

YONEZAWA LIVING GUIDE

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(English Version)



**YONEZAWA CITY INTERNATIONAL
RELATIONS ASSOCIATION**



宝くじは
豊かさ築く
チカラ持ち。

宝くじは、広く社会に役立てられています。

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○Preface

Welcome to Yonezawa! Yonezawa is a city surrounded by beautiful mountain ranges including the Azuma and Iide Mountains. It is also the historic castle town of the Uesugi Clan!

Foreign residents may sometimes experience difficulties with everyday life in Yonezawa. We have created this guidebook so it may make your life here easier.

This book includes necessary and useful information for living in Yonezawa.

We also welcome your opinions about this booklet in order to make it more useful and practical.

(Note: All data in this book is accurate as of January 2010.)

Yonezawa City International Relations Association (YIRA)

I. EMERGENCIES

1. Traffic Accidents and Crime (Dial 110)

Dial 110 to contact the police if you are involved in or witness a traffic accident or crime such as a burglary. Stay calm and tell the police “JIKO DESU” (There has been an accident.) or “DOROBO DESU” (There has been a burglary.) and tell them where it happened and your name and address.

2. Police Box (Koban)

In addition to police stations, there are also police boxes called koban in every community in Japan. Each of these police boxes is staffed by several officers whose job is to protect the residents of their localities. Their duties include patrolling the neighborhood, investigating crime, taking care of lost children or drunk people, giving directions, and receiving lost items. Contact them whenever you are in need of assistance.

3. Medical Emergencies (Dial 119)

Dial 119 to call for an ambulance to take you to the hospital when you have a medical emergency such as a sudden illness, serious injury, gas poisoning, or serious burns. The ambulance is free of charge. If it is a minor injury, you should go to the hospital on your own using a taxi or car.

4. Fire (Dial 119)

If a fire starts in your house or you see a fire, shout “KAJI-DA” (Fire!) to alert your neighbors. Call 119 immediately to report to the fire department. Clearly tell them KAJI-DESU (There is a fire.) and report the place of the fire, any nearby landmarks, your name, and phone number. It would be good to have these written in roman letters and posted near your telephone so you will be prepared in case a fire ever occurs.

How to Use a Fire Extinguisher

- ① Pull out the safety pin.
- ② Point the nozzle of the hose towards the fire.
- ③ Firmly squeeze the lever.
- ④ Spray the fire.

If the fire spreads to the ceiling, evacuate to a safe place.

5. Earthquakes

Japan is a country with frequent earthquakes. It is important to stay calm and not panic even when an earthquake occurs.

(1) What to do when an earthquake occurs

- Turn off the gas and stove immediately.
- Open the door to secure an exit.
- Hide under a desk or table and protect yourself from falling objects. Do not run outdoors.
- Check for information on the radio or television and if necessary, evacuate to the nearest evacuation area such as a school or community center.
- Stay away from cement-block walls and vending machines which may fall over.
- Do not use elevators when you are indoors.

(2) How to prepare for when an earthquake occurs

- Secure heavy furniture to the wall with metal fixtures so they will not fall over.
- Don't place heavy or breakable objects on high places such as on top of cupboards.
- Know a safe evacuation route from your house and the location of the nearest evacuation area.
- Have an Emergency Kit with the following items always available:
 - * **Water** (3 liters per person a day)
 - * **Food** (canned, dried, or vacuum-packed items)
 - * **Valuables** (cash, insurance card, bank deposit book, personal seal, etc.)
 - * **Clothing** (underwear, gloves, towels, clothing to protect against the cold, etc.)
 - * **First Aid Kit** (bandages, medicine, etc.)
 - * **Others** (portable radio, flashlight, batteries, candles, matches, portable stove, etc.)

II. CONSULTATION SERVICES

1. Yonezawa City Consultation Desk

The International Relations Section of Yonezawa City and the Yonezawa City International Relations Association (YIRA) provides consultations in Japanese and English for questions regarding daily living in Yonezawa including introducing Japanese languages . Please feel free to come by any time.

Consultations ・ Inquiries: Yonezawa City International Relations Section
Yonezawa City International Relations Association
Kanaike 5-2-25 Yonezawa, Yonezawa City Hall 3F

2. The Association for International Relations in Yamagata (AIRY)

The Association for International Relations in Yamagata (AIRY) provides free consultation services in various languages about concerns regarding your daily life and other problems.

English: Tuesday ~ Saturday	-----	10:00~17:00
Chinese: Tuesday ・ Friday	-----	10:00~14:00
Korean: Thursday ・ Saturday	-----	10:00~14:00
Portuguese: Wednesday ・ Friday	-----	10:00~14:00
Japanese: Tuesday ~ Saturday	-----	10:00~14:00

Telephone Consultation Line: TEL 023-646-8861

The Association of International Relations in Yamagata (AIRY)
Jyonan-machi 1-1-1 Kajo Central 2nd Floor
Yamagata Prefecture International Exchange Center

3. The International Volunteer Center of Yamagata (IVY)

The International Volunteer Center of Yamagata (IVY) provides free consultation services concerning various aspects of daily living. Services are available in Chinese Korean, Portuguese, Tagalog, Spanish, and English.

Inquiries: TEL 023-634-9830 / 090-2365-1208

4. General Consultations

Although it is only offered in Japanese, it is also possible to consult with lawyers and other professionals about matters concerning the law and other problems inside Yonezawa City Hall and other facilities. For details, please look at the City Newsletter that is published on the 15th of each month.

III. IMPORTANT PROCEDURES

1. Foreign Resident (Alien) Registration

(1) Initial Registration

All foreign residents who plan to live in Japan for more than 90 days are required to register as a foreign resident at the City Hall.

○When to Register

- Within 90 days of the date of entry into Japan
- If a child is born in Japan, within 60 days of the birth

○How to Register

- In person for those 16 years old and older
- By a family member or guardian for those younger than 16 years old

○What to Bring

- Two 4.5cm X 3.5cm passport-size photographs
(Not required for those under 16 years old.)
- Passport

○Notes

1. The Alien Registration Card is made at the Immigration Bureau and takes approximately 2 weeks for it to be issued.
2. Please go to pick up your Registration Card at City Hall within the period specified on the form given at the time of registration.
3. You are required to carry your Alien Registration Card with you at all times.

(2) Reporting Changes in Registration

If there are any changes to your Registration details, you must come to City Hall and report them.

○When to Apply for Changes

- Within 14 days after there has been a change in address, name, nationality, occupation, visa status, or place of work
- For changes that are not listed above (such as a change in passport number), apply for changes the next time you have your Alien Registration Card processed

○How to Apply

- In person or by a family member.

○Required Items

- Your Alien Registration Card
- Passport or Certificate of Eligibility (If there are changes to your visa status or period of stay.)
- Documents to confirm that the changes were made

○Notes

- Changes will be recorded on the back of your Alien Registration Card

- It there are changes to your name or nationality you must apply for a new Card

(3) Replacing Your Registration Card

When You Need to Replace Your Card

- When your Card becomes soiled or damaged
- When the back of your Card becomes completely full and more information cannot be added
- When changes or corrections need to be made to your name, date of birth, sex, or nationality

Who Can Apply

- Same as for Initial Registration

Required Items

- Two 4.5cmx3.5cm passport-size photographs (Not required for those under 16 years old.)
- Passport
- Your Alien Registration Card

(4) Renewing your Registration Card

The Alien Registration Card must be renewed within the date stated on your card (Once every 1~5 years, or once every 7 years.)

When to Renew

- Within 30 days of an applicant's 16th birthday
- For applicants older than 16, within the renewal date stated on your card

How to Apply

- In person at City Hall

Required Items

- Same as for Replacement Registration

(5) Reissuing a Registration Card

If your Alien Registration Card is lost or stolen, it must be reported to the City Hall within 14 days of the loss and a new card will be reissued.

Who Can Apply

- Same as for Initial Registration

Required Items

- Two 4.5cmx3.5cm passport-size photographs (Not required for those under 16 years of age.)
- Passport
- Certificate issued by the police or fire station (if available)

(6) Returning your Registration Card

Your alien registration must be returned in the following circumstances:

- Your Card must be returned to the Immigration Inspector at the airport when leaving Japan.
- If the cardholder becomes a Japanese citizen or dies, the Card must be returned to City Hall within 14 days.

(7) Certificate of Facts in Registration

A registered foreign resident can request a copy of the transcript of the Registration. This is equivalent to the copy of the Japanese resident card (juminhyo) which is sometimes required in daily living. The charge is 400 yen for each copy.

Inquiries: Yonezawa City Hall Citizens Division TEL 22-5111

2. Visa Procedures

Foreign residents in Japan may need to carry out procedures to extend their stay, change their resident status, and to re-enter the country. These procedures must be carried out in person at the nearest Immigration Bureau (in Sendai). Please inquire at the Immigration Bureau for details of the necessary documents for each procedure.

(1) Consultation Service for Foreign Residents

A free consultation service is provided at the Sendai Immigration Bureau for advice on entry into and residence in Japan. Guidance is available for inquiries regarding the following:

- Acquisition and changes to resident status, renewal of period of stay, gaining permanent residency, etc.
- Entry procedures for inviting resident's family, etc.

○ Consultation Days (Except National holidays and New Year's holiday)

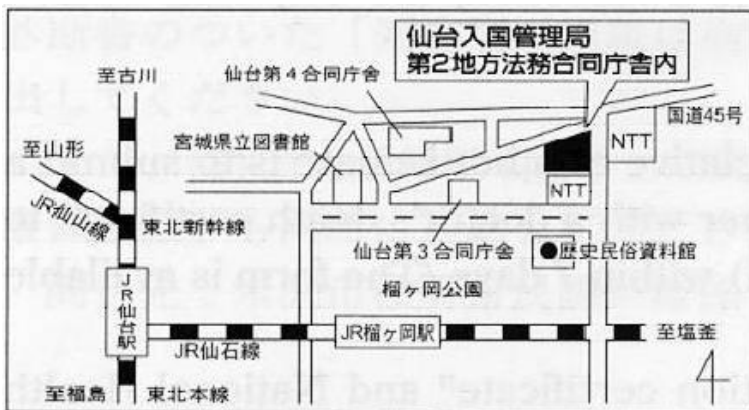
English: Monday - Friday
Chinese: Monday, Tuesday, Thursday, Friday
Korean: Monday · Thursday
Spanish: Wednesday

○ Consultation Hours

9:00-12:00 and 13:00-16:00
Telephone inquiries are also accepted. TEL: 022-298-9014

○ Location of Immigration Bureaus

Sendai Immigration Bureau
1-3-20, Gorin, Miyagino-ku, Sendai



3. Reporting Marriage · Birth · Death

(1) Marriage Report

Register your marriage at City Hall.

