

# Guidebook for Overseas Residents

[English]



**Hitachi International Association**

# Contents

<b>1</b>	<b>Welcome to Hitachi!</b>	<b>1</b>
<b>2</b>	<b>FAQ from foreigners living in Hitachi have</b>	<b>3</b>
<b>3</b>	<b>Starting life in Hitachi</b>	<b>5</b>
	(1) Messages from foreigners living in Hitachi	5
	(2) Why not Learn Japanese?	6
	(3) Bicycle	8
	(4) Public transportation	11
	(5) Emergency phone numbers in case of emergency illness, fires, traffic accidents, crime	16
	(6) Earthquakes/Tsunami (Tidal waves)	17
	(7) Japanese Culture and Lifestyle	19
	(8) Sickness and Injury	29
	(9) List of Medical Facilities(Ibaraki Hitachi Doctor Association)	31
<b>4</b>	<b>Pregnancy, Childbirth and Childcare</b>	<b>43</b>
	(1) Pregnancy	43
	(2) Childbirth	46
	(3) Childcare	47
<b>5</b>	<b>Education</b>	<b>51</b>
	(1) Japanese Schools	51
	(2) Nursery Schools	52
	(3) Kindergartens	53
	(4) Elementary and Junior High Schools	54
<b>6</b>	<b>Administrative Procedures</b>	<b>56</b>

<b>7 List of Related Agencies</b> .....	<b>58</b>
(1) Consultations in Foreign Languages.....	58
(2) Consultations in Japanese .....	63
(3) International Association .....	64
(4) Immigration Offices.....	65
(5) Websites for General Living Information.....	66

## 《References》

Hitachi City Hall.....	69
Community Centers .....	70

### \* Note

- 1 The information presented in this guidebook is based on data gathered up to the end of March 2023. Please be aware that there may be new systems put in place or changes to existing systems.
- 2 Be prepared to communicate in Japanese when contacting Hitachi City Hall or other facilities listed in this guidebook.
- 3 For enquiries relating to this guidebook, please see below;  
 Hitachi International Association  
 (Secretariat : Department of Life & Environment, Culture and International Division, Hitachi City Hall) 1-1-1 Sukegawa Cho, Hitachi City 317-8601  
 TEL:0294-22-3111 (ext 535) / Fax:0294-24-5301  
 Email: kokubun@city.hitachi.lg.jp

# 1 Welcome to Hitachi!

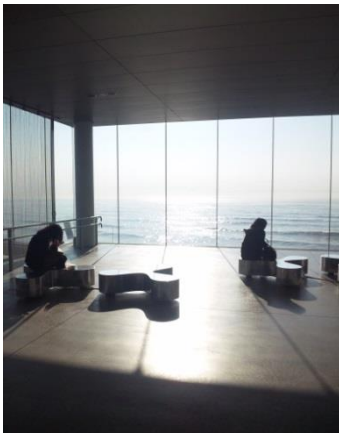
Hitachi City is surrounded by mountains and the sea. You can enjoy cherry blossom viewing in spring, sea bathing in summer, autumn colors, seeing the christmas lights in winter.

This guidebook has been produced to help you enjoy your life in Hitachi.



## 【Hitachi Cherry Blossom Festival】

The Festival (Sakura Matsuri) is held every year in April and attracts many visitors.



## 【Hitachi Station】

Hitachi Station offers wonderful views of the wide Pacific Ocean.



### **【Hitachi Coastline】**

Hitachi has six beaches, swimming areas are open throughout the summer.



### **【Hitachi Civic Center】**

The Hitachi Civic Center has a science museum that everyone can enjoy.



### **【Hitachi Kamine Zoo】**

There are a lot of different kinds of animals. You can see them up close.

## 2 FAQ from foreigners living in Hitachi have

### Q1. Where can I study Japanese?⇒Page 6

In Hitachi City, there is one Japanese language school and four Japanese language classes run by volunteer citizens.

The telephone numbers of Japanese language classes are shown.

### Q2. How can I make friends with Japanese people and people from various countries? ⇒Page 6-7

There are Japanese teachers and foreign students in the Japanese language classes. Let's study Japanese together.

There are also fun events at the Japanese language classes.

### Q3. What should I do if I want to go to hospital? ⇒Page 29-42

You have information on how to see a doctor and about hospitals in Hitachi City.

In the event of a medical emergency, please call 119.

In Japan, ambulances are free of charge, so be assured that you will not be charged for taking an ambulance.

The way to call an ambulance is shown on page 16.

### Q4. What kind of transportayion is available?

⇒Page 11-15

You will find how to get on trains,buses and taxies.

### Q5. What should I do if I have a traffic accident? ⇒Page 16

Even if no one is injured, you should still contact 110 and call the police.

How to call the police is shown on page 16.

**Q6. How should I dispose of my garbage? ⇒Page 19-27**

You have rules for disposing of garbages.

Please check the rules.

**Q7. How do I get advice in my own language?**

⇒Page 58-62

At some Consultation Centers, it's possible to get free advice in English, Chinese and many other languages.

See the telephone numbers.

**Q8. Where can children play?**

⇒Page 50 and Page 70-71

You can use parks, children centers, or community centers.

**Q9. What should I do if there is a large-scale earthquake?**

⇒Page 17-18

First of all, take shelter under a sturdy piece of furniture.

Please check the details of how and what action to take.

**Q10. How can I receive the information on Hitachi City? ⇒Page 67**

You can use the Catalogue Pocket app to read the city newsletter (a book containing information about life in the city) in your own language.

Please download the app.

### 3 Starting life in Hitachi

#### (1) Messages from foreigners living in Hitachi

Learning Japanese is really important. If you can't speak Japanese yet, attend one of the volunteer Japanese classes.

If you're worried about something, please get advice from City Office. They will do their best to answer your problems.

It's a good idea to make friends with people from your own country. You can communicate with them in your native language and they tell you some useful information.

Try learning about Japanese culture and lifestyle. Observe Japanese rules to enjoy your life in Japan better.

Try to take part in lots of events. You can make Japanese friends this way. Your Japanese will get better if you make Japanese friends and they can give you advice.

Treat the place where you live like your second home town. You'll feel happy and safe everyday if you get along well with your neighbours.

There are a lot of natural disasters in Japan. It's very important to take part in the disaster prevention training held in your area.



## (2) Why not Learn Japanese?

### ◆Hitachi Sakura Japanese School

You can learn Japanese from school teachers.

Students will aim to pass the Japanese Language Proficiency Test (JLPT) or the Examination for Japanese University Admission for International Students (EJU) . It will require some expenses to take a class.

<b>Place</b>	1-7-6 Kashima-Cho,Hitachi City	
<b>Date/Fee</b>	For details, feel free to check out the website.	
<b>Enquiries</b>	Hitachi Sakura Japanese School TEL 0294-22-1201	
<b>Website</b>	<a href="https://www.hitachi-sakura.com/">https://www.hitachi-sakura.com/</a> *Japanese, English, Vietnamese	

### ◆Japanese language classes run by volunteer citizens.

Volunteer citizens will teach you Japanese.

Anyone can join them.

You can make a lot of friends if you go to these classes.

Please get the help of a Japanese speaker when you call.

### ●Sakura Japanese Class

	<b>Thursday Class</b>	<b>Saturday Class</b>
<b>Times</b>	Every Thursday 10:00~11:30	Every Saturday 10:00~11:30
<b>Place</b>	Education Plaza 1-6-11 Kamine-Cho, Hitachi City	Women's Center 1-1-10 Ayukawa-Cho, Hitachi City
<b>Fee</b>	2,000 yen (for 6 months) + textbook fee	
<b>Enquiries</b>	Kenji Imura TEL 090-4422-6816	Yukiko Katsuki TEL 0294-35-3475

●Anzu Japanese Class

	Tuesday Class	Friday Class
<b>Times</b>	Every Tuesday 19:00~20:50	Every Friday 14:00~16:00
<b>Place</b>	Women's Center 1-1-10 Ayukawa-Cho, Hitachi City	Education Plaza 1-6-11 Kamine-Cho, Hitachi City
<b>Fee</b>	300 yen (for 1 month) + textbook fee	
<b>Enquiries</b>	Yasuo Hira TEL 090-4619-4109	Susumu Tanaka TEL 090-7933-5964

●“Nihongo no Heya” Japanese Class

	Thursday Class	Saturday Class
<b>Times</b>	Every Thursday 18:00~20:00	Every Saturday 10:00~12:00
<b>Place</b>	Juo Community Center 129-2 Tomobe, Juo-Cho, Hitachi City	Northern Ibaraki Lifelong Learning Center 2581 Tomobe Juo-Cho, Hitachi City
<b>Fee</b>	1,000 yen (for 2 months) + textbook fee	
<b>Enquiries</b>	Aiko Endo TEL 090-6834-1119 *English OK	



In the classes,  
Japanese teachers teach you  
Japanese slowly and gently.

◆ Many fun events are held in Japanese classes



**Flower Arranging Class**

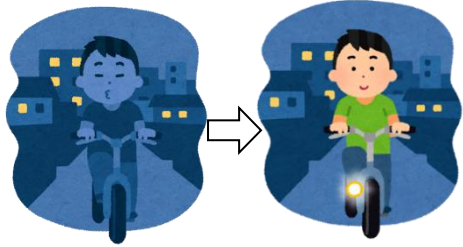
You can learn the traditional  
Japanese art of flower arranging.

### (3) Bicycle

In Japan, cars drive on the left hand side of the road. Bicycles are the same. Please follow the rules and ride your bicycle safely.



In Japan, cyclists must ride in the same direction as cars.



At night, you must turn on lights on your bicycle.

#### <Don't do the following action>



Drinking and driving



Driving while using a mobile phone



Speeding



Driving with umbrella



Driving with earphone on



Riding double on a bicycle

### \* Where to buy or repair bicycles

You can buy bicycles at specialist bicycle shops or home centers. There are also shops that stock second-hand bicycles.

