



Hida City Living Pamphlet

English version

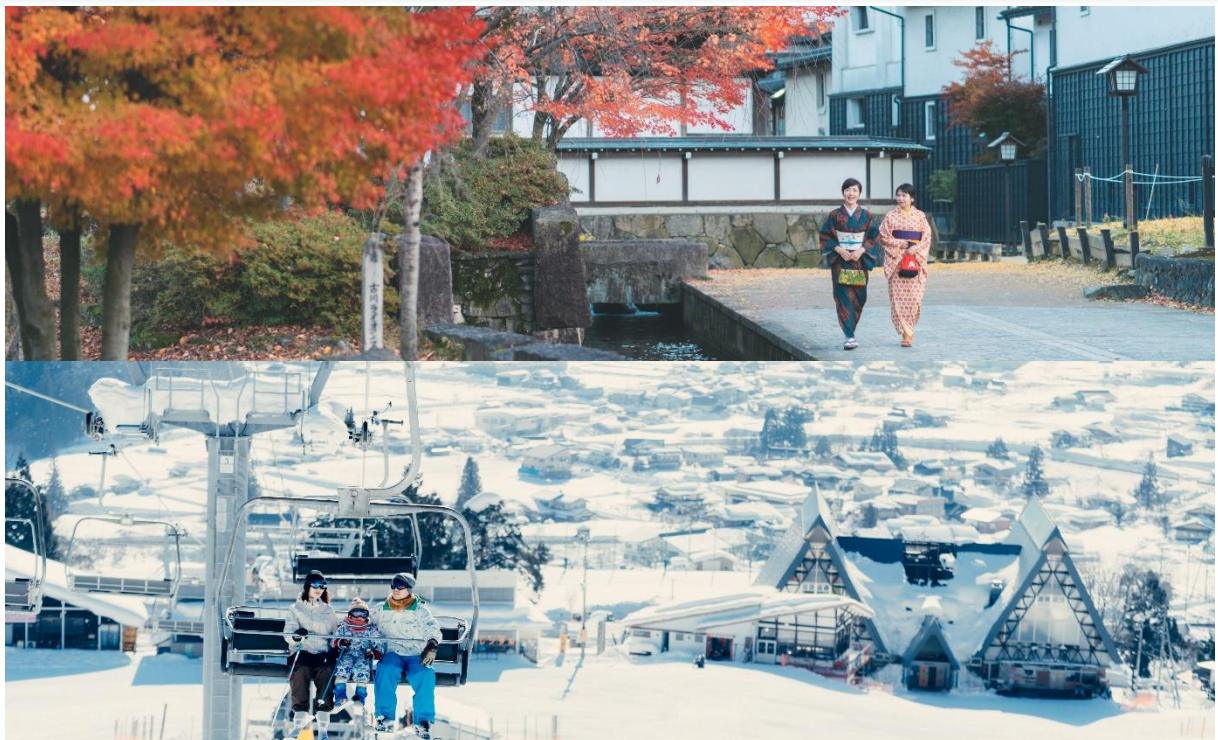


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1. How to Dispose of Garbage

Contact Information : Environmental Division, Environment and Water Department, Hida City Hall

☎: +81-577-73-7482


◆Rules for disposing of garbage

- Each district has its own designated areas for disposing of garbage. Please check with your neighbors and follow the rules of your district and dispose of garbage in the designated areas.
- Please put out your garbage on collection day. Please put out your garbage by 8:00 a.m.
- Please separate your garbage correctly.
- Garbage that is not following the rules cannot be collected.
- Do not throw them away in different places.
- Please do not take the garbage that has been put in the area out with you.
- For more information, please check the Health and Sanitation Calendar.

◆Reasons for separating garbage

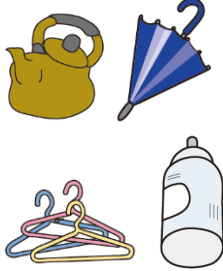
- (1) Reduce the amount of combustible waste.
- (2) By separating waste from resources, resources can be re-use and the depletion of natural resources can be prevented.
- (3)By separating waste correctly, it can reduces landfill waste and the use of landfills.
- (4)Reduce carbon dioxide emissions generated by waste disposal.




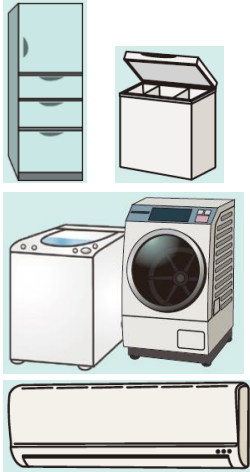
◆Types of garbage and how to dispose of it, etc.


Type of Garbage	How to Dispose of Garbage	Collection Day	Important Points
<p>Burnable Garbage</p>  <p>(1) Kitchen waste (2) CD/DVD, etc. (3) Rubber products (4) Shells (5) Plastic products (buckets, etc.) (6) Leather products, etc.</p>	<p>Please put them in designated garbage bags (yellow) and dispose of them in the designated areas.</p> <p>They can be brought to the Hida City Clean Center. (Phone: +81-577-75-3069)</p>	<p>Please put them out on the days specified in the calendar (determined by the region).</p> <p>Monday -Friday and the 3rd Sunday of the month (8:30am-3:30pm)</p>	<p>(1) Do not put in metallic items. (2) Tie up the bag and put it out. (3) Please put in item less than 50 cm. (4) Do not put it out the day before. (5)When you bring your garbage to the clean center other than the designated garbage bags, you will be charged based on the weight of the garbage.</p>

