



LIVING GUIDE
in
TOYOOKA

豊岡市リビングガイド



Welcome to
TOYOOKA!!

Toyooka International Association

豊岡市国際交流協会

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Welcome to Toyooka!!

Toyooka is a city rich in beautiful natural environment and tradition. It aims to be a bright and prosperous city where everyone can live at ease and be proud of being a citizen.

FACE

Toyooka is an autonomy which is situated in the north-east of Hyogo Prefecture, Toyooka city, Kinosaki town, Takeno town, Hidaka town, Izushi town and Tanto town merged on the 1st of April in 2005 to form the new city. The population is 90,000 and the area is 679.66 Km² Toyooka which is the biggest area in Hyogo.

We can enjoy various seasons and the environment. The Sea of Japan is just above, Kyotango city is on the east, and the Maruyama Gawa, river runs calmly through the middle of the town. The Saiin Kaigan National Park is on the coast, and on the mountainous land there are many places like Hyonosen, Ushirozan and Nakizan that are designated as quasi – national parks. We released endangered Japanese storks, KONOTORI into the wild in September 2005. The project to return them to the wild, which is very rare, has just begun.

Toyooka city is famous for its agriculture, forestry, fisheries and sightseeing. As for agriculture, we do general crop farming and rice farming, as well as breed cattle that are famous for “TAJIMA BEEF”. As for fisheries, we unload crab in the winter that is known in Japan as “ MATSUBA C R A B”. As for sightseeing, there are many places to see here including” KINOSAKI HOT SPRINGS “, which is well known throughout Japan, “KANNABE SKI RESORT” an outstanding ski resort, “IZUSHI” a small Kyoto. More than 500 million people visit here for sightseeing each year. Sides from this we produce Toyooka bags, a major product of Japan, Izushi ware and Tajima chirimen as part of our traditional local industry.

City Mark

With the birth of the new TOYOOKA CITY, which is composed of one city and five towns a new city mark was also created. It is designed from SIX LINES and is based on the character of 「TO」 , from TOYOOKA, which means that one city and five towns became one city, wishing and growing together into the future. The color blue is a symbol of our bright future.



City Bird The Oriental White Stork

The Oriental White Storks(registered as a National Natural Monument), which became extinct in 1971, were returned to the wild in the skies of Toyooka in September, 2005. Now it is a symbol of our city that people co-exist with nature.

City Amphibian Japanese Giant Salamander

It's also called “a living fossil”, and is the biggest amphibians in the world. It was designated as a national natural monument on March 29th, 1952. 413 of them were protected from Izushi River when typhoon No.23 hit our city. November of Heisei 19th, 70 of them were released as a trial.

City Rock Basalt

Basalt is the rock which shape is hexagonal pillar and its beauty is one of the great mysteries of the world. It's also designated as a national natural monument.

Annual Events

April

Spring Festival (Toyooka)
Floating Dolls displayed on the Girl's Festival Day (Kinosaki)
Nakashima Shrine Confectionary Festival (Toyooka)
Tanto Tulip Festival (Tanto)
Soba-noodle Eating Competition (Izushi)
Hot Spring Festival (Kinosaki)



May

Kitamae Festival (Takeno)
Calamus Hot Spring Festival (Kinosaki)
Suidou Festival (Toyooka)

June

YOSAKOI Festival (Kinosaki)
OKUAKA Hydrangea Festival (Tanto)
Lily Festival, Hydrangea Festival (Takeno)
Lavender Festival (Izushi)



July

Swimming Season in Kei no Hama Begins(Toyooka)
Yakushi Festival (Tanto)
Hidaka Summer Festival (Hidaka)
Takeno Fire-flower Festival on the sea, Lotus Festival (Takeno)

August

Kannabe Volcano Festival (Hidaka)
Yanagi Festival (Toyooka)
Kinosaki Hot Spring Furusato Festival (Kinosaki)
Bon odori Festival (Each area)
Naka Hatayama Sunflower Festival (Tanto)
Kannabe Kogen Marathon National Competition (Hidaka)
Atago Fire Festival (Izushi)

October

Autumn Festival (Each areas)
Tanto Irodori Festival (Tanto)
Maple Festival (Takeno)
Ooishi Riku Festival (Toyooka)



November

Toyooka city Art Exhibition (Toyooka)
Maronie Festival (Hidaka)
Asekeikoku Maple Festival (Hidaka)
Akabana Soba Noodle Festival (Tanto)
Izushi Castle Festival (Izushi)
The Opening Ceremony of the Crab Kingdom (Kinosaki)

December

Toyooka Gishi Festival (Toyooka)

February

Tanto Snow Festival (Tanto)
Tsuiyama kou Crab Festival (Toyooka)

March

Hatsuuma Festival, Cherry Blossom Festival (Izushi)
Ski Festival (Hidaka)



1 Alien Registration

Foreign visitors, other than short-term tourists, who plan to stay in Japan for an extended period of time will receive various government services. You will need to present identity documents and proof of legal residency.

The alien registration system is designed as an official way of recognizing you as well as a system to make your life easier in Japan.

You must register at City Hall or the General branch that your address belongs to. The process is the same if you change your address or lose your card.

※If you live in Hidaka, please do it at Hidaka General Branch.

※Alien registration is normally done by the individual. However, those under 16 years of ages or those who cannot go to the public office because of illness or other reasons can have their registration made by proxy by a person over 16 years old living with the individual to be registered.

○ Upon Arrival in Japan

Anyone who plans to stay in Japan for more than 90 days should register as a foreigner within the 90 day period. Anyone 16 years old or over should apply in person. A parent or resident relative can apply for someone under 16. These are the documents you will need to present:

- Passport
- Two pictures (4.5cm high × 3.5cm wide. The picture must show the face and shoulders without a hat and be taken within the last 6 months.)
 - ※ Minors under 16 don't need pictures.
- Application Form; you can pick it up at Toyooka City Hall and other Town Hall branches.

Once you register, an "Alien Registration Card "will be issued within 4 weeks. All foreigners 16 or over must carry this card with them at all times.

○ Baby Birth in Japan

If you have a new-born child in Japan, you or a resident relative should register the child as a foreigner within 14 days at the nearest local government office.

○ Moving/Changing Jobs/Changing names

Report any change on your alien registration card information within 14 days.(Changes such as address, job, nationality, name, length of planned residency, resident status, employment address, or any other category on the registration card.)

○ What to do if you lose your card

If you lose or damage your alien registration card, or if it is stolen, you need to bring your passport, 2 photos, and your alien registration card (if you still have it) to the local government office where you are registered within 14 days.

○ Renewing your card

Alien registration expires on your fifth birthday after registration. "The renewal period" is indicated on the Certificate of Alien registration. Registration must be renewed within the stated renewal period. Those under 16 years of age are not required to renew their registration. On becoming 16, registration must be

renewed within 30 days from the date of the applicant's 16th birthday. You will need to bring your passport, 2 photos and Certificate of Alien Registration..

○ Returning your Alien Registration

Certificate of Alien Registration must be returned in the following cases:

- ① When leaving Japan without a re-entry permit, your Certificate of Alien Registration must be returned to an immigration officer at the airport or other port of departure.
- ② When you obtain Japanese citizenship, your Certificate of Alien Registration must be returned to the Foreign Resident Registration counter within 14 days.
- ③ When a registered foreigner passes away, a family member or a proxy must return his/her Certificate of Alien Registration to the foreign Registration counter within 14 days.

○ Re-entry card

Those who temporarily want to leave Japan within the valid of the visa must obtain a re-entry permit in order to re-enter Japan at nearest immigration office. There are two types of re-entry permits available, single Re-entry and Multiple Re-entry.

Osaka Regional Immigration Bureau Kobe District Immigration Office

〒650-0024 Kobe Local Joint Government Bldg, 29 Kaigan-dori, Chuo-ku, Kobe City, Hyogo TEL 078-391-4747

Himeji Port Branch Office

〒672-8063 Himeji Port Joint Government Bldg, 2941 Suka, Shikama-ku Himeji City, Hyogo TEL 0792-35-4688

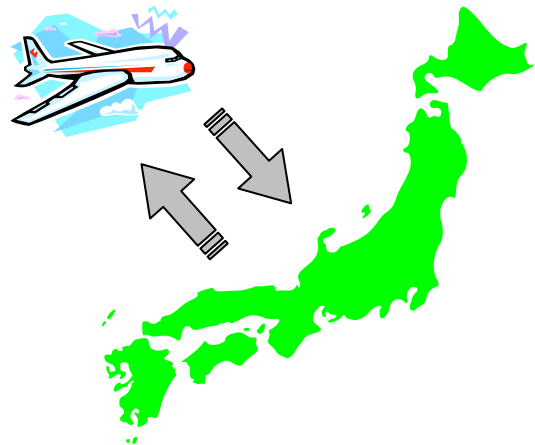
Other Registration

○ Upon Arrival in Japan

- ※Children's allowance(Jido teate) . . . P30
- ※National Health Insurance . . . P31
- ※National Pension Scheme . . . P32

○ When leaving Japan

- ※Children's allowance(Jido teate) . . . P30
- ※National Health Insurance . . . P31
- ※National Pension Scheme . . . P32
- ※Citizen Tax . . . P33



2 Utilities

○ Water

You can use water immediately, but you should call Toyooka Water Works Office(TEL 22-5377;1778,Kamisano,Toyooka) and give your name, address, customer's number, starting date, and telephone number. Or you can go there directly to register for water service.

If water leaks from the faucet, you should be able to fix it by changing the faucet packing. If it is not fixed after changing the packing, contact the water utility office. A mechanic will come to fix it. Before you move out, please give at least one-week notice to the office. You are required to pay for services before you move.

○ Electricity

【Start the service】

Fill out the postcard that is attached to the breaker with your name, address, and starting date and send it to Kansai Electric Power Company, Toyooka branch (TEL 22-3131;7-37 Sanno-cho, Toyooka) or call to the company when you are in a hurry. Also you can apply by internet. (Japanese only)

<http://www.kepco.co.jp>

When you move into a new residence, turn on a light switch to see if there is power. If the light does not come on, lift up the lever on the circuit breaker and retest it. If there is no light, call the company, and request service.

In western Japan the electricity current is 100V/60Hz, in eastern Japan it is 100V/50Hz. Note that there may be some electrical appliances which cannot be used due to this frequency difference.

【Stop the service】

Please give notice to the company before you move out by calling or by internet.

○ Gas

【Start the service】

When you move into a new place, call the gas company (City gas★Toyooka Energy Co. , Ltd.; TEL0120-8-54108, 6-57 Misaka-cho,Toyooka / Propane Gas★Private Company) and ask them to open the valve on the gas meter at your residence.

Make sure that you turn on the ventilation fan when using gas appliances, and when finished, close the gas valve. If there is an earthquake, turn off all gas appliances and close the valve. Gas has a distinctive and unpleasant odor. If you notice a gas leak, close the gas valve, and open the windows and doors to ventilate the room. There is the possibility that a fire could develop during a gas leak. Don't turn on any flames or switch on any electrical device. Contact the gas company immediately. The gas company has English pamphlets that may be helpful to you.

【Stop the service】

Please give one-week notice to the gas company before you move out.

3 Telephone and Postal Services

○ Getting a new telephone line

To get a new telephone line connected to your residence, you must apply to NTT dial 116. There are two ways to get the line, buying the line or leasing the line. If you want to buy it, the cost is ¥36,000 for the purchase of the line, and ¥800 for the contract fee. If you want to lease, the cost is ¥250 for lease besides a monthly fee. To obtain a telephone line, you need identification such as your passport or alien registration card. A consumption of tax 5% is not included in the above figures.

The installation fee will differ depending on the actual work to set the line, but it will be approximately ¥10,000.

○ Application and Cancellation of a mobile phone

【Application】

You need a personal seal and an alien registration (Must be valid with at 90 days remaining before date of expiry. Copies will not be accepted.) Subscription Processing Fee: about ¥3,000 and a cost of a phone.

There are several mobile phone companies in Japan. You can choose.

【Cancellation】

It is necessary to take the phone to a shop, and you might be required to take your personal seal and alien registration. Please ask your shop what you need.

【Mobile Number Portability Service】

This is a service that you can use the same number you used to use, when you want to change from your current carrier to another new carrier. You can only go to a new carrier for application. Your mail address will change.

