



Naka Ward promotes the Naka Ward Multicultural Coexistence Promotion Action Plan to help non-Japanese residents build ties in the local community. This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living.



Get a Health Checkup (Kenshin)!

The method for arranging a health checkup will differ according to your health insurance type.
What **medical insurance** are you enrolled in?

National Health Insurance

Free

You can take a **specific health checkup** through the Yokohama National Health Insurance program (once per fiscal year).

Eligibility: 40–74 years old

Needed items:

- ◆ Health checkup ticket and Medical questionnaire
(If you do not have them, you can get them from your ward office)
- ◆ My Number health insurance card*
or
Health Insurance Eligibility Certificate

The Advanced Elderly Medical Service System (75 or older)

Free

You can take a **Yokohama City health checkup** (once per fiscal year).

Eligibility:

Persons enrolled in the Advanced Elderly Medical Service System

Needed items:

- ◆ My Number health insurance card*
or
Health Insurance Eligibility Certificate

* If the medical institution cannot process My Number health insurance cards, please present both your My Number Card and your eligibility notification for medical insurance.

Health Insurance Program through Your Employer etc.

Please contact your employer or health insurance association.

(e.g., Kyokai Kenpo [Japan Health Insurance Association])

A health checkup is the perfect chance to check your physical condition!

To stay healthy day-to-day,
take a health checkup once a year ♪

Tell Me about **Basic Health Checkups** in Japan

It is a check of your physical condition and is also useful to help you prevent lifestyle diseases. A health checkup includes urine and blood testing in addition to measuring height and weight.

It costs **money**...so I'll just go to the hospital when I don't feel well.

Specific health checkups and Yokohama City health checkups are **FREE** for the members of National Health Insurance and the Advanced Elderly Medical Service System. If the health checkup reveals an illness you might not notice yourself, you can get early treatment—which helps reduce medical expenses over the long term.

Where can I take this checkup?

Do I need to speak Japanese?

Please check the Yokohama City website for places where you can take a health checkup. Some medical institutions also support checkups in foreign languages.



Specific health checkups



Yokohama City health checkups



Ms. Rie Hirugami
(Public Health Nurse)

Health and Welfare Division,
Naka Ward Office

Yokohama City Kenshin Hotline TEL: 045-664-2606

Hours: 8:30 a.m.–5:15 p.m., Mon–Sat (No service Sun, national holidays, year-end holidays)

Regular exercise is good for health.

Here are some facilities in Naka Ward where you can exercise.



These places do not require reservations.
Check the facility website for hours of use, etc.

① 中スポーツセンター (Naka Sports Center)



- ◆ Training room
- ◆ Badminton
- ◆ Table tennis

The center has multiple gyms and training rooms. The cost to use a training room is 300 yen per session (3 hours). Please check the facility website for availability (days, hours, etc.)

3-15-4 Shin-Yamashita,
Naka-ku, Yokohama
231-0801
TEL:045-625-0300
FAX:045-624-1969



(in Japanese)

② 本牧地区センター (Honmoku District Center)



- ◆ Table tennis
- ◆ Badminton
- ◆ Basketball

Users can borrow table tennis equipment and basketballs. Simply write your name at the reception desk. Check the facility website for availability (days, hours, etc.)

16-1 Honmoku-hara,
Naka-ku, Yokohama
231-0821
TEL:045-622-4501
FAX:045-622-4828



(in Japanese)

③ 竹之丸地区センター (Takenomaru District Center)



- ◆ Table tennis
- ◆ Badminton
- ◆ Basketball

Users can borrow table tennis equipment and basketballs. Simply write your name at the reception desk. Check the facility website for availability (days, hours, etc.)

133-3 Takenomaru,
Naka-ku, Yokohama
231-0847
TEL:045-651-5575
FAX:045-651-5576



(in Japanese)

④ 柏葉公園こどもログハウス (Kashiwaba Park Children's Log House)



- ◆ Children's play area
(junior high or younger)

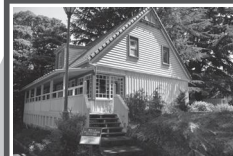
This indoor facility is a fun play space with a spiral slide, underground maze, net climbing, etc. Simply write your name and contact information at the reception desk.

