

Welcome to Naka Ward

Ever since the opening of the Port of Yokohama, Naka Ward has been home to many foreigners, and Naka Ward's foreign population currently stands at over 10%. The Naka Ward Office welcomes you to be a member of Naka Ward, which we aim to make into a community where everyone is respected and can live harmoniously with each other.

This leaflet is a compilation of necessary information to make your life in Naka Ward more comfortable. Please feel free to inquire about anything you are unsure of.



Living Information

Emergency Calls (火事・救急・事故など)

Police.....Dial **110**

Fire department and ambulance....Dial **119**

Accident at seaDial **118**



Police Box (KOBAN・こうばん)

- Police boxes are where you can find police officers.
They help you with lost and found, directions, missing children and so forth.

Traffic Information (交通)

- Bicycle manners (自転車のルールを守ろう)

Please do not leave your bicycle on the street. (They block wheelchairs, baby strollers, fire trucks and ambulances. There are also people who will be inconvenienced if tactile pavings are blocked.)

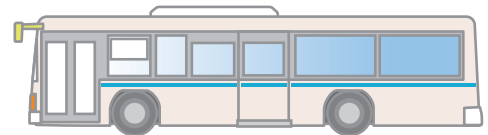
Please be warned that people who ride a bicycle in a dangerous manner will be ordered to attend training sessions or pay a fine as a penalty. There are also some parks in which riding a bicycle is not permitted.

- How to ride a bus (バスの乗り方)

Within Naka Ward, you "enter the bus through the front door and exit it from the back door", and you need to pay the fare when you get on the bus.

They accept coins, 1,000-yen bills, SUICA, PASMO and some others.

If you have a problem or are unsure of anything, you can ask the bus driver for assistance. (Please avoid doing so when he or she is driving.)



Medical Care (病気やけがの時)

- Health Insurance (健康保険)

Everyone who resides in Japan is required to be enrolled in health insurance. Those who do not receive health insurance through their company need to apply for the National Health Insurance at the Ward Office. When you visit a clinic or hospital, please make sure to take the health insurance card with you.

- If you become ill on a public holiday or at night (休日や夜に病気がなった時)

Naka Ward Holiday Emergency Clinic 「中区休日急患診療所」

Address: 2-353 Honmoku-cho (get off at Honmoku 2-chome bus stop)

TEL: 045-622-6372

Clinic Hours: Sundays, public holidays and Dec. 30 through Jan. 3, 10:00 a.m. to 4:00 p.m.

Yokohama City Night Emergency Medical Center 「横浜市夜間急病センター」

Address: 1-1 Sakuragi-cho (Yokohama City Health and Welfare Center 1F & 2F) (in front of JR/Subway Sakuragicho Station)

TEL: 045-212-3535

Clinic Hours: Everyday 8:00 p.m. to 12:00 a.m.

Yokohama Dental Health and Medical Center 「横浜市歯科保健医療センター」

Address: 6-107 Aioi-cho [get off at Bashamichi Station (Minatomirai Line) or Kannai Station (Subway)]

TEL: 045-201-7737

Clinic Hours: Everyday 7:00 p.m. to 11:00 p.m., Sundays, public holidays and the New Year's holidays 10:00 a.m. to 4:00 p.m.

Emergency Telephone Consultation 「救急電話相談」

(available 24 hours a day every day of the year) (in Japanese only)

When you suddenly become ill or injured and are unsure whether you should go to a clinic or call an ambulance, you can consult a nurse who will ask your symptoms and provide advice on how urgent it is and whether you require medical attention.



#7119
or
045-232-7119

Moreover, Naka International Lounge provides information on the clinics and hospitals where multilingual assistance is available.

Garbage (ごみ)

● The collection days differ depending on the type of the garbage.

(ごみは種類で分けます。種類で出す曜日がちがいます。あさ8:00までにお願いします。)

By referring to the “Separation and Disposal of Garbage and Recyclables” pamphlet, please dispose of garbage 8:00 a.m. on the specified day.

