

Enjoy your life in Kamakura!



There are lots of stores and banks around Kamakura and Ofuna station.

You can buy fresh local vegetables at "Renbai" farmers' market near Kamakura station.



Parks



Libraries



Sports facilities



Beaches



Morning markets for seafood and vegetables

Kamakura City Hall 0467-23-3000

[EMERGENCY]

110 POLICE

119 AMBULANCE • FIRE

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MarMar
まるまーる



PDF files available
in English and plain
Japanese



LIFE IN KAMAKURA

GENERAL INFORMATION GUIDE

[ENGLISH]

- History, Culture and Events
- Community - "Jichi-kai, Chonai-kai"
- Formalities
- Work
- Illnesses/ Hospitals
- Having a baby/Raising a child (Boshi-techo, support and formalities)
- Education (nursery, kindergarten and schools)
- Disaster prevention (earthquakes, typhoons)
- When you need help
- Consultation and information for foreign nationals
- Nature
- Language
- Electricity, Water, Gas
- Driving, Transportation
- Aging
- Tax and Pension
- P1
- P3
- P5
- P7
- P8
- P11
- P13

Language symbols of the listed websites. (No symbol : Information available only in standard Japanese.)

ENG English	CHN 中文(Chinese)	KOR 한국・조선어(Korean)	SPA Español(Spanish)
POR Português(Portuguese)	THAI ภาษาไทย(Thai)	NEP नेपाली(Nepali)	TAG Tagalog(Filipino)
VIET Tiếng Việt(Vietnamese)	IND Bahasa Indonesia(Indonesian)	KHM ភាសាខ្មែរ(Khmer)	
MON Монгол(Mongolian)	MYA မြန်မာစာ(Thai)	SIN සිංහල(Sinhala)	LAO ພາສາລາວ(Lao)
FRA Français(French)	RUS русский язык(Russian)	UKR українська мова(Ukrainian)	URD اردو(Urdu)
やま日 Plain Japanese			

Welcome!

Kamakura is aiming to create a city where “people respect and recognize diversity, and live comfortably as they are.”

This guidebook has been made for non-Japanese speaking residents and those who are studying Japanese.

Ordinance aiming a community coexistent society

! This guidebook contains QR codes not official to the Kamakura City. Please be advised that information may be subject to change and may require confirmation. You can get support from "Multilingual Support Center Kanagawa" for assistance. (P14)

Register to automatically receive free information

Official LINE of Kamakura
Receive information and news from the city hall.

Disaster prevention/safety information email
See P12 for details

History, Culture and Events

There are many festivals called “matsuri”. You can go to any matsuris at temples/shrines regardless of religion.

Kamakura Tourist Information

Kamakura Tourist Information (festivals/matsuri)

"Kamakura" (Japan Guide)

ENG

Nature

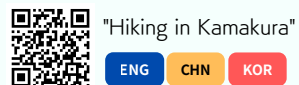
Beach



DO NOT TOUCH. They are dangerous.

Mountains

There are many nature tracks to enjoy.



ENG CHN KOR

! Schedule and prepare before you walk. Slopes and tracks may be slippery.

! There are only few rest areas/bathrooms. (They may be old. Bring tissues.)

Watch out for wild animals and insects!

Hawks

They aim your food from the sky!

Squirrels

Please do not feed the wild.

Masked palm civets

Snakes

Wasps

*They will sting you and can be dangerous. See a doctor in case you get stung. → P5

Centipedes*

"7 Bugs Lurking in Japanese countryside" (All About Japan)

ENG



Community - "Jichi-kai, Chonai-kai"

"Jichi-kai" (自治会) and "Chonai-kai" (町内会) are groups of neighborhood residents. They have various activities to improve the community. You will get to know your neighbors more and receive local information when you join. There are also things to do as a member ("Tou-ban").

! Pay small annual fee to join. They differ by jichikai and chonaikai.