○ Type of Public Phones

- There are three types of public telephone in Japan, including coin only, cards and coins, and cards only.
- Only ¥10 and ¥100 coins can be inserted in public telephones. Four to five coins can be inserted at one time. The used amount is taken and the change is returned. When ¥100 coins are used, the change in ¥10 coins and change will not be returned.
- 50-unit(¥500) and 105-unit(¥1,000) telephone cards are available.

Telephone cards can be used until the remaining number of units reaches zero. Your telephone card will be returned when you finish your call, so don't forget to take it. Within the same city, you can talk for one minute ¥10. If you hear a "beep" sound during the call, it will be automatically cut off unless an additional telephone card or coins are inserted.

○ International Call

To make an international call, you can either call directly or ask an operator with private phones or certain public phones. Please ask to each company for more details or check Websites.

KDDI (TEL0057)

SoftBank Telecom (TEL0120-917-2219)

NTT Communications (TEL0120-506505)

FUSION COMMUNICATIONS (TEL0120-380-747)

【How to make an International call】

KDDI	001=Country Code=Area Code=Telephone Number
NTT	0033=Country Code=Area Code=Telephone Number
FUSION COMMUNICATIONS	0038=Country Code=Area Code=Telephone Number
SoftBank Telecom	0061=Country Code=Area Code=Telephone Number

※If you register for the MYLINE service with any company, it is not necessary to dial each company code.

※If the overseas telephone number you wish to call begins with zero, do not include the 0 when dialing.(There may be some exceptions.)

Discount rates are available for international calls during the following hours (Japan time):

Daytime (8:00-19:00) Nighttime (19:00-23:00) Holidays (8:00-23:00)

Late night on weekdays (23:00-8:00 of next day)

Direct International Calls

International Call with a public phone

If you see a sign in the top left side of a green or gray phone saying “International Telephone Service”, you can make an international call.

You must need ¥100 coins or IC or magnetic-stripe telephone cards with at least 10 units remaining.

Company Code=010=Country Code=Area Code=Telephone Number

International Call with your phone

If you live in the central part of Toyooka, you can receive international phone service as described below without submitting a formal application. If you reside in a rural area, you may need to apply for international phone service to one of the international phone carriers. There is no charge for applying for this service, but it takes about 2 weeks to start the service. Rates and available countries differ by company, so please inquire at the individual company.

Company Code=010=Country Code=Area Code=Telephone Number

○ Others

You also can make international calls with a pre-paid card and a credit card using home phone, public phone, and mobile phone. There are some kinds of international cards.

Through an Operator

You can make an international call with operators' assistance by dialing TEL0051 and select the way you want to make the call. These are the following methods: Talking hours is depending on which phone you will use.

Person – to – Person

You can designate an individual you wish to speak to. Call the operator and tell that you wish to make a person – to – person call, giving the operator the person's name and telephone number. If that individual is not available, there will be no charge for your call.

Station – to – Station

If you do not specify a name, you can make this call. Just tell the operator the phone number of the person you want to call. It is cheaper than a person – to – person call for the first 3 minutes.

Collect Calls

You can make a collect call by revering the charge to the other party. Call the operator and state that you want to make a collect call, giving the other party's name and phone number. To make a collect call within Japan dial TEL106. For international calls, TEL0051.

○ NTT Telephone Service

Directory Assistance (¥60 for one number) TEL104

Collect call TEL106 (domestic), TEL0051 (international)

Telephone trouble TEL113

Telegram (charged for) TEL 115

Application/Moving TEL 116

Time (charged for) TEL 117

Disaster Emergency Denson Dial TEL 171

Weather report (charged for) TEL 177



○ Sending Mail

The red square boxes marked with 〒 on the streets are post boxes. To use government issued postal cards is handy and cheap for writing to persons in Japan.

The postage of a regular shaped letter (length : 14 to 23.5cm, width : 9 to 12cm, thickness : up to 1cm) is ¥80 for up to 25g in weight and ¥90 for up to 50g.

The cost of other items will depend on its weight.

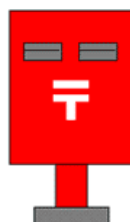
The postage of postcards to overseas addresses is ¥70 for all, but that of letters depends on the country :

	A d d r e s s	~25g	~50g
The 1 st zone	Asia, Overseas Territories of U.S.A, Palau, and others	90 yen	160 yen
The 2 nd zone	Oceania, Middle East, North America, Central America, and West Indies, Europe	110 yen	190 yen
The 3 rd zone	Africa, South America	130 yen	230 yen

There are other mail services, such as International Express Mail, Surface Air Service and so on. Please find the best way to send mail.

For further information, call the Toyooka Post Office (TEL23-0263; 3-27, Izumi-cho, Toyooka).

There are some convenience stores with a postal service.



4 Waste Disposal

You must put the right kinds of garbage at the right place on the right day in the right way by 8am in the morning.

We collect six kinds of garbage as follows; ① Burnable garbage, ② Non-burnable garbage, Recyclable garbage (③ Bottles, Cans ④ Plastic Bottle ⑤ Paper, Wrapping paper ⑥ Plastic Casing + packing). Please put them into the designated bag when you put them out, or please put a designated sticker on it if it's too big to put into a bag.

Plastic Bottle

Paper/Wrapping paper

Plastic/Casing + packing



Non - collectable garbage

One time large amount Waste Left over trash moving, tree and plant refuse, cut grass and the like.
Electrical appliances.

→ Inquiry Hokutan – seiso center (TEL 24 – 5477 ; 150, Iwai)

Business – related Garbage Garbage from stores, factories, restaurants, and so on.

※ Basically, you have to dispose of this by yourself, but if you can not, Inquiry Hokutan – seiso center (TEL 24-5477 ; 150, Iwai)

Non – disposable garbage

Dangerous and harmful articles . . Gas cylinders, used oil, chemicals, and so on.



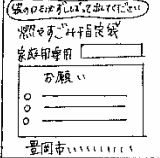

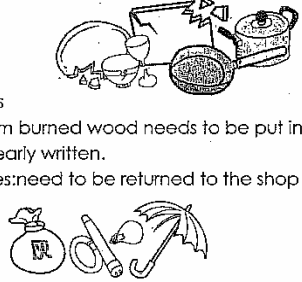
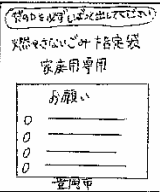

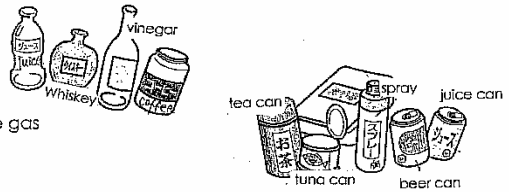
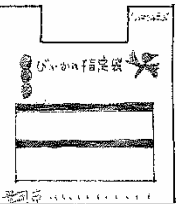

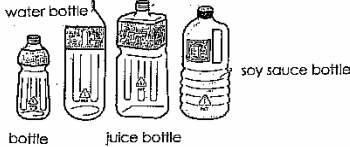
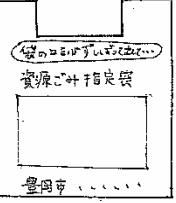

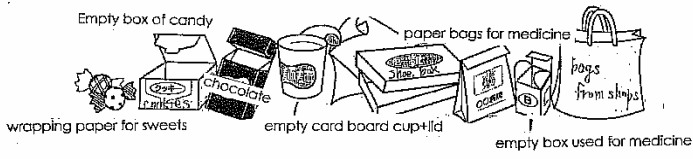
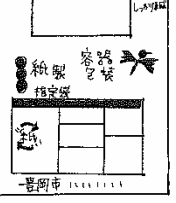

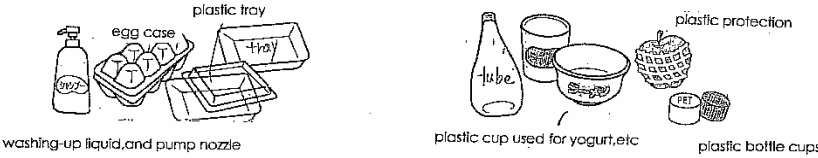
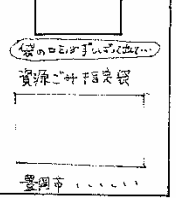
→ Ask the traders concerned or dispose of it by yourself in the proper way.

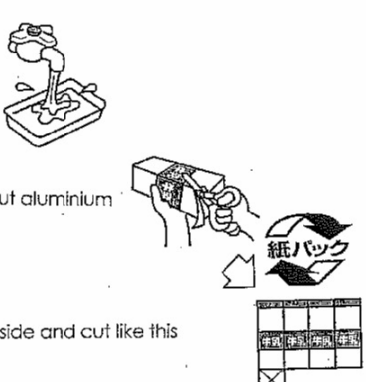
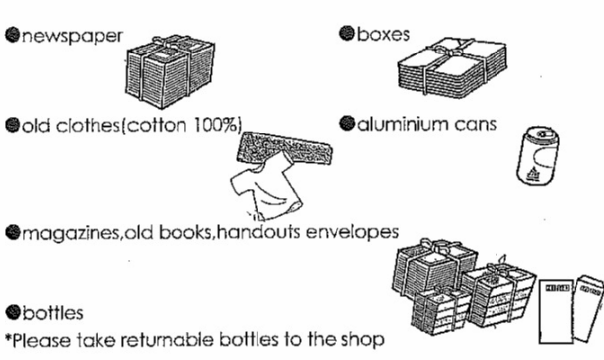

Refusable garbage Earth and sand, parts of machinery, tires, chains, face lotion etc.

→ Ask the traders or dispose by “collection of waste articles”.

Garbage and Recycling Rules

If you mix garbage, it will be just garbage
 If you separate garbage, it will become resources

How to separate	Before 8am, please take to the collection point on the collecting day	How to bag
Burnable 	<ul style="list-style-type: none"> ● Paper products, cloth products (material) ● Kitchen garbage (vegetable peelings/waste used tea leaves) *diapers: remove filth *wood: cut 1m or less, and tie together with string *drain off the water very well *make sure oil is fully absorbed by paper or cloth 	Recommended bag (red) 
Non-Burnable 	<ul style="list-style-type: none"> ● Ceramic, Metal *wrap broken ceramics and sharp metal in paper ● Others *Ash from burned wood needs to be put in a bag. "Ash" clearly written. *Batteries: need to be returned to the shop 	Recommended bag (black) tied with string 
Recyclable Bottles Cans 	<ul style="list-style-type: none"> *broken bottles + broken glass (caps, cosmetic glass bottles are <u>non-burnable</u>) ① Take off cap • metal → non-burnable • plastic → recycle ② Wash bottle ③ Crush down if metal or plastic *make a hole in spray can to remove the gas 	Recommended bag (green) 
Plastic Bottle 	<ul style="list-style-type: none"> *plastic bottle of oil, shampoo and plastic cosmetic bottles belong in plastic casing bag ① Take off cap • metal → non-burnable • plastic → recycle ② Wash bottle ③ Crush down if metal or plastic 	Recommended bag (green) 
Paper Wrapping paper 	<ul style="list-style-type: none"> *Do not leave anything inside 	Recommended bag 
Plastic Casing+packing 	<ul style="list-style-type: none"> *Do not leave anything inside, and it must be washed 	Recommended bag (green) 

<p>Please take these to store recycling units</p> <ul style="list-style-type: none"> ● Food trays *wash+day ● Milk cartons * cartons without aluminium <p>*wash carton inside and cut like this</p> 	<p>Special collection</p> <ul style="list-style-type: none"> ● newspaper ● boxes ● old clothes(cotton 100%) ● aluminium cans ● magazines,old books,handouts envelopes ● bottles *Please take returnable bottles to the shop 
<p>Recycling</p>	
<p>Things you CANNOT bring to the collection point</p> <p>【hazardous products】</p> <ul style="list-style-type: none"> ● car items ● garden tools ● house hold electrical items *eg fridge,TV ● Furniture *take these to Hokutan Seiso Center ● roof files 	

Any questions, Please ask	Toyooka City Hall	TEL 23-1111
	Hokutan Seiso Center	TEL 24-5477

The days for collection vary according to the locality. Check with your neighbor or at City hall (Life Environment Division: TEL23-1111 2-4,Chuo-machi).

Please cooperate for the collection of recyclable waste (milk cartons, papers, old cloths, aluminum cans, etc.)

- ※ No collection on Public holidays.
- ※ Business-related garbage (from factories, stores etc.) cannot be collected. Take them to Hokutan-seiso center by yourself or ask a tradesman.
- ※ Please cooperate for the collection of recyclable items, such as iron articles, milk cartons, cloths, and bottles. A party collecting in a group can get a return on their items.