\*Please get the help of a Japanese speaker when you call.

### List of some shops that sell or repair bicycles

Shop Name	Address	Telephone Number
Cycle Shop Imai	6-4-22 Ayukawa-cho	0294-33-0468
Kawasaki Cycle Motors	1-16-1 Onuma-cho	0294-34-1880
Kugaya Cycle Center	5-1-21 Higashi Kanesawa-cho	0294-34-0170
Asahi Ringyo	1-11-21 Mizuki-cho	0294-52-3436
Miyata Shokai	5-7-17 Taga-cho	0294-33-0512
Seirinsha	1-17-14 Sukegawa-cho	0294-37-5712
Watabe Cycle Motors	4-3-14 Miyata-cho	0294-21-3558
Kawakami Motors	1-5-33 Hidaka-cho	0294-42-4541
Sekiyama	1-7-12 Jyonan-cho	0294-21-1895
Shibata Ringyo	3-9-1 Tomobe Higashi, Juo-cho	0294-43-5219
Cycle Auto Shimizu	6-8-1 Kuji-cho	0294-53-2424

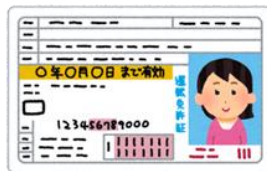
〈cooperation with Ibaraki Bicycle and Motorcycle Dealers Union〉

You have to wear the helmet!



## ◆Car/motorbike licenses

In Japan a driver's license is required to drive a car or ride a motorbike. Always, carry your license with you when you drive your car or ride your motorbike.



Driving license



### \* You can change your home country driving license into a Japanese driving license.

Please contact the Driving License Center to ask about the documents needed for application and the procedures involved.

For details, feel free to check out the homepage.

\*Please get the help of a Japanese speaker when calling the center.

### Where to go for procedures

<b>Name</b>	Ibaraki Police Driving License Center
<b>Address</b>	3783-3Nagaoka,Ibaraki Town
<b>Telephone Number</b>	029-293-8811
<b>Website</b>	<p><b>Ibaraki Police</b> *Japanese <a href="https://www.pref.ibaraki.jp/kenkei/index.html">https://www.pref.ibaraki.jp/kenkei/index.html</a></p>  <p>*Foreign Language <a href="https://www.pref.ibaraki.jp/kenkei/foreign/index.html">https://www.pref.ibaraki.jp/kenkei/foreign/index.html</a></p> 
<b>Time</b>	8:30~16:30 (Mon-Fri) ※Closed on Sat, Sun, Holidays and New Year holidays.
<b>Direction</b>	Take the bus bound for the Driving License Center from Bus Terminal Stop 3 of the Mito Station North Exit. Get off the bus at the bus stop, Driver's Licence Center.

#### (4) Public transportation

##### ◆Trains (JR Joban Line)

There are five stations in Hitachi City. They are Hitachi, Hitachi Taga, Omika, Ogitsu and Juo.



There are local trains and limited express trains.

上り列車 = Up train (*Nobori*) : trains for Mito, Tokyo

下り列車 = Down train (*Kudari*): trains for Iwaki, Sendai



You can find out how to buy tickets and how to get on the trains on the website.

For details, feel free to check out the homepage.

<b>Website</b>	<p><b>East Japan Railway Company</b></p> <p>*Japanese <a href="https://www.jreast.co.jp/">https://www.jreast.co.jp/</a></p>  <p>*Foreign Language <a href="https://www.jreast.co.jp/multi/en/index.html">https://www.jreast.co.jp/multi/en/index.html</a></p>  <p>English/Chinese/Korean/Thai/French/Indonesian/ German/Spanish.</p>
<b>Enquiries</b>	<p><b>East Japan Rail Company</b></p> <p>Customer Service Center</p> <p>*Japanese 050-2016-1600 (6 : 00~24 : 00)</p> <p>*English・Chinese・Korean 050-2016-1603 (10:00~18:00)</p>

◆Buses

You can find out how to get on the buses and pay money on the website.


<p><b>Website</b></p>	<p><b>Ibaraki Kotsu Transportation Co.,Ltd</b> <b>Homepage</b> <a href="http://www.ibako.co.jp/">http://www.ibako.co.jp/</a></p>  <p><b>Getting on the bus/Paying money</b> <a href="http://www.ibako.co.jp/regular/howto/">http://www.ibako.co.jp/regular/howto/</a></p> 
<p><b>Enquiries</b></p>	<p><b>Ibaraki Kotsu Transportation Co.,Ltd</b> TEL 029-251-2335 (8:30~18:10) (Mon-Fri) *Please get the help of a Japanese speaker when you call.</p>

## ◆Highway Buses

You can find out how to book and buy tickets and get on the bus on the website.




\*Some buses need a reservation.

\*\*Please get the help of a Japanese speaker when you call.

Main route	Boarding	Website/Enquiries
Hitachi - Tokyo	<ul style="list-style-type: none"> <li>•Hitachi station</li> <li>•Jonan-cho</li> <li>•Narusawa</li> <li>•Suwaomotehara</li> <li>•Hitachi Taga station</li> <li>•Hanayama</li> <li>•Kanehata Estate</li> <li>•Ishinazaka</li> <li>•Shintanakouchi</li> </ul>	<p><a href="http://www.ibako.co.jp/highway/takahagi-tokyo/">http://www.ibako.co.jp/highway/takahagi-tokyo/</a></p> 
		<p>* Ibaraki Kotsu Transportation Co.,Ltd Ltd. Katsuta Office TEL 0294-21-5245 (10:00~18:00)</p> <p>* Ibaraki Kotsu Transportation Co.,Ltd. Hitachi-South office TEL 0294-52-4029 (10:00~18:00)</p> <p>* JR Bus Kanto reservation center TEL 0570-048905 (10:00~18:00)</p>



◆Airport Buses

Main route	Boarding	Website・Enquiries
Hitachi – Ibaraki Airport	・Shintanakochi	<a href="http://www.ibako.co.jp/airport/ibaraki/">http://www.ibako.co.jp/airport/ibaraki/</a> 
		* Ibaraki Kotsu Transportation Co.,Ltd Ohta branch office TEL 0294-72-2191 (8:30~18:00)
Hitachi - Narita Airport	・Hitachi station ・Shintanakochi	<a href="http://www.ibako.co.jp/airport/narita/">http://www.ibako.co.jp/airport/narita/</a> 
		* Ibaraki Kotsu Transportation Co.,Ltd Katsuta Office TEL 029-272-7311 (8:30~18:00)
		* Ibaraki Kotsu Transportation Co.,Ltd Kamine Office TEL 0294-21-5245 (9:00~19:00) * Ibaraki Kotsu Transportation Co.,Ltd. Hitachi Minami office TEL 0294-52-4029 (9:00~19:00) * Chiba Kotsu Narita Office TEL 0476-22-0783
Hitachi - Haneda Airport		<a href="http://www.ibako.co.jp/airport/haneda/">http://www.ibako.co.jp/airport/haneda/</a> 
		* Ibaraki Kotsu Transportation Co.,Ltd. Kamine Office TEL 0294-21-5245 (9:00~19:00)

## ◆Taxis

The taxi fare is decided by distance and time.



Taxi fares at night are more expensive.

No tipping is required.

There are three ways to catch a taxi.

- ① Catching a taxi at taxi stand at a station, hotel and hospital.
- ② Raise your hand to stop the taxi which has 'empty 「空車」' sign.
- ③ Call a taxi company to come to the designated place.  
For the telephone numbers of the taxi companies, please check the website.



<b>Website</b>	<b>Ibaraki Hire and Taxi Association</b> <b>Main page</b> <a href="http://www.ibaraki-hire-taxi.org/">http://www.ibaraki-hire-taxi.org/</a> 
	<b>Telephone numbers of taxi companies in Hitachi city</b> <a href="http://www.ibaraki-hire-taxi.org/list/area_kenhoku/hitachi/">http://www.ibaraki-hire-taxi.org/list/area_kenhoku/hitachi/</a> 

**(5) Emergency phone numbers: illness, fires, traffic accidents, crime**

**◆How to make emergency phone calls**

Emergency	Telephone Number	What to say (examples)
Emergency illness Serious injury	Fire Ambulance 119	<i>Kyubyo (okega) desu.</i> I'd like to report an emergency illness (serious injury). <i>Kyukyusha o onegaishimasu.</i> Can you send an ambulance?
Fire		<i>Kaji desu. ooga moeteimasu.</i> There's a fire. oo is on fire. <i>Shobosha o onegaishimasu.</i> Can you send a fire engine?
Traffic Accident	Police 110	<i>Kotsujiko desu.</i> There's been a traffic accident. <i>Kuruma o butsukemashita.</i> I've hit a car.
Crime Lost Property		<i>Dorobo (Suri) desu.</i> There's a thief (pickpocket). <i>Kenka desu.</i> There's a fight. <i>Pasupoto (Saifu) o nakushimashita.</i> I've lost my passport (my wallet).

\*Please tell the operator where the help is required or where the accident happened, your name, address and telephone number.

\*\*The emergency services can be contacted by mobile phone or smartphone.

\*\*\*Japanese ambulances are free of charge.



**\* Please call out in a loud voice**

In case it is difficult to communicate alone, call out loudly for someone around you and then ask someone nearby to help you.

## (6) Earthquakes/Tsunami (Tidal waves)

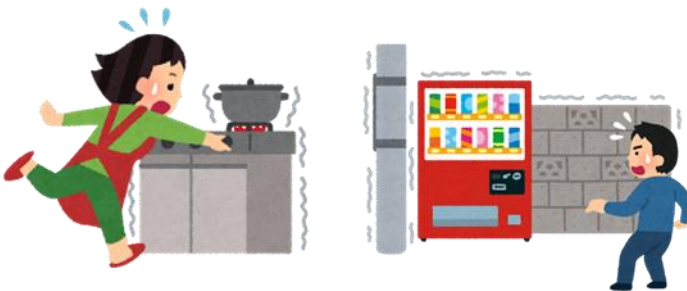
Earthquakes are a frequent event in Japan. If there is an earthquake, do not panic and take action calmly.

