

A Guide for FOREIGNERS Living in SAGA

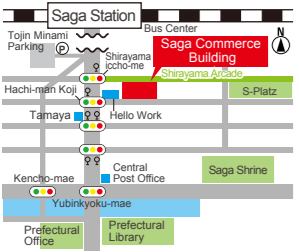
*If you have any difficulty living in Saga, please don't hesitate to contact us at any time.

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!



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.

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・かに 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

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
血液型 Blood type
国籍 Nationality
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
かかっている病気 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

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 Clinic	0954-63-1838	[Pediatrics] Sunday, Holidays, Jan 1st, 2nd, 3rd / (1/1~1/3) 9:00~17:00
	[Pediatrics] Kashima Jikangai Kodomo Clinic		[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

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

Types of Evacuation Advisories

Alert Level	Evacuation Information	What You Should Do
Level 5	Emergency Safety Measures おんきゅうあんぜんかくほ 緊急安全確保	Alert Level 5 indicates a life-threatening situation in which you can no longer safely evacuate. Please ensure your own safety.

Make sure to evacuate by the time Alert Level 4 has been reached!

Level 4	Evacuation Order ひなんしじ 避難指示	All should evacuate to a safe location. (An evacuation shelter, or higher ground that is safe from floodwater and landslides)
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Level 3	Evacuation of the Elderly, etc. こうねいじやうひなん 高齢者等避難	Prepare to evacuate. (Those who need more time to evacuate should go to a safe location now.)
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Level 1/2	Heavy Rain, Flood or Storm Surge Advisories おおあめ、たかお 大雨、洪水、高潮 などの注意報	Gather information and prepare for disaster.
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Words such as "hinan shiji" (evacuation order) will often be mentioned on TV, internet, etc. in times of disaster, so please familiarize yourself with such Japanese vocabulary. If you are not sure what you should do, ask for help from a Japanese person near you.

"Please help me" = たすけてください 「Tasuketekudasai」

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	81.6
	Saga	963	Hizen Arita	88.9
			Karatsu	86.8
Karatsu	1584	Saga	89.6	