Days For Collection (Toyooka)								
		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Ploastic case Plastic pack
A 1	Central of Toyooka	Sakuradori, Kyoguchi, Shin, Asahi, Shirogami, Koozaki, Toyoda	Every Monday Thursday	1st Tuesday	3rd Friday	2nd Tuesday	2 nd Tuesday	2nd,4th Friday
	Hachijyo	Naya, Kamisano, Sano, Kokonokaichi-uemachi, Kokonokaichi-nakamachi, Kokonokaichi-shitamachi, Myorakuji, Shiotsu, Yasaka						
	Nakasuji	Ichidani, Nakanogo, Hikino, Hijiuchi, Okigaya, Shimogaya, Shorenji, Fushi, Hasami						
A 2	Central of Toyooka	Yoida, Tera, Naka, Daikai-higashi, Daikai-nishi, Kameyama, Shimo, Kubo, Takao, Eiraku, Maruyama, Hanazono, Nishi-hanazono, Kotobuki, Sakuragi, Odai	Every Tuesday Friday	2nd Wednesday	2nd Thursday	4th Wednesday	4th Wednesday	1st,3rd Wednesday
	Kamiyoshi	Okuno, Ichiba, Miyake, Morio, Tateishi, Kasumi, Simo-hachiyama, Kami-hachiyama, Nagatani, Kurami						
A 3	Central of Toyooka	Oozo, Misaka, Hon, Nishimoto, Ikuta-higashi, Goryo, Ikuta-nishi, Tachino	Every Wednesday Saturday	3rd Thursday	4th Tuesday	3rd Tuesday	3rd Tuesday	2nd,4th Monday
	Nasa	Okuiwai, Kuchiiwai, Miyai, Sho, Yoshii, Nogaki, Fukujoji, Ootani, Uchimachi, Tsuji, Funadani, Mesaka						
B 1	Central of Toyooka	Tachino(the right side of Maruyama river)	Every Monday Thursday	1st Wednesday	2nd Friday	2nd Wednesday	2nd Wednesday	1st,3rd Tuesday
	Mie	Hokkeiji, Shounji, Sakaemachi, Kamata, Shimonomiya, Hon-shozakai, Naka-shozakai, Kami-shozakai, Kajiwara, Hinado						
	Tazuruno	Miyajima, Hitoichi, Funamati, Yamamoto, Mori, Kongoji, Nojyo, Kuchi-tsurui, Shimo-tsurui, Akaishi						
	Nitta	Imamori, Emoto						
B 2	Gonosho	Shoboji, Tobera, Takaya, Ekimae, Kamikage, Nakakage, Shimokage	Every Tuesday Friday	2nd Thursday	4th Thursday	3rd Wednesday	3rd Wednesday	1st,3rd Thursday
B 3	Gonosho	Fukuda, Tochie, Moridu, Taki, Shindo, Iwakuma, Gono, Igadani	Every Wednesday Saturday	3rd Friday	1st Friday	4th Friday	4th Friday	2nd,4th Tuesday
	Nitta	Dasaka, Kinashi, Ooshinooka, Nakanotani, Koudani, Yuriji						
C 2	Minato	Oshima, Seto, Tsuiyama, Kei, Tai, Hatagami, Mihara	Every Tuesday Friday	4th Wednesday	3rd Thursday	4th Thursday	4th Thursday	2nd, 4th Monday

* Substitute day is Settled for garbage and resources. Informed by public newsletters.

Days For Collection (Kinosaki)

		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Ploastic case Plastic pack
C1	Yushima	Motoyakushi, Yunomoto, Goshou, Miyamoto, Moto, Minami-kami, Minami-naka, Minami-shimo, Kita-matsugasaki, Minami-matsugasaki, Benten, Ekimae, Yanagi, Kita, Nagasaki, Otani, Higashiyama, Imazu, Momoshima, Uchishima, Asahi	Every Monday Thursday	1st Friday	2nd Tuesday	3rd Friday	3rd Friday	1st,3rd Wednesday
C2	Uchikawa	Kurui, Maruyama, Uyama, Hinoso, Futami, Musubi, Toshima, Sasaura, Handani	Every Wednesday Saturday	3rd Tuesday	4th Tuesday	2nd Thursday	2nd Thursday	2nd,4th Friday

Days For Collection (Takeno)

		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Ploastic case Plastic pack
D1	Takeno	Uhi, Takuhi, Ekimae, Higashichou, Nakachou, Babachou, Uechou, Shitachou, Nichichou	Every Monday Thursday	1st Friday	2nd Tuesday	3rd Friday	3rd Friday	1st,3rd Wednesday
D2	Naka	Hayashi, Kinbara, Higashi-oodani, Shimoszuka, Todoroki, Ojindani, Komaru, Ashidani,Sudani	Every Tuesday Friday	4th Wednesday	3rd Thursday	4th Thursday	4th Thursday	2nd,4th Monday
	Takeno	Wada, Akondani, Hanyuu, Matsumoto, Kusakai, Kirihama, Hamasui, Okusui						
D3	Minami	Tokose, Nakamura, Shimomura, Akaganeyama, Dan, Mihara, Kanadani, Kuwanomoto, Omori, Sunotani, Mondani, Kawachi, Onmata, Kojyo, Nirenbara, Morimoto, Booka	Every Wednesday Saturday	3rd Tuesday	4th Tuesday	2nd Thursday	2nd Thursday	2nd,4th Friday

Days For Collection (Hidaka)

		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Ploastic case Plastic pack
E1	Kokufu	Matsuoka, Doi, Hori, Nonosho, Ikegami, Nishishiba, Ageshi, Niji-no-machi, Kokufu-terasu, Takanuki	Every Monday Thursday	2nd Tuesday	1st Tuesday	4th Tuesday	4th Tuesday	2nd,4th Wednesday
	Hidaka	Ebara, Yoida, Iwanaka, Minokami, Yamamoto						
	Kiyotaki	Tada, Nashiki						
	Nishiki	Manba, Kurisuno, Yamada, Mangou, Inaba, Minokuchi, Higashigouchi						
E2	Kokufu	Kaminogou, Fuichiba, Fuchushin	Every Tuesday Friday	3rd Wednesday	1st Thursday	3rd Thursday	3rd Thursday	1st,3rd Monday
	Yashiro	Fujii, Nasaji, Tani, Naka, Inotsume, Yashiro, Kawae, Kogawae, Ooka						
	Hidaka	Hidaka, Hioki, Hiyoshi						
	Mikata	Shinogaki, Ibu, Sata, Chimi, Moriyama, Kannonji, Kuriyama, Tono, Hajiri, Tanokuchi, Hiroi, Inokogaki, Arakawa, Shiba						
E3	Hidaka	Asakura, Akasaki, Higashigamae, Kuto, Doujyo, Kutadani, Natsukuri, Nyuu, Kokubunji, Tsuruoka	Every Wednesday Saturday	4th Friday	4th Monday	2nd Friday	2nd Friday	1st,3rd Friday
	Mikata	No, Syouzakai						
	Kiyotaki	Jyugo, Korogaki, Ishii, Yamanomiya, Tochimoto						

Days For Collection (Izushi)

Days For Collection (Izushi)								
		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Plastic case Plastic pack
F1	Kodo	Taniyama, Shimotani, Zaimoku, Uoya, Toujyo, Teramachi, Uchimachi, Yagi, Honmachi, Yoida, Tainosho	Every Monday Thursday	2nd Tuesday	1st Tuesday	4th Tuesday	4th Tuesday	2nd,4th Wednesday
	Osaka	Munagai, Nagasuna, Torii, Morii, Marunaka, Otani, Mitsugi, Katama, Izu, Fukui, Shima						
E2	Kodo	Kobito, Yanagi, Kawara, Matsugae, Hirohara, Izushiso	Every Tuesday Friday	3rd Wednesday	1st Thursday	3rd Thursday	3rd Thursday	1st,3rd Monday
	Sugedani	Hosomi, Araki, Hirata, Fukumi, Kuresaka						
	Fukusumi	Kajiya, Fukusumi						
	Osaka	Yasura, Tadachi, Miyauchi, Hakaza, Kuchiono, OKuono						
E3	Fukusumi	Nakamura, Tsuboguchi, Yonomi, Waya, Okuyama, Yuri, Ueno	Every Wednesday Saturday	4th Friday	4th Monday	2nd Friday	2nd Friday	1st,3rd Friday
	Terasaka	Nakano, Hinobe, Kirino, Terasaka						

Days For Collection (Tanto)

Days For Collection (Tanto)								
		Area Name	Burnable	Non-burnable	Recyclable bottle,can	Plastic bottle	Paper wrappingpaper	Plastic case Plastic pack
G1	Shibo	Nyuno, Akano, Mushu, Kuchifuji, Nakafuji, Okufuji, Okuaka, Akabana, Sakazu, Nishinono, Kouryuji, Sakano	Every Monday Thursday	1nd Friday	2nd Tuesday	3rd Friday	3rd Friday	1st,3rd Wednesday
	Aihashi	Minamio, Deai						
G2	Shibo	Hatayama, Hinada, Touri, Kimura, Oota	Every Tuesday Friday	4rd Wednesday	3rd Thursday	4th Thursday	4th Thursday	2nd,4th Monday
	Aihashi	Mizushi, Hata, Yane, OKuyane, Deaiichiba, Koumoto, Nisidani, Amadani, Mihara, Karakawa						
G3	Aihashi	Kotani, Sasaki, Aida	Every Wednesday Saturday	3th Tuesday	4th Tuesday	2nd Thursday	2nd Thursday	2nd,4th Friday
	Takahashi	Shoubouji, Hirata, Kurio, Sata, Kubata, Ushiro, Higashinaka, Kozaka, Oogouchi, Yakuoji						

5 Public Transportation

Public transportation in Toyooka consists of rail (JR West and KTR: North Kinki Railway), bus (Zentan Bus), taxi and plane.

○ Trains

To ride on a train, first you have to buy a ticket from the station attendant or a ticket vending machine. Have your ticket punched at the wicket entrance or go through the automatic wicket. When you get to your destination, you hand the ticket to the station attendant or exit through the automatic wickets.

If you plan to use the train often, it would be a good idea to buy coupon tickets (Kaisuken) or fixed-term passes (Teikiken) sold at the station window. Timetables are available at railroad stations. For further information, call JR Toyooka station (TEL 22-2600: 3-2, Ote-machi), JR Ebara station (TEL 42-0051: 20-2, Kokubunnji), JR Kinosaki Onsen station (TEL 32-2608: 290, Imazu), or JR Takeno station (TEL 0007:553, Kusakai).

○ Buses

Each bus has a different timetable depending on its route. Make sure that the time and route of the bus is suitable for you. Wait for the bus at the bus station. When the bus arrives at the bus stop, enter at the rear door. Remember to take a ticket at the door as proof of where you got on. The stops on the route will be announced, so all you need to do is press the buzzer when you want to get off. If no one presses the buzzer and there is no one waiting at the stop, the bus will not stop. If it is hard for you to listen to Japanese announcements, you should ask the driver or a fellow passenger to let you know when the bus arrives at your destination. When you exit, put the ticket and the bus fare into the box near the front door. You should check your fare by the fare chart behind of the driver. Look at the number on your ticket and check the corresponding fare. The fare box can usually make change for ¥100, and ¥500 coins and ¥1,000 bills, but it is more convenient if you carry small money. You can also use coupon tickets (Kaisuken) and bus passes (Teikiken). For further information, call Zentan Bus Co., Ltd. (TEL 23-2287: 3-40, Ote-machi).

○ Taxis

Taxis are waiting at the train station. You can also call a taxi to anywhere you want. The taxi's rear left door opens automatically to let you enter, and it closes automatically. It will open again automatically when you are ready to get out. If you don't speak Japanese, you should write down the address of your destination on a piece of paper or bring a map with you.

Pay the taxi fare shown on the left side of the driver to him. You do not need to tip in Japan.

Sanin Kanko TEL 22-5211 **Nikko Taxi** TEL 23-2525

○ Airplanes

It takes only 30 minutes by airplane between KONOTORI Tajima Airport and Osaka Airport, and a connection to Natita airport is convenient. You can get a discount if you are a citizen of Toyooka, or working or studying in Toyooka.

