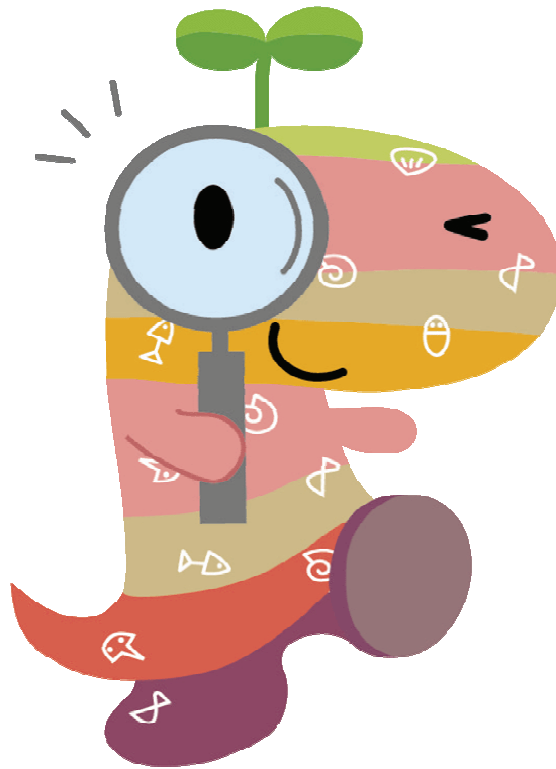




Tamba City International Association

Tamba City Living Guide (English)

丹波市暮らしのガイド 英語篇



February 2013 Issue

Tamba City International Association

丹波市国際交流協会

Contents

Introduction	1
Tamba City Profile	2

Emergencies / Disaster Prevention

1. Holiday / Night-time Emergencies	3
2. Telephone Consultations	4
3. Tamba City National Health Insurance Aogaki Clinic	4
4. Call 119 for Fires / Emergencies	5
5. Disaster Preparation	6

Family Register / Resident Registration / Personal Seal Registration

1. Main Notifications for Family Register	9
2. Main Notifications for Resident Registration	10
3. Personal Seal Registration	15
4. Various Certificates and Fees	16
5. Presentation of Personal Identification Documents	17
6. Basic Resident Register Card	17

Tax

1. Municipal Tax	18
2. Resident's Tax	18
3. Fixed Assets Tax	19
4. Light Motor Vehicle Tax	19
5. National Health Insurance Tax	20
6. Municipal Tax Payment Period	21
7. Municipal Tax Payment	21
8. Municipal Tax Payment Proof, etc., and Fees	22

Health / National Insurance / Pension

1. Health	23
2. National Health Insurance	24
3. National Pension	28
4. Lump-sum Withdrawal Payments for Short-Term Foreign Residents	29

Childrearing / Education

1. Pregnancy / Childrearing	30
2. Infant Health Checks / Vaccinations	31
3. Child Rearing Learning Center	32
4. Childcare Center / Certified Child Day Care Center	33
5. Family Support Center	34
6. Kindergarten / Elementary School / Junior High School	35
7. After School	36
8. Children's Center	36

Welfare / Medical Services / Nursing

1. Welfare and Medical Services	37
2. Long Life Medical Care	40
3. Welfare for the Disabled	43
4. Nursing Care Insurance	49
5. Other Welfare Services	57

Living / Environment

1. Garabage Disposal	58
2. Water Supply	58
3. Sewage	60
4. Night Soil Disposal	60
5. Cremation	62
6. Pets / Animals	63
7. Municipal Housing	64
8. Housing Construction and Maintenance	65
9. Public Transport	67
10. Promoting Use of the Fukuchiyama Line	68
11. Subsidies for Parking Fees of Station Parking Areas	68

Consultation

1. Various Consultations	69
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Introduction

This living guide contains information considered necessary for foreign residents of Tamba City, and has been selected from the Tamba City Living Guide that was issued in June 2011.

All information in this guide is current as of December 2012. Some information may also have been updated, so please inquire with the relevant organizations, etc., for further details on this. Unless “English is also OK” is specifically stated in the contact details, most organizations can only take inquiries in Japanese. In this case, please ask for assistance from a Japanese speaker when making an inquiry.

Tamba City Profile



Tamba city is located in the central east region of Hyogo Prefecture, and has the Japan standard meridian (135th meridian east) passing through it. The city is a major transportation centre where economies and cultures intersect and link together the cities of Kyoto-Osaka-Kobe (*keihanshin*), and the Kitaharima, Tajima and Tango areas. Tamba strives to utilize its abundant nature, history and culture to become “a city of culture, for the exchange of people and nature”. Positioned on the eastern tip of the Chugoku mountain terrain that forms one of the backbones of Honshu, the steeply sloping mountains such as Mt Awagi (962m) create a hilly and mountainous area in which Tamba is situated. The source of two major rivers flow through the region as if connecting the mountains, with the Kakogawa River and its upstream flowing into the Seto Inland Sea and the upstream (Kuroigawa, Takedagawa) of the Yuragawa River flowing into the Japan Sea.

In particular the watershed of Iso within the city is located approximately 95m above sea level, making it the lowest central watershed in Honshu. Tamba has an inland climate on the Seto Inland Sea side, with severe differences in temperature in the mornings and night and notable gaps between warm and cold levels. The city also has what is called the “Tamba fog”, which occurs from autumn through winter, wrapping the mountains in the Tamba region in a morning and evening mist and further adding to the mystery of the city and the deep connection it has with the bountiful natural environment.

Tamba City Symbol



This symbol was designed based on the concept of the mountains in the Tamba region in a morning and evening, and the image of developing the city into the future. In the centre is the image of a person with both hands stretched out expressing the “greenness” of nature, as a symbol of an abundant future of harmony between people and nature. The overall symbol depicts the shape of the Chinese character Tan in Tamba City using powerful lines, and has a presence and intensity fitting of a city symbol.

Population and Number of Households



Population

69,333 people
(Men: 33,246)
(Women: 36,087)



Number of Households

24,493 Households

As of March 31, 2012

The romaji version of “TAMBA” City

According to the Hepburn system of romaji, when the Japanese character “n” is placed before B, the rule is to read it as “M”. This rule is, in principle, also applied to names written in passports; therefore, Tamba City also uses the Hepburn system for writing its name in romaji.

Emergencies / Disaster Prevention

Holiday Night-time Emergencies

■^{ちいきいりょうか}地域医療課 Chiiki Iryo-ka (Local Medical Dept.) ☎82-4567

Holiday / Night-time Emergencies

Doctors from the Tamba City Medical Association have set up a weekday night-time emergency clinic, staffed on a rotation basis.

- Clinic days/times: Monday-Friday, 8:00pm-10:00pm
- Clinic address: Kaibara Red Cross Hospital (Tamba-shi, Kaibara-cho, Kaibara 259-1)
- Closing times: Days stipulated by law as national holidays – 12/31-1/3, 8/13-8/15

【Important Notes】

There are no specific health areas set for consultation, so please call the clinic beforehand on ☎72-0555 to check.

Holiday Emergency Clinic

This holiday emergency clinic has been set up as a place for emergency consultations during holidays.

●Address:

Tamba-shi, Kaibara-cho, Kaibara 443 (Building on the immediate left of the entrance to Hyogo Prefectural Kaibara High School)

●Telephone: ☎72-2480

●Resident Doctors: Staffed on a rotation basis by doctors from the Tamba City Medical Association

●Clinic services: (1) Consultation (2) Treatment/Medication (3) Advice and Consultation

- * NB.1 Consultations are only for emergencies, as much as possible.
- * NB.2 Medication will only be prescribed to cover the holiday period.
- * NB.3 Please call the clinic prior to visiting for a consultation.

●Consultation times: [Morning]9:00～12:00
[Afternoon]1:00～5:00
(Reception is open until 4:30pm)

Holiday Pharmacy

●Address:

▶ Kaibara Chozai Yakyoku (Pharmacy)
Tamba-shi, Kaibara-cho, Kaibara 255-1

☎72-5550

▶ Flower Yakyoku (Pharmacy)
Tamba-shi, Kaibara-cho, Kaibara 255-3

☎73-1193

* Both are in front of the Kaibara Red Cross Hospital.

Telephone Consultations

ちいきいりょうか
➡地域医療課 Chiiki Iryo-ka (Local Medical Dept.) ☎82-4567

Tamba City Night-time Health Consultation Hotline

How do I treat a sudden injury? What do I do when I suddenly have a fever? I want to know more about a health concern I have. The Tamba City Night-time Health Consultation Hotline is staffed by nurses, public health nurses and doctors who are available for consultation on a range of issues from health and medical care to child rearing, and offer easy-to-understand advice.

Consultation times: 19:00～24:00

Consultation method: The Hotline is available for use free of charge by all Tamba City residents. Please state your name (anonymous calls OK), address and age once you are connected to the Hotline.

Telephone (Free Dial): ☎0120-737-180

Infant Medical Emergency Consultation Service

Hyogo Prefecture operates a telephone consultation service for infant medical emergencies. Specialists such as nurses are available for consultations from parents about their child's sudden illness or injury, and provide advice on treatment methods and information on medical facilities, etc.

■ Consultation service:

▶ [Tamba area] ☎72-4396

Weekdays: 17:30～next day 8:00

Sat. Sun. Hols. Year-end/New Year Hols.: 8:00～next day 8:00

▶ (No area code) #8000

* For Dial-up lines, IP telephones: ☎078-731-8899

Mon.-Sat: 18:00～24:00 Sun. Hols.: 9:00～24:00

The telephones consultation service may be very busy depending on the time of day.

Tamba City National Health Insurance Aogaki Clinic

こくほしんりょうじょ
➡国保診療所 Kokuho Shinryosho (National Health Clinic) ☎87-0109

【Consultation areas】

Internal medicine, gastroenterological medicine, circulatory medicine, pediatrics, ophthalmology

【Consultation times】

Internal medicine (Mon.- Sat.) 8:00 A.M.～11:30 A.M.

(Mon. Tues. Wed. Fri.) 3:30 P.M.～6:00 P.M.

Ophthalmology (Tues.) 1:00 P.M.～4:30 P.M.

(Fri.) 8:00 A.M.～11:30 A.M.

Pediatrics (Mon.) 8:00 A.M.～11:30 A.M.

(Thurs.) 1:00 P.M.～4:30 P.M.

【Making an appointment for a consultation】

Morning consultations for internal medicine from Mondays to Fridays are by appointment. (Appointments can be made up to 1 month in advance)

1. By telephone

☆Telephone appointment reception times: (Mon.- Fri.) 8:00 A.M.～11:30 A.M.

For appointments by telephone, your consultation ticket number and name will be checked.

2. In person

☆Telephone appointment reception times: (Mon.- Fri.) 8:00 A.M.～11:30 A.M.

〒669-3842 Hyogo-ken, Tamba-shi, Aogaki-cho, Sawano 114

☎87-0109 FAX87-0107

Closed: Sun. Hols. Sat. P.M. 12/29-1/3

Call 119 for Fires and Emergencies

消防本部 ^{しょうぼうほんぶ} Shobo Hombu (Fire Headquarters) ☎72-2255

■What should you tell others in an emergency?

You should report the situation calmly and correctly. Please call 119 for emergencies and disasters.

●Fires (Call 119)

If a fire occurs, please immediately call out “fire” in a loud voice so you can be heard by your neighbors. Then, please call 119 and calmly report the fire and your current location.

【Example of how to report a fire in Japanese】

【Fire Department】

火事ですか、救急ですか。
Kaji desuka, Kyukyu desuka?
Is it a fire or an emergency

→ 【You】
火事です。
Kaji desu.
It's a fire.

場所はどこですか。
Basho wa doko desuka?
What is the location?

→ 場所は〇〇です。近くに〇〇があります。
Basho wa 〇〇desu. Chikaku ni 〇〇ga arimasu.
〇〇. There is a 〇〇 nearby.

何が燃えていますか。
Nani ga moete imasuka?
What is burning?

→ 家が燃えています。
Ie ga moete imasu.
The house is burning.

あなたの名前を教えてください。
Anata no namae wo oshiete kudasai.
What is your name?

→ 名前は〇〇〇です。
Namae wa 〇〇〇desu.
〇〇〇.

連絡先を教えてください。
Renrakusaki wo oshiete kudasai.
What is your phone number?

→ 〇〇〇-〇〇〇-〇〇〇 [電話番号] です。
〇〇〇-〇〇〇-〇〇〇 [denwa bango] desu.
〇〇〇-〇〇〇-〇〇〇.

●Emergencies (Call 119)

In the case of a sudden illness or injury, etc., and when you cannot go to the hospital by yourself, you can call 119 and request for an ambulance to come to your house. No fee is charged for this.

【Example of how to report a fire in Japanese】

【Fire Department】

火事ですか、救急ですか。
Kaji desuka, Kyukyu desuka?
Is it a fire or an emergency?

→ 【You】
救急です。
Kaji desu.
It's an emergency.

場所はどこですか。
Basho wa doko desuka?
What is the location?

→ 場所は〇〇です。近くに〇〇があります。
Basho wa 〇〇desu. Chikaku ni 〇〇ga arimasu.
〇〇. There is a 〇〇 nearby.

どうしましたか。
Do shimashitaka?
What happened?

→ うで腕をけがしました。顔から血が出ています。
Ude wo kega shimashita. Kao kara chi ga dete imasu.
I've injured my arm. I'm bleeding from my face.

あなたの名前を教えてください。
Anata no namae wo oshiete kudasai.
What is your name?

→ 名前は〇〇〇です。
Namae wa 〇〇〇desu.
〇〇〇.

れんらくき おし
連絡先を教えてください。
Renrakusaki wo oshiete kudasai.
What is your phone number?

→ 〇〇〇-〇〇〇-〇〇〇 [電話番号] です。
〇〇〇-〇〇〇-〇〇〇 [*denwa bango*] desu.
〇〇〇-〇〇〇-〇〇〇.

Disaster Preparation

▶防災対策室 Bosai Taisaku-shitsu (Disaster Prevention Measures Office) ☎82-0250

Check your emergency supplies kit!!

Your emergency supply kit must include:

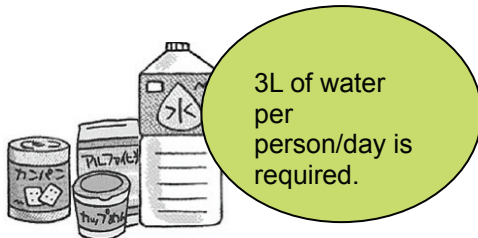
Radio, Flashlight, Water

You should prepare the following as emergency supplies:



Flashlight / Portable radio

Use these for when there is a power outage and to check on the weather conditions.



Emergency food and drinking water



Tamba City Disaster Prevention Map



Socks

It's handy to have 2 or 3 pairs of socks with you to keep your feet warm as a way of protecting yourself against the cold at the evacuation center.



Valuables Money



Medicines

Be sure to check the rainfall conditions!!

If it starts to rain...

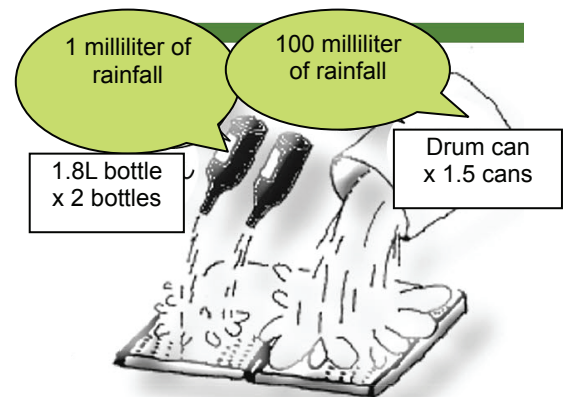
Check the rainfall conditions and be prepared to evacuate if necessary!

Hourly rainfall and conditions

Using an hourly rainfall amount equivalent to the width of 2 tatami mats as a target, then:

1 milliliter...Approx. 2 x 1.8L bottle

100 milliliter...Approx. 1.5 x drum can



Hourly rainfall (ml)	Forecast terminology	Visual image	Effect on people	Outside scene	Conditions when driving a car	Conditions for a disaster occurring
10～20	Slightly heavy rainfall	A steady rush of rain	Rain puddles on the ground make your feet wet	Rain collects in puddles on the ground		Caution required if the rainfall continues for a long time
20～30	Heavy rainfall	Downpour of rain	You will still get wet even if using an umbrella when outside in the rain		Difficult to see even if the windscreen wipers are on high speed	Sideditches, sewage drains and small rivers overflow, and small landslides start to happen
30～50	Severe rainfall	Bucketing down with rain		The road looks like a river	When driving at high speed, a film of water forms between the car wheels and road surface, and so the brakes don't work	Mountain landfalls and landslides can easily occur, and people in dangerous areas need to prepare for possible evacuation
50～80	Extremely severe rainfall	Bucketing down like a waterfall	Using an umbrella is futile; you will get soaked if outside in the rain	Sheets of rain falling look like a white curtain that makes it difficult to see past	Driving a car in this weather is dangerous	Avalanches (falling soil and rocks) can easily occur, and major damage is caused
80～	Torrential rainfall	Raining so heavy as to make you feel scared and tense				Strong chance of a major disaster occurring, and extreme caution is necessary

Receive disaster information and weather warnings on your mobile phone and PC!

Have you already registered for the “Tamba City Disaster Prevention Mail”?

Tamba City operates the “Tamba City Disaster Prevention Mail” service, which sends emails on weather warnings and emergency information from the city to pre-registered mobile phones and PCs. Those residents who wish to receive such mails must first register the email address of the mobile phone and/or PC they would like the information sent to. Registration is free, but the Internet connection cost and mail receipt fee are separate charges covered by the user. All residents are encouraged to register for this service, so they can be among the first to receive information that can help them avoid danger and keep safe in the event of a disaster occurring.

[Information sent]

- ☐ Emergency weather information … Earthquakes, Weather warnings, etc.
- ☐ Emergency information … Evacuation information, etc.
- ☐ Notifications … Disaster-related information

Detailed information on how to register for this mail service can also be found on the Tamba City homepage (<http://www.city.tamba.hyogo.jp/>)



丹波市防災メール

検索

Please search for

“Tamba City Disaster Prevention Mail” (Tamba-shi bosai meiru)

Registration mail address: tamba@bosai.net

Disaster-related information is also sent by the city via the Disaster Prevention Authorities Wireless service and Tamba City Disaster Prevention Mail service, etc. However, residents need to be well prepared beforehand and collect weather information so as to be ready for evacuation and to minimise disaster-related damage as much as possible.

●Inquiries: Disaster Prevention Measures Office ☎82-0250

Family Register / Resident Registration / Personal Seal Registration

Main Notifications for Family Register

→ ^{しみんか}市民課 **Shimin-ka (Citizens' Affairs Section)** ☎82-2002

A family register records information about a person's birth, marriage and death, etc., and officially certifies familial relationships of husband/wife, parent/child, etc. The place where the register is kept is known as the permanent domicile.

● Birth Notification

1. When one parent is a foreign national (child is born in Japan)

- Notification period . . . Within 14 days of the day of birth. However, if the 14th day falls on a day when City Hall is closed, then the notification can be submitted on the following day that government offices are open.
- Notification place . . . The notification can be submitted at the municipal government office of either the parent's permanent domicile, child's birthplace or the address of the notifying person.
- Notifying person . . . Father or Mother
- Necessary items for notification
 - (1) Birth certificate (can be obtained from the hospital)
 - (2) Mother-Child Health Handbook (Parent-Child Handbook)
- Child's nationality . . . If either of the parent is a Japanese national, then the child will acquire a Japanese nationality. To find out whether the child can acquire the foreign nationality of either the father or mother, please inquire with the Consulate or Embassy in Japan of foreigner father or mother's country. The child's acquisition of a foreign nationality depends on the national law of the foreigner father or mother's country.

2. When one parent is a foreign national (child is born in a foreign country)

- Notification period . . . Within 3 months of the day of birth.
- Notification place . . . Permanent domicile, or the address of the notifying person, Japanese Consulate or Embassy in the foreign country
- Notifying person . . . Father or Mother
- Necessary items for notification . . . Birth certificate and accompanying Japanese translation (Please clearly indicate who is the translator)
- Child's nationality . . . If either of the parent is a Japanese national, then the child will acquire a Japanese nationality. The child's acquisition of a foreign nationality depends on the national law of the foreigner father or mother's country. Depending on the country of birth (America, Brazil), a child born in that country will acquire its nationality.

• Reserving nationality

If your child acquires the nationality of the country he/she was born in, please submit a Reservation of Nationality Notification along with the Birth Notification. Please note your intention to reserve Japanese nationality of your child in the Others column on the Birth Notification; it can be submitted once you have signed the form using your personal stamp. If you do not reserve the Japanese nationality of your child at the time of birth, they will lose their Japanese nationality retroactively up to the time of birth. Reserving the Japanese nationality of your child will give them dual nationality, and they must choose between which nationality they want to keep by the time of turning 22 years old.

3. When both parents are foreign nationals

- Notification period . . . Within 14 days of the day of birth. However, if the 14th day falls on a day when City Hall is closed, then the notification can be submitted on the following day that government offices are open.
- Notification place . . . The notification can be submitted at the municipal government office of either the parent's address or the child's birthplace.
- Notifying person . . . Father or Mother
- Necessary items for notification

- (1) Birth certificate (can be obtained from the hospital)
- (2) Mother-Child Health Handbook (Parent-Child Handbook)
- Child's nationality . . . Depends on the national law of the foreigner father or mother's country.

