteer.

③ Connect and Enhance Your Life in Japanese (Tsunahiro)

A site by the Agency for Cultural Affairs where you can learn Japanese language skills needed in daily life.

It provides videos for studying Japanese for a variety of skill levels and interests.

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



(6) Immigration Information Center

The Immigration Services Agency responds to inquiries regarding immigration procedures, residence procedures, etc., in multiple languages.

TEL: 0570-013904

Hours: Weekdays 8:30 am to 5:15 pm.

※It can be used from anywhere in the country.

U R L : <https://www.moj.go.jp/isa/consultation/center/japanese.html>