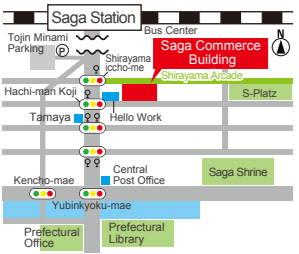


# A Guide for FOREIGNERS Living in SAGA

\*If you have any difficulty living in Saga, please don't hesitate to contact us at any time.

Hours	Available languages	Location
Mon-Sat (9:00~20:00)	Japanese English	Saga International plaza Saga Shoko Build.1F 2-1-12 Shirayama, Saga City
Sun & Holidays (9:00~16:00)	Chinese Korean	Saga City TEL: 0952-22-7830 E-mail: info@spira.or.jp

\*Free legal consultation RESERVATION REQUIRED. However, in case of an emergency, please call us.



- I want to go to the hospital, but I don't speak Japanese.
- Information on group and private Japanese classes
- Event information
- International Exchange Activities

Tell your friends! If you are interested in any of our events or services, please visit our website or contact us by email or phone.  
URL: <https://www.spira.or.jp/>

## Hospitals on Holidays and Nights

The following medical facilities are open during nights and holidays. You can also search for English speaking hospitals holidays in Saga here: <http://www.qq.pref.saga.jp/>  
Please be sure to take your insurance card and any medicines you are currently taking when visiting the hospital.  
Hours of operation may change. Please check with the hospital before visiting.

※"New Years" refers to Dec 31st to Jan 3rd unless otherwise noted.

Area	Medical Facility	Telephone	Holiday and Night Reception Hours
Saga City	[Pediatrics] Saga-Shi Kyujitsu Kodomo Shinryo-jyo	0952-36-9174	Monday-Friday/20:00~22:00 Saturday/17:00~22:00 Sunday, Holidays & New Years /9:00~22:00
	[Dentistry] Saga-Shi Kyujitsu Shika Shinryo-jyo	0952-36-9164	Sunday, Holidays, New Years Aug15th /9:30~15:30
Tosu City	[Pediatrics, Internal Medicine and Surgery] Tosu-Shi Kyujitsu Kyukyu Iryo Center	0942-83-0119	Sunday, Holidays, New Years /9:00~18:30
Karatsu City	[Internal Medicine and Surgery] Karatsu Kyukyu Iryo Center	0955-75-5199	[Internal Medicine and Surgery] Sunday, Holidays, New Years, Observed holidays/9:00~21:00
Imari City	[Pediatrics, Internal Medicine and Surgery] Imari Kyujitsu Yakan Iryo Center	0955-23-9910	[Pediatrics] Monday-Friday/20:00~22:00 [Pediatrics, Internal Medicine and Surgery] Sunday, Holidays, New Years /9:00~17:00

## Emergency Contacts



「じこです。きてください」  
Jiko desu. Kitekudasai.  
There's been an accident! Please come!

「たすけてください」  
Tasukete kudasai.  
Please help me!

110  
(Police Station)



「きゅうびょうです / けがです。きてください」  
Kyuubyou desu / Kega desu. Kitekudasai.  
Someone is sick! / Someone is injured! Please come!

「かじです。きてください」  
Kaji desu. Kitekudasai.  
There's a fire! Please come!

119  
(Ambulance / Fire Station)

While Japanese ambulances are free, please only use them if you can't get to the hospital on your own due to serious illness or injury.

Area	Medical Facility	Telephone	Holiday and Night Reception Hours
Takeo City	[Emergency Room, Pediatrics] Takeo Chiku Kyujitsu Kyukan Center	0954-22-5599	[Pediatrics] Every Day/19:00~21:00 [Pediatrics, Emergency Room] Sunday, Holidays, New Years /9:00~17:00
Kashima City	[Pediatrics] Kashima Kyujitsu Kodomo Clonic	0954-63-1838	[Pediatrics] Sunday, Holidays, Jan 1st, 2nd, 3rd / (1/1~1/3) 9:00~17:00
	[Pediatrics] Kashima Jikangai Kodomo Clonic		[Pediatrics] Wednesday/19:00~21:00 (Excluding Jan 1st, 2nd, 3rd)

AMDA International Medical Information Center  
Here you can find information in others languages about medical facilities and medical welfare programs. <http://amda-imic.com/>

Area	Language	Telephone	Hours
Tokyo Center ☎03-5285-8088	English, Chinese, Thai, Korean, Spanish	Every Day	9:00~20:00
	Portuguese	Mon, Wed, Fri	9:00~17:00
	Tagalog	Wednesday	13:00~17:00
	Vietnamese	Thursday	13:00~17:00

## 最寄りの避難所 Nearest Shelter

ご連絡してください。  
Please call

連れて行ってください。  
Please take me to



この料理には、この材料が入っていますか?  
Does this food contain any of these below?

