

## Welcome to Iwamizawa.

This English guide has been created to assist foreign residents with life in Iwamizawa. We are intent on making our city an environment in which residents can enjoy fulfilling lives regardless of language or cultural background.

Valuable information regarding emergencies, resources, and support are included in this guide, in the hope that it can aid in comfortable life in our city.

Once again, we warmly welcome you.

## About Iwamizawa

Iwamizawa lies in the central part of Hokkaido, approximately an hour's drive northeast of the island's capital of Sapporo.

Previously, Iwamizawa was a center for warehousing and distribution for the area's abundant coal industry. However, when the mines closed as a result of shifting energy demands, Iwamizawa underwent a change in its basic economic structure.

Today, agriculture is the main industry in the area, with emphasis on crops such as onions and other row crops in addition to rice. This agricultural diversity, along with growth in the service and consumer goods sectors, and the development of public and educational institutions, has given stability to the regional economy.

It is said that Iwamizawa got its name from labourers constructing railroads in the area as far back as the 1880's. These labourers would often go to a nearby river to bathe and relax, and they began calling the area *Yuamisawa*, or "The Bath-Taking River". Over time, the pronunciation changed to "Iwamizawa," but to this day the surrounding rivers remain important natural assets.

Iwamizawa has made the dream of "Making A New Home Town" a reality. Numerous parks, recreational facilities, traditional shrines, and local festivals reflect the deeply rooted cultural values of the people and their commitment to and respect for the environment.

Until the 1890's, the neighboring communities of Kurisawa and Kita had been part of Iwamizawa, but had since separated. Over 100 years later on March 27<sup>th</sup>, 2006, they were reincorporated into Iwamizawa city.

In 1985, Iwamizawa signed a sister-city agreement with the U.S. city of Pocatello, Idaho. A second sister-city agreement was established by the town of Kurisawa with the U.S. city of Canby, Oregon in 1989.



## Contents

<b>1. Emergencies</b>	1
A. Fire, Ambulance, & Rescue	1
B. Police	2
C. Natural Disasters	3
I. Evacuation	4
II. General Preparedness	5
III. Earthquakes	7
IV. Floods	9
V. Evacuation Shelters	10
VI. List of Major Evacuation Shelters	11
<b>2. Daily Life</b>	15
A. Moving	15
B. Housing	15
C. Life in Winter	16
D. Utilities	16
I. Electricity	16
II. Water	17
III. Gas	17
IV. Gas stoves	18
V. Disposal of Garbage	18
VI. Phones & Internet	19
E. Foreign Food	19
F. Festivals and Recreation	20
G. Support for Foreigners	20
<b>3. Medical Services &amp; Health</b>	21
A. Insurance	21
B. Doctors, Dentists & Hospitals	21

4. Finance	22
A. Pension	22
B. Banking	22
C. ATMs	22
D. Sending Money	23
E. Post Office Services	24
5. Legal Procedures & Tax	25
A. Registration of Foreign Nationals	25
B. Personal Seal	25
C. Taxes	26
6. Transportation	27
A. Public Transportation	27
B. Driving	28
C. Owning a Car	30
7. References	31
A. Online resources	31
B. Conversion charts	32

## 1. Emergencies

### A. Fire, Ambulance, & Rescue

Call 119, but only in the case of an emergency. Emergency operators only speak Japanese, but interpretation may be possible. Be prepared to provide the following:

- ① State if there is a fire or if you need an ambulance.
- ② Address (or nearby landmarks)
- ③ Phone number
- ④ Name

Interpretation can be provided in the following languages:

- ① 24-hour availability: English, Chinese, Korean, Portuguese, Spanish
- ② 10:00 a.m. to 6:00 p.m.: English, Chinese, Korean, Portuguese (Brazilian Portuguese included), Spanish, Thai, Vietnamese, Tagalog, French, Russian, Nepalese.

If you request an ambulance, the vehicles are equipped with multilingual computer tablets that can aid in communication. They have a wider range of available languages, including Indonesian, Burmese, Khmer, Mongolian, Arabic, Italian, Ukrainian, Urdu (Indian and Pakistani), Dutch, Sinhala (Sri Lanka), Danish, German, Turkish, Hungarian, Hindi (India), Polish, Malay (Malaysia), and Lao.


How to make a 119 report!


DON'T

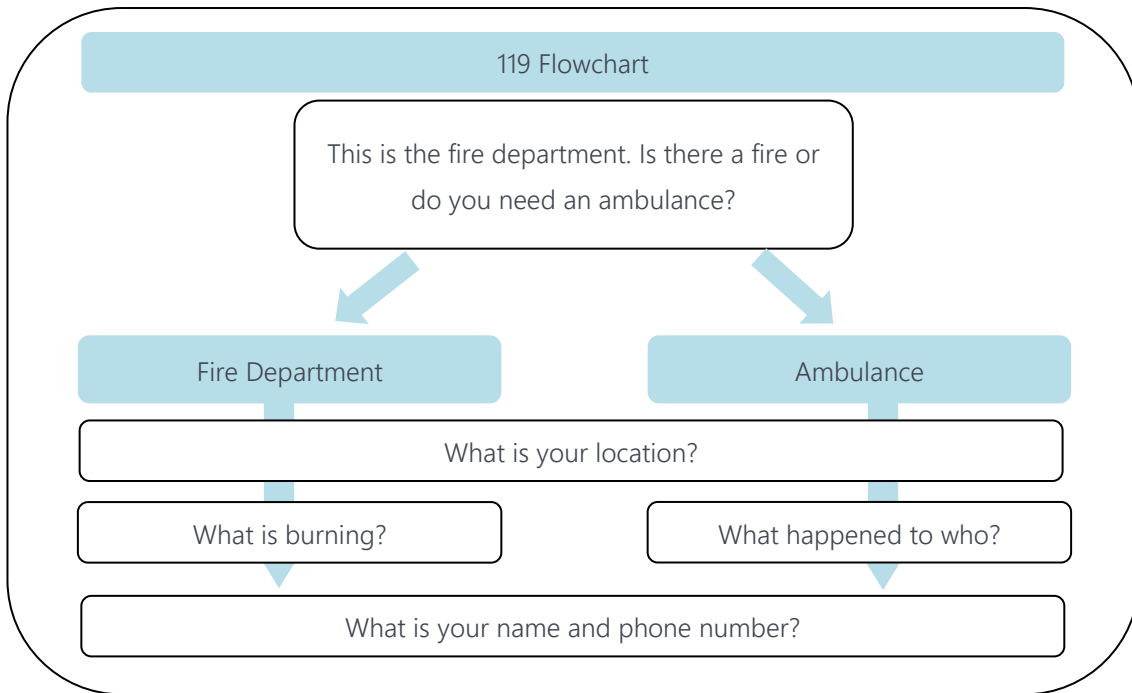
- Yell at the operator
- Hang up the phone without giving details
- Speak too fast to understand

DO

- Use landmarks or street names if you don't know the address
- Calmly answer the operator's questions
- Speak slowly and clearly







### B. Police

Call 110. Police can be called in the case of threats, car accidents, or other emergency situations. Interpretation is possible in English and other languages.

Provide your:

- ① Name
- ② Phone number
- ③ Description of the incident
- ④ Incident location and time

- If you call with your mobile phone and GPS tracking is enabled, the police can find your location.
- In the event of a traffic accident, first call 119 if there are any injured parties. Then call 110.
- If you have lost an item or have found one, go the closest police station or police box.
- In a non-emergency situation, call the Iwamizawa Police Department at: 0126-22-0110



Useful phrases for emergencies	
Romanized Japanese	Translation
Watashi no namae wa ___ desu.	My name is ____.
Denwa bango wa _____ desu.	My phone number is _____.
Dorobo desu.	I've been robbed.
Keganin ga imasu.	Someone is injured.
Tasukete!	Help!
Basho wa _____.	The place is _____.
Kaji desu!	Fire!
Kyukyusha onegai shimasu!	Please send an ambulance!
Kotsu jiko desu!	There's been an accident!

Emergency calls can be made from public phones. Pick up the receiver, push the red emergency button and dial 110 or 119.

