

Rules for Everyday Life When Living in Japan

Let's listen to the advice of a veteran resident!

Basic Rules for Everyday Life

1. Disposing of garbage
2. Considerations for avoiding noise complaints
3. No smoking/no drinking alcohol by minors less than 20 years old
4. Rules to Observe When Riding a Bicycle
5. Other rules

What Administrative Procedures You Will Need to Complete

1. Administrative procedures for moving
2. National Health Insurance
3. National Pension
4. Status of Residence
5. Permission to engage in activities other than those permitted under the Status of Residence previously granted

Disposing of Garbage

- ◆ Separating garbage
- ◆ Placing garbage into correct bag and disposing of it
- ◆ Disposing of it on the right day at the right time
- ◆ A fee will be required for disposing oversized garbage and household appliances



Considerations for Avoiding Noise Complaints

- ◆ Be especially careful late at night and early in the morning.
- ◆ Noise complaint related issues frequently occur at condominium and apartment complexes.
- ◆ Adjust the volume when listening to music or watching TV.
- ◆ Avoid stomping around or making loud noises if you live in communal housing.



No Smoking/No Drinking Alcohol by Minors Less Than 20 Years Old

- ◆ You are only allowed to smoke cigarettes and drink alcohol after you turn 20 years old.
- ◆ Please note that you are even not allowed to purchase or possess cigarettes or alcohol until you turn 20 years old.



Rules to Observe When Riding a Bicycle

- ◆ Bicycles are also considered to be "vehicles".
- ◆ Bicycles must be ridden on vehicular roads and must be ridden on the left side of the roads.
- ◆ If you ride your bicycle on a sidewalk, you must give pedestrians the right of way.
- ◆ Make sure to install lamps on both the front and rear of your bicycle, and equip your bicycle with reflectors.
- ◆ Make sure to wear a helmet, and ride your bicycle at a safe speed.
- ◆ You are not allowed to ride a bicycle when you are drunk or intoxicated.



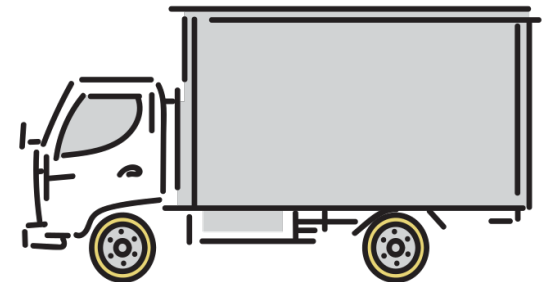
Other Rules

- ◆ If you are holding a barbecue, make sure that the venue being used allows for barbecues to be held there.
- ◆ Make sure not to make loud noises or speak in a loud tone, and take home your garbage while following other local rules.



Administrative Procedures for Moving

- ◆ Once you have decided on where to live, make sure to submit a notice at city hall or at a similar municipal office.
- ◆ When moving, make sure to submit a "Move Out Notice" at the city hall or similar municipal office at which you are registered as a local resident.
⇒ Make sure to then submit a "Move In Notice" at the city hall or similar municipal office at the place where you will be moving to.
- ◆ Make sure to also complete administrative procedures related to municipal tax and the National Health Insurance system at the applicable city hall or similar municipal office.



National Health Insurance

- ◆ This is a public system that is available to everyone who lives in Japan.
- ◆ This system serves to cover a portion of your medical expenses.
- ◆ You can receive medical services at hospitals and clinics.
- ◆ You must complete the administrative procedure for joining this system at your local city hall or municipal office.
- ◆ You will be charged with insurance premiums according to your income level.



National Pension

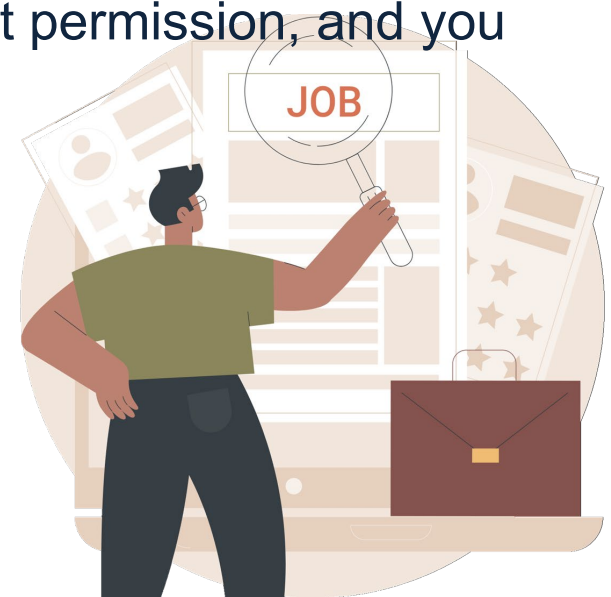
- ◆ All individuals who live in Japan and who are 20 years or older must join this system.
- ◆ You may be exempt from this system depending on conditions, such as your income or age, etc.
- ◆ If you are currently working, you will automatically be enrolled in this system.
- ◆ If you are self-employed or out of work, you will need to visit city hall or a similar municipal office to complete this administrative procedure.

Status of Residence

- ◆ You are required to have a Status of Residence, if you wish to work, study, or reside together with your family in Japan.
- ◆ In order to maintain your Status of Residence, you must complete an administrative procedure before the end of the term of your Status of Residence.
- ◆ If the purpose for which or the conditions under which you are residing in Japan happen to change, you must check with the authorities to identify whether or not you will need to complete an administrative procedure.
- ◆ You can complete such administrative procedures or check on your status at an Immigration Bureau office.

Permission To Engage in Activities Other Than Those Permitted Under the Status of Residence Previously Granted

- ◆ Items that are necessary for foreigners who have a Status of Residence to engage in activities other than those permitted under the Status of Residence previously granted.
- ◆ If you are going to work part time, you must first get permission, and you must work within the bounds of what is permitted.



Useful Resources

- **Multilingual Medical Questionnaire**
<https://kifjp.org/medical/>
- **Multilingual Support Center Kanagawa**
<https://kifjp.org/kmlc/>
- **Guidebook on Living and Working**
(Immigration Services Agency of Japan)
https://www.moj.go.jp/isa/guidebook_all.html



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