



Hello! SUGINAMI

Suginami City Population (as of May 1, 2019)
Total population 572,907
Foreign residents 18,152

Issued on the 1st of even-numbered months

Published by: Suginami City Office. Editing: Public Relations Section. Address: 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <http://www.city.suginami.tokyo.jp/>

Be prepared for heavy rain!

~ Making good use of the flood hazard map

It's raining heavily!

A typhoon is approaching!

What should I do?

Before that happens, check the following on your flood hazard map:

- Risks of floods
- Information about everyday readiness
- Evacuation information
- How to obtain information on floods



Risks of floods

What are the types of flood damages that are anticipated around your neighborhood?

What is the approximate depth of flooding that can be expected?



Information about everyday readiness

- Talk about evacuation actions with your family beforehand
- The dangers around you, and what to check when evacuating
 - Preparing the things to bring along with you when evacuating



Evacuation information

- Check the route from your home to the evacuation shelter
- If it is too dangerous to leave, move to a higher floor in your home or building



How to obtain information on floods

Information from Suginami City (weather information, information on evacuation shelters, information to alert the citizens of Suginami City, sandbag loans)

- Suginami City's official website <http://www.city.suginami.tokyo.jp/>
- Sugi Navi (App) <http://www.city.suginami.tokyo.jp/guide/kyukyu/kouzui/1014700.html>



Disaster/Disaster Prevention Information E-mail Service

<http://www.city.suginami.tokyo.jp/guide/kyukyu/shuchi/1030325.html>

The flood hazard map is available from the Public Works Planning Section (4F West Building, Suginami City Office), Disaster Prevention Section (6F West Building), and the Residents Offices of Suginami City. It is also published on Suginami City's website. It will be sent out successively from June to residents living in districts indicated on the hazard map where flooding is anticipated.

[Contact] Public Works Planning Section

Sending out of the Notification of the Amount of National Health Insurance Fees

Insurance fees for the period from April 2019 to March 2020 will be paid over 10 installments from June 2019 to March 2020.

We will be sending out the Notification of the Amount of National Health Insurance Fees for FY2019 to the heads of households on 12 June (Wednesday).

Payment slips for payment by a one-off payment or by periodic installments are enclosed for residents who pay the full or partial amount of insurance fees using payment slips.

[Contact] National Health Insurance Qualification Subsection, National Health Insurance and Pension Section

Non-Japanese residents must also enroll in the National Pension System

Foreign residents with an address in Japan, aged 20 or above and below 60, are required to enroll in the National Pension System regardless of their nationality. However, this excludes those who are covered under welfare pension schemes, and dependent spouses of those who are covered under welfare pension schemes. If a foreign resident who is enrolled in the National Pension System has a qualifying period of 10 years or more, and has fulfilled the criteria for receiving basic pension, he or she will be eligible to receive benefit payments through the basic pension for the disability/basic pension for the bereaved in the event of disability or death. There are also countries that have concluded a social security agreement with Japan and established systems to allow citizens to receive pensions based on their pension enrollment period in both countries, in order to prevent duplicate enrollment in the pension scheme.

Foreign residents who have paid for six months or more of their insurance premiums are eligible to receive a lump-sum withdrawal payment if they no longer have an address in Japan. Application procedures should be completed after they have submitted a notification of overseas relocation on their resident's card within two years from their relocation overseas.



[Contact] For inquiries on enrollment procedures, please approach the National Pension Subsection, National Health Insurance and Pension Section, Suginami City Office.

For inquiries on social security agreement and lump-sum withdrawal, please approach the Suginami Branch Office of the Japan Pension Service. Tel: 03-3312-1511

Announcement from Suginami Association for Cultural Exchange

Suginami Association for Cultural Exchange (SACE) organizes many events in which foreign residents are encouraged to participate and enjoy interactions with Japanese and other foreign residents. Please come and join us.

◇ SACE website and Facebook page

Please visit the website and Facebook page of the Suginami Association for Cultural Exchange. These sites offer information about events organized by the Association, Japanese language classes held in Suginami City, and friendship cities of Suginami City.

