

# Tohoku University Orientation

Speaker: Tesia, Eli

# Topics

1. Introduction of Sendai City and SenTIA
2. Garbage Disposal and Moving Houses
3. Transportation
4. Natural Disaster and Disaster Prevention
5. Learning Japanese
6. Pension and Health Insurance
7. Taxes and Status of Residency
8. Useful Resources

# Sendai City

- Founded by DATE Masamune in 1601
- 11<sup>th</sup> biggest city in Japan (1.1 Million)
  - ~16,000 foreign residents
- “City of Trees”, “Academic City”, “City of Music”

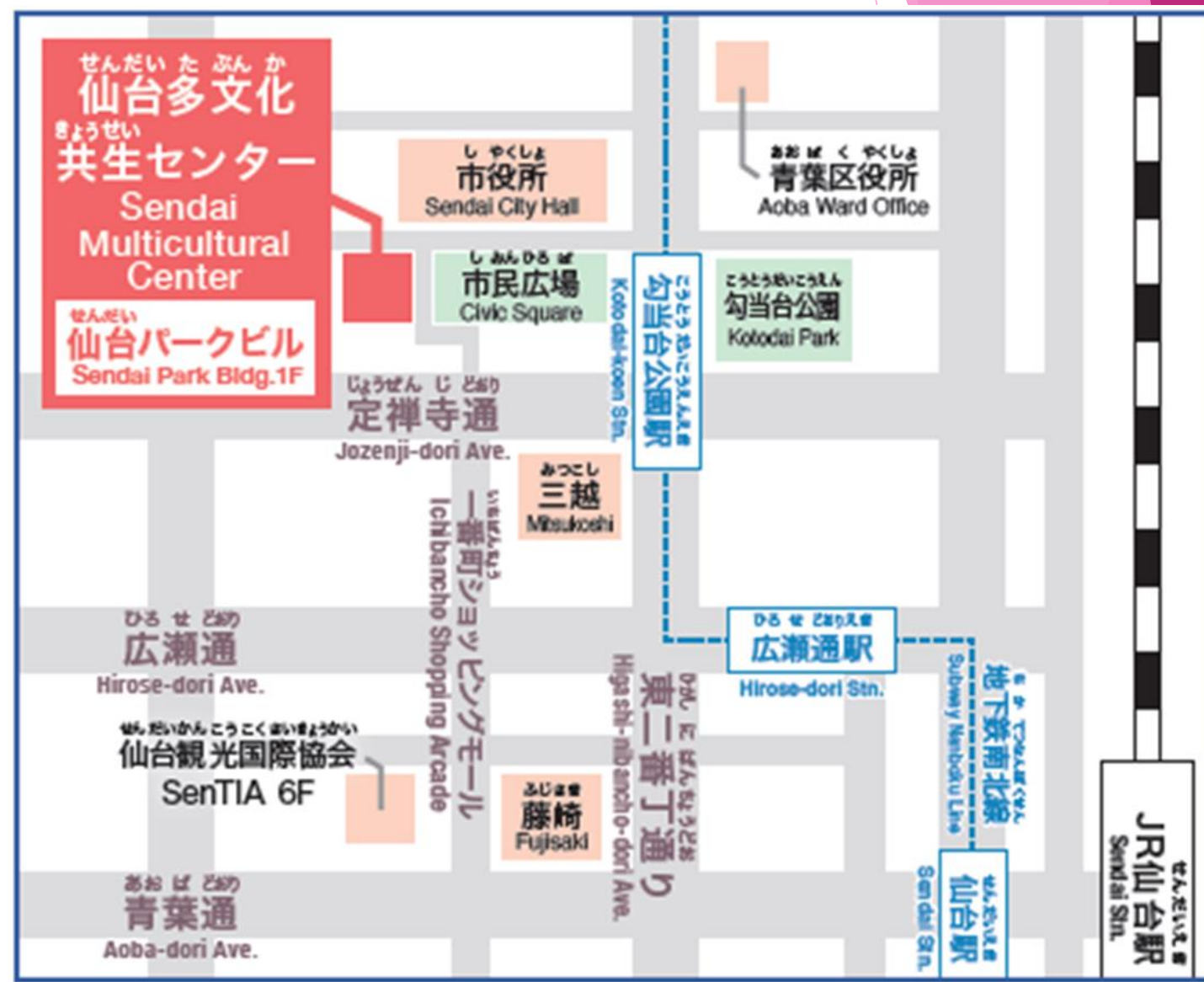




Sendai Tourism, Convention and  
International Association  
(SenTIA)



# Sendai Multicultural Center

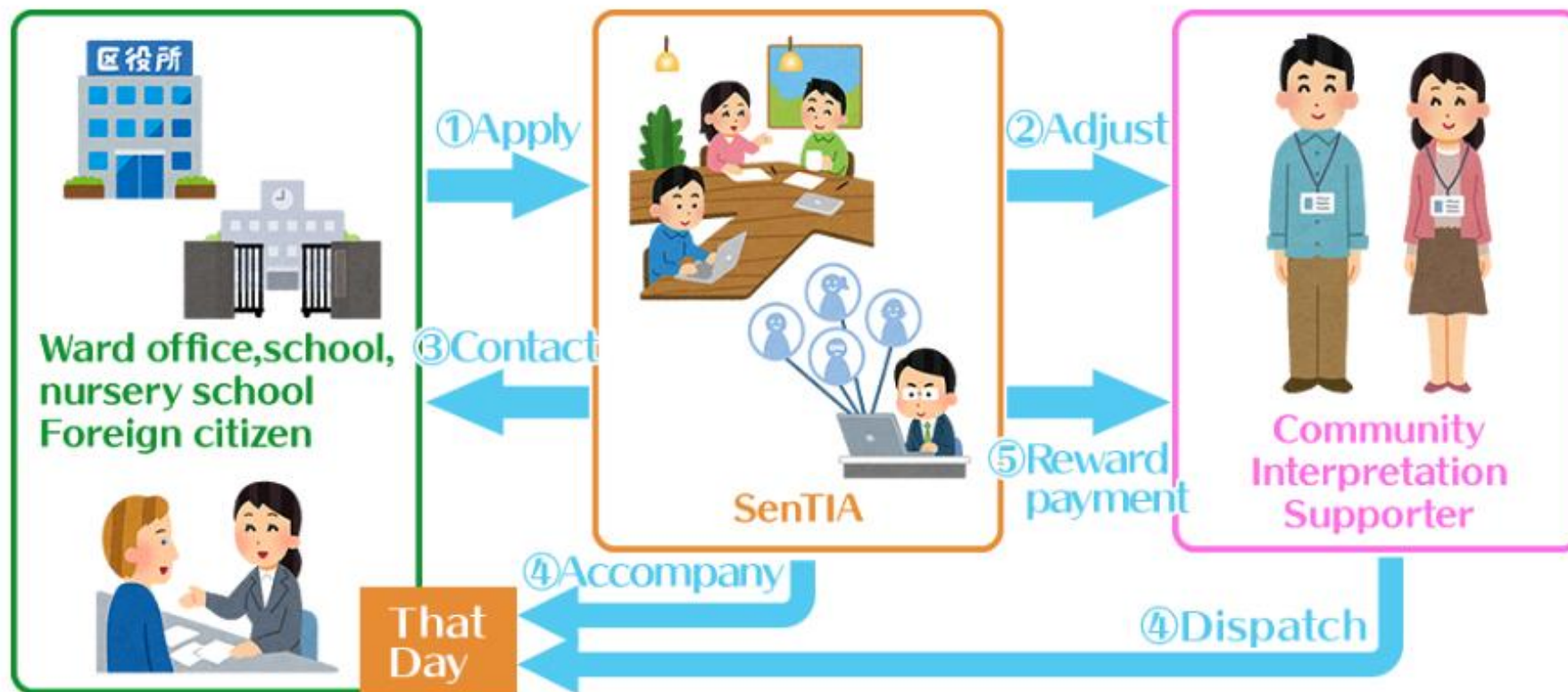


[illegible]