Type of Garbage	How to Dispose of Garbage	Collection Day	Important Points
<p>Plastic Containers and Packaging</p>  <ul style="list-style-type: none"> ① Plastic shopping bag ② Egg packs ③ Food trays ④ Pudding container ⑤ Beverage labels ⑥ Cup noodle containers ⑦ Packing/ wrapping materials ⑧ Shampoo bottles, etc 	<p>Please put them in designated garbage bags (light blue) and dispose of them in the designated areas.</p> <p>You can bring them to the Hida City Recycling Center. (Phone: +81-577-75-2121)</p>	<p>Please put them out on the days specified in the calendar (determined by the region).</p> <p>Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>(1) Wash it and dry it. (2) Please dispose of dirty items in burnable trash. (3) Please write your name and address on the designated garbage bag. (4) Plastic items (toothbrushes, straws, CDs, DVDs, spoons, forks, etc.) should be disposed of in burnable trash.</p>
<p>Papers</p>  <ul style="list-style-type: none"> ① Toilet paper core ② Paper box ③ Envelope ④ Prints, printed matter ⑤ Paper bag ⑥ Paper tableware, etc. 	<p>Please put them in designated garbage bags (orange) and dispose of them at the designated locations.</p> <p>You can bring them to the Hida City Recycling Center. (Phone: +81-577-75-2121)</p>	<p>Please put them out on the days specified in the calendar (determined by the region).</p> <p>Monday-Friday (Not open on holidays) (8:30am-4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>(1) Do not put in newspapers, magazines, cardboard, or milk cartons. (2) Please dispose of dirty items in burnable trash. (3) Please write your name and address on the designated garbage bag. (4) Do not put it out in the 24-hour resource collection box.</p>

Type of Garbage	How to Dispose of Garbage	Collection Day	Important Points
<p>Recycled paper※ 1 (Newspapers, magazines, cardboard, milk cartons)</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)</p> <p>Please put them out in the 24-hour resource collection box.</p>	<p>Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p> <p>24hours</p>	<p>(1)Please tie it up in a cross-shape and put it out. (2)Papers cannot be submitted.</p>
<p>Clothing</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone : +81-577-75-2121)</p> <p>Please put them out in the 24-hour resource collection box.</p>	<p>Monday-Friday (Not open on holidays) (8:30 am – 4:00pm) 1st and 3rd Sunday of the month (8:30am-3:30pm)</p> <p>24 hours</p>	<p>(1)I can't give out anything but clothing. (2) Please bring futons and blankets to the Hida City Recycling Center.</p>
<p>Waste cooking oil (Vegetable-based only)</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone : +81-577-75-2121)</p>	<p>Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am 3:30pm)</p>	<p>Waste vegetable-based cooking oil from households is eligible.</p>
<p>PET bottle※2</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)</p>	<p>Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>(1) Wash it and dry it. (2) Take off the label and cap. (Label and cap should be placed in plastic containers and packaging.)</p>

Type of Garbage	How to Dispose of Garbage	Collection Day	Important Points
Can※2 	Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)	Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)	(1) Wash it and dry it. (2) Do not put garbage (cigarettes, etc.) inside the container.
Glass bottle※2 (clear/brown/etc.) 	Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)	Monday -Friday (Not open on holidays) (8:30-16:00) 1st and 3rd Sunday of the month (8:30am -3:30pm)	(1) Wash it and dry it. (2) Please separate the clear, brown, and other colors and put them out. (3) Do not put garbage (cigarettes, etc.) in the inside of glass bottle. (4) Remove the cap, lid, and label.
Fluorescent tubes and dry cell batteries*2 	Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)	Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)	(1) Cracked fluorescent tubes should be put in a plastic bag and tied it out. (2) Please bring the items that are too long to fit into the collection container to the Hida City Recycling Center.
Metal Utensils※2 	Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)	Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)	(1) Make a hole on spray cans to release gas. (2) Burnable parts should be removed and disposed of burnable trash.

Type of Garbage	How to Dispose of Garbage	Collection Day	Important Points
<p>Small household appliances※2</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)</p>	<p>Monday -Friday (Not open on holidays) (8:30 am -4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>(1) Disassembled items cannot be collected. (2) Remove the batteries. (3) Items that do not fit into the collection container should be brought to the Hida City Recycling Center.</p>
<p>Landfill waste※2</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone: +81-577-75-2121)</p>	<p>Monday -Friday (Not open on holidays) (8:30am-4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>(1) Burnable parts should be removed and disposed of in burnable trash. (2) Use up all the gas in disposable lighters.</p>
<p>Oversized garbage</p> 	<p>Please put them out at the Hida City Recycling Center. (Phone : +81-577-75-2121)</p>	<p>Monday -Friday (Not open on holidays) (8:30 am-4:00pm) 1st and 3rd Sunday of the month (8:30am -3:30pm)</p>	<p>You will be charged based on the weight of the item for each type. (Check the Health and Sanitation Calendar for more information.)</p>
<p>Recycled home appliances</p> 	<p>Please bring them directly to the following pick-up facilities. (1) Takahashi Shōten Co. (2) Seino Transport Co. Takayama Branch</p>	<p>(1)223Sangawa, kokufu-cho, Takayama City, Japan) Phone: +81-577-72-4063 Monday-Friday (8:00 am-4:30pm) (2)1318-1Yamada cho, Takayama city, Japan Phone: +81-577-32-1917 Monday-Saturday (9:00am-4:30pm)</p>	<p>Before taking the items to a pickup facility, please confirm the manufacturer and size, and purchase a recycling ticket at a post office.</p>

Type of Garbage	How to Dispose of Garbage
<p>Item that cannot be disposes by the city</p> 	<p>Please ask the disposal company to dispose of the waste yourself. If you are unsure, please contact the Environment Division at +81-577-73-7482.</p> <p>In addition, garbage from business activities (offices) cannot be submitted.</p>

※1. In Kamioka Town, used paper can be disposed of in the same place as designated garbage bags.