89-1 Kashiwaba,
Naka-ku, Yokohama
231-0866
TEL/FAX: 045-641-1169



(in Japanese)

⑤ 山手公園 (Yamate Park)



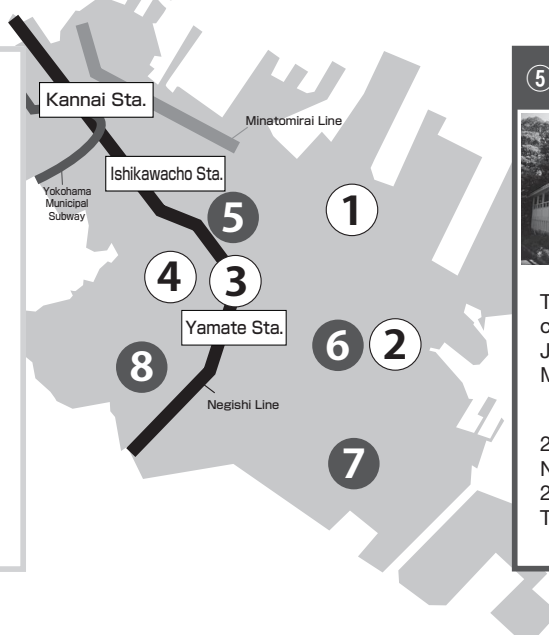
- ◆ Health apparatus
- ◆ Walking

Tennis was first played in Japan here. You can learn about the history of tennis in Japan at the park's Yokohama Yamate Museum of Tennis.

230 Yamatecho,
Naka-ku, Yokohama
231-0862
TEL/FAX: 045-641-1971



(in Japanese)



⑥ 本牧山頂公園 (Honmoku Sancho Park)



- ◆ Running
- ◆ Walking
- ◆ Dog run

The park is on a hilltop with a great view. It was built on the site of former US military housing. There is also a large dog park (registration and entry fee required) and a café.

1-5 Wadayama, Naka-ku,
Yokohama
231-0805
TEL:045-622-2766



(in Japanese)

⑦ 本牧市民公園 (Honmoku Shimin Park)



- ◆ Skateboarding
- ◆ Wall tennis
- ◆ Running

This large park has an outdoor pool (open only during the summer), tennis courts, and a skatepark. There are also non-sports attractions such as a steam locomotive exhibit.

59 Honmoku-sannotani,
Naka-ku, Yokohama
231-0824
TEL:045-623-8747
FAX:045-622-5369



(in Japanese)

⑧ 根岸森林公園 (Negishi Forest Park)



- ◆ Running
- ◆ Walking

This park was built on the site of former Negishi Racecourse, Japan's first full-scale Western-style horseracing track. In spring, over 400 cherry trees bloom across the park's hill.

Negishidai, Naka-ku,
Yokohama
231-0853
TEL:045-641-9185
FAX:045-663-1130



(in Japanese)

To enroll your child in daycare from April 2026

Nursery schools (daycares) take care of children when their parents are at work, have an illness, etc. and cannot look after the children at home during the day.

First, call daycares you are interested in and arrange to visit with your child. Next, thoroughly read the application guidebook before applying.

Application package distribution: From Oct. 10 (Fri)

Available from: Information desk (1F) or Counter 54 (5F) of the Naka Ward Office, licensed daycares and Community Care Plazas in Naka Ward

* An application package can also be downloaded from the website.

Application period: Oct. 10 (Fri) to Nov. 6 (Thu)

Application method: For submission by post, postmarked no later than Nov. 6. For online applications, submitted no later than 11:59 p.m. on Nov. 6.

* Even on the FY2025 waiting list, you must reapply to use daycare from 2026.

<Children and Families Support Division (5F, Counter 54), Naka Ward Office TEL: 045-224-8172>



▲ Website

Autumn is reading season! Enjoy electronic books at Naka International Lounge

At the Naka International Lounge, **anyone** is welcome to read e-books about living in Japan on our in-house tablets **for free**. Reading content includes Japanese language learning materials, novels, biographies, illustrated guides, hobby books and more. Come and look for a book that interests you.

Location: Naka International Lounge

Address: 35 Nihon-Odori Naka-ku,
Yokohama (1st Floor, Naka Ward Office Annex)

Hours: 9:15 a.m.–5 p.m.

Closed: Sundays, national holidays,
New Year holidays (Dec. 29 through Jan. 3)

How to use: Request at the reception desk

* Tablets cannot be taken out of the lounge.