! If you don't know which jichikai you belong to, ask the city hall. 地域のつながり課 (Chiiki no tsunagari ka) 0467-23-3000(ext.2311)

What the Jichi-kai/Chonai-kai do (depends on residential area)

Safety

- Neighborhood patrol.
- Prepare for natural disasters like earthquake and typhoon. → P14 Disaster prevention
- Take turns cleaning the clean station. → P3 Garbage

Notify Information

"Kairan-ban" (回覧板 circular bulletin board) : Pass around the board to notify regional information.



"Keiji-ban" (掲示板 information board): Postings of regional events and other information.



Gatherings

"Jichi-kaikain" (自治会館) , "Chonai-kaikan" (町内会館) are community centers/halls.

"Kodomokai" (子ども会) is local childrens' organization to host events.



Communication with neighbors is important. When you move in, it's customary to ring the bell and say hello to your neighbors and get to know them. Good relationship with neighbors will help in times of disaster.



Language



Nihongo COSMOS(Kamakura)
ENG



NHK World Japan for learners
ENG (Different programs have different languages)



Kanagawa Japanese lessons map
(Website with multilingual translation system)



"TSUNAHIRO" Connect and Enhance Your Life in Japanese (Agency for Cultural Affairs)

ENG CHN

KOR SPA POR VIET TAG THAI NEP

IND KHM MON MYA RUS FRA UKR

It's good to take lessons to learn Japanese and make new friends. When searching, use key words like [Kamakura lessons ○○ (your interest ex. cooking)]

Q Kamakura lessons cooking x

You will get more results if you search in Japanese.

Q 鎌倉 習う 料理





Formalities

When you don't know what/where to do your formalities/paperwork
市民相談課 (Shimin soudan ka)
0467-61-3864



Kamakura City website



Work

You can work according to your residency status. Ask if not sure.

Foreign Resident General Information Center
0570-013904



Website in
over 100
languages

You can call them in



Finding Work

Hellowork

Helps to find work.
Run by the
government. (Free)



Interpreters available in:
ENG CHN KOR SPA POR

Kamakura Worker's Station

Website to find work in
Kamakura. Run by the
city. (Free)



Posters

Shops may have
positions posted on
windows.
It has notes of 「求人」
「募集」.
Ask staff if you are
interested.

Starting business

Kamakura Chamber of Commerce

You can get advice to
start your business.

0467-23-2561



Driving

Learn to drive a car/Get a license→ Go to a driving school (教習所)

Kamakura
driving school
045-851-5177



Smart Driver School
(Fujisawa)
0466-29-2030



Provisional license written exam in foreign
languages available.

Koyama Driving
School
045-531-6461



English and Chinese classes
available

Getting international driver's license/switching foreign licence

Switching from
foreign license



Go to a driver's license center for
procedures.
You need to apply via phone.

045-365-6000

International
driver's license



Questions and explanations via phone calls:
If you do not speak Japanese, please call with someone who can support you.

Interpreter → P14



Transportation

In Japan, people often use trains, buses, and bicycles.

"Public Transportation in
Japan"(Japan Living Guide)

ENG



"Cycling in Japan:
Bicycle Rules &
Regulations" (Japan
Living Guide)

ENG



Koutsuu Koen (bicycle training tracks)
(in Tsujido Kaihin Koen)
(You can borrow a bicycle to practice
for free.)



BE SURE TO GO

Submit documents at the city hall
for following occasions.



Some documents are
downloadable and can be
submitted online.

The city hall has translation app if you're not confident in your Japanese.



Moving in

Transfer Notification (転入届)
Foreign Resident Registration (外国人登録)

Certificate of Residence (住民票) will be
made, which is necessary for various
procedures. If you have children, there are
other procedures to follow.