### C. Natural Disasters

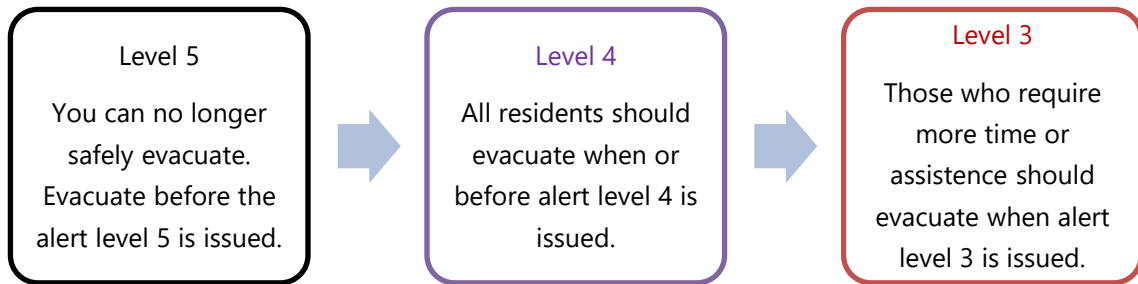
In the even of a flood or a landslide, evacuation information will be communicated using the following alert levels.

Alert level	Action	Information
5	Life-threatening danger. Take immediate action to protect your own safety.	Emergency safety measures
4	Everyone evacuates from dangerous areas.	Evacuation instructions
3	Those who need more time to evacuate (elderly, persons with disabilities, etc.) should evacuate.	Evacuation of those in need of assistance
2	Prepare for evacuation, check maps, emergency supplies, etc.	Heavy rain, flood, or storm surge advisories (Japan Meteorological Agency)
1	Be prepared for potential disasters.	Probability of warnings (Japan Meteorological Agency)

Things to note about alert levels:

- Alert level 5 is rarely issued, due in part to municipal governments being unable to grasp the severity of the disaster.

- Level 3 alert indicates that everyone should prepare to evacuate in case the alert level increases. People who have difficulty evacuating or need more time should proceed to evacuate themselves.



### I. Evacuation

Evacuation is getting somewhere safe, not just moving to an evacuation shelter. Proceed with caution and determine the best action.

<b>Escape</b>	<ul style="list-style-type: none"> <li>•Go a designated shelter.</li> <li>•Go to a friend or relatives house if in a safe area.</li> <li>•Drive to a safe area.</li> </ul>
<b>Stay inside</b>	<ul style="list-style-type: none"> <li>•If it is unsafe to leave a building, remain inside.</li> <li>•Get to the 2nd floor or higher.</li> <li>•Check the hazard map in advance to determine if a location is safe.</li> </ul>
<b>Emergency action</b>	<ul style="list-style-type: none"> <li>•If it is impossible to evacuate, do what you can to protect yourself from the hazard.</li> <li>•Get to as high an elevation area as possible, stay inside away from the elements, or evacuate to a next door building.</li> </ul>

### Hazard map

Hazard maps indicate which areas are prone to danger in the event of a natural disaster. They also indicate shelter locations and areas to avoid.

Iwamizawa City  
hazard map



## II. General Preparedness

Be aware of evacuation shelters and inform yourself of the safest route to take in case of an emergency. Shelter locations are written on page 11.

Basic emergency supplies:

- Personal medication
- Sanitary supplies (toothbrush, wipes, sanitary napkins, diapers, etc.)
- FM radio
- Flashlight
- Batteries (including portable charger)
- Valuables (wallet, identification)
- Food (sealed and packaged)
- Water
- First aid kit
- A change of clothes
- Waterproof and heavy winter clothes
- Slippers



Prepare emergency supplies in advance. In the event of a major natural disaster, the city's infrastructure could be compromised and having emergency provisions will greatly help in such extreme situations.

Safety tips application:

The Ministry of Land, Infrastructure, Transport and Tourism (MLIT) developed a smartphone app for people visiting Japan, called "Safety tips". Its aim is to provide multilingual information in the event of natural disasters.

It provides up-to-date information on disasters, safety advice, useful phrases in many languages, and more. It is available in more than 14 languages. For more information, visit the webpage:

[\[https://www.mlit.go.jp/kankocho/news08\\_000325.html\]](https://www.mlit.go.jp/kankocho/news08_000325.html)

For Android



For iPhone



Email services:

There are two types of email services in Iwamizawa.

- ① Disaster prevention mail (Area mail): Emergency alerts in the event of an imminent natural disaster in Iwamizawa. NTT Docomo, KDDI (au), and Softbank Mobile send alert

mails to cell phones within the municipal district. No registration required. An alert mail will be sent automatically to the corresponding type of cell phone.

- ② Iwamizawa mail service: Disaster prevention, crime prevention, snow removal notices, public transportation notices. Scan the QR code below to register (Japanese).



The QR code will open an email. Send the email with the subject line and contents blank. When you receive a response, click the link to complete registration.

Internet resources

Weather information	Sapporo District Meteorological Observatory <a href="http://www.jma-net.go.jp/sapporo/">http://www.jma-net.go.jp/sapporo/</a>
	Iwamizawa Meteorological Information <a href="http://www.agw.jp/iwamizawa/disaster/">http://www.agw.jp/iwamizawa/disaster/</a>
Disaster prevention	Iwamizawa City homepage <a href="http://www.city.iwamizawa.hokkaido.jp/">http://www.city.iwamizawa.hokkaido.jp/</a>
	Hokkaido Disaster Prevention Information <a href="http://www.bousai-hokkaido.jp/">http://www.bousai-hokkaido.jp/</a> ※English
	Ministry of Land, Infrastructure, Transport, and Tourism (MLIT) <a href="http://www.mlit.go.jp/saigai/bosaijoho/">http://www.mlit.go.jp/saigai/bosaijoho/</a> ※English
Water levels	MLIT <a href="http://www.river.go.jp/">http://www.river.go.jp/</a>



### III. Earthquakes

Japanese Meteorological Agency Seismic Intensity Scale (Shindo)			
shindo 震度 0	Tremors cannot be felt.	shindo weak 震度 5 弱	Tremors that impede movement. Objects swing violently, break, or fall. Furniture may move.
shindo 震度 1	Weak tremors that might be felt by those who are stationary and indoors.	shindo strong 震度 5 強	Moving is difficult without holding onto somethings. Objects continue to break and fall. Furniture, may topple over.
shindo 震度 2	Slightly stronger tremors that are likely to be felt by those indoors.	shindo weak 震度 6 弱	Difficult to remain standing. Wall tiles and windows may sustain damage and fall.
shindo 震度 3	Felt by most people indoors. Objects may rattle or swing.	shindo strong 震度 6 強	Impossible to remain standing. Most furniture will move and fall.
shindo 震度 4	Most people are startled or awoken. Objects may move significantly.	shindo 震度 7	Impossible to move due to the tremor. People may be thrown through the air. Buildings may collapse.

For more explanations of the seismic scale in different situations, visit the Japan Meteorological Agency website:

[\[https://www.jma.go.jp/jma/en/Activities/inttable.html\]](https://www.jma.go.jp/jma/en/Activities/inttable.html)

To help prepare for earthquakes, make a “earthquake safe zone” in your house, where things are less likely to fall, break, or move. In the event of an earthquake, you can go to this space to ensure your safety before evacuating.

- Secure furniture to prevent it from moving.
- Be aware of where items may fall or move.
- Make it away from windows.

#### Emergency Earthquake Alert

- Seismic waves are measured by devices at two different geographic spots. There are two types of activity measured: seismic activity (see table above) and long-period seismic motion\*.
  - If seismic activity is measured at “shindo 5 weak”, an alert will be issued to electronic devices within an area of strength “shindo 4” or stronger shocks.
  - If long-period seismic motion is measured at level 3\*\*, an alert will be issued to electronic devices within an area of strength level 3 or stronger shocks.
- The alert could come just a few seconds before the earthquake event, so be ready to act.





- Stay calm and protect your head while moving to a safe area, like under a table.
- Do not panic and run outside.
- Do not try and turn off a stove or heater if unsafe to do so.

\*Long-period seismic motion refers to shaking due to an earthquake that lasts for longer than a quake on the seismic intensity scale. The scale measures degree of difficulty in human activities and degree of damage in buildings or objects.

\*\*Level 3 means it is difficult to stand, unfixed furniture will move or shift, and cracks can form in walls.