<Naka International Lounge TEL: 045-210-0667>

Have you submitted your responses for the 2025 National Census? Deadline: Oct. 8 (Wed)

Everyone living in Japan, including foreign residents, needs to fill out and submit the national census. You can submit by post or online.

Inquiries: Census Contact Center

(9 a.m.–9 p.m. daily until Nov. 7 (Fri), interpreting available in 22 languages)

• Navi Dial: 0570-02-5901

• From IP phones or prepaid cell phones: 03-6628-2258

**<General Affairs Division (6F, Counter 62),
Naka Ward Office TEL: 045-224-8116>**

Cold-like symptoms that last a long time could be tuberculosis !

Tuberculosis (TB) is a disease that causes inflammation, primarily in the lungs. It causes cold-like symptoms such as coughing and a slight fever. It is transmitted to others through droplets when coughing or sneezing.

If symptoms such as coughing, phlegm, a slight fever, general fatigue, or weight loss persist for more than two weeks, please go to the hospital.

An annual chest X-ray is also a good preventive measure.

**<Health and Welfare Division (4F, Counter 402),
Naka Ward Office Annex TEL: 045-224-8332>**



Events

● Naka Ward Residents' Festival "Hello Yokohama 2025"

Date/Time: November 9 (Sun), 10 a.m.–4 p.m.

Venue: Zou-no-hana Park
(1 Kaigan-dori, Naka-ku, Yokohama)

<Community Promotion Division (6F, Counter 64), Naka Ward Office TEL: 045-224-8132>



● 13th Naka Ward Multi-cultural Festival

Date/Time: December 13 (Sat), 11 a.m.–4 p.m.

Venue: Naka International Lounge
**<Community Promotion Division (6F, Counter 65),
Naka Ward Office TEL: 045-224-8135>**



International Service Staff, Naka Ward Office (2nd floor)
English 10 a.m.–5 p.m. Chinese 8:45 a.m.–3:45 p.m.

Provides support for procedures at the ward office, interpretation, help filling out forms, etc. If you are not confident in your Japanese, please tell the counter staff, who will call International Service Staff to help.

Help Me Know

Q&A



My child was born outside Japan. Can my child receive vaccinations here?

- ➡ The vaccinations listed on the website below are **free** of charge if the child is registered as a resident of Yokohama on the day the vaccination. This requires the pre-vaccination medical questionnaire (*yoshin-hyo*), which also serves as a City of Yokohama vaccination voucher (*sesshu-ken*). This form will be sent to your home when your child is two months old, one year old, three years old, one year before entering elementary school, nine years old, and 11 years old. Girls will also receive a form when they enter junior high school. Consult with your family doctor and plan your vaccinations accordingly.

Moving to Yokohama from overseas! My child hasn't received some vaccinations but is older than the specified vaccination age!

If you have just moved to Yokohama and your child has not received vaccinations they are eligible for, or is past the specified age for a vaccination, please bring the items below and consult with the Health Promotion Section of the Health and Welfare Division at your ward office.

Items to bring: ① Your child's vaccination records (e.g., mother and child health handbook)
② Documents showing your child's name, age and address (Residence Card, Health Insurance Eligibility Certificate, etc.)



▲ Vaccinations for children

Inquiries: Yokohama City Vaccination Call Center TEL: 045-330-8561 FAX: 045-664-7296

Hours: 9 a.m.–5 p.m. (excluding Sat/Sun/national holidays/New Year holidays)

Supported languages: Japanese, English, Chinese, Korean, Vietnamese, Nepali



Discover the Charms of Naka Ward on Foot!

Go for a Visit

The Health and Welfare Division of the Naka Ward Office has created a handy walking guidebook called the "**Tekuteku Walk Guidebook**" for walking around Naka Ward. Here, we introduce a part of one course in the guide. Why not discover the charms of Naka Ward on foot?



A total of 8 walking courses!
Naka Ward highlights and health information!