【Information】 KONOTORI Tajima Airport TEL 26-1500
Toyooka City Hall/ Urban Design Division TEL 23-1712

How to apply for a subsidy for your airfare when using Tajima Airport

●In case of application before you use

Procedure	How to
1 . Reservations	Please call the following travel agencies or JAL Reservations Center, dial toll free (0120-25-5971) after you decide the date you will use.
2 . Buy a ticket	Go to the travel agency you called and show your ID, and fill out the application for subsidy, then pay the discount price.
3 . Check In	Please check in at the Tajima airport 15 minutes before the departure time on the reservation date.
4 . Boarding	Please follow the directions for boarding the airplane.

※ You can download an application form from HP of Toyooka city (Japanese only), or also can get it at the following travel agencies.

●In case you make your application for the subsidy after your ticket purchase

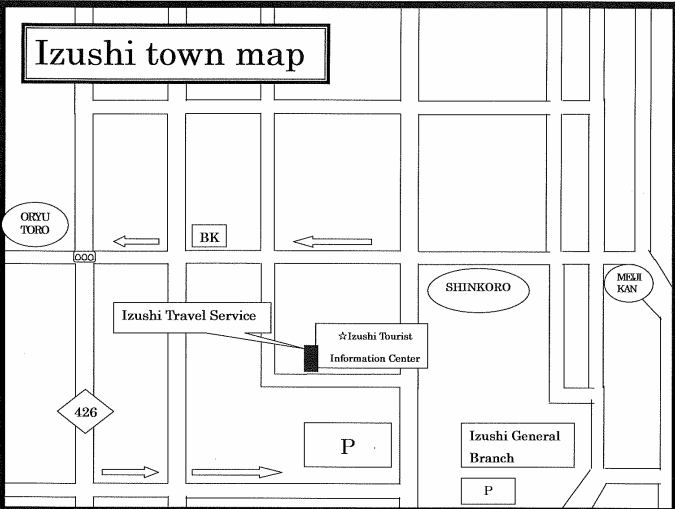
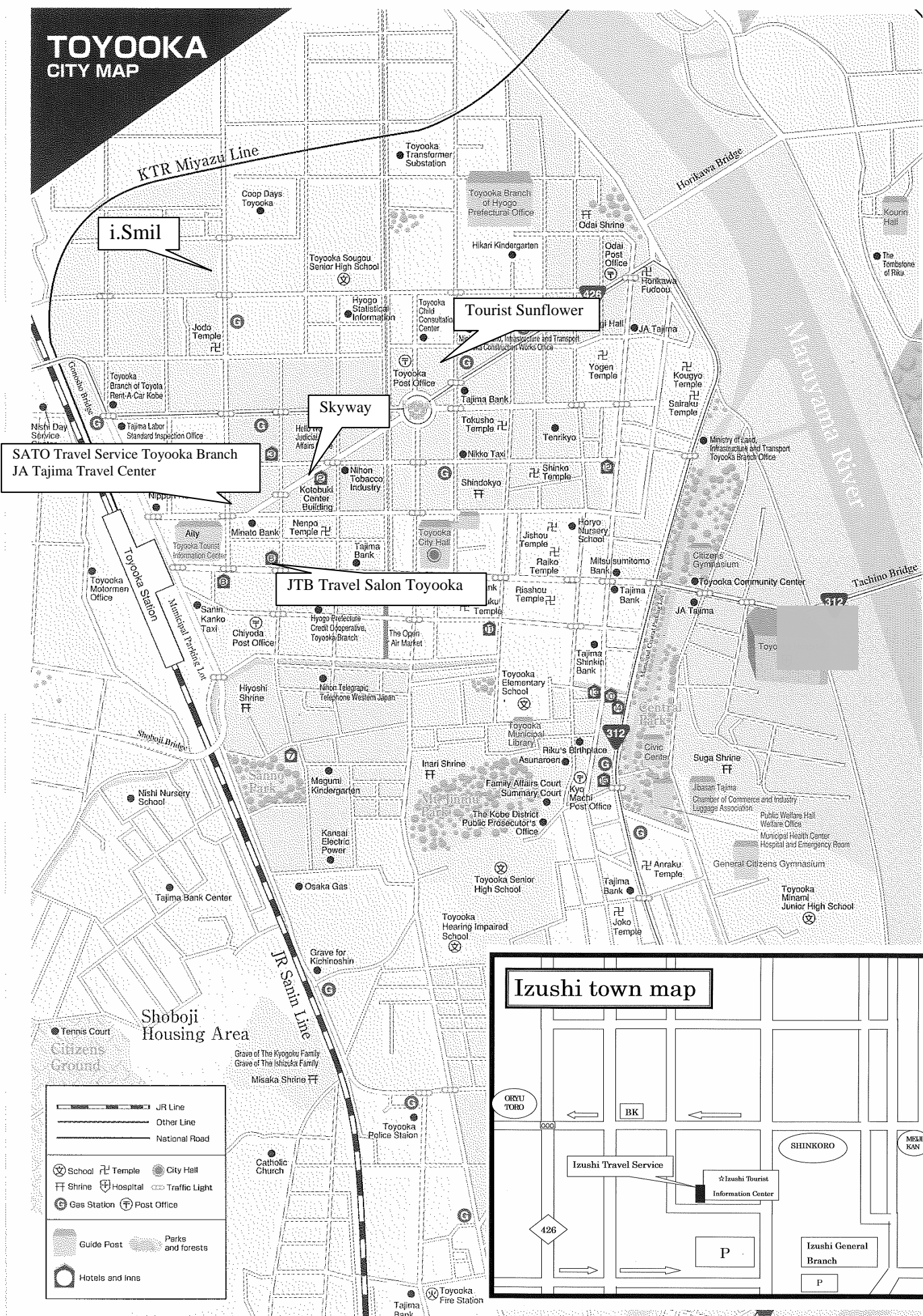
Procedure	How to
1 . Make a reservation and board a plane	Make a reservation and get a ticket by phone or internet, then board the plane on the reservation date.
2 . Apply for the subsidy at the Urban Design Division or General Branches	You must file an application form within a month after you use the Tajima airport. Don't forget to bring your ticket stub.
3 . Receive the subsidy in your account	Within a month after the application, you will receive the subsidy in your account.

※ You can download an application form from HP of Toyooka city (Japanese only), or Urban Design Division and general branches.

●Agency

N a m e	T e l
JTB Travel Salon Toyooka	2 3 - 0 0 0 1
Tourist Sunflower	2 2 - 4 2 8 1
SATO Travel Service Toyooka Branch	2 2 - 0 0 0 7
JA Tajima Travel Center	2 4 - 8 2 0 0
Skyway	2 9 - 0 2 0 3
i . Smile	2 6 - 6 1 4 0
Izushi Travel Service	5 2 - 4 6 9 0

TOYOOKA CITY MAP



6 Driver's license

A driver's license is required to drive an automobile. You should go to a driving school and learn to drive then obtain a driver's license. If you have a driver's license that you obtained in your country (abroad), it can be exchanged for a Japanese license if an application is made.

○ International Driver's License

Only international driver's licenses issued in accordance with the Geneva Conventions are valid in Japan. An international driver's license is valid for one year from the date of entry to Japan, however, if the validity of the license expires within the year, the license is valid only until the expiration date of the license.

Note: Persons, who are registered residents (have a juminhyo) of Japan or are registered aliens in Japan and have obtained an international driver's license after leaving Japan and then reenter the country, must have been out of the country for a period of more than 3 months to have the license accepted.

○ Foreign Driver's License

A person holding a German, French, Swiss, Italy, Belgium and Taiwan driver's license with a Japanese translation of the license can drive for up to 1 year in Japan. After one year has passed, persons who are registered residents (have a juminhyo) of Japan or are registered as aliens in Japan and have left Japan and reentered the country must have been out of the country for a period of more than 3 months in order to drive.

*Only translations by the consular offices of the country where the license was issued or by the Japan Automobile Federation (JAF) are accepted.

【How to apply】

Bring the required documents to your nearest JAF Translation Office, or mail them to the office by "Genkin Kakitome" (registered mail for cash) together with the issuance fee.

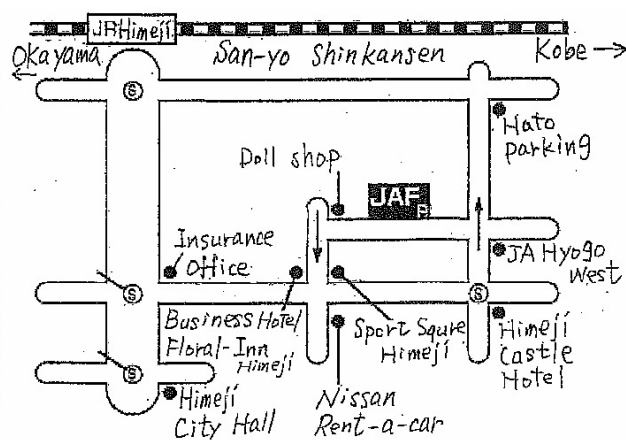
*Please note that JAF does not offer translation services for international driver's license.

【Documents required】

- ① Application for issuance of overseas driver's license translation: The form can be downloaded from the JAF homepage. If you do not have access to the Internet, please contact your nearest JAF office by phone. They will send you the form via fax or other methods.

JAF Himeji Office Tel 0792-23-0021 AM9:00~PM5:30(Mon-Fri)

JAF HP (English) <http://www.jaf.or.jp/e/index.htm>



- ② A photocopy of the overseas driver's license: Please prepare clear photocopies of the front and back of the license in color, preferably, so that descriptions on the license can be clearly read. JAF will not accept or keep the original license.
- ③ A photocopy of an alien registration card: Only required for licenses written in Arabic and licenses issued in certain countries, including the Republic of Korea, the Kingdom of Thailand, the Union of Myanmar and the Russian Federation.

【Issuance fee】

3,000 yen per license. An extra fee for return postage (290 yen) is required if the application is made by mail.

*Please note that JAF will not refund the translation issuance fee even if the application for exchanging your foreign license for a Japanese license is rejected at the Driver's License Center. Moreover, the Japanese translation will not be reissued.

【Required number of days】

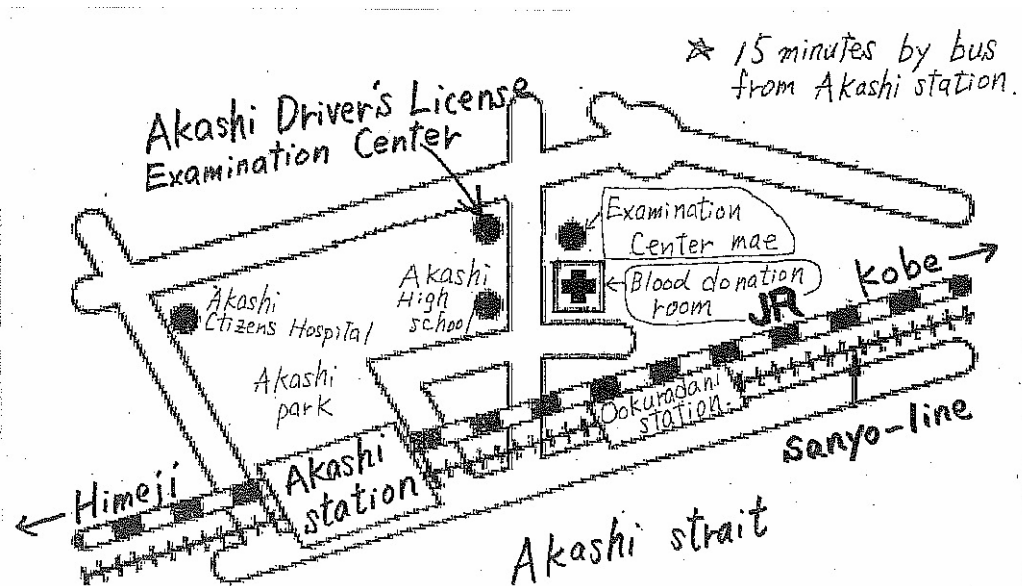
In principle, the translation is issued on the same day, assuming you visit a JAF Translation Office directly. If you submit the application via mail, they will send the translation to the address that is written in the application (in Japan only), which takes approximately one week from the application to the delivery. Moreover, it takes approximately two to three weeks to obtain the translation of the driver's license listed in ③ of "Documents required."

○ Exchanging your license for Japanese license

It is possible to apply to exchange your (foreign) license for a Japanese license. Application procedures should be made at the Driver's License Center/Driver's License Examination Center in Akashi-city.

Akashi Driver's License Examination Center

〒673-0842 1649-2, Niyama-cho, Akashi city Tel 078-912-1628
Reception hours: AM9:00-10:30



①Required items: For details on what documents are required to be presented, enquire at the Akashi Driver's License Examination Center.