Dogs, pets

kankyo-hozenka
環境保全課



"The Do's and Don'ts of Pet Ownership
in Japan"(Guidable)

ENG



Pregnancy



Birth of
baby



Getting
married



Getting
divorced



Death of
family
member



"My
number"
card

Pregnancy
notification
ninshin todoke
妊娠届

Birth
registration
shusho todoke
出生届

Marriage
registration
konin todoke
婚姻届

Divorce
registration
rikon todoke
離婚届

Death
notification
shibo todoke
死亡届

Application for
"my number" card
my number card
マイナンバーカード
mynumikomi sho
申込書



Electricity, Water, Gas



Electricity

Electricity
Company



Water

Waterworks
0570-005959



Gas

Gas supplier



Mail

Post office



There is "Toshi-gas"(city gas) and "propane gas"
depending on where you live.

Hand in "transfer notification"(Tenkyo-todoke)
to have mails re-directed to your new address for 1 year.

You can do all your formalities on website
"Hikkoshi-renrakuchou" (moving notes)

"Hikkoshi-renrakuchou" for
electricity, water, gas, and internet



Garbage

There are rules for when, where, and how to take out trash.

Place and days of trash



Sorting trash

ENG



Trash that are too big and out of size have different rules.

Get them picked up from
your home

Request by phone or online.

Call Center
0467-53-8321



There are fees.



Illnesses/ Hospitals

Ambulance

119

Unsure whether to call
ambulance/need advice

#7119

Pediatric medical dial

#8000

Know hospitals near where you live before you become ill.

Hospitals in
Kamakura



Kodomo QQ
Kids Emergency



Guideline to take your
child to emergency

ENG CHN

Multilingual medical
questionnaire



23 languages

by NPO International Community Hearty
Konandai and Kanagawa International
Foundation

"Guide for when
you are feeling ill"
(JNTO)



ENG CHN
KOR

Emergency
Assistance Japan



ENG

Emergency hospitals/ out of hours medical treatment

Shonan Kamakura
General Hospital
(24H/general)

0467-46-1717

ENG
CHN



Kamakura oral health
center
(emergency dental care)

0467-47-8119



Out of hours
treatment center

0467-22-7888

(internal medicine/pediatrics *depends on day)



Fujisawa City Hospital 0466-25-3111
(24H/general and pediatrics (severe symptoms))



Going to a doctor

- You need to choose medical specialty to go to (ex. dermatologist, ears/nose/throat, orthopedics)**
- Make appointment** Many clinics require appointments, however, there are clinics that will see you according to order of arrival.
- Go to reception** If you do not speak Japanese, you can get medical interpretation support from MIC Kanagawa. (Ask your hospital first.) → **P14**
- Doctor will see you.**
- Receive treatment/medicine and pay the fee.**

[Inside-hospital prescription 院内処方] Receive prescription medicine within the hospital/clinic.
[Outside-hospital prescription 院外処方] Receive prescription medicine outside hospital/clinic.
Take the prescription to pharmacy or drugstore nearby to receive medicine. (Many are adjacent to the clinic.)



You can ask AMDA medical
information center for advice
when not sure.



ENG CHN KOR
SPA POR VIET
TAG THAI

What to take to hospital/clinic

- Health Insurance card**
*You will need to pay in full if you don't have the insurance card.
- Medical certificate(医療証)**
- Cash**
- Medicine booklet (お薬手帳)**
*Hand in your medicine booklet (record of medications) when receiving medicine. If you don't have it, they will give you one.

Multilingual medicines
booklet (with charge)



Medical system and subsidies

Health Insurance System



ENG

and other 27 languages

Medical expense subsidies

Covered by city. Register to receive certificate.

Children

Medical Subsidy for Children
shoni iryo-hi jousei seido
小児医療費助成制度

kodomo katei sodan ka
子ども家庭相談課
0467-61-3896



*if the child is born in Kamakura, no formalities required.