● **Death Notification of a foreign national**

- Notification period . . . Within 7 days of the day the death is known
- Notification place . . . The notification can be submitted at the municipal government office of either the deceased's place of death, or the notifier's address.
- Notifying person . . . Relative, housemate, head of household, adult ward, etc.
- Necessary items for notification
 - (1) Death certificate (can be obtained from the hospital)
 - (2) If the notifying person is an adult ward, then a Certificate of Registered Items proving this status is required, or an official copy from a court

● **Marriage Notification of a foreign national**

1. When the husband or wife is a foreign national (married in Japan)

- Notification period . . . There is no set period for submitting a notification; the marriage is effective from the day of submitting the notification.
- Notification place . . . The notification can be submitted at the municipal government office of either the Japanese husband or wife's permanent domicile or the husband and wife's address.
- Notifying person . . . The Japanese national who will become the husband or wife
- Necessary items for notification
 - (1) Japanese national
If the person is not a Tamba City resident, then one copy of a Certificate of All Registered Items in the family register (official copy of the complete family register) is required.
 - (2) Foreign national
Certificate of Legal Capacity to Contract Marriage, Documents to prove nationality (Certificate of Nationality, Passport, etc.), Birth Certificate
Japanese translations of the above documents (Please clearly indicate who is the translator)
- Important notes
 - (1) The signature and personal seal of 2 witnesses over 20 are required on the Marriage Notification
 - (2) Separate documents are required for the marriage of minors
 - (3) The notifying persons and others who come to the counter should bring with them personal identification documents (issued by a government office and with a head shot, and which are still valid)

2. When the husband or wife is a foreign national (married in a foreign country)

- Notification period . . . Within 3 months of the day of marriage.
- Notification place
 - (1) The notification can be submitted at the municipal government office of either the Japanese husband or wife's permanent domicile or the husband and wife's address.
 - (2) The Japanese Consulate or Embassy in the foreign country where the marriage took place.
- Notifying person . . . The Japanese national who will become the husband or wife
- Necessary items for notification
 - (1) Japanese national
If the person is not a Tamba City resident, then one copy of a Certificate of All Registered Items in the family register (official copy of the complete family register) is required.
 - (2) Foreign national
Documents to prove nationality (Certificate of Nationality, Passport, etc.) and accompanying Japanese translation. (Please clearly indicate who is the translator.)
 - (3) Common points
Marriage certificate summarizing the formation of a marriage by a ceremony held in a foreign country, and accompanying Japanese translation. (Please clearly indicate who is the translator.)
- Family register
 - (1) The family name does not change for a marriage between a foreign national and a Japanese national. If it is the first marriage for the Japanese national, then a new family register will be compiled under the family name of the Japanese national.
 - (2) The spouse's name will be written in the Status Item column of the family register (where the Birth, Marriage, etc., items are noted).

The name of the foreign national will be written in the same order as that of the Japanese national, which is family name, first name. (A middle name is often treated as part of the family name, but this depends on the country.)

3. When both the husband and wife are foreign nationals (with the same nationality)

- The requirement for formation of a marriage is governed by the national law of each party to the marriage. Depending on the national law of each party to the marriage, the Marriage Notification can also be submitted at a municipal government office in Japan.

4. When both the husband and wife are foreign nationals (with different nationalities)

- If the respective address of each party to the marriage is in Japan, then the Marriage Notification can be submitted at a municipal government office in Japan.
- Notification period . . . There is no set period for submitting a notification; the marriage is effective from the day of submitting the notification.
- Notification place . . . The notification can be submitted at the municipal government office of either the husband and wife's address.
- Notifying person . . . Either person who will become the husband or wife
- Necessary items for notification
Certificate of Legal Capacity to Contract Marriage, Documents to prove nationality (Birth Certificate, Certificate of Nationality, Passport, etc.) Japanese translations of the above documents (Please clearly indicate who is the translator)
- Important notes
 - (1) The signature and personal seal of 2 witnesses over 20 are required on the Marriage Notification
 - (2) Separate documents are required for the marriage of minors
 - (3) The notifying persons and others who come to the counter should bring with them personal identification documents (issued by a government office and with a head shot, and which are still valid)

● Divorce Notification (for a foreign national)

1. When the husband or wife is a foreign national (divorce by consent)

- Notification period . . . Effective upon voluntary submission of the Divorce Notification
- Notification place . . . The notification can be submitted at the municipal government office of either the Japanese husband or wife's permanent domicile or the husband and wife's address.
- Notifying person . . . Either the husband or wife
- Necessary items for notification
 - (1) Japanese national
 - If the person is not a Tamba City resident, then one copy of a Certificate of All Registered Items in the family register (official copy of the complete family register) is required.
 - The notifying persons and others who come to the counter should bring with them personal identification documents (issued by a government office and with a head shot, and which are still valid)
 - (2) Foreign national
 - The notifying persons and others who come to the counter should bring with them personal identification documents (issued by a government office and with a head shot, and which are still valid)
- Important notes
 - (1) The signature and personal seal of 2 witnesses over 20 are required on the Divorce Notification
 - (2) If the husband and wife have a child(ren) who is(are) still a minor, then the legal guardian for custody of the child(ren) must be decided between either the husband (father) or wife (mother). A notification for joint custody between the husband and wife following the divorce cannot be accepted.

2. When the husband or wife is a foreign national (judicial divorce)

- Notification period . . . Within 10 days of the day of the final court decision (Mediation/Trial/Court ruling/Settlement/Acknowledgement of a claim)
- Notification place . . . The notification can be submitted at the municipal government office of either the Japanese husband or wife's permanent domicile or the husband and wife's address.

- Notifying person • • • The person who instigated the court trial (If the Divorce Notification is not submitted within the required period, then the other party can also submit the Notification)
- Necessary items for notification
 - (1) If the person is not a Tamba City resident, then one copy of a Certificate of All Registered Items in the family register (official copy of the complete family register) is required.
 - (2) Mediation: Acknowledgement of a claim/record of a mediated compromise
 - (3) Trial: official copy of the trial record and certificate of the final judgement
 - (4) Court ruling: official copy of the court ruling and certificate of the final judgement
 - (5) Settlement: official copy of the settlement record and certificate of the final judgement
 - (6) Acknowledgement of a claim: official copy of the acknowledgement
- Legal guardian for custody of children who are minors
The issue of legal guardian is decided during the process of Mediation • Trial • Court ruling • Settlement • Acknowledgement of a claim.

3. When the husband and wife are both foreign nationals (with the same nationality)

- The requirement for divorce is governed by the national law of each party to the divorce. Depending on the national law of each party to the divorce, the Divorce Notification can also be submitted at a municipal government office in Japan.

4. When the husband and wife are both foreign nationals (with different nationalities)

- If the respective address of each party to the divorce is in Japan, then the Divorce Notification can be submitted at a municipal government office in Japan.
- Notification place • • • The notification can be submitted at the municipal government office of either the husband and wife's address.
- Notifying person • • • Either the husband or wife
- Necessary items for notification
 - (1) Documents to prove the marriage (A copy of the Marriage Notification if it was submitted in Japan, etc.)
 - (2) Documents to prove the nationality of each party (Certificate of Nationality, Passport, etc.), and accompanying Japanese translations (Please clearly indicate who is the translator)

Main Notifications for Resident Registration

→ ^{しみんか}市民課 Shimin-ka (Citizens' Affairs Section) ☎82-2002

● Who will be subject to the new residency management system?

Since July 9, 2012, a law for foreign nationals residing in Japan (partial revision of the Basic Resident Registration Act and partial revision of the Immigration Control Act) has been enacted, and the registration based on the Foreign Resident Registration Act applied so far has been abolished.

Based on this law, foreign nationals who are subject to registration are as follows.

- Mid-to-long-term residents (excluding persons granted permission to stay for 3 months or less, and persons granted a "Temporary Visitor" visa status)
- Special permanent residents
- Persons within 60 days of losing Japanese nationality or being born

* Persons who have come to Japan on a "Temporary Visitor" visa for tourism, business or to visit relatives, etc., persons granted permission to stay for 3 months or less, and persons who are illegal residents or who have overstayed their visa, cannot be registered under the new residency management system, even if they wish to do so.

Persons wishing to register under the new residency management system should obtain permission for a change of visa status for mid-to-long-term residents at their local Immigration Bureau, and then visit Tamba City Hall.

Please note that for persons who are already registered as residents in Tamba City, if their visa status is changed to Temporary Visitor or they are granted permission to stay for 3 months or less, or if they overstay their visa, these persons will be automatically deleted from the Tamba City Resident Register.

The following cards will be issued to replace the Alien Registration Card used so far.

- (1) Mid-to-long-term residents: Complete procedures at your local Immigration Bureau to receive a Resident Card
- (2) Special permanent residents: Complete procedures at Tamba City Hall to receive a Special Permanent Resident Card

【Process and Procedures】

Foreign residents who currently have an Alien Registration Card do not need to switch to the new Resident Card straight away. For a certain period, the Alien Registration Card can be used as a Deemed Resident Card or Deemed Permanent Resident Card.

* Permanent residents who don't have a visa period are requested to obtain a new Resident Card at their local Immigration Bureau by July 8, 2015.

Visa status/Age	Under 16 years	16 years or above
Non-permanent resident	Until the earlier of the following: expiration of the visa or the person's 16th birthday	Until the expiration of the visa
Permanent resident	Until the earlier of the following: July 8, 2015 or the person's 16th birthday	Until July 8, 2015
Special permanent resident	Until the person's 16th birthday	Until the later of the following: July 8, 2015, or the next date of confirmation (=until the seventh time of the person's birthday)

● Change of Residence Notification (Moving in)

When moving in to Tamba City from outside of the city, please submit a Change of Residence Notification (Moving in) at Tamba City Hall within 14 days of the day of moving.

- Notifying person
 - (1) The person moving, or the head of the household .
 - (2) Proxy appointed by the abovementioned persons in 1.
 - (3) A member of the same household as the person moving in to a new address.

- Necessary items for notification
 - (1) Resident Card of all the persons moving in (including an Alien Registration Card that can be used as a Deemed Resident Card), or Special Permanent Resident Card
 - (2) When moving in to an existing household, documents proving the relationship to the head of the household (for persons other than the head of the household). (Documents in a foreign language also require an accompanying Japanese translation with the translator clearly stated.)
 - (3) Certificate of Moving Out (issued by the municipality you were living in up until moving)
 - (4) Personal identification documents for notifying persons and others coming to the counter (valid Driver's License, Health Insurance Card, etc. However, additional proof of identification is not required if the person moving in is the notifying person and he/she presents a Resident Card or a Special Permanent Resident Card at the counter.)
 - (5) If the notifying person is a proxy, a Letter of Proxy prepared by the person moving in.
- * When a foreign resident changes his/her address, then the new address has to be noted on the back of the Resident Card or Special Permanent Resident Card. All persons moving in to the new address must bring his/her Resident Card or Special Permanent Resident Card to the counter.
If the Card is lost or damaged, then mid-to-long-term residents need to have the Card reissued at their local Immigration Bureau. Special permanent residents can apply to have their card reissued at the same time when submitting a Change of Residence Notification (Moving in).
- * Please be sure to submit a Change of Residence Notification (Moving in), even after the notification period of 14 days has passed.
- * Persons who have not yet submitted a Change of Residence Notification (Moving out) at their previous address must first do so, and receive a Certificate of Change of Residence (Moving out).
- * A Change of Residence Notification (Moving out) and Certificate of Change of Residence (Moving out) can also be reissued at the post office. Please inquire at the municipal government office of your previous address for details on the procedures for reissue.

● Change of Residence Notification (Moving out)

When changing residence (address), please submit a Change of Residence Notification (Moving in) at Tamba City Hall from 14 days before the day of moving until within 14 days after the day of moving. A Certificate of Change of Residence (Moving out) will be issued to you after submitting a Change of Residence Notification (Moving out). Please submit a Change of Residence Notification (Moving in) with the Certificate of Change of Residence (Moving out) issued by the municipal government office of your previous address.

- Notifying person
 - (1) The person moving, or the head of the household .
 - (2) Proxy appointed by the abovementioned persons in 1.
 - (3) A member of the same household as the person moving in to a new address.
- Necessary items for notification
 - (1) Personal identification documents for notifying persons and others coming to the counter (valid Resident Card, Special Permanent Resident Card, Driver's License, Health Insurance Card, etc.)
 - (2) If the notifying person is a proxy, a Letter of Proxy prepared by the person moving in.
- * A Change of Residence Notification (Moving out) can also be submitted at the post office.
- * Please be sure to submit a Change of Residence Notification (Moving out) , even after the notification period of 14 days has passed.

● Change of Residence Notification (Moving)

When changing residence (address) within Tamba City, please submit a Change of Residence Notification at Tamba City Hall within 14 days of the day of moving.

- Notifying person
 - (1) The person moving, or the head of the household .
 - (2) Proxy appointed by the abovementioned persons in 1.
 - (3) A member of the same household as the person moving in to a new address.

- Necessary items for notification
 - (1) Resident Card of all the persons changing residence (address) (including an Alien Registration Card that can be used as a Deemed Resident Card), or Special Permanent Resident Card (including an Alien Registration Card that can be used as a Deemed Special Permanent Resident Card)
 - (2) When moving in to an existing household, documents proving the relationship to the head of the household (for persons other than the head of the household). (Documents in a foreign language also require an accompanying Japanese translation with the translator clearly stated.)
 - (3) Personal identification documents for notifying persons and others coming to the counter (valid Driver's License, Health Insurance Card, etc. However, additional proof of identification is not required if the person moving in is the notifying person and he/she presents a Resident Card or a Special Permanent Resident Card at the counter.)
 - (4) If the notifying person is a proxy, a Letter of Proxy prepared by the person moving in.
- * When a foreign resident changes his/her address, then the new address has to be noted on the back of the Resident Card or Special Permanent Resident Card. All persons moving in to the new address must bring his/her Resident Card or Special Permanent Resident Card to the counter.
If the Card is lost or damaged, then mid-to-long-term residents need to have the Card reissued at their local Immigration Bureau. Special permanent residents can apply to have their card reissued at the same time when submitting a Change of Residence Notification (Moving in).
- * Please be sure to submit a Change of Residence Notification (Moving in), even after the notification period of 14 days has passed.

Personal Seal Registration

→ しみんか 市民課 **Shimin-ka (Citizens' Affairs Section)** ☎82-2002

● Changes in the handling of personal seal registration for foreign nationals

As a result of partial revisions to laws made on July 9, 2012, foreign nationals meeting certain conditions can also be listed on the Resident Register.

Accordingly, even after switching to the new residency system, foreign nationals listed on the Resident Register can continue to register his/her personal seal.

Foreign nationals not listed on the Resident Register cannot register his/her personal seal.

- Persons eligible for personal seal registration
Persons aged 15 years or above, and who are listed on the Tamba City Resident Register can register a one personal seal per individual.
However, wards who are of age and persons with no decision making capacity cannot register a personal seal.
Also, a single personal seal cannot be registered as a common seal for the whole household.
- Personal seals that cannot be registered
 - (1) Personal seals that do not include the characters for the applicant's family name and first name as listed on the Resident Register.
 - (2) Personal seals that include characters that are of no relation to the person's name, such as characters related their job or qualifications, or pictures, etc.
 - (3) Personal seals that are made of materials that can easily change the seal's shape, such as rubber, etc.
 - (4) Personal seals that have a seal which can fit inside a 7mm square (too small) or cannot fit inside a 25mm square (too big).
 - (5) Personal seals that have damaged or frayed edges, etc., or in which the seal imprint is not clear.
- Personal seals that can be registered
Basically, personal seals that include the characters for the applicant's full name as listed on the Resident Register.
This refers to the characters used for the person's full name as listed on his/her Resident Card or Special Permanent Resident Card.
Persons wishing to use their commonly used/known name or full name in katakana for their personal seal registration must first register these preferred names on the Resident Register at City Hall.
Materials for explanation are required when registering a commonly used/known name as a personal seal. Please inquire at City Hall for further details.

- Applicant
Registrant or his/her proxy
- Necessary items for notification
 - (1) Personal seal for registration
 - (2) Personal identification documents for the registrant and others coming to the counter (valid Driver's License, Health Insurance Card, Resident Card or Special Permanent Resident Card , etc.)
 - (3) When a proxy applies for registration, an Appointment of a Proxy Notification (Letter of Proxy) prepared by the registrant is required.
- Necessary items for issuance of a Certificate of Personal Seal Registration
 - (1) Issuance fee for a Certificate of Personal Seal Registration (200 yen)
 - (2) Written referral (issued by the City at the post office following application for personal seal registration.)
 - (3) Personal seal
 - (4) Personal identification documents for the registrant and others coming to the counter (valid Driver's License, Health Insurance Card, Resident Card or Special Permanent Resident Card , etc.)
 - (5) When a proxy brings the written referral for issuance of the Certificate, the registrant must note this in the Appointment of a Proxy column in the written referral, and give the proxy his/her personal identification documents (valid Driver's License, Health Insurance Card, Resident Card or Special Permanent Resident Card , etc., copies not accepted).

Various Certificates and Fees

し・み・ん・か
➡市民課 Shimin-ka (Citizens' Affairs Section) ☎82-2002

Type	Fees	Necessary items
Personal Identification Certificate	200 yen/ copy	• Personal identification documents
Resident Register Copy	200 yen/ copy	
Certificate of Listed Item(s) in Resident Register	200 yen/ copy	
Certificate of Personal Seal Registration	200 yen/ copy	• Certificate of Personal Seal Registration (Card)
Basic Resident Register Card	500 yen/ copy	• Personal seal, Personal identification documents • Picture
Electronic certificate (issued by the central government office, Kasuga government office building)	500 yen/ copy	• Basic Resident Register Card, Personal identification documents • Personal seal
Regional Resident Register	300 yen/ copy	• Personal seal, Personal identification documents

* Personal identification documents include a valid Resident Card or Special Permanent Resident Card, Driver's License, Health Insurance Card, , etc.

* When a proxy requests the above documents, for the sake of maintaining privacy, a Letter of Proxy (Appointment of a Proxy Notification) and reason for the request are required.

Presentation of Personal Identification Documents

→市民課 し・みん・か Shimin-ka (Citizens' Affairs Section) ☎82-2002

In order to prevent a false request for issuing official documents, and to protect personal information, personal identification documents are legally required for the following: Request for issuing a copy of the resident register, family register complete/excerpt, etc.; submitting notifications when moving (in/out, etc.), marriage, divorce, adoption completion/dissolution, recognized family register notifications.

Any one of these personal identification documents	<ul style="list-style-type: none"> • Driver's license • Passport • Basic Resident Register Card (with head shot) • Resident Card • Special Permanent Resident Card, etc. 	Any two of these personal identification documents	<ul style="list-style-type: none"> • Health Insurance Card • Pension Handbook • Social Welfare and Medical Services Recipient Card • Nursing Care Insurance Card • Basic Resident Register Card (with no head shot) • Student I.D. , etc.
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Basic Resident Register Card

→市民課 し・みん・か Shimin-ka (Citizens' Affairs Section) ☎82-2002

【Applicant】

Any person wishing to acquire a Basic Resident Register Card may apply. However, persons under 15 years of age and wards who are of age must apply via a legal proxy.

【Application method】

- Please bring with you the required items listed below, and apply at the Resident Office or various branch offices.
- Applications may also be made by postal mail; however, incomplete applications will require the applicant to complete the application in person at the Resident Office or various branch offices. Please be sure to pick up your issued Basic Resident Register Card at one of these offices.
- Basic Resident Register Card can be issued with/without a head shot.

【Required items】

- Personal stamp (using an ink pad)
- Fees 500 yen
- 1 picture (for applicants wanting a Card with a head shot)
- * The picture must be according to the following regulations for size/composition (all other pictures will not be accepted)
 - Taken within 6 months of the application date
 - Sized Height 45mm x Width 35mm with no frayed edges
 - Front facing, with no hair and a plain background (no shadow)
 - Black/White or Color
 - Clear and free from dirt or marks, etc.
 - Applicant's name written on the back
- When a proxy makes the application, a copy of his/her complete family register is required for any proxy whose permanent domicile is outside Tamba City.

【Issue of Card】

- The Basic Resident Register Card can only be issued to the applicant or his/her legal proxy.
- Following the application, you will be issued with a Card Issuance Notification and Referral (non-forwardable) by post. After filling in the necessary items, please bring this Notification and personal identification documents (Driver's license, Health Insurance Card and Pension Handbook, etc.) and personal stamp to the office where the application was made to collect your Card.

Tax

Municipal Tax

➡ ぜいむか 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

●Main municipal taxes and persons liable to pay

Type of tax		Persons liable to pay (Taxpayers)
Municipal Taxes	Resident Tax	Individual's living in the city as of January 1, and who earned an income during the previous year.
	Corporate Tax	Companies that have an office located within the city, etc.
Fixed Assets Tax		Individual's in possession of land, buildings or depreciable assets as of January 1.
Light Motor Vehicle Tax		Individual's in possession of engine-motored vehicle, 2-wheel small-sized vehicle, compact light vehicle, or small-sized special motor vehicle (including those for farming work) as of April 1.

