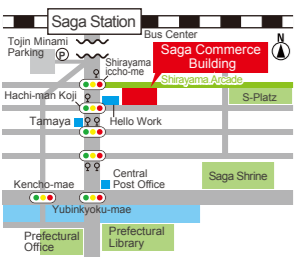


A Guide for FOREIGNERS Living in SAGA

*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 | Japanese English | Saga International plaza Saga Shoko Build.1F 2-1-12 Shirayama, Saga City TEL: 0952-22-7830 E-mail: info@spira.or.jp |
| Saturday, Sunday and public holidays are closed | Chinese Korean | |

*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/>

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!



「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!



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.

最寄りの避難所 Nearest Shelter



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 |

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 | 0952-24-1400 | 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 | 0952-24-1426 | 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 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 | Day | 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 |

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.

なまえ 名前
じゅうしょ 住所
でんわばんごう 電話番号
せいねんがっぴ 生年月日
せいべつ 性別
こくせき 国籍
はなご 話せる言語
たいしかん 大使館の電話番号
きんきょうけんらくさき 緊急連絡先 (日本)
かかっているびょうき 慢性病
のくすり 飲んでいる薬
しゅうきょう 宗教
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.



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

| Station | AM | | FM | |
|----------------|----------------------|-------|-------------|-------|
| | Frequency | Power | Frequency | Power |
| NBC Radio Saga | Imari | 1116 | Saga | 77.9 |
| | Saga, Karatsu, Arita | 1458 | Tosu | 79.7 |
| NHK Saga | Imari | 531 | Arita | 79.9 |
| | Saga | 963 | Saga | 81.6 |
| | Karatsu | 1584 | Hizen Arita | 88.9 |
| | | | 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 】



【 In Department Stores, Movie Theaters etc. 】

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



【 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

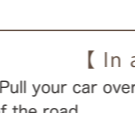
Protect your head with a bag or something you have on hand.



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.



In case of a Tsunami...

① A tsunami may occur after an earthquake.

② Don't get close to the ocean or rivers.

③ Escape to higher ground immediately. Multiple tsunamis may occur.

In case of a Fire...

① Tell people immediately!

Inform your neighbors. Call 119.

② Quickly try to put out the fire.

Try to put it out yourself, while it is still small, with water or a fire extinguisher.

③ 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.

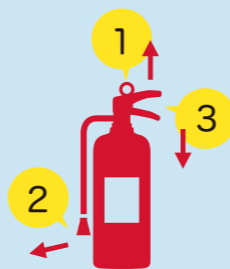


How to use a fire extinguisher

① Pull the safety pin.

② Point the nozzle at the base of the fire.

③ 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. |

～はどこですか? Where is ~?
～wa doko desuka?

～が痛いです。 My ~ hurts.
～ga itai desu.

| 場所 | Basho | Places |
|-------|----------------------|------------------------|
| 市役所 | shiyakusho | city hall |
| 保健所 | hokenjo | public health center |
| 病院 | byouin | hospital |
| 入国管理局 | nyuukoku kanri kyoku | immigration office |
| 駅 | eki | station |
| スーパー | suupaa | supermarket |
| トイレ | toire | washroom |
| 避難所 | hinarajo | refuge/evacuation site |

| 体 | Karada | Body parts |
|-----|--------|----------------|
| 頭 | atama | head |
| おなか | onaka | stomach |
| 手 | te | hand |
| 足 | ashi | leg |
| ここ | koko | here(pointing) |

| 人 | Hito | Family members |
|-----|--------|----------------|
| 父 | chichi | father |
| 母 | haha | mother |
| 夫 | otto | husband |
| 妻 | tsuma | wife |
| 子ども | kodomo | child |
| 女 | onna | woman |
| 男 | otoko | man |

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.

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 schedule for distributing food and the amount.
- Review the rules for throwing away trash and using the toilet.
- 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 神崎市 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 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 | ちょう 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!

| | | |
|---|---|---|
| Water / Food Crackers & canned goods that need no cooking High calorie items like chocolate and biscuits 1 person needs 3 liters of water per day | Emergency Goods First-Aid Kit Any necessary medicines | 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, etc | Cash, Seal, Bankbook Cash(coins too), Bank/Credit cards, Personal Seal, Bankbooks | 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, packing tape | |