※2. "PET bottles, cans, glass bottles, fluorescent tubes, dry cell batteries, hardware, small household appliances, and landfill waste" are disposed of differently depending on the area. In Furukawa-cho, Kawai-cho, and Miyagawa-cho, please dispose of those at the local separate collection sites.

In Kamioka Town, please dispose of those at the designated area (same place as designated garbage bags).

◆How to purchase designated garbage bags

Designated garbage bags are available at supermarkets, convenience stores, drugstores, etc. in Hida City.

<Hida City Designated Garbage Bags Price List>

Types of designated garbage bags	Bag color	The number of sheets	1 book (1 bag)
Burnable Garbage (Large)	yellow	10 sheets	520 yen
Burnable garbage (small)	yellow	20 sheets	520 yen
Combustible garbage (Extra small)	yellow	20 sheets	260 yen
Plastic Containers and Packaging papers	light blue	10 sheets	100 yen
	orange	10 sheets	100 yen



(Burnable Garbage)



(Plastic Containers and Packaging)



(Papers)

◆Garbage collection day

[the health and sanitation calendar]

- The collection day is based on the designated garbage bags.
- Please check [the Health and Sanitation Calendar](#) for collection dates for recyclable and landfill waste.
- Please confirm the name of your district with the Citizen's Health Section when you move in.



Town	District	Burnable garbage	Plastic Containers and Packaging	Papers
Furukawa	Districts 8-25, Ueno, Hanamomo, Nakano, Takano, Hiraiwa, Unehata, Shimono	Monday and Thursday	2nd and 4th Wednesday of the month	1st and 3rd Wednesday of the month
	Districts 1-7, Taie, Sokushin, Sugisaki, Suwada, Kesamaru, Suetaka, Sugou, Tani, Nobuka, Kurouchi, Sasagahora, Teraji	Tuesday and Friday	2nd and 4th Wednesday of the month	1st and 3rd Wednesday of the month
Kawai	All of Kawai-cho	Monday and Thursday	2nd and 4th Wednesday of the month	1st and 3rd Wednesday of the month
Miyagawa	All of Miyagawa-cho	Tuesday and Friday	2nd and 4th Wednesday of the month	1st and 3rd Wednesday of the month
Kamioka	Honmachi, Nissato, Daimon, Nakamachi, Kuramae, Midorimachi, Tokiwa, Sakaemachi, Aioi, Fujigaoka, Kamiima, Shimoima, Horikawa, Tamagawa, Kitashinchi, Sakuramachi, Yamato, Yamatodanchi, Ooshima, Asahikawa, Takaramachi, Shintomi, Asahi, Hanazono, Chitose, Koudo, Fujihashi, Hachiman, Arikawasou, Kamiasaura, Nishigaoka, Kamasakishita, Makigahira, Wariishi, Yoshigahara, Futatsuya, Higashiurushiyama, Nishiurushiyama, Maki, Do, Atotsukawa, Higashimozumi, Nishimozumi, Sugiyama, Yokoyama, Tani, Nakayama, Nishinocho, Yayoicho, Tatenochi, Tamahime, Midorigaoka, Azumo, Jiyuugaoka, Asobo, Shimoasoya, Okuasoya, Ishigami, Asaida, Nadami, Sugou	Monday and Thursday	1st and 3rd Wednesday of the month	2nd and 4th Wednesday of the month

Town	District	Burnable garbage	Plastic Containers and Packaging	Papers
Kamioka	Izumicho, Sakatomi, Hashiba, Joka, Takahara, Fujisato, Kouzen, Nakazono, Suehiro, Sakato, Hakusan, Miyanoue, Sakamaki, Tono, Wakabadai, Morishitacho, Shouwacho, Tonohonmachi, Emacho, Shirogaoka, Kamasakiue, Yoshida, Kamikokaya, Shimokokaya, Maruyama, Nokubi, Nashigane, Terabayashi, Horinouchi, Fusegata, Nishi, Shimoyamada, Kamiyamada, Suyama, Kashiwara, Asahigaoka, Sanalp Asahi, Villagehouse-Kamioka, Sanhaitsu	Tuesday and Friday	1st and 3rd Wednesday of the month	2nd and 4th Wednesday of the month
	Wasabo, Minamidaira, Inishi, Morimo, Iwaidani, Shimonomoto, Seto, Wasabu, Utsubo	Monday and Thursday	1st and 3rd Wednesday of the month	1st and 3rd Wednesday of the month

◆24-hour resource collection boxes

- You can put it out 24 hours a day, 7 days a week.

< What you can dispose >

newspaper	magazine	cardboard	milk carton	clothing
				

※We cannot dispose of anything other than the above.

※Newspapers, magazines, cardboard, and milk cartons should be tie in cross-shape.

※Please remove the clothing from the bag and place it in the dedicated basket.

◆Directions to each facility

(1) Hida City Clean Center

Address: 11-4Tani, Furukawa-town, Hida City

Phone: 0577-75-3069

Open: Monday-Friday and the 3rd Sunday of the month (Closed on national holidays and year-end and New Year holidays)

Hours: 8:30 a.m. to 3:30 p.m.

(2) Hida City Recycling Center

Address: 16-2Tani, Furukawa-town, Hida City

Phone: 0577-75-2121

Open: Monday-Friday and the 1st and 3rd Sunday of the month (Closed on national holidays and year-end and New Year holidays)

Hours: Monday-Friday 8:30 a.m. to 4:00 p.m. 1st and 3rd Sunday of the month from 8:30 a.m. to 3:30 p.m.