Resident's Tax

➡ ぜいむか 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

Resident tax	Tax amount	◇Standard per capita amount: 3000 yen/year ◇Income per capita amount: (Previous year's income-income exemption amount) x 6% tax rate-tax exemption amount * Reference Prefectural tax amount ◇Standard per capita amount: 1000 yen/year + 800 yen Prefectural tax ◇Income per capita amount: (Previous year's income-income exemption amount) x 4% tax rate-tax exemption amount
		【Filing for municipal taxes】 Individual's other than those only those who have a year-end adjusted employment income and those who have filed an income tax return, etc., and who earned an income during the previous year, are required to file for municipal taxes between February 16 and March 15. 【Payment method】 Taxpayers can pay municipal taxes either directly (ordinary collection) or having the taxes deducted from their pensions or employment income (special collection).
Corporate tax	Tax amount	◇Standard per capita amount: Determined according to the amount of capital, etc., and the number of employees within the city. ◇Corporate tax per capita amount: Corporate tax amount (National tax) of 12.3%
		【Filing and paying taxes】 The system for filing and paying taxes each business year requires taxpayers to calculate the tax amount and submit a tax return to pay the taxes due, in accordance with corporate taxation. 【Notification】 Notifications must be submitted for the following: Setting up/Dissolving a company, or establishing/setting up/dissolving/closing down an office or business, etc.

Fixed Assets Tax

→ 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

Fixed Assets Tax	The fixed assets tax rate is 1.4%. If the respective standard taxable amount for the land, buildings or depreciable assets owned by the same individual does not meet the following amounts, then the fixed assets tax is not levied. (Tax exemption point) Land: 300,000 yen, Buildings: 200,000 yen, Depreciable assets: 1,500,000 yen
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【Browsing】

The taxpayer (including those appointed as a proxy by the taxpayer) can browse the fixed assets tax ledger containing the condition of the fixed assets and assessment amounts, etc.

【Inspection】

From April 1 until the first payment period (end of May), land and building taxpayers can inspect the ledger containing the land and building prices, etc.

【Submission】

Please contact the Tax Affairs Section when you knock down a building.

Light Motor Vehicle Tax

→ 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

Type				Tax amount
Engine-motored light vehicle	Displacement 50cc or less (excl. Mini car)			1,000
	Over 50cc and no more than 90cc			1,200
	Over 90cc and no more than 125cc			1,600
	Mini car			2,500
Small-sized special motor vehicle	For farming work			1,600
	Others (forklifts, etc.)			4,700
Compact light vehicle	2 wheels (Displacement over 125cc and no more than 250cc)			2,400
	3 wheels (Displacement of 660cc or less)			3,100
	4 wheels (Displacement of 660cc or less)	Usage	Business	5,500
			Personal	7,200
		Cargo	Business	3,000
			Personal	4,000
2-wheel small-sized vehicle (Displacement of 250cc or more)				4,000

【Levy calculation】

The light motor vehicle tax does not have a monthly tax levy system, and as it is levied on owners of a light vehicle as of April 1, those who own a light vehicle as of April 2 onwards are not subject to tax on that fiscal year amount. However, even if the vehicle is scrapped etc., as of the same day onwards, the full amount of tax on that fiscal year amount will be collected.

【Notifications】

Please visit the Tax Affairs Section or its various offices when filing (license plate issue) notifications for the acquisition of a engine-motored light vehicle/small-sized special motor vehicle, transfer, scrapping, name change, change of fixed storage area (address, etc.), etc. Notifications for compact light vehicles (excl. 2 wheels) should be submitted to the Light Motor Vehicle Inspection Organization, while those for 2-wheel small-sized vehicle and 2-wheel light motor vehicles should be submitted to the Vehicle Inspection and Registration Office (Transport branch).

- ▶ Light Motor Vehicles Light Motor Vehicle Inspection Organization Hyogo Office ☎078-927-3648
- ▶ 2-wheels (over 125cc) Kobe Transport Supervision Division Hyogo Land Transport Division
☎050-5540-2066

【Tax payment certificate】

Proof of completed payment of the light motor vehicle tax is required when having continuous vehicle inspections.

- The light motor vehicle tax payment notification sent in May can be settled at the counter of a financial institution, etc., and the stamped receipt can be used as proof of payment. (Only for those receipts with a valid period noted.)
- Proof of light motor vehicle tax payment for continuous vehicle inspections can also be requested from the Tax Affairs Section or its various offices. The proof of payment is issued free of charge.

National Health Insurance Tax

→ ^{ぜいむか}税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

The National Health Insurance Tax is levied so as to finance the expenses in running National Health Insurance businesses, such as the payment of medical fees, etc.

Taxpayers	The National Health Insurance (NHI) taxpayer is the head of the household to which the insured persons belong. The individual NHI members (insured persons) do not each become NHI taxpayers. Even if the head of the household is not an NHI member, the tax is levied in his/her name and the tax notification is sent to the head of the household.	
Method for Determining Taxes	<p>Income basis: Calculated based on the income earned by the insured person(s) in the previous year.</p> <p>Assets basis: Calculated based on the fixed assets tax amount of the insured person(s) for that business year (portion for land and buildings)</p> <p>Per capita basis: Amount for each insured person</p> <p>Per household basis: Amount for each household</p> <p>These amounts are calculated for the medical care, support services and nursing care amounts respectively, and the total amount is levied as tax. (There are maximum limits.)</p> <p>In the case that NHI is joined or cancelled during the business year, the NHI tax is then calculated on a monthly pro-rata basis.</p> <p>* The amount of income is confirmed via the person's income tax return, municipal taxes return and the simplified national health insurance tax return.</p> <p>* The national health insurance tax has a standards-based system for reducing the tax amount of low-income households. However, there is no reduction for households in which there is a person who does not file a tax return (excl. dependents according to the Income Tax Law), even if this person does not earn any income.</p>	
Age-based Tax Burden	The national health insurance tax is calculated according to the person's age.	
	Under 40	National health insurance tax= Medical care+Support services (Nursing care amount is not levied)
	40 or over and under 65	National health insurance tax= Medical care+Support services+Nursing care *The income of other household members not in the 40 or over and under 65 age bracket does not affect the calculation of the nursing care amount)
	65 or over and under 75	National health insurance tax= Medical care+Support services * The nursing care amount is collected separately as a nursing care insurance premium
	75 or over	Leave the national health insurance and enter the medical care system for people aged 75 and over.
National Health Insurance Tax Payment Method	<p>Ordinary collection of the national health insurance tax (incl. collection by bank transfers) is done in 10 payments from June to March of the following year. From April 2008, special collection of the national health insurance tax (pension-based payment) began. In principle, NHI tax payment will be deducted from the pension of the head of the household if all of the following conditions are met.</p> <p>【Conditions for national health insurance tax special collection (pension-based payment)】</p> <p>(1) The old age pension benefit is 180,000 yen or above.</p> <p>(2) The nursing care insurance premium is levied.</p> <p>(3) The total amount of the nursing care insurance premium and national health insurance tax is less than half of the old age pension benefit.</p> <p>(4) All NHI members in the household are in the 65 or over and under 75 age bracket.</p> <p>* Those persons wishing to stop pension-based payment and switch to payment by bank transfer must follow the required procedures.</p>	

Municipal Tax Payment Period

→ 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

●Municipal Tax Payment Period (ordinary collection)

Tax Item	Apr	May	Jun.	July.	Aug.	Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
Resident Tax			Pd 1		Pd 2		Pd 3			Pd 4		
Fixed Assets Tax		Pd 1		Pd 2					Pd 3		Pd 4	
Light Motor Vehicle Tax		All Pds										
National Health Insurance Tax			Pd 1	Pd 2	Pd 3	Pd 4	Pd 5	Pd 6	Pd 7	Pd 8	Pd 9	Pd 10

* The payment deadline is the last day of each month. However, the payment deadline for Period 3 of the fixed assets tax is the 25th of that month. If the payment deadline falls on a non-business day of financial institutions, then the deadline will be carried forward to the following day (excl. holidays).

Municipal Tax Payment

→ 税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

●Bank Transfer

Municipal tax payments can be automatically deducted from a designated bank account on the payment deadline. This helps you to avoid incurring collection and late payment fees if you happen to forget paying the tax by the deadline. After the initial procedures are completed, tax payments can be automatically deducted from your bank account from the following year as well, which makes it a convenient and easy method to use.

Participating financial institutions	How to make automatic payments
<ul style="list-style-type: none"> •Tamba Hikami Agricultural Cooperative •Nakahyogo Shinkin Bank •Minato Bank •Mitsui Sumitomo Bank •Tajima Bank •Kyoto Bank •Kyoto Hokubu Shinkin Bank •Hyogo Shinkin Bank •Yucho Bank 	<ol style="list-style-type: none"> 1 You will need your bank handbook (official handbook from a designated financial institution), your personal seal (same as the one used for your handbook), and the tax notification in order to fill in the bank transfer request form. 2 You can find a bank transfer request form at the City Hall Tax Affairs Section or its various offices, and from designated financial institutions. (Forms can also be posted by request) 3 Please submit the completed bank transfer request form at the City Hall Tax Affairs Section or its various offices, and at one of the designated financial institutions.

●Payment at Convenience Stores

In addition to City Hall and over the counter at financial institutions, tax payments can also be made at convenience stores nationwide.

Tax Items: Municipal and Prefectural taxes (ordinary collection), Fixed Assets Tax, Light Motor Vehicle Tax, National Health Insurance Tax, Water and Sewage fees

Participating Stores

•7-11 •Lawson •Family Mart •Daily Yamazaki •Yamazaki Daily Store •Circle K •Sunkus •Mini Stop •am/pm •Coco Store •Three F •Community Store •Poplar •Seikatsu Saika •Everyone •RIC Mart •Seico Mart •Save on •Heart In •kioX stand •MMKstand (Water and Sewage fees only)

* No processing fee is charged

* Tax payment forms that cannot be paid for at a convenience store

- Tax amount is over 300,000yen
- Form with no bar code
- Convenience store payment period has expired
- Payment amount has been adjusted

* Payment of nursing care insurance contributions is scheduled to start from 2012.

Municipal Tax Payment Proof, etc., and Fees

➡^{ぜいむか}税務課 Zeimu-ka (Tax Affairs Section) ☎82-2003

Type	Fees	Notes
Building Certificate for Housing	1,300 yen/copy	
Tax Payment Certificate	200 yen/copy	Excl. tax payment proof for continuous light motor vehicle inspections
Municipal/Prefectural Taxes Payment Certificate, etc.	200 yen/copy	
Fixed Assets Assessment Certificate, Public Dues Certificate, etc.	200 yen/copy	
Proof based on Municipal Tax Documents, etc.	200 yen/copy	
Tax Payment Proof for Continuous Light Motor Vehicle Inspections	Free	
【At the Counter】 The above certificates can be issued at the Tax Affairs Section and its various offices. 【Procedures】 Please bring with you some personal identification documents, such as a driver's license, etc., as proof of your (or proxy) identity when making a request for the above certificates. When making a request on behalf of another person, a Letter of Proxy (Appointment of a Proxy Notification) is required. Certificates can also be issued via postal mail; please inquire at the counter for further details.		
Browsing of Ledgers, etc.	200 yen/time	
Copy of Lot (House) Number Map, etc.	10 yen/copy	

Health / National Insurance / Pension

Health

健康課 Kenko-ka (Health Affairs Section) ☎82-4567

Health Consultations / Health Classroom

Business name	Participants	Date	Venue	Details, etc.
Health Classroom	Community/Occupational areas, Various Groups		Community Centers, etc.	Instruction on how to become healthier, eat healthy, exercise right, stay emotionally healthy, smoking, etc.
Health Consultations	Pregnant women, infants to the elderly	Once a month at each community	Hikami Public Health Center, various offices, etc.	Advice on lifestyle diseases and quitting smoking, etc.

○Health consultations and classrooms are held for local residents, and telephone health consultations are also available as required for advice on health issues from infants to the elderly. Please refer to the Tamba City Newsletter for further details, as well as inquire at the health classrooms held in your community.

Health Checks

■Types/Details of Health Checks

	Business name	Participants	Month	Venue	Details, etc.
Group Health Checks	Specific Health Checks, Health Checks for People Aged 75 and Over	NHI members aged between 20-74 People aged 75 and over, who are not undergoing continuous treatment	May-June	Hikami Public Health Center, Citizen's Center, etc.	Height, weight, waist measurements, blood pressure, urine test, blood tests, etc. *An electrocardiogram (ECG) and funduscopy may also be done as required for specific health checks (Fee required for those requesting these tests)
	Stomach Cancer Test	Persons aged between 35-74			Contrast radiography barium X-ray of the stomach area
	Lung Cancer Test	Persons aged 20 or over			X-ray radiography
	Bowel Cancer Test	Persons aged 20 or over			Fecal occult blood reaction test, 2-day method
	Prostate Cancer Test	Men aged between 50-69			Blood (PSA) test
	Hepatitis Virus Test	Persons aged 40, and between 41 and 75 who have not been tested before			Blood test (Hepatitis B/C virus test)
Institution Health Checks	Breast Cancer Test	Women aged 41 and over, in the year when they turn an even-numbered age	July – February of the following year	Kaibara Hospital Kaibara Red Cross Hospital	Sight and touch examination, Mammography
	Uterine Cancer Test	Women aged 21 and over, in the year when they turn an even-numbered age		Kaibara Red Cross Hospital	Sight examination, Cytodiagnosis
	Stomach Cancer Test	Persons aged 75 or over		Healthcare providers in Tamba City	Contrast radiography barium X-ray of the stomach area

- * Please refer to the various notifications sent by mail for the Group Health Checks.
- * Applicants for Institution Health Checks will be sent information on how to receive a consultation together with a consultation ticket for use at designated healthcare providers.
- * Applications are required for both Group Health Checks and Institution Health Checks. Please refer to the Tamba City Health Checks Notifications for further details.

National Health Insurance

→ 国保・医療課 Kokuho/Iryo-ka (National Insurance / Medical Care Section) ☎82-6690

■ Subscribing to Health Insurance

Subscribing to National Health Insurance (NHI) entitles members to receive a range of benefits, such as covering medical expenses when you are sick or injured, etc. All Japanese citizens and residents must subscribe to NHI, unless they receive health insurance from their employer, are aged 75 years or older, or receive public assistance.

● Main Notifications

Please submit the following notifications with 14 days of subscribing to or unsubscribing from NHI.

	Situation	Necessary items
Subscribing to NHI	Moving in from outside the city	Personal seal (please complete the necessary procedures for moving in beforehand)
	Given birth to a child	Personal seal, Birth certificate
	Unsubscribing from your work health insurance	Personal seal, Certificate of unsubscribing from health insurance
	No longer a dependent of a household covered by work health insurance	Certificate to show the day you left the household
	Stopped receiving public assistance	Personal seal, Notification of stopping public assistance
Unsubscribing from NHI	Moving to outside the city	Personal seal, NHI Card
	Subscribing to your work health insurance	Personal seal, Health Insurance Card from the NHI and your workplace (or if the latter has not been issued yet, a Certificate of subscribing to health insurance)
	Entering a household covered by work health insurance	
	Started receiving public assistance	Personal seal, NHI Card, Notification of starting public assistance
	Death of person insured under NHI	Personal seal, NHI Card, Death certificate
Others	Eligible for the Retiree health insurance system (insured persons and their dependents that can receive the employee pension, etc.)	Personal seal, NHI Card, Pension certificate
	No longer eligible for the Retiree health insurance system	Personal seal, NHI Card
	Change of your address, head of household or name	Personal seal, NHI Card
	NHI card becomes lost or unreadable	Personal seal, Unreadable NHI card, Personal identification
	Your children move to another city, ward, town, or village for their education	Personal seal, NHI card, Student ID card or School Attendance Certificate

- * Persons aged under 65 years and who are receiving the old age pension (employee pension, mutual pension, etc.) and the retiree pension and whose coverage period is 20 years or more, and persons aged 40 years or over and whose coverage period is 10 years or more, are eligible for medical care under the Retiree health insurance system. Please complete the necessary procedures as soon as you receive your pension card.

■ NHI Benefits

Item	Details															
Medical treatment benefits	Present your NHI card and pensioner card when receiving treatment at a hospital, etc. The copayment amount noted on the medical bill is what the NHI member must pay. The remaining medical expenses are covered by the NHI.															
Reimbursement of medical treatment expenses	<p>In the following situations, the NHI member must initially pay the full amount of the medical expenses. However, they can then be reimbursed for the amount equivalent to the copayment , after completing an application for reimbursement.</p> <ul style="list-style-type: none">●Receiving treatment when not in possession of your NHI card for some unavoidable reason●Receiving treatment by a traditional jūdō therapist that does not use NHI (for bone fracturesand sprains, etc.)●Receiving traditional anma massage or Western massage therapy, acupuncture or moxibustion with a doctor's written consent or medical certificate●Incurring expenses for a corset, crutches or other medical appliances; paying for blood used in a blood transfusion●Being treated for an illness or injury by an overseas healthcare provider															
Specified disease as designated by the Minister of Health, Labor and Welfare	<p>Persons with a specified disease as designated by the Ministry of Health, Labor and Welfare (renal failure requiring artificial dialysis, hemophilia, HIV) that require high cost long-term and continuous treatment, are eligible to have their copayment of treatment expenses limited to 10,000 yen/month (20,000 yen/month for high-income earners under 70). Please show your NHI card and Specified disease recipient card at the hospital reception desk, etc.</p> <p>* Excluding food expenses, daily living expenses.</p>															
Reimbursement of high cost medical treatment	When the amount paid for medical expenses at a healthcare provider by the same person in the same month becomes quite high, the amount exceeding the copayment limit will be reimbursed, after completing an application for reimbursement.															
Caution when calculating the cost of high cost medical treatment	<ul style="list-style-type: none">●Calculated for treatment from the first to the last day of each month (per calender month).●Calcaulted separately for Medical care and Dental care, even at the same healthcare provider.●Calcaulted separately for Outpatient and Inpatient, even at the same healthcare provider.●Medication prescribed outside of the hospital is added on by the original hospital, clinic, etc.●For persons aged 70 or over, the amounts paid for treatment at hospitals and clinics, and for medical and dental care, are calculated as an aggregate total (not separately).●Does not include standard Hospital Meal Cost copayments during hospitalization, bed surcharges not covered by insurance and other items not covered by NHI are not covered.															
Item	Details															
Copayment limit for high cost medical treatment	▼Persons under 70 years															
	<table><tr><td></td><td colspan="2">Copayment limit</td></tr><tr><td></td><td>Payment up to 3 times</td><td>4th time onwards ^{*2}</td></tr><tr><td>General NHI members</td><td>80,100 yen (1% of the amount exceeding 267,000 yen in medical expenses is added)</td><td>44,400 yen</td></tr><tr><td>High-income earners ^{*1}</td><td>150,000 yen (1% of the amount exceeding 500,000 yen in medical expenses is added)</td><td>83,400 yen</td></tr><tr><td>Low-income earners (Households exempt from paying Resident tax)</td><td>35,400 yen</td><td>24,600 yen</td></tr></table>		Copayment limit			Payment up to 3 times	4th time onwards ^{*2}	General NHI members	80,100 yen (1% of the amount exceeding 267,000 yen in medical expenses is added)	44,400 yen	High-income earners ^{*1}	150,000 yen (1% of the amount exceeding 500,000 yen in medical expenses is added)	83,400 yen	Low-income earners (Households exempt from paying Resident tax)	35,400 yen	24,600 yen
		Copayment limit														
		Payment up to 3 times	4th time onwards ^{*2}													
	General NHI members	80,100 yen (1% of the amount exceeding 267,000 yen in medical expenses is added)	44,400 yen													
	High-income earners ^{*1}	150,000 yen (1% of the amount exceeding 500,000 yen in medical expenses is added)	83,400 yen													
Low-income earners (Households exempt from paying Resident tax)	35,400 yen	24,600 yen														
<p>^{*1} Refers to households that have a total income of over 6,000,000 yen, after the basic exemption which is used to calculate the NHI tax. Persons who do not file an income tax return are regarded as being high-income earners, so be sure to file your income tax return.</p> <p>^{*2} This amount is the copayment limit for the fifth and subsequent payments for a household that has paid high cost medical treatment four or more times in the past 12 months.</p> <p>* By presenting your “Certificate of Eligibility for Payment of Deductible”, “Certificate of Eligibility for Payment of Deductible or Reduction of Standard Copayment” at a healthcare provider, for hospitals only, the amount exceeding the copayment limit will be removed from the medical bill. (This limit does not apply for outpatient expenses, and hospitalization in numerous hospitals within the same month.) These certificates cannot be issued for households that are delinquent in paying the NHI tax.</p>																
▼Persons aged 70 years and over and under 75																

			Copayment limit	
			Outpatient (per individual)	Outpatient + Inpatient (per household)
	General NHI members		12,000 yen	44,400 yen
	Wage earners at their preretirement income level ^{*1}		44,400 yen	80,100 yen (1% of the amount exceeding 267,000 yen in medical expenses is added) For the 4th time onwards 44,400 yen ^{*4}
Members exempt from resident tax (Low-income earners)	Type II ^{*2}	8,000 yen	24,600 yen	
	Type I ^{*3}	8,000 yen	15,000 yen	
	<p>^{*1} Refers to an NHI member living in a household that includes an NHI member who is 70 or older and earns at least the prescribed level of income (taxable income of 1,450,000 yen). However, if the member notes in their application that the combined incomes of members of the household who are NHI members aged 70 or older is less than the prescribed level (annual income below 3,830,000 yen for single-person households, or annual income below 5,200,000 yen for households of at least two people), the same conditions as the 'General members' category apply.</p> <p>^{*2} Refers to an NHI member living in a household in which the head of the household and all the NHI members of the household are exempt from resident tax.</p> <p>^{*3} Refers to an NHI member living in a household in which the head of the household and all the NHI members of the household are exempt from resident tax and in which each of the household member's income equals 0 yen after subtracting the necessary expenses and deductions. (Pension payment is calculated as a deduction of 800,000 yen.)</p> <p>^{*4} This amount is the copayment limit for the fifth and subsequent payments for a household that has paid high cost medical treatment four or more times in the past 12 months.</p>			
Combined high-cost nursing care medical treatment	If there is a member in a household who is recipient of nursing care insurance (recognized as requiring nursing care and receiving such services), when the combined copayment amount of NHI and nursing care insurance incurred in one year (each year from August 1 to July 31 of the following year) is remarkably high, so as to reduce this burden on members, the amount exceeding the copayment will be covered by both the NHI and nursing care insurance.			
Hospital meal costs during hospitalization	▼Partial copayments for hospital meal costs during hospitalization			
	General members (other than those listed below)			260 yen/meal
	Members exempt from resident tax (Low-income earners)	Type II	Inpatient for 90 days or less within the past 12 months	210 yen/meal
			Inpatient for more than 90 days within the past 12 months	160 yen/meal
		Type I		100 yen/meal
<p>[*] Members exempt from resident tax need to have either a "Certificate of Eligibility for Reduction of Standard Copayment", "Certificate of Eligibility for Payment of Deductible or Reduction of Standard Copayment". (Issued upon application.) (NB) The standard copayment for hospital meal costs are not included in the copayment for high-cost medical treatment.</p>				
One-off payment for childbirth and child rearing	The costs incurred by an NHI member for giving birth to a child are, in principle, directly paid by the NHI to the healthcare provider. (If the pregnancy is 85 days or over, the costs are covered even if there is a stillborn birth or miscarriage.) However, this excludes the cases where a one-off payment for childbirth and child rearing is paid by another healthcare provider.			
Payment for funeral expenses	When an NHI member dies, the subsequent funeral costs incurred by a family member, etc., are covered by NHI.			
Financial assistance for health checks	Financial assistance is provided to cover part (10,000 yen) of the costs for receiving a health check for NHI members aged 20 years or over. (However, for members not receiving a NHI-subsidized health check.)			
Others	In the event of being injured by a third party (assailant) in a traffic accident, etc., you can still receive medical care under the NHI. (However, in principle, the medical costs are to be paid by the third party (assailant).) Please be sure to submit a notification if you use the NHI card when receiving treatment. (Necessary items: NHI card, Personal seal, Traffic accident			

	certificate, Notification of injury or illness by a third party, Report on the situation causing the accident, signed letter of intent, written pledge.
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National Pension

→ 国保・医療課 Kokuho/Iryo-ka (National Insurance / Medical Care Section) ☎82-6690

(1) Entering the National Pension

All persons residing in Japan between the ages of 20 and 59 must enter the national pension system.

