

Studying Japanese Japanese classes in Sakurai city

<<SIFA (Sakurai city International Exchange Association) Japanese Salon>>

Contact: **TEL: 0744-42-9111** (Sakurai city Hall) (Ext. 256) FAX: 0744-42-2656
Email: sifa-info@begin.or.jp

Day & Time: Thursday, 10:00 - 12:00 / 19:00 - 21:00 Level: Introductory, Beginner, Intermediate, Advanced (for adults) Place: Mahoroba Center (2F Kenshuu-shitsu) Fee: 1,000 yen / 6 months
* Free for students age 19 or younger.

Making friends International Exchange Organization in Sakurai city

http://www2.begin.or.jp/sifa/index.html
Email: sifa-info@begin.or.jp

TEL: 0744-42-9111

SIFA's main goal is to promote positive attitudes towards living together with people from around the world to the residents of Sakurai city. SIFA does this by organizing exchanging programs and creating opportunities for citizens to be exposed to multiple cultures, cultivating mutual understanding and cross-cultural appreciation.

When you need to renew or change the status of your VISA...

<<Nara Branch Office of Osaka Regional Immigration Bureau>>

Contact: **TEL: 0742-23-6501**

Nara 2nd General Office of Legal Affairs
3-4-1, Higashi-Kidera-cho, Nara-shi
(From Kintetsu Nara Station or JR Nara Station, take the #2 bus, the outer loop line, to the "Takabatake-cho" bus stop. Walk South for 5 minutes, and turn the 2nd corner to the right. You will soon find the building on the left.)

Shopping around

"Su-paa" (Supermarket)

Su-paa have nearly all the groceries you need for daily life all under one roof. Simply load up your cart with things you want to buy, and bring them up to the register. You don't even really need to use Japanese.

Recycle Shop

You can buy all sorts of secondhand clothing, electronics, and household items here for reasonable prices, and also sell your own unwanted things. Japanese is necessary if you intend to sell.

*100 Yen Shop

All items in this store are only 105 yen (including tax). 100 yen shops have all manners of household products, and nearly anything you can imagine that could feasibly be priced so low. You need only put everything in your shopping cart, and bring it to the register to pay. Japanese is not necessary.

Collecting information / Making friends

The Nara International Foundation Commemorating the Silk Road Exposition

Open: Tue. - Sat. / 8:30 - 17:15

NIFS
Information
Counter

Chinese: Thu., Fri.
Portuguese: Tue., Sat.
English: Tue. - Sat.

NIFS Lounge

Library Corner includes a variety of newspapers and magazines, novels, and books useful for your daily life in Japan. (primarily in English, Chinese, Korean, Portuguese, and Spanish)

Internet Access: 100 yen / 1hour

Contact: http://www.nifs.or.jp
Email: nifs@nifs.or.jp

TEL: 0742-27-2436
Nara International House,
102 Takabatake-cho, Nara-shi

Shopping around

"Su-paa" (Supermarket)

Su-paa have nearly all the groceries you need for daily life all under one roof. Simply load up your cart with things you want to buy, and bring them up to the register. You don't even really need to use Japanese.

Recycle Shop

You can buy all sorts of secondhand clothing, electronics, and household items here for reasonable prices, and also sell your own unwanted things. Japanese is necessary if you intend to sell.

*100 Yen Shop

All items in this store are only 105 yen (including tax). 100 yen shops have all manners of household products, and nearly anything you can imagine that could feasibly be priced so low. You need only put everything in your shopping cart, and bring it to the register to pay. Japanese is not necessary.

"Conbini" (Convenience Store)

Conbini are like extremely condensed supermarkets that are open every day of the year, from early morning till late at night (sometimes even 24hrs). They are especially useful because they sell all manners of prepared "bento" meals, which are extremely useful for those who have no time to make dinner in the evenings, or else live alone and cannot cook for themselves. Another useful thing is that you can pay your utility bills at most conbini nowadays. Again, Japanese is not terribly necessary.

Home Center

These stores have wide selections of various types of home improvement/remodeling/building materials, car parts, gardening equipment, etc. Most of these stores are along a major road, and are easy to spot. Especially when buying large or complicated materials, knowledge of Japanese is necessary.

Welcome to Sakurai-city!

Map for daily life

For non-Japanese residents who have just become residents of Sakurai-city:

The information on this map was gathered for your convenience, and designed to provide you with useful information to help you get used to your new life in Sakurai.

We hope that this map will make your life more comfortable.

Emergencies

Traffic accident, burglary, fraud, and other trouble

110

Fire, sudden illness, injury, etc.

119

Holiday and Night-time Emergency Clinic
Sakurai Holiday Emergency Clinic
(Indicated by ★ on the map)

TEL 0744-45-3443

136-1, Kanaya, Sakurai-shi
Internal Medicine, Surgery, Pediatrics
10:00~16:00 / 18:00~23:00

About Emergency Shelters:

Earthquakes occur commonly in Japan. Also, there are times when fires or floods could occur. There are 48 places designated as emergency shelters in the city, so please evacuate immediately to your nearest shelter when natural disasters strike.