# Community Interpreter Dispatch Service

## Flow from application to dispatch





# Living in Sendai

Daily life basics





Sort your garbage into  
**designated bags**

Bring your garbage out  
to your residence's  
**garbage collection**  
**point** by 8:30 a.m. on  
**designated collection**  
**days** (differ across  
neighborhoods)

**Household garbage:**  
**twice a week**

**Plastic garbage: once a**  
**week**



中  
家庭ごみ

中  
家庭ごみ

袋の口をしっかりと結んでください



ツケルくん  
ごみを減らして、  
リサイクルを促めよう



（ごみの分け方・出し方）

① 仙台市 家庭ごみ

# 家庭ごみ

For household waste  
家庭垃圾  
只限量 中45L  
Dùng cho rác sinh hoạt  
tổng lượng 45lít nước

30 L  
中

出(だ)すことができません → 分(わ)けて、リサイクルできるごみ

箱(はこ)



かん・びん・ペットボトル



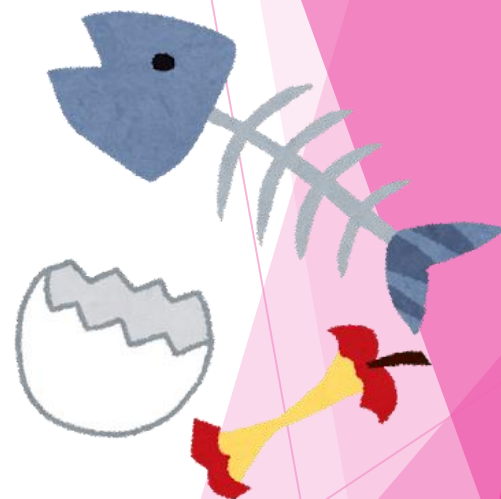
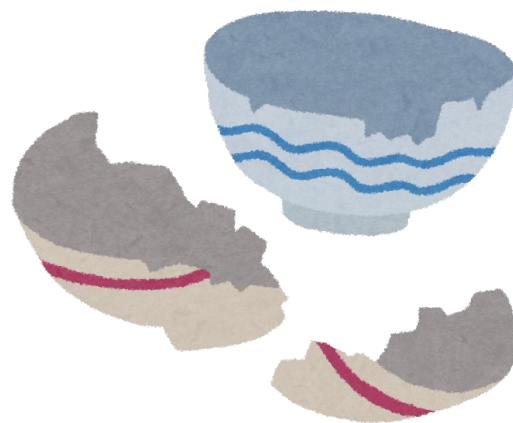
プラスチック



- 束(たば)ねの箱(はこ)は30 Lまでにごみを束(たば)ねのところにだ(だ)してください
- 灰(なま)ごみ、一水(みず)を切(き)ってから出(だ)してください
- お店(みせ)や会社(かいしゃ)から出(で)るごみ → この袋(ふくろ)は使(つか)うことができません

広告

SK -



あか プラ資源 中

あか プラ資源 中

袋の口をしっかりと結んでください

① 仙台市 指定袋

し げん

**プラ資源**

for plastic waste

30 L

**中**

ごみを減らして、リサイクルを促そう

出(だ)すことができるごみ  
→ プラスチック 100% でできているもの

+

ペットボトルは  
入れられない

■ あつめる日(日)の朝(AM)8:30 までにごみをあつめるところに持(も)って出(だ)してください

■ お店(みせ)や会社(かいしゃ)から出(で)るごみ → この袋(ふくろ)は使(つか)うことができません

SP -







Paper: twice a month



Cans, bottles and PET bottles: once a week



## Guide for Sorting Recyclables and Waste, and How to Put Them Out for Collection

資源(リサイクルできるもの)とごみの分け方・出し方

### English & やさしい日本語

**Rules for Waste Disposal ごみを出すときのルール**

We are all citizens of Sendai City. Let's follow the rules!  
皆さんも仙台市民のひとりです。ルールを守りましょう！

- Sort waste by type.**  
種類で分ける。
- Dispose of waste according to city rules.**  
決められた方法で出す。
- Dispose of waste at designated collection points.**  
決められた集積所(ごみを集める場所)に出す。
- Put out waste by 8:30 on the morning of the collection day.**  
集める日の朝8時30分までに出す。

A video on waste disposal rules is posted online.  
(Languages: Simple Japanese, English, Chinese, Korean, Vietnamese, Nepali)  
ごみのルールを紹介した動画をインターネット上で見るができます。

(やさしい日本語、英語、中国語、韓国語、ベトナム語、ネパール語)

### Waste Collection Days ごみを集める日

Check the sticker at the waste collection point and write down the information about collection days.  
集積所のステッカーを見て、書きましょう。

<p><b>Household Waste 家庭ごみ</b></p> <p>Every week 毎週</p> <div style="border: 1px dashed black; width: 100px; height: 100px; margin: 0 auto;"></div>	<p><b>Plastic Waste プラスチック資源</b></p> <p>Every week 毎週</p> <div style="border: 1px dashed black; width: 100px; height: 100px; margin: 0 auto;"></div>
<p><b>Cans, bottles, PET bottles 缶・びん・ペットボトルなど</b></p> <p>Every week 毎週</p> <div style="border: 1px dashed black; width: 100px; height: 100px; margin: 0 auto;"></div> <p>Look for this logo このマークを 見てください</p>	<p><b>Paper materials 紙類</b></p> <p>Every month 毎月</p> <p>First/Third 1回目と3回目 Second/Fourth 2回目と4回目</p> <div style="border: 1px dashed black; width: 100px; height: 100px; margin: 0 auto;"></div>

### 英語版

- 1 The Basics for Sorting and Disposing of Recyclables and Waste  
資源とごみの分け方と出し方
- 2 Designated Prepaid Garbage Bags  
指定袋(とくべつな袋)
- 3 Waste Collection Points  
集積所(ごみを集める場所)
- 4 Household Waste Guide  
家庭ごみ(家のごみ)の出し方
- 5 Plastic Waste Guide  
プラスチック資源(=リサイクルできるプラスチック)の出し方
- 6 Cans, bottles, PET bottles and batteries Guide  
缶・びん・ペットボトル・蓄電池等の出し方
- 7 Paper Material Guide  
紙類(紙のごみ)の出し方
- 8 Bulky Waste Guide  
粗大ごみ(大きいごみ)の出し方
- 9 Guide for Disposing Large Quantities of Waste When Moving etc.  
たくさんのごみが当たるとき、引っ越しなど  
したいとき(引っ越しなど)
- 10 Items Not Collected by the City Government  
市が集めないもの
- 11 Violating the Laws  
ルール違反  
Support  
支援  
Death of animals (creation of pets)  
ペットが死んだとき  
Trash separation app "3R"  
ごみ分別(ごみを分ける)  
アプリ(はんだあーる)
- 12 List of Contacts for Inquiries  
質問に答える人の電話番号

**Sendai City**  
仙台市

モットーは  
**ONE ACTION!**



# SenTIA living guide for foreign residents



To everyone who is entering a new stage in life:  
~Living guide for foreign residents~

[https://youtu.be/\\_aPs8plH7Yk?feature=shared&t=210](https://youtu.be/_aPs8plH7Yk?feature=shared&t=210)



# How to be a good neighbor

- Greet people in your community
- Be considerate of your neighbors
  - Beware of how loud you are
  - Do not put personal items in shared space (corridors, etc.)