Inquire at City Hall for details of the necessary documents such as the “Marriage Qualification Certificate” (Konin Yoken Gubi Shomeisho) and “Birth Certificate” (Shussei Shomeisho).

Inquiries: Yonezawa City Hall Citizens Division (Shimin-ka)
TEL 22-5111

(2) Birth Report

If you give birth to a child in Japan, submit the “Birth Registration” (Shussei Todoke) to the Citizens Division (Shimin-ka) at City Hall within 14 days. The “Birth Registration” is given to you along with the Birth Certificate at the hospital. Bring the “Mother and Child Handbook” (Boshi Kenkou Techo) with you when you register the birth.

After registering the birth, you must carry out the alien registration procedures for the child. If either parent is Japanese, the child can gain Japanese nationality in which case alien registration is not necessary.

If the mother is entered into the National Health Insurance, a child care lump sum is provided. Please bring your seal and apply for it at the Citizens Division. (Those who are entered into company insurance should ask their company for details). The procedures for Child Benefit and for an “Infant Medical Certificate” (Nyuyoji Iryosho), which provides assistance in medical expenses, can also be carried out at the same time.

If the child will be in Japan for more than 60 days, alien resident status must be applied for at the Immigration Bureau within 30 days of the birth.

Inquiries: Yonezawa City Hall Citizens Division (Shimin-ka)
TEL 22-5111

(3) Death Report

If a foreign resident dies while in Japan, a relative or representative must submit a “Death Certificate” (Shibo Todoke), together with a doctor’s certificate (available from the hospital), to the Citizens Division of City Hall within 7 days.

The deceased’s Alien Registration Card and National Health Insurance Card should also be returned at the same time.

Inquiries: Yonezawa City Hall Citizens Division (Shimin-ka)
TEL 22-5111

4. Personal Seals (Inkan/Hanko)

(1) Types of Seals

In Japan, a seal (inkan/hanko) carved with your first or family name is often used along with signatures. There are two kinds of seals. One is a registered seal (jitsuin) which is registered at City Hall and the other is a private seal (mitomein). By using your jitsuin with a registered certificate, your actions become legally confirmed. They are therefore used for formal contracts or legal acts such as registering your car. A mitomein is used for simple legal actions such as opening a bank account and withdrawing money from the bank. Seals can be made at a seal shop (hanko-ya). Please note that there are certain requirements for making a jitsuin.

(2) Seal Registration

Persons over 15 years old and over who have completed their foreign (alien) resident registration may register their jitsuin seal at the Citizens Division (Shimin-ka) of City Hall. Only one seal may be registered per person and the registration must be done in person. The name that you registered must be the same name that is printed on your Alien Registration Card. However, alphabetical seals cannot be registered. A Seal Registration Card will be issued once the registration procedures are completed. This is needed for applying for a Seal Registration Certificate.

Some seals cannot be registered so please inquire at the City Hall Citizens Division.

Inquiries: Yonezawa City Hall Citizens Division (Shimin-ka) TEL 22-5111

5. Health Insurance

Under the universal health insurance system, all residents of Japan are required to enroll in a public medical insurance system. There are two types of public health insurance: Employee's Health Insurance, which you enroll through your place of employment; and National Health Insurance, which you enroll at the municipal office where you live.

(1) National Health Insurance (Kokumin Kenko Hoken)

National Health Insurance is a public health insurance system for the self-employed, farmers, the retired, and those who are not covered by other health insurance systems.

Anyone who is not part of a health insurance system at your place of employment or not receiving social welfare must enroll in National Health Insurance. If you are not enrolled, you must pay the full amount of the medical costs incurred on your own.

a) How to Enroll

Please enroll for National Health Insurance at the Foreign Resident Registration Desk at City Hall. You will need to bring your Alien Registration Card.

It is possible to register for National Health Insurance if you plan to stay in Japan for more than one year, have completed your foreign resident registration, and are not enrolled in a health insurance system at your place of employment. You may join the insurance system anytime, but insurance premiums will be backdated to the date which you were considered eligible to enroll.

b) How to Pay for Medical Costs

For those enrolled in National Health Insurance, you must pay 30% of the total medical costs at the payment desk of the medical institution. Please show your insurance card to the main desk of the medical facility when you go to have a medical examination.

c) Payment of Insurance Tax

The head of the household holds responsibility for making an insurance tax payment if there is a person in the family who is covered by National Health Insurance. A tax payment notification will be sent to each household from the city and the payment must be paid before the designated tax payment date. The calculation of the insurance tax depends on your family structure, income, assets, and other elements, and is different for each person and for each year.

If you withdraw from National Health Insurance during the middle of the year because you return to your home country, etc., the insurance amount will be recalculated and the remaining tax amount must be paid even after you withdraw from the insurance. For details, please inquire at the National Health Insurance Desk at City Hall).

d) When a Notification is Required to the Tax Division

- ① When there is a change in address (within Yonezawa).
- ② When you move outside of Yonezawa.
- ③ When you enroll in Employee's Health Insurance at the place of your employment.
- ④ When a child is born, when there is a change in the head of the household, or when there is a death.
- ⑤ When you lose your insurance card or when it becomes damaged.
- ⑥ When you want to withdraw from the insurance (Such as when you are returning back to your home country).

Inquiries: Yonezawa City National Health Insurance Division TEL 22-5111

(2) Employee's Health Insurance

If you are employed at a company, you will enroll in Employee's Health Insurance (Shakai-hoken). For details, please contact your place of employment.

6. Taxes

(1) Income Tax

One of the taxes which you must pay to the government is Income Tax (Shotokuzei). You must complete the income tax procedures at the tax office between February 16th and March 15th and report your income from the previous calendar year. If you are receiving a salary, tax is automatically deducted.

Inquiries: Yonezawa City Tax Office, 1-1-9 Montomachi TEL 22-6320

(2) Residence Tax

Prefectural Residence Tax (Kenminzei) is collected by the Prefecture, and Municipal Residence Tax (Shiminzei) is collected by the City. Those who live in Yonezawa as of January 1st are subject to taxation according to their income of the previous calendar year. If you are self employed, a notice will come from City Hall and the tax is collected in ten monthly installments between June and March. If you are employed, resident tax is usually deducted from your monthly salary by your employer over 12 months from June through May of the following year.

Inquiries: Yonezawa City Hall Taxation Division (Zeimu-ka),
Tax Payment Division (Nozei-ka) TEL 22-5111

(3) “Kei” Automobile Tax

Kei (light) automobiles and motorcycles are taxed every year to the owner of the vehicle on April 1st. When a car is purchased, sold, given away, or when the owner moves away from the City, certain procedures must be carried out.

Inquire at the following places for the relevant documents and procedures.

Type of Vehicle	Office
Motorcycle (125cc and below)	Yonezawa City Citizens Division 5-2-25 Kanaike, Yonezawa TEL 22-5111
Small Special Motorcar (for farming, etc.)	
“Kei” Automobile ※	Yamagata Prefecture Kei Automobile Association 3-3553-2 Tachiyagawa, Yamagata TEL 023-686-3600
Motorcycle (126cc-250cc) ※ Two-wheeled Kei Automobile	
Motorcycle (251cc+) ※ Two-wheeled Small Automobile	Tohoku Transportation Bureau Yamagata Branch 1422-1 Oaza-urushiyama Jigyodan, Yamagata City TEL 0236-86-4711

※ The appropriate procedures for these types of motor vehicles can also be carried out at the following location:

Southern Branch, Yamagata Prefecture Private Automobile Association
325-5 Kubota, Kubota Machi, Yonezawa TEL 37-3245

(4) Other

In addition to the taxes mentioned above, you may also be taxed for fix asset tax by the city. Please inquire for details.

Inquiries: Yonezawa City Hall Taxation Division (Zeimu-ka) TEL 22-511

7. Pension

Everyone in Japan, including foreign nationals, over 19 and under 60 years old must enroll in the National Pension system unless they are enrolled in any other public pension plan such as an Employee's Pension Plan or mutual aid society.

(1) National Pension System (Kokumin Nenkin)

a) Enrollment and Payment

Apply for the National Pension at the City Hall. A monthly pension premium must be paid. You can make the payments either at a counter of a financial institution using the payment slips or through an automatic transfer service.

b) When It is Difficult to Make Payments

If you do not have any income or your income is low and it is difficult to pay the pension premiums, the full or partial amount of the premium may be exempt with the proper procedures. For students, please use the Student Special Payment System to extend the payment of your pension premiums.

c) Payment of Pension Benefits

Payment of the pension benefits depends on the type of payment plan. Please inquire for details below.

(2) Employee's Pension (Kosei Nenkin)

If you are employed at a company, you will enroll in an Employee's Pension Plan. Half of the pension premium amount will be paid by the employer, and your premium will be deducted from your salary. The payment of the pension is similar to that for National Pension.

(3) When Leaving Japan

For foreign residents who leave Japan, it is possible to obtain a refund of their pension contributions. To be able to receive a refund, you must have enrolled in a pension plan while you were in Japan and paid the monthly premium for 6 months or more, and have applied for the refund within two years of leaving Japan. It is also possible to receive your pension after you leave Japan.

Inquiries:

For details regarding Welfare Pension, contact your place of employment

For details regarding National Pension, contact either Yonezawa City Hall (TEL 22-5111) or the Yonezawa Pension Office (TEL 22-4220).

IV. DAILY LIVING

1. Housing

Renting a place to live is commonly done through a real estate company. It is probably best to go with a Japanese friend or colleague and let the real estate company know what kind of living conditions you are exactly looking for.