■ National Pension Categories

* For member types 2 and 3, the entry procedures are done by the workplace.

Item	Applicable persons
Category 1 Insured Persons	Self-employed persons, farmers, fishermen, students, etc., residing in Japan between the ages of 20 and 59
Category 2 Insured Persons	Persons enrolled in the Employees Pension Insurance and Mutual Aid Association
Category 3 Insured Persons	Dependent spouse (wife of a salaryman, etc.), between the ages of 20 and 59, of a person enrolled in the employee pension insurance and mutual aid association

■ Situations requiring the processing of procedures at city hall

Category 1 Insured Persons	●Change of name and/or address
Category 2 Insured Persons	●Retirement
Category 3 Insured Persons	●Spouse retires from his/her workplace ●Divorce ●No longer a dependent spouse ●Death of spouse
Non-member	●Person who is not working turns 20 ●Moving to Japan from overseas

(2) Pension Contributions

[Category 1 Insured Persons]

Payment notifications sent from the Japan Pension Service can be paid at the counter of a designated financial institution, post office or convenience store. Payments can also be made by bank transfer or credit card upon application. Pre-payment (lump sum payment) of the full amount owing is recommended, as it helps to avoid late payments and provides a discount rate on the contributions.

* Pension contributions are to be paid over a 40-year period between the ages of 20 and 59.

Delinquency in the payment of pension contributions may reduce the amount of the Old-age Basic Pension you can receive in the future, or may prevent you from receiving the Disability Basic Pension if you are left with a disability due to an illness or injury, or from receiving the Survivors' Basic Pension if the income earner of your household dies.

(3) National Pension Benefits

Pension type	Who can receive the pension and when
Old-age Basic Pension	An insured person aged 65 or over who has made pension payments for a minimum of 25 years, from within the total of contributions-made and contributions-exempted periods.
Disability Basic Pension	An insured person who has paid at least two thirds of his/her pension contributions during enrollment in the National Pension, and who is left with a certain level of disability due to an illness or injury. An insured person who had an initial medical examination for an illness or injury that caused the disability, before turning 20. As a special case, an insured person who did not have any delinquent pension payments for a one-year period until two months before the month of the initial medical examination.
Survivors' Basic Pension	If an insured person dies while contributing to the National Pension, his wife who takes care of his dependent child(ren) aged under 18 can receive the Survivors' Basic Pension. (Only for an insured person who had paid at least two thirds of his contributions prior to his death.) As a special case, an insured person who did not have any delinquent pension payments for a one-year period until two months prior to his death.
Widow's Pension	If a Category 1 insured person dies after contributing for at least 25 years and if he has not yet received his old-age pension, then his wife can receive the Widow's Pension. (The wife must be aged between 60 to 65 years, and have been married to him for at least 10 years at the time of his death.)

Lump-sum Death Benefit	If a Category 1 insured person dies without receiving any pension benefits, and if his/her total contribution-paid months equal at least 36 months, any family member who shared the livelihood with him/her can receive the Lump-sum Death Benefit.
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- There are detailed conditions for who can receive the pension and when. For further details, please call the City Hall Pension Dial (☎0570-05-1165), or the Nishinomiya Pension Office (☎0798-33-2944) for any inquiries or consultations.

(4) Pension Contribution Exemptions and Additional Payments

Pension contributions are exempted or postponed for the following persons.

■ Legal Exemption

Persons who are recipients of Public Assistance, Disability Basic Pension, and Disability Welfare (Mutual Aid) Pension Class 1&2, in accordance with the Livelihood Protection Law.

■ Application Exemption [Full-amount exemption and partial exemption]

Individuals, their spouses and head of households with income below a certain level, due to being low income earners or unemployed, etc.

When calculating your pension benefit, your period of full-amount-exemption will count as half of the full-contribution-paid period. Your period of partial-exemption for the remaining contributions will count as between half to five-eighths of the full-contribution-paid period, according to the payment ratio.

Also, if the exemption period for contributions is less than 10 years, you can retroactively pay the postponed contributions (additional payments) during this period.

■ Youth Payment Postponement System

This system allows you to postpone your contribution payments if you are under 30 and your/your spouse's income is lower than a certain level. This granted period counts as a qualifying period for the Old-age Basic Pension, Disability Basic Pension and Survivor's Basic Pension; however, the periods will not be reflected to the old-age benefit amount. You can retroactively pay the postponed contributions as per other payment exemptions.

■ Special Student Payment System

This system allows you to postpone your contribution payments if you are a student and your income is less than a certain amount. This granted period counts as a qualifying period for the Old-age Basic Pension, Disability Basic Pension and Survivor's Basic Pension; however, the periods will not be reflected to the old-age benefit amount. You can retroactively pay the postponed contributions as per other payment exemptions.

Lump-sum Withdrawal Payments for Short-Term Foreign Residents

Non-Japanese persons (foreign nationality) do not qualify as National Pension insured persons, and may file a claim for the Lump-sum Withdrawal Payments within two years after they leave Japan and no longer have a Japanese address. However, after receiving the Lump-sum Withdrawal Payment, the period used to calculate this Payment is cancelled and is not longer the entry period for enrolling in the National Pension system. Therefore, please consider applying for the Lump-sum Withdrawal Payment after taking into account whether you will need to claim pension benefits in the future.

Also, persons enrolled in the pension contribution period of partner countries that have concluded an agreement with Japan on pension calculation can, after meeting certain conditions, calculate the pension contribution period and receive the pension in Japan and the respective partner country.

As of March 2012, this applies to the following countries: Germany, America, Belgium, France, Canada, Australia, the Netherlands, Czech Republic, Spain, Ireland, Brazil and Switzerland.

For the latest information on the conditions of this agreement, please refer to the Japan Pension Service homepage. <http://www.nenkin.go.jp/n/www/index.html>

◆ Payment conditions

- (1) Persons with a foreign nationality
- (2) Number of months of full contribution-paid as a Category 1 insured person + (number of months of one-quarter contribution-paid) × 3/4 + (number of months of half contribution-paid) × 1/2 + (number of months of three-quarter contribution-paid) × 1/4; or you have contributed to the National Pension system for at least six months in total
- (3) Persons who no longer have a Japanese address
- (4) Persons who have not satisfied the conditions for receiving the pension (including the disability allowance)

* Please claim the Lump-sum Withdrawal Payment within two years after leaving Japan, upon losing your status as a National Pension insured person (the day you no longer have a Japanese address).

Child Rearing / Education

Pregnancy / Childrearing

健康課 Kenko-ka (Health Affairs Section) ☎82-4567

Issue of Mother and Child Health Handbook

The Mother and Child Health Handbook is issued to person on the Resident Register and who have submitted a Notification of Pregnancy (this should be submitted to the Health Affairs section once the pregnancy is confirmed). The pregnant woman will then be given the Mother and Child Health Handbook and subsidy coupons to assist in covering the expenses of pregnancy health checks.

The Notification of Pregnancy can also be submitted by a proxy; however, in this case, please be sure to check that information is entered correctly in the columns for healthcare provider used, number of weeks pregnancy, expected delivery date, etc.

Pregnancy Health Checks

Subsidies are provided to cover part of the expenses of the applicable health checks for pregnant women, so as to ensure that they have sufficient access to health checks for a healthy pregnancy and safe child birth.

Persons eligible for assistance	Persons living within the city and who have been issued with a Mother and Child Health Handbook on the health check day or upon application for the issue of subsidy coupons.
Expenses covered	Expenses for health checks received and paid for at health care providers, etc., with an obstetrics department visited by the pregnant woman.
Collection of subsidy coupons	When the pregnant woman does not live in the city on the health check day, or when there are unused subsidy coupons remaining after the pregnancy.
Reimbursement payments	When receiving a health check at a health care provider that does not have a contract with the city, pregnant women must first pay the expenses in full, and then attach the receipt from the visited health care provider to the subsidy request form and claim for a reimbursement payment within one year of the last health check day.
Moving in from another city	Persons who have moved in from another city will be given an explanation of the mother and child health services available in Tamba city, such as the pregnancy health checks, etc. Pregnant women should bring the Mother and Child Health Handbook from their previous address when they visits the Health Affairs Section.
Moving out to another city	Pregnant women are asked to please return the subsidy coupons when moving out to another city, and apply again to receive new ones from their new municipality.

Home Visits to All Households with Infants

Visits are carried out to all households with an infant aged up to four months to listen to the concerns and anxieties of new mothers and provide information to help them with child rearing. Advice is provided while checking the condition of the mother and child and the home environment, with appropriate services provided to households requiring assistance.

Visiting periods	Until the infant is aged up to four months; a date and time for the visit will be arranged by phone.
Details	Taking the baby's measurements (height, weight, etc.), offering advice on child rearing and the mother's health, providing information on health checks and vaccinations.

Baby Food Classess

■ “Gulping at 5 months, Munching at 7 months” Class

It is important to introduce baby food to infants as their food ingestion functions form, in terms of the infant's physical and mental development. This class teaches parents about baby food and proper food preparation techniques, as well as providing support for child rearing, during the important period that shapes their infant's basic eating habits.

Participants	5-month/7-month old infants and their parents/guardians.
Details	How to introduce baby food to your infant, demonstrations in preparing baby food, taste-testing, etc.
What to bring	Bath towel, Mother and Child Health Handbook, Home visit sheet
Others	Prior reservation required

Adolescence

■ Adolescence Health Services

Participants	Elementary and Junior High School Students
Venue	Elementary and Junior High Schools
Details	Providing information on smoking, sex, etc.

Infant Health Checks / Vaccinations

健康課 Kenko-ka (Health Affairs Section) ☎82-4567

Infant Health Checks / Consultations

■ 4-month old Infant Health Checks

Participants	3-to-4-month old infants and their parents/guardians
Details	Taking the infant's measurements (height, weight, etc.), internal examination, offering advice on child rearing, book start * Book start is for helping the mother and child to connect emotionally through looking at a picture book together. Tamba City gives a picture to mothers with 3-to-4-month old infants to help with this.
What to bring	Home visit sheet, Mother and Child Health Handbook, Bath towel
Venue	Hikami Public Health Center

■ 10-month old Infant Health Checks

Participants	10-month old infants and their parents/guardians
Details	Taking the infant's measurements (height, weight, etc.), offering advice on child rearing and dental care, consultations with physical therapists
What to bring	Home visit sheet, Mother and Child Health Handbook, Bath towel
Venue	Hikami Public Health Center

■ 18-month old Infant Health Checks

Participants	18-month old infants and their parents/guardians
Details	Taking the infant's measurements (height, weight, etc.), internal examination, dental check, offering advice on child rearing, dental care, nutrition and mental health, test for dental caries
What to bring	Home visit sheet, Mother and Child Health Handbook, your infant's toothbrush
Venue	Hikami Public Health Center

■ 3-year old Infant Health Checks

Participants	3 years and 6-month old infants and their parents/guardians
Details	Taking the infant's measurements (height, weight, etc.), internal examination, dental check, urine test, survey on your infant's sight and hearing, offering advice on child rearing, dental care, nutrition and mental health
What to bring	Home visit sheet, Mother and Child Health Handbook, sight and hearing survey form, your infant's urine for testing
Venue	Hikami Public Health Center

■ Suku Suku Consultations (Advice on how to make your infant thrive)

Participants	Anyone who is interested
Details	Offering advice on child rearing, baby food, eating habits
Venue	Hikami Public Health Center

Vaccinations

Vaccinations helps your infant to build up immunity against various infectious diseases. Please carefully read the “Vaccinations and your child’s health” leaflet, and make an appointment with a healthcare provider in Tamba City for your child’s vaccinations. Please bring your Mother and Child Health Handbook and appointment form when taking your child for his/her vaccinations.

■ Types of Vaccinations

Vaccination	For whom	Other information
BCG	Infants up to 6-months old	Provided during the “Hello Baby Visit”
Diphtheria-pertussis-tetanus –polio (DPT-IPV)	Infants 3-months old or above (1st term initial vaccination); after the first vaccination, for infants 1-year old or above (1st term booster)	Provided during the “Hello Baby Visit” After the third time of the 1st term initial vaccination, further information is provided at the start of the month following your infant’s first birthday
Combined measles and German measles	1-to-2-year old infants (1st term) 5-to-7-year old infants (2nd term)	Provided during the “Hello Baby Visit” Provided in April of the year before your child enters elementary school
Diphtheria-tetanus (DT)	Children aged between 11-13 years	Provided at the start of the month following your child’s 11th birthday
Japanese encephalitis	Infants aged 3-years or above (1st term) Infants aged 4-years or above (1st term booster) Children aged between 9-13 years (2nd term)	Provided to those requiring the vaccination

●Vaccination place ... Tamba City healthcare providers

●Vaccination date ... Throughout the year, Prior reservation required

* A Vaccination Record Sheet is distributed for infants born after April 2011.

* Changes have been made to the vaccinations handled by some healthcare providers, in accordance with the revision of the Vaccination Act, etc. Please inquire with relevant section for further details.

Child Rearing Learning Center

➡ こすだて しえんか **Kosodate Shien-ka (Child Rearing Support Section)** ☎70-0813

Tamba City Child Rearing Learning Center

The Child Rearing Learning Center is a place for parents and guardians who are raising children to learn about child rearing and make friends. Staff are on hand to provide advice and consultations on the various concerns that parents and guardians have when bringing up their children. Tamba City residents are encouraged visit their local Child Rearing Learning Center and learn how they can enjoy child rearing.

① Activities

☆Child rearing consultations...Phone/Face-to-Face consultations, Group consultations

☆Child rearing group...Child rearing group activities

☆Child rearing circle...Child rearing circle activities

☆Providing information...Publication of Child rearing information

☆Lectures and classes...Hands-on classes, lectures on child rearing, etc.

☆Child rearing events...Tanabata festival, Sports festival, Christmas festival, etc.

② Venue / Applications

Name	Address	Phone
Kaibara Child Rearing Learning Center	Tamba-shi, Kaibara-cho, Shimoogura 605 (Yumewaaku Kaibara)	72-4747
Hikami Child Rearing Learning Center	Tamba-shi, Hikami-cho, Narimatsu, Aza Koga 1 (Hikami Kinro Seishonen Home)	82-1001
Aogaki Child Rearing Learning Center	Tamba-shi, Aogaki-cho, Saji 399-1 (Aogaki Hoken Center)	87-1919
Kasuga Child Rearing Learning Center	Tamba-shi, Kasuga-cho, Kuroi 496-2 (Kasuga Jumin Center)	74-3040
Sannan Child Rearing Learning Center	Tamba-shi, Sannan-cho, Tanigawa 1110 (Sannan Jumin Center)	77-3160
Ichijima Child Rearing Learning Center	Tamba-shi, Ichijima-cho, Kamida 814 (Raifupia Ichijima [Lifepia Ichijima])	85-3030

Childcare Center

Childcare centers are infant welfare facilities based on the Infant Welfare Act, and are places where households in which both parent's work can leave their child during the day, or when the parent is sick and cannot look after their child in the daytime.

1. Conditions for entry

In general, childcare centers are for infants from 6-months old to the age before entering school, whose parents or other people in the household cannot look after them during the day. (Certain conditions apply.)

2. Applications for entry

(1) Applications for entry into childcare centers can be made at the Childcare Section, City Hall and its various offices.

* Please apply directly at the certified child day care centers.

(2) Applications are accepted during November for entry into childcare centers for the start of following business year.

(3) Applications for entering midway through the year are accepted up to the 10th of the preceeding month of the intended entry month (e.g. up to June 10th for entry in July, etc.)

It is recommended that midway applications are also made during November of the year before the intended entry year. However, making an application does not guarantee your child a place in the childcare center.

3. Approval for entry

(1) Applications for entry into childcare centers are approved based on a comprehensive judgement of the household's conditions that prevent it from looking after the child during the day. (The criteria for this is generally not being able to look after the child for a minimum of 4 hours/day for at least 3 days/week.)

(2) If the number of applications exceeds the places available in your first choice childcare center, the selection of successful applicants will be made on a point-based system according to the degree of necessity. (Preference will be given to applications made during the designated period for entry at the start of following business year.

4. Childcare fees

(1) Childcare fees for the are calculated based on the previous year's total income tax of the parents or guardian (limited to the supporter under duty) looking after the infant and livelihood, or the household's municipal tax status for the previous business year.

(2) Childcare fees are generally calculated in the first half of May, and the final amount determined between June and July.

(3) If the siblings of a child going to a childcare center, kindergarten, or certified child day care center enter the same center of that child, then the second child from the eldest receives a 50% discount on the childcare fee, and the third child onwards can enter for free.

(4) If the child is absent from the childcare center for at least two-thirds of a one-month period due to illness, then the childcare fee for that time is eligible for a reduction. (Medical examination report, etc. is required). Please inquire at the center for further details.

(5) Please pay for the childcare fees via bank transfer.

5. Disenrollment procedures

When disenrolling from a childcare center midway through the year, please complete the necessary procedures by the 20th of the month that you wish to disenroll your child.

* The disenrollment date is set as the last day of each month, and so the childcare fee for the full month will be charged for the month in which the child is disenrolled.

6. Others

(1) Please inquire beforehand at the childcare center if you wish to enrol a child who is under 6-months old, or who has a disability.

(2) If you need to extend the period of childcare, please write this on the application form, and then after receiving an approval for entry notification please apply directly at the childcare center for an extension.

(3) If your reason for application is giving birth, then the applicable period is from your pregnancy period until 6-months after giving birth.

(4) If the parent is on childcare leave, then a reason for not being able to look after the child during times other than childcare leave is required.

(5) If the parent is looking for work, they can still apply for entry of their child into a childcare center; however, in principle the entry period is limited to 3 months.

7. Application procedures for entry

- (1) Documents for submission during the application period for entry
 - 1) Application for for entry into childcare, Infant register (one per child)
 - * [Please enter at least two choices in the “Preferred childcare center” column]
 - 2) Reason and proof (confirmation) for requiring childcare services
 - * Submitted for each person in the same household aged between 20-69 years old
 - * In the case of siblings entering the childcare center together, one form can be submitted for both children.
 - * Please obtain proof of employment from your workplace, or in the case of self-employed persons and agricultural workers, confirmation can be obtained from a district welfare officer.
- (2) Documents for submission after receiving an approval for entry notification (sent in the first half of February)
 - 1) Copy of your Tax Withholding Form and income tax return (used for calculating the childcare fee)
 - 2) Bank transfer request form (Persons applying for the first time or who have changed their bank account details should complete the necessary procedures at the relevant financial institution.)
 - * If there is any change in the circumstances affecting your ability to look after your child after they enter the childcare center, then please immediately submit another reason and proof (confirmation) for requiring childcare services, reflecting this change.

Family Support Center

■子育て支援課 **Kosodate Shien-ka (Child Rearing Support Section)** ☎70-0813

The Family Support Center is staffed with people from the local community and is set up to help members look after their children temporarily as required, when the parents or guardians cannot do so themselves due to work or sudden errands, etc.

Persons wishing to receive childcare support and those offering such services both register as members. Children of the members can be looked after by other members either when the after school childcare finishes, after the children finish school and before the parents return home from work, etc., or when the parent has to attend to a sudden errand, etc. Children can be left at the member's home to be looked after, or be driven to/from a childcare facility, etc., by a member.