# Renting your own place

- Finding foreigner-friendly housing can be difficult:
  - Consult real estate agencies
  - Utilize guarantor service
- Initial expenses
  - Deposit (~1 to 3 month's rent)
  - Key money (*reikin*) (~1 month's rent)
  - Broker fee (~1 month's rent)
  - Insurance (sometimes compulsory)



# Moving houses

- Mid-March - Mid-April is the busiest time of year
- Contacting moving companies for a quote
- Cancel existing utility contracts (online)
- Moving out inspection
- Arranging for bulky waste collection
- Submit moving-out and moving-in notices at your ward office (online)





# [TU Support Website - Apartment / Moving](#)



TU Support



日本語

[Pre Arrival](#)[After Arrival](#)[COE/Residence Status](#)[Leaving TU](#)[University Life](#)[Life in Sendai](#)[Other](#)

[HOME](#) > [After Arrival](#) > **[Apartment/Moving](#)**

## Apartment/Moving

Generally, when renting a private apartment in Japan, people first consult with a real estate agent. The agents will introduce and show you apartments for free.

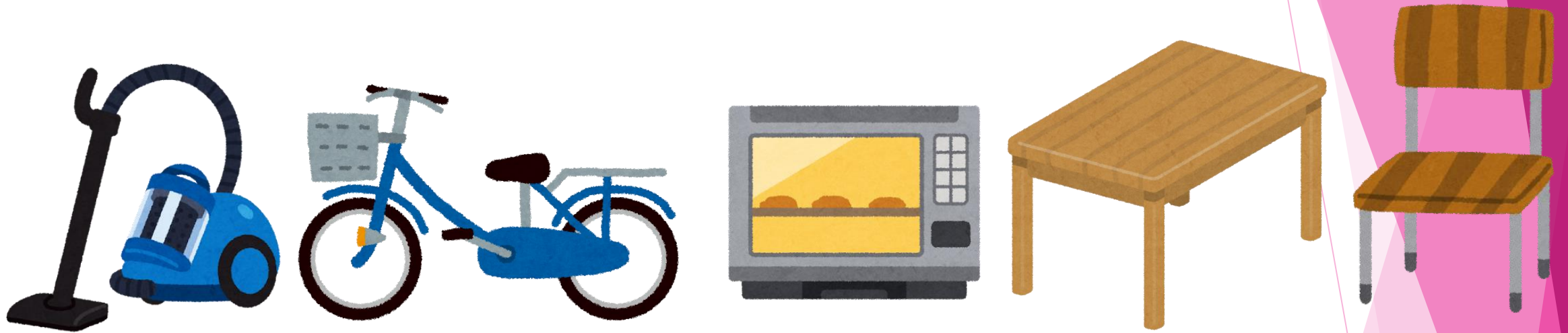
There are some unique Japanese customs involved in renting an apartment. If this is your first time renting an apartment in Japan, we recommend that you ask someone who speaks Japanese to accompany you to the real estate agency. When signing the contract, please fully understand the specifications of the apartment and the terms of the contract to avoid any troubles.

The International Support Center also offers support services with tenancy matters, so students, researchers and faculty members can complete the tenancy contract procedure with ease.

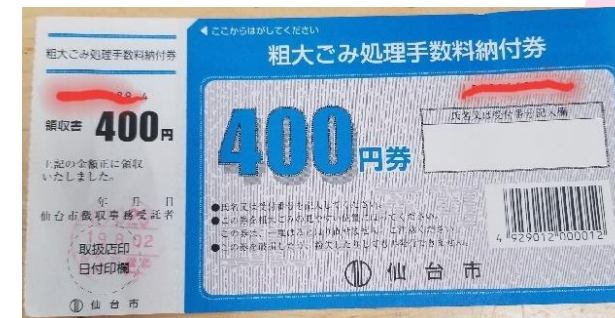
Contents [\[hide\]](#)

- [1. Joint Guarantor](#)
- [2. Costs Involved to Rent a House](#)
- [3. Areas and Price Ranges](#)
- [4. Non-Japanese Friendly Agents and Apartments](#)
- [5. Video Tutorial-Tips on Finding Apartment in Sendai \(For International Students\)](#)

# Bulky waste



- Must apply for collection ahead of time (online or phone call; Japanese only)
- Purchase the appropriate bulky waste stickers from convenience store
- Some items are not collected by the city



# Utilities



- Must call the respective companies to sign contracts
- Arrange for start date BEFORE moving in (~1 week prior)
- Services available to do the procedures for you
- Might need to be at home for the activation/installation procedure




# Transportation

How to get around the city

# Bicycle Rules and Insurance

- You must register a bicycle as yours upon purchasing it
- Go to a bicycle store for yearly maintenance and to renew the TS mark
- Enroll in bicycle insurance



	点検整備済 賠償責任・傷害保険付 (1年間有効) 自転車安全整備士番号									
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(公財)日本交通管理技術協会										