※In Japan it is common to use the units “tsubo” and “jyo” to measure the area of rooms.
1 tsubo = 2 jyo \doteq 3.3058m² \doteq 35.583 ft²
1 jyo (the size of 1 tatami mat) is approximately 1.8m×0.9m

(1) Renting a House or Apartment

a) Lease Requirements

- Written Contract (Keiyaku-sho)
Fill out the lease contract and stamp the contract with your seal after the contract is explained carefully and all unclear items are understood.
- Guarantor (Hosho-nin)
A guarantor is necessary when signing a contract. If possible, ask a Japanese to be your guarantor. The guarantor has the responsibility of paying the rent or any other costs if the tenant is unable to do so.
- Key Money (Reikin)
Also called Kenrikin, it is paid to the landlord when the contract is signed. It is usually about 1-2 months' rent and it will not be returned to you when you vacate the apartment. Some areas do not require a reikin payment.
- Deposit Money (Shikikin)
Paid to the landlord when the contract is signed and is used to pay for rent payment defaults or for damages to your room. The cost for repairs to the room when you vacate the apartment is deducted from the total amount and the remaining amount will be returned to you. It is usually about 1-3 months' rent.
- Brokerage Fee (Chukairyo)
Paid as a commission to the real estate agent. It is usually about 1 month's rent.
- Rent (Yachin)
1 month's fee for renting the house or apartment. The rent for the next month must be usually paid by the end of the month.
- Common Service Fee (Kyoekihi)
Costs for electricity and cleaning common areas such as stairs and passage ways of the apartment.

For the reasons mentioned above, the total cost of renting a house or apartment for the first time is about 4-5 months' rent.

b) How to Renew Your Lease (Keiyaku Koushin)

Most leases are for two years but sometimes you can sign a lease for a shorter period. When you renew your contract, the rent may increase. You may also need to pay the landlord a fee of about 1 month's rent at this time.

c) How to Cancel Your Lease (Kaiyaku)

When you want to cancel your rental contract, you will need to follow the procedures stated in your contract and inform your landlord beforehand (usually 1 month before you are leaving). If you vacate without informing your landlord or inform just before you vacate, you may be charged with the next month's rent. Remember to also pay all of your utility bills and clean and fix your room to its initial condition before vacating.

(2) How to Rent Public Housing

Public Housing is low-rent housing managed by public institutions such as the prefecture or city for people who have low income and have trouble finding housing. You will need to contact each organization directly if you wish to apply for one. When there are many applications, openings will be chosen by a lottery.

Inquiries for Public Housing Managed by the City:

City Hall Building & Housing Division (Kenchiku-Jyutaku ka) TEL 22-5111

Inquiries for Public Housing Managed by the Prefecture:

Yamagata Prefecture Okitama Branch Construction Office Building Division TEL 26-6091

2. Electricity

(1) Starting Electricity Service

When you want to start using electricity after you move in, just turn on all the circuit breaker switches on the fuse box. After you check that the electricity is running, fill in your name, address, telephone number, and date when you moved in on the postcard application that is in your mailbox or attached near the fuse box and send it to Tohoku Electric. Contact Tohoku Electric if the electricity is not running.

Tohoku Electric Power Co. Yonezawa Office TEL 22-6310

(2) How to Pay for Electricity Expenses

There are two ways to pay the electric bill. One is to pay through an automatic withdrawal service from your bank or postal account. The other is to pay directly using the payment slip at a nearby financial institution or convenience store. If you do not pay by the deadline, a late fee will be charged to the following month's bill.

(3) Electrical Appliances

In Yonezawa the electricity used is 100 volts/50hertz. Please check your electric appliances before using them to see if they meet this standard. If they don't, it may be dangerous and will damage other appliances.

(4) When All the Electricity Goes Out In Cases Other Than a Power Outage

When you use electricity beyond the capacity and it short-circuits, the breaker falls automatically and the electrical supply will stop. The electricity will be restored if some of the electric appliances being used are turned off and the breaker switch is raised again.

(5) Discontinuing Electricity Service

If you will stop using electricity because you are going to be moving, contact Tohoku Electric at least 5 days before you move.

3. Water

(1) Starting Water Service

Tap water is safe to drink in Japan.

To start using water, come to the Water Utilities Department (Suido-bu) of City Hall and fill out the Application Slip to Start Using Water, have it signed/stamped by the owner (the landlord if you live in an apartment) and the actual user, and turn it in to the Water Utilities Department.

(2) How to Pay for Water Expenses

A statement for your water bill will be sent to your home each month. In areas that have a public sewage system, users will pay for sewage expenses at the same time. The water bill can be paid either through an automatic withdrawal service from your account at a financial institution or paid directly at a financial institution using a payment slip.

(3) When You Have Trouble with Water

When there is a leakage or when your pipes burst, turn off the main water valve and contact a plumbing company.

(4) How to Prevent Water Pipes From Freezing

Water pipes may freeze when the temperature goes below 4° centigrade during the winter. To prevent freezing, shut off the water service at night or when you will not be using water for an extended period of time. If your pipes freeze, wrap a towel around the facet and pour hot water on it, and the water should come out. If water still does not come out, contact a plumbing company.

How to Shut Off Water:

- ① Open the water faucet to let water out.
- ② While the water is still running, turn the handle of the main water shut-off valve to the right until it no longer moves.

(5) Discontinuing Water Service

If you are moving or when you want to stop using water for an extended period of time, contact the Water Utilities Department (Suido-bu) at least 1 week before and tell them your address, name, the date you are moving, your new address and the method for paying any remaining water expenses.

Inquiries: City Hall Water Utilities Department (Suido-bu)
5-1-23 Kanaike TEL 22-4511

4. Gas

Propane gas is the type of gas used in Yonezawa.

(1) Starting Gas Service

If you contact a propane gas company, a clerk will come and set up gas service at your home.

(2) How to Pay for Gas Expenses

You can pay for gas expenses by either paying to the bill collector after the monthly inspection of the gas meter or by an automatic withdrawal service at banks and post offices.

(3) When There is a Gas Leak

If you notice a gas leak, leave the window and door open, turn off the gas valve or meter faucet, and contact the gas company. Propane gas is heavier than air so you should sweep it out with a broom or similar object.

(4) Discontinuing Gas Service

When you want to stop your gas service, you should contact the propane gas company a few days before you want to stop the service.

5. Telephone

(1) Installing a Telephone

If you want to install a telephone line in your home, apply with NTT. When making an application, you will need to bring some form of identification such as your passport, alien registration card, or driver's license to confirm your name and address. There will be an application fee. The installation date will be decided when you apply. You must be at home on the day of installation.

Dial 116 for details.

a) Cellular Phones

Please contact the individual companies directly for cellular phone.

b) How to Pay For Telephone Expenses

A statement for your telephone bill will be sent to your home every month. Bills can be paid at financial institutions, convenience stores, and telephone companies. They can also be paid through an automatic withdrawal system at banks and post offices.

(2) Domestic Calls

The area code for Yonezawa is (0238). Dial the area code whenever you are calling outside of Yonezawa.

a) How to Read a Phone Number

0238-12-3456 ①Area code (0238 for Yonezawa)
① ② ③ ②Local (city) code
 ③Customer's number

b) Long Distance Calls

In addition to NTT Communications, the following telephone service companies can also be used to make long distance phone calls.

KDDI Inquiries: TEL 0057
Japan Telecom (JT) Inquiries: TEL 0088-41

c) Numbers for Different Inquiries

116—Inquiries to NTT, installation, transfers
117—Current time (Fee)
113—Telephone trouble
104—Telephone number directory (Fee)
106—Collect call (Operator assisted)
177—Weather forecast (Fee)

d) Public Phones

There are public phones outside train stations and stores around the city. Most are green or grey and can be used with a telephone card or 100 yen coin. If you use a 100 yen coin, however, you will not receive change back. Calls within the city can be made for 10 yen per minute. Insert additional coins or a telephone card when you hear the beep indicating the end of the value inserted.

(3) International Calls

Below are the main companies that provide international calling services.

Company	Inquiries	How to Make a Call
NTT Communications	0120-506506	0033-010-country code -city code- telephone number
KDDI	0057	001-010-country code -city code-telephone number
Japan Telecom (JT)	0088-41	0041-010-country code -city code-telephone number

(Example) Calling the number (212) 123-45467 in New York, USA
When calling from KDDI: 001-010-1-212-123-4567

Country Codes (Japan : 81)

Ireland	353	Thailand	66
USA	1	China	86
UK	44	Philippines	63
India	91	Brazil	55
Indonesia	62	Peru	51
Canada	1	Malaysia	60
Korea	82		

(4) Telegrams

a) Domestic Telegram Service

When sending a telegram within Japan dial 115.

b) International Telegram Service

International telegrams can be sent by phone.
Either dial 0053519 or 0120-44-5124.

6. Mail Delivery Service • Takuhaibin

(1) Domestic Mail

Post offices and mail boxes are marked with a red 「〒」 symbol. Mail boxes are red in color and are either box or cylinder shaped.

Post Office Hours:

Monday ~ Friday 9:00 ~ 17:00 (Closed on Saturday, Sunday, and Holidays)

※ Fore Yonezawa Post Office Only: Monday ~ Friday 9:00~19:00

The You-You (After-Hours) Window Hours: Monday-Friday 8:00~20:00

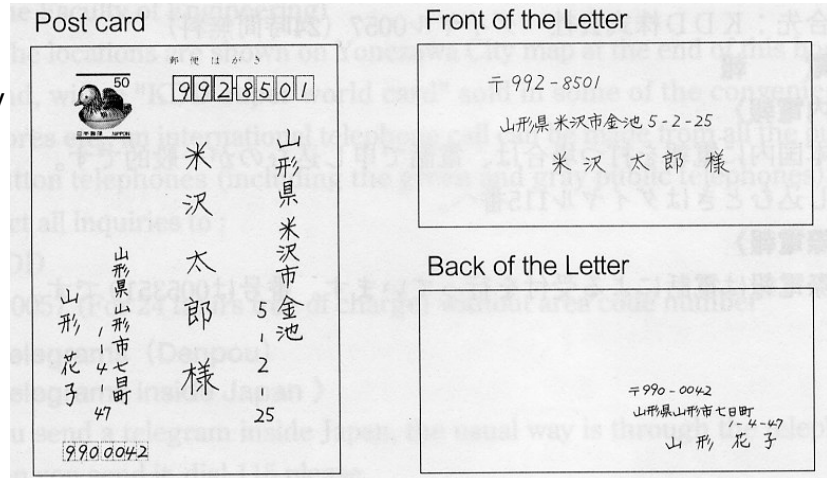
Saturday 8:00~17:00

Sunday/Holidays 9:00~12:30

Inquiries: Yonezawa Post Office TEL 22-5005

a) How to write an address

An address (address/name) can be written either vertically or horizontally.



b) Ordinary Mail

Type	Size	Cost/Charge
Postcards	Private postcards (such as picture postcards) Length: 14cm-15.4cm, Width: 9cm-10.7cm, Weight: 2g-6g ※Official Postcards (kansei hagaki) can be purchased at post offices for 50 yen each.	50 yen
Standard-Size Mail (Letters)	Length: 14cm-23.5cm, Thickness: Under 1 cm, Weight: Under 50g	Up to 25g, 80 yen Up to 50g, 90 yen
Non-Standard Mail	Weight: Under 4kg (Maximum) The total of length (under 60cm), width, and thickness not to exceed 90cm. (Minimum) Length: 1cm, Width: 9cm (Cylinder Shape) Length: 14cm, Diameter: 3cm	Postage varies according to weight.
Package Post (Yu-Pack)	Weight: Under 20kg (Maximum) The total of length (under 1m), width, and thickness not to exceed 1.7m. (Cylinder Shape) Length: 14cm, Diameter: 3cm	

In addition, there are other special mail services including Express Delivery (Sokutatsu), Registered Mail (Kakitome), and Registered Mail for Cash (Genkin-kakitome).