### ◆In the event of an earthquake

- Stay clear of furniture that may fall over easily, and protect yourself by sheltering under sturdy furniture such as a table.



- Turn off any gas that you may be using. Open doors and windows to secure an escape route.
- Don't use elevators.
- If you are outside, stay clear of block construction walls as these have a tendency to collapse easily.
- If your residence collapses or is in danger of collapsing, please take shelter in a safe place (such as a nearby school or community center).
- When evacuating, please cooperate with other local people.
- Please take action calmly following accurate information from the television or radio.



### ◆In the event of a Tsunami (tidal wave)

It is not uncommon for tsunami (tidal waves) to follow an earthquake. Even a 10 cm tsunami can be dangerous. when an earthquake occurs, never go near the sea or rivers.

Tsunami can strike with little warning, so if you notice Tsunami Alert on TV or radio to move away from the coastline to higher ground.



### \*Disaster Preparedness

- ① Check evacuation sites.  
Schools and parks are often evacuation areas.  
Check the evacuation sites near your house in advance.
- ② Check the emergency evacuation site



Evacuation Area Sign

Website	<b>Hitachi City's official website</b> <b>Hazard Map</b> <a href="https://www.city.hitachi.lg.jp/moshimo/002/005/p111273.html">https://www.city.hitachi.lg.jp/moshimo/002/005/p111273.html</a>
	

- ③ Prepare for evacuation.  
Prepare the things you will need in case of a disaster ahead of time.  
Prepare canned food and other food, drinks, a flashlight radio, and your daily medications and clothes.  
Put them in a bag and be prepared to take them out at any time.



## (7) Japanese Culture and Lifestyle

Have a look at the aspects of culture and lifestyle that are useful

### ◆Garbage Collection


The collection of garbage in Hitachi is divided into six categories. The garbage collection day depends on the area and the type of garbage.

So please check your area's "Garbage Collection Calendar" and put your garbage out for collection accordingly.

You can pick up this calendar at the Hitachi City Office, branch offices or community centers.

You can also check the garbage calendar on Hitachi City's official website, "Hitachi Navi".

\*"Hitachi Navi" is a Application which you can get information about Hitachi City. ⇒ See page 67 of this guidebook.

<b>Website</b>	<b>Hitachi City's official website</b> <b>"Garbage Collection Calendar"</b>  <a href="https://www.city.hitachi.lg.jp/shimin/007/002/002/index.html">https://www.city.hitachi.lg.jp/shimin/007/002/002/index.html</a>  
----------------	--

\*You can purchase designated trash bags in Hitachi City, Burnable garbage sticker, bulky-trash sticker at a supermarkets or home centers.





## Burnable garbage Twice a week

Please put your garbage in the garbage bags designated by Hitachi City (blue) and take them to the assigned collection point by 8:30 am on collection days.



(blue)



kitchen waste (liquid should be drained off) / vegetable · plant waste / leather items / waste paper / disposable diapers (excess waste should be removed)



plastic packaging and bags / wooden refuse such as branches etc (should be put into bundles with a special garbage disposal ticket attached on) etc



## Non-burnable garbage Once a month

Please put your garbage in the garbage bags designated by Hitachi City (green) and take them to the assigned recyclable garbage collection point by 8:30 am on collection days.



(green)



kitchenwares / glasses / ceramics / flower pots etc



## Oversized garbage

The way of disposal depends on the size of the waste.

### Large items

measuring in excess of 3m x 3m x 3m  
/ eg. drawers or sofas etc

### Medium items

medium items (measuring less than 3m x 3m x 3m)  
/ eg. bicycle or small table



Large items and Medium items

→ Please call Oversized Garbage Service Center.

Set a date for picking up your items.

### Telephone Number

### Oversized Garbage Service Center

0294-21-5326

\*Please get the help of a Japanese speaker when you call.

Please attach two orange tickets on “large” items for disposal.

Make sure to attach an orange ticket on “Medium” items for disposal.



### Small items

Please put them in the garbage bags designated by Hitachi City (pink) and take them to the assigned recyclable garbage collection point.



(pink)

umbrellas / water bottles / smartphones / hot water dispensers / hair dryers etc





## Toxic Waste Once a month

Please put your garbage in a semi-transparent plastic bag so that the contents can be clearly seen.



fluorescent light bulbs / batteries / light bulbs / thermometers containing mercury etc



## Recyclable resources Once a month

Please put your garbage in the designated areas by 8:30 am on collection day. And please follow the rules to take out the trash.

### Cans / Plastic Bottles / Bottles



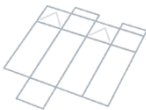
Washing



Peeling off the label.



Crushing



Drying



Crushing

### Magazines / Newspapers / Cardboards / Clothes

Tying up with string as below.





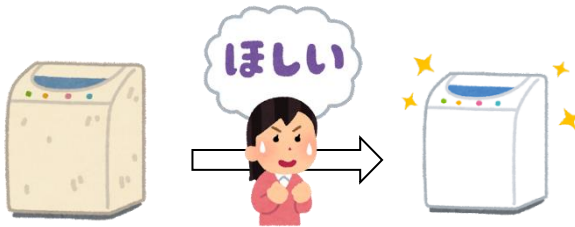
## Products subject to the Home Appliance Recycling Law



televisions / air conditioners / refrigerators · freezers / washing machines

You need to pay Recycling fee to throw away products subject to the Home Appliance Recycling Law

- When throwing away old electric appliances and then buying new ones, ask the store where you buy your new electric appliances to take out your old electric appliances.  
\*Please check with the store. Some handling fee may be charged.




- When throwing away old electric appliances, ask the store where you bought the item to take it back.  
\*Please check with the store. Some handling fee may be charged.




If you can't throw away electric appliances in this ways, please try another way next page.

## Way1 Carry your trash to the designated place

- ① Please see the website to purchase a home appliance recycling ticket

<b>Website</b>	<p><b>General Incorporated Foundation Association for Electric Home Appliances</b></p> <p><a href="https://www.aeha-kadenrecycle.com/select/">https://www.aeha-kadenrecycle.com/select/</a></p> 
----------------	---

- ② Please purchase a home appliance recycling ticket at the post office.
- ③ Carry your trash to the designated place

<b>Place</b>	Seinou Unyu Hitachi office
<b>Address</b>	1371 Kanda-Cho
<b>Telephone Number</b>	0294-54-0111
<b>Times</b>	<p>9:00~12:00、 13:00~17:00</p> <p>*Closed on Sat, Sun, Holidays and New Year holidays.</p> <p>Please see the website to check other temporary closed time etc.</p>
<b>Website</b>	<p><b>General Incorporated Foundation Association for Electric Home Appliances</b></p> <p>*You can check business hours</p> <p><a href="https://www.e-map.ne.jp/p/rkcsymap/">https://www.e-map.ne.jp/p/rkcsymap/</a></p> 

**Way2 Ask a city-licenced company to take out the item.**

**※Recycling Fee and some handling fee will be charged.**

- ① Please call a city-licenced companies below.  
Set a date and fee for picking up your items.

\*Please get the help of a Japanese speaker when you call.

Name	Address	Telephone Number
Umino Shoten	Higashitaga-Cho 1-2-17	0294-33-1302
Hidaka Sangyo	Motomiya-cho 3-25-8	0294-21-0410
Nikkan	Namekawahon-cho 5-14-4	0294-22-6348
Matsubaragumi	Kokubu-cho 1-8-8	0294-33-0820
Yamasa Eco Netservice	Kawajiri-Cho 6-51-35	0294-43-7998
Fuji Sangyo	Kuji-Cho 3-47-4	0294-52-2020

- ② Paying the price when the company pick up the items.



Detailed information is written in “The handbook of disposal garbage”.  
You can read it in your own language by using Catalog Pocket app.

About Catalog Pocket ⇒ See page 67 of this guidebook.

<b>Website</b>	<p><b>Hitachi City's official website</b></p> <p><a href="https://www.city.hitachi.lg.jp/shimin/007/002/001/p050290.html">https://www.city.hitachi.lg.jp/shimin/007/002/001/p050290.html</a></p> 
----------------	--

◆Collecting Locations for picking up paper boxes, plastic bottles, bottles, small electric appliances, used cooking oil.

Place	Paper boxes	Plastic bottle	Bottle	Small electric appliances	Used cooking oil
Juo branch office			○	○	
Toyoura branch office				○	
Hidaka branch office				○	
Hitachi City Hall	○	○	○	○	
Taga branch office	○	○	○	○	
South branch office	○	○	○	○	
South Library				○	
Juo Kōryū Center	○	○		○	○
Toyoura Kōryū Center	○	○			○
Hidaka Kōryū Center	○	○			○
Tajiri Kōryū Center					
Namekawa Kōryū Center					

Place	Paper boxes	Plastic Bottle	Bottle	Small electric appliances	Used cooking oil
Miyata Kōryū Center	○	○		○	○
Nakasato Kōryū Center	○	○		○	○
Nakamachi Kōryū Center	○	○		○	○
Nakakoji Kōryū Center					○
Sukegawa Kōryū Center	○	○		○	○
Ose Kōryū Center	○	○		○	○
Narusawa Kōryū Center	○	○		○	○
Yunago Kōryū Center	○	○		○	○
Suwa Kōryū Center	○	○		○	○
Okubo Kōryū Center					○
Kawarago Kōryū Center	○	○		○	○
Hanayama Kōryū Center	○	○		○	○
Onuma Kōryū Center	○	○		○	○
Kanesawa Kōryū Center	○	○		○	○
Mizuki Kōryū Center	○	○		○	○
Omika Kōryū Center	○	○		○	○
Kuji Kōryū Center	○	○		○	○
Kujigawa Hitachi Minami Kōryū Center	○	○		○	○

See page 69~71 of this guidebook and check addresses.  
Some supermarkets also collect.

