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Population of Nakano City (as of July 1, 2009)

Total: 312,973 (27 more than last month's figure)
Japanese: 300,915 (53 less than last month's figure)
Registered foreign residents: 12,058 (80 more than last month's figure)

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Be Prepared for Earthquakes: Protect Yourself, Protect Your Community

In May of last year, a magnitude 8.0 inland earthquake struck Sichuan province in China, taking more than 60,000 lives (according to the China Earthquake Administration).

An inland earthquake is also expected to strike Tokyo. Spend some time with your family figuring out how to prepare for an earthquake and answering these questions: *What can I do before an earthquake strikes? If an earthquake strikes, how best can I protect myself, my possessions, and my everyday life?*

Inquiries: Local Disasters and Emergency Affairs Desk, City Office 5F, **Tel:** 3228-8930 (in Japanese), **Fax:** 3228-5658.

Earthquake Preparedness Is Essential

Japan is one of the world's most earthquake-prone countries. It is important to make everyday disaster preparations to ensure that you and your family are not injured in your own home.

- Sample Preparations

Install furniture restraints to keep furniture from toppling over,

seismically reinforce your home, and keep a supply of emergency food and water on hand (be sure to check expiration dates).

- Evacuation Shelters and Outdoor Evacuation Sites

The city has designated 50 facilities to serve as evacuation shelters, such as elementary and junior high schools. These will also serve as centers of relief and rescue activities during an emergency. Evacuation shelters are places for housing victims, administering first aid to the injured, and distributing food, water, and other supplies.

If spreading fires or other circumstances make it dangerous to be in a particular area, city officials and police officers will redirect residents to outdoor evacuation sites.

Discuss evacuation procedures with your family.

- Obtain brochure for confirmation

The city has published a brochure on earthquake preparedness entitled Disaster Prevention in Nakano City. It is available in Japanese, as well as Chinese, Korean, and English. Contact the office below to obtain a copy.

Disaster Drill for International Residents Held in May

The Association for Nakano International Communication (ANIC) held a disaster drill for international residents in May. Participants tried the earthquake simulation vehicle that allowed them to experience the shaking that would occur during a magnitude 7 earthquake. They also participated practiced evacuating under smoky conditions, and practiced putting out a fire with a fire extinguisher.

Participant feedback: "The shaking of a magnitude 7 quake was like riding a boat through huge waves." "The smoke drill was scary. I couldn't see anything." "Now I feel like I know exactly how to use a fire extinguisher."



Enjoy the Water During Summer! Information on Swimming and Wading Pools

For details, contact the facility directly. (Inquiries to all facilities should be made in Japanese.)

Junior High School Heated Pools Open

- **Dai-Ni Junior High School Heated Pool** (5-14-16 Honcho)

Size: 25m x 15m (7 lanes)

- **Dai-Kyu Junior High School Heated Pool** (1-57-12 Nakano)

Size: 25m x 16m (8 lanes)

Fees: Adults (high school age and older): ¥200/hr. Elementary and junior high school students: ¥100/hr. (Free for preschool children)

Note: For information on open hours, etc., visit the Nakano City Web site, and click on Facilities and then Heated Pools Open to the Public.

Inquiries: School & Community Collaboration Desk, 5F,

Tel: 3228-5537, **Fax:** 3228-5680

Saginomiya Gymnasium Heated Pool (3-1-13 Shirasagi)

Size: 25 m x 15 m (7 lanes) Also has a children's pool (100 m²).

Fees: Adults (high school age and older): ¥260/hr. Elementary and junior high school students: ¥130/hr. (Free for preschool children)

Note: For details, visit the Saginomiya Gymnasium Web site.

<http://www.nakano-taikukan.com/saginomiya/index.html>

Inquiries: Saginomiya Gymnasium, **Tel:** 3337-1771,

Fax: 3337-3280

Wading Pools for Preschool Aged Children

The wading pools at local parks, just 35 cm deep, are fun places

to take young children. Children must be accompanied by a guardian. There is no fee for use.

Hours: Open daily until August 23 (Sun.), 10 a.m. to 12 noon, and 1 to 4 p.m.

Locations:

- Kamisagi-Higashi Park (2-18 Kami-Saginomiya)
- Maruyama Park (2-23 Maruyama)
- Ehara Park (1-15 Eharacho)
- Yamato Park (2-8 Yamatocho)
- Heiwa-no-Mori Park (3-37 Arai)
- Arai Yakushi Park (5-4 Arai)
- Keyaki Park (5-13 Higashi-Nakano)
- Momozono Park (2-21 Nakano)
- Miyanodai Children's Park (4-8 Honcho)
- Sakaecho Park (4-20 Yayoicho)
- Minamidai Park (5-7 Minamidai)

Notes

(1) Because these are outdoor facilities, the wading pools may be closed in the event of rain, water temperatures below 22°C, chemical smog alerts, or for other reasons.