Inquiries: Yonezawa Post Office TEL 22-5005

c) Other

When You Miss a Delivery

If you are not at home at the time of delivery of a registered or parcel post item, a "Non-Delivery Notice" will be left. The mail/parcel will be kept at the office for seven days. To have it redelivered, either send the Notice after filling in the desired time and place of delivery or call the post office by telephone. To retrieve your item at the office, you will need to bring the Notice, some form of ID (such as your Alien Registration Card) and personal seal.

Transfer Service

If you notify the post office after you move, mail that is sent to your old address will be forwarded to your new address for free one year after the date of notification. This service is limited to domestic mail.

(2) International Mail

a) Regular Air Mail

- Post Cards: 70 yen any where in the world
- The cost for letters (Standard/Non-Standard size) and packages depends on the weight and destination. Please inquire at the post office.
- There is also sea mail which is less expensive than air mail but takes longer to deliver.

Inquiries: Yonezawa Post Office TEL 22-5005

b) International Express Mail (EMS)

This is the quickest way to send documents or packages overseas. (Maximum weight varies according to each country.) The mail is handled with top priority from reception to delivery. You are also able to track the location of your package at any time.

c) Economy Aviation Mail (SAL)

This mail is handled as surface mail inside Japan and the destined country but sent by air between the countries. It is faster than surface mail, and cheaper than air mail.

d) English Postal Information Services

The following provide information about postal services in English.

Sendai 022-711-7544 Tokyo 03-5472-5851 • 5852

(3) Takuhaibin (Quick Home Delivery)

If the post office is far from your house, or if it is troublesome for you to bring a package or baggage to the post office, Takuhaibin is convenient. It can be sent at shops that have a Takuhaibin sign outside as well as at convenience stores. You can also call and ask the shop to pick up the item at your house. They deliver the package within a few days all over Japan except for a few areas.

◆ Main Takuhaibin Service Providers

Company	Telephone
Sagawa Kyubin Yonezawa Store	37-5500
Dai-ichi Kamotsu Yonezawa Branch	23-3363
Nihon Tsuun Yonezawa Branch	23-0202
Yamato Unyu Customer Service Center	0120-019625
Miyago Kamotsu Jidosha Unso Yonezawa Office	37-2170
Yonezawa Kodo Unso	22-1430

7. Financial Services

(1) Banks

a) Opening Hours

Monday ~ Friday 9:00 ~ 15:00 (Closed on Saturday, Sunday, and Holidays)

b) Types of Accounts

Regular Account (Futsu Yokin)

Deposits and withdrawals can be done freely but the interest rate is low. Automatic transfer services for public utility charges (taxes, electricity, water, etc.) and the NHK license fee can be used with this account.

Savings Account (Chochiku Yokin)

The interest rate is higher than the rate for a regular account if the amount is above a certain amount. Deposits and withdrawals can be done freely.

Fixed Term Account (Teiki Yokin)

Although the interest rate is higher than the rate for regular and savings account, withdrawals cannot be made until the end of the fixed term.

c) Opening an Account

Please bring your Alien Registration Card or your passport and your personal seal to the bank counter to register for an account. You can also sign up for a cash card which you can use at ATMs (Automatic Teller Machines).

d) Deposits · Withdrawals

To deposit or withdraw money at the counter, take your inkan and passbook, fill in the designated forms and hand them in at the counter.

c) ATMs (Automatic Teller Machines)

By using an ATM (Automatic Teller Machines) you can easily deposit and withdraw money from your bank or postal account. ATMs are located inside and outside banks and also inside some convenience stores. The operating hours differ for each machine and some ATMS are closed on weekends and holidays. There may also be a service charge charged during some days and hours.

(2) Post Offices

Post Offices also offer financial services similar to banks. You may deposit and withdraw money from any post office in Japan if you open an account at a post office. Procedures for opening an account are the same as for banks

(3) International Remittances and Foreign Currency Exchange

International money transfers and foreign currency exchange can be made at most post offices and banks. Inquire at the financial institution for details.

8. Garbage


Please make an effort to reduce trash and cooperate with trash separation.

(1) Important Notices for Throwing Out Trash


- Be sure to throw out trash on the designated trash collection days (Collection days differ in each area.
- Please check the Collection Calendar.) .
- Be sure to take out the trash by 7:30am on the day of the trash collection.
- Be sure to neatly separate trash before throwing it out.
- Be sure to put the trash in the designated trash bags (Limit of 5kg of trash per bag.).
- Trash collection sites are established and maintained by the neighborhood associations (Chonakai) and apartment keepers. Do not throw out trash in other locations.

(2) Guidelines for Separating Trash


1) Burnable Trash

- Items: Kitchen waste, paper waste, shoes, items with a  mark that cannot be cleaned.
- Disposal Method: Dispose in City designated trash bags (red letters).


2) Non-Burnable Trash

- Plastic items without the  mark, glass items, metals, ceramics, spray cans (use up and punch a hole), lighters (use up), small electronic appliances.
- Disposal Method: Dispose in City designated trash bags (green letters).

3) Plastic Containers and Wrappings

- Plastic wrappings, packaging, bottles, cups, and bags. (Must have the  mark and be clean.)
- Disposal Method: Dispose in City designated bags (orange letters.)

4) PET Bottles

- Plastic bottles with the  mark for beverages, alcohol (including mirin), and soy sauce.
- Disposal Method: Dispose in City designated trash bags (orange letters).

(5) Oversized Trash

- Items that cannot fit in the designated trash bags or weigh more than 5kg.
- Disposal Method: Make an appointment with the garbage collector to have the item collected. TEL 22-5235 Purchase and stick an oversized trash disposal sticker (fee) on each item and leave it outside your home.

6) Hazardous Trash

- Items that include hazardous materials such as mercury (Fluorescent tubes, dry-cell batteries, mercury thermometers).
- Disposal Method: Dispose in any transparent or semi-transparent plastic bags.

7) Recyclables

- Waste Paper (newspapers, flyers, cardboard, paper beverage packages, magazines.)
- Disposal Method: Bundle the papers up and tie it with string.
- Cans and glass bottles for food/beverages, old fibers (clothes, sheets, blankets, etc.)
- Disposal Method: Dispose in any transparent or semi-transparent plastic bag.

○Stores that Sell Designated Trash Bags and Oversized Trash Disposal Stickers



Available at supermarkets, home hardware stores, and other stores marked with this sign.

(3) Disposing TVs, Refrigerators, Freezers, Washing Machines, and Air Conditioners

TVs, refrigerators, freezers, washing machines, and air conditioners cannot be collected by the city. Ask a retail store or waste hauling company to collect the item or take the item yourself to a designated disposal site. A processing fee and collection fee will be charged.

(4) Disposing Computers

The computer manufactures have the responsibility of collecting and disposing computers. Please contact the computer companies directly for details.

Inquiries: Yonezawa City Hall Environment & Living Division (Kankyoseikatsu-ka)
TEL 22-5111

9. Pets

(1) Dog Registration

Dogs over 91 days old must be registered and receive rabies shots once a year.

(2) How to Register

○ If the dog has not yet been registered

Register and give the dog rabies shots at a veterinarian about 3 months after the puppy is born or received from someone (Dogs can also be registered at the Spring Rabies Shot Meeting). The registration fee is 3,000 yen.

○ If the dog is already registered

When you are given a dog that has already been registered, be sure to also receive the license from the former owner and visit the City Hall.

○ When a dog dies

When a dog dies, submit a Death Report to City Hall or an animal hospital. If you lose the license, please report it and it will be reissued for a charge.

Death Report: Free of charge

License Reissue: 1,600 yen

Inquiries: Yonezawa City Hall Environment & Living Division (Kankyoseikatsu-ka)
TEL 22-5111

(3) Rabies Shots

It is required that your dog be given a rabies shot every spring. A notice will be sent by City Hall so please make sure your dog receives the shot. The cost is ¥3,100.

(4) Designated Veterinarians for Rabies Shots

Veterinarian	Address	Telephone
Ohira Kachiku Iin	16029 Oaza Misawa	22-6268
Houjo Veterinary Hospital	1-3-9 Johoku	23-7030
Yonezawa Veterinary Hospital	1-9-95 Hanazawa-cho	24-4911
Sato Hitoshi Veterinary Hospital	2-7-13 Gobyō	26-5488
Terayama Veterinary Hospital	7-3-3 Kanaike	21-5778

10. Driving an Automobile

(1) Driver's License

a) If you Have an International Driver's License

It is possible to drive in Japan using an international driver's licence. The period during which you can drive is one year from the date of entry to Japan and before the expiration date of the license (whichever is sooner). You will need a Japanese driver's licence if you want to drive in Japan after that period. Please note that international driver's licenses that were obtained while you were abroad for a period of less than 3 months are considered invalid.

b) If You Have a Swiss, German, or French Driver's License

If you submit a translation of your driver's licence created at a consulate of the Japan Automobile Federation (JAF), you will be able to drive using your driver's licence within 1 year of your date of entry to Japan and before the expiration date of the license (whichever is sooner).

c) Switching a Foreign Driver's License to a Japanese Driver's License

If you have a driver's license from another country, you can apply to have it switched to a Japanese license.