(i)**Driver's License Application Form** (available at the Examination Center)

(ii)**1 Photograph** (3cm high ×2.4cm wide). Can be taken at the application office for a fee.

(iii)**Certificate of Alien Registration**

(iv)**Foreign Driver's License** (If expiration date is not stated, proof of expiration date is required.)

(v)**Passport** (with record of entry and departure from relevant countries)

(vi)**A Japanese translation of the foreign driver's license.**

(vii)**Fees vary depending on the type of license.**

②The process involved in a regular application:

Make application for exchange. → Suitability test. → Checking of one's knowledge of the road. → Driving skills test (Practical driving test on a course at the Driver's License Examination Center). → Obtain a Japanese license

③People who hold a license from a country which is a member of the international treaty on examination from driving knowledge and skills tests need take only the Suitability Test (Tekisei Shiken). However, a practical driving test is required for large two-wheeled vehicles.

○ The validity period of a driver's license

A newly obtained Japanese driver's license is valid until your third birthday after obtaining the license. After that, renewal is every 3 years or 5 years. If the validity period expires, the license becomes invalid.

Remember to renew your license.

○ If you change your address

If you change your address, it is necessary to apply to change the address on your driver's license. Make an application by bringing your driver's license and proof of your new address (Certificate of Alien Registration (card), etc.) to the police station or Driver's License Examination Center of your new address.

○ The suspension and cancellation of a driver's license

A points system is implemented in Japan to urge driver's who have broken the law or caused an accident to improve their driving safety thereafter. The points system is a system whereby points are imposed for a traffic accident, when it reaches a certain number, the individual's driver's license may be suspended or cancelled as punishment. Drunk driving is severely punishable. A license may be cancelled for a single offence.

In the case of a fine, you must pay from US\$5000 to US\$10000. There are also the possibility cases that will be a fine demanded from a fellow passenger or people who provided alcohol and cars. Please never drink and drive.

On-the- street parking is performed strictly controlled, too.

Please park in the nearest parking lot, if possible.

7 Money=Bank, Post Office

Banks and post offices handle financial transactions such as deposits and remittances. Both of them are mostly private sector institutions that handle money matters, but post offices handle mail delivery, small packages, insurance, etc besides money matters.

Business Hours Banks: 9am to 3pm, Mondays to Fridays
Post office: 9am to 4pm, Mondays to Fridays

○ Foreign Exchange

Foreign exchange is generally handled at banks as well as main post office. You can get American dollars easily at banks and the post office. However it takes a few days to get certain kinds of foreign currency.

○ Opening an Account

At banks and post offices, there are various types of accounts such as ordinary accounts, time accounts, and installment deposits. Choose the account that is most suitable for your needs.

To open an account, certification such as your passport, alien registration card, driver's license, or insurance certificate is required. You will also need your own seal.

○ Cash Card

On opening your account, a cash card may be issued on request. The cash card allows the holder to use automated teller machines (ATMs) for deposits, withdrawals and transfers without going to a teller. You will need your password to make deposits, withdraw cash, or to check your balance. ※ You should remember some indicated Chinese characters on the screen of ATMs.

Cash card can be used:

Weekdays (M-F) 9am-9pm(ATMs at some post offices, until 5:30pm)

Saturdays &Sundays 9am-8pm(until 6 pm at some locations)

※ Some ATMs are open on holidays, but it depends on the ATM.

※ You have to pay an extra fee(about ¥105) when you withdraw money from an ATM after business hours.

○ Automatic Withdrawal Service

An automatic withdrawal service is a convenient way to pay for your monthly phone, electricity, gas, and water bills. Apply at the banks or post offices for this service every month the bills will be automatically deducted from your account. It will take a few weeks for this procedure to be completed after you apply.

8 Schools, Kindergartens

○ Japanese School System

The Japanese school system is structured as follows: elementary school (6 years), junior high school (3 years), high school (3 years), junior college (2 years) or university (4 years). The Japanese school year begins in April and ends in March.

The first nine years of elementary and junior high school are compulsory education for Japanese, but not for foreigners. Those who graduated from junior high school will go to high school. Then students may select their own path, such as junior college, university, vocational school or special school.

○ Public Kindergartens

Public Kindergartens accept 5-year-old children who are going to elementary school the following year. There are 27 kindergartens in Toyooka. The kindergarten that your children attend is decided based on your place of residence. For more information, call the Child rearing Section of the Board of Education (TEL 29-0053).

The kindergartens in Izushi and the Naka-Takeno kindergarten in Takeno accept 4 and 5-year-old children.

There is also a private kindergarten for 3 to 5-year-old children. The kindergarten is attached to Toyooka Junior College of Kinki University. Contact KINDAI-TOYOOKA-TANDAI- FUZOKU- YOCHIEN ((TEL22-6360; 160,Tobera)

○ Public Elementary Schools and Junior High Schools

Children can enroll in an elementary school at the age of 6, and in junior high school at 12. They graduate when they are 15 years old. Tuition and textbooks are free. School lunches are provided at all public schools.

There are 30 public elementary schools and 10 public junior high schools. Students go to school in their own school district. Foreign students are not required to attend school, but if you wish for your children to attend a public school, you should call the School affairs Section of the Board of Education (TEL23-1451).

There is also a Private school, attached to Toyooka Junior College of Kinki University (TEL22-4305; 160, Tobera).



○ Financial Aid for Students

There is a program to provide financial support to low-income parents whose child is attending elementary or junior high school. The parents must be in need of support for such things as school lunches and school-required materials.

For more information, call the School affairs Section of the Board of Education (TEL23-1451; 2-4, Chuo-machi).

○ Public High Schools and Private Vocational Schools

There is no age requirement for entering high schools, but high school applicants should be at a level equivalent to junior high school graduates.

An entrance test to check the applicant's level is administered by the prefecture.

There are 4 prefectural high schools (Toyooka, Toyooka-sogo, Hidaka, Izushi) and one private school, Toyooka high school attached to Kinki university(Tel.22-4305; 91,Tobera). There is also the International Information Vocational School, Oooka-Gakuen, which is different from high school(Tel. 22-3786; 500, Tobera).

For details, please check with the school of your choice.

○ Universities, Junior Colleges and Technical Colleges

There is no age requirement for entering universities, junior colleges or technical colleges, but university or junior college applicants should be at a level equivalent to high school graduates. An entrance test is administered to check the applicant's level.

In Toyooka, there is Toyooka Junior College of Kinki University(Tel.22-6361; 160, Tobera) and Hyogo Business College(Tel.24-6000; 500, Tobera)

For details, check at the school.



9 Medical Treatment, Nursery and Welfare

○ Public Hospital

There are 3 public hospitals (Toyooka hospital, Hidaka Medical Center, Izushi Medical Center) and 4 civic clinics in Toyooka.

【Public Toyooka Hospitals】

Name	Address	Tel.No	Reception hours	
Toyooka hospital	1094,Tobera	22-6111	8:00-11:00	12:00-15:00
Hidaka Medical Center	81, Iwanaka,Hidaka	42-1611	7:30-11:00	7:30-14:00
Izushi Medical Center	1300, Fukusumi, Izushi	52-2555	8:30-11:30	

※ On your first visit, fill out the first medical application form and present it with your health insurance certificate at the reception desk. Then follow the direction of the receptionist.

※ Reception hours and medical departments in the afternoon are different to each hospital. For the details, please ask the hospitals.

【Civic Clinics】

Name	Address	Tel.No	Medical department
Morimoto Clinic	513-2,Morimoto Takeno	48-0001	Internal Medicine
Kannabe Clinic	60-34,Kurisuno Hidaka	45-0003	Internal Medicine
Shibo Clinic	788,Nakayama Tanto	56-0303	Internal Medicine, Pediatrics, Ophthalmology, Orthopedic Surgery
Takahashi Clinic	126, Kubata Tanto	55-0036	Internal Medicine, Pediatrics, Psychosomatic Medicine, Surgery, Dermatology, Ophthalmology, Orthopedic Surgery

○Private Hospitals and Clinics

Open hours depend on each facility, but are generally 9am-12noon and 4pm-6pm. Note that they are usually closed on Saturday afternoon, Sundays and holidays. On your first visit, you are required to present your health insurance certificate. For further information, please ask a Japanese-speaking person to call the hospital for you.

○ Holiday and Night-time Emergency Rooms

On holidays or in the case of nighttime emergencies, civic emergency room is available. On your first visit, you are required to present your health insurance certificate.

Address	Tel No.	Open Hours	Medical department	Reception Hours
23-6,Jyonan-cho	23-9219	Sunday, Holidays, August 15th, New year holidays	Internal Medicine Pediatrics	9-11am, 13-16:30pm (Dec-Feb 9:30~)

○ Emergency Medical Center

There is Emergency Medical Center in Toyooka hospital. It opens 24 hours for people with serious illness. Those people who are not serious (sickness), please go to the nearest local institution or above Holiday and Night-time Emergency Rooms.

【Vaccination】

①Private Vaccination/Infant stage

Name of Vaccination	Age	Number of Times	Period of General inoculation	Others
BCG	Under the age of 6 months	Once	The age of 3 months~the age of 6 months	
Diphtheria, Pertussis, Tetanus	The age of 3 months~under the age of 90 months(7&half years old)	Term I first time 3 times	3 months after birth ~12 months	Term I is to get 3 times after 3~8 weeks distance.
		Term I addition Once	12 months ~18 months after the first term completion	
Measles, German measles	Term I (The age of 12 months ~ the age 24 months)	Once	The age of 12 months old ~ the age of 24 months	
	Term II (One year before children who go to the elementary school. Over the age of 5 years to the age of 7 years.)	Once	A year away from entering elementary school.(the age of 5 years~the age of 7 years)	
Japanese Encephalitis	Between 6 months after birth to 90 months.	Term I first time, twice	3 years old ~ under 4 years old	At the first term, get vaccination two times, 1-4 weeks distance.
		Term I first time, add once	Almost a year distance after the Term I .	

○After infant stage

Name of Vaccination	Age	Number of Times	Period of General inoculation	Others
Diphtheria, Tetanus	11 years old and less than 13 years old	Once	Between 11 to 12 years old	
Japanese Encephalitis	9 years old and less than 13 years old.	Once	Between 9 to 10 years old	
Measles, German measles	TermIII (The 1st grade of junior high school※To be 13 years old.)	Once	The 1st grade of junior high school※ To be 13 years old.	※Interim measure for 5 years from 2008.
	Term IV(The 3rd grade of high school※To be 18 years old.)	Once	The 3rd year of high school※To be 18 years old.	

【How to receive vaccination】

- Please go to individual vaccination cooperation medical institution to inoculate.(detailed information is given to you in April each year) Please make an appointment with the medical institution.
- Please bring your maternal and child health handbook and questionnaire. If you don't have it, please ask to the nearest government office. Vaccination fee is free except when you receive it after the period of general inoculation.

②Group Vaccination

Name of Vaccination	Age	Enforcement Day	Period of General inoculation	Others
Poliomyelitis	The age of 3 months ~9 months	2 times	The age of 3 months ~ the age of 18 months	It should be over 6 weeks distance between first vaccination to the second.

※Group Vaccination will be held twice a year(around in May and November) at Health center and each Health Welfare center. Detail information is given to you in a newsletter.

※BDG . . . To prevent infection by nuclear bacteria.

※Diphtheria(JIFUTERIA) . . . a febrile, infectious disease caused by the bacillus *Corynebacterium diphtheriae*. Infection with high fever, sore throat, and coughing cause Dyspnea.

※Pertussis(HYAKUNICHI SEKI) . . . Hard coughing cause dyspnea, and complication of pneumonia.

※Tetanus(HASHOFU) . . . A tetanus bacillus is in the ground goes into a body through a wound. It might cause nervous system symptoms such as convulsions.

※Measles(MASIN) . . . It is called “measles” with the main symptom a strong infection and fast onset rate.

※German measles . . . Sickness caused by the droplet infection of wind virus of German measles. It starts with a light cold, and its symptoms are a rash, fever, the swelling of back of the head lymph node.

※Japanese Encephalitis . . . It is a viral infection disease being generated by Japanese encephalitis virus mainly transmitted by “*Culex Tritaeniorhynchus* Giles.”

③Elderly people Vaccination

Name of Vaccination	Age	Number of Times	Period of General inoculation	Others
Influenza	In a general rule, over 65 years old	Once every year	Around from in October to December every year	

【How to receive vaccination】

• Please make an appointment with the medical institution in advance. Detail information is given to you in April each year.