# Dos and Don'ts





# Public Transportation

## 当駅からの運賃と所要時間

The fare and the travel time from this station

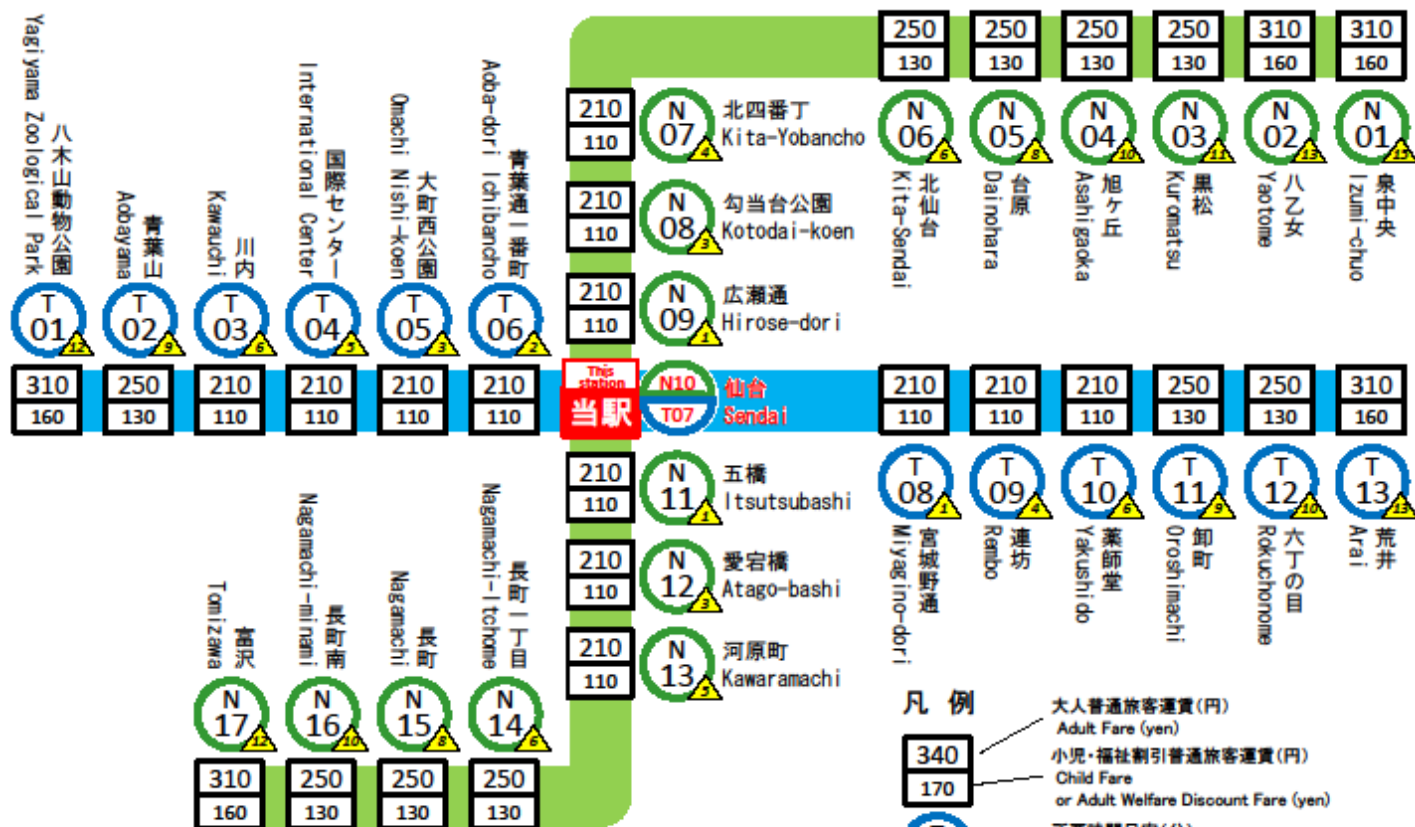


南北線  
Namboku Line



東西線  
Tozai Line

20191001



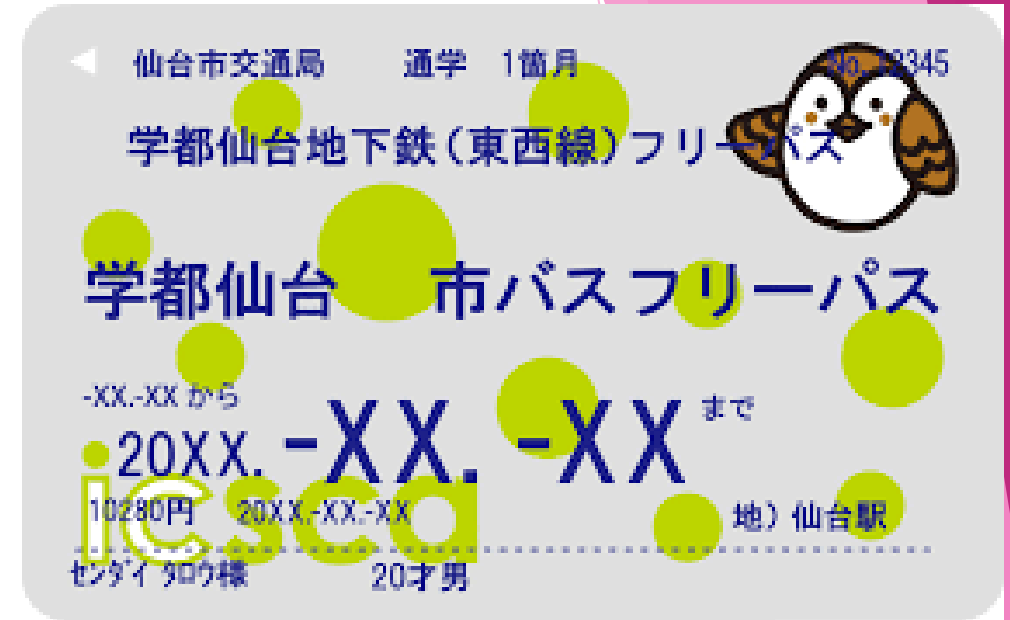
### 凡例

- 大人普通旅客運賃(円)  
Adult Fare (yen)
- 小児・福祉割引普通旅客運賃(円)  
Child Fare  
or Adult Welfare Discount Fare (yen)
- 所要時間目安(分)  
Estimated time (minutes)  
※仙台駅での乗り換え時間は5分としています。  
Transfer time via Sendai Station is estimated as 5 minutes.



# Commuter's pass

- Economical for commuting to school
- Apply monthly at Sendai station service counter
- School enrollment confirmation required



# TU Support Webpage - Obtaining Commuter Pass

## Commuter Pass

Commuter pass offers a discount between your home station and the station where your work or school is. You pay a flat rate in advance, and you can use the pass an unlimited number of times between the two stations within the validity period for no additional cost. If you commute between the two stations frequently, commuter pass may be a great option. However, depending on how often you use it, paying regular fare tickets could also be more economical than the commuter pass.

Sendai commuter passes are sold in the form of a rechargeable ICSCA card, and it will indicate the type of pass, the 2 stations you commute from, validity period and your personal details.



Sample of ICSCA Commuter Pass

For trains, buses, and the subway system, there are two kinds of commuter pass available: **student commuter pass** and **regular commuter pass**.

### Student Commuter Pass

International students are eligible for student commuter passes. In the case of JR student commuter passes, however, please note that they are NOT available to research students, special research students, JSPS Fellows, special auditing students, and credited

## Student Commuter Pass

International students are eligible for student commuter passes. In the case of JR student commuter passes, however, please note that they are NOT available to research students, special research students, JSPS Fellows, special auditing students, and credited auditors. In order to purchase the student commuter pass, you need to have a Student Commuter Certificate(Tsugaku Shomeisho). For details, please refer to the website of each transportation facility.

How to purchase the Pass (first time)

1. Request a Student Commuter Certificate(Tsugaku Shomeisho) at the university  
For third-year undergraduates and above: contact your department's Educational Affairs Section  
For first- and second-year undergraduate students: go to service window No.4, Education and Student Support Center, Kawauchi-Kita Campus  
Non-regular students(research students, special research students, special auditing students): contact the Registrar at your faculty
2. At a designated ticket office, show the Certificate and purchase the Pass  
(You can purchase the Pass up to 7 days prior to your desired date of use)

## Regular Commuter Pass

Those without student status can apply for the regular commuter pass.

However please note that getting a regular commuter pass is cost effective if you use the train frequently to commute between the stations you specified in the pass. Otherwise, paying the regular fare maybe the more economical option

How to purchase the pass:

1. Visit the nearest designated ticket office.
2. Fill out the application form and specify the stations you will be commuting to and from.
3. Make the payment and get your commuter pass



# Natural Disasters

And how to stay safe

# Natural Disasters in Japan



# Great East Japan Earthquake

- March 11, 2011
- Magnitude 9.0
  - Most powerful earthquake ever recorded in Japan
- Mega-tsunamis devastated coastal communities
- 19,759 deaths, 2,553 missing
  - 10,567 deaths in Miyagi







# VIDEO

①Sendai station on March 11, 2011

<https://youtube.com/clip/UgkxB3ihe5m83E8LPmC9KqSpZu0yJa-xIIW?si=v4Sp42QwfTEimsy6>

②What the Great East Japan Earthquake was like

[https://youtube.com/clip/UgkxwcdpRSIXVXXfquUjYtrDSDrjMtoCtlez?si=O\\_ts\\_w4OOin9Ho\\_ji](https://youtube.com/clip/UgkxwcdpRSIXVXXfquUjYtrDSDrjMtoCtlez?si=O_ts_w4OOin9Ho_ji)