○Prerequisites for Switching

- You must hold a valid foreign driver's license.
- You must prove that you stayed in the country that issued the license for more than 3 months after you obtained it.
- You must have the sufficient knowledge and skills for driving in Japan, including knowledge of Japanese traffic regulations.

○Required Items

- ① Foreign Driver's License
- ② Passport
- ③ Alien Registration Card
- ④ 1 photo (3 x 2.4cm, taken within the last 6 months, no hat, face forward, upper third of body from shoulders up, no background).
- ⑤ Japanese translation of the foreign driver's license (Can be obtained at the Japan Automobile Federation or consular office)
Japan Automobile Federation (JAF) Yamagata Branch
2-1-59 Odachi, Yamagata City TEL 023—625-4520

○Application Process

- Reservations must be made in advanced to apply for a switch.
- Those who are deemed qualified based on examination of their paperwork should prepare and present an application form for the tests. The fee for the tests is ¥2,400.
- The required tests may differ depending on the country that issued the license. Please inquire for details.

○Written Test

A written test will be given to check if you have necessary knowledge for driving an automobile. (Tests are available in English, Chinese, Korean, Spanish, and Portuguese)

○Driving Test

Those who pass the written test are able to take a driving test.

○Issuing the Driver's License

After having passed the written and driving tests, and on the following day, having passed a physical aptitude test (eyesight, etc.) the applicant is eligible to receive a license. There is a fee of 1,750 yen for issuing the license.

For details and inquiries contact:

Yamagata Prefectural Traffic Safety Center, Test Section

〒994-0068 1300 Aza-takadama, Tendo City

TEL 023-655-2150

d) Other

You can also apply for a Japanese Driver's License in the same way as Japanese citizens. In Japan it is most common to obtain a license by enrolling in a driving school. The cost is around 300,000 yen to 400,000 yen and usually lasts 1 to 2 months. Please contact the driving school directly for details.

(2) Important Notices for Driving

a) Traffic Regulations

In Japan cars, motorcycles, and bicycles must drive on the left side of the street and pedestrians walk on the right side. Pedestrians have the right of way at intersections without traffic signals. There are also strict penal codes for drunk driving.

○Driving a Car

- All passengers in a vehicle, including people sitting in the back seat, are required by law to wear seatbelts.
- Using a cellular phone while driving is prohibited.
- Children under 6 years old are required to sit in a child-seat.

○Driving a Motorbike

Although motorbikes with displacements less than 50cc can be driven with a regular driver's license, motorbikes with any higher displacement requires a separate license. It is also required for drivers and passengers to wear a helmet while riding a motorbike.

○Bicycle Parking

It is prohibited to leave bicycles on the road around the JR Yonezawa station. Park your bicycle at the designated bicycle parking park Rin Rin or the parking space at the west exit of Yonezawa Station. One day's parking fee is 50 yen.

○Traffic Signs



Road Closed



Closed to all Vehicles



No U-turn



One Way



No Parking or Stopping



No Parking



Speed Limit



Slow Down



Stop



Closed to all Vehicles



No Passing on the Right-hand Portion of the Road for Overtaking

(3) Owning a Car • Motorbike

a) Registration

Cars and motorbikes must be registered. Changes to the registration information including changes in address and vehicle owner or disposal of the car, must be reported and proper procedures must be taken. Either contact the store you purchased the vehicle or the following places:

- Regular automobiles, motorbikes with over 251cc displacement
Yamagata Land Transport Office TEL 023-686-4711
- Kei automobiles, motorbikes with 126~250cc displacement
Kei Automobile Inspection Association TEL 023-686-6080
- Motorbikes with less than 125cc displacement
Yonezawa City Hall Citizens Division (Shimin-ka) TEL 22-5111

b) Vehicle Inspection (Shaken)

Cars and motorbikes with displacements over 251cc are required to be inspected regularly and the driver must carry the inspection certificate (shaken-sho) when driving the vehicle. If a new vehicle is purchased, the first inspection must be made during the third year after the purchase and must be inspected every two years after that.

c) Automobile Insurance

① Compulsory Insurance (Kyosei Hoken)

All motor vehicles, including motorbikes and motor-bicycles, must be covered by a compulsory insurance plan.

② Optional Insurance (Nini Hoken)

Since compulsory insurance only has limited coverage and does not cover a wide variety of accidents, it is recommended to enroll in optional insurance plans. Inquire about optional insurance when applying for compulsory insurance.

d) Car Tax

Car owners must pay tax for the vehicle. Pay the tax before the payment deadline after you receive a tax payment notice.

11. Public Transportation

(1) Trains (JR Lines)

Trains going in the direction of Tokyo are called “Nobori”, and trains coming to Yonezawa from, for example, Tokyo are called “Kudari”. Tickets can be purchased at ticket vending machines inside Yonezawa Station, except for reserved seat tickets and long distance tickets. There is a fare chart inside the station that indicates the station names and the fare. When taking a Bullet Train (Shinkansen), an express ticket is necessary in addition to a regular boarding ticket.

If you miss your station, please report to the conductor or at the fare adjustment office at the station where you get off.

Inquiries: JR East Yonezawa Station TEL 22-1130

(2) Buses

a) City Buses

The Shimin (Citizen) Bus and Yamako Bus line runs through the city. Ask for details about bus times, lines, and bus stops.

Inquiries : Yonezawa City Hall Environment & Living Division (Kankyoseikatsu-ka)
TEL 22-5111

◆ How to Ride the Bus

○Advanced Payment Buses

- ① Pay the fare when you board the bus.
- ② When bus nears your destination and an announcement is made, push the Get Off Button (降車ボタン).
- ③ When the bus stops, get off the bus from the exit.

○Exit Payment Buses

- ① Take a numbered ticket from the machine located near the door after boarding the bus.
- ② When the bus nears your destination and an announcement is made, push the Get Off Button (降車ボタン).
- ③ When you get off the bus, put your fare and the numbered ticket in the fare box on the left of the driver, making sure to pay the exact fare. Fares are classified according to the number on your numbered ticket and displayed on the digital panel in front of the bus. There is a change machine beside the fare box, but is advised to prepare change beforehand.

b) Long-Distance Highway Bus

There are long-distance highway bus services to Tokyo. Advanced reservations are necessary. Contact the bus companies for details.

Bus Company	Telephone	Home Page
Tohoku Express (Kyuko) Bus	03-3529-0321 (9:30~19:00) 03-3529-2241 (19:00~21:00, For making reservations on the night of departure)	http://www.tohoku-express.co.jp

(3) Taxis

A vacant taxi is indicated by a red 「空車」 (kusha: empty car) sign near the windshield. Raise your hand to signal the taxi at the taxi or on the street. It will be best to tell the driver any nearby landmarks or write the address down if the destination is difficult to find. It is also possible to call for a taxi to come by telephone.

The fare will be indicated in the meter on the left of the driver. The minimum fare is 610 yen. An extra 20% will be charged between 10pm to 5am the following morning, and all day during the winter (January 1st to the last day of February). Tips are not necessary.

◆ Major Taxi Companies

Taxi Company	Telephone
Azuma Kanko Taxi	22-1317
Imamura Taxi	22-2360
Tsuji Taxi	23-3200
Tsubame Taxi	22-1301
Marumiya Taxi	55-2001
Yonezawa Taxi	22-1225

(4) Car Rental

The cost for renting a car depends on the type of car, the age of the car, and rental period. In addition to having a valid driver's license in Japan, in some cases you may need your Alien Registration Card. Please inquire for details.

◆ Major Car Rental Companies

Taxi Company	Telephone
Station (Eki) Rent-a-car Yonezawa Office	22-8161
Juhyo Rent-a-car	22-6040
Toyota Rent-a-lease Yamagata	26-0100
Nissan Rent-a-car Yonezawa Office	37-2300
Nippon Rent-a-car Yonezawa Office	24-4363
Biryu Rent-a-car	24-3618
Yonzawa Rent-a-car	22-2208

12. Mass Media

(1) Television

In Yonezawa two NHK stations and four commercial broadcasting stations can be viewed with a regular TV antenna.

All households that have a TV must pay a license fee for NHK.

It is also possible to sign up for cable television (CATV), BS (broadcast satellite), and CS (communications satellite) broadcasts. Contact New Media Yonezawa (NCV) or other electronic stores for details.

Inquiries for Cable TV : New Media Yonezawa (NCV) TEL 24-2525

(2) Radio

The radio frequency in Yonezawa is 1359kHz

Below is the schedule for foreign language news broadcasting (AM Radio, NHK Dai-2 Broadcasting):

Language	Monday~Friday	Saturday・Sunday
English	14:00~14:30 18:00~18:15	14:00~14:10 18:00~18:10
Chinese	13:00~13:10	
Korean	13:10~13:20	
Portuguese	18:30~18:45	18:20~18:30
Spanish	18:15~18:30	18:10~18:20

(3) Newspaper

Local, national, and foreign language newspapers can be purchased in the city. Please contact the stores directly for details

(4) Internet

There are many internet service providers in Japan. It is best to choose a company that provides the services that meets your needs for using the internet.

There are also 3 computers in the City Library that can be used to browse the internet. The computers are installed with internet filtering software used at schools so children can safely use the internet as well. Please follow proper internet manners when using the internet.

Cost: Free (30 minutes maximum for each person)

13. Neighborhood Associations (Chonaikai)

Each district of the city has a Chonaikai, an autonomous neighborhood organization, which aims at promoting mutual support and friendship in the neighborhood. Membership is not required, but it is recommended that you become a member so you can obtain daily living information and get to know your neighbors. Membership and monthly fees are different in each Chonaikai.

V. HEALTH MANAGEMENT • MEDICAL CARE

1. Medical Institutions

(1) Medical Institutions

In Yonezawa, there are four large general hospitals as well as various clinics that specialize in specific fields. It is probably best to have your own personal physician that you see whenever you have medical problems.

Hospitals in Yonezawa

Hospital Name	Telephone	Address
Yonezawa City Hospital	22-2450	6-36 Aioi-cho
Sanyudo Hospital	24-3700	6-1-219 Chuo
Funayama Hospital	23-4435	2-48 Ekimae
Yonezawa National Hospital	22-3210	26100-1 O-aza Misawa

a) When you see a doctor

Except for dental clinics, most hospitals and clinics do not accept reservations and service is provided on a first come, first served basis. At big hospitals, you may have to wait for an extended period of time so it is recommended that you go as early as possible.