1. Participants: Generally infants from 6-months old to around the age of a third year elementary school student
2. Fee
 - General childcare (Mon-Fri. 7:30~18:30)
 - 400 yen (per 30mins per child)
 - Increases to 450 yen for childcare outside the above times
 - When your child has a minor injury or illness
 - 450 yen (per 30mins per child)
 - Sat., Sun. Hols., Obon, End of year/New year
 - 100 yen extra per 30mins is charged during the above days/periods
 - * Fee subsidy system...A 50% discount on the childcare fee is offered for single-parent households
3. Family Support Services Office
 - Tamba City Family Support Center (located in the Kaibara Office of the Tamba City Social Welfare Committee)
 - Tamba-shi, Kaibara-cho, Kaibara 2715 Kaibara Fukushi Center (Kinone Center) ☎0795-70-2244
 - NPO corporation T-plus Family Support
 - Tamba-shi, Hikami-cho, Kamo 1457-1 ☎090-4280-0324

Moving Out/Changing Residence

☆What should I do about changing schools when we move?

■ Process

Moving out / Changing Residence	Details
When entering from a school outside the city	After completing the necessary procedures at City Hall or its offices for moving in, please submit the “School Attendance Certificate” and “Textbook Allowance Certificate” to the school your child will enter.
When changing to a school outside the city	<ol style="list-style-type: none"> 1) Complete the necessary procedures at City Hall or its offices for changing residence. 2) Obtain a “School Attendance Certificate” and “Textbook Allowance Certificate” from the school your child currently attends. 3) After completing the necessary procedures for moving in at City Hall or its offices of your new municipality, please submit the “School Attendance Certificate” and “Textbook Allowance Certificate” to the school your child will enter.
When changing to a school outside the city	<p>When changing residence within the city, your children will need to change their school to one in your new ward/area.</p> <ol style="list-style-type: none"> 1) Complete the necessary procedures at City Hall or its offices for changing residence. 2) Obtain a “School Attendance Certificate” and “Textbook Allowance Certificate” from the school your child currently attends. 3) Please submit the “School Attendance Certificate” and “Textbook Allowance Certificate” to the school your child will enter. <p>(If your child’s school remains the same, you only need to notify the school of your new address.)</p>

After School service

➡子育て支援課 こそだ しえんか Kosodate Shien-ka (Child Rearing Support Section) ☎70-0813

Tamba City After School service

The Tamba City After School service is for assisting parents and guardians who are working and cannot look after their young child(ren) after school. This service provides a safe place for these children to have a wholesome playtime and promotes their healthy mental and physical development.

《Outline of After School service》

【Avaliable times】

- Weekdays: After school finishes～6:00 P.M.
- Long holidays: 8:00 A.M～6:00 P.M.
- Substitute holidays for school events, Saturdays in August, etc.: 8:00 A.M～6:00 P.M.
- Extended childcare: Until 7:00 P.M.

【Closed】

- Sundays and public holidays, Saturdays (except in August), End of Year/New Year holidays (Dec. 29-Jan. 3)

【Usage fee】

- Standard usage fee for a min. 10days/month throughout the year: 6,000 yen/month
- Usage around twice/week (less than 10days/month): 400 yen/day
- Extended childcare usage fee: 800 yen/time

《Separate》

Infant Club Mutual-Aid Contribution 1,800yen, out-of-pocket expense (textbooks, etc.)

* Some households may be eligible for the “Usage fee reduction system”

【Entry procedures】

- A notification is printed in the Tamba City newsletter November edition each year, which advertises for applications for entry in the following business year. (In some cases applications are accepted immediately, depending on the availability of places for each area offering this service.)
- Documents required for entry procedures are available at the After School and Child Rearing Support Section and its various offices in the city area.

Children's Center

➡子育て支援課 こそだ しえんか Kosodate Shien-ka (Child Rearing Support Section) ☎70-0813

The Children's Center is a child welfare facility which provides a safe place for children to enjoy a wholesome playtime while nurturing their healthy mental and physical development and enriching their emotional development.

【Main activities】

1. Group and individual guidance of children through wholesome playtime.
2. Promotes collaboration and support with community organizations and activities, such as a mother's club, children's club, etc.
3. Consultation services and support for any issues or concerns about childrearing, etc.

■Kougayama Children's Center

【Opening times】 8:30 A.M.～5:00 P.M.

【Closed】 Sundays and public holidays, End of Year/New Year holidays

【Venue】

669-3601 Hyogo-ken, Tamba-shi, Hikami-cho, Narimatsu 217

☎0795-82-8620 FAX 0795-82-8663

■Shiroyama Children's Center

【Opening times】 8:30 A.M.～5:00 P.M.

【Closed】 Sundays and public holidays, End of Year/New Year holidays

【Venue】 669-3464 Hyogo-ken, Tamba-shi, Hikami-cho, Isou 611-12

☎0795-82-0843 FAX 0795-82-0893

Welfare / Medical Services / Nursing Care

Welfare and Medical Services

→ 国保・医療課 Kokuho/Iryo-ka (National Health / Medical Services Section) ☎82-6690

1. Medical Expenses Subsidy for the Elderly

- Age requirements: From the first day of the month turning 65 until the last day of the month turning 70 (until the end of the previous month for persons who were born on the first day of the month)
- Income requirements: Households exempt from paying municipal tax and with a maximum income of 800,000 yen including the person's pension income.
- Partial copayment

Copayment category	Copayment rate	Outpatient + Inpatient (per household)	
		Outpatient (per individual)	
Tax-exempt households	20%	8,000 yen	24,600 yen
Tax-exempt households with non-income earners	10%		15,000 yen

- High cost medical expenses: When the partial copayment exceeds the above amount after receiving treatment at numerous healthcare providers and pharmacies, etc., then the excess amount will be reimbursed upon application. (Meal costs and room surcharges etc., incurred during hospitalization are exempt from this financial subsidy.)

2. Medical Expenses Subsidy for the Severely Disabled

- Requirements: Persons eligible for having a Handbook for Physically Disabled People Grade 1,2, a Medical Treatment Handbook A, and a Health and Welfare Handbook for the Mentally Disabled People Grade 1

* From the day an NHI member with a disability turns 65, they are insured under the Long Life Medical Care System (Medical care system for persons aged 75 years or older) and become eligible for medical care for elderly disabled persons. Persons who are not insured under the Long Life Medical Care System can still receive financial aid as a recipient of medical care for Severely disabled persons.

Persons aged between 65-69 years can use their Recipient of medical care expenses for Severely disabled persons

card, but Persons aged between 70-74 years cannot. After paying 10% of the medical expenses at the healthcare provider, recipients can be reimbursed upon application.

- Income requirements: The income-based municipal tax amount is below 235,000 yen for the disabled person, spouse or supporter under duty
- Partial copayment

Copayment category	Partial copayment	
	Outpatient	Inpatient
General members	Max. 600 yen/day for each NHI healthcare provider (2 days/month)	No copayment based on the Municipal independent subsidy (Copayment amount of 0 yen at healthcare providers in Hyogo prefecture, from July 2009)
Tax-exempt households with non-income earners	Max. 400 yen/day for each NHI healthcare provider (2 days/month)	

* Outpatient and inpatient treatment for mental illnesses is subsidized by a separate application for persons with a Health and Welfare Handbook for the Mentally Disabled People Grade 1.

3. Medical Expenses Subsidy for Infants, etc.

- Age requirements: Newborns to young children until the age of a third year elementary school student
- Income requirements: No income limits for infants under 1 year old
Income limits apply from the month following your child's first birthday

The income-based municipal tax amount is below 235,000 yen for the supporter under duty.

- Municipal independent subsidy:

(Outpatient) For children aged under 3 years: Outpatient partial copayment full subsidy

(Inpatient) For children until the age of a third year elementary school student: Inpatient partial copayment full subsidy

- Partial copayment

Copayment category	Partial copayment	
	Outpatient	Inpatient
General members	Max. 800 yen/day for each NHI healthcare provider (2 days/month)	No copayment based on the Municipal independent subsidy
Tax-exempt households with non-income earners	Max. 600 yen/day for each NHI healthcare provider (2 days/month)	

4. Medical Expenses Subsidy for Children

The partial copayment for medical expenses incurred during the hospitalization of children from the age of a fourth year elementary school student to a third year junior high school student are covered by a full subsidy.

- Income requirements: The income-based municipal tax amount is below 235,000 yen for the supporter under duty.
- Subsidy: The full amount of the partial copayment for medical expenses incurred during the hospitalization
Normally 1/3 of 80,100 yen 26,700 yen Prefectural system
2/3 of 80,100 yen 53,400 yen Municipal independent system
- How to apply: Reimbursement payment (Please attach the receipt for the medical expenses to the application form and then submit it.)

5. Medical Expenses Subsidy for Single-Mother Households

- Age requirements:

【Single-Parent Households】

Single-mother/single-father looking after a child and until before the end of the first March following the child's 18th birthday, and the said child.

【Deceased child】

A child that has deceased until before the end of the first March following the child's 18th birthday and has been buried or bereaved by his/her parents

- Income requirements: Income limits apply (Based on the prefectural income limits)
- Partial copayment

Copayment category	Partial copayment		
	Outpatient	Inpatient	
General members	Max. 600 yen/day for each NHI healthcare provider (2 days/month)	10% (Max. 2,400 yen/month)	No copayment incurred from the fourth and subsequent month after 3 consecutive months of hospitalization
Tax-exempt households with non-income earners	Max. 400 yen/day for each NHI healthcare provider (2 days/month)	10% (Max. 1,600 yen/month)	

6. Medical Expenses Subsidy for Elderly and Severely Disabled Persons

- Age requirements: Eligible from the day the person becomes an insured person under the Long Life Medical Care System, and has a Handbook for Physically Disabled People Grade 1-2, a Medical Treatment Handbook A, and a Health and Welfare Handbook for the Mentally Disabled People Grade 1
- Income requirements: The income-based municipal tax amount is below 235,000 yen for the disabled person, spouse or supporter under duty.
- Partial copayment

Copayment category	Partial copayment	
	Outpatient	Inpatient
General members	Max. 600 yen/day for each NHI healthcare provider (2 days/month)	No copayment based on the Municipal independent subsidy
Tax-exempt households with non-income earners	Max. 400 yen/day for each NHI healthcare provider (2 days/month)	No copayment based on the Municipal independent subsidy

* Outpatient treatment (medical care for supporting the independence of disabled persons) for mental illnesses is half-subsidized by a separate application for persons with a Health and Welfare Handbook for the Mentally Disabled People Grade 1.

7. Medical Expenses Subsidy for Mentally Disabled Persons

- Requirements: Persons with a Health and Welfare Handbook for Mentally Disabled People (Grade 1-3)
- Income requirements: Income limits apply
The income-based municipal tax amount is below 235,000 yen for the disabled person, spouse or supporter under duty.

○Medical care for supporting the independence of disabled persons (Psychiatric hospital medical care)

Under 65 years	Half-subsidy of the copayment
65 – 69 years	
70 years and above	

- Please first pay the copayment at the healthcare provider, then apply for a reimbursement payment (requires personal seal, payment receipt) for the difference.

○General medical examination

Under 65 years	Half-subsidy of the copayment after a partial copayment deduction	
65 – 69 years	No subsidy for insured persons eligible for Long Life Medical Care	For other persons, half-subsidy of the copayment after a partial copayment deduction
70 years and above	No subsidy for insured persons eligible for Long Life Medical Care and insured persons aged between 70-74 years	

- Persons with a Level I disability can use the Recipient of medical care expenses for Severely disabled Persons card.

8. Full or partial payment of the copayment

- When receiving a medical examination at a healthcare provider outside the prefecture, you will not be able to receive rehabilitation care due to the system used by Hyogo prefecture. In that case, please apply for a reimbursement of the medical expenses paid.

Required items: Recipient of medical care expenses card, personal seal, payment receipt

- When receiving a medical examination without your Recipient of medical care expenses card

Required items: Recipient of medical care expenses card, personal seal, payment receipt

- Charges for corset, crutches or other medical appliances

Required items: Recipient of medical care expenses card, personal seal, Doctor's letter of diagnosis or opinion, payment receipt

- * Please first apply for an insurance benefit for corset, crutches or other medical appliances from the medical insurance you are a member of.

Long Life Medical Care

こくほ いりようか
→国保・医療課

Kokuho/Iryo-ka (National Health / Medical Services Section) ☎82-6690

●Long Life Medical Care System (Medical Care for People Aged 75 and Over)

The Long Life Medical Care system was launched in April 2008, and is for persons aged 75 years and above (65 years for persons with a certain level of disability certified upon application). Within the anticipated progressive aging of society and declining birth rate and accompanying huge increase in medical care expenses, this system aims to share the burden of the younger generation for supporting the elderly by having the elderly cover part of their medical expenses and insurance contributions, so as to ensure that all Japanese citizens in the next generation can continue to receive health insurance.

●Persons eligible

Persons aged 75 years and above (65 years for persons with a certain level of disability certified upon application) become insured persons under the Long Life Medical Care system from their 75th birthday (official).

From this day, they become disenrolled from their previous NHI or Employees' Health Insurance systems, etc.

●When to submit notifications

Situation	Necessary items
Persons with a certain level of disability who turn 65, or persons over 65 who then develop a certain level of disability	National Pension Certificate, Handbook for Physically Disabled People, etc., Personal seal
Persons aged 65 years or over with a certain level of disability certified upon application, who will withdraw their application until they turn 75	Health Insurance Card, Personal seal
Moving in to Hyogo prefecture	Certificate of Copayment Category, Personal seal
Changing residence within Hyogo prefecture	Health Insurance Card, Personal seal
Moving out from Hyogo prefecture	Health Insurance Card, Personal seal
Death of the insured person	Health Insurance Card, Personal seal
Becoming eligible to receive public assistance	Health Insurance Card, Personal seal

Copayments for medical care

The copayment is 10% for medical expenses incurred when receiving treatment for an illness or injury, etc., which should be paid at the healthcare provider.

However, for current income earners the copayment is 30%. This refers to a person who is from a household with an insured person under the Long Life Medical Care system and who has a resident taxable income of 1,450,000 yen and above. (Depending on the income amount, the copayment may become 10% upon application.)

●Inpatient meal costs (Hospital meal costs during hospitalization)

The Hospital Meal Costs copayment during hospitalization is as follows.

Standard copayment (per meal)	General members (other than those persons below)		260 yen
	Low-income earner Type II	Inpatient for 90 days or less within the past 12 months	210 yen
		Inpatient for over 90 days within the past 12 months	160 yen
	Low-income earner Type I		100 yen

○Low-income earner Type II All household members are exempt from resident tax

○Low-income earner Type I All household members are exempt from resident tax and in which each of the household member's income equals 0 yen (Pension payment is calculated as a deduction of 800,000 yen.)

* Low-income earner Type I and Type II must present their "Certificate of Eligibility for Payment of Deductible or Reduction of Standard Copayment" at the reception during hospitalization. You can apply for and receive this Certificate at City Hall.

●Full payment of medical expenses,etc.

When the medical expenses are paid in full in the following situations, the amount covered by your health insurance will be reimbursed some time later (Takes approx. 3 months from applying for reimbursement, due to checking the application documents, etc.).

Situation	Necessary items	
Receiving treatment for a sudden illness etc., when on holidays without having your Health insurance card for some unavoidable reason	Itemised medical bill (copy) Medical expenses receipt	Health insurance card Personal seal Documents for confirming your bank account number and name
Using corset, crutches or other medical appliances, as instructed by a doctor	Doctor's opinion Medical expenses receipt (with details of the bill)	
Receiving traditional anma massage or Western massage therapy, acupuncture or moxibustion with a doctor's written consent	Doctor's written consent Itemised statement of treatment received Medical expenses receipt	
Receiving treatment for a sudden illness etc., when on holidays overseas	Itemised statement of medical examination Medical expenses receipt Japanese translation of the above documents	

●High cost medical expenses

When you incur high cost medical expenses in a one-month period, you will be sent an application form from the Wide Area Union. Please complete this form and submit it to City Hall in order to receive a reimbursement for the amount exceeding the copayment.

*You only need to submit an application for an initial claim. All high cost medical expenses subsequently incurred will be directly transferred to your registered bank account.

●Death of insured person (Funeral expenses)

Situation	Reimbursement	Necessary items
Funeral held for the death of an insured person	50,000 yen	Health insurance card Personal seal Documents for confirming the holding of a funeral (Funeral notification postcard) Documents for confirming the bank account number of the person holding the funeral

* In principle, the person holding the funeral refers to the principal bereaver.

●Combined high cost nursing care medical expenses

If there is a member in a household who is recipient of nursing care insurance (recognized as requiring nursing care and receiving such services), when the combined copayment amount of long life medical care insurance and nursing care insurance incurred in one year (each year from August 1 to July 31 of the following year) is remarkably high, so as to reduce this burden on members, the amount exceeding the copayment will be covered by both the long life medical care insurance and nursing care insurance.

●Long Life Medical Care Insurance Contributions

The insurance contributions are paid by each individual, and equal 10% of the medical expenses incurred (excl. the healthcare provider copayment), with the remaining amount covered by public funds (approx. 50%) and support received via contributions from younger members (approx. 40%).

The yearly insurance contributions are calculated on a per capita (fixed) amount that is equally distributed among all members, and an income-based amount according to your previous year's income. The contribution rate is revised every two years.

●How to pay the insurance contributions (special/ordinary collection)

In principle, insurance contributions are directly deducted from your pension if the annual amount received is 180,000 or above (special collection). For all other members, the insurance contributions paid in 9 installments throughout the year, by bank transfer or using the payment notification (ordinary collection).

- * Even if the total insurance contributions including nursing care insurance contributions are more than half of your pension amount, the ordinary collection method is used.
- * For those who become insured persons again (under a new system) and are eligible for the special collection method, the ordinary collection method is used for a certain period.

●Changing your payment method for insurance contributions

Members who wish to change their payment method from special collection (directly deducted from your pension) to payment by bank transfer (ordinary collection) need to submit an application form at City Hall and obtain a bank transfer request form from their financial institution.

Welfare for the Disabled



生活支援課 Seikatsu Shien-ka (Life Support Section) ☎74-0222

■ Handbook for Physically Disabled People

Type	Details
Handbook for Physically Disabled People (Shogaisha Techo)	A Handbook for Physically Disabled People will be issued upon application to persons with a physical disability (recognized disability in sight, hearing, balance, voice, language, chewing, limbs, heart, respiratory (lungs), kidney, liver, bladder, rectum, small intestine, immune functions according to the Welfare Act for Physically Disabled People)
Medical Treatment Handbook (Ryoiku Techo)	A Medical Treatment Handbook will be issued to persons with a disability in their intellectual development, upon application by the individual or their parent/guardian and as determined by the Hyogo Prefecture Rehabilitation Consultation Office for the Intellectually Disabled (for minors under 18 years, by the Kawanishi Children Family Center Tamba Office)
Health and Welfare Handbook for the Mentally Disabled People (Seishin Shogaisha Hoken Fukushi Techo)	A Health and Welfare Handbook for the Mentally Disabled People will be issued to persons with a mental disability that limits activities in their daily and social life over the long term and who wish to receive this Handbook, upon application by the individual and based on their doctor's diagnosis.

■ Allowances, etc.