People with
disabilities

Medical Subsidy for
People with Disabilities
shogaisha iryo-hi jousei seido
障害者医療費助成制度

shogai fukushi ka
障害福祉課
0467-61-3975



Single
parent

Medical Subsidy for
Single Parent Family
hitori oya katei iryo-hi jousei seido
ひとり親家庭医療費助成制度

kodomo katei sodan ka
子ども家庭相談課
0467-61-3896



Adult health checkups (over 20s) and vaccinations

Health checkups are partially covered by the local government.

Kamakura City will send you a letter if applicable.

Adult health
checks

seijin-kenko shinsa
成人健康診査



Vaccinations

yobo-sesshu
予防接種



Aging: You and your family member

Worried if you can keep living alone? Want to ask someone about it?
Need to know about/use Kaigo-Hoken (long-term care insurance for the aged) ?
→Ask for Kamakura's system and services.

Any consultation
on aging

koureisha shien ka
高齢者支援課

0467-61-3899



Inquiry,
consultation on
Kaigo-hoken

kaigo hoken ka
介護保険課

0467-61-3947

There is Kaigo-hoken system in Japan,
a system to support the elderly.



"KAIGO HOKEN"(by Aichi pref.)

ENG CHN KOR POR TAG



Tax and Pension

You will receive paperwork to pay tax.

Inquiries

nozei ka
納税課
0467-61-3911



ENG

National Tax Agency JAPAN



ENG

"For foreign residents working in Japan -
Don't forget to pay resident tax!"
(Ministry of Internal Affairs and Communications)

There are "National Pension" (国民年金) and "Welfare Pension" (厚生年金) in Japanese pension system.

Inquiries

hoken nenkin ka
保険年金課
0467-61-3963



About Japanese pension system
(Japan Pension Service)

ENG CHN KOR SPA POR VIET TAG
THAI NEP IND KHM MON MYA RUS やさ日

Obstetrics and gynecology in Kamakura

Shonan Kamakura
General Hospital

[0467-46-1717](tel:0467-46-1717)



ENG
CHN

Yanaihara Clinic
for Women

[0467-44-1188](tel:0467-44-1188)



Pregnancy

BE SURE
TO GO

Go to hospital
(Obstetrics & Gynecology)

When you find out you're pregnant, choose a hospital to have regular checkups and deliver the baby (partially covered by the local government).
Receive "hojoken"(coupon) with your "Boshi-kenko techo"(a record of pregnancy and your baby).

Hand in "Ninshin-todoke" (妊娠届 a pregnancy notification) and receive "Boshi-kenko techo" (母子健康手帳 pregnancy record and "hojoken" (補助券 coupon).

kodomo katei sodan ka
こども家庭相談課



IMPOR
TANT

"Boshi-kenko techo" is an important record of your journey throughout pregnancy and of your baby.
Health status as well as vaccinations are recorded.

Foreign language Boshi-kenko techo is available (babies born overseas will receive them too).

●Do not lose or throw away your Boshi-kenko techo.

Parenting in Japan
From pregnancy to elementary school
(Kanagawa International Foundation)

ENG CHN

KOR SPA POR VIET TAG THAI NEP IND やさ日

Information by ages of your child
(NPO MarMar)

ENG やさ日



Call your hospital
when you are in labor

If you plan to use taxi when in labor, register for labor taxi when you become pregnant.



Enoshima taxi
[0466-27-0806](tel:0466-27-0806)

ENG



ZushiKikuchi taxi
(Highland area)
[046-871-2117](tel:046-871-2117)



Wakou-Koutsu
(Koshigoe, western Kamakura area)
[0466-23-5170](tel:0466-23-5170)



Royal-Koutsu
(Around Ofuna station)
[0120-43-1245](tel:0120-43-1245)



Birth of baby

BE SURE TO
GO

Hand in Birth Registration
(出生届 Shussho-todoke)

shimin ka shisho
市民課・支所



Important things to do
at city hall for your baby
(Kanagawa International Foundation)



Childbirth and childcare lump sum allowance
(出産育児一時金 shussan ikuji ichijikin)

hoken nenkin ka
保険年金課
[0467-61-3607](tel:0467-61-3607)



Health insurance does not cover pregnancy and delivery. You will receive this allowance instead.