If you are not confident with your Japanese speaking ability, it may be best to have a friend who can speak Japanese go along with you or hire an interpreter. It is also useful to use the Multilingual Medical Questionnaire Form (created by the Kanagawa Prefecture International Relations Association).

For details regarding the Multilingual Medical Questionnaire Form, please visit the Yonezawa International Relations Association Homepage or call the Association by phone.

Multilingual Medical Questionnaire Form:

<http://www.k-i-a.or.jp/medical/index.html>

Yonezawa International Relations Association (YIRA) Home Page:

<http://www.omn.ne.jp/~yira/>

Yonezawa City International Relations Association TEL 22-5111

5-2-25 Kanaike, Yonezawa (Inside Yonezawa City Hall)

(2) Holiday/Night Medical Care

a) Weeknight/Holiday Clinic

Please come here for an examination if you become ill on a weeknight or on a holiday and if your conditions are not severe.

TEL 22-9922 1-5-60 Nishi-odori (West side of Sukoyaka Center)

Specialties: Internal medicine and pediatrics

Consultation Days: ①Holidays - Sundays, Holidays, December 31~January 3rd

②Weeknights – Monday~Friday excluding days for ①

Consultation Hours: Holidays- 9:00~17:00

Weeknights-19:00~21:30

b) Night/Holiday Emergency Hospitals

The Yonezawa City Hospital, Sanyudo Hospital and Funayama Hospital take turns every day to offer emergency medical care on weeknights and holidays. Hospital shift dates are listed in the Yonezawa City Newsletter and may also be checked by calling the emergency medical care information line or the hospitals directly. Please visit the emergency hospitals only if your conditions are severe. An After-Hour Examination Fee may be charged if your condition is determined to not necessarily be an emergency.

Hospital Name	Telephone	Address
Yonezawa City Hospital	22-2450	6-36 Aioi-cho
Sanyudo Hospital	24-3700	6-1-219 Chuo
Funayama Hospital	23-4435	2-48 Ekimae
Emergency Medical Information Line	21-1191	

(3) Medical Information Center for Foreign Residents

The International Volunteer Center of Yamagata (IVY) provides information regarding medical care in Yamagata Prefecture in addition to medical interpreting and translation services.

a) Medical and Daily Living Consultations

Telephone consultations with a counselor are provided free of charge.

Japanese 9:00~18:00 TEL 023-634-9830

Chinese, English, or Japanese 9:00~19:00 090-2365-1208

b) Interpreting and Translation Consultations

Please contact IVY for inquiries regarding medical, law, and education related interpreting and translations. Services are available in languages including English, Chinese, Korean, Portuguese, and Tagalog.

Inquiries: International Volunteer Center Yamagata (IVY) TEL 023-634-9830

2. Health Inspections

(1) Health Checkups in Yonezawa

Various medical examinations are held in Yonezawa to detect and prevent life-style related diseases. Dates and locations of the examinations will be posted in the City Newsletter.

The following medical examinations are held in Yonezawa:

- General Health Examination: Men and women between ages 18 to 39
- General Health Examination: Men and women age 40 and over
- Lung Cancer Screening: Men and women age 40 and over
- Colon Cancer Screening: Men and Women age 40 and over
- Cervical Cancer Screening: Women age 20 and over
- Breast Cancer Screening: Women age 40 and over (every other year)
- Comprehensive Medical Examination: Men and women age 40 and over

Inquiries: Yonezawa City Sukoyaka Center Health Division
Yonezawa City 1-5-60 Nishiodori TEL 24-8181

(2) HIV Testing, Chlamydia Testing

Free testing and consultation for HIV and Chlamydia are available at the Okitama Health Center. They are confidential and the results will be available after one week.

Telephone Consultation Days

Monday through Friday (excluding holidays) 8:30~17:15

Testing Days

Mondays (excluding holidays) 13:00~14:00

*(Please contact in advance to make an appointment for a testing.)

Inquiries: Okitama Health Center TEL 22-3002 3-1-2 Kanaike, Yonezawa

(3) Hepatitis C Testing

Consultations and testing for Hepatitis C are also available at the Okitama Health Center. They are free and confidential.

Inquiries: Okitama Health Clinic TEL 22-3002 3-1-26 Kanaike, Yonezawa

VI. CHILDREN

1. If You Become Pregnant

If you think you are pregnant, get a check up at a hospital (obstetrics department). If you fill out the proper paperwork after you are checked by the doctor, you will receive a “Mother-Child Health Booklet” (Boshi Kenko Techo) and checkups for the expecting mother and newborn child and immunizations will be free of cost. The place, time, and details of the check ups and immunizations will be listed in the City Newsletter. The Mother-Child Health Booklet is very useful for health management as it records the health conditions of the expectant mother and child, the child’s growth conditions (height, weight, etc.). It also features necessary information for expectant mothers and child raising.

2. When a Child is Born

(1) Necessary Procedures

- ① Have the doctor or nurse create a Birth Certificate.
- ② Within 14 days after giving birth, bring the Birth Certificate and Mother-Child Health Booklet to City Hall and receive the Birth Registration Certificate.
- ③ If the nationality of the child is not Japanese, carry out the necessary birth registration at an embassy or consulate of the child’s country to register for a passport. If the nationalities of the parents are different, register for both countries.
- ④ If the child will be staying in Japan for more than 60 days, apply for the proper visa at the Immigration Bureau within 30 days and register for Foreign Resident (Alien) Registration at City Hall within 60 days.

(2) Costs for Giving Birth

Costs for normal child birth can be very high because it is not covered by medical insurance. If either the expectant mother or spouse is covered by medical insurance, he/she will later receive a lump-sum allowance for child birth and nursing.

Inquiries: National Health Insurance - City Hall TEL 22-5111
Social Health Insurance - Your place of employment, etc.

(3) Infant Medical Care

There is a system to help reduce the cost of infant medical care from birth to before the child enters elementary school. There is an income limit to this service so please ask for details before applying.

Inquiries: Yonezawa City Hall Children Division (Kodomo-ka) TEL 22-5111

(4) Medical Examinations for Infants

A medical examination for your baby is carried out 4 months after birth at pediatricians in the City. Medical examinations at 20 months and at 3 years are also available at the Sukoyaka Center.

(5) Immunizations for Infants and Children

Various immunizations are provided for infants and elementary school age children. Details will be posted in the City Newsletter.

Types of Immunizations

Type of Immunization		Age & Period		Place & Method
Polio		Twice between 3~18 months		Sukoyaka Center <ul style="list-style-type: none"> • Held in April and October • The vaccine is swallowed • Free for 6 year olds and under
Tuberculin test, BCG		3~6months	Once	<ul style="list-style-type: none"> • Designated medical facilities in the City (Advanced reservations by phone required.) • Be sure to get the shots as soon as possible once the child reaches the appropriate age. • Immunizations are free for those within the age range.
Pertussis, Diphtheria, Tetanus (Sanshu-kongo)	1 st Shot	3 months ~ 7 years old (In 3~8 week intervals)	Three times	
	Supplementary 1 st Shot	1 year after the 1 st Shot was taken	Once	
Diphtheria, Tetanus (Nishu-kongo)	2 nd Shot	11 ~ 13 years old	Once	
Measles · Rubella	1 st Shot	1 ~2 year old	Once	
	2nd	Between 5~7 years old and before entering elementary school within 1 year after the 1 st Shot was taken	Once	
Japanese encephalitis	1st	3~7.5 years old (In a 1~4 week interval)	Twice	
	1 st (Additional)	1 year after the 1 st shot was taken	Once	
	2nd	9~12 years old	Once	

3. Child Allowance (Jido Teate)

Mothers raising elementary school aged children and younger can receive a Child Allowance to help with the costs for raising children. The allowance is 10,000 yen per month for children less than 3 years old. For children 3 years old and older, the allowance is 5,000 yen per month for the first and second child and 10,000 yen per month for the third and subsequent child(ren). There is an income limit to this service so please ask for details before applying.

Inquiries: Yonezawa City Hall Children's Division (Kodomo-ka) TEL 22-5111

4. Nursery Schools

Nursery schools (Hoikuen) are facilities which look after children whose parents are unable to do so during the day due to work, illness and other reasons. Infants and children younger than elementary school age may enroll.

The cost for the day nursery is calculated according to the previous year's income for the household. Applications for nurseries and other inquiries should be directed to the City Children's Division (Kodomo-ka) TEL 22-5111.

(1) List of Hoikuens

Hoikuen	Address	Telephone
Seibu Nyujien	1-5-37 Gobyō	21-0426
Kodo Shinwa Nyujien	2-1-37 Honcho	21-3755
Matsugasaki Hoikuen	1-5-59 Jyosei	21-0349
Myojo Hoikuen	3-2-27 Montomachi	22-2260
Yamakami Hoikuen	7-4-32 Torimachi	23-3416
Kodo Tobu Hoikuen	2-3-36 Shimohanazawa	23-6624
Kodo Seibu Hoikuen	2-9 Kibamachi	24-8558
Kodo Nanbu Hoikuen	2-4-47 Honcho	21-3756
Kodo Hokubu Hoikuen	1476-1 Shioimachi-shioi	21-5070
Yonezawa Chuo Hoikuen	1-75 Sakuragicho	23-5470
Shioi Hoikuen	2075 Shioimachi-shiono	21-1225
Morinoko Hoikuen	4172-6 Banseicho-ushimori	28-3715
Puchi House	1-38-1 Tokumachi	26-6565
Tobu Hikari Hoikuen	1-6-103 Higashi	23-1675
Midorigaoka Hoikuen	1-3-75 Yarai	23-1867
Azuma Hoikuen	4-1-151 Otamachi	38-4402

5. Children's Center (Jido Center)

Children's Centers are facilities that provide healthy play opportunities for children. There are three Centers in the city. For details, please contact each Center directly.