In the event of an earthquake, there will be alert sirens from televisions, cellphones, and emergency FM radios.

When an earthquake happens, do not panic. Calmly assess the situation and act accordingly.

<p><b>Secure you and your family's safety</b></p> <p>Your life is the most important. When an earthquake occurs, first secure your own safety by getting under a desk or chair.</p> <p>Do not panic and rush outside. Move in a calm manner.</p>	
<p><b>Turn off appliances</b></p> <p>Once the shaking stops, turn off all appliances with a flame.</p> <p>When evacuating, turn off all gas valves and circuit breakers.</p>	
<p><b>Open the door and secure the exit</b></p> <p>There are times when the doors get stuck due to earthquakes. Make sure to secure your exit.</p>	
<p><b>Help those around you</b></p> <p>Call out to your neighbours to check if they are safe, especially to households with the elderly or handicapped.</p>	

Other things to do:

- Be cautious of aftershocks.
- Wear appropriate footwear.
- Check for updated information through television, radio, or internet.
- Do not enter buildings that have collapsed or are at risk of collapsing.

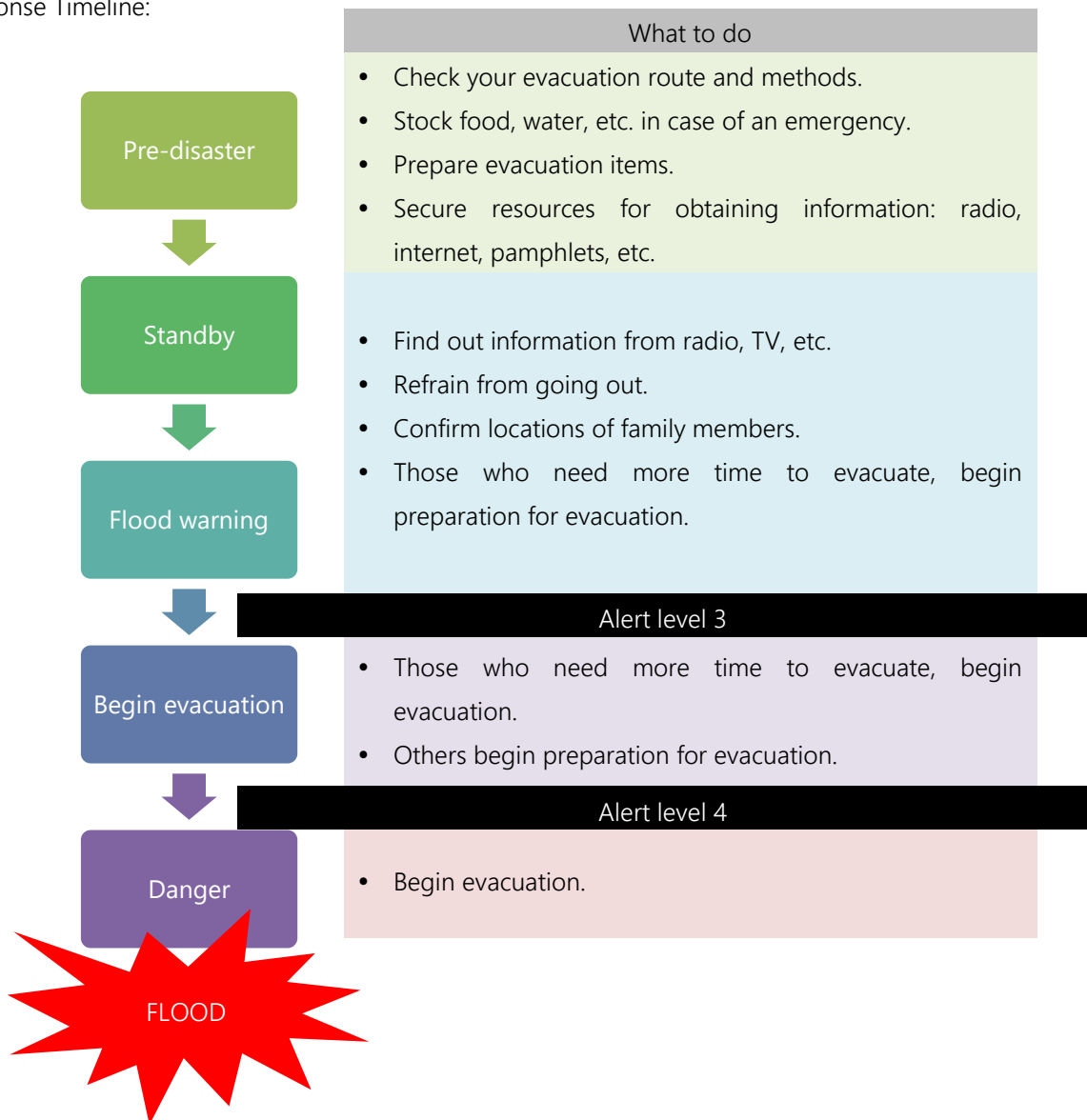
※If your residence is unaffected, do not feel compelled to evacuate.

#### IV. Floods

If there is a large amount of rain and your residence is near a river, it may be at risk of a flood. Refer to the following diagram to prepare for a disaster.

See page 4 of this guide for a QR code linking to the Iwamizawa hazard map, to check what areas are prone to flooding.

Response Timeline:



### Types of landslides



#### Rockfall

Due to rain, melted snow, or earthquakes, the earth crumbles and slides. It can happen suddenly, therefore often causing injury to people who live nearby or cannot escape in time.



#### Mudslide

Rocks from mountains or rivers, sand, and dirt mix with large amounts of rain and violently slide down. It can reach speeds up to 40 km and instantly destroy buildings.



#### Landslip

Rain or melted snow soak into the ground, causing the land to intermittently slip. It occurs over a wide area all at once, causing serious damage. Once it starts it is very difficult to stop completely.

### V. Evacuation Shelters

Living in an evacuation shelter may not be comfortable. There are some who have their health deteriorate due to stress and exhaustion. As life is communal, it is essential to help each other out by respecting rules and manners.



#### Communal life

- Have all your belongings gathered in one place.
- Write your name on your belongings to prevent confusion.
- There are people sleeping due to exhaustion or poor health, so be considerate of others.

#### Keep your surroundings clean

- Throw out garbage in designated areas. Keep the toilet clean after use.
- Keep your space neat and clean.

#### Be considerate of others

- If possible, help those who are elderly or handicapped.
- If changing diapers or prosthetics, try setting up a curtain to protect their privacy.

#### Food and Water

- At shelters, food will be rationed out. As food is limited, each person will only receive a single portion, and more can not be given at request.

- When the water supply is cut, water will be given out. Some people will have trouble moving it, so help them if you can.

Staying healthy at the shelter

- Be careful of infections and other contagious diseases.
- It is easy for colds, influenza, and other contagious diseases to spread. Take precautions by regularly washing your hands and putting on a mask.

Be careful of venous thrombosis

- If you stay seated in the same position for too long, blood clots can form in your veins. These can be life-threatening if they travel to other parts of your body. Avoid this by moving regularly.