# Disaster prevention

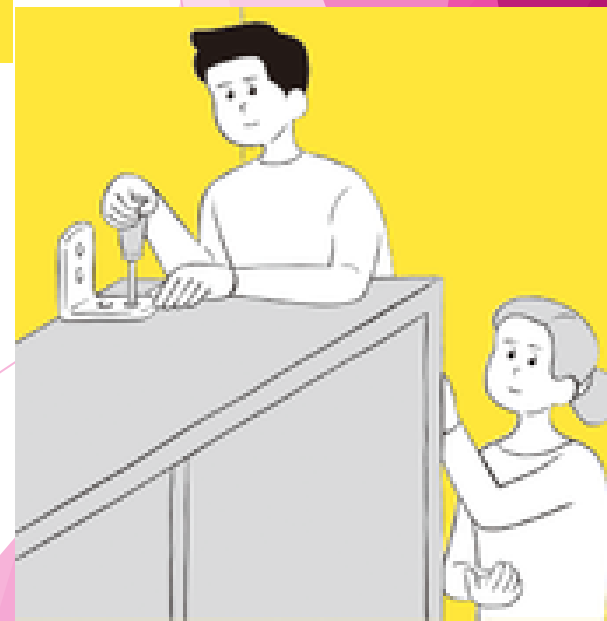
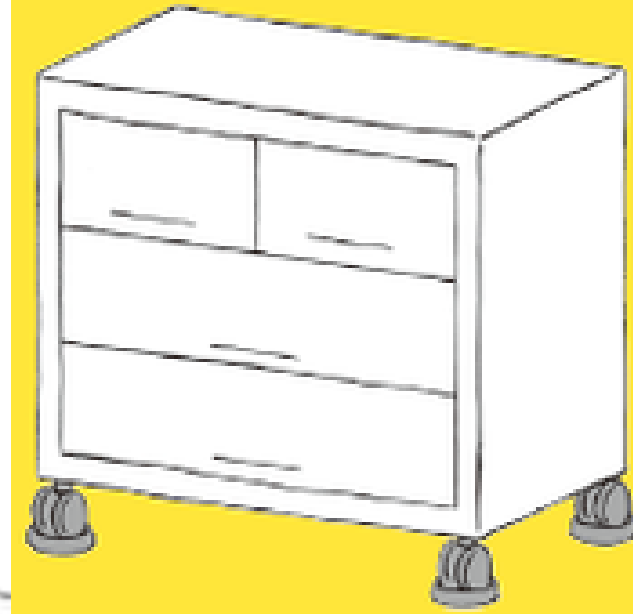
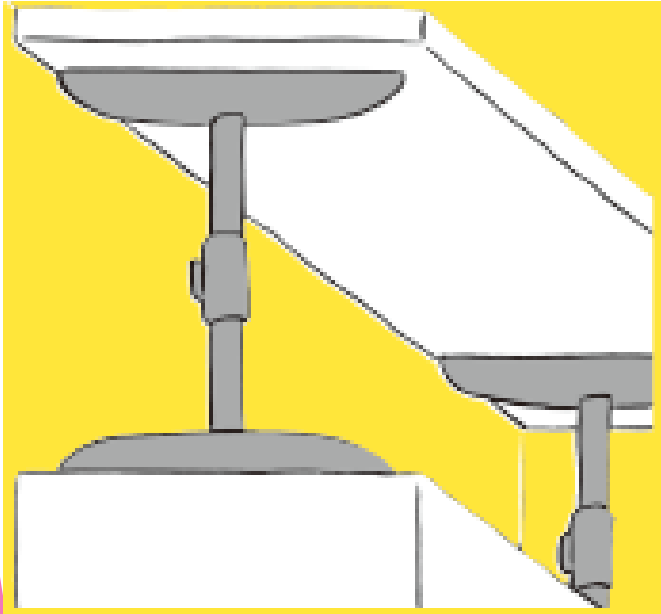
- Natural disaster is **unpredictable**
- Daily preparation is essential
- Form emergency plans with family
- Know where to gather reliable information