(分け方はパンフレットを見てください。)

Please make sure to check the collection days displayed on each collection site.

(ごみを出すところもきまっています。)



● Oversized garbage (大きなごみ)

Application method: Please make a request by phone or via the internet.
TEL 0570-200-530, 045-330-3953 (in Japanese only)

The handling fee is paid using a collection sticker.

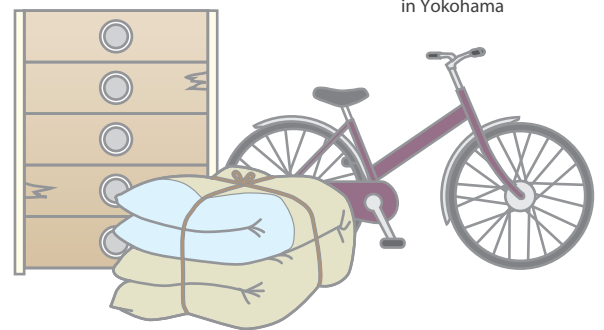
When you apply, they will inform you of the date for you to put out your oversized garbage and the monetary amount of collection stickers you need to buy.

The collection stickers are available at convenience stores and other locations. (Please attach the stickers to your garbage.)

For the details, please check the “Separation and Disposal of Garbage and Recyclables” pamphlet.



Garbage separation
in Yokohama



“MY NUMBER” (Individual Number) (マイナンバー)

After you submit a Moving-in Notification for the first time, you will receive a notification of your “MY NUMBER” within about a month. Please keep it safe as you will be using it permanently.

Multilingual Information (外国語情報)

The Naka Ward Office publishes a “Naka Ward Town News” in English and Chinese four times a year.

Some of our web pages are also in English, Chinese, Korean and simple Japanese. Please check our website.

[広報紙 (英語・中国語) や HP (英語・中国語・韓国朝鮮語・やさしい日本語) も見てください。]

<https://www.city.yokohama.lg.jp/naka/naka-lang/en/>



Naka Ward
website (English)



Disaster Prevention

(さいがいそな
災害に備えましょう)

Japan is the country most affected by natural disasters (earthquakes, typhoons and heavy rainfall). You cannot tell when a natural disaster will occur. It is important that you think about what to do and be prepared in advance.

(にほんじしんだいふう
日本には地震や台風があります。準備しましょう。)



In the event of an earthquake (じしんときからだまも 地震の時に体を守る)

Protect yourself first.

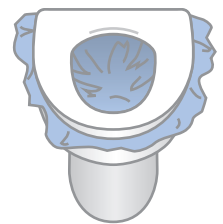
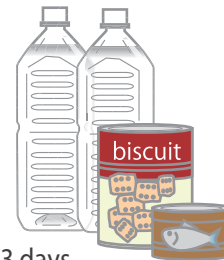
- (1) Drop to a low posture.
- (2) Protect your head.
- (3) Don't move until the shaking stops.



What to prepare for a disaster (じゅんぴ 準備するもの)

In the event of a big earthquake or some other disaster, many stores run out of items, preventing you from buying what you need. The emergency stocks at evacuation shelters are not going to be sufficient, either. Please buy and stock up in advance to prepare for a disaster.

- Drinking water (Rough estimate): 3 L per day per person × 3 days
- Food (for 3 days or more)
- Portable toilet bags (Rough estimate): 5 times per day per person × 3 days



What to take with you at the time of evacuation (にとき 逃げる時にもっていくもの)

Passport



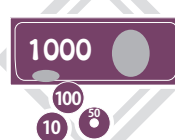
Resident card



Health insurance card



Money



Bank books



Private seal



Water and food



Medicines



Medicine notebook



Clothes and underwear



Flashlight



Lighter



Emergency batteries



Radio





Evacuation sites (places to escape to in case of a disaster) (^に逃^げる^ところ)

Make sure to check where your evacuation sites are by looking at the “NAKA-KU Ward Resident Life Activity Map” enclosed.