Type	For whom	Amount
Nursing care support	Persons aged under 65 years (Handbook for Physically Disabled People Grade 1-2, Medical Treatment Handbook A) who have been immobile at their home for at least the past 6 months, and are recognized as continuing this state in the future, and subsequently requiring continual nursing care (excl. persons using nursing care insurance services, income limits apply)	10,000 yen/month
Special Allowance for Disabled Persons	Persons aged 20 years or above who are living at home and require continual special nursing care in their daily life, due to a remarkably severe physical or mental disability (conditions and income limits apply)	26,340 yen/month
Disabled Children Welfare Allowance	Persons aged under 20 years who are living at home and require continual special nursing care in their daily life, due to a severe physical or mental disability (conditions and income limits apply)	14,330 yen/month
Welfare Benefit for Foreign Disabled Persons with No Pension	Severely disabled persons of a foreign nationality who are living in Japan and turned 20 before the revision of the National Pension System on January 1, 1982, and who are not eligible to receive the Disability Basic Pension according to the requirements of the pension system (conditions apply)	Severely disabled 76,800 yen/month Moderately disabled 33,000 yen/month

■ Hyogo Prefecture Mutual Aid System for Persons Supporting the Physically and Mentally Disabled

Parents or guardians supporting a disabled person pay a certain amount of money each month, from which the disabled person they are supporting will be provided with a fixed amount lifetime pension, in the event that anything happens to the parents or guardian (death, serious disability)

[Eligible persons] Parents or guardians supporting a physically or mentally disabled person, and who are aged under 65 years (entry conditions apply)

[Contribution] Between 9,300 yen~23,300 yen/month, depending on the age upon joining

[Pension amount] 20,000 yen/month per person (up to 2 persons allowed)

Hyogo Prefecture Mutual Aid System Subsidy for Persons Supporting the Physically and Mentally Disabled

■ Medical Expenses Subsidy

Type	For whom	Copayment
Medical care for supporting the independence of disabled persons (Rehabilitation medical expenses)	Persons aged 18 years or above with a Handbook for Physically Disabled People, and who are expected to make a definite recovery due to treatment, such as an operation to remove or alleviate their disability (According to the decision of the Physically Disabled Persons Rehabilitation Consultation Office)	In principle, 10% copayment of the medical expenses (Max. monthly copayment is determined according to income)
Medical care for supporting the independence of disabled persons (Physiatric hospital medical expenses)	Persons with mental disorder such as schizophrenia as designated in the Mental Health Welfare Act Article 5, and who require continual physiatric care at a hospital (income limits apply)	

■ Medical Appliances / Items for Daily Living

Type	Details	For whom	Copayment
Medical appliances reimbursement service	Partial reimbursement of expenses for the purchase and repair of appliances to supplement or substitute for physical functions that have been lost due to a disability (artificial limbs, prosthetics, hearing aids, wheelchairs, etc.)	Persons with a Handbook for Physically Disabled People (According to the decision of the Physically Disabled Persons Rehabilitation Consultation Office, depending on the type of appliance)	In principle, 10% of the expenses for medical appliances (Max. monthly copayment is determined according to income)
Items for daily living reimbursement service	Partial reimbursement of expenses for the purchase of items required for making daily life easier and more comfortable (special bed, appliances for assisting in bathing, stoma prosthetics, house reforms, etc.)	Severely physically disabled persons (children), intellectually disabled persons (children) *Payment conditions apply depending on the degree of disability and type of appliance	In principle, 10% of the expenses for medical appliances (Max. monthly copayment is determined according to income)

■ Community Life Support Services

Type	Details	Usage fee
Dispatchment of sign language interpreters, summary scribes	Dispatchment of sign language interpreters and summary scribes for physically disabled persons with a hearing, speech or language disability.	Free
Braille, voice public announcements	Braille and voice public announcements are made available for disabled persons who have difficulty in acquiring/understanding word-based information.	Free
Motivation for elderly persons with hearing disabilities	Provides a place for exchanging information and motivating persons generally aged 65 years or above with hearing disabilities, through communicating with them in sign language and other suitable forms.	1,000 yen/time
Mobility support	Provides support for disabled persons (children) who have difficulty moving around when outdoors, so as to help them lead an independent life in their community and encourage participation in society. [Eligible persons] Persons with a Handbook for Disabled People (Physical, Treatment, Mental), who require support moving around when outdoors	(Individual mobility support) 100 yen/ 30mins (free for households exempt from resident tax) (Group mobility support) 50 yen/ 30mins (free for households exempt from resident tax)
Support for when going outside to a certain destination	Shuttle bus service to transport disabled persons who require nursing care and other assistance to and from a specific destination (healthcare provider, etc.) [Eligible persons] Persons with no driver's license and who meet certain conditions	Free
As-needed daytime support	Provides support on an as-needed basis for looking after disabled persons during the daytime and allowing their full-time carers (family members) to take a temporary break and help them in being able to work, and securing a place for disabled persons to do their daily activities. [Eligible persons] Persons with a Handbook for Disabled People (Physical, Treatment, Mental)	150 yen/ first 4 hours 400 yen/ over 4 hours – 8 hours 650 yen/ over 8 hours Bathing assistance 50 yen/time Transport 50 yen/time (free for households exempt from resident tax)
Community Activity Support Center	Supports the community life of disabled persons (children) through encouraging interaction with society and providing a place for them to be productive and creative by participating at activities in the Center. [Eligible persons] Persons with a Handbook for Disabled People (Physical, Treatment, Mental) [Municipal Community Activity Support Center] <i>Kibou no Ie</i> (House of Hope) Kaibara-cho, Kaibara 1018-1 ☎73-0869 KasugaSmall Production Center Kobushi Kasuga-cho, Kuroi 1500, ☎74-0715	Free
Type	Details	
Rehabilitation training subsidy	Subsidy for the training fees of persons using the Worker Mobility Support Center, Center for Developing Independence, etc., (Persons using the Disability Welfare Services for free (0 yen)) [Subsidy] 1,600 yen~14,800 yen/month	
Training for daily living	Provides training for daily living (functions) for persons in wheelchairs, such as maintaining health and mobility, rehabilitation and stretching twice monthly, sports and music activities, etc. (free) [Eligible persons] Persons in wheelchairs living at home, and who do not use the nursing care	

	insurance system.
Sports and recreation classes	Various sports and recreation classes for disabled persons. (free)
Driver's license acquisition subsidy	Partial subsidy for acquiring a driver's license for work, etc. (income limits apply) [Subsidy] Up to two-thirds of the fees incurred when acquiring a driver's license (max. 100,000 yen)
Vehicle reform subsidy	Partial subsidy for the expenses in reforming the equipment for operating and powering the vehicle owned and used by the disabled person. (income limits apply) [Subsidy] max. 100,000 yen

■ Disability Welfare Services

Disability Welfare Services include Nursing Benefits for receiving nursing care assistance, and Benefits for Training, etc., for receiving training assistance. Persons using Nursing Benefits need to be recognized as belonging to one of the disability categories for receiving the services.

● Users copayment

In principle, 10% of the expenses for using the services. However, the maximum monthly copayment is determined according to income. (Free for households exempt from resident tax or receiving public assistance.)

■ Disability Welfare Services

Type	Service	Details
Nursing Benefits	In-home nursing care (home helper)	Nursing care services provided at home for the whole range of daily living activities, such as bathing, going to the bathroom and eating.
	Movement support	For persons who require constant nursing care when moving around due to intellectual and mental disabilities; this service assists such persons in moving around when outside and avoiding danger.
	Visiting nursing care for the severely disabled	For crippled persons who require constant nursing care due to severe impairment of their limbs and body; this comprehensive service assists such persons in moving around when outside and at home, etc.
	Comprehensive support for the severely disabled	Comprehensive provision of Disability Welfare Services, such as in-home nursing care, etc., for disabled persons in urgent need of nursing care.
	Short-term stay at a facility	Nursing care for bathing, going to the bathroom and eating, etc., at a short-term stay at a facility for disabled persons receiving in-home nursing care and whose caregiver falls ill, etc.,
	Nursing care for daily living	Nursing care for bathing, going to the bathroom and eating, etc., for persons who constantly require such care, and providing opportunities for them to be productive and creative.
	Nursing care for rehabilitation	Assistance for daily living, nursing care, nursing, management of the training and rehabilitation of functions, etc., at healthcare providers.
	Day service for children	Appropriate training, etc., for group-based daily living and everyday activities for disabled children.
	Nursing care for communal living (care home)	Nursing care for bathing, going to the bathroom and eating, etc., at care homes with communal living, during the night and holidays.
	Long-term stay at a facility	Nursing care for bathing, going to the bathroom and eating, etc., at a long-term stay at a facility, for disabled persons during the night and holidays.
Benefits for Training, etc.	Training for developing independence (for daily living /rehabilitation of functions)	Necessary training for a certain period to develop physical functions and skills for daily living, so as to enable disabled persons to lead independent daily and social lives.
	Employment shift support	Necessary training for a certain period to develop the required knowledge and skills for disabled persons wishing to work at an ordinary company, etc.
	Continuous employment support (Type A&B)	Necessary training for a certain period for disabled persons who find it difficult to work at an ordinary company, by providing them with appropriate workplaces and helping them to develop the required knowledge and skills for work.
	Communal living support (group home)	Assistance for daily living and consultations at care homes with communal living, during the night and holidays.

■Emergency 119 Telephone Number E-mail and Fax service

This system allows persons with hearing, speech or language impairments and who find it difficult to use the speech-based emergency 119 telephone number to make emergency calls as required, using a supplementary email or fax method to call for the fire brigade or ambulance.

■Various consultation services

《Consultation Support Office》

A comprehensive consultation service has been set up on request by the city for providing information and consultations on nursing care and using the various welfare services available, so as to support the daily community life of disabled persons living at home and their family.

●Consultation Support Center for Disabled Persons “Erugu”

[Address] Tamba-shi, Hikami-cho Isou 36-1 Mitsumi Seikatsu Support Center 1F

[Contact] ☎0795-88-9632 FAX 0795-88-9640

●Consultation Support Center for Disabled Persons “Kojika”

[Address] Tamba-shi, Hikami-cho, Koura 107

[Contact] ☎0795-82-9502 FAX 0795-82-7040

●Tamba City Social Welfare Committee Consultation Support Center

[Address] Tamba-shi, Hikami-cho, Jouraku 209-1 Hikami Kenko Fukushima Center

[Contact] ☎0795-82-4763 FAX 0795-82-4519

《Counselors for disabled persons》

Counselors for disabled persons are persons from the private sector who have been appointed by the prefectural governor to receive various consultations from disabled persons and their family, and offer advice and guidance to help them resolve any problems or issues they have.

《Tamba City Child Development Support Center (Consultation Office)》

The Center receives various consultations from persons on any concerns they have about their child's development, and works together to offer support and help resolve any problems, etc.

[Details] Specialist staff from the Child Development Support Center respond to the various consultations according to their content. Special medical advice is also available for consultations on the child's physical and mental development. Visits to schools and other facilities are also done as required (by a specialist team). Other facilities, etc., that may be of help are also introduced.

[Address] Tamba-shi, Kasuga-cho, Kuroi 1519-1

[Contact] ☎0795-74-3060 FAX 0795-74-3090

《Support Center for the Work and Daily Living of Tamba City Disabled Persons {Hop}》

The Center receives various consultations on how disabled persons can live comfortably in the community and find work to support their life, as well as providing support for enabling disabled persons to lead an independent life.

[Address] Sasayama-shi, Higashisawada 240-1 Sasayama City Support Center for Disabled Persons “Smile Sasayama”

[Contact] ☎079-554-1566 FAX 079-554-1165

Nursing Care Insurance

➡ かいごほけんか 介護保険課 **Kaigo Hoken-ka (Nursing Care Insurance Section)**

かいごほけん 介護保険 **Kaigo Hoken (Nursing Care Insurance) ☎74-1049**

かいごよぼう 介護予防 **Kaigo Yobo (Nursing Care Prevention) ☎74-0368**

かいごにんてい 介護認定 **Kaigo Nintei (Nursing Care Insurance Certification) ☎74-0602**

The Nursing Care Insurance system provides nursing care for the whole society, to enable persons requiring such care to lead an independent life. Users select the services they require, and based on a contract with the service providers, pay a fixed usage fee that gives them comprehensive access to nursing care services from national health medical care and welfare. Tamba City operates the Nursing Care Insurance system as an insured member.

Entry types

Persons aged 40 or above can become an insured member of the Nursing Care Insurance system

1) Category 1 insured person

Eligible persons: Persons aged 65 or above

- * Persons requiring nursing care and support can use the services available (persons who have been “officially approved” as requiring nursing care and support)

2) Category 2 insured person

Eligible persons: Persons aged 40 or above and under 65 years, who are enrolled in medical insurance.

- * Persons requiring nursing care and support can use the services available (persons who have been “officially approved” as requiring nursing care and support due to a specified illness, etc.)
- * A Nursing Care Insurance Member Card is issued to persons who have been officially approved as requiring nursing care and support, and persons who have applied for this card.

Entry procedures

1) Persons who become 65 years old

You automatically become a member from the day before your 65th birthday; no special entry procedures are required. The Nursing Care Insurance Member Card will be mailed to you by the day before your 65th birthday.

2) Persons who become 40 years old

You automatically become a member from the day before your 40th birthday; your health insurance at that time (Cooperative Insurance, Mutual Aid Insurance, National Health Insurance, etc.) will complete the necessary procedures for joining, so no special entry procedures are required on your part.

●Category 1 insured person (Persons aged 65 or above)

Details	Necessary items
Moving in from another municipality	<ul style="list-style-type: none"> • The Nursing Care Insurance Member Card will be sent after submitting a Notification of Moving In • Recipient Card issued under your previous address (persons who received approval for requiring nursing care at their previous address, and who will apply for the same approval at the new address)
Moving out to another municipality	Nursing Care Insurance Member Card
Death of insured member	Nursing Care Insurance Member Card of the deceased member
Change of name, address	Nursing Care Insurance Member Card
Loss of Nursing Care Insurance Member Card	Personal identification

● **Category 2 insured person (Persons aged 40 or above and under 65 years), and who have a Nursing Care Insurance Member Card**

Details	Necessary items
Moving in from another municipality	<ul style="list-style-type: none"> • Health Insurance Card • Recipient Card issued under your previous address (persons who received approval for requiring nursing care at their previous address, and who will apply for the same approval at the new address)
Moving out to another municipality	Nursing Care Insurance Member Card
Death of insured member	Nursing Care Insurance Member Card of the deceased member
Change of name, address	Nursing Care Insurance Member Card
Loss of Nursing Care Insurance Member Card	Personal identification

* Persons who have received approval for requiring nursing care and have moved in from another municipality, and who will continue using nursing care services, must apply for the same recognition within 14 days of moving to the new address. If the application is made later than 14 days after moving in, then the prior approval at the previous address cannot be continued, and a brand new application will be required. Until the application is approved, full payment of the usage fees for nursing care services is required.

Procedures for receiving approval for requiring nursing care

Persons wishing to use nursing care services must first receive approval for requiring nursing care and support.

1) Applying for approval for requiring nursing care and support

Applications can be made at the Nursing Care Insurance Section, the main Citizen's Affairs Section and its various offices. Applications can also be done on your behalf by designated In-home nursing care support providers, nursing care insurance facilities, and community support centers, etc.

● **Necessary items**

- Nursing Care Insurance Member Card (Category 1 insured person)
- Health Insurance Member Card (Category 2 insured person)

2) Approval examination

Approval examiners will visit households to investigate their situation for the purpose of deciding whether to grant approval for requiring nursing care and support.

3) Opinion from main consulting doctor

When making a brand new application, and in principle when the applicant changes the category type or renews an application, the Nursing Care Insurance Section will request the consulting doctor to submit his/her opinion of the applicant's physical and mental condition from a medical perspective.

4) Nursing care approval review board

The Nursing care approval review board determines which applications receive approval based on the results of inputting into a computer part of the information from the consulting doctor's opinion and approval examination, and on special items noted during the approval examination as well as the consulting doctor's opinion.

5) Notification of approval

In principle, a notification of the approval result will be sent within 30 days of submitting an application, along with a Nursing Care Insurance Member Card with the approval result noted on it. Please check the expiry date of the approval as noted on the Card. Renewal of the Nursing Care Insurance Member Card must be made from 60 days prior to its expiry date. If the member's physical or mental condition changes during the approved period, an application must be submitted for a change of category for nursing care approval.

If you have any objection to the approval result, you can lodge a complaint within 60 days from the day after receiving the notification of approval result to the Hyogo prefecture nursing care approval review board.

■ Usage of services

		Services available	
Approval	Requiring nursing care Category 1 ~5	Nursing care services (In-home)	Nursing care services (At facility)
		1) The individual or their family, etc., select the in-home nursing care service provider. 2) Services are provided according to the care plan created through discussions with a care manager from the contracted provider.	1) The individual or their family, etc., directly apply for entry into a nursing care insurance facility. 2) Services are provided according to the care plan created through discussions with a care manager from the contracted facility.
	Requiring nursing care Category 1, 2	Nursing care prevention service 1) An in-home nursing care service provider contracted by the city according to the preferences of the individual or their family, etc., or a regional comprehensive support center is selected. 2) Services are provided according to the nursing care prevention care plan for supporting independence, created through discussions with the individual or their family, etc., and staff from the contracted provider or regional comprehensive support center.	
N/A	Can join in the nursing care prevention programs run by the city.		

Types of Nursing care Services

●Persons approved in categories 1~5 for nursing care services

Category	Service	Details
In-home services	In-home nursing care services	Nursing care services are provided according to the care plan created through discussions with a care manager.
	Visiting nursing care	Home helpers or other staff visit households to provide nursing care or housework support (eating, bathing, cleaning, laundry, etc.).
	Visiting bathing nursing care	This service, which provides nursing care in bathing, visits each household with a special vehicle containing a bath.
	Visiting care	Nurses or other staff visit the house and help with nursing care or medical care (treating bedsores, managing drips, etc.).
	Visiting rehabilitation	A specialist visits the house and provides rehabilitation training in the recovery of functions.
	Home visiting services with advice on recuperation management	A doctor, dentist, or pharmacist visits the house and provides management and advice on recuperation (how to take medication, eating properly, etc.).
	Facility visit nursing care	Nursing care required for daily life, such as bathing or eating and other activities, are provided in day service centers, as well as training for the recovery of functions.
	Facility visit rehabilitation	Rehabilitation training is provided at hospitals and special nursing home for the elderly, etc.
	Short stay life nursing care	The user stays in a facility such as a special nursing home for the elderly for a short period (provided with nursing care, training for the recovery of functions).
	Short stay recuperation nursing care	The user stays in a facility such as a special nursing home for the elderly for a short period (provided with medical and nursing care, training for the recovery of functions).
	Allowance for structural modification of residence	For modification of a residence, as necessitated by the need for nursing care, a portion of the expense is covered (prior application required).
	Allowance for welfare equipment purchases	Covers a portion of the purchase cost for welfare equipment such as bathing aids, easy-to-use bathtub, etc. (when purchased from designated organizations).
	Loaning of welfare equipment	Loaning of welfare equipment, such as those for preventing accidents occurring in the home.
Facility services	Life nursing care for persons at special facilities	The user stays in a fee-charging nursing home for the elderly and is provided with nursing care (eating, bathing, etc.), and training for the recovery of functions.
	Welfare nursing home for the elderly	Facility that mainly provides nursing care for daily living (for persons requiring continual nursing care and who cannot receive such care at their home).
	Nursing home for the elderly	Facility that mainly provides nursing care and rehabilitation (for persons whose medical condition has stabilized and require nursing care focused on rehabilitation).
Community-based services	Medical care facility for nursing care treatment	Facility that mainly provides medical care (for persons whose medical condition has stabilized but still require long-term treatment)
	Small-scale multi-functional in-home services	Nursing care and support provided at small-scale home services facilities, combined with mainly services by visiting facilities, in addition to home visiting services or overnight stay services.
	Communal living nursing care for elderly persons with dementia	Nursing care and training for the recovery of functions is provided at a communal place (home) where elderly persons with dementia can live together.
	Facility visiting services for elderly persons with dementia	Nursing care required for daily life, (eating, bathing) and training for the recovery of functions are provided in day service centers, for elderly persons with dementia.
	Community-based welfare nursing home for the elderly	Small-scale welfare nursing home for the elderly for under 30 people (mainly provides nursing care for daily living, for persons requiring continual nursing care and who cannot receive such care at their home).

●Persons approved in categories 1~2 for nursing care services

Category	Service	Details
In-home services	Nursing care prevention support	Nursing care prevention services are provided according to the nursing care prevention care plan, created through discussions with staff from a regional comprehensive support center, etc.
	Nursing care prevention visiting nursing care	Home helpers or other staff visit households to provide support for daily living (to assist the user in the number of things he/she can do by his/herself).
	Nursing care prevention visiting bathing nursing care	This service, which provides nursing care in bathing, visits each household with a special vehicle containing a bath.
	Nursing care prevention visiting care	Nurses or other staff visit the house and help with nursing care or medical care focused on nursing care prevention.
	Nursing care prevention visiting rehabilitation	A specialist visits the house and provides rehabilitation training in the recovery of functions, and guidance in exercises.
	Nursing care prevention home visiting services with advice on recuperation management	A doctor, dentist, or pharmacist visits the house and provides management and advice on recuperation (how to take medication, eating properly, etc.).
	Nursing care prevention facility visit nursing care	Nursing care required for daily life, such as bathing or eating and other activities, are provided in day service centers.
	Nursing care prevention facility visit rehabilitation	Rehabilitation training is provided at hospitals and special nursing homes for the elderly, etc., with a focus on nursing care prevention.
	Nursing care prevention short stay life nursing care	The user stays in a facility such as a special nursing home for the elderly for a short period (provided with training for the recovery of functions to maintain and improve those functions required for daily living).
	Nursing care prevention short stay recuperation nursing care	The user stays in a facility such as a special nursing home for the elderly for a short period (provided with training for the recovery of functions to maintain and improve those functions required for daily living).
	Nursing care prevention allowance for structural modification of residence	For modification of a residence, a portion of the expense is covered (same as per nursing care).
	Nursing care prevention allowance for welfare equipment purchases	Covers a portion of the purchase cost for welfare equipment such as bathing aids, easy-to-use bathtub, etc. (same as per nursing care).
	Nursing care prevention loaning of welfare equipment	Loaning of welfare equipment, such as those for preventing accidents occurring in the home.
	Nursing care prevention life nursing care for persons at special facilities	The user stays in a fee-charging nursing home for the elderly and is provided with nursing care (eating, bathing, etc.), and training for the recovery of functions.
Community-based services	Nursing care prevention small-scale multi-functional in-home services	Nursing care and support provided at small-scale home services facilities, combined with mainly services by visiting facilities, in addition to home visiting services or overnight stay services.
	Nursing care prevention communal living nursing care for elderly persons with dementia	Nursing care and training for the recovery of functions is provided at a communal place (home) where elderly persons with dementia can live together (cannot be used by only one person requiring support).
	Nursing care prevention facility visiting services for elderly persons with dementia	Nursing care required for daily life, (eating, bathing) and training for the recovery of functions are provided in day service centers, for elderly persons with dementia.

Calculation & Payment of Insurance Contributions

1) Category 1 insured person (Persons aged 65 or above)

Insurance contributions are calculated on an individual basis according to the person's previous year income.

From the month you turn 65 years, the lump-sum health insurance payments (National Health Insurance, Cooperative Insurance, etc.) so far will now be paid separately between nursing care insurance contributions and medical care insurance contributions. Upon turning 65 years, in principle, special collection of insurance contributions will start around 6 months later (directly deducted from your pension if the annual pension amount received is 180,000 or above). Until then, the ordinary collection method will be used.

2) Category 2 insured person (Persons aged 40 or above and under 65 years)

● When enrolled in National Health Insurance (NHI)

Insurance contributions are calculated according to each household's income and assets, etc., and are levied on the head of the household as NHI contributions consisting of nursing care insurance, medical care insurance, and long-life medical care.