(2) Be sure to pay close attention to your children to ensure their safety. The wading pools may not be used by elementary school students. Your understanding and cooperation in keeping the ponds safe for all users are appreciated.

Inquiries: Park Management Desk 8F, **Tel:** 3228-8850,

Fax: 3228-5677

Resident's Tax is an Important Funding Source for Key Services

The city provides a variety of services in the areas of education, welfare, and disaster preparedness to ensure that all local residents can have a healthy and high-quality life. Most of the funding for these services comes from taxes, including the Resident's Tax. Taxes are a burden shared fairly by everyone.

The Resident's Tax is a combination of the Special City Resident's Tax and the Metropolitan Resident's Tax, and is levied on those who reside in the city as of January 1 of the tax year.

Tax Payments Collected Four Times a Year

Payment slips for the Resident's Tax (Special City Resident's Tax and the Metropolitan Resident's Tax) were sent out in June. You will need these payment slips to pay your tax by the due dates, i.e., the end of June, August, October, and January of the following year. The due date for the second period payment is August 31. Payments can be made at financial institutions, post offices, community centers, or the City Office. Those wishing to pay by bank transfer should check their account balance the day before the due date to ensure that their balance will cover the payment withdrawal.

Payment and Consultation Locations

Payments can be made at financial institutions, post offices, community centers, or the City Office.

To discuss late payments or other issues, contact the Tax Affairs Desk on the third floor of the City Office. Inquiries can also be made by telephone. For residents who are busy during the daytime on weekdays, the City Office opens its counter for tax payments

and consultations every Tuesday until 7 p.m. and every third Sunday from 9 a.m. to 4 p.m. Please take advantage of these extended office hours.

Pay Via Bank Transfer

Those who tend to forget due dates or who are too busy to make a trip to their bank should take advantage of the bank transfer payment option.

Just take your payment slip, bankbook, and personal seal that was used when you were issued your bankbook to your nearest financial institution or post office and complete the necessary procedures in person. Application forms are available at local financial institutions, post offices, community centers, and the Tax Affairs Desk (City Office 3F).

If You Fail to Pay by the Due Date

If you cannot make your payment by the due date, a late fee will be assessed. Be sure to make your payment as promptly as possible. Those who have not made their first-period payment by the due date (June 30) will be sent a payment reminder on August 6. If you make a payment at a financial institution or post office, it may take up to 10 days before the city can confirm receipt of your payment. We apologize if a payment reminder is sent to you in error.

Inquiries: Payment Desk, 3F

Payments/Payment Consultations: **Tel:** 3228-8924 (in Japanese), **Fax:** 3228-5652

Bank Transfers: **Tel:** 3228-8045 (in Japanese), **Fax:** 3228-5652

Parents, Remember to Register Your Children!

Take advantage of city programs that support childrearing. Desks for all programs are located at the Nakano City Office 3F.

Take Advantage of the Children's Medical Expense Subsidy System for Children up to Their Third Year of Junior High School.

When a child up to his/her third year of junior high school has to undergo medical treatment, the city covers the out-of-pocket expenses for his/her parents (excluding the standard cost of meals during hospitalization).

Show an infant medical care card or a child medical care card issued by the city to your medical institution, and the city will cover the out-of-pocket medical treatment expenses. There are no income restrictions placed on guardians.

Applications for children's medical expense subsidy system medical care cards were sent in late July to those who have not yet applied. Submit the application along with a copy of the child's health insurance card.

Note: Children who are receiving welfare assistance or who have been admitted to a child welfare facility are not eligible.

Inquiries: Child Allowance and Medical Subsidies Desk in the Children's Comprehensive Consultation Corner,

Tel: 3228-8936 (in Japanese), **Fax:** 3228-5657

Child-Rearing Allowance and Special Child-Raising Allowance Status Reports

Status report forms will be sent to those receiving these allowances in early August. Reports must be filed annually to maintain eligibility for the new fiscal year. Reports must be submitted by the following dates:

- Child-Rearing Allowance August 31 (Mon.)
- Special Child-Raising Allowance September 10 (Thur.)

Inquiries: Child Allowance and Medical Subsidies Desk,

Tel: 3228-8952 (in Japanese), **Fax:** 3228-5657

Applying for the Foreign Student Guardians' Subsidy

To reduce the burden of tuition costs, the city provides a subsidy (¥8,000/month) for foreign guardians of children who are attending a school for foreign residents in Nakano City. Subsidy application forms will be sent to your child's school in early September. Complete and return the application form by the end of September.