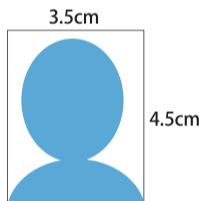
If you have any questions about handling disasters, please call the **Disaster Safety Division of City Hall** at **TEL 0744-42-9111** (ext. 308).

Issued by The Nara International Foundation
~Commemorating the Silk Road Exposition~ / Sakurai City

Procedures at City Hall

Alien Registration

When going register as a foreign resident at the local City Hall, please bring your passport and two copies of a 4.5cm by 3.5cm photograph to be used for your Alien Registration Card portrait. After filing the papers, they will create an Alien Registration Card (Gaikokujin Touroku Shoumeishou) for you, which will be ready in about 1 month. If you decide to change your residence in Japan, you should update your address on your card before you move by taking it to the nearest City Hall with your new address information. For more questions, please contact the Citizen Registration Division at City Hall directly (0744-42-9111).



Education

*Kindergarten

Children ages 4~5 can be enrolled in Kindergarten in Japan. Please consult the local Board of Education for enrollment details.

*Elementary and Junior High School

In Japan, elementary school (grades 1~6, ages 6~11), and junior high school (grades 1~3, ages 12~14) are compulsory education.

After registering as a foreign resident at City Hall, if your child is of schooling age, please contact the secretariat at the School Education Division of the Board of Education (0744-42-9111).

Health and Welfare

*National Health Insurance

In Japan, everyone must be enrolled in the National Health Insurance program unless they are receiving welfare, or else have health insurance through their employer. For more information, please contact the National Health Insurance and National Pension Division of City Hall (0744-42-9111).

*Pension

Anybody from the ages of 20~59 must participate in the Japanese Pension Program if they live and work in Japan. Unless you are paying into an employee pension program, or are part of a mutual aid association (or else you are the spouse of someone who participates), please contact the National Health Insurance and National Pension Division of City Hall (0744-42-9111).

*Nursery Schools

Nursery Schools are child welfare facilities that provide child care services for children ages 0~5. These services can be used when parents or other relatives have work or other commitments that prevent them from being able to care for their children during the daytime. For more information, please call the Child Welfare office in City Hall (0744-42-9111).

*Pregnancy, nursing, and immunizations

The City Hall will issue a "Maternal and Child Health Handbook (boshi kenko techou)" at the Citizen Registration Division or the Health Promotion Division (Health Center) when a pregnant woman files a pregnancy notification. For more information or consultations (on nursing, immunizations, etc), please call the Health Promotion Division (Health Center) (0744-45-3443).

Garbage disposal

When you dispose of garbage, please use the designated garbage disposal bag for Sakurai City. This type of bag is sold at supermarkets, conbini, and drugstores throughout the city. There is a type for burnable garbage (moyaseru gomi) and non-burnable garbage (moyasenai gomi). For more information on garbage separation, please contact the Environmental division (0744-45-2001)



List of burnable garbage

- Raw garbage . . . (please remove excess water)
 - Cooking oil . . . (please soak it into paper towels first)
 - Wood clippings . . . (must be smaller than 10cm diameter)
 - Disposable diapers . . . (please flush away waste first)
 - Paper that can't be recycled . . . (wrapping foil, carbon/fax paper, etc)
 - Cloth that can't be recycled . . . (hats, curtains, cotton/feather fillings, etc.)
 - Cloth scraps
 - Plastics . . .
 - Vinyl pieces
- Pet bottles without the PET logo, trays, styrofoam, video tape, cassette tape, other plastic things



List of non-burnable garbage

- Oil bottles/cans . . . (things that can't be rinsed with water)
- Pieces of glass ○Pieces of tempered glass ○Normal light bulbs ○Fluorescent
- Household electronics . . . (except for air conditioners, TVs with Braun tubes, refrigerators, or washing machines)
- Sharp metal tools . . . (please wrap up the metal in several layers of non-recyclable paper before placing it in the bag)
- Batteries . . . (mercury batteries, button batteries, rechargeable batteries, and the like should all be exchanged at the store when purchasing new ones.)
- Light bulbs/fluorescent lamps ○Umbrellas ○Needles ○Metal pieces . . . (thin pieces only)
- Crockery ○Empty bottles/cans of non food items ○Butane gas cartridges ○Spray Cans ○Wax cans

Warning : Spray cans and gas cans are under pressure and could explode if not completely empty, so use up everything inside, and then open a small hole in the can in a safe manner outdoors to make sure there is no more pressure

• Makeup bottles (milky white) • nail polish, etc.

Warning : Please empty them completely before disposing!

○Disposable Lighters (Please use up all the fuel before disposing)

Warning : Don't dispose of many at once!



※If your household is in need of a tool to open up holes in spray cans and gas cans, please contact the Environmental division (0744-45-2001) or the Citizen's division (0744-42-9111).