### 【Enquiries】

Waste Disposal Center, Hitachi City Hall TEL 0294-24-5353  
Resource Recycling Promotion Division, Hitachi City Hall TEL 0294-22-3111  
\*Please get the help of a Japanese speaker when you call.

### ◆Behaviour for Apartment Residents

Japanese apartments often have thinner walls or floors. If you make a large noise, then your neighbours either next to you or below you will easily hear. Therefore, let's be careful not to make large noises especially from the evening till the morning. It's advisable to build a good relationship with the people living in the same apartment building as you by taking care so that they can live their lives comfortably.

### ◆Starting Kindergarten or School

In Japan, it's the norm for parents attending the entrance ceremonies of their children to kindergarten or school to wear formal clothes such as suits. It's advisable to avoid wearing such casual clothes as jeans or t-shirts.



### ◆Punctuality

Japanese people tend to be punctual. Trains etc are invariably on time. It's strongly advised not to keep people waiting for appointments etc. Also, if it appears that you are going to be late, then it is advisable to contact the person waiting in advance.

### ◆Standing in line

Japanese people wait in line for toilets or cash registers at crowded times. If there is a line, do not join in the middle of it, but go to the end of the line and wait your turn.



## (8) Sickness and Injury

### ◆ Finding a doctor

In Japan, if you get sick, it is not the norm to go immediately to a large hospital, rather it is customary to seek the advice of a local doctor in your local area. Therefore, it's a good idea to find a local doctor with whom you feel at ease.

\*Hitachi General Hospital is a hospital where you can receive highly specialized medical examination and treatment. To receive treatment there, a letter of referral from a local doctor is required. With no letter of referral, there are likely to be additional charges.

### ◆ Going to a hospital

Before going to a hospital or clinic, please check their opening times and what treatment they specialize in.

At the hospital reception, first of all you should show your insurance card (and your hospital card, if you have one). Then wait until you are called into the medical examination room.

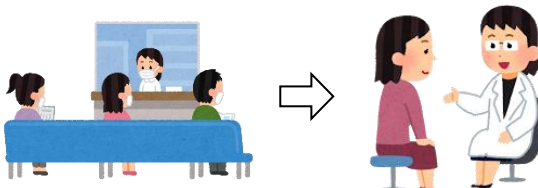
After you have been examined, you will pay the medical fee at the payment counter. Then you will receive your hospital card and a prescription (for medicine prescribed by the doctor). After that, you take your prescription to a pharmacy and get your medication.

\*If you are uncertain that you will be able to explain your symptoms to the doctor in Japanese, it might be a good idea to visit the hospital with someone who can speak Japanese.

- ① Show your insurance card and your hospital card, if you have

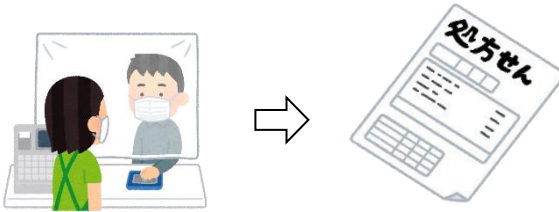


- ② Waiting for your turn and having a medical examination





- ③ Make a payment and get a prescription



- ④ Take the prescription to the pharmacy



You need to explain your illness or injury to the doctor.  
You may want to carry a dictionary.

#### ◆Medication record “Okusuri Techo” in Japanese

You may want to carry a Medication record when you go to a hospital.  
The medication record contains information about your household medicines. You can get it at the pharmacy.  
When you go to a hospital that is not usual, the doctor check your Medication record.  
By checking Medication record, you eliminate the risk of receiving the medication in excess.



**\* Main hospital departments**

- Internal medicine (naika): for stomachache or have a cold etc.
- Surgery (geka): for injuries or operations.
- Cardiology (junkankika): for heart or blood circulation problems.
- Respiration (kokyukika): for throat and lung problems.
- Pediatrics (shonika): for child illnesses.
- Gynecology (sanfujinka): for pregnancy, childbirth and women's illnesses.
- Dermatology (hifuka): for skin problems.
- Urology (hinyokika): for kidney or bladder related problems.
- Ophthalmology (ganka): for eye problems.
- ENT (Ears, nose, throat – jibika): for ear and nose problems.
- Dentistry (shika): for dental problems such as cavities.

**(9) List of Medical Facilities  
(Hitachi Medical Association Members)**

Please check the Hitachi Medical Association homepage for a map showing the location of hospitals.

**\* AMDA Medical Information Center**

Telephone interpretation is available depending on the day.

This service is free of charge. (Only be charged for call.)

⇒ For more detail, please go to page 61.

<b>Website</b>	<b>Hitachi Medical Association</b> <a href="http://hitachi-med.news.coocan.jp/">http://hitachi-med.news.coocan.jp/</a> 
----------------	--

◆Juo Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Juo Hospital	Internal medicine Pediatrics Dermatology	English	1581-1 Tomobe, Juo-cho	0294-39-3266
Fukushima Clinic	Internal medicine Cardiology Orthopedics	English	2-5-5 Tomobe Higashi, Juo-cho	0294-39-6800
Takahashi Pediatric Clinic	Pediatrics	English	3-8-14 Tomobe Higashi, Juo-cho	0294-39-2000

◆Northern Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Nagai Hitachi no Mori Hospital	Internal psychosomatic medicine Psychiatry Rehabilitation Cardiology Orthopedics Dermatology Respiratory medicine Allergies Gastroenterology Plastic surgery		966 Ogitsu-cho	0294-44-8800
Yamagata Clinic	Internal medicine		1-35-7 Kawajiri-cho	0294-44-8700
Kawajiri Orthopedic Clinic	Orthopedics Rehabilitation		3-19-13 Kawajiri-cho	0294-33-7819
Sasaki Gastrointestine and Surgical Clinic	Internal medicine Surgery	English	564-2 Orikasa-cho	0294-43-0333

Medical Facility	Specialism	Languages	Address	Telephone Number
Tajirigaoka Hospital	Internal medicine Neurology Geriatricmedicine Gastroenterology Nephrology Radiology Dentistry Pediatric dentistry	English	3-24-1 Tajiri-cho	0294-43-2323
Hitachi Kita Clinic	Internal medicine Surgery Neurosurgery	English	5-29-15 Kawajiri-cho	0294-43-6555
Kawai Orthopedic Clinic	Orthopedics Rehabilitation		1-27-8 Hidaka-cho	0294-33-5576
Kuriyama Orthopedic Clinic	Orthopedics Internal medicine Dermatology Rehabilitation	English	3-8-3 Hidaka-cho	0294-42-8100
Hitachi Sakura Clinic	Internal medicine Surgery Neurosurgery	English	4-49-15 Tajiri-cho	0294-43-2000
Glucopia Hitachi	Internal medicine Diabetes Internal Medicine	English	1-38-10 Higashi Namekawa-cho	0294-27-7211
Kamome Hitachi Clinic	Nephrology	English	1-3186 Higashi Namekawa-cho	0294-25-1531
Naito Clinic	Neurosurgery Internal medicine Orthopedics	English	2-23-3 Higashi Namekawa-cho	0294-23-5111

Medical Facility	Specialism	Languages	Address	Telephone Number
Hitachi no Mori Clinic	Orthopedics Internal medicine psychosomatic medicine		5-12-1 Higashi Namekawa-cho	0294-32-7700

◆Hitachi Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Nikko Memorial Hospital	Internal medicine Respiratory Medicine Cardiovascular Medicine Nephrology Gastroenterology Diabetes Internal Medicine	English	1-4-1 Miyata-cho	0294-24-1212
Shimazaki Hospital	Orthopedics Rehabilitation Orthopedics	English	3-23-1 Ose-cho	0294-36-7070
Hitachi Company General Hospital	Referral from local doctor	English Mandarin Tagalog Spanish Portuguese German	2-1-1 Jonan-cho	0294-23-1111
Takayama Orthopedic Clinic	Orthopedics Internal medicine	English	2-3-29 Namekawa-cho	0294-24-5005
Seirei Memorial Takasuzu	Neurosurgery		1-18-1 Takasuzu-cho	0294-23-6060
Saotome Eye Clinic	Ophthalmology		2-7-28 Miyata-cho	0294-22-7999
Fukuchi ENT Clinic	ENT(Ears, Nose and Throat)		1-18-17 Wakaba-cho	0294-21-1962
Tamura Clinic	Internal medicine		3-1-2 Wakaba-cho	0294-24-6125
Amagai Clinic	Dermatology Urology	English	3-7-13 Wakaba-cho	0294-21-6211

Medical Facility	Specialism	Languages	Address	Telephone Number
Otsuka Pediatric Clinic	Pediatrics		3-12-1 Wakaba-cho	0294-21-3592
Shibahara Dermatology	Dermatology	English	1-7-9 Sukegawa-cho	0294-24-2611
Sato Clinic	Internal medicine	English	1-10-20 Kamine-cho	0294-21-2330
Kawabata Orthopedic and Dermatology Clinic	Orthopedics Dermatology Allergies Rehabilitation		4-2-6 Kamine-cho	0294-33-5066
Otashiro Clinic	Gastroenterology (Endoscope) Internal medicine Women's mammary gland medicine Proctology medicine	English	1-17-1 Heiwa-cho	0294-22-8800
Fukuchi Ladies Clinic	Gynecology		2-17-4 Kashima-cho	0294-27-7521
Tachibana Clinic	Internal medicine Pediatrics	English	1-7-7 Saiwai-cho (2F of New Clinics Hitachi)	0294-23-0605
Tojima ENT Clinic	ENT(Ears, Nose and Throat)	English	1-7-7 Saiwai-cho (4F of New Clinics Hitachi)	0294-27-3387
Ogawa Clinic	Internal medicine Diabetes Internal Medicine	English	5-1 Aiga-cho	0294-21-0963
Oyama Clinic	Internal medicine		2-21-7 Nakanarusawa-cho	0294-37-2215
Kamoshita Clinic	Obstetrics Gynecology Dermatology	English	4-17-22 Nakanarusawa-cho	0294-28-6100
Nishinarita Clinic	Internal medicine Rheumatology	English	2-2-1 Nishi Narusawa-cho	0294-25-6520
Kawanishi Clinic	Internal medicine	English	4-34-8 Nishi Narusawa-cho	0294-35-8148