## VI. List of major evacuation shelters

Iwamizawa City and vicinity evacuation shelters		
No	Evacuation Shelter (Japanese)	Evacuation Shelter (Romanized Japanese)
1	第一小学校 (緑町3丁目7番1号)	Dai ichi shōgakkō (Elementary School) (Midori machi 3chōme 7ban 1gō)
2	総合体育館 (北3条西12丁目2番16)	Sōgō taiikukan (Sports Centre) (kita 3jō nishi 12chōme 2ban 16)
3	北真小学校 (稔町30番地7)	Hokushin shōgakkō (Elementary School) (Minorichō 30banchi 7)
4	東小学校 (東町2条7丁目977番地5)	Higashi shōgakkō (Elementary School) (Higashi machi 2jō 7chōme 977banchi 5)
5	東光中学校 (5条東14丁目1番地1)	Tōkō chūgakkō (Middle School) (5jō higashi 14chōme 1banchi 1)
6	岩見沢小学校 (2条東6丁目2番地)	Iwamizawa shōgakkō (Elementary School) (2jō higashi 6chōme 2banchi)
7	中央小学校 (7条西16丁目7番地3)	Chūō shōgakkō (Elementary School) (7jō nishi 16chōme 7banchi3)
8	生涯学習センターいわなび (4条西1丁目3番地4)	Shōgai gakushū sentā Iwanabi (Cultural Centre) (4jō nishi 1chōme 3banchi 4)
9	市民会館・文化センター (9条西4丁目1番地1)	Shimin kaikan・bunka sentā (Cultural Centre) (9jō nishi 4chōme 1banchi 1)
10	南小学校 (9条東2丁目1番地)	Minami shōgakkō (Elementary School) (9jō higashi 2chōme 1banchi)

Iwamizawa City and vicinity evacuation shelters		
No	Evacuation Shelter (Japanese)	Evacuation Shelter (Romanized Japanese)
11	光陵中学校 (春日町1丁目10番37号)	Kōryō chūgakkō (Middle School) (Kasugachō 1chōme 10ban 37gō)
12	美園小学校 (美園5条4丁目4番1号)	Misono shōgakkō (Elementary School) (Misono 5jō 4chōme 4ban 1gō)
13	日の出小学校 (かえで町2丁目1番1号)	Hinode shōgakkō (Elementary School) (kaedechō 2chōme 1ban 1gō)
14	岩見沢東高等学校 (東山8丁目1番1号)	Iwamizawa higashi kōtōgakkō (High School) (Higashiyama 8chōme 1ban 1gō)
15	志文小学校 (志文町161番地1)	Shibun shōgakkō (Elementary School) (shibunchō 161banchi 1)
16	清園中学校 (志文町927番地5)	Seien chūgakkō (Middle School) (shibunchō 927banchi 5)
17	幌向総合コミュニティセンター (幌向1条1丁目70番地)	Horomui sōgō komyunitī sentā (Horomui 1jō 1chōme 70 banchi)
18	幌向小学校 (幌向南2条1丁目180番地)	Horomui shōgakkō (Elementary School) (Horomui Minami 2jō 1chōme 180 banchi)
19	豊中学校 (幌向南2条1丁目59番地)	Yutaka chūgakkō (Middle School) (Horomui Minami 2jō 1chōme 59 banchi)
20	上幌向中学校 (上幌向北1条4丁目745番地8)	Kamihoromui chūgakkō (Middle School) (Kamihoromui kita 1jō 4chōme 745 banchi 8)
21	メープル小学校 (上志文町107番地1)	Mēpuru shōgakkō (Elementary School) (kamishibunchō 107banchi 1)
22	岩峰地区農地流動化センター (峰町330番地3)	Iwamine chiku nouchi ryūdouka sentā (Minemachi 330 banchi 3)
23	朝日コミュニティ交流センター (朝日町176番地22)	Asahi komyunitī kōryū sentā (Community Hall) (Asahichō 176banchi 22)
24	毛陽コミュニティ交流センター (毛陽町534番地11)	Mōyō komyunitī kōryū sentā (Community Hall) (mōyōchō 534banchi 11)
25	北村トレーニングセンター (北村赤川595番地4)	Kitamura torēningu sentā (Sports Centre) (kitamura akagawa 595 banchi 4)



Iwamizawa City and vicinity evacuation shelters		
No	Evacuation Shelter (Japanese)	Evacuation Shelter (Romanized Japanese)
26	北村中学校 (北村中央4725 番地)	Kitamura chūgakkō (Middle School) (kitamura chūō 4725 banchi)
27	北村小学校 (北村中央4725 番地)	Kitamura shōgakkō (Elementary School) (kitamura chūō 4725 banchi)
28	豊正地区自治会館 (北村豊正 778 番地 141)	Hōsei chiku jichi kaikan (Kitamura hōsei 778 banchi 141)
29	美唄達布地区自治会館 (北村美唄達布 4614 番地)	Bibai tappu chiku jichi kaikan (Kitamura bibai tappu 4614)
30	幌達布地区自治会館 (北村幌達布 5180 番地 22)	Horotappu chiku jichi kaikan (Kitamura Horotappu 5180 banchi 22)
31	砂浜地区自治会館 (北村砂浜 361 番地 12)	Sunahama chiku jichi kaikan (Kitamura sunahama 361 banchi 12)
32	東地区自治会館 (北村中小屋 524 番地 59)	Higashi chiku jichi kaikan (Kitamura nakagoya 524 banchi 59)
33	栗沢市民センター (栗沢町北本町 168 番地 36)	Kurisawa shimin sentā (Community Hall) (Kurisawachō kitahonchō 168banchi 36)
34	必成地区集会所 (栗沢町必成195 番地4)	Hissei chiku shūkaijo (Kurisawa machi hissei 195 banchi 4)
35	西地区集会所 (栗沢町北斗 601 番地 1)	Nishi chiku shūkaijo (Kurisawa machi hokuto 601 banchi 1)
36	岐阜地区集会所 (栗沢町岐阜 207 番地 2)	Gifu chiku shūkaijo (Kurisawa machi gifu 207 banchi 2)
37	由良地区集会所 (栗沢町由良 419 番地 1)	Yura chiku shūkaijo (Kurisawa machi yura 419 banchi 1)
38	茂世丑地区集会所 (栗沢町茂世丑 309 番地 1)	Moseushi chiku shūkaijo (Kurisawa machi moseushi 309 banchi 1)
39	上幌地区集会所 (栗沢町上幌 350 番地 1)	Kamihoro chiku shūkaijo (Kurisawa machi kamihoro 350 banchi 1)
40	栗丘地区集会所 (栗沢町栗丘 201 番地 11)	Kurioka chiku shūkaijo (Kurisawa machi Kurioka 201 banchi 11)

Iwamizawa City and vicinity evacuation shelters		
No	Evacuation Shelter (Japanese)	Evacuation Shelter (Romanized Japanese)
41	弥生ヶ丘地区集会所 (栗沢町最上 298 番地 17)	Yayoigaoka chiku shūkaijo (Kurisawa machi mogami 298 banchi 17)
42	栗沢 B&G 海洋センター (栗沢町最上 506 番地 1)	Kurisawa B&G kaiyō sentā (Sports Centre) (Kurisawachō mogami 506 banchi 1)
43	最上北栄地区集会所 (栗沢町最上 2 番地 45)	Mogami hokuei chiku shūkaijo (Kurisawa machi Mogami 2 banchi 45)
44	宮村地区集会所 (栗沢町宮村 186 番地)	Miyamura chiku shūkaijo (Kurisawa machi miyamura 186 banchi)
45	美流渡コミュニティセンター (栗沢町美流渡栄町 93 番地)	Miruto komyunitī sentā (Kurisawa machi miruto sakaecho 93 banchi)
46	万字地区集会所 (栗沢町万字英町 1 番地 2)	Manji chiku shūkaijo (Kurisawa manji hanabusa cho 1 banchi 2)
47	ホテルサンブラザ (4 条東 1 丁目 6 番地 1)	Hoteru sanpuraza (Hotel) (4jō higashi 1chōme 6banchi 1)
48	北村温泉ホテル (北村赤川 156 番地 7)	Kitamura onsen Hotel (kitamura akagawa 156 banchi 7)

For more details about the evacuation shelters, visit the Iwamizawa city hall website:

岩見沢市指定避難所一覧 (Iwamizawa shi shitei hinanjo ichiran)



[[https://www.city.iwamizawa.hokkaido.jp/soshiki/bosaitaisakushitsu/anshin\\_anzen/1/2/1/2409.html](https://www.city.iwamizawa.hokkaido.jp/soshiki/bosaitaisakushitsu/anshin_anzen/1/2/1/2409.html)]

## 2. Daily Life

### A. Moving

When moving to Iwamizawa, you will have to complete the following tasks:

- ① Locate suitable accommodations.
- ② Obtain a personal seal (hanko).
- ③ Open a bank account.
- ④ Arrange to have utilities turned on in your home (water, gas, electric).
- ⑤ Register your residency at City Hall.
- ⑥ Arrange to pay taxes or have them automatically deducted from your salary.
- ⑦ Obtain the proper licenses if driving.
- ⑧ Understand the rules for disposing of waste.
- ⑨ Familiarize yourself with nearby hospitals in case of an emergency.

