

# Foreign Resident Manual

~ To live pleasantly ~

Rules and manners may differ from those of the country or region you came from.

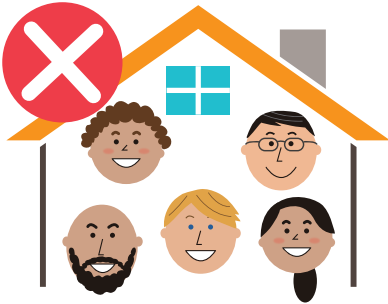
Not knowing the rules and manners of your current living area may cause you trouble.

Learn the rules and manners to protect yourself from trouble and have a peaceful time in Japan.



Azumino City

# Place of Residence



## Rental agreement rules

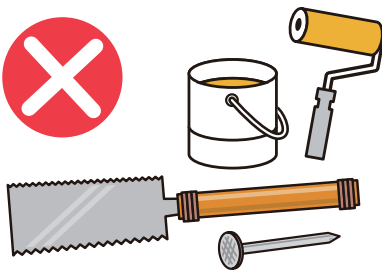
- Only individuals whose names are listed on the contract are allowed to live in the building.
- You must report any changes to your family, such as through marriage or childbirth.



- Making loud noises can cause problems with other residents. Please be considerate, especially early in the morning and late at night.



- Do not leave objects in the hallway, on the stairs, or in other common areas. Please follow the garbage disposal rules of your apartment building.



- If you damage or alter the room, you may be charged for repairs or even face eviction.



- If you wish to keep a pet, please check with the real estate agency or landlord.

**If you have any questions, ask the real estate company or your landlord.**

# Daily Life



## Smoking

- Only smoke in designated areas.
- Do not smoke while walking.
- You must not dispose of cigarette butts on the road.
- **Failure to do so may result in injury to others.**



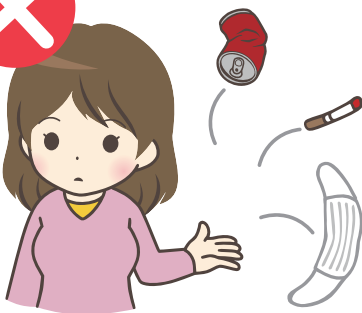
## Criminal Laws in Japan

- You must not lend or borrow items such as residence cards or national health insurance cards.
- You may not buy, sell, or transfer ownership of a bank account.
- Do not post personal information on social media.
- **If you do not follow these rules, you may become involved in illegal activities.**



## Do not carry any dangerous items

- Do not carry dangerous items, such as knives, even if you intend to use them for self-defense.
- **It is prohibited and punishable under Japanese law.**



## And also ...

- Do not dispose of garbage in the street or in public areas.
- You may not pick vegetables or flowers from fields or gardens without permission.
- **If you do not follow these rules, you may get into trouble with the landowner.**

**Be aware that you will be punished even if you are unaware of the rules.**

# Tax, National Health Insurance, Pension, Nursing Care Insurance

## Tax and Insurance payments

- Foreign nationals must also pay taxes and insurance premiums. Be sure to pay these before the deadline at City Hall, the bank, or any convenience store.
- **If you do not pay, you will be charged late fees in addition to the tax. It may also impact your salary, savings, car, and other assets. Be sure to pay on time.**

## National Health Insurance (NHI)

- Everyone living in Japan is required to enroll in a medical insurance plan so they can receive medical treatment without worry, as part of the Universal Health Insurance system.
- Foreigners of any nationality who are expected to stay in Japan for more than three months must enroll in the National Health Insurance (NHI) system.

## National Pension (NP)

- The National Pension System is a government-run insurance that provides coverage for individuals who grow old, become disabled due to an accident or illness, or pass away.
- Everyone between the ages of 20 and 59 who lives in Japan, including foreign nationals, is required to join the National Pension System.

## Nursing Care Insurance

- All individuals aged 40 or over are required to enroll in the Nursing Care Insurance.
- The way insurance premiums are determined, as well as the conditions for using services, can differ between individuals aged 65 and over and those aged 40 to 64.



**If you are unsure about the procedures or payment methods, please contact your City Hall.**

# Trash Disposal Rules

- You must separate your garbage into categories (burnable, non-burnable, plastic containers, etc.) and ensure it is placed in the designated paid garbage bags.
- Check the garbage calendar on the website and dispose of your garbage on the designated days, at the correct times, and in the proper locations.
- Write your neighborhood name and your own name on the garbage bag using a black pen.
- **Failure to do so may lead to complaints or issues from local residents.**

※The way you dispose of garbage varies depending on where you live.  
If you are living in an apartment, check with your real estate agent or landlord.