◆Taga Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Hitachi Medical Center	Internal medicine Neurology Gastroenterology Cardiovascular medicine Pediatrics Surgery Orthopedics Plastic surgery Neurosurgery Urology Rehabilitation Radiology Dentistry Pediatric dentistry cosmetic surgery Gastroenterological surgery	English	2-8-16 Ayukawa-cho	0294-36-2551
Hitachi Umeaoka Hospital	Psychiatry Psychosomatic medicine		2409-3 Okubo-cho	0294-34-2103
Nagayama Dermatology Clinic	Dermatology		1-2-20 Ayukawa-cho	0294-33-1858
Koizumi Children's Clinic	Pediatrics	English	3-1-21 Ayukawa-cho	0294-35-8212
Nijjima Sky Clinic	Gastroenterology (Endoscope) Internal medicine Hepatology	English	3-1-21 Ayukawa-cho	0294-33-5511
Hitachi Welfare Clinic	Internal medicine Surgery Dermatology	English	5-9-9 Ayukawa-cho	0294-34-1241

<b>Medical Facility</b>	<b>Specialism</b>	<b>Languages</b>	<b>Address</b>	<b>Telephone Number</b>
Sase Internal Medicine Clinic	Internal medicine Pediatrics		1-2-22 Taga-cho	0294-38-0077
Inoue Clinic	Orthopedics Internal medicine	English	2-17-7 Taga-cho	0294-33-1253
Shinohara Clinic	Internal medicine Pediatrics Orthopedics	English Mandarin Tagalog	3-14-8 Taga-cho	0294-33-2357
Kawashima Clinic	Internal medicine Gastroenterology Dialysis medicine	English Mandarin Cantonese	1-1-1 Sakuragawa-cho	0294-35-1266
Chiba Clinic	Internal medicine Cardiovascular medicine	English	2-18-1 Sakuragawa-cho	0294-25-6070
Hara Clinic	Internal medicine Surgery Mammary gland medicine	English	2-25-1 Sakuragawa-cho	0294-28-5566
Ishikawa General Medicine Family Clinic	Gastroenterology Internal medicine Pediatrics		3-11-15 Sakuragawa-cho	0294-33-8600
Inaba Eye Clinic	Ophthalmology		2-7-1 Suehiro-cho	0294-36-0279
Seo Medical Clinic	Obstetrics Gynecology	English	2-15-8 Higashi Taga-cho	0294-33-0763
Aoba Dermatology Clinic	Dermatology Allergies	English	1-6-20 Chikoku-cho	0294-35-0011
Hitachi Eye Clinic	Ophthalmology	English	2-6-6 Chikoku-cho	0294-33-7439
Yamate Clinic	Surgery Orthopedics Internal medicine	English	2-13-3 Chikoku-cho	0294-33-2121



<b>Medical Facility</b>	<b>Specialism</b>	<b>Languages</b>	<b>Address</b>	<b>Telephone Number</b>
Sato General Medicine and Gastroenterology Clinic	Internal medicine Gastroenterology	English	3-10-7 Chikoku-cho	0294-36-0320
Morikawa Medical Clinic	Internal medicine Respiratory medicine		1-6-8 Kanesawa-cho	0294-36-1711
Oashisu General & Rheumatoid Clinic	Internal medicine Rheumatology		3-17-15 Kanesawa-cho	0294-33-8255
Teraoka Orthopedic Clinic	Orthopedics Internal medicine Rheumatology		3-19-3 Kanesawa-cho	0294-28-7766
Kunikata Eye Clinic	Ophthalmology	English	3-19-13 Kanesawa-cho	0294-33-9301
Ishikawa Clinic	Urology Internal medicine	English	4-24-16 Kanesawa-cho	0294-33-7788
Wada Clinic	Internal medicine Surgery Neurosurgery	English	5-6-18 Higashi Kanesawa-cho	0294-28-6015
Nemichigaoka Clinic	Internal medicine Pediatrics		4-9-1 Onuma-cho	0294-25-6661
Midori Clinic	Psychosomatic medicine Internal medicine Neurosurgery		3-15-5 Higashi Onuma-cho	0294-28-8686
Naito Orthopedics	Orthopedics	English	4-30-21 Higashi Onuma-cho	0294-53-1833

◆Southern Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Ohara Neurology Clinic	Psychiatry	English	1-13-18 Omika-cho	0294-52-4352
Hitachi Omika Hospital	Internal medicine Gastroenterology Surgery Neurosurgery Colorectal anal surgery Surgery Orthopedics Rehabilitation	English	2-22-30 Omika-cho	0294-52-4455
Kaishunso Hospital	Internal medicine Psychiatry Psychosomatic medicine	English German	6-17-1 Omika-cho	0294-52-3115
Kuji Chinone Hospital	Internal medicine Surgery Orthopedics Gastroenterology Pediatrics Mammary gland medicine Mammary gland surgery	English	4-16-10 Kuji-cho	0294-52-2119
Hitachi-Koh Hospital	Internal medicine Surgery Pediatrics Gastroenterology Dermatology Rehabilitation	English	11-10 Minato-cho	0294-52-3576
Seirei Memorial Hospital	Neurosurgery	English	841 Momiya-cho	0294-52-8500

<b>Medical Facility</b>	<b>Specialism</b>	<b>Languages</b>	<b>Address</b>	<b>Telephone Number</b>
Kawasaki Hospital	Gastroenterology Gastroenterological surgery Internal medicine Anal medicine Anal surgery Urology Surgery	English	1862-2 Owada-cho	0294-52-1170
Omori Medical Clinic	Internal medicine Gastroenterology (Endoscope) Pediatrics	English	2-5-16 Omika-cho	0294-54-1361
Shimada Surgical Clinic	Surgery Dermatology Internal medicine Orthopedics	English	2-13-18 Omika-cho	0294-53-4888
Omika Dermatology Clinic	Dermatology Internal medicine Neurosurgery		2-29-1 Omika-cho	0294-54-1800
Horiuchi ENT Clinic	ENT(Ears, Nose and Throat) Allergies	English	2-29-10 Omika-cho	0294-52-3841
San-ai Optometry	Ophthalmology	English	4-4-8 Omika-cho	0294-54-3000
Imura Orthopedic Medical Clinic	Internal medicine Surgery Orthopedics	English	6-4-10 Omika-cho	0294-52-2191
Ibaraki Medical Clinic Hitachi	Internal medicine Surgery	English	2-6-37 Kuji-cho	0294-54-3311
Minamikoya Medical Clinic	Internal medicine Pediatrics Dermatology	English	3-16-2 Minami Kouya-cho	0294-52-2660

◆Western Area

Medical Facility	Specialism	Languages	Address	Telephone Number
Nishino Clinic	Internal medicine Surgery Pediatrics	English	1166-1 Tome-cho	0294-27-1313
Ejiri General Clinic	Internal medicine Cardiovascular	English	1-1-28 Owada-cho	0294-54-2221

**\* Medical Treatment on Holidays and After Clinic Hours**

Medical treatment can be sought at Hitachi City Emergency Treatment Clinic (Hitachi-shi Kyūjitsu Kinkyū Shinryōjo) on Sundays, holidays, and after regular clinic hours (i.e. nighttime etc.).

It will be necessary to present your Health Insurance Card when seeking treatment at this facility.

**-- General Medical Treatment / Pediatrics --**

Address 1-17-1 Saiwai-cho, Hitachi


(located next to Hitachie near Hitachi Station)

TEL 0294-33-5353

\*Please get the help of a Japanese speaker when you call.

Times 9:00~11:30, 13:00~16:00

\*Information regarding hospitals offering services for emergency surgical procedures and nighttime medical treatment can be found on the Ibaraki Prefecture Emergency Treatment Information System webpage

<b>Website</b>	<p><b>Ibaraki Prefecture Emergency Treatment Information System</b></p> <p><a href="http://www.qq.pref.ibaraki.jp/">http://www.qq.pref.ibaraki.jp/</a></p> 
----------------	--


### **\* Medical Handbook**

The Ibaraki International Association has produced a medical handbook in 9 languages: English, Chinese, Portuguese, Thai, Tagalog, Spanish, Korean, Indonesian, and Vietnamese.

The handbook contains most of the basic phrases you need to describe medical symptoms when you go to a hospital. So, if you point at the phrase in your own language, then the Japanese meaning will be conveyed to the hospital staff or doctor.

You can download the handbook from the Ibaraki International Association's website.

\*On the website, you can also see the same medical phrases written in 13 other languages including Arabic, Bangladeshi, and Russian.

<b>Website</b>	<b>Ibaraki International Association</b> <a href="https://www.ia-ibaraki.or.jp/others/book/">https://www.ia-ibaraki.or.jp/others/book/</a> 
----------------	--

## 4 Pregnancy, Childbirth and Childcare

### (1) Pregnancy

#### ◆Mother and Child Health Handbook

This handbook is an important record of the health of a mother and her child.