- When enrolled in Health insurance (Cooperative Insurance , Mutual Aid Insurance, etc.) Insurance contributions are calculated based on the nursing care insurance rate set for each person with medical insurance, based on individual incomes, and are directly deducted from your income along with medical insurance contributions.

【Applications / Inquiries】

Nursing Care Insurance Section (Kaigo Hoken-ka) ☎74-1049

List of Welfare Services for the Eldery

➡^{かいごほけんか}介護保険課 Kaigo Hoken-ka (Nursing Care Insurance Section)

^{かいごほけん}介護保険 Kaigo Hoken (Nursing Care Insurance) ☎74-1049

^{かいごよぼう}介護予防 Kaigo Yobo (Nursing Care Prevention) ☎74-0368

(1) Regional comprehensive support center

A Regional Comprehensive Support Center is placed in each region to serve as a local advisor for the aged to support them in living a comfortable life in their community. (At the Center, social welfare workers, chief specialists in nursing care support, and public health nurses are providing care management for people in need of support.)

1) Nursing care prevention care management

Provides necessary support to prevent persons aged 65 or above who are recognized as being in a very fragile and weak condition and highly likely to need nursing care from requiring such care

2) Comprehensive consultation support

Receives various consultations from/about elderly persons and provides information on the necessary services for them to live a comfortable life in their long-time community.

3) Protection of rights

Protects the rights of elderly persons through using various systems for preventing abuse of the elderly and infringement of consumers.

4) Comprehensive and continuous care management

Provides guidance and advice on difficult cases, through establishing and utilizing a network of care managers in the community.

(2) In-home nursing care support center

Provides comprehensive consultation services, and coordinates with various relevant institutions to make health and welfare services generally available, as well as acting as a proxy in completing the required procedures for using these services.

(Contracted centers)

- Kaibara area: Kaibara and Keyaki In-home nursing care support center
- Kasuga area: Okanohana In-home nursing care support center
- Hikami area: Aoba-so In-home nursing care support center
- Sannan area: In-home nursing care support center Yamaji
- Aogaki area: Fureai-no-Sato Mokusei In-home nursing care support center
- Ichijima area: Tanju-so In-home nursing care support center

(3) Motivation day service

- Eligible persons: Persons aged 65 or above who have not received approval for requiring nursing care or support, and who are determined as likely to need such care, etc.
- Details: Nursing care prevention programs, health consultations, etc., 1-2 times/month
- Copayment: 1,000yen/time per person

(4) Oral care visits

- Eligible persons: Persons aged 65 or above who have not received approval for requiring nursing care or support, and who are determined as likely to need such care regarding their oral functions, etc.
- Details: A dental hygienist visits the eligible person's home and provides guidance on oral care.

(5) Food delivery service

- Eligible persons: Persons aged 65 or above living alone or in a household of only elderly persons, and who are not able to cook meals due to a mental or physical disability or illness, etc., and who meet certain conditions.
- Details: A lunchbox meal (bento) is delivered on the requested days between Monday to Friday. (Max. 6 meals/week)
- Copayment: 400yen/meal
- Important note: Usage of this service is determined after checking the physical condition of the requesting person.

(6) Visiting hairdresser service

- Eligible persons: Generally persons aged 65 or above with a requiring nursing care category 3,4 or 5, and who are constantly bedridden and find it difficult to visit a hairdresser by themselves.
- Details: A transportation fee of 2,000 yen is provided to the hairdresser (1 coupon every 4 months (Max. 3 coupons/year))
- Copayment: Actual cost of the haircut (hairdresser's fee)

(7) Going outside support service for the elderly (revised April 2011)

- Eligible persons: Persons aged 70 or above with no driver's license and who meet certain conditions
- Details: Choose between a taxi or bus card
 - 1) Persons with nursing care approval: 620yen taxi coupon × 24 coupons / year, or 16,320 yen/ year worth of bus cards
 - 2) Persons without nursing care approval: 300yen taxi coupon × 24 coupons / year, or 7,200 yen/ year worth of bus cards

(8) Emergency notification system

- Eligible persons: Persons who have some anxieties in their daily life and who meet certain conditions
- Details: The eligible person makes a notification during an emergency using the speed dial on their home phone (with speed dial function), and after being connected to the emergency notification center an emergency response team will be sent out, etc.
- Copayment: No charge for making an emergency call

(9) Subsidy for the purchase of items for daily life easier for persons with nursing care approval, etc.

- Eligible persons: Persons who meet certain conditions, and persons who meet conditions for each aid item
- Aid items: House fire alarm, automatic fire extinguisher, magnetic cooker, push-button telephone
- Details: After submitting an application with the purchase receipt attached, the purchase cost of the aid item will be compared with the subsidy limit, and the lower amount of the two will be paid as a subsidy (reimbursement payment system).
- Copayment: Amount exceeding the subsidy limit for each aid item

(10) Subsidy for nursing care products

- Eligible persons: Elderly persons living at home (excl. those currently staying long term at a facility or in a hospital), with an approved requiring nursing care category 3 or above, and who constantly require the use of diapers for the elderly.
- Details: Nursing care products selected from a range of pre-designated goods will be home-delivered every month at a determined period.
- Benefit: Monthly benefit limit of 5,000 yen
- Copayment: Amount that exceeds the above monthly limit

(11) Subsidy for persons aged 80 years and thriving at home (special type)

- Eligible persons: Households with persons who have received approval for requiring nursing care according to the Nursing Care Insurance Law, and households with severely physically or intellectually disabled persons
- Applicable services: Necessary housing reforms, such as the bathroom, kitchen, toilet, etc., according to the eligible person's physical condition (Max. limit 1,000,000 yen)
- Income limit: Income limits apply
- Subsidy rate: Based on the household's income

(12) Subsidy for using adult guardianship system

- Eligible persons: Elderly persons with no parents or other close relatives and who has no decision-making capacity
- Details: The mayor makes a declaration of adult guardianship, etc.

(13) Accommodation facility for life management guidance (short-term stay at a special care home for the elderly)

- Eligible persons: Persons aged 65 or above who have been socially abused and have no place to live, and who find it very difficult to receive care from their family or community
- Details: Short-term stay (in principle, 7 days) at a special care home for the elderly with accommodation available, where guidance is provided on lifestyle habits and customs, etc.
- Copayment: 1,730 yen/day (incl. meals)

(14) Measures for long-term stay at a special care home for the elderly

- Eligible persons: Persons aged 65 or above, and who meet certain conditions.
- Details: Measures are taken for securing a long-term stay at a special care home for the elderly according to regulations in the Public Aid for the Aged Act.
- Copayment: Determined according to the user's pension and other income sources.

(15) Long-term stay at a life support house

- Eligible persons: Persons aged 65 or above living alone or in a household of only elderly persons, and who meet certain conditions.
- Venue: Kaibara Keyaki-en

(16) Dispatchment of nursing care counsellors

- Eligible persons: Users of nursing care insurance services
- Details: Counselling and consultations for service users
- Location: Municipal nursing care insurance facilities and in-home services (day services, etc.)

(17) Special service bonus for family caregivers

- Eligible persons: Caregivers looking after persons requiring nursing care category 4 or 5, and who haven't used nursing care insurance services for one year since making an application, households exempt from resident tax.
- Details: Lump sum annual payment of 120,000 yen

(18) Dementia caregivers' meeting, *Hotto*

- Eligible persons: Caregivers and family members looking after elderly persons with dementia living within the city, etc.
- Details: Exchanging information and increasing knowledge on dementia, and sharing common everyday concerns, etc., of caregivers looking after family members with dementia.
- When: Every fourth Wednesday morning of the month in each community
- How to join: Hyogo Prefecture Tamba Dementia Medical Care Center (☎82-4874), or the Tamba Regional Comprehensive Support Center (☎74-0368)

(19) Medical consultation day for the mental care of elderly persons

- Eligible persons: Persons who are worried about becoming more forgetful, persons concerned about looking after family members with dementia, etc.
- Details: Consultations are received by specialist doctors, as well as mental health welfare officers and public health nurses, etc
- How to join: Reservations are required
- When: In principle, every fourth Tuesday of the month from 2 P.M.- 4 P.M. For prior consultations, please contact the Tamba Regional Comprehensive Support Center (☎74-0368)

(20) Consultation day for dementia caregivers

- Eligible persons: Caregivers and family members looking after elderly persons with dementia.
- Details: Mental health social workers and public health nurses receive individual consultations about nursing care methods for dementia.
- How to join: Reservations are required
- When: In principle, every first Friday of the month from 10 A.M.- 12 P.M. For prior consultations, please contact the Tamba Regional Comprehensive Support Center (☎74-0368)

(21) Consultation day for protecting the rights of the elderly

- Eligible persons: Persons with concerns about money and asset management, persons who have possibly had their rights infringed by inappropriate nursing care, etc., and relevant parties involved with elderly persons, etc.
- Details: Consultations are received by judicial scriveners and social welfare officers, so as to help elderly persons live a comfortable life.
- How to join: Reservations are required at the Tamba Regional Comprehensive Support Center (74-0368)
- When: Every second Thursday of the month from 10 A.M.- 12 P.M.

Other Welfare Services

社会福祉課 **Shakai Fukushi-ka (Social Welfare Section)** ☎74-1028

Social workers and child social workers	Social workers and child social workers appointed by the Minister of Health, Welfare and Labor receive consultations from persons experiencing troubles in their life, the physically impaired and on issues concerning children, etc. The workers provide various information and advice so as to help build a community and society in which everyone can live a comfortable life.
Senior citizens program, Long-life gift	<ul style="list-style-type: none"> ○Overview of the Senior citizens program <ul style="list-style-type: none"> ● Partial subsidy for expenses incurred by community association's in running the Senior citizens (member) program ● The subsidy is the lower amount of the following: (number of persons aged 70 or above as of April 1) x 2,000 yen, or the actual expenses paid. ● The maximum subsidy provided is notified to community associations in the second half of April. ● To apply, submit an application form after starting the program with invoices and copies of receipts attached. ● The implementing body is the individual community association. ● Any program that focuses on activities and events for the elderly is acceptable. ○Overview of the Long-life gift <ul style="list-style-type: none"> ● Tamba City presents residents turning the milestone ages of 77, 88, 99 or 100 with product gift certificates of 5,000 yen, 10,000 yen, 20,000 yen and 30,000 yen respectively, as a celebration of their longevity. ● Persons living in Tamba City and who are aged 77, 88, 99 or 100 as of September 15 are eligible.
Welfare bus service	<p>A welfare bus service is operated for encouraging and supporting elderly persons and disabled persons who can easily become recluses to go outside, and for transporting these persons to and from training meetings run by volunteer social welfare groups, social education groups, organizations for disabled persons, elderly persons' clubs, etc.</p> <ul style="list-style-type: none"> ○Details <p>At least 11 persons using the bus, within the prefecture, on weekdays between 8:30 A.M. and 5 P.M.</p> ○Eligible groups <ul style="list-style-type: none"> ● Social welfare groups, Social education groups, Organizations for elderly persons (e.g. organizations for disabled persons, elderly persons' clubs, Be active salon, etc.) ● Municipal organizations ○Application for use <ul style="list-style-type: none"> ● Make a tentative reservation by phone (before April is Ok; before January only for the Kasuga bus) ● A "Welfare bus usage guide" including a detailed bus operation schedule is sent to the relevant sections of the various groups, etc., about two weeks before the service starts. ○Prohibited use <ul style="list-style-type: none"> ● Activities that strongly suggest usage for sightseeing purposes ● Reunions
Employment subsidy for persons eligible for special work support	Tamba City runs a "Work Support Program (plan)" for users of social welfare services who are able to work. Unfortunately, social trends in recent years have made it difficult to find work that matches job seekers. Within this, Tamba City provides subsidies to companies that create employment opportunities for work support participants. These companies receive the following subsidy: Min. Wage x 2/3 x working hours (less than 1 year).
Life nursing care	Nursing care is provided to persons living in poverty and who cannot maintain a minimum standard of living despite using all the assets and skills available to them. The support is provided depending on the level of poverty, and is aimed at helping these persons to maintain their independence.

Living / Environment

Garbage disposal

かんきょうせいびか
→環境整備課

Kankyo Seibi-ka (Environment Maintenance Section) ☎82-1292

Putting out the Garbage / Direct Delivery of Garbage to the Disposal Facility

■ Observe the rules, and put out your garbage in the municipal designated garbage bags by 8:30 A.M. of the appointed day at the nominated place.

For further details, please refer to the community-specific “Tamba City Garbage Sorting and Collection Calender”, which is also available on the Tamba City homepage.

Disposal fee	Burnables	Plastic items, etc.
Designated garbage bag (large)	800 yen(10 bags)	500 yen(10 bags)
Designated garbage bag (medium)	600 yen (10 bags)	300 yen(10 bags)
Designated garbage bag (small)	400 yen (10 bags)	————
Place recyable materials/items and non-burnables in the designated containers and collection containers set up at the nominated places.		

■ Please directly deliver the following items to your local garbage disposal facility: large items that will not fit in the designated garbage bags and containers, and general industrial waste

For further details, please refer to the community-specific “Tamba City Garbage Sorting and Collection Calender”

Category	Unit	Fee
Burnables	10kg or under (*)	150 yen
Plastic items	10kg or under (*)	150 yen
Metal items	10kg or under (*)	25 yen
Old electrical appliances	Per item/unit	1,000 yen
Ceramic items, glass items	10kg or under (*)	25 yen

(* The above fee will be added on for every additional 10kg above the first 10kg)

Water Supply

すいどうぶ
→水道部

きやくさま
お客様センター

Suido-bu Okyakusama Senta
(Water Supply Dept. Customer Center) ☎72-0600

Using the water supply, etc.

A notification needs to be made at least 7 days prior for the following:

- ◇ Starting (turning on) the water supply
- ◇ Stopping (turning off) the water supply
- ◇ Changing the user of the water supply
- ◇ Changing the owner of the water supply by inheritance or sale/purchase

Fees

An additional fee is required when increasing the meter gauge (making the meter gauge wider) for setting up a new water supply or modifying an existing one, etc.

Meter gauge	Additional fee
13mm	210,000 yen
20mm	504,000 yen
25mm	777,000 yen
30mm	1,113,000 yen
40mm	1,995,000 yen
50mm	3,108,000 yen
75mm	6,993,000 yen
100mm or above	12,432,000 yen

* The above amounts include consumption tax.

* When increasing the meter gauge, the amount is based on the difference between the old and new gauge.

Water supply work

Please use the municipal designated water supply equipment and construction businesses for any water supply work you need done, such as setting up a new water supply or increasing/modifying/repairing an existing one, etc.

* Other (non-designated) water supply equipment and construction businesses cannot do any water supply work, so please check carefully when selecting a business to use.

Water usage rates

The water usage rate is calculated once every two months based on the meter reading for the amount used, and is paid monthly.

The bill can be paid by bank transfer or using the payment notification; however, payment by bank transfer is a convenient and reliable method to use. Please pay your water bill at City Hall or the nearest financial institution, or also at the post office or convenience store.

Basic fee (per month)	
Gauge	Fee
13mm	1,330 yen
20mm	1,690 yen
25mm	5,660 yen
30mm	8,390 yen
40mm	14,500 yen
50mm	23,500 yen
75mm	51,900 yen
100mm or above	97,500 yen

+

Meter fee	
Water usage	Fee per 1 m ³
6 m ³ ~	177 yen

* The above amounts include consumption tax.

* The water usage rate consists of (Basic fee + Meter fee)

* The basic water usage for 5 m³ includes the basic fee.

Water leakages and Frozen pipes

○ Please check the water meter regularly for the early detection of any water leakages.

○ If you find a water leakage, please turn off all the taps in the house and check that the meter pilot mark is turning, which means there is a leakage.

○ Please contact a designated water works business to repair the water leakage. The cost of the repairs is paid in full by the individual, but in some cases the water rates may be reduced for that time, depending on the water leakage areas and type of repair work.

○ In extremely cold weather during the winter, the water pipes may freeze and rupture. To prevent this, please cover the pipes with a cloth or polystyrene foam to keep them warm. If the water stops running due to the pipes being frozen, slowly and carefully pour warm water over them. Be careful not to pour boiling water directly over the pipes, as this will cause them to rupture.

* Please contact the Water Supply Dept. Works Section (Suido Komu-ka) if you discover a water leakage on the roadside, etc. ☎72-0605

Sewage

下水道課 Gesuido-ka (Sewage Section) ☎74-0224

Sewage Subscription Fees (Copayment)

A subscription fee (copayment) is required when starting to use sewage services for the first time. The fee differs according to each region, so please inquire with the Sewage Section for further details.

Sewage usage rates

Sewage rates are paid monthly, as per water rates.

The bill can be paid by bank transfer or using the payment notification; however, payment by bank transfer is a convenient and reliable method to use. Please pay your water bill at City Hall or the nearest financial institution, or also at the post office or convenience store.

<From a June, 2011 bill (usage for April)>

Basic fee (per month)		Meter rate (per 1 m³)				
Basic water volume 10 m³ 2 835yen	+	<table><tr><td>11 m³~60 m³</td><td>126yen</td></tr><tr><td>61 m³ or above</td><td>189yen</td></tr></table>	11 m³~60 m³	126yen	61 m³ or above	189yen
11 m³~60 m³	126yen					
61 m³ or above	189yen					

* The above amounts include consumption tax.

* The sewage usage rate consists of (Basic fee + Meter fee)

The authorized water volume per person for households that use their own water from a well, etc., is as follows.

Water usage category	Authorized water volume (m ³)					
Well water, etc., only	No. persons per household (person)	1	2	3	4	5
	Authorized water volume (m ³)	10	16	22	28	34
	NB. For households of 6 persons or more, 3 m ³ is added per extra person.					
Combined usage of water supply and well water, etc.	Water volume is the larger of the following: Water volume calculated for well water, etc., only, or calculated for the water supply portion.					

* If there is a change in the number of persons in households that use their own water from a well, etc., please be sure to submit a Well Water Usage (Modification) Notification.

Interest subsidies for remodelling expenses of drainage equipment and flush toilets

Tamba City provides subsidies for interest payments when receiving funds from a financial institution to pay for the remodelling of pit-style toilets into flush toilets in order to connect to a sewage system, and also installing other drainage equipment at the same time.

Persons wishing to receive these subsidies should contact the Sewage Section.

Funds limit	Interest subsidy rate	Period
1,200, 000 yen	3% or less annually	Max. 60 months

Sewage connection work

Work for setting up or adding on equipment to drain a household's dirty water into the sewage system, or for the remodelling of pit-style toilets into flush toilets, etc., is carried out by the Tamba City designated sewage works businesses. Please contact the Sewage Section for more information on the registered designated sewage works businesses. Other (non-designated) sewage works businesses cannot do any sewage work.

How to use your sewage system properly

Not using your sewage system properly can cause the sewage pipes to clog up and the equipment to break down and lead to accidents, etc.; so each person should take care to use the sewage system correctly.

《Items that cannot be directly poured down the drain》

- | | |
|-------------------------------|--|
| 1) Oil-based substances | Tempura oil, gasoline, petrol, car oil, etc. |
| 2) Acids | Chlorine-based detergents, etc. |
| 3) Pharmacological substances | Agrichemicals, disinfectants, solvents, etc. |
| 4) Heavy metals | Mercury, cadmium, etc. |
| 5) Garbage | Rae garbage, cloth, rubber, cement, construction materials, etc. |

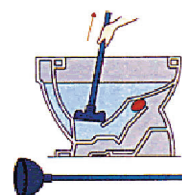
Beware of businesses claiming to be municipal officers

You may have some people knocking on your door and saying, “I’ve been sent from the Tamba City Sewage Section”, or “I’m here from City Hall”, claiming to be sent to do an inspection and cleaning of your sewage system. However, the Tamba City Sewage Section does not send out staff to people’s homes to do such inspection and cleaning; so please be careful of businesses making these false claims.

When the toilet is blocked...

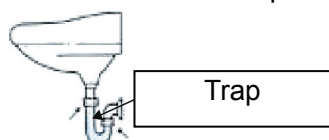
《Procedures》

- 1) When the toilet is blocked, don’t try flush it straight away.
- 2) Place a rubber suction pump over the drain pipe in the toilet and push it back and forth gently but firmly several times to try and unblock the drain.
- 3) If it seems that the blockage has been removed, then pour some water from a bucket bit by bit slowly down the drain to check if the water is flowing smoothly.
- 4) If the water still isn’t flowing smoothly, then something solid is stuck in the drain.
Please contact one of the Tamba City designated sewage works businesses for repair work.

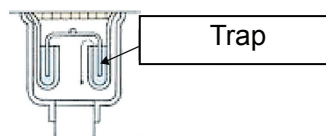


When you start to notice a foul odor...

The drain trap can become easily clogged with garbage, etc., so when you start to notice a foul odor please check and clean this part of the drain. After cleaning, be sure to remember to collect water in the trap.



Remove the trap and clean it.



Remove the drain grating and clean the inside part. After cleaning, be sure to collect water in the trap until it's full.

