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 "











「かじです。きてください」

Kaii desu. Kitekudasai.

There's a fire! Please come!

Kyuubyou desu / Kega desu. Kitekudasai.

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

「じこです。きてください」

「たすけてください」

Please help me!

There's been an accident! Please come





Fire Station)

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









連絡してください。■′ヽ









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
4						4	
でむぎ	wheat	きりにく 鶏肉	chicken	ぴーなっつ ピーナッツ	peanuts	たまご 卵	egg
ARRA .	LOGICA	Ì		6	9		9
そば b	uckwheat	ぎゅうにく 牛肉	beef	ぎょるい 魚類	fish	はちみつ	honey
60		\\ \frac{1}{2}		1			3

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

Hospitals on Holidays and Nights

· 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	0952-24-1400	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	0952-24-1426	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
lmari 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	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
	[Pediatrics] Kashima Kyujitsu Kodomo Clinic	0954-63-1838	[Pediatrics] Sunday, Holidays, Jan 1st, 2nd, 3nd / (1/1~1/3) 9:00~17:00
Kashima City	[Pediatrics] Kashima Jikangai Kodomo Clinic		[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	9:00~20:00
Tokyo Center	Portuguese	Mon, Wed, Fri	9:00~17:00
☎ 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

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

生年月日

世別

こくせき 国籍

Nationality

しゅうきょう

話せる言語 Language spoken

大使館の電話番号

きんきゅうれんらくさき にほん 緊急連絡先(日本)

がかっている病気 Chronic illnesses . _ _ _

_{あれるぎー} た アレルギー、食べられないもの

Types of Evacuation Advisories

血液型

Alert Level Evacuation Information

What You Should Do Emergency Safety Measures Alert Level 5 indicates a life-threatening

Level 5 situation in which you can no longer safely きんきゅう あんぜん かくほ 緊急安全確保 evacuate. Please ensure your own safety.

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

Order Level 4 避難指示 **Evacuation of**

Level 3 l

All should evacuate to a safe location. (An evacuation shelter, or higher ground that is safe from floodwater and landslides)

(Those who need more time to evacuate should

Please write in Japanese

高齢者等避難 Storm Surge Advisories

the Elderly, etc.

Gather information and prepare for 大雨、洪水、高潮 disaster.

Prepare to evacuate.

go to a safe location now.)

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.」





AM			FM		
	Imari	1116	FM Saga	Saga	77.9
NBC Radio Saga				Tosu	79.7
lass maars saga	Saga,Karatsu, Arita	1458		Arita	79.9
			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





■ 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



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



Inside Buildings

Earthquakes

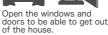
Protect yourself by staying under a desk











[In Department Stores,

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







NEVER Follow the Protect

[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





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/





②Don't get close to the

ocean or rivers.

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

In case of a Fire...

①Tell people

Call 119.

①A tsunami

may occur after

an earthquake.

②Quickly try to put out the fire.

or a fire extinguishe

flames reach the

さがし ききかんりぼうさいか おぎし ぼうさいたいさくか

How to use a fire extinguisher

- ①Pull the safety pin.
- ②Point the nozzle at the base of the fire.
- 3Firmly squeeze the lever.

げんかいちょうぼうさいあんぜんか

Useful Japanese

わたし の なまえ は 〇〇 です。 Watashi no namae wa 〇〇 desu.	My name is OO.
でんわばんごう は 〇〇 です。 Denwa bangou wa 〇〇 desu.	My phone number is OO.
ばしょ は 〇〇 です。 Basho wa 〇〇 desu.	I am at OO./I am in OO.
○○は なんですか? ○○ wa nan desuka?	What is OO?
OOは いつですか? OO wa itsu desuka?	When is OO?
いくら ですか? Ikura desuka?	How much is it?
○○ が ほしい です。 ○○ ga hoshii desu.	I want a OO.
どうしたら いいですか? Dou shitara iidesuka?	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.

₩ Q ~wadd	oko desuka?	Where is \sim ?
場所	Basho	Places
市役所	shiyakusho	city hall
保健所	hokenjo	public health center
がょういん 病院	byouin	hospital
たゅうこくかんりきょく 入国管理局	nyuukoku kanri kyoku	immigration office
駅	eki	station
すーぱー スーパー	suupaa	supermarket
といれ	toire	washroom
避難所	hinanjo	refuge/evacuation site

↑?? ~はどこですか? Whore is a 2

^{からだ} 体	Karada	Body parts
^{あたま} 頭	atama	head
おなか	onaka	stomach
	te	hand
足	ashi	leg
22	koko	here(pointing)
δ.ε \	Hito	Family members
交	chichi	father
	haha	mother
夫	otto	husband
妻	tsuma	wife
	体 **頭 おで手 **足 こ ○人 **父 **母 **夫 **妻	体 Karada *********************************

~が 痛いです。 ~ga itai desu. My ~ hurts

ひなんじょ 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.

避難

Evacuatio

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
して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 Designated Shelter	Provide temporary shelter to evacuees in times of disaster or potential disaster. This is	Shelter Name Address
	sometimes the same place as	

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.
- and the amount. · Review the rules for throwing away
- trash and using the toilet.
- · Keep your voice down.

· Review the schedule for distributing food

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.

佐賀市 危機管理防災課 Saga kikikanri-bousai-ka な 0952-40-7013	小城市 防災対策課 Ogi bousai-taisaku-ka な 0952-37-6119	玄海町 防災安全課 Genkai bousai-anzen-ka ☎ 0955-52-2115
からつし ききかんりぼうさいか	ラれしのし 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	な 0955-46-2111
とすし そうむか	かんざきしぼうさいききかんりか	##まちちょうそうむか
鳥栖市 総務課	神埼市 防災危機管理課	大町町 総務課
Tosu soumu-ka	Kanzaki bousai-kikikanri-ka	Omachi soumu-ka
☎ 0942-85-3506	な 0952-52-1111	な 0952-82-3111
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 そうむせいさくか
多久市 防災安全課	吉野ヶ里町 総務課	江北町 総務政策課
Taku bousai-anzen-ka	Yoshinogari soumu-ka	Kouhoku soumu-seisaku-ka
☎ 0952-75-2181	& 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 総務課	白石町 総務課
Imari bousai-kikikanri-ka	Kiyama soumu-ka	Shiroishi soumu-ka
ね 0955-23-2130	☎ 0942-92-7915	☎ 0952-84-7111
たけおし ぼうさい げんさいか	かみねちょうそうむか	たらちょう そうむか
武雄市 防災・減災課	上峰町 総務課	太良町 総務課
Takeo bousai-gensai-ka	Kamimine soumu-ka	Tara soumu-ka
な 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 む 0942-89-1651	

Please prepare 3 days worth of goods.

Things to prepare in case of emergency

子ども

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

· First-Aid Kit Any necessary medicines

Emergency Goods Radio, Flashlights





Flashlights (1 per person if

Passport,

Residence Card

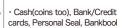
possible) Batteries

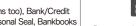
Clothes, Daily Goods



· Underwear, shirt, socks, towel, shoes, stationary, rain gear, toilet paper, gloves, toiletries, disposable hot packs, matches lighters, candles, helmet, hat,

Cash, Seal, Bankbook







residence card etc.

Mobile Phone

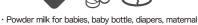


· Mobile Phone and charger





Others



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