ENG CHN KOR SPA
POR VIET TAG THAI
NEP IND やさ日



Public health nurse visits your home

Public health nurse visits your home to assess you and your baby.



Baby health checks/Mom classes available

Details written in Boshi-kenko techo.



Infertility treatment

Yanaihara Women's Clinic

[0467-50-0112](tel:0467-50-0112)



ENG

kodomo katei sodan ka
こども家庭相談課 [0467-61-3944](tel:0467-61-3944)



Subsidy available for some infertility treatments.



Unwanted pregnancy



Consult for help

Ninshin (pregnancy) SOS Kanagawa



Consultation also available via LINE

Helpful information

Kamakura child rearing information"Kira-Kira"

Information on hospitals,
parks, nurseries and support
centers.



NPO Marmar

Support group for parenting of diverse
families. There are events/gatherings .

Speaks plain Japanese,
English, and Portuguese.

ENG
やさ日



Kanagawa International Foundation

Resources in many languages available on
pregnancy, labor, and raising children

ENG CHN KOR SPA POR VIET
TAG THAI NEP IND やさ日



Want to learn about pregnancy and baby

Various lectures

kodomo katei sodan ka
こども家庭相談課
[0467-61-3944](tel:0467-61-3944)



Need help at home and with parenting

After birth care
& support
Moms can rest,
receive help and
advice



Troubles with breastfeeding

You can also ask your birthing hospital for advice.

Advice from
midwives &
professionals

Kamakura Josanshi-
kai (Midwives group)



Want to order meals

Food delivery
service
Available within 30 days
post delivery. Apply to
receive 30 tickets worth
500yen

kodomo katei sodan ka
こども家庭相談課
[0467-61-3944](tel:0467-61-3944)



Need help shopping and cleaning

Help at home

Family Support
Center
[0467-38-8723](tel:0467-38-8723)

ENG



Need a place to look after your child

Sick child nursery

byoji-hoiku
(病児保育)

Nursery when child is sick. Registration
necessary.
Register before falling ill (while healthy)
to be able to use the system.



Temporary
nursery at
nursery/
kindergarten
(only when necessary)

Public hoikuen : register at city hall
hoiku youchien ka
保育・幼稚園課
[0467-61-3894](tel:0467-61-3894)



Private youchien/hoikuen: call
directly to register



Worried about growth and development

Consult a
professional

hattatsu shien shitsu
発達支援室
[0467-23-5130](tel:0467-23-5130)



Looking for places to play with your child

kosodate shien center
子育て支援センター
(child-rearing
support center)
Indoor play areas (4 in
Kamakura) for babies
and toddlers



Want to make friends

Childcare
support groups

Contact groups directly.



Single parent

Support and
subsidies

kodomo mirai ka
こどもみらい課
[0467-61-3896](tel:0467-61-3896)