← Tekuteku Walk Guidebook

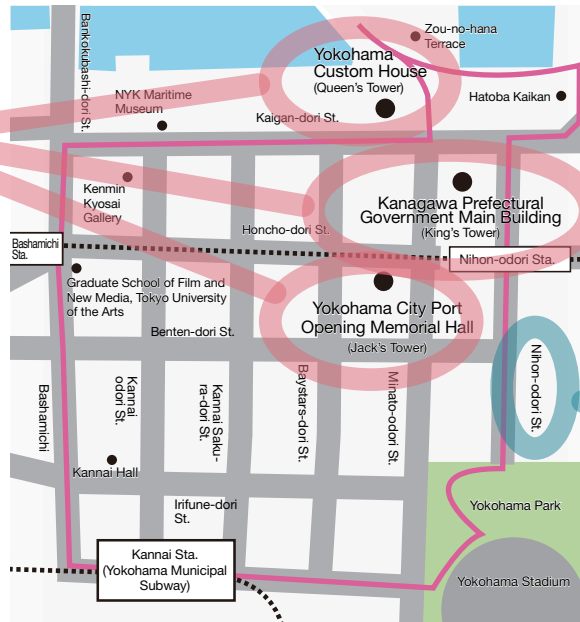
Yokohama Three Towers

The three towers of Yokohama are nicknamed "King," "Queen" and "Jack."

The names are believed to come from foreign sailors in the early Showa Period who likened the towers to playing cards.

There are three spots where you can see all the towers in one view. If you visit all three spots in one day, it is said your wish may come true.

Each of the three spots is marked. One of those spots is located near the Kanagawa Prefectural Government Main Building. Please look for it.



Course time: About 60 minutes (3.8 km)
Energy used: 165 kcal (for a 60 kg person)

Nihon-Odori Street

This road was built as a fire prevention measure following the Great Yokohama Fire of 1866.

Ginkgo trees were planted as part of reconstruction efforts following the 1923 Great Kanto Earthquake. In autumn, the rows of ginkgo trees are a beautiful sight.



← You can also find information about ginkgo trees on the Naka Ward Office website!

Thoughts of a Foreign Resident Life and Culture in Japan



When I first came here, I knew nothing about health checkups or the medical system in Japan. I took an annual health checkup when I accompanied my husband to his company's health checkup. I have always taken care of my health and had annual health checkups both before and after coming to Japan. In the beginning, though, the language barrier made me nervous. I researched the test categories online and prepared as much as possible. Even though I had no problem with everyday Japanese conversation, I always felt anxious if I thought technical terms would be used. However, there was very little difficult Japanese aside from filling out the questionnaire and a simple consultation. Staff explained with easy-to-understand words, gestures and illustrations, which made me feel very reassured.

So whenever the topic of health checkups comes up with friends, I always encourage them to go. Some people give up on going

because they do not know how to make an appointment or understand the process, or because of the language barrier. I share my own experiences and tell them to consult with friends or Naka International Lounge if they have any concerns. I believe that one should not neglect health management due to language barriers.

Recently, my friends and I discovered for the first time that we had different health insurance cards and were enrolled in different insurance plans, which was quite surprising. We realized that we do not know much about Japan's medical system and health insurance. I would like to continue sharing information about health insurance and health checkups with those who have lately arrived in Japan. The body is the foundation of life, and health is our goal.

(Naka International Lounge Staff)

Health Checkups in Japan

Good to Know! About Japanese Culture



年越し Toshikoshi Ringing in the New Year

Toshikoshi in Japan involves various events and rituals.

At the end of December, many families carry out **ōsoji** (thorough year-end cleaning). It involves sweeping away the dust that has accumulated over the year and welcoming the New Year's deity, who brings good fortune in the new year. **Kadomatsu** (traditional decorations with pine, bamboo and other items) are placed in front of the entrance so that the New Year's deity can easily find his way to the house.

December 31 is **ōmisoka** (New Year's Eve). On this night, it is customary to eat **Toshikoshi Soba** (buckwheat noodles before the start of the new year), which represents the wish to live a long life, just like the long noodles. Because *soba* noodles are easy to break, also represents cutting off the misfortunes of the year about to end. At temples, bells are rung 108 times in the **Joya no Kane** (midnight bell) ritual. The number 108 represents the number of earthly desires faced by humans according to Buddhism. Ringing the bell is said to eliminate those desires so the new year can be welcomed with a pure mind.

We encourage you to experience Japan's New Year's Eve culture.

An introduction to seasonal events and the foods and decorations associated with them

We are always looking for locations to distribute *Naka Ward Town News*. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on January 1.