

National Health Insurance

- When the foreign resident registration is complete, visitors planning to stay over a year who are not registered elsewhere for health insurance may register here. If you show your insurance card at the medical facility where you receive treatment, you will only have to pay 30% of the total cost.

- Details: Oyabe City Insurance and Environment Dept. (hokenkankyō-ka)

Facilities within the city

※ Emergency Hospitals

1	Oyabe Oota hospital 小矢部大田病院	A, B, C	67-2002	16	Sakurai ganka clinic 桜井眼科医院	K	67-0170	A =psychology
2	Numada hospital 沼田病院	B, C, E, F	67-1162	17	Sumita jibi inkouka clinic 住田耳鼻咽喉科医院	L	68-2610	B =internal
3	Oota hospital 大田病院	B, C, D, G	67-0443	18	Miya jibi inkouka clinic 宮耳耳鼻咽喉科医院	L	68-2481	C =circulatory organs
4	Nishino naika hospital 西野内科病院	B	67-1780	19	Shigeno clinic 滋野医院	J	67-0014	D =pediatrics
5	hokuriku chuo hospital 北陸中央病院	B, D, E, F, H I, J, K, L M, N, O, T	67-1150	20	Hori sanjinka clinic 堀産婦人科医院	J	67-1935	E =surgical
6	Matsuoka hospital 松岡病院	A, B, P	67-0025	21	Ueda dentistry clinic 上田歯科医院	N	67-0250	F =orthopedic
7	Tsuzawa Tsuda hospital つざわ津田病院	B, F, H, M, Q	61-8585	22	Noda dentistry clinic 野田歯科医院	N	68-0388	G =neurosurgery
8	Oono clinic 大野クリニック	B, D, G	67-1475	23	Watanabe dentistry clinic 渡邊歯科医院	N	61-2002	H =dermatology
9	Sawada clinic 澤田医院	B, D, R	67-8707	24	Masuda dentistry clinic 増田歯科医院	N	68-2600	I =urology
10	Nakashima clinic 中島医院	B, D	61-3152	25	Yamada dentistry clinic 山田歯科医院	N	67-6000	J =obstetrics & gynecology
11	Hori clinic 堀医院	E, F	67-0101	26	Taniguchi dentistry clinic 谷口歯科医院	N	61-3061	K =ophthalmology
12	Murata clinic 村田医院	C, E, F, S	67-0997	27	Tsuda dentistry clinic 津田歯科医院	N	61-2243	L =ear, nose and throat
13	Inoue naika clinic 井上内科医院	B, C, S	68-0082	28	Okamura dentistry clinic 岡宗歯科医院	N	67-2220	M =rheumatology
14	Aoki naika clinic 青木内科医院	B, C, D, G, R	67-0118	29	Arai dentistry clinic あらい歯科クリニック	N	68-1101	N =dentistry
15	Tsujii naika clinic 辻内科医院	B, C, D, G, R	61-3530	30	Shimizu dentistry clinic 清水歯科医院	N	61-1530	O =radiology
				31	Yamamuro dentistry clinic 山室歯科クリニック	N	67-8777	P =neurology
				32	Goromaru dentistry clinic 五郎丸歯科クリニック	N	68-3560	Q =gynecology
								R =respiratory
								S =gastroenterology
								T =neurosurgery

What you should take when receiving treatment:

- Health Insurance Card
- Cash (yen)
(credit card are not acceptable for paying medical fees)
- Proof of ID (passport, alien registration card)

Out of hours medical facilities

- Look in local papers for details of where you can receive treatment. Also see those places listed below shown in red ink.

OYABE CITY LIFE GUIDE

Please make use of this guide to help provide you with a pleasant lifestyle in Oyabe!

英語版

Necessary procedures for your stay

Foreign Resident Registration

- All foreign residents who are to stay in Japan more than 90 days are required to register. Children born in Japan who will stay in this country more than 60 days must also be registered.

- Inquiries: city hall citizen's department (shimin-ka)

- Required documents: passport / two photos (size:4.5cm×3.5cm)

- If your registered address changes, the city hall should be informed within 14 days.

Death Registration

- In the case of a death of a foreign resident, a relative or co-habitant must present a death certificate signed by a doctor to the city hall within 7 days. The alien registration card of the deceased must also be returned to the city hall within 14 days.

Birth Registration

- In the case of a birth, the city hall should be notified within 14 days.