Those people who can't take the vaccination

①Those people who clearly have a fever or diarrhea

②Those people who have a seriously or clearly acute disease.

It is a general rule, for people who need to take medicine because of an acute sickness, to postpone the date for taking the vaccination. As it is difficult to know how you will feel after the sickness.

③Those people who has had heavy allergic reaction from the vaccination which you are going to take or some ingredients in vaccination.

④If the doctor has decided that your condition is not suitable.

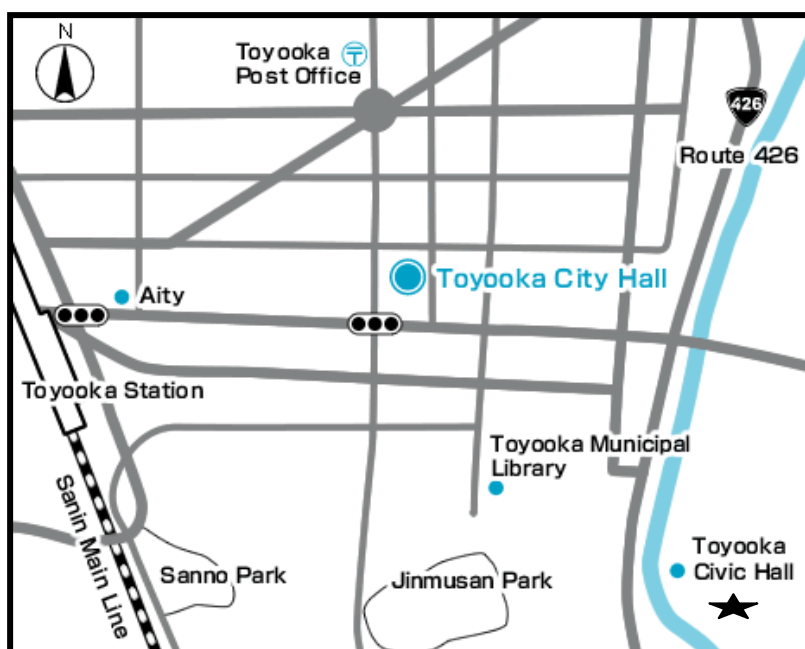
Other things you should care:

- ◆ Hairy caterpillars, (especially the hairy caterpillars which appears onto the various kinds of tea trees, sasanqua and camellia japonica tree) or mites make you have a rash and itchness. Or medicines which do not suit you make itchy or rash. There might be better cases for you to go to the hospital.
- ◆ About 20 % of Japanese people infected with Pollinosis. There are two kind of infection such as the perennial allergic rhinitis caused by mites or a dust in the house, and the seasonal allergic rhinitis that a symptom is over only in the season when pollen (a cedar, a hinoki) flies.
- ◆ Spending time outside for a long time or exercise without consuming water enough under the hot weather. Please be careful especially at the time of your poor body condition.
- ◆ The norovirus which is the caused of the food poisoning by the shellfish such as oysters, and also be careful about mycetism. It is very dangerous to eat without enough knowledge.

○ Health of Citizens

Toyooka City periodically holds basic health medical examinations; lung cancer, stomach cancer, female cancer screening and physical checkups. See further information in the public newsletters.

Location Figure of Toyooka Health Welfare Center



[Contact]
Health Center,
Health Promotion
Division of Health
Welfare Department

Tel 24-1127



○ Health of Mother and Child

Child Care General Center 4-5 Oote-cho, Toyooka City 7F of Aity
TEL 24-4604 Closed on Tuesdays

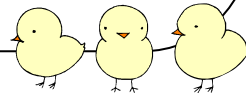
The Child Care General Center is to support child care. Every Tuesday is the consultation day. And “Fureai Hiroba (Communication Park)” is a place to visit whenever you want to, you can play and communicate with children and mothers. Please join us casually as there are various events every month.

There are also Child Care Center in Kinosaki, Takeno, Hidaka, Izushi and Tanto.

Kinosaki Child Care Center	TEL 32-4666
Takeno Child Care Center	TEL 47-2040
Hidaka Child Care Center	TEL 42-4610
Izushi Child Care Center	TEL 52-6188
Tanto Child Care Center	TEL 54-1110

Use the internet, we update information regularly. Please take a look.

Toyooka City HP ⇒ Click Child Care / Children’s Information



Provided is a maternal and child health handbook, counseling for pregnant women and newborn babies, and medical examinations for 4-month-old, 7-month-old, one and half year old, and 3-years-old children. For further information, contact Toyooka Municipal Health(TEL 24-1127; 23-6, Jonan-cho)and Welfare Center or Prefectural Toyooka Health Center(TEL 23-1001; 7-1, Saiwai-cho).

○ A Day Nursery

When a parent or guardian is unable to look after their child during the daytime because of work, pregnancy, birth, care of sick persons etc., infants over 6-months-old can go to day nursery. There are 11 public nursery schools (Minato, Jonan, Nishi, Higashi, Takeno, Morimoto-hekichi, Kiyotaki, Nisiki, Aihashi, Takahashi, Shibo) and 12 private ones (Horyo, Mie, Childhouse, Kinosaki, Kokufu, Yashiro, Tadegawa, Tadegawa-daini, Seisyu, Mikata, Izushi, Osaka).

For further information, please ask the Child-rearing Section(TEL 29-0053).

○ Children Allowance

Is for those who have children from newborn to just before they finish elementary school(0 years old ~12 years old through March 31st.) And those whose household income for the previous year was less than a specific amount. In case of both parents working: The parent of highest salary is eligible to receive the children allowance. So in one family one receiver is principle.

- To receive the children allowance

You must apply to receive the children allowance. Please apply with necessary documents at the Citizen’s Division of the City Hall or at the Reception Desk of each branch. Any questions, please ask at a reception desk.

- To receive the children allowance continuously

The children allowance received need to “Genkyotodoke(present state report)”in June every year. Please be careful as you cannot receive it if you apply after June.

- When you leave Japan

Please cancel your children allowance when you leave Japan Japan.

○ National Health Insurance

The National Health Insurance system aims to provide mutual aid for pooling money to help sick or injured people pay their medical expenses, so that no one needs to worry about medical costs.

Those who must subscribe

Everyone planning to reside in Japan for one year or more must subscribe to the National Health Insurance Section except for:

- Those who are covered by a separate (perhaps work-sponsored) insurance program.
- Those who are supported by government welfare.

You can enroll in the program by bringing your alien registration card to the National Health Insurance Section in City Hall(Tel.21-9015).

When you enroll, you will receive only one National Health Insurance certificate per household.

In any of the following cases, please apply to enroll or withdraw from the system at the responsible section.

Enrollment

- The date you move to Toyooka
- The next day you withdrew from a health insurance program provided by your place of employment
- The date government welfare support ends
- The birth of child

Termination

- The date you move from Toyooka to another city or town
- The date you enroll in a company health insurance
- The next day of death
- The date government welfare support starts

Using National Health Insurance

When you or your dependent visit a medical institution, you should present your National Health Insurance certificate at the counter so that you will be charged only 30% of the medical bill.

The plan also helps cover such costs as hospitalization, catastrophic illness, midwife services, and funeral services.

Tax for National Health Insurance and Payment

The tax is calculated based on income and the entire household, etc. When you receive the invoice, the payment is 9 times a year. Pay the amount at the responsible counter or banks designated by City Hall or General branch by the deadline. You can set up an automatic payment plan through the bank. If it is hard to pay the amount because of unemployment, there is a payment reduction plan. If you apply for such an exemption, you must fill out forms for the total family income and living conditions.

For more information, contact the at the National Health Insurance Section in Toyooka City Hall(Tel.21-9015).

○ National Pension Scheme

Everyone living in Japan between 20 to 59 years of age, including foreign residents, are required by law to enroll in the National Pension plan and pay pension premiums. Public pension offers not only the old-age pension, but also disability pension and survivor's pension, in case of unexpected circumstances.

How to join the scheme

You should apply at a Resister Division in City Hall or at each General branch. It is necessary to apply if you have already joined an Employees' Pension Insurance Scheme or a Providential Society's Scheme.

Insurance premiums

If you want to join the National Pension Scheme, you will have to pay insurance premiums. You can pay monthly, or if you will pay it in advance by cash or direct debit, you will get a discount. Please ask at Toyooka Social Insurance Office (Tel 22-3196).

When it is difficult to pay premiums

For people with no income or people whose income is so low premium payment is difficult, you can apply to be made fully exempt from paying or exempt from paying half of the premium cost. Please ask at Resister Division (Tel 21-9015) or each General branch.

Receiving a pension

As a rule, a pension is paid to those who have fulfilled such conditions as having paid National Pension premiums for 25 years or more, from the time the member is 65 years of age, and those who incur an illness or injury resulting in a Level 1 or Level 2 disability while he/she is a member of the National Pension plan. Also if a National Pension plan member dies, the bereaved family members (a wife who has a child of the member or the children of the member) can receive a pension.

Lump-Sum Withdrawal Benefit

If half the numbers of months a foreign resident has paid your premiums and has had half exemption together total six months or longer, but who has no fulfilled the required membership period for a basic old-age pension, you are paid a lump-sum withdrawal benefit according to the number of premium payment. You can obtain an application form before leaving Japan at the National Pension counter or at the Social Insurance Office. After leaving Japan, please complete the application form and mail it to the Social Insurance Operation Center in Suginami City, Tokyo within 2 years..

Social Insurance Operation Center

3-5-24, Takaido-nishi, Suginami city, Tokyo 〒168-8505

TEL 0570-05-1165 Fax 03-3335-6304

10 Taxes

In Japan, the tax authorities are the national government, the prefectural government, and the municipality, and each of them impose various taxes. They are handled respectively at the national tax office (ZEIMUSHO), the prefectural tax office (KENZEI-JIMUSHO) and the municipal tax Division (ZEIMU-KA, SHIYAKUSHO) per the following table.

Classification of Taxes and Administrative Authorities (partial list)

Classification of Taxes	National taxes	Local taxes	
		Prefectural taxes	Municipal taxes
Taxes on Income and Profit	<ul style="list-style-type: none"> • Income tax • Corporate income tax 	Prefectural inhabitant' tax (Indivisual, corporate) Business tax	Municipal inhabitans' tax (Indivisual, corporate)
Taxes on inheritage and property	<ul style="list-style-type: none"> • Inheritance tax • Gift tax • Registration and license tax • Stamp tax 	Real estate acquisition tax	<ul style="list-style-type: none"> • Property tax • City planning tax • Special land holding tax
Taxes on consumption and transportation	<ul style="list-style-type: none"> • Motor vehicle tonnage tax 	Motor vehicle tax	Light motor vehicle tax

Those people who lives in Toyooka and had income tax as of January 1st of previous year need to pay individual inhabitant tax.

For additional information, please consult the following office:

National tax: Toyooka District Tax Office (ZEIMUSHO)	Tel 22-2101
Prefectural tax: Hyogo Toyooka Tax Office (KENZEI-JIMUSHO)	Tel 23-1001
Municipal tax: Tax Division, Toyooka City Hall (ZEIMU-KA)	Tel 21-9045
Property Tax	Tel 21-9046

11 Emergencies

○ Fire

What to do in case of fire:

Shout “fire!!” “KAJI!!” in a loud voice.

Dial **119** and tell ①fire ②address ③name ④phone number.

If you do not speak Japanese, ask your neighbor to call the fire department for you.

○ Earthquake

When an earthquake occurs, turn off the gas and the gas oven if in use. Turn off all other cooking and heating appliances that may cause a fire. When it is hard to move, take shelter in the nearest safe place. Then leave for open ground when the shaking seems to have settled down for a while.

○ Ambulance

When calling an ambulance dial **119** and tell ① what happened(traffic accident “KOHTSU-JIKO”, illness”BYOKI”)②address③victim’s name④age⑤your name⑥phone number for contact with. If you do not speak Japanese, ask your neighbor to speak for you.

○ Police

To call the police, dial **110** and tell them what happened. For example “A burglar broke into the house.” “There’s been a traffic accident.” If you do not speak Japanese, ask your neighbor to call the nearest police station for you.