When leaving Iwamizawa, be sure to:

- ① Notify your landlord of your departure date and arrange for inspection.
- ② Notify your utility providers of when to stop service.
- ③ Notify the post office of your change of address and apply for your mail to be forwarded.
- ④ Close your bank account or arrange to have it closed.
- ⑤ Notify City Hall of your departure by filling out a notice of transfer (tenshutsu todoke).

### B. Housing

Contact a real estate agent to find a house or apartment to rent. You can see listings at real estate offices, in housing magazines, or online. To avoid misunderstandings during your search, it may help to bring a Japanese speaker along if you are not proficient in Japanese.

Once you have found accommodations, you can enter a rental contract. Be sure to fully understand it, as you may not be familiar with Japanese practices.



Terminology:

- **Ya chin:** monthly rent. You may have to pay a full month even if you move in mid-month.
- **Shiki kin:** Refundable deposit. One or two months rent given to the landlord, returned upon moving out if there are no repairs needed.
- **Chukai ryo:** Realtor's fee. Commission paid to the real estate agent. Usually equivalent to one month's rent.
- **Kanri hi:** management fee. Paid together with rent to the landlord as a management cost.
- **Rei kin:** key money. A non-refundable fee paid to the landlord, usually the same as one to three months of rent.

- **LDK**: Living, dining, kitchen. Used to describe the size of the property. The number in front (eg. 2LDK) refers to the number of rooms in addition to the living room, dining room, or kitchen.
- **Tatami mats (jo)**: the size of a room is described by the number of tatami mats that can fit in the room. One tatami mat (ichijo) is about 180 x 90 cm.

### C. Life in Winter

Iwamizawa can be very cold, with winter lasting from December to March. The temperatures will be well below freezing for long periods of time.

During the winter, it is helpful to:

- Wear several layers of clothing, as temperatures differ greatly between indoor and outdoors.
- Wear shoes with good traction, as the roads are often frozen and icy.
- Drain the water in your residence when absent for long periods (even two or three days), because your pipes may freeze and burst.
- Allow fresh air into the room frequently when using heaters.

### D. Utilities

#### I. Electricity

Electricity in Hokkaido is supplied by Hokkaido Electric Power Co. (Hokuden).

There are various ways to sign up for utility services. Fill in and post the necessary forms for each service, call the company, or visit the company in person. To discontinue service, call the utility company and give them any information requested.



#### Power outage

If the electricity in your house goes out, first check the circuit breaker to see if any of the switches are off. Your breaker will most likely be in the foyer/hall (*genkan*) area.

If you are unsure of where the breaker is, ask your landlord.

If the breaker has switched to "off" 「切」, turn off the lights or electronic appliances you are using and flip the switch back to the "on" 「入」 position.



If the electricity has gone out and all the breaker switches are on, or the electricity in your neighbourhood appears to be out of service, call the company in order to resolve the problem.

It is advised to always keep a flashlight in your residence for such emergencies.

## II. Water

Iwamizawa's Water Department, located on the second floor of City Hall, maintains all water and sewage services. The charges include water and sewage.

If you are absent from your residence for a long period of time, you may have to drain your pipes (mizu nuki). If you don't, your pipes may freeze and burst, causing expensive water damage that you will be responsible for. Depending on how cold it is (if it does not reach above freezing temperatures for several consecutive days), you may have to drain your water even if you are only gone for a weekend.

Ask your landlord, neighbor, or previous tenant for how to drain your water in your specific situation. Turn off the main water valve, open all the taps in your sink, toilet, shower, washer, etc. and let all the water drain out. You can also buy anti-freeze liquid to pour into the toilet bowl.

If your pipes are partially frozen and water is not coming out, try wrapping the pipe with a cloth and pouring hot water on it.

## III. Gas

There are two types of gas used in Iwamizawa – city gas and propane. City gas is provided through pipes under the roads. Propane (liquefied petroleum) is provided by compressed gas cylinders.

If something uses "gas", it is understood that it uses one of the two types. While there are other types of fuel like gasoline (for cars) or kerosene, they are not called "gas".

Gas appliances differ by gas types, so fires may occur if you use incompatible types of gas. **Be sure to confirm what type of gas your appliances use**, by consulting your landlord or gas contract.

### City gas (natural gas)

Call the office before you move in and tell them your name, address, and the day you will begin your residence. A service person will visit your residence on the appointed day to inspect and open the gas valve. You will also receive your contract, relevant paperwork, and setup payment.

### Propane/LP (liquefied petroleum) gas

Propane/LP gas is serviced independently. Ask your landlord for the relevant company's contact information.



In the case of a gas leak, immediately stop using the gas and turn off all gas valves. Open the door and windows and call your gas provider's emergency number or the fire department. Do not use fire, lights, or fans.

#### IV. Gas stoves

There are different ways to heat your home, but gas heaters (stoves) are very common. Before purchasing one, check which type can be used in your residence, and make sure to have proper ventilation practices. If gas stoves are not well-ventilated, fires or carbon monoxide poisoning can occur. Following are the two main types of gas stoves.

- ① **Ventilated:** Gas heaters that have built-in ventilation.
  - A) **Chimney type:** it uses an exhaust tube to vent exhaust up and outside. For air intake, it uses air inside the room.
  - B) **FF (forced flue) type:** An air intake/exhaust pipe leads directly out of the rear of the heater and outdoors. If you decide on an FF type heater, you will need to make a hole approximately 5 cm in diameter behind the unit at knee height in order to feed the air intake/exhaust pipe outside.
- ② **Non-ventilated:** gas heaters that have no ventilation, usually portable ones. It is crucial to open windows or use them only in a well-ventilated space.



#### V. Disposal of Garbage

Garbage is separated into different categories and collection days differ from area to area. It is only collected from specific collection stations, and should be put out before 8:30 a.m. Garbage stations usually have a collection schedule posted on them.

**Burnable**, **non-burnable**, and **other** garbage should be put into **pink**, **green**, and **semi-transparent** or **clear** bags respectively. Bags are sold at convenience stores, grocery stores and drug stores in the area. The garbage bags that are sold in stores are for that vicinity only, so if you go to a store in a different city, they may not have the correct bags.



If your garbage is not sorted correctly, it may be refused by the collectors. There will be a notice on the bag with checkboxes identifying the reason. If refused, it is your responsibility to take it and re-sort it.

For more details, see the "Iwamizawa City Household Garbage Guidebook" (English). You can get a copy of this from City Hall, in addition to a 6-month collection calendar. It is also available online on the Iwamizawa City Hall website.

For oversized items, you can call the garbage disposal department at City Hall and schedule a pick up. Provide your name, address, and size of the items. They will tell you how much it will cost, and make an appointment to pick it up.

Consult the English garbage manual for detailed instructions on disposing of oversized items.

[\[https://www.city.iwamizawa.hokkaido.jp/material/files/group/1/content\\_20220304\\_141048\\_404.pdf\]](https://www.city.iwamizawa.hokkaido.jp/material/files/group/1/content_20220304_141048_404.pdf)



## VI. Phones & Internet

Phone numbers:

Phone numbers in Japan are made up of three parts: the area code, the exchange number, and the line number. For example, the Iwamizawa City Hall number is as follows:

0126-23-4111

When calling from outside of Japan, first enter the country code, then leave off the "0" in the area code. For example:

+81-126-XX-XXXX

Overseas Calls:

To make overseas calls, you may need to get a phone plan that includes international calling. Alternatively, many smartphone apps are capable of phone calling or Wi-Fi calling. Some examples include WhatsApp or LINE.

Mobile phone plans:

There are many options to get mobile phone plans in Japan. Popular phone carriers include Rakuten, au, Docomo or SoftBank. You can go to any store location and sign up on the day of. There are often sales and promotions, so explore your options to find the best fit for you.

You may need a cash card, passbook, and other identifying information before you can sign a contract.

Prepaid phones are also available, though you have to travel to a larger city to find them.



Internet

Setting up internet is similar to setting up a cell phone plan. In fact, you can often get them bundled together from the same company. Consult with the internet provider of your choosing. Expect it to take some time, as a technician usually must go to your residence once or twice to set up the service.

Pocket-Wi-Fi or Wi-Fi only routers are also a reliable option, and require no setup.

## E. Foreign Food

Foods that are not available in Japanese supermarkets can be found in a variety of other places.

