

Resident Procedures

<https://www.city.yokohama.lg.jp/lang/residents/ej/notifications/>



引っ越したときの手続き

Relocation procedures



Procedures that you need to complete when moving to or away from Seya Ward

<https://www.city.yokohama.lg.jp/lang/residents/ej/notifications/20200310134407076.html>



戸籍・住民票

Family register & certificates of residence

Documents that serve as proof of residence

<https://www.city.yokohama.lg.jp/lang/residents/ej/notifications/20200313182059875.html>



マイナンバーカードを作る

Obtaining a My Number Card



Foreign nationals residing in Japan for over 3 months can obtain a My Number Card

https://www.city.yokohama.lg.jp/lang/residents/ej/notifications/mynumber_y.html



税金

Taxes

The national and local governments collect taxes that support your everyday life

<https://www.city.yokohama.lg.jp/lang/residents/ej/taxes/shizeiyasanichi.html>



保険・年金

Insurance & pensions



Public insurance and pension programs support your health and future

<https://www.city.yokohama.lg.jp/lang/residents/ej/insurance/>



こどもを育てる

Child rearing

Various forms of support are available for residents expecting or raising children

<https://www.city.yokohama.lg.jp/lang/residents/ej/child/>



瀬谷区にある日本語教室、外国の人のためのグループ

Local Japanese language classes and support groups for foreign residents

https://www.city.yokohama.lg.jp/seya/kurashi/kyodo_manabi/kyodo_shien/kokusai/tabunka.html



区内の施設

Ward Facilities



瀬谷図書館

Seya Library

Visit the library to read and borrow all sorts of books

<https://www.city.yokohama.lg.jp/kurashi/kyodo-manabi/library/tshokan/seya/> (in Japanese)



瀬谷スポーツセンター

Seya Sports Center

Stay in shape by exercising in the center's gymnasiums and fitness room

<https://yokohama-sport.jp/seya-sc-ysa/> (in Japanese)



広報よこはま

Koho Yokohama (Yokohama city newsletter)

Access local news and event information in 10 languages via the online Catalog Pocket service

<https://www.city.yokohama.lg.jp/city-info/koho-kocho/koho/insatsubutsu/koyoko/shiban/catalogpocket.html>



瀬谷区に住んでいる外国の人へ

For foreign residents of Seya Ward

あなたに知って欲しい生活の情報

Must-know Info for LIVING IN SEYA

英語版

English version

This leaflet is also available in Vietnamese and simple Japanese!



Seyamaru

Seya Ward mascot character

Leaflet by | Community Promotion Division, Seya Ward Administration Office

Assistance | Camon Xiexie, Japanese Class Seya, Seya International Friendship Club Japanese Class, Seya Nihongo Project, Seya Ward Child-care Support Center (Nikoterasu), Yokohama Association for International Communications and Exchanges (YOKE)

瀬谷区のホームページはこちら

Scan to visit
Seya Ward's website



https://www.city.yokohama.lg.jp/seya/kurashi/kyodo_manabi/kyodo_shien/kokusai/tabunka.html

SOS 緊急のとき Emergencies

<https://www.city.yokohama.lg.jp/lang/residents/ej/emergencies/20200228130142865.html>



Police

Dial **110**



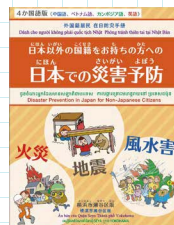
Fire & ambulance

Dial **119**



災害のこと Disaster preparedness

<https://www.city.yokohama.lg.jp/lang/residents/ej/emergencies/saigaiwoshiru.html>



A guide to preparing for earthquakes, typhoons, and other disasters is available in 5 languages. Follow the link below or visit counter 39 on the 3rd floor of the ward administration office.

https://www.city.yokohama.lg.jp/seya/bosai_bohan/saigai/4kakokugosassi.html



Must-know Info 知って欲しい生活の情報 for Living in Seya



ごみの出し方・分け方 Garbage sorting & disposal

<https://www.city.yokohama.lg.jp/lang/residents/ej/garbage/japanese1.html>



A leaflet on how to sort garbage and recyclables is available in 11 languages. Follow the link below or visit counter 34 on the 3rd floor of the ward administration office.

<https://www.city.yokohama.lg.jp/kurashi/sumai-kurashi/gomi-recycle/ongen/pamphlet/wakedashi.html>



相談したいとき Consultation

<https://www.city.yokohama.lg.jp/lang/residents/ej/support/>

Consultation by phone

Call the center below for consultation in 12 languages.

Yokohama Foreign Residents Information Centre

Dial
045-222-1209



https://yoketagengo.com/info_center/

In-person consultation at ward administration office

The ward administration office has translation tablets that you can use to communicate when seeking consultation there. The tablets are free to use and support 12 languages.

To borrow one, go to counter 36 on the 3rd floor.



病院に行くとき Hospital Guide

Take your health insurance card with you!

https://www.city.yokohama.lg.jp/lang/residents/ej/emergencies/yasashii_medical.html



Search for a hospital 病院を探す

Find hospitals/clinics near you



<https://yokomed.com/>
(in Japanese)

Yokohama hospitals/clinics with foreign language-speaking staff



https://www.city.yokohama.lg.jp/kenko-iryo-fukushi/kenko-iryo/iryo/seisaku/iryokokusaika/kokusaika_20210827_1.html

Emergency medical care at night or on Sundays & holidays

夜や日曜日、祝日に急に病気になったとき

<https://www.city.yokohama.lg.jp/lang/residents/ej/emergencies/yoruyasumibyokinihon.html>



8 p.m. to midnight

Yokohama Southwest Night Emergency Medical Center

5-1-5
Izumichuokita,
Izumi Ward



<https://www.yokohama-emc.jp/yakan9.html>
(in Japanese)

Sundays & holidays

Seya Ward Holiday Emergency Clinic

489-46
Futatsu-bashicho,
Seya Ward



<https://www.seya-med.org/holiday/>
(in Japanese)

自治会・町内会 Neighborhood associations

<https://www.city.yokohama.lg.jp/lang/residents/ej/life/jichikai-pr-easy.html>



Neighborhood associations are groups of residents who assist one another and work together to solve community issues.

These associations collect dues from local residents to support their activities.