(3) Takahashi Shōten Co.

Address: 223Sangawa, Kokufu-town, Takayama City

Phone: 0577-72-4063

Opening days: Monday -Friday

(Closed on national holidays, year-end and New Year holidays, and Bon/Lantern Festival holidays)

Hours: 8:00-16:30 (Closed from 12:00 to 13:00)



(4) Nohi Seino Transport Co.

Address: 1318-1Yamada-town, Takayama City

Phone: 0577-32-1917

Opening days: Monday -Saturday

(Closed on national holidays, year-end and New Year holidays, and Bon/Lantern Festival holidays)

Hours: 9:00-16:30(Closed from 12:00 to 13:00)



2. Disaster Prevention

Contact Information : Crisis Management Division, General Affairs Department, Hida City Hall

☎ : +81-577-62-8902

In Japan, *typhoons, *heavy rain, *heavy snow, and *earthquakes happen a lot. These are called "disasters. When a disaster occurs, your first priority is to protect yourself. If your house is safe, stay inside. If your house is unsafe, go to an evacuation center (where everyone can escape). Being prepared before a disaster occurs is called "disaster prevention.

You can protect yourself from typhoons, heavy rain, and heavy snow by checking weather information in advance.

(1) Things to do to protect yourself and your family

Prepare drinks and food for when disaster strikes. Buy drinks and food and leave them at home. You should also pack things that you need in your daily life (medicines, passport, residence card, clothes, etc.) so that you can take them with you when you have to run away.

*Please use [hazard maps](#) to find out about dangerous places and shelters near where you live or work.

【Hazard maps】 →



【What you should prepare】

Foods	Cans biscuit, canned foods, retort foods, drinkable water, dry foods, chocolates
Medicines	Band-aid, ointment, bandage, medicine to take all the time
Valuables	Money, passport, savings book, personal seal, driver's license, etc.
Others	Underwear, clothing, towels, rain gear, shoes, rechargeable batteries, flashlights, plastic bags, etc.

(2) How to evacuate

Evacuation methods are different depending on the disaster.

【In case of heavy rain or typhoon】

→If you are in a building, move to place as high as possible.

If you are outside, move to a shelter before water flood the roads.

【In case of earthquake】

→When you are in a building, watch out for broken glass and falling furniture. After that, move to an evacuation shelter while watching out for aftershocks (earthquakes that continue after a major earthquake).

If you are outside, move to a place as spacious as possible, as the building may collapse due to the earthquake.

(3) About the shelter

Please check [the Hida City Disaster Prevention website](#) for evacuation shelters near your home.

(4) How to spend time at the shelter

There are other people in the shelter who have evacuated besides you. Be considerate of those around you, for example, do not speak loudly during bedtime.



【The Hida City Disaster Prevention website】

3. Crime

Contact Information : Gifu Hida Police Station

Address: 1401Asabirakicho, Furukawa-cho, Hida City

☎ : +81-577-73-0110

◆Cybercrime

In recent years, there have been many cases of online shopping frauds and illegal remittances through Internet banking by foreign organizations. According to police analysis of the arrested cases, it was found that foreign residents in Japan have been lured by criminal organizations to participate in crimes as if they were part-timers.

Don't take advantage of offers with sweet words such as,

"I have a good part-time job." "Just pick up the goods."

"Just withdraw the cash," "Just open an account and give it to me and I'll give you some money."

The foreigner who came to Japan that involved in the incident and was arrested said,

"I knew it wasn't right, but I took it on because I wanted the money. I was told that since it was just before I return to my country, it would be okay even if they found out."

There is always a crime lurking behind the sweet lure. It is strictly punishable by law.

【A case of complicity in a crime】

(1) Receiver of goods

The delivery goods are received by impersonating the recipient, and the goods are then forwarded to a location designated by the perpetrator.

(2) Cash Withdrawal Agreement

Withdraw cash using someone else's cash card.

(3) Account sales and transfers

Sell your account or cash card to another person, or transfer it for free.

◆ Drugs

In Japan, possession or use of drugs* is a crime.

Controlled substances, even if possessed in small quantities and intended for personal use, can result in arrest and severe penalties.

Case 1: Possession of marijuana

A woman brought a small amount of marijuana from overseas for personal use. Upon entering Japan, the marijuana was discovered at customs and she was immediately arrested.

Case 2: Possession of cocaine

Police uncovered cocaine trafficking in nightclubs and several foreigners were arrested for cocaine possession.

Case 3: Smuggling of methamphetamine

A woman was asked by her lover to transport a package to Japan. Upon entering Japan, she was arrested by the police for smuggling methamphetamine.

4. Traffic Rules

Contact Information : Gifu Hida Police Station

Address: 1401Asabirakicho, Furukawa-cho, Hida City

☎ : +81-577-73-0110

◆Pedestrians and bicycles

- In principle, pedestrians should walk on the sidewalk on the right side of the road.
- When crossing a street, cross at a pedestrian crossing, pedestrian bridge, or other safe place.
- When crossing a railroad crossing, stop in front of the crossing and make sure there are no trains coming from either side before crossing. When an alarm sounds or a circuit breaker started to go down, exit the railroad crossing quickly.

◆Rules for Riding a Bicycle

- In principle, ride on the roadway, not on the sidewalk.
- When on the roadway, keep to the left side of the road.
- Pedestrians have priority on sidewalks.
- Ride safely.
 - Do not ride after drinking alcohol.
 - Two people must not ride together or run side by side.
 - Turn on the lights when it gets dark.
 - When crossing an intersection, stop and check the safety of your surroundings.
- Wear a helmet.