- ① How to get  
You can get from Hitachi City Hall or each branch office and Hitachi Health Center when you submit pregnancy notification
- ② Necessities  
My Number Card, Driver's License, Passport etc.
- ③ Period of use  
Until your child will finish junior high school.
- ④ When to use
  - A mother receives a health checkup during pregnancy
  - A mother receives a health guidance during pregnancy
  - A newborn child receives a health checkup
  - A newborn child is vaccinated.

**\*Support for giving birth and child-rearing.**

You can receive government subsidy.

• Eligible :

Who submit pregnancy notification after 1<sup>st</sup> April, 2022

You can receive 50,000 yen per one person when you submit pregnancy notification to City Hall.

• Necessities

① Application form

You can get from Hitachi City Hall or Hitachi Health Center and each branch office

② Anything that indicates your account number

\*If you received other maternity support payment from another municipality (prefectural government, city hall, etc.), you will not receive it.

\*\*If you submitted pregnancy notification form 1st April, 2022 to 28th February, 2023, Hitachi City Hall will send you the documents by post.

Please ask Health Promotion Division, Hitachi City Hall if you have any questions.

\*Please get the help of a Japanese speaker when you call.

Hitachi City Hall send questionnaire after 8 months of pregnancy. Please take a moment to fill out the questionnaire.



## ◆ Health checkup for pregnant women

Pregnant women undergo medical checkups to make sure that their babies are healthy.

A checkup will be conducted several times before the baby is born.

① How to get Pregnancy Examination Form. The Pregnancy Health Checkup Questionnaire can be obtained together with the Maternal and Child Health Handbook. It can be obtained at the Health Center, the Citizen's Section of Hitachi City Hall, and branch offices.

② Necessities  
Maternal and Child Health Handbook, Pregnancy Health Examination Sheet

\*When you receive a pregnancy health checkup, Hitachi City will subsidize the cost of the checkup.

The number of times Hitachi City subsidizes the maternity health examination is up to 17 times.

If the amount of money for the checkups exceeds the amount subsidized by Hitachi City, the person who receives the checkups pays for that amount on her own.



### 【Enquiries】

Health Promotion Division, Hitachi City Hall

TEL 0294-21-3300

\*Please get the help of a Japanese speaker when you call.



## (2) Birth

### ◆ Notification of Birth

Please notify the Citizens Section of the City Office or any one of the branch offices of the birth of your child within 14 days of giving birth.

### \* Items to be presented

- Birth Notification Form (available at the Citizens Division, branch offices or hospitals).
  - Birth Certificate (proof of birth recorded on the Birth Notification Form by the doctor or midwife responsible for delivering your baby).
  - The seal of the person submitting the notification (signatures are acceptable, if you do not have a seal).
  - Maternity Health Record Book
  - National Health Insurance Card (if you have one).
- \*Please notify your home country's government after giving birth. Please contact your embassy or consulate to enquire about procedures.

### 【Enquiries】

City Resident Affairs Division, Hitachi City Hall  
TEL 0294-22-3111

\*Please get the help of a Japanese speaker when you call.



### (3) Childcare

#### ◆Infant-Wellness Visit

To ensure the well-being of both the mother and baby, a Hitachi City health inspector or midwife will make a house call within 4 months of the birth. During this visit, the mother can discuss her physical condition since giving birth or ask for advice about breast-feeding, giving milk, childcare and any other subjects relating to post-natal care. The City Office will notify the recipient of this visit in advance by telephone.

#### **\*Support for giving birth and child-rearing.**

You can receive government subsidy.

#### • Eligible :

Who has a baby after 1st April, 2022

You can receive 50,000 yen per child.

#### • Necessities

##### ① Application form

You can get from Hitachi City Hall Staff who come your home for Infant-Wellness Visit

##### ② Anything that indicates your account number

\*If you received other maternity support payment from another municipality (prefectural government, city hall, etc.), you will not receive it.

\*\*If you submitted pregnancy notification form between 1st April, 2022 and 28th February, 2023, Hitachi City Hall will send you the documents by post.

Please ask Health Promotion Division, Hitachi City Hall if you have a question.

\*Please get the help of a Japanese speaker when you call.

### ◆Vaccination

Newly born infants should be vaccinated to prevent contracting infectious diseases. A notice will be sent out to all those whose children need to be vaccinated.

\*The Health Calendar (Japanese only) can be picked up at the City's Health Promotion Division, Citizens Division or at branch offices.

### ◆Health Checkup for Infants

- ① You can get an Application form of Health Checkup for one month baby when you submit birth registration at city hall.
- ② An Application form of Health Checkup for Infants around 3 to 6 months and 9 to 11 months after birth, is sent home by post. And around 2months old, a medical questionnaire is sent by post with a notification for Vaccination

\*Reservation is required

- ③ Necessities

Medical questionnaire, Mother and Child Health Handbook

\*when you get a Health Checkup for Infants,

Hitachi City will cover part of your cost of Checkup up to 3 times.

### ◆Health Checkup for 18 months Infants

This Checkup is need for 18 to 23 months infants, for the physical exam and medical examination etc.

\*A notification will be mailed at your home.

### 【Enquiries】

Health Promotion Division, Hitachi City Hall

TEL 0294-21-3300

\*Please get the help of a Japanese speaker when you call

### ◆ Health Checkup for 3 years old

This Checkup is need for 3 years to 3 years and 11 months old, for the eyesight and hearing tests etc.

\*A notification will be mailed at your home.

### ◆ Covering for Taxi Fare

Pregnant woman, who has baby under 1 years of age can use this system.

When you go to hospital or get a Checkup of your baby, Hitachi City will cover your taxi fare up to 30,000 yen.



#### **【Enquiries】**

Health Promotion Division, Hitachi City Hall

TEL 0294-21-3300

\*Please get the help of a Japanese speaker when you call

### ◆ Assistance with Housework Before and After Child-Birth

Services are available for assistance with household chores during pregnancy and after the birth of a child.

Please contact Child Care Support Division.

For further information regarding applying for assistance and the related fees.

#### **【Enquiries】**

Child Care Support Division, Hitachi City Hall

TEL 0294-22-3111

\*Please get the help of a Japanese speaker when you call.

## \* Places to Enjoy with Your Children

### < Kodomo Suku-Suku Center >



**Address** 1-10-1 Kamine-cho  
**TEL** 0294-23-5522

\*Please get the help of a Japanese speaker when you call.

**Time** 8:30~18:30  
\*Closed on New Year holidays.

Kodomo Suku-Suku Center is a place for parents and children to play together. Various toys are available for parents and children to use. Reservations are not necessary and use of the facility is free of charge.

### < Kodomo Center >



**Address** 2-4-20Nishinarusawa-cho  
**TEL** 0294-36-0048

\*Please get the help of a Japanese speaker when you call.

**Time** 9:00~17:00  
\*Closed on New Year holidays.

Kodomo Center is a place for parents and children to enjoy freely playing together. Consultations regarding concerns about child-rearing are also offered.

## 5 Education

### (1) Japanese Schools

- Elementary school 6 years
- Junior high school 3 years
- High school 3 years
- Part-time high school 3 years

\*Part-time during the day and go to school at night.

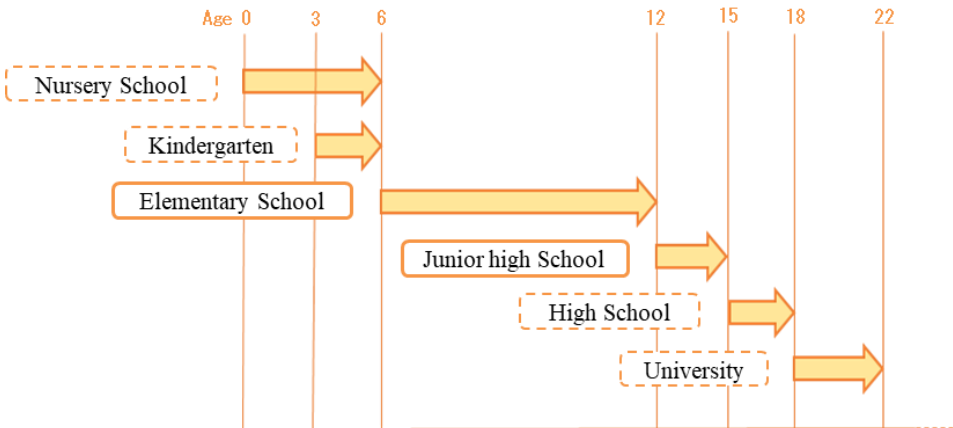
- University 4 years

\*In addition there are junior colleges (2 years), upper secondary specialized training school, professional training college in Japan.

**In Japan, education is compulsory till the end of junior high school.**

\*It is not compulsory education for foreign nationals but foreign nationals are allowed to go to Elementary school and Junior high school.

\*Each school year starts in April and ends in March of the following year.



## (2) Nursery Schools

Nursery schools are facilities that take care of babies and infants in place of the parents, for reasons such as work or illness, which help the prevent them from looking after their own children.

\*Households that are able to look after their children on their own are not qualified nursery schools.

### ◆Nursery school application

There are two days per month when children enter the Nursery School.

You can choose the Admission date

- ① Who want to enter the Nursery School from 1st in that month.  
→Applying by the 15th of the previous month.
- ② Who want to enter the Nursery School after 16th in that month.  
→ Applying by the last day of the previous month.
- ③ Who want to enter the Nursery School from April 1st.  
→Please Confirm the October 20th or November 20th issue of Hitachi City News Paper.

\*Each Nursery School year starts in April and ends in March in the next year.

### ◆Consultation about Nursery school

You can consult Child Facilities Division, Hitachi City Hall on the 1st floor, about Nursery school at.

\*Time varies in each Nursery schools.



### 【Enquiries】

Child Facilities Division, Hitachi City Hall  
TEL 0294-22-3111

\*Please get the help of a Japanese speaker when you call.