【Japanese for emergency situation】

- My name is ----- . /Watashi no namae wa ----- desu.
- My address is ----- . /Jusho wa ----- desu.
- I am now at ----- . /Watashi wa ima ----- ni imasu.
- It is near ----- . /Koko wa ----- no chikaku desu.
- The telephone number is ----- . /Denwa bango wa ----- desu.
- There has been a robbery. /Dorobo desu.
- There has been a traffic accident. /Kotsujiko desu.
- There is a fire. /Kaji desu.
- There has been an injury. /Kega desu.
- My ----- hurts. /----- ga itai desu.
- There is a gas leak. /Gasu more desu.

Calmly • Slowly • Loudly

12 Public facilities

《City Hall/General branch》

Toyooka City Hall	2-4, Chuo-machi, Toyooka	23-1111
Kinosaki general branch	1057-1, Momoshima, Kinosaki	32-0001
Takeno general branch	1585-1, Takeno, Takeno	47-1111
Hidaka general branch	920, Nyuu, Hidaka	42-1111
Izushi general branch	1, Uchimachi, Izushi	52-3111
Tanto general branch	150, Deai, Tanto	54-1000

《Social welfare facilities》

Toyooka Health Welfare center	23-6, Jonan-cho, Toyooka	24-7033
Kinosaki Health Welfare center	625-1, Yushima, Kinosaki	32-4503
Takeno Health Welfare center	1478, Sunotani, Takeno	47-2033
Hidaka Health Welfare center	891-2, Nyuu, Hidaka	42-1199
Hidaka Tobu Health Welfare center	809, Hori, Hidaka	42-1031
Hidaka Seibu Health Welfare center	40, Korogaki, Hidaka	44-1700
Izushi Health Welfare center	1302, Fukusumi, Izushi	52-3024
Tanto Health Welfare center	433, Deai, Tanto	54-1000

《Halls, etc》

Toyooka Civic Center	20-34, Tachino-cho, Toyooka	23-0255
Toyooka Citizens Plaza	4-5, Oote-machi, Toyooka	24-3000
Kinosaki Conference Room	1062, Yushima, Kinosaki	32-3888
Izushi Citizens Hall	1, Uchi-machi, Izushi	52-3111
Hiboko Hall	318, Munagai, Izushi	52-6222
Tanto Citizens Center	150 Deai, Tanto	54-1020

《Gyms》

Toyooka Citizens Gymnasium	1-3, Tachino-cho, Toyooka	22-3852
Toyooka General Gymnasium	1-75, Ozo-cho, Toyooka	24-1810
Takeno B&G Marine Center	3102-2, Takeno, Takeno	47-1805
Naka Takeno Furusato Center	5, Todoroki, Takeno	47-1585
Hidaka Culture Gymnasium	954-6, Nyuu, Hidaka	42-3505
Kannabe Highland Gymnasium	59-51, Kurisuno, Hidaka	42-1111
Izushi General Sport Center	923, Fukusumi, Izushi	52-5511
Tanto Central Gymnasium	47-1, Deai, Tanto	54-1000
Sibo Gymnasium	706-1, Nakayama, Tanto	56-1000

《Public & Private Hospitals》

Toyooka Hospital	1094, Tobera, Toyooka	22-6111
Hidaka Hospital	81, Iwanaka, Toyooka	42-1611
Izushi Hospital	1300, Fukusumi, Izushi	52-2555
Holidays & Emergency Room	23-6, Jonan-cho, Toyooka	23-9219
Morimoto Clinic	513-1, Morimoto, Takeno	48-0001
Kannabe Clinic	60-34, Kurisuno, Hidaka	45-0003
Takahashi Clinic	126, Kubata, Tanto	55-0036
Aihashi Clinic	76, Deai, Tanto	54-0011
Sibo Clinic	788, Nakayama, Tanto	56-0303
Tanto Dental Clinic	76-1, Deai, Toyooka	54-0223

《Police stations》 Dial each key number first, and talk to a operator.

Toyooka Minami Police Station	7-5, Showa-cho, Toyooka	24-0110
Toyooka Ekimae Koban	3-40, Oote-machi, Toyooka	
Sakuramachi Koban	15-3, Sakura-machi, Toyooka	
Nakatani Police Station	521, Nakatani, Toyooka	
Miyake Police Station	43-1, Miyake, Toyooka	
Kokonoka ichi Plice Station	269-1, Kokonokaichi-shitamachi, Toyooka	
Hijiuchi Police Station	542-8, Hijiuchi, Toyooka	
Shouzakae Police Station	330-1, Shouzakae, Toyooka	
Nojyo Police Station	142-3, Miyajima, Toyooka	
Simokage Koban	571-1, Shimokage, Toyooka	
Nasa Police Station	68-1, Fukujyo-ji, Toyooka	
Ebara Koban	108, Hioki, Toyooka	
Fuichiba Police Station	435, Fuichiba, Hidaka	
Ageshi Police Station	383-7, Ageshi, Hidaka	
Yashiro Police Station	69, Naka, Hidaka	
Doujyo Police Station	239-6, Doujyo, Hidaka	
Kuriyama Police Station	656-15, Kuriyama, Hidaka	
Kiyotaki Police Station	1334-2, Yamanomiya, Hidaka	
Kannabe Police Station	58-2, Kurisuno, Hidaka	
Ohashi Koban	173, Matsugae, Izushi	
Hakaza Police Station	31-3, Hakaza, Izushi	
Osaka Police Station	119-3, Shima, Izushi	
Deai Police Station	179-6, Deai, Tanto	
Sata Police Station	491-4, Sata, Tanto	
Nakayama Police Station	695-3, Nakayama, Hidaka	
Toyooka Kita Police Station	47-1, Momoshima, Kinosaki	32-0110
Kinosaki onsen Ekimae Koban	316-6, Imazu, Kinosaki	
Kuruhi Police Station	218-7, Uyama, Kinosaki	
Kehi Police Station	4005-87, Kehi, Toyooka	
Tsuiyama Police Station	29-2, Seto, Toyooka	
Takeno Police Station	2425-1, Takeno, Takeno	
Todoroki Police Station	193-1, Todoroki, Takeno	
Morimoto Police Station	4, Onmata, Takeno	

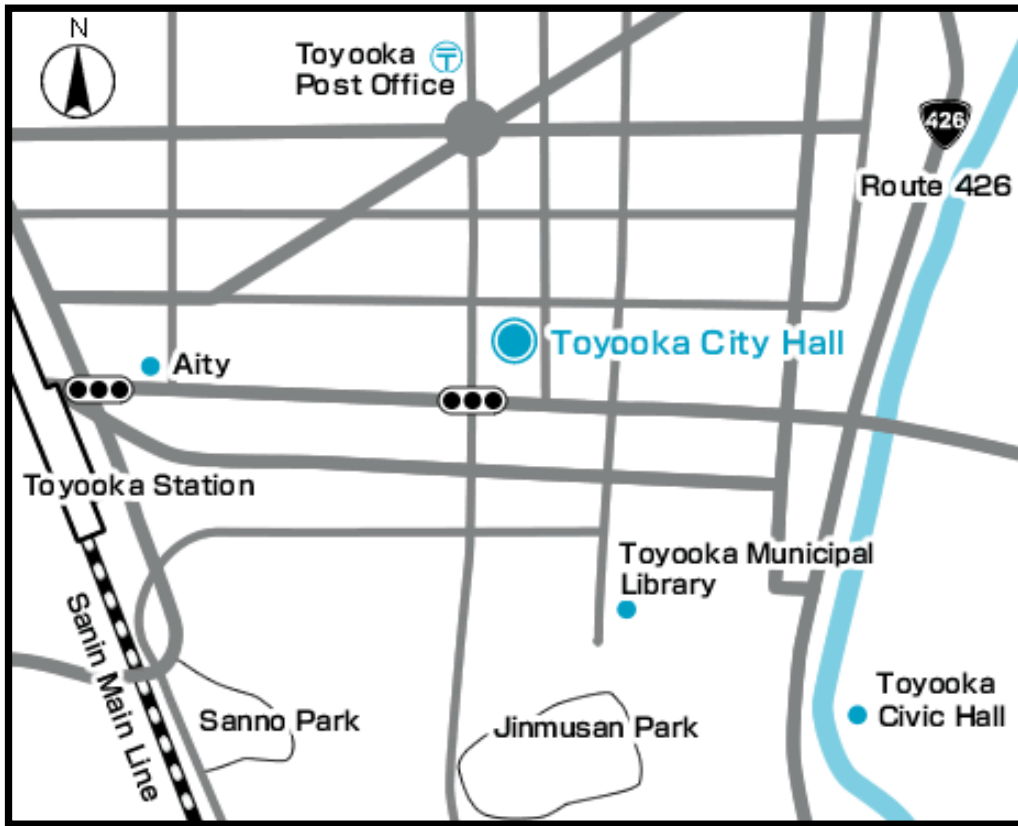
《Other facilities》

Toyooka Library	5-28, Kyo-machi, Toyooka	23-6151
Toyooka Tax Office	216, Kamikage, Toyooka	22-2101
Toyooka Children Center	1-8, Saiwai-cho, Toyooka	22-4314
Tajima Dome	88-50, Nashiki, Hidaka	45-1900
Kounotori no Sato Park	128, Shounji, Toyooka	23-5666
Kounotori Tajima Airport	1598-34, Iwai, Toyooka	26-1500
JRToyooka Station	3-2, Oote-machi, Toyooka	22-2600
Nasa Forest Park	499, Mesaka, Toyooka	24-7411

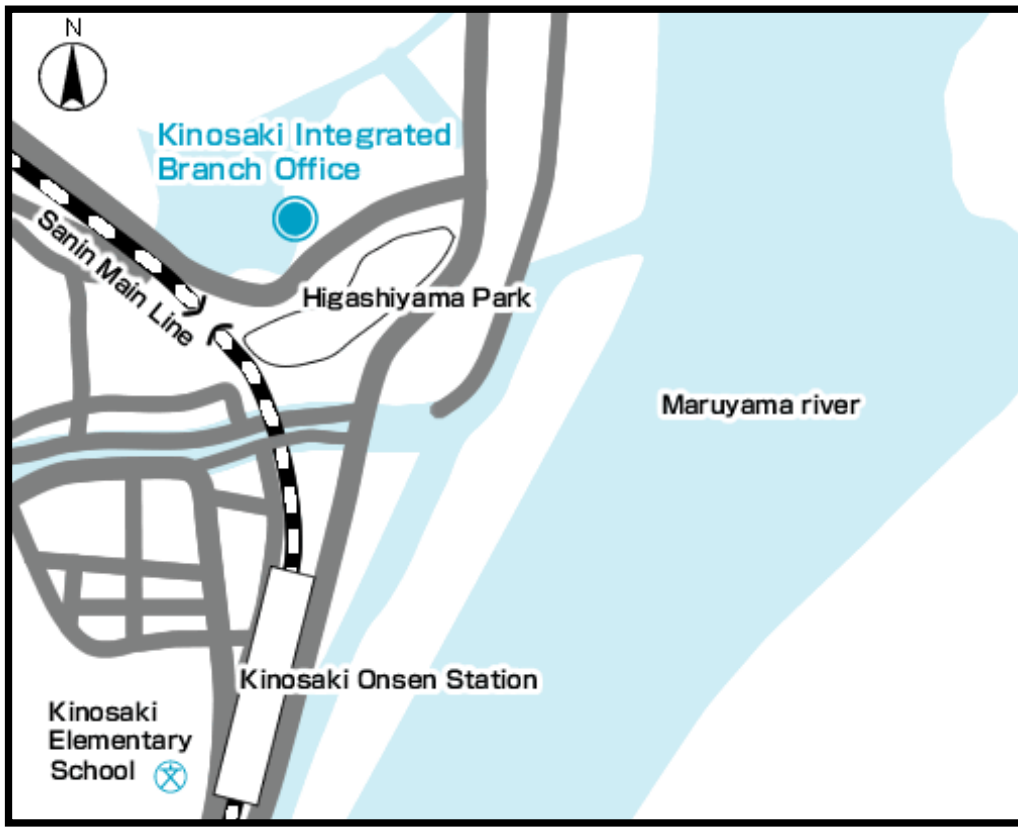
《Various Support Informations》

Contents	Inquiry	TEL
Human Rights Support	Administration Division	23-1116
Administration Support		23-1111
Persons with Disabilities	Social Welfare Division	24-7033
Persons with Disabilities (Visual handicap)		
Persons with Disabilities (Auditory difficulties)		
Persons with Mental Deficiencies		
Persons with Mental Disorders		
Worries	Toyooka Council of Social Welfare	24-7311
Marriage Support		
Legal Advice(from 12:00) ※First 8 people. No appointment by phone.		
Children-Education	Toyooka Freai Center	24-8303
Employment Support	Hello Work Toyooka	23-3101
Lifestyle Support	Lifestyle Advisory Room	23-1111
Advisory Service for Foreign People	Toyooka International Association	24-5931
Farmer Support	Agricultural Committee Office	21-9021
Women Support	Toyooka Branch of Hyogo Prefectural Office	22-0514
Mental Care Support Social Withdrawal Support ※You need an appointment in advance.	Toyooka Health Welfare Office	26-3662