◆Automobiles, motorcycles, etc.

A Japanese driver's license is required to drive a car or motorcycle in Japan. To receive a driver's license, you must either pass the Japanese driver's license test or undergo and pass an examination to convert a foreign driver's license to a Japanese license.

※Bicycles and motorcycles are very convenient, but depending on how you use them, they are vehicles that can take the lives of others. When riding on a bicycle or motorcycle, be aware of how dangerous it is and ride considerately.


◆ How to ride buses and trains

In Hida City, there are buses and trains, although they are few in number. These are called "public transportation. Anyone can ride public transportation, so please follow the rules so that people who ride with you will not feel uncomfortable.

- When getting on and off buses and trains, you should line up behind the person who arrived first and wait to board.
- Some people don't like smoke, so don't smoke on the buses or trains or even while waiting for the buses or trains.
- Do not speak loudly or talk on your smart phone on buses and trains, as it is a nuisance to other passengers.
- If you want to listen to music on a buses or trains, use earphones. Be aware that if the music volume is too loud, the sound may leak out even if you use earphones.

5. Neighborhood Associations

Contact Information : General Affairs Division, General Affairs Department, Hida City Hall

 : +81-577-73-7461

Neighborhood associations is voluntary organizations that engage in a variety of activities to preserve the living environment and improve welfare with the aim of creating a livable community.

For example, we are engaged in the following activities :

- Disaster prevention, crime prevention, and traffic safety activities for safety and security.
- Environmental beautification activities to create a clean city.
- Public relations activities to disseminate information about daily life.
- Cultural, sports, and recreational activities for healthy and happy living.
- Welfare activities for mutual support.

To join a neighborhood association, you must pay a membership fee. By joining a neighborhood association, you can learn about Japanese customs and local people. Please consult with the head of the neighborhood association about the procedures for joining. If you do not know the neighborhood association in your area, please contact the phone number in the table below.

Address	Department in charge	Phone number
Furukawa Town	Hida City Hall General Affairs Division, General Affairs Department	+81-577-73-7461
Kawai Town	Kawai Promotion Office General Affairs and Citizen Welfare Section	+81-577-65-2221
Miyagawa Town	Miyagawa Promotion Office General Affairs and Citizen Welfare Section	+81-577-63-2311
Kamioka Town	Kamioka Promotion Office general affairs and taxation division	+81-578-82-2251

6. Family Register

Contact Information : Hida City Hall Citizen's Health Section, Citizen's Welfare Department

☎ : +81-577-73-7464

Foreign nationals, like Japanese nationals, must create a certificate of residence and *register as a resident. Once you register as a resident, you can receive services from Hida City. You will then receive a copy of your resident registration certificate that proves your address.

*Resident Registration: Notify the City Hall that you and your family members are living in Hida City.

▪ Persons registering as residents

Those who live in Japan longer than 3 months must register as a resident. Sightseeing people who come to the city do not register as residents.

▪ When should you submit notification to City Hall?

You must submit notification to City Hall according to things written in the table below.

You are responsible for submitting the notification yourself. If you are unable to do so, a substitute may do so.

When the substitute submits the notification, please bring a power of attorney (a piece of paper showing that you have asked the substitute to do so).

*Notification: Notifying City Hall on a piece of paper that your situation has changed.

When	Name of Notification	By when	What to bring
When you move to Hida City from another city or town	notification of moving in	14 days from the date of arrival in Hida City.	(1) moving-out certificate (You will get it from the city hall of your previous residence) or my number card. (2) Residence card or special permanent resident certificate.
When I moved within Hida City.	notification of one's change address	14 days from the date you moved	(1) Residence card or special permanent resident certificate. (2) my number card.
When a family member living with you or the head of the family household changes.	Notification of Change of Household	14 days from the time of the change of household	(1) Residence card or special permanent resident certificate. (2) my number card.

◆My number system

Each registered resident in Japan has his/her own unique number (My Number). When you register as a resident, you will have your own number, including foreigners. The number has 12 numbers. My number is used for various procedures at city hall and other public offices.

※It is also used when submitting social security and tax documents. First-time visitors to Japan will be notified of their My Number by mail after submitting their notification of moving in at the city hall.

※Social Security : This is a system in which the government and others help you when you have difficulties in your daily life.

Recipient	Duration of use
(1) permanent resident (2) Special Permanent Residents (3) Highly Specialized Professionals No. 2	10 years for those over 20 years old 5 years for those under 19 years old
(1) technical intern trainees (2) mid-to long-term residents (3) provisional residence permit (4) temporary asylum seekers etc.	Same period as the period of stay

◆Copy of certificate of residence

A certificate of residence is "proof by city hall that you are living in the location.

The resident card includes "name," "date of birth," "address," "date moved to Hida City," and "people living with you. This is a paper copy of your Residence Record. You can get it from the city hall when you need it. If you use your My number card, you can also get it at a convenience store. When you get it, you need to pay for it.

◆Residence card, etc.

The resident card certifies (for others to understand) the purpose of your stay in Japan and the last date (expiration date) that you can be in Japan. Your status of residence determines what you can do in Japan. For example, if your status is "College Student," you can study. If your status is "working," you can work. You must have your residence card with you at all times.

(1) Special Permanent Resident Certificate

When you make a new Special Permanent Resident Certificate, you will go through the procedures at the city hall. If you have any questions, please consult with the city hall.