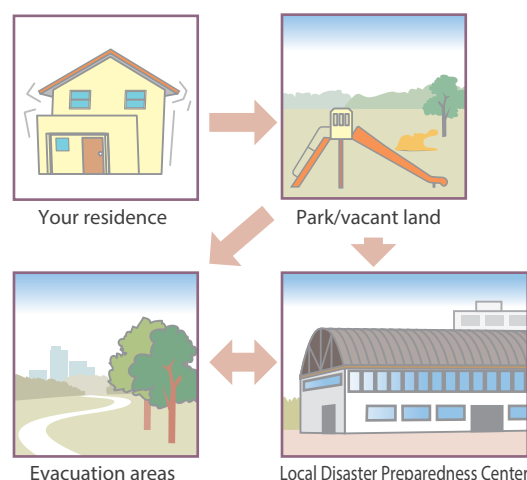
●Evacuation areas ^{こういきひなんばしょ}「広域避難場所」(places to escape to in case of a large fire)

- The entire Momijigaoka area (Momijigaoka in Nishi Ward)
- Nogeyama Park (Oimatsu-cho in Nishi Ward)
- The entire Honmoku Sancho Park area (Honmokuwada and Wadayama in Naka Ward)
- Negishi Shinrin Park and the Negishi Housing Complex (Negishidai and Tsukagoshi in Naka Ward, Sanya in Minami Ward and Kami-cho in Isogo Ward)
- Harbor View (Minato-no-Mieru Oka) Park (Yamate-cho in Naka Ward)

●Local Disaster Preparedness Center ^{ちいきぼうさいきょてん}「地域防災拠点」 (places to be used as a temporary residence for those whose residence can no longer be lived in)

- If your residence is not at all likely to be destroyed by a fire or an earthquake, you will stay at home.
- Which evacuation shelter to go to depends on your place of residence.
- At the evacuation shelters, all the evacuees will divide and take on roles during evacuation.

If a disaster were to occur and your residence is in danger or has been destroyed, please evacuate to a park/vacant land, an evacuation area or Local Disaster Preparedness Center depending on the situation.



How to contact your family members at the time of a disaster (^{かぞく}家族^{れんらく}に^{ほうほう}連絡^{する}方法)

In the event of a big earthquake or some other disaster, mobile phone services may become unavailable. To prepare for emergencies, please determine how to contact each other and where to meet up in advance. You can also contact each other by using SNS, which are likely to be usable even at the time of a disaster.

●web171

web171 is an internet-based message board where users save and view messages while using their telephone number as their key. Since users can perform safety confirmation of those living in affected areas, we recommend that you practice using it in demo mode. It is available in English, Chinese, and Korean.



web171



Websites for providing information and support in multiple languages (^{がいこくご}外国語^{ぼうさいじょうほう}の防災情報)

●Kanagawa International Foundation (KIF)

<http://www.kifjp.org/disaster/>



KIF

●Yokohama Association for International Communications and Exchanges (YOKE)

<https://www.yokesaigai.com/en/>



YOKE

★Please try to maintain communication with your neighbors on a daily basis.

It is also advisable to participate in the emergency drills and other events conducted in your local area.

(^{きんじょ}近所^{ひと}の人と仲良くなりましょう。^{さいがい}災害^{たす}のとき、^あ助け合^{います}えます。)



Why don't you participate in local activities with us? (まちの活動^{かつどう}に参加^{さんか}しましょう)

Having more acquaintances in the area you live in will surely make your day-to-day more fun. Each area has many local activities that you can casually join. Come and interact with the local people with us!

- Each neighborhood has a “Neighborhood Association”, which is a community organization voluntarily set up by the residents. Anyone who lives in the neighborhood can join it.
- To promote interactions among residents, each neighborhood hold various events that can be enjoyed by both adults and children, including bon odori dance events, summer festivals, sports days, rummage sale and radio calisthenics.

We recommend that you join a neighborhood association.
Knowing more people in your neighborhood will make your life more fun and secure.