Language to choose in raising your child

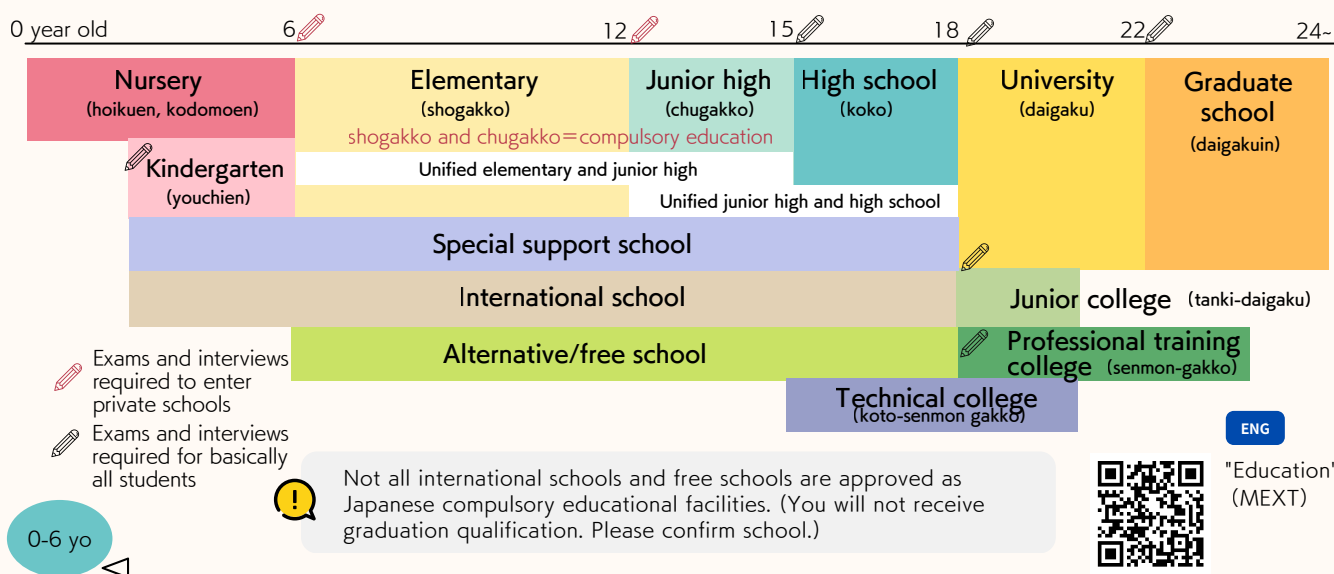
Expert
advice

Bilingual/Multilingual
Child Network



Children must go to school when they are 6-15 years old (compulsory education).

Contact city hall if your child is a foreign national.



0-6 yo

	Students	Where to ask/apply
 Nursery (Hoikuen)	0-6 yo both parents working	hoiku ka 保育課
Nursery (Kodomoen)	1-6 yo	Directly to kodomoen
Kindergarten (Youchien)	2-6 yo	Directly to youchien

6-15 yo

	Students
 Shogakko (elementary school)	6-12 yo
Chugakko (junior high school)	12-15 yo

There are public and private schools.

Public schools:
School chosen by address. There is no entrance exam.

Private schools:
Private schools require you to pass the entrance exam.

Public elementary and junior high schools



- Public schools are free, but you will need to pay fees such as lunch, field trips, and school supplies.
 - There is school lunch (給食 kyushoku) at public elementary/junior high schools. You can also apply to bring your own lunch.
 - Consult school/Board of Education for allergies.
 - If you need to move, you may need to change schools. Contact your school first.
 - The city will send you “Medical Examination in Attending School” (就学時健康診断受診票 shugakuji kenko shindan jushin hyo) in September of the year before your child enters elementary school.*
 - Your child will attend medical examination during Oct/Nov at the elementary school he/she is to enter. You will then receive “Letter of Admission”(入学通知書 nyugaku tsuchi sho) in January. *
- *Contact the city hall in case you do not receive these documents or letters.

Special needs schools/classes

Consult “Gakkou kyouiku-ka” for children with special needs.

gakkou kyouiku ka
学校教育課
0467-61-3812



Alternative School/Free school

A place for children (and parents) not attending school.

Free school Largo 0467-32-3830



NPO Seeds App 045-392-3559



Subsidy: City will partially subsidize alternative schooling. Need to apply. seisyonen ka 青少年課 0467-61-3886



Places for elementary school children after school	who can go	Fee	Application
kodomo no ie (gakudo) 子どもの家 (学童)	Children can play and study at a facility near school with adult supervision.	Applicable	seisyonen ka 青少年課
houkago kodomo hiroba 放課後子どもひろば		500 yen/year for insurance	0467-61-3886

Some children go to "naraigoto" and/or "juku" after school and/or on holidays. "Naraigoto" are lessons like piano and swimming. "Juku" is cram school.