(2) Resident card

You cannot go to the city hall or other places for procedures with an overdue residence card. To obtain a new resident card, please go to the Nagoya Immigration and Residence Office, Nagoya Immigration and Residence Office Gifu Branch or the Nagoya Immigration and Residence Office Toyama Branch.

※Nagoya Immigration and Residency Office

〒455-8601

Address: 5-18Shoho-cho, Minato-ku, Nagoya City, Aichi Prefecture

Phone: +81-570-052259

Hours: 9:00 -16:00 (except Saturdays, Sundays, and holidays)

※Nagoya Immigration and Residency Office Gifu Branch Office

〒500-8812

Address: Gifu Legal Affairs General Building Annex 4F, 2-7-2Mieji-cho, Gifu City, Gifu Prefecture

Phone: +81-58-214-6168

Hours: 9:00 -12:00, 13:00 -16:00 (except Saturdays, Sundays and holidays)

※Nagoya Immigration and Residency Office Toyama Branch Office

〒939-8252

Address: 1F Domestic Terminal Building, University of Toyama, 30Akigashima, Toyama City,
Toyama Prefecture

Phone: +81-76-495-1580

Hours: 9:00 -12:00 and 13:00 -16:00 (Saturday and Sunday)

7. Health Insurance

Contact information : Hida City Hall Citizen's Health Section, Citizen's Welfare Department

: +81-577-73-7464

◆About Health Insurance

Everyone living in Japan is covered by health insurance. If you have a residence card and are registered as a resident, you must join. You cannot decide whether or not to join the health insurance. When you join the health insurance, you will receive an insurance card (a card that shows that you are insured). When you go to the hospital for illness or injury, please show your insurance card to the hospital staff. This will reduce the amount of money you have to pay to the hospital. There are two types of health insurance in Japan: company health insurance and the national health insurance.

◆Company health insurance

- People who have health insurance

If you work for a company, you are covered by the company's health insurance. Whether or not you are eligible to join is determined by the company. Your family members who do not work for the company but live in Japan may also be eligible for health insurance. Please ask someone at the company if your family members are eligible for health insurance.

- How to join health insurance

The company will take care of the procedure.

- Insurance premiums

Your premium is determined by the salary you receive from your company. You pay half of the premium from your salary. The other half is paid by the company.

- When you quit your job

When you quit your job, you must also stop your health insurance. Instead of health insurance, you must join the National Health Insurance program, which you must complete.

First, you will get a certificate from the company that you have stopped health insurance. After that, take the certificate and your residence card to the city hall and submit a report.

◆National Health Insurance (City Health Insurance)

- People who are enrolled in the National Health Insurance program

A person who is registered as a resident and who does not have company health insurance must join.

- How to join health insurance

Please take your residence card, passport, and my number card or notification card to the city hall and submit the notification. Those whose status of residence is "Designated Activities" status should also bring a letter of designation.

- Insurance premiums (money paid to the National Health Insurance) and how to pay
Premiums are determined by your income in previous year and the number of family members.
Every year around June, a notice of insurance premiums is sent by mail from City Hall.
Please pay using the payment slip included in the package. Pay at a bank, post office,
convenience store, etc.

If you need help, please consult with the City Hall.

◆ **When medical expenses become very high**

If you pay more to the hospital in a month than you are set to pay, you will get your money back later. How much you will get back is determined by the income of you and your family members living with you. This is called the "high-cost medical care benefit system. If you are covered by your company's health insurance, please consult with someone at your company to find out if you will get your money back. If you have National Health Insurance, please consult with the city hall. If you need a lot of money, such as when you are hospitalized, you can get a *Limit Certificate. If you need a limit certificate for the maximum amount, please consult with your company or the city hall.

◆ **Money received from health insurance**

Lump-sum maternity allowance (money received when a person with health insurance gave birth to a child.)

Funeral expenses (when a person with health insurance dies, the person who held the funeral for that person gets the expenses.)

8. Pension

Contact Information : Hida City Hall Citizen's Health Section, Citizen's Welfare Department

☎ : +81-577-73-7464

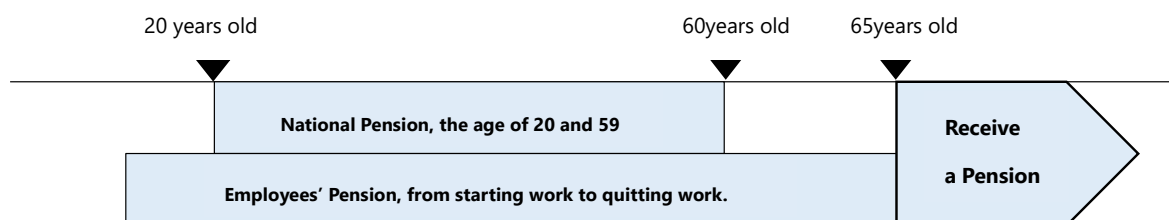
In Japan, people pay money in case they grow old or become ill or injured and are unable to work. This system is called a pension. When you enter and pay into the pension plan, you will receive money to live on when you get old or become unable to work due to illness or injury. Everyone between the ages of 20 and 59 living in Japan is enrolled in the pension system.

◆ Pension

There are two types of pensions in Japan: the National Pension Plan and the Employees' Pension Plan.

Employees' pension : People who work in companies, factories, etc.

The National Pension Plan : People who are not in the Employees' Pension Plan.



◆ National Pension

Regardless of nationality, everyone between the ages of 20 and 59 living in Japan is enrolled in the National Pension Plan. To enroll in the pension plan, you must go through the procedures at the city hall or pension office. Take your residence card or my number card.

- How much money you pay to the National Pension Plan (how much you pay) and how to pay it.
→The amount of money paid to the National Pension Plan is approximately 17,000 yen per month. ※It changes every fiscal year.