大豆 soybean	乳製品 dairy products	エビ・カニ shellfish	豚肉 pork
小麦 wheat	鶏肉 chicken	ピーナッツ peanuts	卵 egg
そば buckwheat	牛肉 beef	魚類 fish	はちみつ honey

## Lost or Stolen

- Bank Card  
Saga Bank ☎ 0120-789-525  
Japan Post Bank ☎ 0120-794-889
- Passport Please contact your local embassy or consulate.

Consulate-General of the People's Republic of China in Fukuoka  
☎ 810-0065 Fukuokashi Chuoku Jigyohama 1-3-3  
☎ 092-713-1121

Consulate-General of the Republic of Korea in Fukuoka  
☎ 810-0065 Fukuokashi Chuoku Jigyohama 1-3-3  
☎ 092-771-0461, 0462

Consulate-General of the Socialist Republic of Viet Nam in Fukuoka  
☎ 810-0801 Fukuokashi Hakataku Nakasu 5-3-8 Aqua Hakata 4F  
☎ 092-263-7668

Consulate-General of the Republic of the Philippines in Osaka  
☎ 540-6124 Osakashi Chuoku Shiromi2-1-61 Twin21 MID Tower 24F  
☎ 06-6910-7881

Residence Card Contact your local Immigration Office  
☎ 840-0801 Sagashi Ekimaecyuo3-3-20 Saga Daini Godo Chosha 6F  
☎ 0952-36-6262

Driver's License Apply for re-issuing at your local license center  
Saga Pref. Police Driver's License Center  
☎ 849-0901 Sagashi Kubozumi Machi Ooaza Kawakubo 2121-26  
☎ 0952-98-2220

Wallet/Bicycle Report at your nearest police station or KOBAN

Please write in Japanese.

名前 Name  
住所 Address  
電話番号 Phone number  
生年月日 Date of birth  
性別 Sex  
国籍 Nationality  
血液型 Blood type  
話せる言語 Language spoken  
大使館の電話番号 Embassy phone number  
緊急連絡先 (日本) Emergency contact  
かかっている病氣 Chronic illnesses  
飲んでいる薬 Medicine you take  
宗教 Religion  
アレルギー、食べられないもの Allergies or food restrictions

## Evacuation Categories

避難準備情報 Evacuation warning	Evacuate at your own discretion, paying attention to any information provided related to possible disasters due to rains or typhoon.
避難勧告 Evacuation Recommendation	Begin to evacuate as there is a chance a disaster may occur.
避難指示 Evacuation order issued	There is imminent danger. Evacuate immediately.

## Disaster Emergency Message Board (web171)

During disasters, phone calls may not be possible. Please use the message board as an alternative.

NTT East NTT West Official Home Page  
Disaster Area  
Evacuation Shelter  
Disaster Message Board (web171) Server  
Smartphone: Browse/ Register Posts  
Site for feature phones  
Internet  
Access Station for Internet etc.  
Outside Evacuation Shelter  
Smartphone: Browse/ Register Posts  
Site for feature phones  
Outside Disaster Area

- ※Up to 20 messages of 100 characters each.
- ※Can be used from abroad.
- ※Messages are stored for up to 6 months.

## Radio Broadcasts During Disasters Where to find accurate information on the radio

	AM	FM
NBC Radio Saga	Imari 1116	Saga 77.9
	Saga, Karatsu, Arita 1458	Tosu 79.7
		Arita 79.9
NHK Saga	Imari 531	Saga 81.6
	Saga 963	Hizen Arita 88.9
	Karatsu 1584	Karatsu 86.8
		Saga 89.6

# Typhoons / Floods

### Before a Typhoon Comes

- Things on your balcony and in your garden should be tied down or put inside the house.
  - ※There might be a power outage, so it is helpful to prepare flashlights and radios.
- For the glass not to shatter, in case the window breaks, it is suggested that you tape them, and close the shutters and curtains.
- Prepare enough food and supplies in case you have to evacuate.
- Get weather information from the TV or radio.

### When a Typhoon Comes

- Stay home as much as possible. Don't go outside.
- Don't go near cliffs, or near large bodies of water like the ocean, rivers, or creeks.
- Stay up to date with the weather report and evacuate when needed.
- When evacuating, check any flooded areas with a stick as you walk.