- Costco: member only, but international memberships can be used. Locations in Sapporo and Ishikari.

- Jupiter: import store, locations in Sapporo.
- Kaldi: similar to Jupiter, locations in Ebetsu and Sapporo.
- Gyomu Super: bulk foods and import foods, locations in Iwamizawa and around Hokkaido.
- Foreign Buyers Club (online)
- Tengu Natural Foods (online)
- iHerb (online)

#### F. Festivals and Recreation

There are number of festivals held throughout the year in Iwamizawa, such as the "Hyappei" festival and shrine festival held in September, and the snow festival in February. There are sports facilities, parks, a library, amusement park, ski hills, fitness centers, and much more.

You can find information about events, facilities, and other aspects of life on the Iwamizawa City website.

[\[http://www.city.iwamizawa.hokkaido.jp\]](http://www.city.iwamizawa.hokkaido.jp)



#### G. Support for Foreigners

There is a variety of support systems for foreigners in Iwamizawa. One is the International Relations Department at City Hall. They can assist with things like:

- Japanese-English support at City Hall (in relation to city hall services).
- Information on the International Exchange societies in Iwamizawa.
- Information regarding international events and the sister city exchange.

For resources about living in Hokkaido, visit the Hokkaido government's English page.

[\[http://www.pref.hokkaido.lg.jp/foreign/english.htm\]](http://www.pref.hokkaido.lg.jp/foreign/english.htm)

There is also the Hokkaido Foreign Resident Support Center. They have a variety of resources about living in Hokkaido, as well as translation services in many languages.

[\[https://www.hiecc.or.jp/soudan/en/\]](https://www.hiecc.or.jp/soudan/en/)



### 3. Medical Services & Health

#### A. Insurance

Everyone who lives in Japan is required to enroll in a health insurance program; Employee Health Insurance, National Health Insurance, or Elderly Health Insurance.

Upon registering, you will be issued an insurance card. This card will be used every time you seek medical care. Make sure to keep it safe and have it on you when traveling.

Apply at the Medical & Pension Department in City Hall for National Health insurance or Elderly Health Insurance. You will need your passport and residence card.

#### B. Doctors, Dentists & Hospitals

Though there are a range of medical centers, dentists, and hospitals in Iwamizawa, it is not always guaranteed that the staff there are able to speak English.

If you need an English-speaking doctor, it is best to ask friends and other foreigners around you to recommend places. There are more English-speaking medical professionals in Sapporo.

If you need to see a doctor, choose a place, and call to make an appointment if necessary. Many places can be found online via map search engines, or on the Iwamizawa Medical Association website (Japanese). You will need to bring identification and your insurance card. They will often have you fill out paperwork upon your visit and give you a member card for that location.

Payment is upon finishing your appointment. If you are given prescriptions, you can pick them up at the indicated pharmacy and pay for the medication there.

For a list of medical providers, locations, and hours, see the Iwamizawa Medical Association website (Japanese):

[<https://www.iwamizawa-ma.com/ichiran.php>]



## 4. Finance

### A. Pension

All foreigners between the ages of 20 and 59 must contribute to the national pension system (nenkin). Certain companies also have Employee Pension.

After you enroll, you will receive a pension number for managing coverage records. Pension is paid monthly, either by paying on your own, or by having it automatically deducted from your paycheck.

If you leave Japan, as a foreigner you are eligible to receive a lump-sum payment of part of your contributions while in Japan. You must apply within two years of leaving Japan. For more information, visit the Japan Pension Service website (English and Japanese):

[\[https://www.nenkin.go.jp/index.html\]](https://www.nenkin.go.jp/index.html)

### B. Banking

#### Types of Accounts

Although various types of accounts such as company and long-term savings accounts can be opened at the bank, the most commonly used type is the ordinary deposit or savings account (futsu-yokin).

#### Opening an Account

You can open an account at a bank, credit union (shinyou-kinkou), post office, etc. To open an account, in order to prove your address, you will need personal identification such as your resident registration card. Also, most banks will require that you have a personal seal (hanko or inkan).

#### Automatic Payment of Bills

Payments for many public utilities can be made directly from your bank or postal account each month. Among the bills that can be paid automatically are: water, electricity, gas, NHK TV service, other satellite TV services, taxes, and telephone (both domestic and international).

Each utility has a separate form that will need to be filled out, requesting that your bills be automatically paid each month. Consult with your utility provider to find out how to do automatic payment.



### C. ATMs

As in other countries, you can withdraw money from your bank or postal account at an automatic teller machine (ATM) using a cash card. You can also deposit money, make bank transfers, check your current balance, and conduct other transactions.

ATMs have much more limited hours than in other countries. They may only be open during weekday business hours, and closed during holidays.

Generally, your ATM card can be used at most banks, or at an ATM in a convenience store. A surcharge will likely be added if you use an ATM other than at your bank, or during certain times of day. Postal Savings cash cards can be used at any post office ATM machine in Japan.

#### How to Use a Japanese ATM

ATMs can differ greatly from bank to bank and even from branch to branch of the same bank, and for most, the options can be displayed in English by selecting the “English” button. Be aware that some types of transactions may only be able to be conducted in the Japanese language setting.

Here are a few terms in Japanese that are often seen at ATMs:

あんしょうばんごう  
暗証番号: PIN number

ひきだ  
お引出し: Withdrawal

あずけい  
お預入れ: Deposit

おふりこみ  
お振込: Money Transfer

ざんだかしょうかい  
残高照会: Current Balance

つうちょうきにゅう  
通帳記入: Update bankbook

ていせい  
訂正: Correction

とりけし  
取消: Stop Transaction

かくにん  
確認: Confirm Entry

まん  
万: 10,000

せん  
千: 1,000

えん  
円: yen



#### D. Sending Money

##### Domestic Money Transfers

Domestic money transfers (振込 furikomi) can be made from any bank to any other bank account in Japan. There are both ordinary and telegraphic transfers available, with telegraphic transfers being slightly faster and more expensive. It is also cheaper to send money to an account within the same bank than to one in a different bank.

In addition to filling out the proper forms and paying at a teller’s window, it is also possible to make transfers using your cash card. The ATM will prompt you for the amount of money you want to send, then ask you for the bank, branch name or number, account type, and account number. You will need to know the bank and branch name in Japanese in order to do this.

##### Sending Money Abroad

Money can be sent to most countries from banks that offer foreign money transfers. You can also send money abroad through the main branch of the post office, or using private services such as Wise. Electronic transfers via app or internet are usually the most convenient, and have the most competitive exchange rates.

### Exchanging Money

Money can be exchanged at the main branches of most banks, but check what currencies are available beforehand. Most main post offices are also equipped to exchange money.

Money can also be exchanged at airports and specialty shops. The closest exchange stores are in Sapporo.



### E. Post Office Services

There are many Post Offices in Iwamizawa with different opening and closing times; however, in general Post Office opening hours in Japan tend to be shorter than what you may be used to.

For more information on Japanese Post Offices, their postal and banking services etc., see their Japan Post website (English)

[\[https://www.post.japanpost.jp/index\\_en.html\]](https://www.post.japanpost.jp/index_en.html)

## 5. Legal Procedures and Tax

### A. Registration of Foreign Nationals

#### Residence card

After arriving in Japan, you should already have been issued a resident card at the airport. You will need to register it and receive a “proof of residence” form (juminhyo) at Iwamizawa City Hall’s Citizen Service Department.

#### Renewing, change of Residence & more

For more information on the residency management system and for what to do when renewing your card, changing residences, etc., see the section on the Immigration Service Agency’s website.

[\[http://www.immi-moj.go.jp/newimmiact\\_1/en/index.html\]](http://www.immi-moj.go.jp/newimmiact_1/en/index.html)



### B. Personal Seal

The inkan, or personal seal, (also known as a hanko) is an indispensable part of everyday life in Japan, and is used in the same manner that a signature is in the West.

Any inkan used in an official capacity must be registered at the City Hall. There are certain specifications of the stamp in order to be registered.

- A diameter of between 9mm and 25mm
- Your name (or some portion thereof) as printed on your Resident Card, Alien Registration Card or Special Permanent Resident Certificate.

You can use either a romaji or katakana spelling of your name, if that spelling has been registered on your “certificate of residence” (juminhyo).