Residence Procedures

- Residence procedures should be carried out if there is a Change in your qualification for residence or expected period of stay. Also if you leave Japan but intend to return you will need a re-entry permit. Both can be obtained from the immigration bureau in Toyama City.
- Address: Toyama Airport, Domestic Building, 1/F
- Office Hours
Mon, Wed, Fri 9:00 – 10:00, 14:00 – 16:00
Tues, Thurs 9:00 – 16:00
- Tel: 076-495-1580

Pregnancy Notification

- Once declared pregnant by a hospital, hand in a notice of pregnancy to the health and welfare department in the general health insurance & welfare center. You will receive a health handbook for mothers and babies, and become eligible for free pre-natal check-ups and health insurance.

City Life

Education

- The education system is made up of 6 years of elementary, 3 years of junior high and 3 years of high school; also 4 years of university. Education is compulsory until the end of junior high school. The school year begins in April.

- For details contact:

- Kindergarten: social welfare department in the general health insurance & welfare center.

- Elementary / junior high school: city hall education committee.

- High School / University: Contact the institution directly.

Electricity

- The electric current in most Japanese houses is 100V. If your electric appliances are not made in Japan, purchase a voltage adapter at an appliance store.

Postal Service

- Post offices are identified by the mark〒. They are generally open from 9:00 am to 5:00pm Monday through Friday.

Telephone

- Please call 116 to register for telephone services.

City-run Bus services (Key Bus)

- Fare (valid for one day)

pre-school children	elementary school	junior high / adults
free	100 yen	200 yen

- You can ride as much as you like on that day

- Not in service: sat/sun/holidays/12/29~1/3

- For information: City Hall Citizen's Dept.

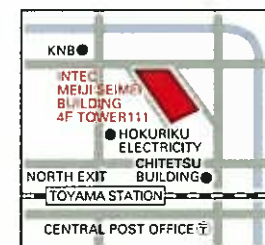
Toyama International Center Consultation Service

- Free consultations available in your own language.

- Languages: English, Portuguese, Chinese, Korean, Russian, Tagalog

- TEL 076-444-2500

- Weekdays: 9:00~18:00
(Weds until 19:00)



EMERGENCY

Crime / traffic accident(police).....110

Fire/ ambulance /(fire service).....119

[Model Dialogue/Dial 119]

Operator: Hai. 119 ban desu. Kaji desuka? Kyukyu desuka?
(This is 119. Is this for fire or an ambulance.)

You: Kyukyu desu. (For an ambulance.)

Operator: Basho wa dochira desu ka? (Where are you?)

You: oyabeshi _____, _____ no chikaku desu.
(address, near _____)

Operator: Do sare mashita ka? (What's wrong?)

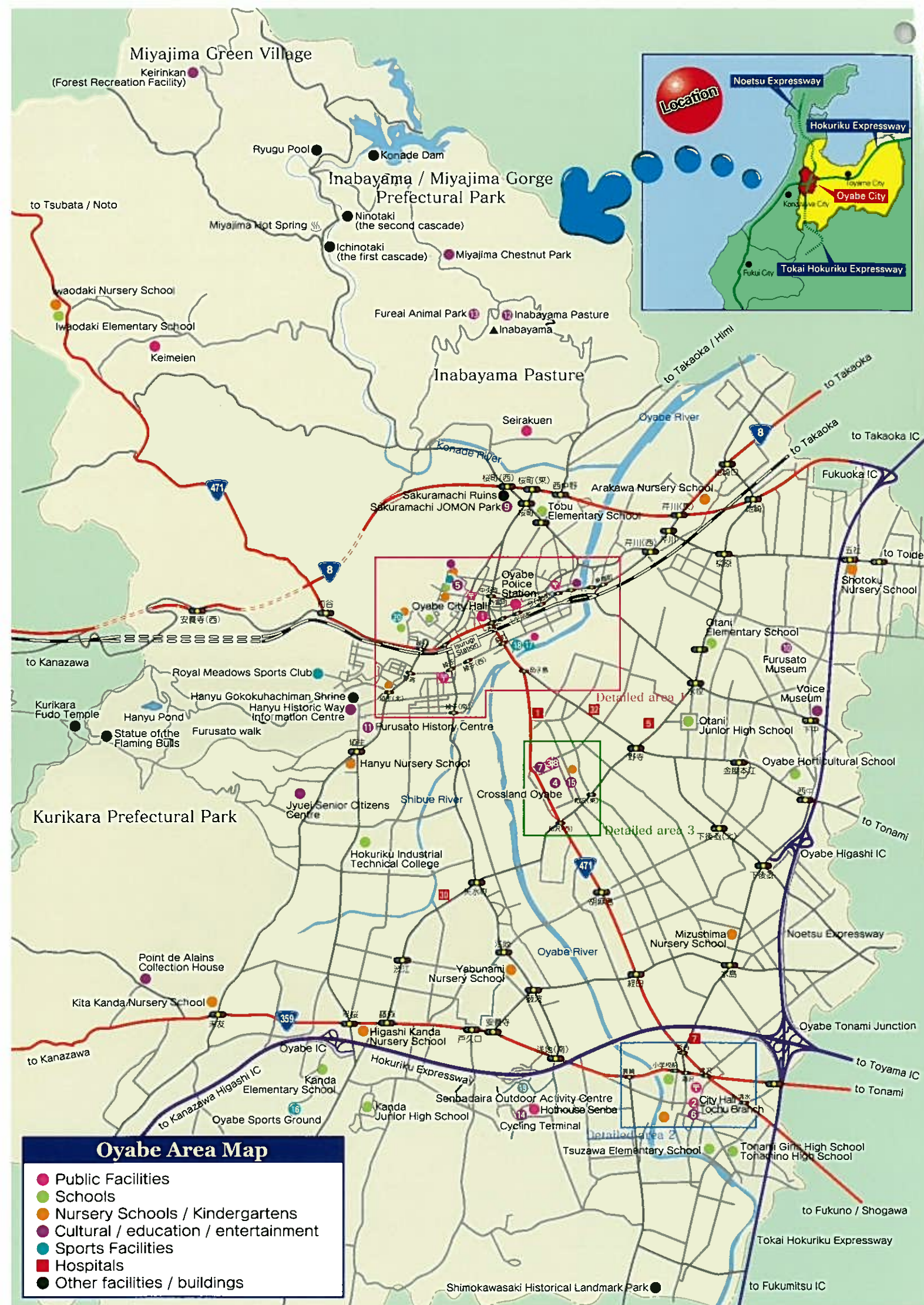
You: kyu ni taorete, ishiki ga arimasen.
(_____ collapsed suddenly and is unconscious.)
(_____ sai, otoko/onna, namae wa _____ desu.
(his name is _____, male/female, he is _____ years old.)