※Please check the last page of every 10th issue of newsletter for more detail(Japanese only), or please call each section to ask. If you need a help for language (English only), please feel free to call Tia office. ⇒ 24-5931



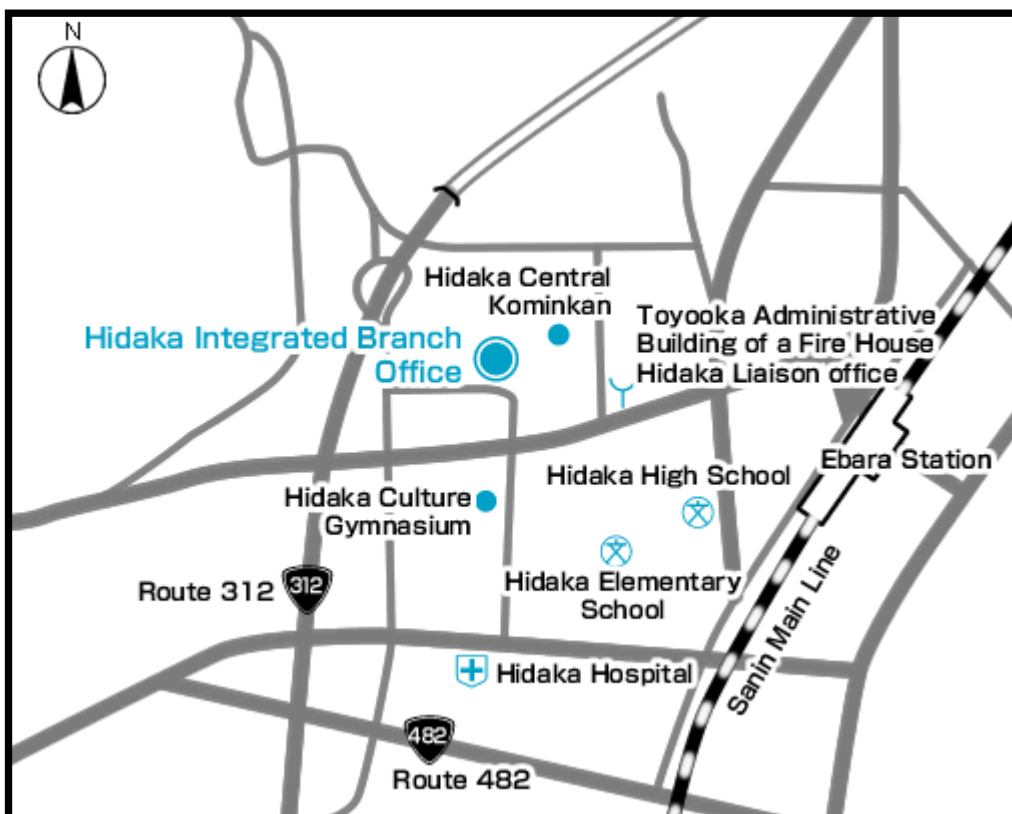
Location of Toyooka City Hall



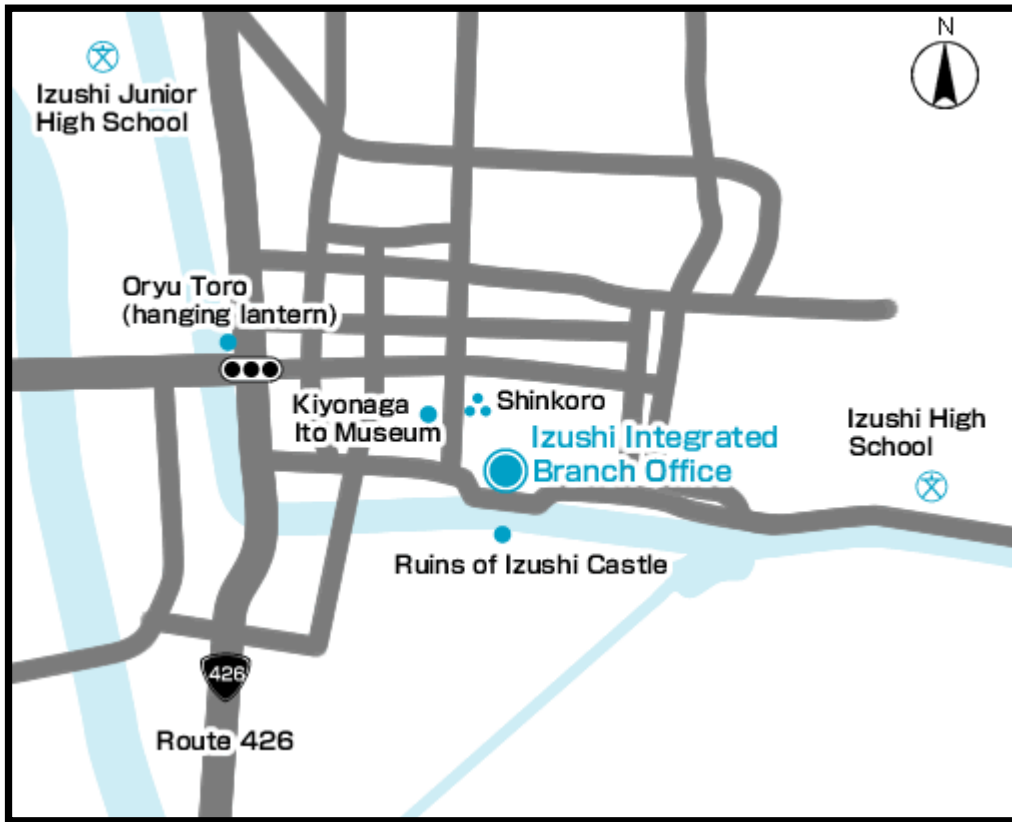
Location of Kinosaki General Branch



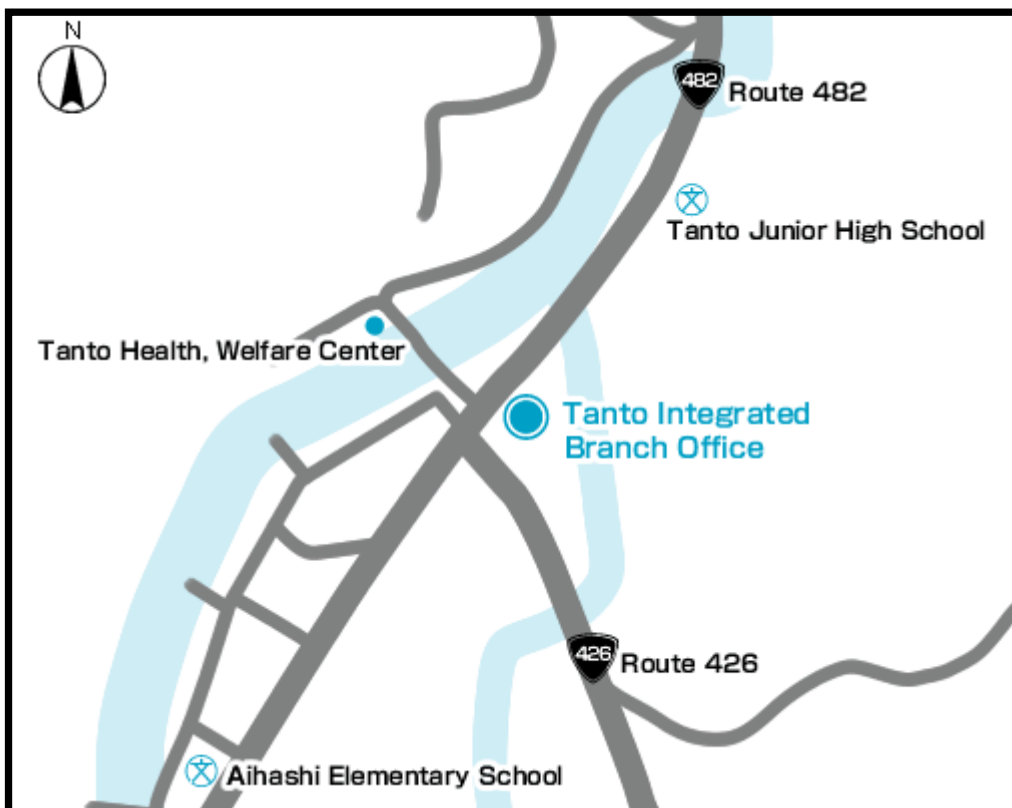
Location of Takeno General Branch



Location of Hidaka General Branch



Location of Izushi General Branch



Location of Tanto General Branch

Let's learn Japanese!!

All Tajima foreigners are invited:

Toyooka International association is holding a Japanese class for people from foreign countries. Volunteer teachers instruct the class and many foreigners gather for a good time in a welcoming atmosphere.

Please feel free to call or visit us anytime.

If you want to join a Japanese class, please register as a member of Tia. (annual fee ¥1,000/starting from April through March next year).

Monthly fee is ¥500- per a class.

Contact us!

Toyooka International Association (TIA)

668-8666 2-4,choo-cho,Toyooka city

TEL/FAX 24-5931

Email: tia@city.toyooka.hyogo.jp

HP: <http://www.tia-online.net>



What's Tia?



Tia(Toyooka International Association) was established with the following aims:

- To deepen mutual understanding and friendship with people from foreign countries
- To promote international exchange and cooperation in an educational, cultural, and economical environment.
- To contribute to opening the community to the world and to the development of Toyooka city with a focus on internationalization.

We have the following events for our members.

International cooking class ··· We invite foreign people who live in Tajima or ALTs (Assistant Language Teachers) to lecture and cook dishes which originate from their countries. We learn about their culture through cooking.

Afternoon Tea Party ··· We invite foreign people who live in Tajima or ALTs to lecture and make the sweets which originate from their countries. Then we enjoy talking with guests after making the sweets.



Welcome Party ··· We invite new Tia members in Tajima to talk with other people from Tajima and get to know each other.

Farewell Party ··· We invite ALTs who finish their terms or people from overseas who finish working in Tajima to have a farewell party with the people(Tia members) in Tajima.

Christmas Party ··· For adults: We have a potluck party and enjoy BINGO games, etc.

For kids : They come with special costumes and exchange Christmas gifts with each other.



Tia Salon ··· We exchange Japanese culture and foreign culture with each other to learn about and appreciate the differences.

We have more events and it changes every year.

If you are interested in Tia and you want to join these events, please register as a Tia member!

To get a membership:

Please call/fax us anytime → **TEL/FAX 0796-24-5931(Direct)**

or

Please e-mail us anytime → **tia@city.toyooka.hyogo.jp**



or

Please visit us to our office anytime → **2-4 Chuo-cho, Toyooka
Toyooka City Hall 2nd floor.**

Hello!



Annual membership fee:

(Starting from April through March of next year)

Party/corporation ¥10,000- Private ¥1,000-

You will receive a newsletter three or four time a year (however, it is only in Japanese).

All events are supported by Tia, though you may have to pay a small fee for some events.

【Tia office & Toyooka Branch/本部・豊岡 支部】

〒668-8666 2-4 Chuo-cho Toyooka Hyogo 668-8666
豊岡市中央町2-4 豊岡市役所総務課内
TEL/FAX (0796)24-5931 直通
メールアドレス tia@city.toyooka.hyogo.jp
ホームページ <http://www.tia-online.net>

【Hidaka Branch/日高支部】

〒669-5391 20 Nyo Hidaka-cho Toyooka Hyogo 668-8666
豊岡市日高町祢布920 日高総合支所総務課内
TEL (0796)42-1111 FAX (0796)42-1120

【Izushi Branch/出石支部】

〒668-0292 1 Uchi-machi Izushi-cho Toyooka Hyogo 668-8666
豊岡市出石町内町1 出石総合支所総務課内
TEL (0796)52-3111 FAX (0796)52-6033

【Tanto Branch/但東支部】

〒668-0393 150 Deai Tanto-cho Toyooka Hyogo 668-0393
豊岡市但東町出合150 但東総合支所総務課内
TEL (0796)54-1000 FAX (0796)54-1015