【Payment Method】

- Cash payments at financial institutions and convenience stores.
- Direct debit, credit card.
- Electronic payment, etc.
- When payment cannot be made

Sometimes people who have little money to live on do not have to pay for their pensions.

Please consult with your city hall or pension office.

◆Employees' Pension

People who have been working longer than the fixed hours at a company, factory, or store and have not yet turned 70 years old enter the program. The company will take care of the entry procedures. You do not have to follow the procedures.

- How much you pay and how you pay it.

The money you pay into the Employees' Pension Plan is determined by the monthly salary you receive from your company.

Half of the money that is used to pay the pension comes from your monthly paycheck. The other half is paid by the company. The company pays both the money paid by you and the money paid by the company.

- When you quit your job

When you quit your job, you also quit your employee pension plan. When you quit, you will be enrolled in the National Pension Plan. The following is a list of the things you need to do. Take the proof of quitting the employee pension that you get from your company and your residence card to the city hall or the pension. The procedure will be done at the office.

◆When receiving a pension

There are three types of annuities (1) through (3) in the table for the money you will receive.

Please ask your city hall or pension office to find out which type of pension you will receive, and for information on how to apply.

【Main types of annuities】

Type of Pension	Description
(1) Old-age pension	You can get money starting at age 65. You can receive it even if you do not live in Japan when you are 65 years old.
(2) Disability Pension	People who are disable due to illness or injury can receive.
(3) Survivor's pension	When the person in the pension dies, the family will receive.

◆ Lump-sum withdrawal payment

When a person who has been a member of the National Pension Plan or the Employees' Pension Plan returns to his/her country, he/she is entitled to receive a lump-sum withdrawal payment. The procedure must be completed within two years after returning to your country. There are certain conditions for receiving the money. Please ask the pension office about the procedure and whether you are eligible to receive the money.

◆ To learn more about pensions


Scan the 2D code with your smartphone or enter the URL to search.

<https://www.nenkin.go.jp/international/index.html>



9. Tax

Contact Information : Tax Division, General Affairs Department, Hida City Hall

: +81-577-73-3742

There are two types of taxes on personal income: income tax (national tax) and municipal and prefectural taxes (local tax). Foreign residents in Japan are also required to pay taxes. Taxes paid by individuals to the city include municipal and prefectural taxes, light vehicle taxes, and fixed property taxes, and various public services such as welfare, education, and garbage disposal are covered by taxes.

Type	Target group
Municipal and prefectural taxes (Inhabitant tax)	Taxes are imposed based on the previous year's income on those who have an address in the city as of January 1.
Light vehicle tax	As of April 1 each year, the tax is imposed on owners of motorized vehicles, light vehicles, small special motor vehicles, and two-wheeled small motor vehicles.
Property tax	Fixed assets (land, houses, depreciable assets) in the city as of January 1. The tax is imposed on those who own.
Income tax	From January 1 to December 31, the tax is imposed on those who earn income.

◆Income Tax Payment Method

Business people, for example, calculate their own income, necessary expenses, and tax amounts, and file their tax returns directly to the tax office. This is called "kakutei-shinkoku" (final income tax return). On the other hand, salaried workers who receive salary and bonuses from their companies (salaried workers) do not need to file an income tax return. The company automatically deducts income tax from your salary each month and pays it to you, thus completing your tax payment. This is called "withholding tax."

◆How to pay taxes

The taxes you pay are calculated by the prefectural tax office or city hall. You will receive a "Tax Payment Notice" in the mail. Please pay the tax by the fixed date. Please pay your taxes at a bank, post office, or convenience store using the "Payment slip" included in the package.

※Tax Payment notice: A letter from the prefecture or city hall to let you know "how much money you have to pay" "when," "where to pay," etc.

※Payment slip: A piece of paper stating "when" and "how much" you will pay.

◆Tax payment certificate and income certificate

Tax Payment Certificate is a document that City Hall certifies "how much tax you paid". The income certificate is a document in which city hall certifies "how much money you received". You can get it at the city hall where you lived on January 1 of that year. You need the money. You will need it when you change your status of residence or when you receive city services.

◆When you cannot pay your taxes

If you do not have work and have no money to pay your taxes, you can ask the tax office or city hall for payment counseling ("Can I pay my taxes late?" or "Can I do installment payment?"). If you do not pay your taxes, you will not be able to receive prefectural or city services. You may have trouble when you renew your status of residence. Please consult with the Gifu Prefectural Taxation Office regarding taxes to be paid to Gifu Prefecture. Please consult with the tax division of the Hida City Hall regarding taxes to be paid to Hida City.

◆When you return to your own country

When you return to your own country or go abroad and do not return to Japan, you must pay all your taxes before leaving Japan. If you cannot pay all of your taxes, you must decide who will pay them on your behalf and notify the tax office or city hall before you leave Japan.

10. Children

Contact information : Hida City Hall Citizen Health Section, Citizen Welfare Department (Public Health Center)

Address: 2-1-60 Wakamiya, Furukawa-cho, Hida City

☎: +81 577-73-2947

When you are pregnant, when your baby is born, or if you have any questions or problems when raising your child, you can ask various questions at the health center.

There are two health centers, one in Furukawa-cho and the other in Kamioka-cho.

Facility Name	Address	Phone
Furukawa Town Health Center	2-1-60 Wakamiya, Furukawa-cho	+81-577-73-2948
Kamioka Town Health Center	2212-4 Funatsu, Kamioka-cho	+81-578-82-2233

【When you got pregnant】

◆Pregnancy notification

If you think you may be pregnant, go to an OB/GYN hospital.