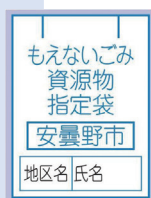
▶ The red bag (burnable) is for Food-, Paper-, Green waste, etc.



▶ The yellow bag (plastic) is for Plastic waste.



▶ The blue bag (non-burnable) is for Metalware, Glass, Ceramics, etc.



**Separate  
your  
garbage**

Place them in  
containers  
according to type.



▶ Plastic Bottles, Glass bottles, Aluminum can, Steel, Paper, etc. must be disposed of in the containers at the garbage collection point.



- Bulky waste must be brought to a licensed collection company, where you will need to pay a disposal fee. Some companies can also offer pick-up services if requested.

▶ Examples of bulky waste





# Bicycle Usage Rules

## Registration is required

- Anyone who purchases a bicycle must register it for 'Bohan Toroku' (bicycle registration for anti-theft purposes).
- Registering your bicycle will be helpful in case of theft or if your bicycle is lost.



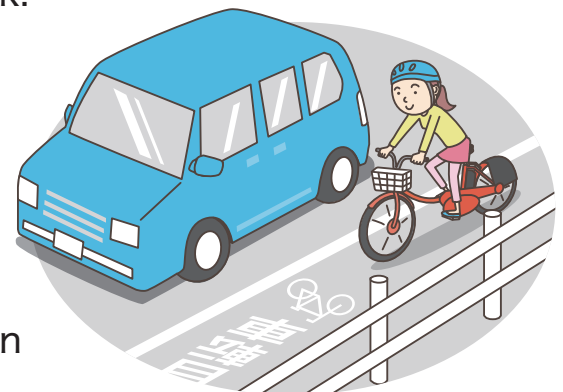
## Insurance is necessary

- You must have bicycle insurance when riding your bicycle.
- Bicycle insurance helps cover any damage or injury you cause in an accident while riding your bicycle.



## Rules of the road

- Always obey traffic lights.
- Ride on the left side of the road.
- Wear a helmet while riding a bike.
- Turn on your lights at night or when it gets dark.
- Do not ride alongside other cyclists.
- Drunk riding is prohibited.
- Do not use your mobile phone while riding.
- Do not ride while wearing earphones.
- Do not ride a bicycle with more than one person (except when using a child seat).



Azumino City offers four Japanese language classes, taught by volunteer staff, free of charge. Participation is open to all.



## Japanese language classes in Azumino

### ▶ Hotaka



**Location** Hotaka Community Center, Lecture Room  
**Time** Every Saturday, 14:00~16:00  
**Address** 〒399-8303 Azumino, Hotaka 5047

### ▶ Toyoshina



**Location** Toyoshina Support Center "Niji"  
**Time** Every Sunday, 10:00~12:00  
**Address** 〒399-8205 Azumino, Toyoshina 4030-4

### ▶ Misato



**Location** Misato Community Center, 2nd floor, Lecture Room  
**Time** Every Saturday, 19:00~21:00  
**Address** 〒399-8101 Azumino, Misato Meisei 4810-1

### ▶ Akashina



**Location** Akashina City Office, 2nd floor, Meeting Room 2  
**Time** Every Wednesday, 19:00~21:00  
**Address** 〒399-7102 Azumino, Akashina Nakagawate 6824-1

**Please be aware there are days when the classes have holiday.**

For more information about Japanese language classes, please contact the Lifelong Learning Division at Azumino City Hall.

 **0263-71-2466**

## Manual 07

# In case of an emergency

## Accident or Crime

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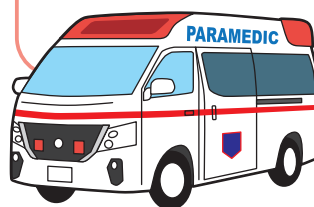
In the event of an accident or crime, call the police.



## Fire, Sudden illness or Injury

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Start the phone call by stating whether it is a fire or another emergency.



## Manual 08

# Consultation

If you are unsure where to seek advice, cannot read the letter you received from Azumino City, or have any other concerns, you can contact the Foreign Citizens Consultation Desk at Azumino City Hall.

## Azumino City Hall, 1st floor, Consultation desk for foreign residents

**Location** 〒399-8281  
Azumino, Toyoshina 6000

**Time** Weekdays, 9:00 ~ 12:00  
13:00 ~ 17:00

**Telephone** **0263-71-2088**  
**090-4884-2000**