Event information and useful information about Suginami City is also sent out by post, free of charge, to foreign residents living in Suginami City. Registration is accepted through the Association's website.

◇ Support Desk for Foreign Residents

Volunteer interpreters provide support for foreign residents who need assistance at the Suginami City Office. Interpretation services are available for English, Chinese, Korean and Nepali. Please feel free to contact the Support Desk for assistance.

[When / Languages] (1) English: Every Monday 1:00 pm - 4:00 pm, every Friday 9:00 am - 12:00 pm
(2) Chinese: Every Monday 9:00 am - 12:00 pm, every first, third, and fifth Friday 1:00 pm - 4:00 pm

(3) Korean: Every second and fourth Friday 1:00 pm - 4:00 pm

(4) Nepali: Every first and third Wednesday 9:00 am - 12:00 pm

* Closed on national holidays and year-end/New Year holidays.

[Location] Public Hearing Section (1F East Building, Suginami City Office)

[Consultation methods] Visit Suginami City Office in person/Telephone (Public Hearing Section)/
In writing (By post, fax, or Email)

[Cost] Free of charge

◇ Looking for foreign volunteers to talk with Japanese participants!

We are recruiting foreign volunteers to talk with Japanese participants in a workshop aimed at facilitating communication between Japanese and foreign participants using *Yasashii Nihongo** (simple Japanese), without the use of any foreign languages.

**Yasashii Nihongo* means plain Japanese that is simpler than what is normally spoken and easy for foreign people to understand.

[Date and time] 1:00 pm - 5:00 pm, Thursday, June 6
[Location] Branch Office Building of Suginami City Office (Narita-higashi 4-36-13)
[Capacity] 5 (in order of registration)
[Applications and Inquiries] Suginami Association for Cultural Exchange
[Other] Transportation expenses will be provided



◇ Looking for Italian volunteers!

Suginami Association for Cultural Exchange holds the Foreign Culture Seminar that focuses on a certain country every year. This year, the country selected for the seminar is Italy. There will be various exciting entertainment including lectures and performances to introduce the attractions of Italy. We are recruiting volunteers to kindly help with the event including registration and interpreting.

[Date and time] 10:00 am - 5:00 pm, Saturday, December 7
[Location] Sesión Suginami (1-22-32 Umezato)
[Applications and Inquiries] Suginami Association for Cultural Exchange
[Other] Transportation expenses will be provided



For applications and inquiries, please contact Suginami Association for Cultural Exchange.

[Address] 5F Minami-Asagaya Building, 1-14-2 Asagayaminami, 166-0004

[Phone] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

[Website]

<http://www.suginami-kouryu.org/>



[Facebook]

<https://www.facebook.com/suginami.kouryu>



◆ Foreign Resident Consultation Services ◆

Consultation services on everyday life and city administration matters are available for foreign residents living in Suginami City. Please feel free to approach the Suginami City Office for a consultation.

[Date and time] English: Every Tuesday 9:00am-12:00pm, every Thursday 1:00pm-4:00pm

Chinese: Every Tuesday 1:00pm-4:00pm, every Thursday 9:00am-12:00pm

* Closed on national holidays and year-end/New Year holidays.

[Location] Public Hearing Section (1F East Building, Suginami City Office)

[Other] Consultation services are also available via phone.

Medical Consultation Service Counters

Tokyo Metropolitan Medical Consultation Service Center

Inquiries regarding medical institutions that provide foreign language consultation and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish. **[Consultation hours] 9:00am-8:00pm every day [Phone] 03-5285-8181**

Tokyo Metropolitan Medical Institution Information "Himawari"

The website allows you to search for medical institutions close to an address or station. **[English website] <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php>**

Suginami City Emergency Treatment (In Japanese only)

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your health insurance certificate and medical certificate.