(1) List of Children's Centers

Name	Address	Telephone
Keishi Children's Center	531-1 Oaza Sekine	35-2113
Kubota Children's Center	424 Kubotamachi-Kubota	37-5272
Kamigo Children's Center	2588-304 Oaza-Takei	28-8424

6. After School Care Programs (Jido Hoiku)

After School Care Programs provide play and instruction for 1st through 3rd grade elementary school students who cannot be looked after at home after school (It is possible to look after 4th grade children and older at some facilities). Most elementary school districts have an After School Care Program facility.

Inquiries: Yonezawa City Hall Children Division (Kodomo-ka) TEL 22-5111

7. Yonezawa Family Support Center

Those who want to help raise children and those who need help with raising children are members of this organization in order to help each other out.

(1) When You Can Use the Service

- When your child has a fever and you are notified by the kindergarten to come pick up your child but you are at work and are not able to do it.
- When it is difficult to take your child along to some place (school visitation days, hospitals, etc.)

(2) Cost

The following fee will be paid after assistance is received.

- 7:00~19:00 - 600 yen per hour
- Hours other than the above hours and Sundays and holidays - 800 yen per hour
- In addition, costs for meals, transportation, etc. will be determined beforehand.

(3) How to Apply

Please call in advance and come to the Yonezawa City Family Support Center Office (2nd floor Puchi-House) with your personal seal and 2 photos (2.7cmX2.4cm).

(4) Hours

Monday through Friday 9:00~18:00

(Closed on Saturday · Sunday · Holidays · and year-end and New Year)

Inquiries · Application: Yonezawa City Family Support Center

1-38-1 Tokumachi Inside Puchi-House (2nd Floor)

TEL (FAX) 24-6464

VII. EDUCATION

The Japanese education system consists of 6 years of elementary school, 3 years of junior high school, 3 years of high school, and 4 years of college. The school year begins in April and ends in March of the following year.

There are both public and private schools. There are also kindergartens for pre-elementary school children.

1. Kindergarten (Yochien)

Children over 3 years old may enroll in a kindergarten (yochien) before they enter elementary school. Kindergartens usually provide about 4 hours of child care time a day, although some kindergartens have longer hours. Most of the kindergartens have their own buses to pick the children up and take them back home. Parents may also choose the length of enrollment for their children from 1 to 4 years.

All kindergartens in Yonezawa are private and each kindergarten has their own distinct educational program. Please contact the kindergartens directly if you would like to enroll your child in a kindergarten.

Name	Address	Telephone
Yonezawa Chuo Yochien	7-5-70-5 Chuo	23-2569
Yonezawa Seibu Yochien	2-3-8 Gobyō	21-6010
Maizuru Yochien	1-1-47 Marunouchi	23-1489
Fuji Yochien	3-4-30 Shimohanazawa	21-0212
Yonezawa Yochien	3-6-45 Chuo	23-2134
Tobu Yochien	4-2-51 Ekimae	23-1018
Hiroisato Yochien	71-12 Nishifujizumi, Rokugo-machi	37-5362
Kashinomi Yochien	5-1-1 Jyonan	21-0205
Hibarigaoka Yochien	26090 Oaza Misawa	22-7541
Totsukayama Yochien	2008 Oaza Kaminiida	37-2419
Kunori Yochien	1-1-18 Monto-machi	23-9261

2. Elementary School • Junior High School

Elementary and junior high school education is compulsory for Japanese citizens. Although it is not compulsory for foreign children to attend elementary and junior high school, they have the right to receive the same education as Japanese children.

All elementary and junior high schools in Yonezawa are municipal. Which school you may attend depends on which area of the city you live in. Although textbook and class fees are free for public schools, the cost for school lunch and other fees must be paid.

Inquiries: Yonezawa City Board of Education TEL 22-5111

3. High School

Although high school in Japan is not compulsory, most people in Japan attend high school. Most all high schools have an entrance exam and tuition must be paid by the individual. In Yonezawa there are public and private, normal and professional high schools. The length of study is usually for 3 years.

For foreign citizens to attend high school in Japan, they must either have graduated from junior high school in Japan (including those who are expecting to graduate), or have completed 9 years of school education outside of Japan.

Inquiries: Yamagata Prefecture Education Department, High School Division
2-8-1 Matsunami, Yamagata City TEL 023-630-2493

VIII. SOCIAL WELFARE

1. Social Security

People who have difficulties in their daily lives because of illness or unemployment can receive social security benefits to be able to maintain a minimum standard of living.

Inquiries: Yonezawa City Hall Welfare Division (Shakai Fukushi-ka) TEL 22-5111

2. Welfare for the Elderly

Those in their old age, or those with physical or mental difficulties, may feel uneasy about their health and other aspects of their daily life. Families who care for such people may also have concerns. Please consult the Welfare Division in City Hall to address your concerns and worries, or to inquire about available services.

Inquiries: Yonezawa City Senior Citizen Welfare Division (Korei Fukushi-ka) TEL 22-5111

3. Welfare for the Physically and Mentally Disabled

People with physical or mental disabilities should consult with a doctor to apply for a Handbook for the Disabled (Shogaisha Techo). With this booklet, various services can be received along with tax deductions and fee discounts depending on the type and extent of the disability.

Inquiries: Yonezawa City Social Welfare Division (Shakai Fukushi-ka) TEL 22-5111

4. Care Insurance (Kaigo Hoken)

The Care Insurance System (Kaigo Hoken Seido) is intended to provide care for the aged and is designed to provide a reliable service tailored to meet the user's needs.

(1) Members of the Care Insurance System

Anyone aged over 65, and anyone aged between 40 and 65 who is a registered foreign national and has been making contributions to a health insurance scheme for more than one year is entitled to join the Care Insurance System.

(2) Those eligible to use the services of the Care Insurance System

(a) Those aged 65 and over

- Anyone for whom constant care is required in daily activities such as bathing, excretion, and eating, due to bedriddenness, dementia etc.
- Anyone for whom assistance is required in daily activities such as household chores and dressing.

(b) Those with health insurance aged between 40 and 65

- Anyone for whom care is required due to dementia, stroke, and other diseases caused by aging.

(3) Procedure for receiving assistance under the Care Insurance System

In order to receive assistance under the Care Insurance System, one must obtain recognition that care and assistance is necessary due to bedriddenness, dementia or other reasons. To do so, please apply at City Hall.

(4) Services available under the Care Insurance System

There are various services offered including home help services, day services, and other services offered at home, in addition to services offered at the care facilities including short term stays. Please ask for details.

(5) Cost of Services

Users bear 10% of the expense when a service is provided under the Care Insurance System.

(6) Care Insurance Premium

a) Those aged 65 and Older

The City sets the insurance premium to one of seven categories according to income. The payment is deducted from old age/retirement pension for those whose pension is over ¥15,000 per month (¥180,000 per annum). A payment notice will be sent by the City to those who are not included in this bracket. This must be paid independently.

b) Those aged between 40 and 64 and enrolled in Medical Insurance

The insurance premium is calculated based on medical insurance payments. The payments are included in medical insurance payments.

Inquiries: Yonezawa City Senior Citizens Welfare Division TEL 22-5111
(Contact the National Health Insurance • National Pension Division for inquiries about Insurance Premiums)

IX. OTHER INFORMATION

1. Japanese Language Classes

The following is a list of Japanese language classes run by volunteer groups in Yonezawa.

Group Name	Contact	Class Description
Global Communication Circle Yonezawa (G.C.C.Y)	Hiromi Suzuki TEL 38-3576	3 terms a year (1 st Term: May~July, 2 nd Term: September~November, 3 rd Term: January~March) Date/Time: Tuesdays 19:30~21:00 Place : Nanbu Community Center TEL 24-2011 Cost : 1,000 yen per term
Volunteer Circle GAEA	Yuki Sato TEL 28-1527 (After 19:00)	Date/Time: Wednesdays 19:00~21:00 Place: Nanbu Community Center TEL 24-2011 Cost: 500 yen per month
Eki-Mae Salon	Chiaki Higuchi Yonezawa Station Front Shopping Area Promotion Association TEL 23-4531	Date/Time: Mondays 16:00~18:00, Wednesdays 16:00~18:00 Place: Yonezawa Station Building 2F Multipurpose Hall Cost: 1,000 yen per month
Hinodechou Japanese School	Satoshi Kaneko Cell Phone 080-3320-3694	Date/Time: 19:00~21:00 Monday through Thursday 19:00~21:00 Cost: 2000 yen per lesson

2. Yonezawa Yozan College

Various classes for different hobbies and other activities are held for citizens of the city at public facilities in the city including the Okitama Sogo Bunka Center and community centers in the region. The details of the classes are listed in the Yozan College guidebook that is sent to each household and also on the official homepage.

Inquiries: Yonezawa City Board of Education Education Division (Kyoiku-ka) TEL 21-6111
Or contact individual community centers in Yonezawa

Home Page: <http://yozan.educ.yonezawa.yamagata.jp/>

3. Library

The Yonezawa City Library is located on the 1st floor of the Okitama Sogo Bunka Center.

Hours & Dates

Tuesday ~ Friday: 9:30~20:00 (Until 19:00 from November ~ March)

Weekends · Holidays: 9:30~17:00

Days Closed

Every Monday (If a Monday falls on a holiday, the following day will also be closed)

End of the year, Collection inventory days.

※Each person may borrow up to 10 books for up to 2 weeks.

※Each person may borrow up to 3 videos for 7 days.

※A library card is required to borrow items at the library. Please bring identification that can be used to check your address (such as your Alien Registration Card or Insurance Card) and apply for a card at the counter in the library.

Inquiries: Yonezawa City Library TEL 21-6111

3-1-14 Kanaike, Okitama Sogo Bunka Center 1st Floor

4. Audio-visual Center

Various audio-visual equipment and educational materials may be checked out at the Audio-visual Center. To borrow materials, please make a reservation by phone in advance or come to the Audio-visual Center to apply in person.