# Earthquakes

### Inside Buildings

Protect yourself by staying under a desk or table until the shaking stops.

**【 At Home 】**

- Turn off the stove
- Open the windows and doors to be able to get out of the house.

**【 In Department Stores, Movie Theaters etc. 】**

Check where exits are. Be calm. Don't panic.

- Protect your head
- NEVER use an elevator
- Follow the staff's instructions

**【 In the Elevator 】**

- Push the emergency button and the button of every floor.
- Get off as soon as possible.

**Accurate Information**

Be sure to have accurate information before taking any action.

### Outside Buildings

Protect your head with a bag or something you have on hand.

Don't go near walls and narrow alleys.

If you're close to the ocean, river, or cliff, run away if possible.

**【 In a car 】**

- Pull your car over on the left side of the road.
- When you have to abandon your car, leave the key inside. Don't leave car registration documents and other valuables in the car.

**【 In buses and trains 】**

- Follow the bus driver/ train conductor's instructions.

Leave the key in!

# In case of a Tsunami...

- A tsunami may occur after an earthquake.
- Don't get close to the ocean or rivers.
- Escape to higher ground immediately. Multiple tsunamis may occur.

# In case of a Fire...

- Tell people immediately! Inform your neighbors. Call 119.
- Quickly try to put out the fire. Try to put it out yourself, while it is still small, with water or a fire extinguisher.
- Run away! If flames reach the ceiling, protect yourself from the smoke by covering your mouth with a wet cloth and stay low while you run away.

### How to use a fire extinguisher

- Pull the safety pin.
- Point the nozzle at the base of the fire.
- Firmly squeeze the lever.

# Useful Japanese

わたしのなまえは〇〇です。 Watashi no namae wa 〇〇 desu.	My name is 〇〇.
でんわばんごうは〇〇です。 Denwa bangou wa 〇〇 desu.	My phone number is 〇〇.
ばしょは〇〇です。 Basho wa 〇〇 desu.	I am at 〇〇./ I am in 〇〇.
〇〇はなんですか? 〇〇 wa nan desuka?	What is 〇〇?
〇〇はいつですか? 〇〇 wa itsu desuka?	When is 〇〇?
いくらですか? Ikura desuka?	How much is it?
〇〇がほしいです。 〇〇 ga hoshii desu.	I want a 〇〇.
どうしたらいいですか? Dou shitara iidesuka?	What should I do?
〇〇があります。/ 〇〇がありません。 〇〇 ga arimasu./ 〇〇 ga arimasen.	I have 〇〇./ I don't have 〇〇.

場所 Basho Places	体 Karada Body parts	人 Hito Family members
市役所 shiyakusho city hall	頭 atama head	父 chichi father
保健所 hokenjo public health center	おなか onaka stomach	母 haha mother
病院 byouin hospital	手 te hand	夫 otto husband
入国管理局 nyuukoku kanri kyoku immigration office	あし ashi leg	妻 tsuma wife
駅 eki station	ここ koko here(pointing)	子ども kodomo child
スーパー suupaa supermarket		女 onna woman
トイレ toire washroom		男 otoko man
避難所 hinanjo refuge/evacuation site		

# 避難所

## About the Evacuation Shelter:

- This is a temporary place to stay and live for those that have lost their homes or cannot return to their homes due to a disaster.
- They are free to use for anyone.
- Water, food, blankets etc. are provided at the shelter.

Types of Evacuation Sites	Explanation	My local shelters
浸水時緊急避難施設 Flood Safety Zone	Temporary safe zone for tsunamis or floods.	Shelter Name Address
指定緊急避難場所 Designated Emergency Evacuation Location	Emergency evacuation safe zones for when a disaster strikes to protect yourself from danger.	Shelter Name Address
指定避難所 Designated Shelter	Provide temporary shelter to evacuees in times of disaster or potential disaster. This is sometimes the same place as your designated emergency evacuation location.	Shelter Name Address

## At the Evacuation Shelter:

- Elementary schools, junior high schools and community centers are often designated as emergency shelters.
- You can receive updates regarding the current situation here.
- Since there are many people staying in a small space, many rules are in place to make the situation more comfortable for everyone. Your cooperation and understanding is requested.

For example...

- Remove your shoes in the shelter.
- Review the rules for throwing away trash and using the toilet.
- Review the schedule for distributing food and the amount.
- Keep your voice down.

