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
Monday to Friday 9:00 - 17:00 Saturday, Sunday and public holidays are closed	Japanese English Chinese Korean	Saga International plaza Saga Shoko Build. 1F 2-1-12 Shirayama, 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

If you are interested in any of our events or services, please visit our website or contact us by email or phone.

Emergency Contacts "[]

Accident

「じこです。きてください」

Sudden Illness/Injury

「かじです。きてください」

Kaji desu. Kitekudasai.

There's a fire! Please come!

「たすけてください」

Please help me!

There's been an accident! Please come!

「きゅうびょうです / けがです。きてください」

omeone is sick! / Someone is injured! Please come!

Kyuubyou desu / Kega desu. Kitekudasai.













(Ambulance • Fire Station)

















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?

だいず 大豆	soybean	にゅうせいひん 乳製品	dairy products	えび かに エビ・カニ	shellfish	ぶたにく 豚肉	pork
		MIK				4	
小麦	wheat	鶏肉	chicken	ぴーなっっ ピーナッツ	peanuts	たまご 卵	egg
8884 A	A LOUGH	1	5		9		y
そば	buckwheat	ぎゅうにく 牛肉	beef	ぎょるい 魚類	fish	はちみつ	honey

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:
- · 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	[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
City	[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

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	[Pediatrics] Kashima Kyujitsu Kodomo Clonic	0054-63-1838	[Pediatrics] Sunday, Holidays, Jan 1st, 2nd, 3nd / (1/1~1/3) 9:00~17:00
City	[Pediatrics] Kashima Jikangai Kodomo Clonic	0954-63-1838	[Pediatrics] Wednesday/19:00~21:00 (Excluding Jan 1st, 2nd, 3nd)

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

	English, Chinese, Thai, Korean, Spanish	Every Day	9:00~20:00
Tokyo Center	Portuguese	Mon, Wed, Fri	9:00~17:00
2 03-5285-8088	Tagalog	Wednesday	13:00~17:00
	Vietnamese	Thursday	13:00~17:00

Lost or Stolen

Bank Card

Saga Bank

a 0120-789-525

Japan Post Bank

a 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 Agua 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 Kuboizumi Machi Ooaza Kawakubo 2121-26 ☎ 0952-98-2220

Wallet/Bicycle

Report at your nearest police station or KOBAN

Address.

生いねんがっぴ 生年月日 Date of birth

世別

こくせき 国籍

Nationality

話せる言語 Language spoken

大使館の電話番号

をおきゅうれんらくさき にほん 緊急連絡先(日本)

かかっている病気 Chronic illnesses _ _ _

_{あれるぎー} た アレルギー、食べられないもの

しゅうきょう

Evacuation Categories

血液型



Evacuate at your own discretion, paying attention to any information provided related to Evacuation warning possible disasters due to rains or typhoon.

Please write in Japanese



避難勧告 Begin to evacuate as there is a chance a disaster may occur



There is imminent danger.



Disaster Emergency Message Board (web171)

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





of 100 characters each Messages are stored

Up to 20 messages

or up to 6 months

😰 Radio Broadcasts During Disasters 😂

Where to find accurate information on the radio

	AM			FM	
	Imari	1116		Saga	77.9
NBC Radio Saga	1111411	1110	FM Saga	Tosu	79.7
	Saga,Karatsu, Arita	1458		Arita	79.9
		501		Saga	81.6
	Imari	531	NHK FM Saga	Hizen Arita	88.9
NHK Saga	Saga	963	FM Karatsu	Karatsu	86.8
	Karatsu	1584	Ebisu FM	Saga	89.6



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







■ 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



 When evacuating, check any flooded areas with a stick as you walk.



Inside Buildings Outside Buildings

Earthquakes

Protect yourself by staying under a desk



[In Department Stores, Movie Theaters etc.]

NEVER

[In the Elevator]

Get off as soon as possible.

Be sure to have accurate information

before taking any action.

·Push the emergency button and the button of every floor.

Accurate Information

Protect

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

Follow the

=:



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

Don't go near

walls and narrow

①A tsunami

may occur after

an earthquake.

Call 119.

さがし しょうぼうぼうさいか

In case of a Fire...



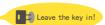
If you're close to the ocean, river, or cliff, run away

[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







③Escape to

higher ground

tsunamis may

flames reach the

immediately.

Multiple

occur.

②Don't get

close to the

ocean or rivers.

②Quickly try to

put out the fire.

or a fire extinguisher

How to use

a fire extinguisher

②Point the nozzle at the

3Firmly squeeze the lever.

げんかいちょうそうおか

①Pull the safety pin.

base of the fire.

Useful Japanese

わたし の なまえ は 〇〇 です。 My name is OO. でんわばんごう は 00 です。 My phone number is OO. Denwa bangou wa OO desu ぱしょ は 00 です。 I am at OO./I am in OO. Basho wa OO desu ○○は なんですか? What is OO? ○○は いつですか? When is OO? OO wa itsu desuka? いくら ですか? How much is it? ○○ が ほしい です。 I want a OO. どうしたら いいですか? What should I do? ○○が あります。/○○が ありません。 ○○ ga arimasu./○○ ga arimasen. I have OO./ I don't have OO. ~が 痛いです。 My ~ hurts.

	oko desuka?	where is ~!
場所	Basho	Places
市役所	shiyakusho	city hall
保健所	hokenjo	public health center
病院	byouin	hospital
にゅうこくかんりきょく 入国管理局	nyuukoku kanri kyoku	immigration office
駅	eki	station
す - ぱ - スーパー	suupaa	supermarket
といれ	toire	washroom
避難所	hinanjo	refuge/evacuation site

o?? ~ d どこですか? Where is ~?