# Emergency kit

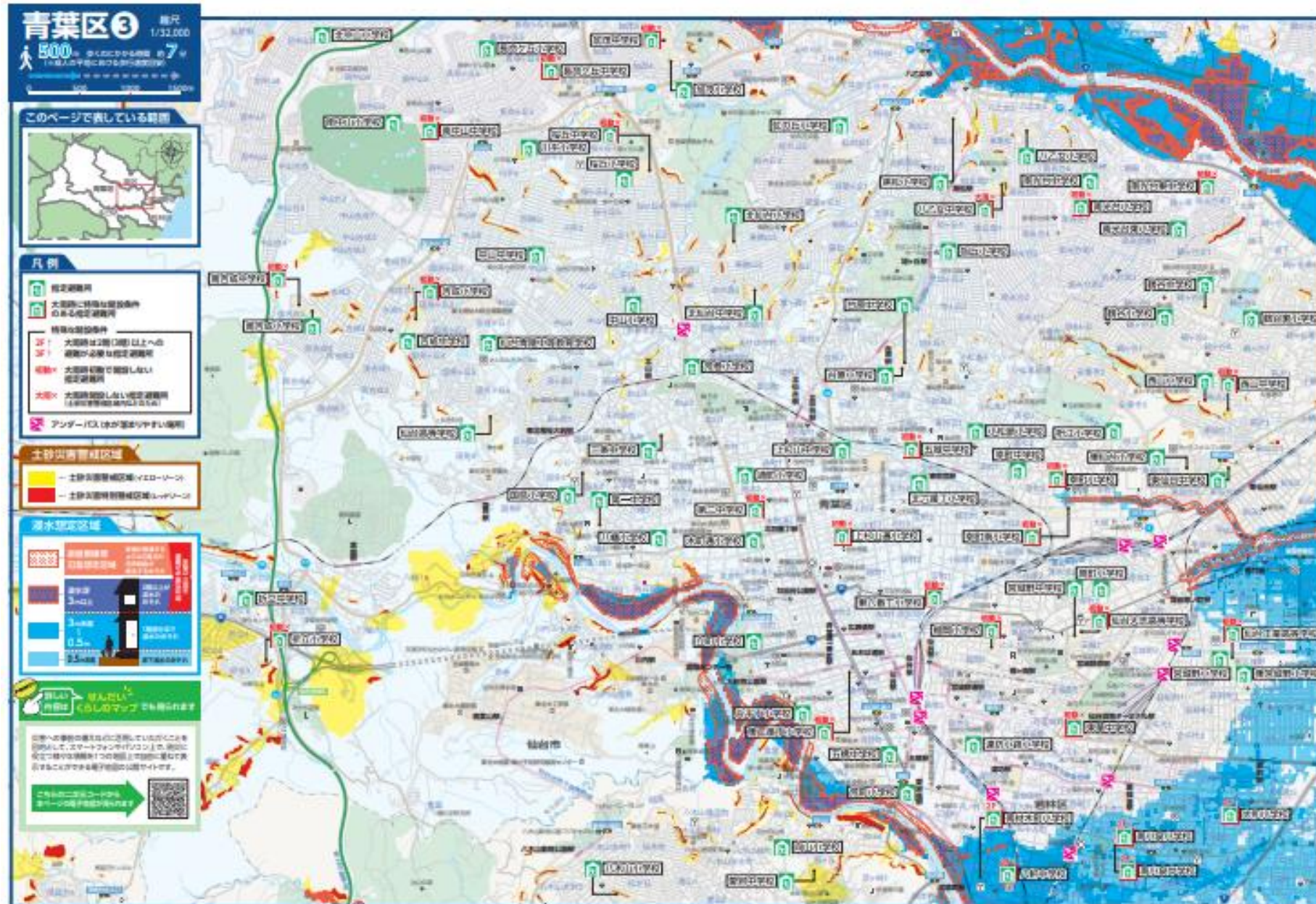




# Earthquake-proofing your house



# Hazard map

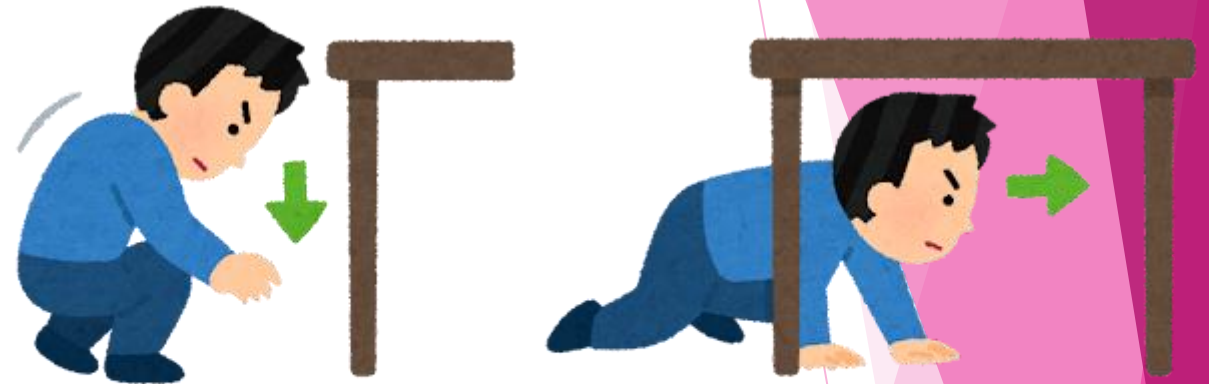




# Disaster drill (Bosai kunren)



During an earthquake...



**DROP**

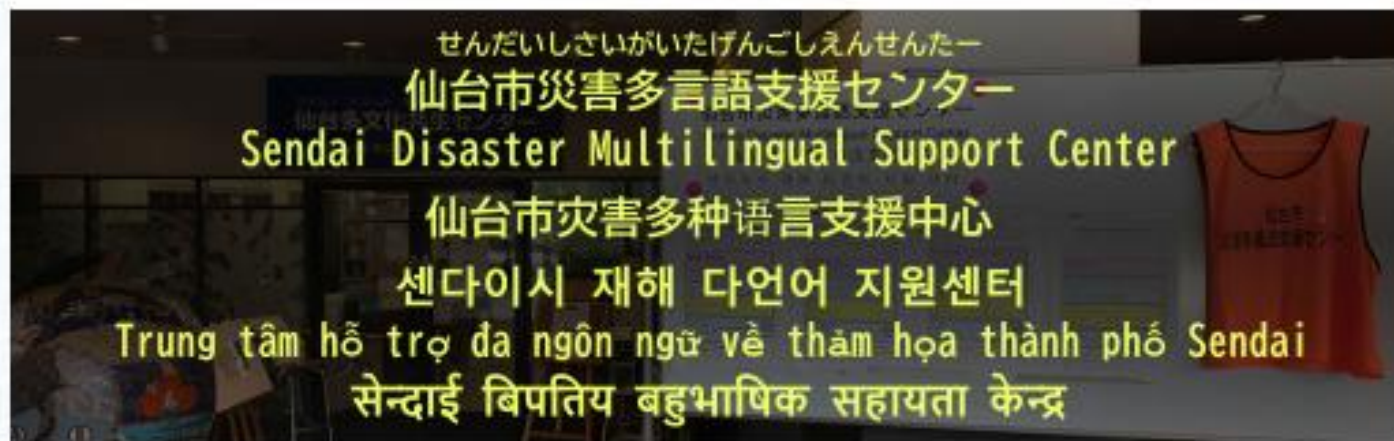
**COVER**



**HOLD ON**



# After the disaster



日本語 English 中文 한국어 नेपाली भाषा  
Tiếng Việt ふりがな

仙台市は大きな災害が発生すると、災害多言語支援センターを設置します。  
災害多言語支援センターでは、外国人被災者に必要な情報を外国語でお知らせし、外国語での相談に対応します。  
(公財) 仙台観光国際協会が運営しています。

場所：仙台国際センター会議棟1階「仙台多文化共生センター内」  
電話：022-224-1919, 022-265-2471

現在、『仙台市災害多言語支援センター』は設置されていません。

The "Sendai Disaster Multilingual Support Center" is currently not in operation.

目前暫无设立「仙台市災害多言語支援中心」。

현재, 『센다이시 재해 다언어 지원센터』는 설치되어 있지 않습니다.

Hiện nay, 『Trung tâm hỗ trợ đa ngôn ngữ về thảm họa thành phố Sendai』 chưa được thiết lập.

हाल 『सेन्दाई बिपतिय बहुभाषिक सहायता केन्द्र』 स्थापना छैन।

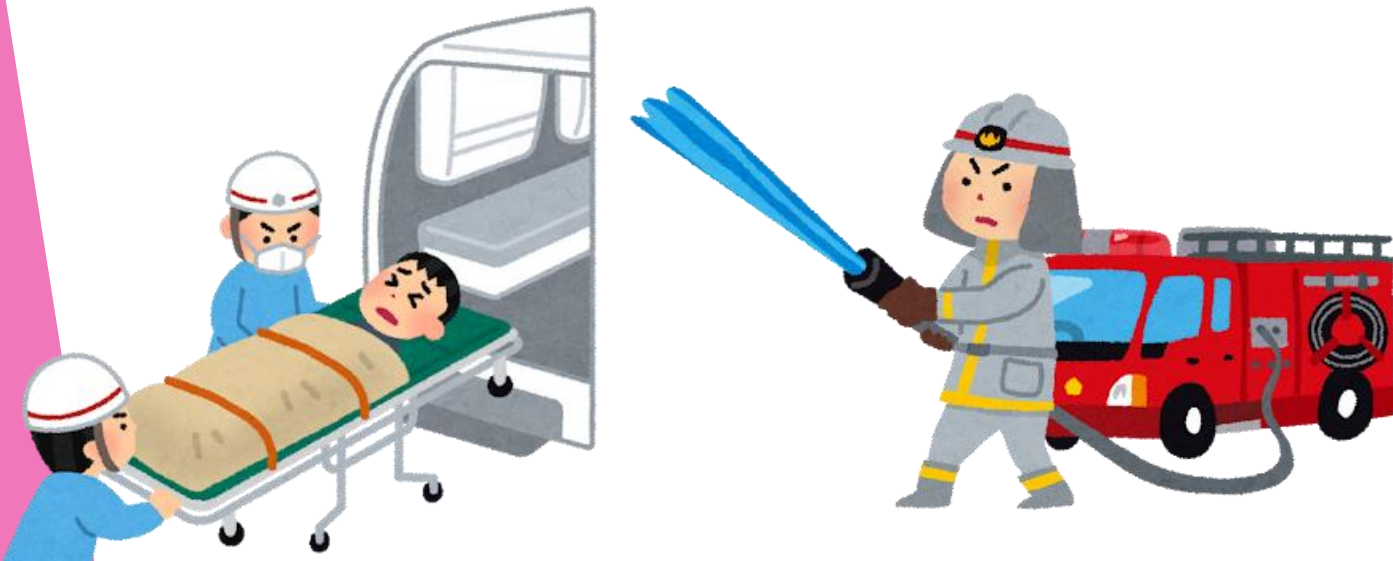
# Evacuate (Hinan)



# Emergency contact

- ▶ Fire department & Ambulance: 119
- ▶ “Kaji desuka? Kyukyu desuka?”
  - ▶ Fire = kaji; Ambulance = kyukyu

- ▶ Police: 110
- ▶ Police box (koban)



# DISASTER PREPAREDNESS @ TU



## Tohoku University Safety Confirmation System

- Sends emergency messages to registered emails during disasters so students and staff can report their safety.
- Campus-wide drills are held periodically.



## Evacuation Drills @ TU

- Evacuation drills are held at respective departments regularly.
- Participate in the drills to ensure that you know what to do in the event of natural disaster.