If you are pregnant, you will receive a pregnancy notification (informing city hall that you have a baby in your belly).

◆Maternal and Child Health Handbook

The Maternal and Child Health Handbook is a notebook that describes the mother's body during pregnancy, the mother's body when she gave birth to the baby, and the baby's growth.

If you are pregnant, you must report the pregnancy to the public health center and receive a Maternal and Child Health Handbook. The Maternal and Child Health Handbook can be picked up on a certain day. For the date, please refer to the leaflet you receive at the hospital or the city's website. If you cannot go on the appointed day, call Furukawa-cho Health Center (Tel: +81-577-73-2948). You will receive a ticket that can be used for the Pregnancy Health Examination together with the Maternal and Child Health Handbook.

◆Pregnancy Health Examination

If you are pregnant, go to the hospital to examine your body and the baby in your tummy.

When you go to the hospital, take the ticket with you for the maternity health checkup that you received from the public health center and your maternal and child health handbook.

◆Pregnancy Visits

Interview with health center staff during pregnancy. You will talk about your pregnancy and after the birth of your child. You will also receive a voucher to be used for your child's* vaccinations.

*Vaccinations: injections to prevent illness

【After the child is born】

◆Baby Visits

Health center staff will visit all homes with babies from birth to four months. They will check on the baby's growth and introduce services available at the home with child.

◆Health checkups and consultations for children

A doctor will examine the newborn baby to see if it is healthy (health checkup only). Mothers (fathers) can consult with the doctor about any concerns or questions they may have about their baby. There is no charge for this service.

Name of Inspection	Year of the child	What you need to know
Infant health examination and consultation	3 months	· you will receive the service at the Furukawa-cho Health Center. If your address is in Kamioka-cho, you can receive the service at the Kamioka-cho Health Center. · Please bring your Maternal and Child Health Handbook (MCH Handbook) each time. Other things to bring will be explained at the baby visit. · At 4 months, 1 year and 6 months, and 3 years of age, a physician will examine the health of the child. · At the ages of 16months and 3 years, the dentist will examine the child's teeth to see if they are bad.
	4 months	
	7 months	
	12 months	
	1 year and 6 months	
	2 years old	
	3 years old	

◆Vaccinations

Vaccinations Injection to prevent illness. The shots are administered from 2 months after the child is born. You can get it at a hospital that has a pediatrics department. Bring the ticket for vaccinations and the Maternal and Child Health Handbook that you received from the public health center. The city will pay for a portion of the cost of the vaccinations recommended by the city.

【Services available during pregnancy and after delivery】

Business name	Contents	Money required	Point (of a speech)
Prenatal care (home-visit type)	A midwife can visit your home and provide prenatal and postpartum consultations.	No money required.	Furukawa Town Health Center 0577-73-2948

Business name	Contents	Money required	Point (of a speech)
Postpartum care (home-visit, day service, overnight stay)	After the birth of the baby, the mother and baby can ask for support in mental and physical care and childcare after birth until the baby turns one year old.	When you use it, you need to pay for it. However, city assistance is available.	Furukawa Town Health Center 0577-73-2948
Childcare support helper	You can ask for help with house cleaning and shopping.	when you use it, you need to pay for it. However, city assistance is available.	Furukawa Town Health Center 0577-73-2948
Infant care	Midwives take care of children from 1 to 6 months of age.		Child Rearing Support Section 0577-73-2458

【About the nursery school】

Nursery schools are facilities that take care of children before they reach elementary school age in place of parents who are unable to take care of their children at home due to their employment or other reasons.

◆Care for sick children and children after illness

When a child is ill or otherwise unable to leave the child at a daycare center, the child can be left at a dedicated facility so that the parent/guardian can work without worry. (6 months old to elementary school age)

(fever, abdominal pain, flu and other infections, broken bones, etc.)

◆Family Support Center

The child can be temporarily left in family support center when the parent or guardian is unable to take care of the child due to some reasons.

11. Where to Contact in Case of Trouble

Contact information : Gifu Hida Police Station

Address: 1401 Asakaicho, Furukawa-cho, Hida City, Gifu Prefecture

☎ : +81-577-73-0110 emergency call : 110

Contact information : Hida City Fire Department

Address: 251-1Takano, Furukawa-cho, Hida City

☎ : +81-577-73-0119 emergency call:119

◆ **police station**

Please contact us in these situations

- A. When a car hits something (a person, object, or car) (this is called a traffic accident)
- B. When you are involved in a crime. or saw a crime being committed.

【How to contact】

- (1) First, dial "110" from a smartphone or pay phone.
- (2) When the call is connected, give your name and phone number.
- (3) Then tell the officer what happened.

A. When there is a traffic accident

- I. When and where did the accident occur?
- II. What accidents have occurred?
- III. Is anyone injured?

B. When a crime has been committed. When you see a crime.

- I. What kind of crime? (Bags were stolen. (A person was stabbed. etc.)
- II. Where was the crime committed?
- III. Were you involved in a crime? Was the crime committed by someone else?

◆ **fire station**

Please contact us in these situations.

- A. In case of sudden illness or injury
- B When a fire breaks out

【How to contact】

- (1) First, call "119" from a smartphone or pay phone.
- (2) When the call is connected, give your name and phone number.
- (3) Then tell the officer what happened.

A. In case of sudden illness or injury

- I. Is it an illness? Is it an injury?
- II. Where is the sick or injured person now?

B. When a fire breaks out

- I. First, say "Fire.(kajida!)
- II. Where is the location of the fire?
- III. What is burning? (e.g., houses, trash, etc.)
- IV. Is anyone injured?