Subsidy eligibility criteria (all of the following criteria must be fulfilled)

- Guardians must be registered foreign residents who are living in Nakano City.
- The applicant must be the guardians of a child or student attending a school for foreign residents (a "child or student" refers to a child attending a school at the equivalent level of a Japanese elementary or junior high school).
- Guardians must be paying tuition to a school for foreign residents.

Subsidy issuance schedule

For the April to September term: end of October. For the October to March term: end of April

Notes:

- 1) Families that move into Nakano City from another municipality, or who move to another municipality from Nakano City during the school year should contact the office below.
- 2) The deadline for FY2009 subsidy applications is March 31, 2010. Be aware that applications for the subsidy will not be accepted after the end of the school year.

Inquiries: Private Kindergartens Support Desk,

Tel: 3228-5681 (in Japanese), **Fax:** 3228-5667

From the
Foreign Resident
Registration Desk

Updating Your Registration Due to a Change in Visa Status or Length of Stay

If a change (extension) in your visa status or length of stay has been approved by the Immigration Bureau, you need to update your foreign resident registration.

1. Update period

Within 14 days of the date you received approval for the change in visa status or length of stay

2. Where to submit updates

Foreign Resident Registration Desk (Nakano City Office 1F, Desk No. 9)

3. What you will need

- (1) Your passport
- (2) Your foreign resident registration card (certificate of alien registration)

4. Who can report an update?

The individual in question (Individuals under the age of 16 must be accompanied by a member of the same household who is over the age of 16.)

Notes:

- (1) A family member who is 16 years old or older and can prove that he/she lives with the individual in question may act as the person's proxy to update that person's registration. In such cases, the proxy must bring some form of identification (e.g., driver's license, passport, or foreign resident registration card).
- (2) If an individual over the age of 16 (with a prior length of stay of up to one year) is granted approval to stay for one year or longer from his/her date of entry due to a change in his/her visa status or length of stay, that individual will have to register his/her signature when completing the registry update and, therefore, should come to the Nakano City Office in person to complete the necessary procedures.

Inquiries: Foreign Resident Registration Desk, Nakano City Office 1F, **Tel:** 3228-5505 (in Japanese), **Fax:** 3228-5653

Consultation Services for Foreign Residents

Skilled specialists offer advice in person or by telephone in English or Chinese. The service is free of charge.

Hours*: 2nd and 4th Thursday of each month, 1:00 to 4:00 p.m.

Eligibility: Foreign residents who live, work, or go to school in Nakano City

Location: Professional Consultation Room, Nakano City Office 1F (Service Counters #1-21)

Telephone Consultation: English, Tel: 3389-1611 **Chinese, Tel:** 3389-1511

*Consultation services are not available on days other than those listed above.

Reservations: To make a reservation, please call the number below after 9:00 a.m. on the day of consultation.

Inquiries: Resident's Voice Subsection (Nakano City Office 1F), **Tel:** 3228-8802 (in Japanese), **Fax:** 3228-5644

Applications for the Fixed-Sum Benefit and Special Child-Raising Support Allowance are due (must be postmarked by) September 14. Those who have not yet completed their applications should do so promptly.

○ **Benefit basis date**

February 1, 2009

○ **Fixed-Sum Benefit: Eligibility and Amount**

Individuals whose status of residence is permanent resident or long-term resident and who are registered in the Basic Resident

Register or as foreign residents as of the basis date (Individuals with transit or temporary visitor's visas are not included.)

Inquiries: Fixed-Sum Benefit Desk,

Tel: 3228-5740 (in Japanese), **Fax:** 3228-5743

ANIC.....

International Exchange Salon (Theme: Moon Viewing, Ninja)

This is a place where Japanese and non-Japanese residents can interact with one another while talking in Japanese.

No advance application is required. Participation is free. Just come directly to the venue.

Date and time: September 13 (Sun.), 2 to 4 p.m.

Location: ANIC Conference Room 2, Nakano Zero West Annex 4F

Volunteer Interpreters Needed: Put Your Language Skills to Good Use!

On November 14 (Sat.), free professional consultations for foreign residents will be held at Nakano Zero West Annex. Professionals will be on hand to provide legal consultations on issues such as visas, length of stay, and international marriage and divorce, and can also discuss labor and education issues. Volunteer interpreters are needed to help out at this event. Please make a consultation appointment in advance.

○ Languages needed include English, Chinese, Korean, Tagalog, French, Spanish, and Portuguese.

○ Qualifications: People who can interpret between one of these languages and Japanese

Inquiries (exchange salon and volunteering):

Association for Nakano International Communications (ANIC)
(Nakano Zero West Annex, 2-9-7 Nakano, Nakano-ku)

Tel: 5342-9169 **Fax:** 3383-0728

E-mail: anic@nifty.com