Sign Ups: Audio-visual Center TEL 21-6111

3-1-14 Kanaike, Yonezawa, Okitama Sogo Bunka Center 4th Floor

- Hours: Monday~Friday 8:30~17:15
- Check out period: 4 days

5. International Exchange Groups in the City

Group Name	Contact	Activities
Earth Network Yonezawa	Kazuyoshi Ninomiya (Office) TEL 37-4185	Works with international students and researchers at the Yamagata University Engineering Department to deepen understanding of their home countries.
Global Communication Circle Yonezawa (G.C.C.Y)	Hiromi Suzuki (Office) TEL 38-3576	Japanese language classes, etc.
Soroptimist International Yonezawa	*Changes every year	Various service activities in the community including cooperation with UNICEF work and holding charity concerts and tea ceremonies.
French-Japanese Exchange Group Pas A Pas	Naomi Tezuka TEL 23-0734	French language classes, French speech contests, various other events.
Volunteer Circle GAEA	Yuki Sato TEL 28-1527 ※19:00~21:00	Japanese language classes, etc.
Yonezawa Japan-China Friendship Association	Yamagata Newspaper (Shinbun) Okitama Main Branch TEL 23-3222 FAX 26-2009	Supports activities to deepen Japanese-Chinese understanding and promote mutual friendship.
Yonezawa French-Japanese Association	Aori Tsutsumi (Office) TEL&FAX 23-2407	Music performances by French musicians and French language classes.
YFoot (Yonezawa By Foot)	tatsuta@ms3.omn.ne.jp Inside Yonezawa Tourism & Local Product Association Association TEL 21-6226	Volunteer interpreter tour guides. Only English services are currently available. Personal tours may also be planned.
Yonezawa・Moses Lake Friendship Association	Yonezawa Newspaper Co. TEL 22-4411	Supports Sister-City exchange activities with Moses Lake City, USA.
Yonezawa Youth in Action	Miki Manaka TEL 23-0271	Elementary through high school students raise money to make an educational visit to Colorado State, USA.
Yonezawa City International Relations Association (YIRA)	Inside Yonezawa City Hall TEL 22-5111 FAX 24-4540 yira@omn.ne.jp http://www.omn.ne.jp/~yira	Provides a wide range of international exchange activities including exchange events, support for foreign residents, volunteer interpreting, etc.
Yonezawa Seki District Japan-China Friendship Association	Toshikatsu Okazaki TEL 0238-38-2449・4156	Promotes exchanges between the Seki District and Sanjazi Manzu District of Hunchun City, Jilin Province, China.
Hippo Family Club	Kumiko Yotsuyanagi TEL 38-4503	Promotes international understanding and exchange through multilingual activities.
Ekimae Salon	Chiaki Higuchi Yonezawa Station Front Shopping Area Promotion Association TEL 23-4531	Japanese language classes, etc.
Hinodechou Japanese School	Satoshi Kaneko Cell Phone 080-3320-3694	Japanese language classes, etc.

6. List of Public Facilities

Name of Facility	Address	Phone Number
Yonezawa City Hall	5-2-25 Kanaike	22-5111
Sukoyaka Center	1-5-60 Nishi-odori	24-8181
Okitama Sogo Shicho (Prefectural Branch Office)	3-1-26 Kanaike	26-6000
Yonezawa Godo Chosha (Hello Work)	3-1-39 Kanaike	22-8155
Okitama Health Center	3-1-26 Kanaike	22-3000
Yonezawa Tax Office	1-1-9 Moto-machi	22-6320
Legal Affairs Bureau Yonezawa Branch	7-4-33 Kanaike	22-2148
Acty Yonezawa	1-5-55 Nishi-odori	21-5655
Okitama Sogo Bunka Center (Library)	3-1-14 Kanaike	22-6111
Seibu Community Center	5-9 Naoe-cho	22-5758
Nanbu Community Center	2-4-28 Honcho	24-2011
Tobu Community Center	1-2-38-6 Hanzawa-cho	37-8025
Atago Community Center	76-3 Furushida-machi	38-2877
Bansei Community Center	5-4149-9 Hachimanpara	28-5381
Hirohata Community Center	1394-7 Hirohata-machi Kamikozuke	37-5276
Rokugo Community Center	68-2 Hitotsuurushi , Rukugo-machi	37-5278
Shioi Community Center	2068-1 Shiono, Shioi-machi	22-5380
Kubota Community Center	598-2 Kubota , Kubota-machi	37-5044
Misawa Community Center	2643-1 Onogawa-machi	32-2005
Tazawa Community Center	2375-1 Oaza Kuchi-Tazawa	31-2111
Yamakami Community Center	480 Oaza Sekine	35-2110
Kamigo Community Center	3869 Oaza Kawai	28-3401
Minamihara Community Center	2910-2 Inawashiro-machi, Oaza Minamihara	38-2301
Citizen Cultural Hall (Shimin Bunka Kaikan)	1-10-2 Chuo	23-8510
Za-No-Bunka-Densho-Kan	1-3-48 Marunouchi	23-8009
Citizens Gallery Dream	1-9-20 Chuo	22-6400
City Gymnasium · Martial Arts Hall	3-1-62 Kanaike	23-0664
Denkoku No Mori (Uesugi Museum · Okitama Bunka Hall)	1-2-1 Marunouchi	26-8000
Children's Hall	1-3-47 Marunouchi	23-0161
City Gymnasium · Martial Arts Hall	3-1-62 Kanaike	23-0664
City Pool	333 Toku-machi	24-5833

7. Overview of Yonezawa

Yonezawa City is located in the southern part of Yamagata Prefecture in Northeastern Japan. It is situated at an altitude of 240~260m in a valley surrounded by mountains with elevations of over 2,000m including the Ou mountain range on the east, the Azuma mountain range on the south, and the Iide mountain range on the west. The city has a wide area of 548.74km that stretches 28.3km to the north and south and 32.1 km to the east and west. It has a typical valley climate with hot summers and cold winters with heavy snow fall. The change of seasons is very distinct and people can enjoy the different offerings that each season provides.

The population of Yonezawa is about 92,000 of which 4,000 are students of the Yamagata University Engineering Department and Yonezawa Women's Junior College. In addition to being a city of education and students, Yonezawa is also an industrial city. Japan's first industrial park, the Hachimanpara Core Industrial Park, is located in the city and together with Yonezawa weave, the traditional industry of Yonezawa, the city boasts the highest industrial product shipment in Yamagata prefecture. Having been a castle town of the Uesugi clan for 272 years, Yonezawa is also a city rich in history and countless historic sites and traditions still remain.

(1) Foods of Yonezawa

The Yonezawa Food ABCs

- A Apple Apples have been grown since the Meiji era in the Tateyama area of Yonezawa. The good quality of water and soil create crisp and tasty apples.
- B Beef The marbled meat of Yonezawa beef is so soft it almost melts in your mouth. It is nationally famous for its rich, exquisite taste.
- C Carp Because Yonezawa was poor in animal protein, Uesugi Yozan, who previously ruled Yonezawa, had carp brought over from Soma and began breeding them in the moat of the Yonezawa Castle. Raised in the clear waters of the Matsukawa River that originates from the Azuma Mountains, the carp have a very refined taste.

Other Famous Foods

Yonezawa's natural blessings have produced many other delicious foods in the area. They include Yonezawa ramen, imoni, ukogi (aralia), cherries, shiobiki sushi, hiyashiru, pickles, yukina, local sake, and Yonezawa soba

(2) Nature

Hot Springs (Eight Hot Springs of Yonezawa)

Onogawa Hot Spring, Shirabu Hot Spring, Shintakayu Hot Spring, Ubayu Hot Spring, Namekawa Hot Spring, Yunosawa Hot Spring, Goshiki Hot Spring, Odaira Hot Spring

Ski Areas

Tengendai Ski Area, Yonezawa Ski Area , Crico Snow Park, Onogawa Ski Area

Mountains

Mount Nishi Azuma Yama is one of Japan's 100 most famous mountains and its natural Environment can be enjoyed year round. The Tengendai Plateau located half way up the mountain can be enjoyed for skiing during the winter and for trekking and viewing various high altitude plants during the summer.

(3) Historic Sites in Yonezawa

As a former castle town, Yonezawa has many historical cultural assets and streets with rich, historic atmosphere. They include the Uesugi Shrine, Sasano Kannon Temple, Fumonin, Former Yonezawa Technical College, Denkoku No Mori, and the Uesugi Mausoleum.

(4) Traditional Crafts of Yonezawa

Yonezawa Weave (Yoneori), Sagara Clay Dolls, Sasano Itto-bori, etc.

For details, please refer to the Yonezawa Tourist Pamphlet.

8. Japanese Year Conversion Table

Japanese Year	Year	Japanese Year	Year	Japanese Year	Year
Taisho 4	1915	Showa 22	1947	Showa 54	1979
Taisho 5	1916	Showa 23	1948	Showa 55	1980
Taisho 6	1917	Showa 24	1949	Showa 56	1981
Taisho 7	1918	Showa 25	1950	Showa 57	1982
Taisho 8	1919	Showa 26	1951	Showa 58	1983
Taisho 9	1920	Showa 27	1952	Showa 59	1984
Taisho 10	1921	Showa 28	1953	Showa 60	1985
Taisho 11	1922	Showa 29	1954	Showa 61	1986
Taisho 12	1923	Showa 30	1955	Showa 62	1987
Taisho 13	1924	Showa 31	1956	Showa 63	1988
Taisho 14	1925	Showa 32	1957	Heisei 1	1989
Showa 1	1926	Showa 33	1958	Heisei 2	1990
Showa 2	1927	Showa 34	1959	Heisei 3	1991
Showa 3	1928	Showa 35	1960	Heisei 4	1992
Showa 4	1929	Showa 36	1961	Heisei 5	1993
Showa 5	1930	Showa 37	1962	Heisei 6	1994
Showa 6	1931	Showa 38	1963	Heisei 7	1995
Showa 7	1932	Showa 39	1964	Heisei 8	1996
Showa 8	1933	Showa 40	1965	Heisei 9	1997
Showa 9	1934	Showa 41	1966	Heisei 10	1998
Showa 10	1935	Showa 42	1967	Heisei 11	1999
Showa 11	1936	Showa 43	1968	Heisei 12	2000
Showa 12	1937	Showa 44	1969	Heisei 13	2001
Showa 13	1938	Showa 45	1970	Heisei 14	2002
Showa 14	1939	Showa 46	1971	Heisei 15	2003
Showa 15	1940	Showa 47	1972	Heisei 16	2004
Showa 16	1941	Showa 48	1973	Heisei 17	2005
Showa 17	1942	Showa 49	1974	Heisei 18	2006
Showa 18	1943	Showa 50	1975	Heisei 19	2007
Showa 19	1944	Showa 51	1976	Heisei 20	2008
Showa 20	1945	Showa 52	1977	Heisei 21	2009
Showa 21	1946	Showa 53	1978	Heisei 22	2010

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