# IN THE EVENT OF EMERGENCY

## Japan IR&C Support Center

- Get help with daily life issues (e.g. accident, emergency, illness, hospital visits) in English, Chinese, or Japanese.
- **24/7 Toll-Free Hotline: 0120-119-075 (urgent)**
- **Email: CS-inb@i-rac.co.jp (non-urgent)**
- Must have valid insurance in Japan (e.g. NHI, MEXT, travel insurance).



# Learning Japanese

## SenTIA Community-based Japanese Education Portal site

ふりがな

Japanese

English

中国語

韓国語

ベトナム語

ネパール語



# にほんご

せんだい にほんご まな  
仙台で日本語を学ぼう

Learn Japanese in SENDAI

TOP

Community-based Japanese Language Classes

SenTIA Japanese Language Volunteer Programme

Online Japanese Learning

Japanese Education for Children with Roots Abroad

Project to Create a System of Community-based Japanese Education

# Japanese Language Classes Offered at TU



TOHOKU UNIVERSITY  
Japanese Language Education Section

Japanese

[TOP](#) | [Japanese Language Program at Kawauchi \(JLPK\)](#) | [Japanese Programs for University Undergraduates](#) | [Inquiry](#) | [About this section](#)

Japanese Language Education Section



The Institute for Excellence in Higher Education at Tohoku University established a Japanese language education program to improve the Japanese

## Japanese Language Program at Kawauchi (Kawauchi Campus)



IAC JAPANESE CLASS

IAC regularly conducts Japanese language courses, "Cha-Chat J Salon" (Co-hosted by: NPO ICAS) and "Nihongo no Hiroba" (Co-hosted by: The Graduate School of Applied Japanese Linguistics of Tohoku University) for foreign researchers and their families. These courses are divided into groups based on participants' Japanese language proficiency levels. Everyone is welcome to join.

[Registration Form >](#)



03/28/2025

**[4/15] Cha Chat J Salon: "Japanese Tea Culture" & [4/25] Nihongo no Hiroba: "Self-Introduction"**

For the month of April, we have scheduled "Cha Chat J Salon" on the 15h (Tuesday) and "Nihongo no Hiroba" on the 25th (Friday). Please apply via the registration form to join.

## Japanese Class by IAC - Cha Chat J Salon (Katahira Campus)

\*For international researchers and family members



5-minute break



# Government procedures

And how to navigate them



# National Pension

- Do I have to pay national pension premiums?
  - Yes. Enrollment into the national pension scheme is mandatory for **mid-to-long-term visa holders** (3 months or longer)
- What happens to the pension money when I move away from Japan?
  - You may apply for **lump-sum withdrawal** within two years of leaving Japan.

## Compulsory Coverage

All registered residents of Japan aged 20 to 59 years must be covered by the National Pension system. The insured persons under the National Pension system are categorized to three types according to their status as follows:

[Note] Persons must be covered by the National Pension as the Category I insured person for the period from their entry to Japan until they become subject to the Category II or III insured persons.

[Note] Foreign nationals with specific visa (medical stay or long stay for sightseeing) are excluded from coverage: they cannot enroll in the National Pension as the Category I or III insured persons.

### **Category I insured persons:**

All registered residents of Japan aged 20 to 59 years who are not the Category II or III insured persons. (Including agriculture, forestry, or fishery business operators, self-employed persons, students)

### **Category II insured persons:**

Persons enrolled in the Employees' Pension Insurance system or Mutual Aid Associations. (except for persons aged 70 years or older who are eligible to receive a pension due to old age or retirement)

### **Category III insured persons:**

Category II insured persons' dependent spouses aged 20 to 59 years, who reside in Japan. (excluding spouse of Category II insured person who reached 65 years and eligible to receive the Old-age Basic Pension)

[Note] Effective April 1st, 2020 you need to reside in Japan in order to be a Category III insured person. However, even without an address in Japan you can enroll in the National Pension as the Category III insured person if you are, for example, a student studying abroad or a family member accompanying a worker detached to work in a foreign country, who is described by one of the following categories of exceptional coverage:

(1) a student studying in a foreign country



## Special Payment System for Students

If you are a student and your income is less than a certain amount, you may be allowed to postpone contribution payment if your application is approved.

This granted period protects you just as the contribution-paid periods do. So, if you become disabled or die during this granted period, the Disability Basic Pension or the Survivors' Basic Pension will be provided if you satisfy the following conditions;

- (1) By the second month preceding the month of incident causing disability or death, you have filled at least two-thirds of your insured periods (months) with contribution paid periods and contribution-exempted periods.
- (2) You have paid your contributions or you were exempted from the contributions payments for the last 12 months up to the second month preceding the month of incident causing disability or death.

This granted periods count as qualifying periods for the Old-age Basic Pension, however, unless you recover contribution payments afterwards, the periods will not be reflected to the old-age benefit amount.

You can retroactively pay the postponed contribution in the same way as the "Recovery of the Past Exempted-Contribution" above.

## How to Apply for Special Payment System for Students

To take advantage of the special payment system for students, you need to apply at the municipal office of your place of residence. You need to apply for the special payment system for students every year.

# Health Insurance

- Social Insurance
  - Working individuals (and members of their household)
- National Health Insurance
  - People who are not enrolled in social insurance
- Insurance covers 70% of your medical bills
- Enrollment is mandatory





## Health Insurance System

Japan's constitution expressly declares that citizens have a right to health and that it is the state's responsibility to ensure this right can be realized.<sup>[i]</sup> The government's commitment to health for all led to universal health care coverage in 1961.<sup>1</sup>

Characteristics of the Japanese health insurance system include:<sup>2</sup>

- **Mandatory coverage** for anyone who permanently resides in Japan for three months or more. This includes both Japanese citizens and non-Japanese citizens.
- Enrollees have **no choice of health insurance programs**. Plans are designated according to the enrollee's employment status, age, and residence. If the enrollee is not head of household and not eligible through his or her own employer, then the plan is dependent on the head of household's employment status, age, and residence.
- There are **no restrictions on access**. Regardless of the plan, enrollees can receive care from any medical provider as frequently as they would like.

### Free Access and Freedom of Practice

Patients are essentially free to receive care from the facility of their choosing. For example, a woman who works at a firm in Tokyo can visit a specialist at the university hospital near her office, then in the same week be seen by a physician at a clinic near her home in Kanagawa Prefecture. According to guidelines, a referral letter is required to be seen at a large hospital; however, as is often the case, patients pay a fee of a few thousand yen to be able to be seen without a referral.



# MEXT MUTUAL AID ASSOCIATION

## For Those Employed at TU

- Full-time faculty at Tohoku University are enrolled into the health insurance and national pension system through the university under the MEXT Mutual Aid Association.
- The enrollment process will be completed by host department





# Do I have to pay taxes?

And what happens if I don't?



# Inhabitant Tax

- ▶ Paid towards the municipality that one resides in
- ▶ Payment slip sent out in mail
- ▶ Make payments **before the deadline** via convenience store, designated bank, automatic transfer, or even smartphone
- ▶ Inhabitant tax may be also directly deducted from your paycheck - confirm with your workplace.