Registration is done at the Citizens' Service Section at City Hall. You will need to bring your Residence Card (or any of the stated above) with the inkan you want to register. After registering, you will receive an “inkan tourokushou” or “Personal Seal Registration Card”. At this point, your seal is then known as a “jitsuin.”



When purchasing a car, entering certain contracts, or in various other transactions, you’ll need to provide your *jitsuin* and a document that proves your seal has been registered. You can get this document by taking the aforementioned “Personal Seal Registration Card” to the Citizens’ Service Section of the City Hall and requesting a “Proof of Personal Seal Registration” (inkan touroku shoumeisho).

You can buy inkan at many general stores, though as a foreigner you may have to get one custom made. You can get them at inkan specialty shops.

### C. Taxes

Your tax status depends largely on your nationality, how long you are staying in Japan and your occupation. Taxes are paid on income, property, and consumption on the national, prefectural, and municipal levels.

To make sure you are up to date with the most recent information and to know more about the types of taxes and how to pay them, it is advised that you check online for the current tax situation in Japan, such as on Japan-Guide.com:

[\[http://www.japan-guide.com/e/e2206.html\]](http://www.japan-guide.com/e/e2206.html)

#### Local Inhabitant Tax

Every year local inhabitant tax (住民税 jūmin zei) is paid to the city you are living in. It is assessed by the prefectural and municipal governments, based on your previous year's income.

Iwamizawa City Hall will send out your inhabitant tax bill, so it is important to note that even if you move to another city in the meantime, you must still pay Iwamizawa City as your former residence. It may be the case that the inhabitant tax is automatically withheld from your monthly salary.

If you are employed by a Japanese employer, you should receive a statement of earnings document at the end of the year (源泉徴収票 gensen chōshū hyo). This will be used to file your taxes, and you can see how much money has been withheld for inhabitant tax and insurance.

## 6. Transportation

### A. Public Transportation

#### Trains

There are 3 main types of trains:

- Normal (普通 futsu): stops at every station.
- Rapid (快速 kaisoku): faster, stopping at select stations.
- Limited express (特急 tokkyu): fastest, only stopping at a few stations.



You can buy tickets at the train station ticket machine or manned windows. If you travel by train frequently, it is more convenient to get an IC card, which uses electronic currency. You can put money on IC cards at the ticket machine, and scan the card when you enter and leave the ticket gate. The money for that trip will be automatically deducted.

Some rapid trains may require a separate ticket and IC cards cannot be used.

Digital versions of most IC cards are available, and can be used from your phone.

Fares are written next to the destinations on the map above the ticket machine. There are also special discount tickets you can buy to ride any of the three types of trains to and from Sapporo.

Most express trains will have cars that are labeled "reserved" (指定席 shiteiseki) and "unreserved" (自由席 jiyuuseki). Make sure you take a seat in the correct car according to the ticket you bought.

Trains in Japan leave at the exact scheduled time, so be sure not to be late.

Useful phrases for trains:

- 片道: (kata michi) one way
- 往復: (oufuku) round trip
- 乗り換え: (norikae) change trains
- のりば: (noriba) platform
- 普通で: (futsuu de) by normal train
- 特急で: (tokkyu de) by limited express
- 禁煙: (kin en) non smoking
- 満員: (man in) full/sold-out
- 快速: (kaisoku) rapid
- 料金箱: (ryoukin bako) fare box
- 精算所: (seisan sho) fare adjustment office
- この電車は 札幌 行きですか?: (kono densha wa Sapporo yuki desu ka?) Is this train bound for Sapporo?



## Buses

### City bus

You can purchase a ticket at the counter if available, or take a ticket when you embark. Some bus companies have prepaid books of ticket vouchers called *kaisuken*.

When getting on a bus, enter at the rear and exit through the front. If you get a ticket when you embark, the electronic board above the driver will indicate the fare, based on the distance. The amount displayed corresponding to the number ticket you have is the fare. Pay when you disembark.

Place both the ticket and fare in the machine next to the driver. The machine does not give change, so you'll need to pay the exact fare. There will be a bill exchange machine, but on most buses the most you can change is a 1000-yen bill.

### Express bus

The express bus terminal is adjacent to the train station. There are other express bus stops throughout Iwamizawa. It is a coach bus, so it is more comfortable and you can bring luggage. You can use a ticket bought at the terminal ticket machine, an IC card, or cash when you disembark.

## Taxis



Taxis are readily available from almost anywhere. If you have been drinking, you can have someone else drive your car home while you follow in a cab by calling any taxi company and asking for "daiko sabisu". This service costs about twice as much as the normal fare.

Remember: drinking any amount of alcohol and driving is illegal.

## B. Driving

Driving in Japan can be very different from driving in your home country. Drinking and driving laws are exceedingly strict in Japan, and winter road conditions can be treacherous.

For more information on driving safety, rules, and tips, see the Japan Automobile Federation (JAF) website:

[\[https://english.jaf.or.jp/driving-in-japan/traffic-rules\]](https://english.jaf.or.jp/driving-in-japan/traffic-rules)



### International Driver's License

You can drive in Japan for one year after your initial arrival, if you possess a valid driver's license from your own country in addition to an International Driver's Permit (IDP). If you are staying longer, you must get a Japanese license. Driving license rules and eligibility differ from country to country.



## Getting a Japanese License

Depending on the country of your license, you will need to take Japanese driving and written test. Some places may not require you to take the test, and you only need to submit paperwork in order to get a Japanese license. You may also be required to have additional documentation such as proof of residency in your home country or proof of having your license for at least three months before entering Japan.

As of 2024, the areas exempt from the driving test are: Iceland, Ireland, United States of America (Indiana [practical test only], Ohio, Oregon, Colorado, Hawaii, Virginia, Washington, Maryland), England, Italy, Austria, Australia, Netherlands, Canada, South Korea, Greece, Switzerland, Sweden, Spain, Slovenia, Czech, Denmark, Germany, New Zealand, Norway, Hungary, Finland, France, Belgium, Poland, Portugal, Monaco, Luxembourg, Taiwan.

For more information on exchanging licenses, visit the Tokyo Metropolitan Police website:

[\[https://www.keishicho.metro.tokyo.lg.jp/menkyo/menkyo/kokugai/kokugai05.html\]](https://www.keishicho.metro.tokyo.lg.jp/menkyo/menkyo/kokugai/kokugai05.html)

The written test in Hokkaido is only available in English, Chinese, and Korean. When you go to the licensing center (menkyo shikenjo) you will need to take the following items with you:

- A valid license from your home country
- An official translation of the license (see below)
- Residence Card (or Alien Registration card)
- Passport
- One passport size photo



The official translation of your home country license can be handled by the Japan Automobile Federation (JAF). Be prepared for the whole process of getting a license to take time and possibly be expensive.

The practical test in Japan is known to be strict, and it is not unusual to take it more than once. It is not necessary to go to driving school and learn from scratch, but it may be prudent to schedule individual driving practices with a driving school. The rules of the driving test may differ greatly from your home country, and you will need to know them well.

To take the test, make an appointment with your nearest licensing center. You may have to go back more than once to do the written and practical test, and to pick up your license.

For more information on getting a license, driving rules and road safety, visit the JAF website

[\[https://english.jaf.or.jp/\]](https://english.jaf.or.jp/)

JAF also offers a roadside assistance service for an annual fee. They can tow, change tires, or restart batteries in addition to other services. It may be a helpful resource especially in Iwamizawa winters.

### C. Owning a car

Purchasing a car can make your life more convenient, as public transportation in Hokkaido is not as expansive and reliable as it is in other parts of Japan.

You can buy a new car from a dealership, or a used car from one of the many shops in the area. You can also search for cars online and have access to vehicles all over the country.



When purchasing a car, you will have to fill out the necessary paperwork, have it inspected, and register it at the closest registration center in Sapporo. If you buy from a dealer, they will do most of the work for you. You may also be asked to provide a "Parking space certificate" (shako shomeisho), a document that acknowledges you have a designated parking spot.

In most of Hokkaido and especially Iwamizawa, you will also have to have a set of winter and summer tires, changed around November and May respectively.