■ Suginami City Holiday and Nighttime Emergency Treatment Center

[Phone] 03-3391-1599 **[Address]** Suginami Public Health Center 2F, 5-20-1 Ogikubo

[Medical departments and hours] (reception closes 30 minutes before end of examination time)

Monday to Friday, 7:30pm-10:30pm: pediatrics

Saturdays, 5:00pm-10:00pm: internal medicine, pediatrics, ear/nose/throat

Sundays, public holidays, year-end and New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat

■ Suginami City Dental Health and Medical Center (Holiday Dental Emergency Clinic)

[Phone] 03-3398-5666 **[Address]** Suginami Public Health Center 5F, 5-20-1 Ogikubo

[Hours] Sundays, public holidays, year-end and New Year holidays: 9:00am-5:00pm (reception until 4:00pm)

■ Suginami City Emergency Medical Information Center

Information on medical institutions and medical consultation available.

[Phone] #7399 or 03-5347-2252 **[Hours]** Monday to Friday: 8:00pm-9:00am following day

Saturdays, Sundays, public holidays, year-end and New Year holidays: 9:00am-9:00am following day



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大雨に備えよう! ~水害ハザードマップの活用

大雨だ!
台風が来る!
どうしよう...

そうなる前に 「水害ハザードマップ」で確認!

- 水害のリスク
- 日ごろの備えに関する情報
- 避難に関する情報
- 水害に関連する情報の入手方法



水害のリスク

自宅付近ではどのような水害が予想されているのでしょうか。予想される浸水の深さはどれくらいでしょうか。



日ごろの備えに関する情報

家族で避難行動について話し合っておきましょう

- ・身の回りにある危険と避難時の確認
- ・避難時の持ち出し品の準備



避難に関する情報

- ・自宅から避難所までのルートを確認しましょう。
- ・移動が危険な場合は、自宅や建物の上階へ移動し安全を確保しましょう。



水害に関連する情報の入手方法

杉並区からの情報(気象情報、避難所の開設情報、区民への注意喚起情報、土のうの貸し出し)

- ・区ホームページ <http://www.city.suginami.tokyo.jp/>
- ・すぎナビ(アプリ) <http://www.city.suginami.tokyo.jp/guide/kyukyu/kouzui/1014700.html>



災害・防災情報メール配信サービス

<http://www.city.suginami.tokyo.jp/guide/kyukyu/shuchi/1030325.html>

水害ハザードマップは、土木計画課(区役所西棟4階)、防災課(西棟6階)、区民事務所で配布しています。区ホームページにも掲載しています。ハザードマップで浸水が予想されている区域内にお住まいの方へ、6月から順次配布します。

[問い合わせ]土木計画課

国民健康保険料額通知書を発送します

2019年度保険料額通知書を、6月12日(水)に世帯主宛てに発送します。4月～2020年3月の保険料を、6月期～2020年3月期までの10回に分けてお支払いいただきます。

保険料の全部または一部納付書払いの方には、一括分と各期分の納付書を同封します。

【問い合わせ】国保年金課国保資格係

外国籍の方も国民年金に加入が必要です

日本に住所を有する20歳以上60歳未満の方は、国籍に関係なく国民年金に加入することになります。

ただし、厚生年金に加入している方、厚生年金加入者に扶養されている配偶者の方は除きます。

国民年金に加入し、受給資格期間が10年以上あると、老齢基礎年金の受給要件を満たし、また万が一のときに障害基礎年金・遺族基礎年金などが支給されます。

なお、日本との二国間で社会保障協定を結び、年金制度の二重加入の防止や、両国の年金加入期間を通算して年金が受けられるようなくみを設けている国もあります。

また、保険料納付済期間が6カ月以上ある外国籍の方は、日本に住所を有しなくなった場合、住民票の海外転出届を提出した後2年以内に請求手続きをすると脱退一時金が支給されます。



**【問い合わせ】加入手続きなどについては、区国保年金課国民年金係
社会保障協定・脱退一時金については、杉並年金事務所 電話 03-3312-1511**

杉並区交流協会のお知らせ

杉並区交流協会では、外国人が気軽に参加でき、日本人をはじめ多くの外国籍の方と楽しく交流できるイベントをたくさん企画しています。皆さんも、ぜひご参加ください。

◇杉並区交流協会ホームページとFacebook

杉並区交流協会のホームページやFacebookをご覧ください。杉並区交流協会の主催イベントや区内の日本語教室、杉並区の交流自治体の情報などが掲載されています。杉並区在住の外国人には、無料でイベント情報や区内の便利な情報を郵送しています。登録はホームページからできます。