Mochi-tsuki or pounding sticky rice cakes



Carrying of a portable shrine



Cleaning activities in Urban areas



Emergency drills

What is the “Naka Ward Local Health and Welfare Plan”?

(Nickname: Naka Naka Ii-ne!)

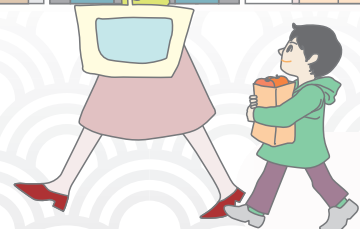
(みんなで安心して暮らせるまちをつくっていきましょう)

This is a plan that everyone who lives or works in Naka Ward cooperatively carries forward in hope of making the ward a community where everyone can live at ease forever.



Enjoy shopping and dining on shopping streets! (商店街^{しょうてんがい}に行^いってみましょう!)

Japan has many areas called “Shoten-gai” (shopping streets) where various shops and restaurants are concentrated. Naka Ward also has numerous shopping streets. Please enjoy shopping and dining on your local shopping streets!





Please seek consultation if you experience any problems. (困ったときは相談してください)



Information counter for foreign residents

Naka International Lounge 「なか国際交流ラウンジ」

“Naka International Lounge” is a local advisory counter for foreign residents living in Naka Ward. The lounge provides various information related to daily life in Chinese, English and simple Japanese.

The staff provide support to foreign residents so that they can file papers and receive consultation smoothly at the Naka Ward Office counters.

● What kind of consultation does the lounge provide? (色々な相談ができます)

- They provide information on classes where you can learn Japanese. (日本語をべんきょうしたい)
- They provide information on various consultation counters for laws, visas, jobs, etc. (仕事のこと)
- They provide information on the procedures for your children's admission to school. (学校のこと)
- They introduce interpreter and translator volunteers. You can also register as an interpreter/translator volunteer with them. (ボランティアのこと)



Interpreter and translator volunteers wanted! (通訳・翻訳ボランティア)

The lounge is recruiting volunteers who can provide support to foreign residents by interpreting during local events or translate flyers. Please contact the lounge for details!



[Naka International Lounge]

Located within Naka Ward Community Activity Center on the 1st floor of the Naka Ward Office Annex at 35 Nihon-odori, Naka-ku

T E L : 045-210-0667 (Chinese, English, simple Japanese)

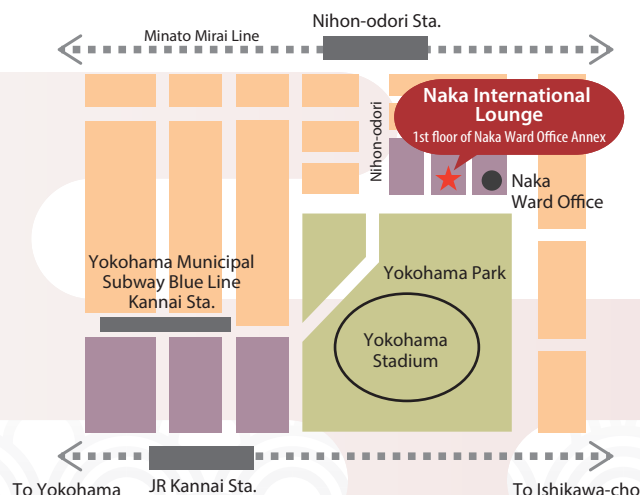
F A X : 045-224-8343

Hours of operation: 9:15 a.m.–5:00 p.m.

Days closed: Sundays, National Holidays, and Year-End and New Year Holidays (Dec. 29 through Jan. 3)

E-mail: nakalounge@yoke.or.jp

Website URL: <https://nakalounge.jp/en/>



Picture of Honcho in Yokohama by Kuniyoshi Utagawa

This picture is a woodblock print called "Ukiyoe", which was popular around the 18th century. It depicts Honcho-dori, the street in Naka Ward, which exists to this day. You can see that people of various nationalities have been living in harmony in Naka Ward since that period.

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