Night Soil Disposal

かんきょうせいびか
→環境整備課

Kankyo Seibi-ka (Environment Maintenance Section) ☎82-1292

Applying for Night Soil Disposal Service

Please apply directly with the service providers in each area. Applications can also be made at the Environment Maintenance Section ☎82-1292 or at it's various offices

- Kaibara area : Kawamoto Cleaning Co. ☎72-0429
- Hikami-Aogaki area: Taiyo Co. ☎82-4576
- Sannan area: Arakawa Cleaning Co. ☎76-2336
- Kasuga-Ichijima area: K.S. Co. ☎82-2117

Septic tank installation and maintenance checks

- Inquiries for septic tank installation: Environment Maintenance Section ☎82-1292
- Inquiries for septic tank maintenance checks:
 - Members of the Septic Tank Management Union
Septic Tank Management Union (Aogaki Resident's Center) ☎87-0300
 - All other persons
Environment Maintenance Section ☎82-1292

Cremation



環境政策課 Kankyo Seisaku-ka (Environment Policy Section) ☎82-1290

Cremations are done at the two funeral hall in Tamba City (Kaibara Funeral Hall Tsutsuji-en, Hikami Funeral Hall)

Necessary documents for application

Type	Necessary documents	Application place / time
○Cremation of deceased person ○Cremation of deceased child	- Notification of Death (Death certificate) - Personal seal, cremation fee	Head office / various offices 8:30 A.M. ~ 5:15 P.M. (Sat., Sun., Hols., holiday-duty room of each office) * Applications cannot be made by phone
○Cremation of body parts ○Cremation of placenta (fetus, placenta, etc., less than 4 months into pregnancy)	- Doctor's diagnosis - Cremation fee	
○Cremation of small animals (only at Kaibara Tsutsuji-en)	- Cremation fee	

* For cremation of the deceased's remains due to reburial, and cremation of the deceased's buried (ground burial) remains, please contact the Environment Policy Section beforehand.

Funeral hall rates

Category	Unit	Usage fee (yen)	
		In the city	Outside the city
12 years or above	1 body	20,000	60,000
Under 12 years	1 body	10,000	30,000
Fetus 4 months or more into pregnancy	1 body	5,000	10,000
Reburial cremation	1 event	5,000	10,000
Body parts	1 event	5,000	10,000
Fetus (less than 4 months into pregnancy)	1 event	5,000	10,000
Funeral chapel (within 24 hours per session) (only at Kaibara Tsutsuji-en Funeral Hall)	1 time	10,000	20,000
Small animals (only at Kaibara Tsutsuji-en Funeral Hall)	1 event	5,000	10,000
Japanese-style room (only at Hikami Funeral Hall)	1 room/time	3,000	6,000
Funeral hall (only at Hikami Funeral Hall)	1 time	50,000	150,000

Collection of cats

Any persons who would like to have their cat collected should bring it directly to City Hall or its offices.

1. Collection times

Every 1st, 3rd Tuesday (excl. Hols.) 9:00 A.M.～3:00 P.M.

2. Collection fee

Adult cat (91 days after birth or over): 1,700 yen/ cat

Kitten (90 days after birth or less): 1,700 yen/ up to 10 kittens

3. Others

For any consultations about cats, please contact the Hyogo Prefecture Animal Welfare Center (☎06-6432-4599)

Dog registration and rabies vaccination

Any person who owns a dog that is 91 days after birth or over are required by law to register their dog for life, and to have the dog receive a yearly rabies vaccination.

1. Dog registration

Dog registration can be done at City Hall or its offices, or at municipal animal hospitals. Please carefully keep the registration tag you will receive, so as to not lose it. The registration tag will help other people locate the dog's owner if it is lost, so be sure to attach the tag on your dog's collar.

- Registration fee: 3,000 yen

2. Rabies vaccination

Rabies vaccination can be done at City Hall or its offices, or at municipal animal hospitals where such vaccinations are done; all dogs must receive a yearly rabies vaccination tag. Owners are issued with a proof of vaccination tag, which must be attached to your dog's collar to show that it is protected against rabies.

- Vaccination fee: 3,200 yen(includes the fee for receiving a proof of vaccination tag of 550yen)

(1) Group vaccinations

Municipal officers and veterinarians visit each area and ward in the city between April and May for doing rabies vaccinations.

The date, time and place of these visits is listed in the March edition of the Tamba City Newsletter, and is also sent to registered dog owners.

(2) Individual vaccinations

Please visit your nearest animal hospital to receive a rabies vaccination for your dog in the following situations.

- ◎You get a dog that is 91 days after birth or over following the group vaccination period.
- ◎Your dog becomes 91 days after birth or over following the group vaccination period.
- ◎Your dog was unable to receive its rabies vaccination in group vaccination period due to pregnancy or illness, etc.

3. Changing items in your dog's registration

If there are any changes to the dog's owner or the address where the dog is registered, the new or existing owner must submit a Notification of Change of Registration Item at City Hall or its offices.

4. Death of your dog

If your dog dies, please submit a Notification of the Dog's Death at City Hall or its offices.

5. Collection of dogs

Any persons who would like to have their dog collected due to moving, etc., should bring it directly to City Hall or its offices. (☎06-6432-4599)

- Collection fee

Adult dog (91 days after birth or over): 1,700 yen/ cat

Puppy (90 days after birth or less): 1,700 yen/ up to 10 puppies

6. Others

For any concerns about dogs or inquiries on how to capture them if they have escaped, etc., please contact the Hyogo Prefecture Animal Welfare Center (☎06-6432-4599)

Dog and cat bank

Tamba City has set up a dog and cat bank of collected dogs and cats with no owners. Persons wishing to own one of these animals should contact the Environment Policy Section and state their name, address, phone number and type of dog or cat they would like.

If you find a dead animal on the roadside, etc.

If you find a dead animal on the roadside, please contact the following places so that the roadside manager can collect the animal.

1. National Highway No. 175 (South of the Inatsugi intersection)・・・Ministry of Land, Infrastructure, Transport and Tourism (MLIT) Kinki Regional Branch Hyogo National Highway Office Akashi Maintenance Office (☎078-928-5820)
2. National Highway No. 483(Kita-Kinki Toyooka Motorway)・・・Transport and Tourism (MLIT) Kinki Regional Branch Toyooka Gogawa Highway Office Road Management Section (☎0796-26-2431)
3. For all other national and prefectural highways・・・Hyogo Prefecture Tamba Prectural Resident's Branch Tamba Civil Engineering Office Road Preservation Section 1(☎0795-73-3848)
4. For city highways, etc. …City Hall or its offices

Municipal Housing

→^{としじゅうたくか}都市住宅課 Toshi Jutaku-ka (City Resident's Office) ☎74-2364

Tamba City rents out housing at low rents to persons who are having trouble finding and affording housing.

■Applications for housing

Available housing is notified as required in the City Newsletter and on the Disaster Prevention wireless network.

■Application criteria (for both Municipal housing, Special public rental housing)

Persons who...

- Meet the required income standards
- Have relatives they are currently living with or are thinking of doing so
- Have not been delinquent in their payment of municipal taxes, etc.
- Do not belong to a gang, etc.
- Can live harmoniously within the housing complex and surrounding neighborhood

■Municipal housing

- Persons who meet the required income standards (Cabinet order amount of 158,000 yen or less per month)
- Persons who have a joint guarantor (2 persons living in the city and who have a Cabinet order amount of 104,000 yen or more in income per month)

(Revised April 1, 2011)

Housing name	Address	No. units	Housing name	Address	No. units
Murodani housing complex	Kaibara-cho, Kaibara 5109	9	Koyama housing complex	Aogakicho, Sawano 30-1	20
Kaibara Shinmachi housing complex	Kaibara-cho, Kaibara 989-3	18	Iwamoto housing complex	Aogaki-cho, Ichibara 922-1	12
Aguta housing complex	Kaibara-cho, Aguta 198-1	39	Uriuto housing complex	Aogaki-cho, Sawano 91-1	20
Tanigawa housing complex	Sannan-cho, Tanigawa 2182	2	Aogaki Shinmachi housing complex	Aogaki-cho, Saji 363	12
Tamaki Terrace	Sannan-cho, Tamaki 134	8	Kagura housing complex	Aogaki-cho, Hinokura 414-1	8
Shimotaki housing complex	Sannan-cho, Shimotaki 157-1	18	Youkaichi housing complex	Ichijima-cho, Kamitakeda 1339	6
Matsugahana housing complex	Sannan-cho, Tamaki 156	12	Fujino housing complex	Ichijima-cho, Kajiwara 988-2	10
Jouraku housing complex	Hikami-cho, Jouraku 428-1	14	Hiiragi housing complex	Ichijima-cho, Kita 1020	60
Agenarimatsu housing complex	Hikami-cho, Agenarimatsu 345-1	14	Jougahana housing complex	Ichijima-cho, Sanase 10-1	27

Shingou housing complex	Hikami-cho, Shingou 792	36	Takeda housing complex	Ichijima-cho, Nakatakeda 4508	18
Ootani housing complex	Hikami-cho, Ootani 305	10	Sonobe housing complex	Kasuga-cho, Sonobe 10	27
Koura housing complex	Hikami-cho, Koura 42	12	Ushigawachi housing complex	Kasuga-cho, Ushigawachi 373	18
Shinkawa-cho housing complex	Aogaki-cho, Saji 344	18	Kasuga Hiramatsu housing complex	Kasuga-cho, Hiramatsu 61-1	27
Sawano housing complex	Aogaki-cho, Sawano 152-4	2	Kokuryo housing complex	Kasuga-cho, Kokuryo 914	23

* Single persons aged 60 years or above (persons born before April 1, 1956 are also eligible), and single persons who are physically or mentally disabled can also apply for housing.

■ Special public rental housing

- Persons who meet the required income standards (Cabinet order amount of 158,000 yen or less per month)
- Persons who have a joint guarantor (2 persons living in the city and who have a Cabinet order amount of 158,000 yen or more in income per month)

(Revised April 1, 2011)

Housing name	Address	No. units	Housing name	Address	No. units
Shimotaki housing complex	Sannan-cho, Shimotaki 157-1	18	Aguta housing complex	Kaibara-cho, Aguta 198-1	9
Ousouji housing complex	Aogaki-cho, Nakasaji 361-2	14	Nokono housing complex	Kasuga-cho, Nokono 1660	21
Jogahana housing complex	Ichijima-cho, Sanase 10-1	27			

Housing Construction and Maintenance

○Promotion business for simple earthquake-resistant diagnosis / earthquake-resistant remodeling of your home

City Resident's Section (Toshi Jutaku-ka) ☎74-2364

Tamba City adds on its own subsidy to the governmental and prefectural subsidy system for the expenses incurred in the diagnosis (inspection) of wood-constructed houses, the results and subsequent remodeling planning and reconstruction work.

- Simple earthquake-resistant diagnosis expenses (free)
- Subsidy for earthquake-resistant house remodeling planning expenses (Max. 50,000 yen)
- Subsidy for earthquake-resistant house reconstruction work (Max. 300,000 yen)

○Promotion business for special subdivision sales

City Resident's Section (Toshi Jutaku-ka) ☎74-2364

So as to promote the sales of the Ousouji subdivision and the Yuryou-Taen housing, Tamba City will provide a subsidy for construction expenses when building a new house on an acquired subdivision.

○Promotion business for using local timber

Agriculture and Forestry Maintenance Section (NorinSeibi-ka) ☎74-1707

Tamba City will provide a subsidy (based on the amount of local timber used) when building a new wood-constructed house with local timber (from Tamba City). (20,000 yen/m³ of Tamba City timber, max. 500,000 yen)

○Subsidy program for the remodelling of housing for the elderly

Nursing Insurance Section (Kaigo Hoken-ka) ☎74-1049

Tamba City will provide a subsidy for construction expenses when doing the required remodelling of housing to make it barrier-free for the elderly (attaching hand rails to walls, removing steps, etc.), according to their physical condition. This subsidy is for households with persons aged 65 years or above. (20% of the remodelling expenses, max. 200,000 yen)

○Subsidy program for promoting permanent residency, home acquisition and remodelling

Community Cooperation Section (Chiiki Kyodo-ka) ☎82-2272

- Tamba City will provide a subsidy for construction expenses when U-turn and I-turn persons*, etc., build or purchase a new house (excl. land costs) or remodel an existing house. (5% of the new construction or purchase cost, max. 500,000 yen, 20% of the remodelling expenses, max. 200,000 yen)

- Tamba City will provide a subsidy for construction expenses when U-turn and I-turn persons, etc., remodel an existing house for rental purposes. (20% of the remodelling expenses, max. 200,000 yen)

*U-turn person: person from the country who moves to the city (urban areas) in search of work and a better life, etc.

*I-turn person: person from the city (urban areas) who moves to the country in search of work and a better life, etc.

- Tamba City will provide a subsidy for construction expenses when two families (parents and their adult child's family, etc.) who intend to live in the same household, build or purchase a new house (excl. land costs) or remodel an existing house. (5% of the new construction or purchase cost, max. 500,000 yen, 20% of the remodelling expenses, max. 200,000 yen)

* All of the above subsidies are to be available for 3-years until FY2013.

Public Transport

トシ住宅課

→都市住宅課 Toshi Jutaku-ka (City Resident's Office) ☎74-2364

On-demand (reservation) share-ride taxi service

By making a prior registration and phone reservation, passengers can share a ride together on this public transportation service.

Phone number for reservations **0795-72-5500**

Overview of on-demand (reservation) share-ride taxi service

Operation area	The departure and arrival points are within the old town area (departure from or near the passenger's home is possible). Destinations are hospitals, shops, stations, bus stops, etc.
Operation days	Mon., Tues., Wed. Fri. (4 days/week) (Service not available if the above days are on a national holiday or the year-end/new year holiday period.)
Operation time	8:00 A.M.- 4:00P.M. (Service not available between 1-2 P.M.) 7 services/ day on the hour: 8 A.M., 9 A.M., 10 A.M., 11 A.M., 12 P.M. 2 P.M., 3 P.M. The service departs every hour, which includes the time for the pick-up/drop-off of passengers
Reservations	Phone reservations can be made Mon., Tues., Wed. Fri. (4 days/week), 8:00 A.M.- 4:00P.M. (Reservations not available if the above days are on a national holiday or the year-end/new year holiday period.) Reservations can be made from one week in advance. Reservations for the 8:00 A.M. service must be made until the day before, and for all other services until 30 minutes before the intended departure on the day.
Fare	300 yen/ ride (Junior high school students and above) 200 yen /ride for elementary school students and persons with a Handbook for the Physically Disabled, etc.
Others	<ul style="list-style-type: none"> • This is a public transportation service based on the premise of a "share-ride" system, so it is important that the passengers are considerate of each other to ensure a pleasant ride. Please keep this in mind when using this service. • Please make a note in your calendar of your reservation time and date for this taxi service. • Please be ready to get in the taxi service vehicle as soon as it arrives. • If you are not at the nominated place when the taxi service vehicle arrives, it will go to the next passenger pick up point so as to keep on schedule. • The taxi service vehicle is not equipped for accommodating a wheelchair. • Please wave your hand as the taxi service vehicle approaches, so that the driver can know you are the passenger for pick up. • When you get into the vehicle, please tell your name to the driver and pay the fare. • Please refrain from eating or drinking in the vehicle. Pets are not allowed to ride with you in the vehicle.

Persons who haven't made a prior registration can do so at the following places.

- Tamba City Hall, City Resident's Section, General Affairs Office ☎82-1001(Main line)
- Kasuga Government Office, City Housing Section, Transportation Policy office ☎74-0221
- Kaibara City Office, Community Building Promotion Office ☎72-0544
- Aogaki City Office, Community Building Promotion Office ☎87-1001
- Sannan City Office, Community Building Promotion Office ☎77-0240
- Ichijima City Office, Community Building Promotion Office ☎85-1001

(City Hall opening hours are 8:30 A.M. - 5:15 P.M., from Mon.-Fri. (excl. national holidays or the year-end/new year holiday period. The service can be used one week after registering.)

Promoting Use of the Fukuchiyama Line

→^{としやうたくま}都市住宅課 Toshi Jutaku-ka (City Resident's Office) ☎74-2364

So as to increase usage of the JR Fukuchiyama Line, Tamba City will provide a partial subsidy of the train fare for groups of 3 persons or more travelling in a group.

○Subsidy criteria and details:

1. Eligible groups Tamba City residents or persons working in the City and travelling in a group of 3 persons or more
2. Criteria Travelling a distance of 50km or more one way (incl. other railway lines), with purchase of the train ticket and boarding of the train within Tamba City
3. Amount 1,000 yen/person (adult) (Max.) 500 yen/person (child) (Max.)

* Tickets can be purchased from the following stations: Tanikawa, Kaibara, Iso, Kuroi, Ichijima

* The subsidy is for the purchase of a one-way train ticket.

○Applying for a subsidy:

1. Application forms are available at the following places: City Hall Resident's Section, Kasuga Government Office City Housing Section and its various offices, municipal train stations (Tanikawa, Kaibara, Isou, Kuroi, Ichijima).
2. Please obtain a proof of purchase when buying your train ticket at the station.
3. Please submit your application form within one month of your journey at the following places: City Hall Resident's Section, Kasuga Government Office City Housing Section or its various offices.

Subsidies for Parking Fees of Station Parking Areas

→^{としやうたくま}都市住宅課 Toshi Jutaku-ka (City Resident's Office) ☎74-2364

So as to increase usage of municipal train stations, Tamba City will provide a partial subsidy of parking area fees for persons commuting to work or school and using the monthly parking areas near the train stations.

○Subsidy criteria (Persons meeting 1 & 2):

1. Tamba City residents using a municipal JR station for commuting to work or school
2. Persons who have purchased a train pass from a municipal train station, and who have been using the monthly parking areas near the train stations for at least 6 months

* For the initial application only, persons who have already purchased a train pass from a train station outside the Tamba City area are also eligible for the subsidy.

○Amount 1,500 yen/month (Max.)

For persons commuting to work or school from a train station outside the Tamba City area and who will meet the above criteria in the future, the subsidy for the initial 6 months will be 2,000 yen (Max.)

* The maximum subsidy amount is half of the monthly parking area fees.

○Application deadline: The last day of the month after the month you intend to start receiving the subsidy. (e.g. Persons intending to start receiving the subsidy from April should apply by last day of May.)

○Application procedures: Please submit the application form, a copy of your train pass and proof of use for the parking area (only for privately run parking areas) at the following places: City Hall Resident's Section, Kasuga Government Office City Housing Section or its various offices.

○Payment of the subsidy: by bank transfer (Subsidies for April, May and June are paid in August; Subsidies for July, August and September are paid in November, Subsidies for October, November and December are paid in February; Subsidies for January, February and March are paid in May.)

Consultations

Various Consultations

List of main consultations available in Tamba City

Items	Details	Time / Place / Inquiries
Consultations on administrative matters	Provides readily available advice on how to resolve and improve any issues, concerns, opinions or requests that residents may have about administrative matters	Kaibara Resident's Center: Every 3rd Wednesday of the month City Hall Consultation Office 1: Every 2nd Monday of the month Kasuga Resident's Center: Every 3rd Tuesday of the month Sannan Resident's Center: Every 3rd Friday of the month Aogaki Resident's Center: Every 2nd Thursday of the month Ichijima Resident's Center: Every 3rd Thursday of the month Consultation times: 13:30~15:30 General Affairs Section: ☎82-1002
Consultations on human rights	Receives consultations on human rights	1) Opening of a regular or special human rights consultation office (Notification listed in the Tamba City Newsletter) Kaibara Human Rights Protection Committee: ☎72-0161 2) Consultations and referral of a consultation office: Human Rights Education Center: ☎82-0242
Consultations on consumer affairs	Receives inquiries and complaints about all types of consumer affairs, such as products and services, etc.	Mon.~Fri. (excl. Hols.) 8:30~17:15 Tamba City Consumer Affairs Center (Life Safety Section): ☎82-1532 Tues.~Sun. (Closed Tues. If Mon. is a national holiday) 9:00~17:15 Hyogo Prefecture Tamba Consumer Affairs Center: ☎72-0999

Items	Details	Time / Place / Inquiries
Consultations and guidance on ensuring safety and security	Receives consultations on how to prevent traffic accidents and crime, and lead a safe life, etc.	Mon., Tues., Thurs., Fri. 8:30~17:15 Life Safety Section: ☎82-1532
Free legal consultations	Lawyers provide consultations to persons with troubles involving legal issues	Twice per month (Every 2nd & 4th Tuesday): 13:00~16:00 30 mins/person Social Welfare Committee: ☎82-4631
Consultations on personal concerns	Receives consultations on the various concerns residents have in their daily life	Six times per month (once per office): 13:30~16:00 Social Welfare Committee: ☎82-4631
Consultations on children and family life	Receives consultations on the various concerns parents and guardians living in Tamba City have about their children aged under 18 years, such as their family environment, school (child care center) life, child rearing, etc.	Mon.~Fri.: 8:30~17:15 Childcare Section: ☎70-0816
Consultations on mental health	Receives consultations on the various concerns and troubles mentally disabled persons and their families living in Tamba City have in their daily life, etc.	Every 4th Thursday of the month: 13:30~15:30 * Please check the place beforehand * Reservations are required by noon of the previous day Life Support Section: ☎74-0222
Consultations on intellectual disabilities	Receives consultations on the various concerns and troubles intellectually disabled persons and their families living in Tamba City have in their daily life, etc.	Every 2nd Wednesday of the month: 13:30~15:30 Kasuga Government Consultation Office * Reservations are required by noon of the previous day Life Support Section: ☎74-0222
Various consultations for the elderly	Please refer to page 55 of this Guide	Nursing Care Insurance Section: ☎74-0368
Various consultations for disabled persons	Please refer to page 47 of this Guide	Life Support Section: ☎74-0222
Health consultations	Please refer to page 37 of this Guide	Health Affairs Section: ☎82-4567

* All consultations are for free. Please call beforehand to confirm the time and place, etc.,

Community Promotion Program (Program for promoting local internationalization)
Tamba City Living Guide

コミュニティ助成事業（地域国際化推進事業） 丹波市暮らしのガイド

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