Operator: kyukyusha wo mawashi masu node, sairen ga kikoetara soto ni dete aizu o shite kudasai.
(We are sending an ambulance. When you hear the siren, please go outside and make a sign to let us know where you are.)

Emergency Vocabulary

Fire	kaji
Ambulance	kyukyusha
Sick	byoki
Injury	kega
Traffic Accident	kotsujiko
Thief	dorobo
Fight	kenka

If you find it difficult to say your name and address in Japanese, it may be helpful in case of emergency to have them written on a piece of paper in romaji.



Facility Name Opening Hours (Holidays)

1	Oyabe City Hal	8:30~17:00 (sat, sun, holidays, 12/29~1/3)	11	Furusato Historic House	Historical artifacts from within the city.	9:00~17:00 (12/28~1/4)
2	City Hall, Tochu branch		12	Inabayama Pasture	Stock farm, camp site, barbeque facilities etc	
3	Oyabe General Health Insurance & Welfare Center (Social Welfare Division·Health & Welfare Department)		13	Fureai animal park		9:00~16:00 (Mon, Dec to March)
4	Crossland Oyabe Tower, Da Vinci Museum, Putter Golf etc	10:00~21:00 (tower) (Weds, 12/29~1/4) :::opening times of each facility varies	14	Cycling Terminal	Accommodation, bicycle hire	
5	Isurugi Library	Isurugi Weekdays / Sat 9:30~18:00 Sun 9:30~17:00	15	Healthy Pal Oyabe	Natural hot springs, accommodation, restaurant etc	
6	Tochu Library	Tochu, Otogi Weekdays / Sat 10:00~18:00 Sun 10:00~12:00	16	Oyabe Sports Ground	Tennis court 9:00~21:00 (Mon, 12/1~3/19) baseball ground 9:00~21:00 (Mon, 12/1~3/31) Athletics ground 9:00~17:00 (Mon, 12/1~3/19)	
7	Otogi Children's Library	(Mon, last Thursday of the month, holidays, 12/29~1/4)	17	Indoor Sports Center	9:00~21:30 Sun / holidays until 17:00 (Mon, 12/29~1/3)	
8	General Welfare Center (Oyabe Tower Hot Spring) Natural hot spring, canteen, grand hall etc	10:00~20:00 (Weds, 12/29~1/3)	18	Military Arts Hall		
9	Sakura Machi JOMON Park. Exhibition of artifacts from the Sakura machi ruins	9:00~17:00 (12/28~1/4)	19	Senba Taira Outdoor Activity Center	Tennis court, softball ground	9:00~Sunset (Dec to March)
10	Furusato Museum display of objects from Oyabe's history	9:00~17:00 (12/28~1/4) (Mon, Wed mornings, day after holidays)	20	Citizen's Pool		10:00~17:00 (9/1~7/19, 8/15.16) (closed 12:00 - 13:00)