### **(3) Kindergartens**

A kindergarten is a facility where children are cared for. They will take care of your children until they become elementary school students.

There are two types of kindergartens: municipal and private.

- ① Private kindergarten  
The staff take care of 3, 4, and 5 years old.
- ② Municipal kindergarten  
They take care of 4 and 5 years old children.

Kindergartens start from April, those who want to enter the Kindergarten from April, you make application in September of the previous year, and you can enter the Kindergarten as long as there's a available.

It is different how to apply or cost depend on each Kindergartens. Please Confirm with Kindergarten you want to enter.



#### **【Enquiries】**

Child Facilities Division, Hitachi City Hall

TEL 0294-22-3111

\*Please get the help of a Japanese speaker when you call.



#### (4) Elementary and Junior High Schools

If you want your children to enter a public elementary or junior high school, you can apply at the Board of Education by following the proceeding steps.

##### ◆Procedures for starting Elementary School

###### **In October**

A Health Check Notification will be sent from the Board of Education to the parents or guardians of children who will start Elementary School in the following April.

\*Parents of children at kindergartens or nursery schools will receive this notification through these facilities. For parents whose children are not attending any such facilities, notification will be sent directly by post to their registered address.

###### **In November**

Please ensure your child undergoes the health check at the school where your child will enter the following April.

\*The date of the health check will be written on the notification.

###### **In January**

School Entrance Notification will be sent to you by the Board of Education.

###### **In January or February**

A meeting will be held to explain school entry procedures at the school your child enters.

\*Details of the Entrance Ceremony and things to prepare before starting school, along with general school life information, will be explained, so it is important to attend this meeting.

###### **In April**

The Entrance Ceremony will be held.

\*Please bring your School Entrance Notification with you.



## ◆Procedures for starting Junior High School

### In January

You will receive School Entrance Notification from the elementary school which your child is attending.

\*There are no health checks before starting junior high school.

### In January or February

A meeting will be held to explain school entrance procedures at the Junior High School where your child will be attending.

### In April

The Entrance Ceremony will be held.

\*Please bring your School Entrance Notification with you.

### \* Points to note with regard to school entrance

- The school which your child enters is decided by your area, but if you would like your child to enter a different school, please contact School Affairs Division, Hitachi City Hall.
- There are no fees for lessons or textbooks. However, parents pay for other school related supplies and other education materials, uniforms and school lunch etc.
- Please contact the School Affairs Division in the following situations.

If you don't receive the Health Check Notification (elementary school) or the School Entrance Notification.

If you move to Hitachi during the school entrance period.

If your child is going to enter an elementary or junior high school from other countries.

### 【Enquiries】

School Affairs Division, Hitachi City Hall

TEL 0294-22-3111

\*Please get the help of a Japanese speaker when you call.



## 6 Administrative Procedures

The following is a list of official documents and other public systems along with the department at City Hall which handles the procedures and services for each. Please be sure to check the list of required materials to apply for and receive each of the official documents beforehand.

\*Please get the help of a Japanese speaker when you call.

Type of Procedure	Description	Related Department
Issuance of a Copy of Certificate of Residence	Document certifying your official address	City Resident Affairs Division TEL 0294-22-3111
Residence Registration Form	Notification of taking residence within Hitachi city from another city in Japan as well as from abroad	
Moving-Out Notification	Notification of a change of residence to another city or to another country (submitted when moving to any residence outside the city)	
Notification of a Change of Residence	Notification of moving to a new residence within the city	
Marriage Registration	Official registration of a marriage	
Divorce Registration	Official registration of a divorce	
Notification of Death	Official notification of a death *Please contact the Embassy or Consulate of the deceased person's home country as well	
Personal Seal Registration	Procedure for registering an official seal/stamp (hanko) *In Japan, an officially registered seal/stamp is used for contracts and obtaining titles such as when buying a car etc.	
MyNumber Card	Issuance of a card showing your personal identification number (MyNumber)	

Type of Procedure	Description	Related Department
Tax Certificate Taxation (Earnings) Certificate	Certificate of income and city taxes	Tax Affairs Division TEL 0294-22-3111
Resident Tax (Municipal Tax) Light Motor Vehicle Tax	Consultation regarding city resident taxes and light motor vehicle (automobile with a cubic capacity of 550cc or less; “kei-car”) taxes	Municipal Tax Division TEL 0294-22-3111
Property Tax	Consultation regarding property taxes	Property Tax Division TEL 0294-22-3111
Payment of Taxes	Procedures involving payment of taxes	Tax Revenue Division TEL 0294-22-3111
National Health Insurance	Signing up for government-sponsored health insurance, paying the insurance premiums (fees), surrendering a health insurance card, etc.	National Health Insurance Division TEL 0294-22-3111
Hitachi City Medical Care Welfare Cost Provision System	Procedures involving getting financial assistance with medical costs through subsidies for children and others	
National Pension System	Procedures involving the public social security system	
Nursing Care Insurance System	Procedures related to receiving nursing and caregiving support	Nursing Care Insurance Division TEL 0294-22-3111



## 7 List of Related Agencies

### (1) Consultations in Foreign Languages

#### ◆ Consultation Center for Foreigners

##### (Ibaraki International Association)



Consultation relating to legal, work, marriage, education and other issues relating to everyday life is offered through the Ibaraki International Association.

<b>Address</b>	<b>Ibaraki International Association</b> 2nd Floor, The Hirosawa City Kaikan(Kenmin Bunka Center) Annex, 745 Ushirokawa, Senba-Cho, Mito City				
<b>Telephone Number</b>	029-244-3811				
<b>Website</b>	<a href="https://global.ia-ibaraki.or.jp/consultation/consultation-center/">https://global.ia-ibaraki.or.jp/consultation/consultation-center/</a> 				
<b>Hours</b>	8:30~12:00,13:00~17:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.				
<b>Language availability</b>	Mon	Tue	Wed	Thur	Fri
	English/Japanese/Other Languages				
	Vietnamese	Korean Spanish	Thai Chinese Vietnamese	Portuguese Tagalog Indonesian	Thai
	Chinese 13:00~17:00		Sinhalese 13:30~17:00		

### ◆Human Rights Counseling (The Ministry of Justice)

Consultation for human rights, such as cultural differences matters

<b>Telephone Number</b>	0570-090911
<b>Website</b>	<a href="https://www.moj.go.jp/JINKEN/jinken21.html">https://www.moj.go.jp/JINKEN/jinken21.html</a> 
<b>Hours</b>	9:00～17:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.
<b>Language availability</b>	English/Chinese/Korean/Nepali/Spanish/Tagalog/ Portuguese/Vietnamese/Indonesian/Thai


### ◆IBARAKI Foreign Worker Support Center

Consultation for employment assistance

<b>Address</b>	1st Floor, The Hirosawa City Kaikan(Kenmin Bunka Center) Annex, 745 Ushirokawa, Senba-Cho, Mito City
<b>Telephone Number</b>	029-239-3304
<b>Website</b>	<a href="https://ifc.ibaraki.jp/foreigner/jp/">https://ifc.ibaraki.jp/foreigner/jp/</a> 
<b>Hours</b>	9:00～17:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.
<b>Language availability</b>	Japanese/English (advance reservation required.) / Vietnamese (advance reservation required.)

**◆Telephone Consultation Service for Foreign Workers  
(Ministry of Health, Labour Standards)**

This center provides advice on problems relating to work conditions such as salary, working hours, dismissal, paid leave and work related accident insurance.

<b>Website</b>	<a href="https://www.check-roudou.mhlw.go.jp/soudan/foreigner.html">https://www.check-roudou.mhlw.go.jp/soudan/foreigner.html</a> 					
	<b>Hours</b>					
10:00~12:00、 13:00~15:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.						
<b>Language availability</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	
	English 0570-001-701 Chinese 0570-001-702 Portuguese 0570-001-703 Spanish 0570-001-704 Tagalog 0570-001-705 Vietnamese 0570-001-706					
	<b>Telephone Numbers</b>	Burmese 0570-001-707	Nepali 0570-001-708	Thai 0570-001-712	Korean 0570-001-709	Mongolian 0570-001-718
				Nepali 0570-001-708		
				Indonesian 0570-001-715	Nepali 0570-001-708	Korean 0570-001-709
Cambodian 0570-001-716						

**◆AMDA Medical Information Center**

Consultation for medical care, such as the Japanese medical system and which hospitals to go to.

<b>Telephone Number</b>	03-6233-9266				
<b>Website</b>	<a href="https://www.amdamedicalcenter.com/">https://www.amdamedicalcenter.com/</a> 				
<b>Hours</b>	10:00~16:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.				
<b>Language availability</b>	Mon	Tue	Wed	Thur	Fri
	Japanese/English				
	Korean Tagalog	Chinese Thai	Spanish Vietnamese Ukrainian Russian	Chinese	Portuguese Vietnamese



**◆Foreign Residents Information Center  
(Immigration Control and Residency Management)**

Consultation for immigration and residence procedures

<b>Telephone Number</b>	0570-013904 (IP)03-5796-7112
<b>Website</b>	<a href="https://www.moj.go.jp/isa/consultation/center/japanese.html">https://www.moj.go.jp/isa/consultation/center/japanese.html</a> 
<b>Hours</b>	8:30~17:15 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.
<b>Language</b>	Japanese / English / Chinese / Korean / Spanish / Portuguese / Vietnamese / Tagalog / Nepali / Indonesia / Thai / Cambodian / Burmese / Mongolian / French / Sinhalese / Urdu

## (2) Consultations in Japanese

Please get the help of a Japanese speaker when you call.

### ◆Hitachi City Citizen's Advice Bureau

The Citizen's Advice Bureau caters to citizens with worries or problems, and deals with requests and complaints directed towards Hitachi City.