There may be many aspects of staying in the shelter, due to cultural or religious differences that you do not understand or have difficulty following. Please do not hesitate to consult with those at the shelter about your concerns.

## Check your local shelters!

Please contact your city/town hall for details.

さがし しょうぼうさいか 佐賀市 消防防災課 Saga shobou-bousai-ka ☎ 0952-40-7013	おぎし ぼうさいたいさくか 小城市 防災対策課 Ogi bousai-taisaku-ka ☎ 0952-37-6119	げんかいちょう そうむか 玄海町 総務課 Genkai soumu-ka ☎ 0955-52-2111
からつし ききかんりぼうさいか 唐津市 危機管理防災課 Karatsu kikanri-bousai-ka ☎ 0955-72-9260	うれしのし そうむか 嬉野市 総務課 Ureshino soumu-ka ☎ 0954-66-9111	ありたちょう そうむか 有田町 総務課 Arita soumu-ka ☎ 0955-46-2111
とすし そうむか 鳥栖市 総務課 Tosu soumu-ka ☎ 0942-85-3506	かんざきし ぼうさいききかんりか 神埼市 防災危機管理課 Kanzaki bousai-kikikanri-ka ☎ 0952-37-0104	おおまちちょう そうむか 大町町 総務課 Omachi soumu-ka ☎ 0952-82-3111
たくし ぼうさいあんぜんか 多久市 防災安全課 Taku bousai-anzen-ka ☎ 0952-75-2181	よしのがりちょう そうむか 吉野ヶ里町 総務課 Yoshinogari soumu-ka ☎ 0952-37-0330	こうほくまち そうむか 江北町 総務課 Kouhoku soumu-ka ☎ 0952-86-2111
いまりし ぼうさいききかんりか 伊万里市 防災危機管理課 Imari bousai-kikikanri-ka ☎ 0955-23-2130	きやまちょう そうむかかくか 基山町 総務企画課 Kiyama soumu-kikaku-ka ☎ 0942-92-7915	しろいしちょう そうむか 白石町 総務課 Shiroishi soumu-ka ☎ 0952-84-7111
たけおし ぼうさいききかんりか 武雄市 防災危機管理課 Takeo bousai-kikikanri-ka ☎ 0954-23-9223	かみみねちょう そうむか 上峰町 総務課 Kamimine soumu-ka ☎ 0952-52-2181	たらちょう そうむか 太良町 総務課 Tara soumu-ka ☎ 0954-67-0129
かしまし そうむか 鹿島市 総務課 Kashima soumu-ka ☎ 0954-63-2112	ちよう そうむか みやき町 総務課 Miyaki soumu-ka ☎ 0942-89-1651	

## Things to prepare in case of emergency

Please prepare 3 days worth of goods.

## It's important to prepare ahead!

<h3>Water / Food</h3> <ul style="list-style-type: none"> <li>Crackers &amp; canned goods that need no cooking</li> <li>High calorie items like chocolate and biscuits</li> <li>1 person needs 3 liters of water per day</li> </ul>	<h3>Emergency Goods</h3> <ul style="list-style-type: none"> <li>First-Aid Kit</li> <li>Any necessary medicines</li> </ul>	<h3>Radio, Flashlights</h3> <ul style="list-style-type: none"> <li>FM / AM radio</li> <li>Flashlights (1 per person if possible)</li> <li>Batteries</li> </ul>
<h3>Clothes, Daily Goods</h3> <ul style="list-style-type: none"> <li>Underwear, shirt, socks, towel, shoes, stationary, rain gear, toilet paper, gloves, toiletries, disposable hot packs, matches, lighters, candles, helmet, hat, etc</li> </ul>	<h3>Cash, Seal, Bankbook</h3> <ul style="list-style-type: none"> <li>Cash(coins too), Bank/Credit cards, Personal Seal, Bankbooks</li> </ul>	<h3>Passport, Residence Card</h3> <ul style="list-style-type: none"> <li>Passport, driver's license, residence card etc.</li> </ul>
<h3>Mobile Phone</h3> <ul style="list-style-type: none"> <li>Mobile Phone and charger</li> </ul>	<h3>Others</h3> <ul style="list-style-type: none"> <li>Powder milk for babies, baby bottle, diapers, maternal and child health handbook etc.</li> <li>Adult diapers, goods for elderly care, medicines, etc.</li> <li>Sanitary napkins</li> <li>Plastic bags, vinyl sheet, aluminum foil, newspaper, packing tape</li> </ul>	