◇外国人サポートデスク【Support Desk for Foreign Residents】

ボランティア通訳が区役所での手続きをサポートします。英語・中国語・韓国語・ネパール語で対応しています。お気軽に窓口までお越しください。

- 【日時・言語】** ①英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午
②中国語＝毎週月曜日午前9時～正午、第1・3・5金曜日午後1時～4時
③韓国語＝第2・4金曜日午後1時～4時
④ネパール語＝第1・3水曜日午前9時～正午

【場所】 区政相談課(区役所東棟1階)

【相談方法】 来所・電話(区政相談課)・文書(郵送・ファクス・Eメール)

【費用】 無料

申し込み、詳細の問い合わせは、杉並区交流協会へ。

【住所】 〒166-0004 阿佐谷南1-14-2 **【ファクス】** 03-5378-8844
みなみ阿佐ヶ谷ビル5階 **【Eメール】** info@suginami-kouryu.org

【電話】 03-5378-8833

【ホームページ】

<http://www.suginami-kouryu.org/>



【Facebook】

<https://www.facebook.com/suginami.kouryu>



◇日本人と話をする外国人ボランティアを募集!

外国語を使わずに、やさしい日本語*で外国人とコミュニケーションをするための講座のお手伝いで、日本人と話をしていただける外国人を募集しています。

*「やさしい日本語」とは、普通の日本語より簡単で、外国人にもわかりやすい日本語です。

【日時】 6月6日(木)午後1時～5時

【場所】 区役所分庁舎(成田東4-36-13)

【定員】 5名(申込順)

【申し込み・問い合わせ】 杉並区交流協会

【その他】 交通費程度を支給



◇イタリア人のボランティアを募集!

杉並区交流協会では、毎年1つの国を取り上げ、海外文化セミナーを実施しています。

今年は「イタリア」を取り上げます。イタリアの魅力を紹介する講演会やパフォーマンスなど、盛りだくさんの内容です。

イベントで受け付けや案内、通訳などのお手伝いしてくれる方を募集します!

【日時】 12月7日(土)午前10時～午後5時

【場所】 セシオン杉並(梅里1-22-32)

【申し込み・問い合わせ】 杉並区交流協会

【その他】 交通費程度を支給



◆外国人相談を実施しています◆

区内在住の外国人の方の日常生活や区政に対する相談を受け付けています。お気軽にご相談ください。

【日時】 英語＝毎週火曜日午前9時～正午、毎週木曜日午後1時～4時
中国語＝毎週火曜日午後1時～4時、毎週木曜日午前9時～正午
※祝日・年末年始は除く。

【場所】 区政相談課(区役所東棟1階)

【その他】 電話による相談もできます

医療相談の窓口

東京都保健医療情報センター

東京都医療機関
案内サービス「ひまわり」

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・韓国語・タイ語・スペイン語で応じます。

【相談日時】 毎日午前9時～午後8時 **【電話】** 03-5285-8181

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【外国語ホームページ】 <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks230.php>

杉並区の急病診療窓口(日本語対応のみ)

まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■ 杉並区休日等夜間急病診療所

【電話】 03-3391-1599 **【場所】** 荻窪5-20-1杉並保健所2階

【診療時間・科目】 (いずれも受付終了時間は診療終了時間の30分前まで)

月～金曜日 … 午後7時30分～10時30分＝小児科

土曜日 … 午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日・祝日 … 午前9時～午後10時(外科は午後5時まで)＝内科・小児科・外科・耳鼻咽喉科
年末年始

■ 杉並区歯科保健医療センター(歯科休日急病診療)

【電話】 03-3398-5666 **【場所】** 荻窪5-20-1杉並保健所5階

【診療時間】 日曜日、祝日、年末年始の午前9時～午後5時(受け付けは午後4時まで)

■ 杉並区急病医療情報センター ※医療機関案内・医療相談を受け付けています。

【電話】 #7399 または 03-5347-2252

【案内・相談時間】 月～金曜日 … 午後8時～翌日午前9時

土・日曜日、祝日、年末年始 … 午前9時～翌日午前9時