# 市民税・県民税・森林環境税決定・変更通知書兼納税通知書

市民税・県民税・森林環境税の税額を決定しましたので、  
通知いたします。

仙台市長

印

みほん

①－②－③－定額減税額（7ページに  
記載している減税控除済額）  
＝所得割額（④）となります。

（単位：円）

		市 民 税	県 民 税
控除前所得割額	①		
調整控除額	②		
税額控除額等	③		
所得割額 （①－②－③）	④		
均等割額	⑤		
森 林 環 境 税 額	⑥		
年 税 額（④＋⑤＋⑥）	⑦		

⑧	
⑨	
⑩	
⑪	

2ページ下段をご覧ください。

	（増）	（減）	取消	減免	納期変更	特別徴収 繰入	普通徴収 切替	年金特別 徴収中止
変更の理由								

公的年金等に係る特別徴収税額は15ページをご覧ください。

行政区		期 別				
通知書番号		納 期 限	年 月 日	年 月 日	年 月 日	年 月 日
組合番号		税 額				
連絡番号		充当又は 委託納付額				
この通知書で納める額						

# Income Tax

- ▶ Paid when your annual income exceeds a certain threshold
- ▶ Most of the time: Deducted from pay cheque by employer (no need to file for tax return on your own)
- ▶ Tax resident after a year in Japan (must pay tax on foreign income)
- ▶ Scholarships are generally tax-exempt (some rare exceptions)
- ▶ Year-end adjustment (December)



## Tax (Income Tax and Resident Tax)

Those who earn income by being in employment in Japan and those who has a residential address in Japan as of January 1st of the year are required to pay tax. This includes foreign nationals residing in Japan.

This page provides an explanation on Income Tax and Resident Tax.



### With Regards to Tax in Japan

- [Japan National Tax Agency](#) (National Tax Agency Site)

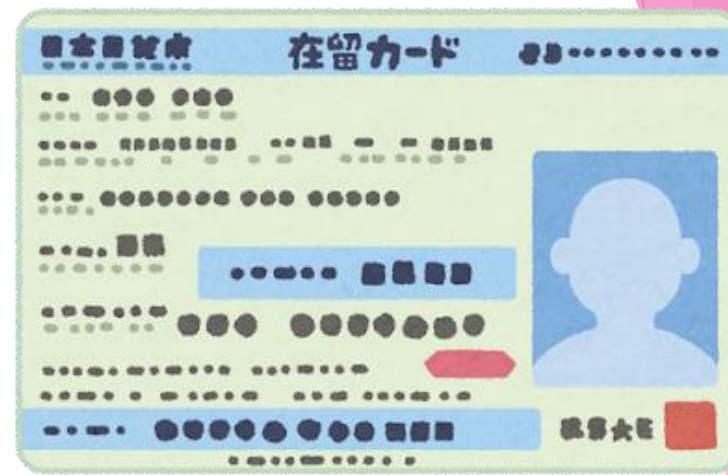


# Tax proxy

- ▶ Person that you appoint to take care of your remaining tax affairs after you leave Japan
- ▶ Proxy can be of **any nationality**
- ▶ Need to submit a Notice of Tax Proxy Appointment to your local tax office



# Status of Residency



- ▶ Required to stay in Japan
- ▶ Outlines the activities that an individual is allowed to do
- ▶ Permission required for activities in Japan outside the scope of your SoR (e.g., part-time jobs, second jobs, freelance work)
- ▶ Must apply for renewal before the period of stay expires
- ▶ Renewal/change is processed by your regional immigration bureau branch office (in our case, the Sendai Regional Branch)
- ▶ If you have unpaid taxes or premiums, you will not be able to renew your visa

# Specialist Consultations

Lawyers

Tax accountants

Administrative Scriveners

Labor Bureau

Immigration Bureau

Entrepreneurship support

がいこくじん

せんもんそうだんかい

## 外国人のための専門相談会

Specialist Consultations for Foreign Residents

面向外国人的专家咨询会 / 為外國人舉辦的專門諮詢會 / 외국인을 위한 전문상담회

Buổi tư vấn chuyên môn dành cho người nước ngoài

विदेशी नागरिकका लागि विशेषज्ञ परामर्श कार्यक्रम

せんもんきかん むりょう そうだんかい せいかつ なか こま そうだん

専門機関による、無料の相談会です。生活の中で困っていることを、相談できます。

These are free consultations held by specialist organizations. You can consult about problems in your life.

由专门机关举办的免费咨询会。可以咨询生活中遇到的问题。/ 由専門機構提供的免費諮詢會。可以諮詢在生活中遇到的問題。

전문기관에 의한 무료 상담회입니다. 센다이에서 생활하다가 생긴 곤란한 일에 대해서 상담해 드립니다.

Đây là buổi tư vấn miễn phí do các cơ quan chuyên môn tổ chức. Bạn có thể trao đổi về những khó khăn trong cuộc sống.

यो कार्यक्रम विशेषज्ञहरूले आफ्नो सङ्गठन द्वारा, निःशुल्क रूपमा दिइने परामर्श हो। दैनिकजीवनयापनको क्रममा आईपर्ने कुनै पनि समस्याहरूको बारेमा, परामर्श लिन सकिने छ।

# Email Magazine

Available in 6 languages  
(Japanese, English,  
Chinese, Korean  
Nepali, Vietnamese)

じょうほう とど  
たとえば、こんな情報が届きます！

Here's an example of the kind of information we send! / 比如,会收到这样的信息!

예를들면 다음과 같은 정보가 발송됩니다! / Ví dụ, bạn sẽ nhận được thông tin như sau!

उदाहरणको लागि यस्ता जानकारीहरु पठाइने छ ।



## 避難所を開きました

台風19号が近づいています。  
12日(土)13:00に避難所を開きました。  
避難所は、家にいるのが危ないとき、  
逃げるところです。  
情報をよく見て気をつけて避難して  
ください。  
家の近くの避難所はどこか、調べて  
ください。

## Opening of Evacuation Centers

Typhoon 19 (Hagibis) is approaching.  
Evacuation centers opened on  
Saturday 12th at 1p.m.  
Evacuation centers are a place for  
people to seek refuge when it is not  
safe to stay at home.  
Please check emergency information  
carefully before evacuating. Please  
check where the closest evacuation  
center to your home is located  
before evacuating.

## 避难所开设了

台风19号将要来临。  
避难所已于12日(星期六)13:00开设。  
避难所是当您居家感到危险时的避难  
场所。  
请随时确认灾害信息,必要时立即避难。  
请确认您家附近的避难所的所在地。

## 대피소가 개설되었습니다

태풍19호가 접근하고 있습니다.  
12일(토)13시에 대피소가 개설되었습니다.  
대피소는, 집에 있는 것이 위험할 때  
대피하는 곳입니다.  
정보를 잘 파악하고 조심해서 대피하시기  
바랍니다.  
집에서 가까운 대피소가 어디인지  
알아두시기 바랍니다.

## Đã mở nơi lánh nạn

Bão số 19 đang đến gần.  
Chúng tôi đã mở nơi lánh nạn lúc  
13:00 ngày 12 (thứ Bảy).  
Nơi lánh nạn là nơi để bạn trú ẩn  
khi cảm thấy nguy hiểm ở nhà.  
Hãy xem kỹ thông tin, và cẩn thận  
khi lánh nạn.  
Hãy tìm hiểu để biết được đâu là  
nơi lánh nạn gần nhà bạn.

## आश्रयस्थल (हिनान ज्योउ) संचालन गरिएको छ

टाइफुन 19 नजिक आउँदै छ ।  
12 तारिख (शनि) दिउँसो 1 बजे बाट  
आश्रयस्थल संचालन गरिएको छ।  
आश्रयस्थल चोँही, घरमा बस्दा खतरा हुने  
स्थितिमा शरण लिने स्थान हो ।  
जानकारीहरु राम्रोसँग हेरी ध्यान पुर्याएर  
आश्रय लिनु होला ।  
आफ्नो घर नजिकको आश्रयस्थल कुन  
ठाउँमा छ, खोजी गर्नुहोस ।



The background features abstract, overlapping geometric shapes in various shades of pink and purple, creating a modern, layered effect. The shapes are primarily triangular and polygonal, with some areas appearing more translucent than others.

# Q&A

Ask away!





Discover  
SENDAI