Places to ask If you have any concerns about your child at school, contact the school teacher first. Other places to consult are listed below.

Foreign residents education consultation	Kanagawa Earth Plaza	045-896-2972 ENG CHN SPA POR VIET TAG やさ日
About school	gakumu ka, gakumu tanto 学務課学務担当	0467-61-3796
About school lunch	gakumu ka, kyushoku tanto 学務課給食担当	0467-61-3804
About school life	gakkou kyouiku ka 学校教育課	0467-61-3812
About school, home and family (Children can call)	24 hour Childrens’ SOS dial	0120-0-78310 0466-81-8111

Other consultations → P13、14

It's about saving our lives!

What may happen when there is a big earthquake/typhoon in Kamakura?



BOSAI KAMAKURA

ENG CHN KOR

	All areas	Close to rivers/sea	Close to mountains	Towns
Earthquake	 Big shake, damages to buildings & roads	 tsunami	 Landslide	 Collapsed buildings
Typhoons, heavy rain	 Strong wind & heavy rain	 High tide/ flooding	 Fallen trees	 Flooding

Other possibilities?

Damaged house

No electricity

No water (out of water supply)

Damaged roads & train tracks

Shops without products (production& transportation stops)



Unavailable



Get prepared

NHK NEWS WEB EASY



Tsunami simulation of Kamakura City (YouTube)



Disaster Prevention Awareness movies (Kanagawa Prefecture)





“Bousai musen” (Emergency community broadcast system/Siren)

Announcements are made from the city. Contents also available via email(→P12). There will be siren for tsunami.



Listen to tsunami siren



Evacuation drills

Practice safety measures for disasters like earthquakes. These drills take place in local communities and schools.



Voluntary disaster prevention organization

During a disaster, government office may not be able to function. Each Jichi-kai/Chounai-kai (neighborhood/residents’ associations) have 自主防災組織 (voluntary disaster prevention organization) to help each other out locally.

jishu bosai soshiki

Before disaster

Be sure to prepare you and your family!

1 Register for disaster prevention/ safety information email (Free)

You will receive warnings, information on evacuation centers, and contents of the bousai-musen (emergency community broadcast system) .

register here





Multilingual Disaster Prevention Information (Kanagawa International Foundation)

ENG CHN KOR SPA POR VIET TAG

THAI NEP IND KHM RUS UKR

2 See the hazard map. Check surroundings of your home. Are there anything dangerous?



Kamakura City disaster prevention information map "BOSAI Kamakura" on P11 has hazard maps in simple Japanese.

3 Check the location and access to your evacuation center



About evacuation centers

Evacuation centers are opened by the Kamakura City. Anybody can go.

Assess whether you should go to an evacuation center. You may go before the situation worsens. Be warned that usual streets may become dangerous.

Think about various situations.

When you are at home, go to the nearest evacuation center. If you are at school or work, follow their evacuation rules. Schools usually provide guidelines for parents.

4 Prepare emergency survival kit and your home organization.



“Disaster Preparedness: Stockpiling and Emergency Food in Japan” (Japan Living Guide)

ENG



"What you can do to prepare"

In case of disaster

1 Protect your own life first.

You may not be able to use your mobile. Use “Saigai-dengon-dial”(disaster message dial”).

Dial 171

To record: Press 1 → Dial in your phone number → Press 1 → Record → Press 9.

To listen to recordings: Press 2 → Dial the number of the person that you want to listen to recording of → Press 1 to listen → Press 8 to listen once more, Press 9 to end.

2 Check your family’s safety.

3 Collect information.

There may not be electricity or radio waves. Please help each other.