旂	Basho	Places	からだ 体
くしょ 殳所	shiyakusho	city hall	あたま 頭
_{んじょ} 建所	hokenjo	public health center	おなる手
nh 完	byouin	hospital	きたこと
こくかんりきょく 国管理局	nyuukoku kanri kyoku	immigration office	23
	eki	station	۵.٤ /
- u - -)(-	suupaa	supermarket	父
n # イレ	toire	washroom	## \$25
能所	hinanjo	refuge/evacuation site	夫妻

_	3	
からだ 体	Karada	Body parts
頭	atama	head
おなか	onaka	stomach
手	te	hand
足	ashi	leg
22	koko	here(pointing
Δ.E	Hito	Family member

K	Hito	Family members
父	chichi	father
	haha	mother
夫	otto	husband
ス。 妻 予ども	tsuma	wife
予ども	kodomo	child
おんな 女 おとこ	onna	woman
男	otoko	man

避難所

About the Evacuation Shelter:

- 1. 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.
- 2. They are free to use for anyone.
- 3. Water, food, blankets etc. are provided at the shelter.

Types of Evacuation Sites	Explaination	My local shelters
しんすいじきんきゅうひなんしせつ 浸水時緊急避難施設		Shelter Name
Flood Safety Zone	Temporary safe zone for tsunamis or floods.	Address
LTいきんきゅうひなんばしょ 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
していひなんじょ 指定避難所	Provide temporary shelter to	Shelter Name
Designated Shelter	evacuees in times of disaster or potential disaster. This is sometimes the same place as	Address

your designated emergency

evacuation location.

At the Evacuation Shelter:

- 1. Elementary schools, junior high schools and community centers are often designated as emergency shelters.
- 2. You can receive updates regarding the current situation here.
- 3. 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.

おぎし ぼうさいたいさくか

佐賀市 消防防災課	小城市 防災対策課	玄海町 総務課
Saga shobou-bousai-ka	Ogi bousai-taisaku-ka ☎ 0952-37-6119	Genkai soumu-ka ☎ 0955-52-2111
#SOU #E#かんりぼうさいか	うれしのし そうむか	ありたちょう そうむか
唐津市 危機管理防災課	嬉野市 総務課	有田町 総務課
Karatsu kikikanri-bousai-ka	Ureshino soumu-ka	Arita soumu-ka
な 0955-72-9260	☎ 0954-66-9111	☎ 0955-46-2111
とすし そうむか 鳥栖市 総務課 Tosu soumu-ka な 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 な 0952-37-0104	####55#5 # 5 # 5 # 5 # 5 # 5 # 5 # 5 #
たくし ぼうさいあんぜんか	よしのがりちょう そうむか	こうほくまち そうむか
多久市 防災安全課	吉野ヶ里町 総務課	江北町 総務課
Taku bousai-anzen-ka	Yoshinogari soumu-ka	Kouhoku soumu-ka
な 0952-75-2181	な 0952-37-0330	☎ 0952-86-2111
いまりし ぼうさいききかんりか	きやまちょうそうむきかくか	しろいしちょうそうむか
伊万里市 防災危機管理課	基山町 総務企画課	白石町 総務課
Imari bousai-kikikanri-ka	Kiyama soumu-kikaku-ka	Shiroishi soumu-ka
ね 0955-23-2130	な 0942-92-7915	☎ 0952-84-7111
たけおし ぼうさいききかんりか	かみねちょうそうむか	たらちょう そうむか
武雄市 防災危機管理課	上峰町 総務課	太良町 総務課
Takeo bousai-kikikanri-ka	Kamimine soumu-ka	Tara soumu-ka
☎ 0954-23-9223	☎ 0952-52-2181	☎ 0954-67-0129
かしまし そうむか 鹿島市 総務課 Kashima soumu-ka ☎ 0954-63-2112	ちょうそうむか みやき町 総務課 Miyaki soumu-ka ひ 0942-89-1651	

It's important to prepare ahead!

Things to prepare in case of emergency

Water / Food



· Crackers & canned goods that need no cooking

of water per day

· High calorie items like chocolate and biscuits · 1 person needs 3 liters

· First-Aid Kit Any necessary medicines

Please prepare 3 days worth of goods.

Emergency Goods Radio, Flashlights



· FM / AM radio Flashlights (1 per person if

possible)

Batteries

Clothes, Daily Goods

· Underwear, shirt, socks, towel,



shoes, stationary, rain gear,

toilet paper, gloves, toiletries,

disposable hot packs, matches lighters, candles, helmet, hat,

· Cash(coins too), Bank/Credit

Cash, Seal, Bankbook

Passport, Residence Card



·Passport, driver's license. residence card etc.

Mobile Phone



· Mobile Phone and charger





Others



- · Powder milk for babies, baby bottle, diapers, maternal and child health handbook etc.
- · Adult diapers, goods for elderly care, medicines, etc. · Sanitary napkins
- · Plastic bags, vinyl sheet, aluminum foil, newspaper,