#### Types of cars

There are two types of cars in Japan, kei cars (yellow plate), and regular cars (white plate). Kei cars cannot be sold outside of Japan due to regulations in other countries. They are cheaper, but smaller, less powerful, have less features and comfort, and may be less safe in an impact.



Regular cars are standard cars have more powerful engines, last longer, and are bigger. They are more expensive than kei cars.

Choose a white plate or yellow plate car based on your personal needs. It should also be noted that when driving in winter, adverse road conditions may require a more powerful engine and 4-wheel drive.

#### Automobile inspections (shaken)

Japanese cars are held to a high standard of quality and maintenance. As part of registering the car, you will need to have up-to-date automobile inspection (shaken). This is an all-inclusive servicing that will check the condition of the whole car and make sure it is up to standards.

The inspection is completed three years after a new purchase, and then every two years after that. If you buy a used car you will have to complete shaken based on the original owner's purchase, not when you purchased the car. Therefore, your shaken might be due before you've possessed it for two years.

Shaken tends to become more expensive as the car gets older because repairs become more extensive. Kei cars are usually cheaper than regular cars when it comes to this. You can have the inspection completed at most car service areas, and even many gas stations.



## 7. References

## A. Online resources

Following are online resources included in this guide.

Name	URL	Description
Hazard map	<a href="https://www.city.iwamizawa.hokkaido.jp/kurashi/anshin_anzen/bosai_saigai/1/7912.html">https://www.city.iwamizawa.hokkaido.jp/kurashi/anshin_anzen/bosai_saigai/1/7912.html</a>	Iwamizawa City
Safety tips	<a href="https://www.mlit.go.jp/kankocho/news08_000325.html">https://www.mlit.go.jp/kankocho/news08_000325.html</a>	
Sapporo District Meteorological Observatory	<a href="http://www.jma-net.go.jp/sapporo/">http://www.jma-net.go.jp/sapporo/</a>	
Iwamizawa Meteorological Information	<a href="http://www.agw.jp/iwamizawa/disaster/">http://www.agw.jp/iwamizawa/disaster/</a>	
Iwamizawa City homepage	<a href="http://www.city.iwamizawa.hokkaido.jp/">http://www.city.iwamizawa.hokkaido.jp/</a>	
Hokkaido Disaster Prevention Information	<a href="http://www.bousai-hokkaido.jp/">http://www.bousai-hokkaido.jp/</a>	
Ministry of Land, Infrastructure, Transport, and Tourism (MLIT)	<a href="http://www.mlit.go.jp/saigai/bosaijoho/">http://www.mlit.go.jp/saigai/bosaijoho/</a>	Disaster prevention
MLIT	<a href="http://www.river.go.jp/">http://www.river.go.jp/</a>	Water levels
Japan Meteorological Agency	<a href="https://www.jma.go.jp/jma/en/Activities/inttable.html">https://www.jma.go.jp/jma/en/Activities/inttable.html</a>	Seismic scale information
Iwamizawa Evacuation shelters	<a href="https://www.city.iwamizawa.hokkaido.jp/soshiki/bosaitaisakushitsu/anshin_anzen/1/2/1/2409.html">https://www.city.iwamizawa.hokkaido.jp/soshiki/bosaitaisakushitsu/anshin_anzen/1/2/1/2409.html</a>	
English Garbage Guide	<a href="https://www.city.iwamizawa.hokkaido.jp/material/files/group/1/content_20220304_141048_404.pdf">https://www.city.iwamizawa.hokkaido.jp/material/files/group/1/content_20220304_141048_404.pdf</a>	
Hokkaido Government	<a href="http://www.pref.hokkaido.lg.jp/foreign/english.htm">http://www.pref.hokkaido.lg.jp/foreign/english.htm</a>	Living in Hokkaido
Hokkaido Foreign Resident Support Center	<a href="https://www.hiecc.or.jp/soudan/en/">https://www.hiecc.or.jp/soudan/en/</a>	
Medical Providers in Iwamizawa	<a href="https://www.iwamizawa-ma.com/ichiran.php">https://www.iwamizawa-ma.com/ichiran.php</a>	
National Pension Service	<a href="https://www.nenkin.go.jp/index.html">https://www.nenkin.go.jp/index.html</a>	
Japan Post	<a href="https://www.post.japanpost.jp/index_en.html">https://www.post.japanpost.jp/index_en.html</a>	English homepage
Japan-Guide	[ <a href="http://www.japan-guide.com/e/e2206.html">http://www.japan-guide.com/e/e2206.html</a> ]	Taxes
National Police Association	[ <a href="http://www.npa.go.jp">http://www.npa.go.jp</a> ] or [ <a href="http://www.japandriverslicense.com">http://www.japandriverslicense.com</a> ]	
Tokyo Metropolitan Police	[ <a href="https://www.keishicho.metro.tokyo.lg.jp/menkyo/menkyo/kokugai/kokugai05.html">https://www.keishicho.metro.tokyo.lg.jp/menkyo/menkyo/kokugai/kokugai05.html</a> ]	Drivers license exchange
Japan Automobile Federation	<a href="https://english.jaf.or.jp/driving-in-japan/traffic-rules">https://english.jaf.or.jp/driving-in-japan/traffic-rules</a>	Driving safety
Japan Automobile Federation	[ <a href="https://english.jaf.or.jp/">https://english.jaf.or.jp/</a> ]	homepage

## B. Conversion charts

Men's Shirts, Collars だんせい 男性シャツ、えり 襟サイズ

Centimeter(cm)	36	37	38	39	40	41	42	43
Inch	14	14.5	15	15.5	16	16.5	17	17.5

Men's Shoes だんせいくつ 男性靴

Japanese	24.5	25	25.5	26	26.5	27	27.5
US	7	7.5	8	8.5	9	9.5	10
UK	5	6	6.5	7	7.5	8	8.5
AU/NZ	6	6.5	—	7	7.5	8	8.5
Europe	40	40	41	42	43	44	44

Women's clothes じょせいふく 女性服

Japanese	7	9	11	13	15	17	19
US	4	6	8	10	12	14	16
UK	8	10	12	14	16	18	20
AU/NZ	6	8	10	12	14	16	18
Europe	36	38	40	42	44	46	48

Women's Shoes じょせいくつ 女性靴

Japanese	22	22.5	23	23.5	24	24.5	25
US	5	5.5	6	6.5	7	7.5	8

UK	3.5	4	4.5	5	5.5	6	6.5
Europe	35	35	36	37	38	38	39

Volume りょう 量

liter (l)	US gallon	UK gallon
1	0.2642	0.2200
3.7853	1	0.8324
4.5459	1.2010	1

Length なが 長さ

centimeter (cm)	meter (m)	Kilometer (km)	inch	foot	Yard	mile
1	0.01	-	0.3937	0.0328	0.0109	-
100	1	0.001	39.370	3.2808	1.0936	-
-	1,000	1	-	3,280.8	1,093.6	0.6214
2.5399	0.0254	-	1	0.0833	0.0277	-
30.479	0.3048	-	12	1	0.333	-
91.440	0.9144	-	36	3	1	-
-	1,609.3	1.6093	-	5,280	1,760	1

Weight おも 重さ

kilogram (kg)	Metric ton (t)	ounce (oz)	pound (lb)	U.S.ton
1	0.001	32.270	2.2046	0.0011
1,000	1	0.0353	-	1.1023
0.0283	-	1	0.0623	-
0.4536	-	16	1	-
907.2	0.9072	-	2,000	1

Area ひろ  
広さ

1 acre = 4,840 yd<sup>2</sup> = 4,027 m<sup>2</sup> = 1,224 tsubo (坪)

1 km<sup>2</sup> = 247 acres = 0.39 square miles

1 jo (畳-tatami mat) = 1.66 m<sup>2</sup> = 0.5 tsubo (坪)

1 jo is 91cm X 182 cm (for most buildings)

Cooking りょうり  
料理

1 US Tablespoon (T) = 14.79ml

1 Japanese T (大さじ) = 15 ml

1 Japanese teaspoon (小さじ)(t) = 5 ml

1 Japanese Cup = 200 ml

1 Australian Cup = 250 ml

1 US Cup = 236.6 ml = 16T

1 liter = 1.06 quart

1 pint = 2 cups = 16 fluid ounces = 1/2 quart

※1 Japanese cup for measuring rice is 180 ml