Multilingual Support Information Website (Kanagawa International Foundation)

ENG CHN KOR SPA POR VIET TAG THAI NEP IND



Kanagawa Prefecture Disaster Information Portal

ENG CHN KOR SPA POR VIET TAG THAI KHM LAO RUS UKR



Links for Multilingual News & BOSAI Info 20 languages



App "Safety Tips"

ENG CHN KOR SPA POR VIET TAG THAI NEP IND KHM MON MYA

	You lost/found something, traffic accidents, incidents	(1) Kamakura Police 0467-23-0110 (2) Ofuna Police 0467-46-0110	(1) 	(2)
	Consult a lawyer	Shimin soudan ka 市民相談課 0467-61-3864		
	Troubles with contracts, products & services	Shouhisha-seikatsu Center 消費者生活センター (consumer affairs center) 188	ENG CHN KOR SPA POR	
	Money, financial issues, poverty	Inkuru-sodanshitsu インクル相談室 0467-46-2119		
	Troubles at work	<u>Professional consultations regarding problems/troubles at work</u> Kanagawa-ken Gaikokujin Roudou Soudan 神奈川県外国人労働相談 (Kanagawa prefectural foreign national labor consultation) CHN 045-662-1103 SPA 045-662-1166 POR 046-221-7994 VIET 045-633-2030		
		<u>Labor conditions and concerns</u> Sangyou ka 産業課 0467-61-3853		
	Children/family matters	Kodomo-to-katei-no Soudanshitsu 子どもと家庭の相談室 (Consultation room for children and families) 0467-23-0630		
	Women's troubles (marriage, family matters, domestic violence)*	Shimin soudan ka 市民相談課 0467-23-9311		
	Men's troubles (marriage, family matters, domestic violence)*	Kanagawa-ken Haigu-sha Bouryoku Soudan Shien Center 神奈川県配偶者暴力相談支援センター (Kanagawa prefectural support center for domestic violence from partner) 045-662-4530,4531		
	Troubles, concerns related to SOGI(Sexual Orientation and Gender Identity)	Kanagawa SOGI Haken soudan かながわSOGI派遣相談 (Dispatched consultation on SOGI) 045-210-3634		

* Different counters are organized depending on content of the consultation.

	Daily living	Multilingual Support Center Kanagawa 045-316-2770	ENG CHN KOR SPA POR VIET TAG THAI NEP IND やさ日	
	Daily living, law	Earth Plaza 045-896-2895	ENG CHN SPA POR VIET NEP やさ日	
	Human rights	Gaikokugo-jinken-soudan Dial 外国語人権相談ダイヤル (Foreign language human rights consultation dial) 0570-090911 Other languages available for consultation. See their website for details.	ENG	
	Family/work/discrimination/DV etc	Helpline for foreign nationals 0120-279-338	ENG CHN KOR SPA POR VIET TAG THAI NEP IND	
	Where to live and contracts	Gaikokujin-Sumai Support Center 外国人すまいサポートセンター 045-228-1752	ENG CHN KOR SPA POR VIET NEP やさ日 TAG too.	
	Mental health	tell Japan 03-5774-0992	ENG	
	Interpreter at hospital (Contact the hospital/clinic first.)	NPO MIC Kanagawa 045-314-3368	ENG CHN KOR SPA POR VIET TAG THAI KHM LAO RUS FRA やさ日	
	Volunteer interpreter	Kamakura City volunteer interpreters 0467-61-3872		
	Interpreter, help in formalities/paperwork	NPO MarMar 050-7103-8723 LINE ID @071nfgvr	ENG やさ日	
	News in plain Japanese	NHK NEWS WEB EASY やさ日		
	Information for foreign nationals	(1) HELLO Kanagawa (2) Kanagawa community network site	ENG CHN KOR SPA POR VIET	(1) (2)
	Translation app	Voice Tra	ENG CHN KOR	