<b>Address</b>	Hitachi City Publicity and Public Information Division, Hitachi City Hall, 1- 1-1 Sukegawa-Cho, Hitachi City
<b>Telephone Number</b>	0294-22-3111(pilot number)
<b>Website</b>	<a href="http://www.city.hitachi.lg.jp/">http://www.city.hitachi.lg.jp/</a>
<b>Hours</b>	9:00~17:00 (Mon-Fri), 9:00~16:00 (Sat) *Closed on Sun, Holidays and New Year holidays. Saturday Consultation is by advance reservation only.

### ◆Hitachi Public Employment Security Office (Hello Work Hitachi)

This public facility gives advice regarding employment and helps people to find jobs.

<b>Address</b>	2-6-2 Wakaba-Cho, Hitachi City
<b>Telephone Number</b>	0294-21-6441
<b>Hours</b>	8:30~17:15 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.

### (3) International Exchange Organizations


#### ◆Ibaraki International Association

This association organizes a variety of activities to support foreign residents of Ibaraki and joint international exchange programs.

<b>Address</b>	2nd Floor, The Hirosawa City Kaikan(Kenmin Bunka Center) Annex, 745 Ushirokawa, Senba-Cho, Mito City
<b>Telephone Number</b>	029-241-1611
<b>Email</b>	<a href="mailto:iia@ia-ibaraki.or.jp">iia@ia-ibaraki.or.jp</a>
<b>Website</b>	<a href="http://www.ia-ibaraki.or.jp">http://www.ia-ibaraki.or.jp</a> 


#### ◆Hitachi International Association

This organization has close connections with the Hitachi City International Volunteer Group and organizes a variety of international exchange activities.

<b>Address</b>	Culture and International Division, Hitachi City Hall, 1-1-1 Sukegawa-Cho, Hitachi City
<b>Telephone Number</b>	0294-22-3111(pilot number)
<b>Website</b>	<a href="https://www.city.hitachi.lg.jp/moshimo/005/index.html">https://www.city.hitachi.lg.jp/moshimo/005/index.html</a>  Information on daily life and events related to international exchange programs in Easy Japanese.

#### (4) Immigration Offices






##### ◆Tokyo Regional Immigration Bureau

<b>Address</b>	5-5-30 Konan, Minato-Ku, Tokyo
<b>Telephone Number</b>	0570-034259 (pilot number)
<b>Website</b>	<a href="https://www.moj.go.jp/isa/about/region/tokyo/plain_japanese.html">https://www.moj.go.jp/isa/about/region/tokyo/plain_japanese.html</a> 
<b>Hours</b>	8:30～16:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.

##### ◆Tokyo Immigration Office (Mito Branch)

<b>Address</b>	1-1 Kitami-Cho, Mito City
<b>Telephone Number</b>	029-300-3601
<b>Hours</b>	9:00～16:00 (Mon-Fri) *Closed on Sat, Sun, Holidays and New Year holidays.

## (5) Websites for General Living Information

<b>General living information</b>	<b>Immigration Services Agency</b> A dairy life support portal for foreign nationals <a href="https://www.moj.go.jp/isa/support/portal/index.html">https://www.moj.go.jp/isa/support/portal/index.html</a> 
	<b>Guidebook on Living and Working</b> <a href="https://www.moj.go.jp/isa/support/fresc/01_00265.html">https://www.moj.go.jp/isa/support/fresc/01_00265.html</a> 
	<b>Ibaraki International Association living information for foreign nationals</b> <a href="https://global.ia-ibaraki.or.jp/">https://global.ia-ibaraki.or.jp/</a> 
<b>List of doctors speaking foreign languages</b>	<b>Ibaraki Emergency Medical Information System</b> <a href="http://www.qq.pref.ibaraki.jp/WP0101/RP010101BL.do">http://www.qq.pref.ibaraki.jp/WP0101/RP010101BL.do</a> 
<b>Information and advice about all aspects of daily life</b>	<b>Japan Helpline</b> <a href="http://www.jhelp.com/en/jhlp.html">http://www.jhelp.com/en/jhlp.html</a>  TEL 0120-46-1997 (toll-free call)

**Information  
about  
Hitachi City**

**Hitachi City's official website**

\*English, Chinese, Korean  
<https://www.city.hitachi.lg.jp/>



**Catalog Pocket**

This application allows you to read the city newsletter in your own language.  
It can also be read in the browser.

\* English,/Traditional Chinese/Simplified Chinese/  
Korean/Thai/Indonesian/Spanish/Portuguese/Vietnamese

**Android**

<https://play.google.com/store/apps/details?id=jp.co.morisa.wa.mccatalog>

**iPhone**

<https://apps.apple.com/jp/app/catalog-pocket/id756097145>

**Browser**

<http://catapoke.com>






**Android**



**iPhone**



**Browser**

	<p><b>Hitachi Navi app</b>  Application for notice about hitachi city like Garbage, Disaster prevention and Childcare.</p> <p><b>Android</b>  <a href="https://play.google.com/store/apps/details?id=jp.co.ryobi.CityHitachiI&amp;hl=ja">https://play.google.com/store/apps/details?id=jp.co.ryobi.CityHitachiI&amp;hl=ja</a></p> <p><b>iPhone</b>  <a href="https://itunes.apple.com/jp/app/id1465084464">https://itunes.apple.com/jp/app/id1465084464</a></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   Android </div> <div style="text-align: center;">   iPhone </div> </div>
<p><b>Information about Ibaraki Prefecture</b></p>	<p><b>Ibaraki Prefecture's official website</b>  <a href="https://www.pref.ibaraki.jp/index.html">https://www.pref.ibaraki.jp/index.html</a></p> <div style="text-align: center;">  </div>

## 《References》

### ◆Hitachi City Hall

City Hall Name	Address	Telephone Number
Hitachi City Hall	1-1-1 Sukegawa-Cho	0294-22-3111

### ◆Branch offices

Name	Address	Telephone Number
Juo branch office	2581 Tomobe, Juo-Cho	0294-39-2211
Toyoura branch office	1-40-1 Kawajiri-Cho	0294-43-5755
Hidaka branch office	2-2-1 Hidaka-Cho	0294-42-4405
Taga branch office	2-4-20 Chikoku-Cho	0294-36-3101
South branch office	7-1-1 Kuji-Cho	0294-52-5101



### ◆Community(kōryū) Centers

The following is a list of community centers (kōryū centers) in Hitachi.

Community centers are facilities for locals to gather for various events and meetings.

In the case of a large-scale emergency, these facilities also serve as shelters and refuge centers.

Community Center Name	Address	Telephone Number
Juo Kōryū Center	129-2 Tomobe, Juo-cho	0294-39-2411
Toyoura Kōryū Center	1-40-1 Kawajiri-cho	0294-43-5755
Hidaka Kōryū Center	2-2-1 Hidaka-cho	0294-42-4050
Tajiri Kōryū Center	1-35-1 Tajiri-cho	0294-42-1552
Namekawa Kōryū Center	1-21-1 Namekawahon-cho	0294-22-1654
Miyata Kōryū Center	1-6-1 Motomiya-cho	0294-27-6835
Nakasato Kōryū Center	1953-2 Higashi Goudo-cho	0294-70-8005
Nakamachi Kōryū Center	4-4-15 Miyata-cho	0294-21-5564
Nakakoji Kōryū Center	1-5-8 Wakaba-cho	0294-22-6483
Sukegawa Kōryū Center	1-21-7 Kashima-cho	0294-23-0955
Ose Kōryū Center	1-1-18 Ose-cho	0294-25-1577
Narusawa Kōryū Center	3-6-10 Nakanarusawa-cho	0294-35-5587
Yunago Kōryū Center	2-6-1 Ayukawa-cho	0294-38-7531
Suwa Kōryū Center	4-11-1 Suwa-cho	0294-33-3841

<b>Community Center Name</b>	<b>Address</b>	<b>Telephone Number</b>
Okubo Kōryū Center	2-4-20 Chikoku-cho	0294-34-0535
Kawarago Kōryū Center	3-7-5 Higashi Taga-cho	0294-33-3746
Hanayama Kōryū Center	2-11-5 Kanesawa-cho	0294-34-5404
Onuma Kōryū Center	5-7-1 Higashi Kanesawa-cho	0294-35-8329
Kanesawa Kōryū Center	2-3-5 Onuma-cho	0294-36-3985
Mizuki Kōryū Center	2-23-20 Mizuki-cho	0294-52-3225
Omika Kōryū Center	3-19-16 Omika-cho	0294-53-5211
Kuji Kōryū Center	3-10 Minato-cho	0294-52-0165
Kujigawa Hitachi Minami Kōryū Center	2208 Owada-cho	0294-52-3155

**We would like to thank the following for their assistance in producing this guidebook**

■ **English Translation**

Hitachi International Association

■ **Cover Illustration**

Koji Endo

《**Publication date**》 March, 2023

《**Editing/publication**》 Hitachi International Association  
[Secretariat]

Culture and international Division, Department of Life  
& Environment, Hitachi City Hall

1-1-1 Sukegawa-cho, Hitachi City, Ibaraki 317-8601  
TEL 0294-22-3111 (ext 535)

# Emergency Numbers



For traffic accidents,  
theft, fights etc.



For fires, sudden illnesses,  
serious injuries.



\* Please speak calmly and clearly.

\* These telephone numbers are not to be used for non-emergency enquiries.

## 【What to say】

Traffic accidents Crime	Fire	Sudden illness Serious injury
<ul style="list-style-type: none"> <li>• When</li> <li>• Where</li> <li>• What</li> <li>• How</li> </ul>	<ul style="list-style-type: none"> <li>• What is burning?</li> <li>• Injured people?</li> </ul>	<ul style="list-style-type: none"> <li>• Sex of the patient</li> <li>• Age (adult/child)</li> <li>• Symptoms</li> </ul>
Give the location where the help needed or a nearby landmark.		
Give your name, address and telephone number.		