



Concerning National Health Insurance

1. What is National Health Insurance?

National Health Insurance (NHI) is a program in which members pay premiums into a financial pool in case of an illness or injury, and whose medical expenses are covered by these insurance premiums and disbursements from the national and metropolitan governments.

Those Who Are Eligible



- Residents of Kita City who are not enrolled in another type of health insurance

Those Who Are Not Eligible



- Those who are enrolled as dependents in the health insurance plan of an enrolled NHI member or who are enrolled in the health insurance plan at their place of employment

Precautionary Notes:

- Only someone with a valid visa status and period of stay can enroll.
- Insurance premiums for National Health Insurance are due from the date of eligibility.
- If you move out of Kita City (or leave Japan) or enroll in another health insurance plan, you must return your Kita City health insurance card.

- If you withdraw from the insurance plan at your place of employment, there will be no notification from your place of employment to Kita City Office, so please be sure to complete the designated procedures yourself.

Inquiries: NHI Qualification Subsection, National Health Insurance and Pension Section, Tel: 03-3908-1131

2. Paying Your Insurance Premiums

You can pay your insurance premiums using the invoices Kita City Office sends you at your local financial institution (bank, credit association, credit union, etc.), Japan Post Bank, post office, convenience store (see the end of this article), or the service counter of the NHI Premium Subsection, Residents' Office, or Residents' Office Annex.



Application Locations for Automatic Payment from Your Financial Account

Financial institutions, Japan Post Banks, post offices, or the NHI Premium Subsection

What to Bring

Health insurance card, bankbook, and name stamp (for the financial account)

Note: If you have difficulty paying your insurance premiums due to unavoidable circumstances, please consult the office below as soon as possible.

Inquiries: NHI Premium Subsection, National Health Insurance and Pension Section, Tel: 03-3908-1159

Convenience Stores Where You Can Pay NHI Premiums

- Convenience stores where you can pay your NHI premiums include 7-Eleven, Family Mart, Sunkus, and Lawson.



As of July 9, 2012, the foreign resident registration system changed. For more information, please read international exchange bulletin *Global Thinking* No. 42. The bulletin can be viewed on the Kita City website as well (home page → “生涯学習 余暇活動” (Lifelong learning and leisure activities) → Internationalization).

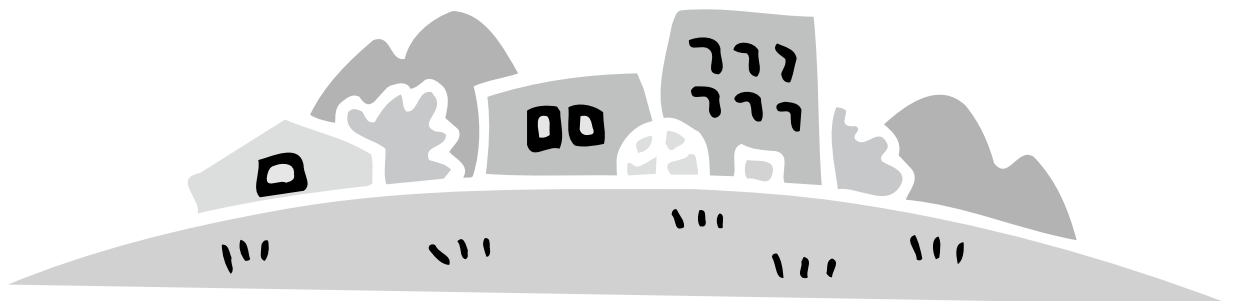
Concerning Evacuation Sites and Evacuation Centers

Kita City's evacuation sites are where you should go if you find a fire is spreading uncontrollably in your neighborhood due to an earthquake or other disaster or if the City Office or the police give instructions to evacuate. The evacuation sites are as follows:

- (1) Arakawa Riverbank/Akabane Golf Course Area (Shimo 2- to 5-chome; Iwabuchi-machi; Akabane 1- to 3-chome; Ukima 1- to 5-chome; and Akabane-kita 1- and 2-chome)
- (2) Kirigaoka, Akabanedai, and Nishigaoka Areas (Kami-jujo 5-chome; Akabane-kita 3-chome; Nishigaoka 1- to 3-chome; Akabane-nishi 1- to 6-chome; Akabanedai 1- to 4-chome; and Kirigaoka 1- and 2-chome)
- (3) Toshima Go-chome Danchi Area (Toshima 4- to 6-chome and Oji 6-chome)
- (4) Asuka High School and Sundai Gakuen Areas (Toshima 1- to 3-chome and 7- and 8-chome; Horifune 1- to 4-chome; and Oji 2- to 4-chome and parts of 1- and 5-chome)
- (5) Jujodai and Kita City Chuo Park Areas (Oji-honcho 1- to 3-chome; Kami-jujo 1-chome; Kishimachi 1- and 2-chome; Jujodai 1-chome; and Naka-jujo 1- to 3-chome)
- (6) Tokyo Kasei University and Kaga Junior High School Areas (Kami-jujo 2- to 4-chome; Jujodai 2-chome; Jujo-nakahara 1-chome)
- (7) Oji Go-chome Danchi Area (Part of Oji 5-chome; Kamiya 1-chome; and Higashi-jujo 1- to 4-chome)
- (8) Asukayama Park (Part of Oji 1-chome; parts of Takinogawa 1- and 2-chome; and parts of Nishigahara 2- and 3-chome)
- (9) Kita Sports Park Area (Kamiya 2- and 3-chome; Shimo 1-chome; Higashi-jujo 5- and 6-chome; and Akabane-minami 1- and 2-chome)
- (10) Shimizuzaka Park Area (Jujo-nakahara 2- to 4-chome and Naka-jujo 4-chome)

If your home is destroyed or in danger of collapse due to an earthquake or fire, please go to your nearest evacuation center (elementary or junior high school), chosen from the list below. It is wise to check the locations of the local evacuation sites and evacuation centers in your neighborhood beforehand. You should also decide in advance what to do in case an earthquake strikes, and if one occurs, it is important to react calmly.

Oji Area (王子地区)					
Oji Dai-go Elementary School	おうじだいごしょうがっこう 王子第五小学校	2-18-17 Kami-jujo	Oji Dai-ichi Elementary School	おうじだいいちしょうがっこう 王子第一小学校	5-14-18 Oji
Arakawa Elementary School	あらかわしょうがっこう 荒川小学校	3-1-6 Naka-jujo	Toshima Wakaba Elementary School	としまわかばしょうがっこう としま若葉小学校	5-3-30 Toshima
Former Sakurada Elementary School	さくらだしょうがっこう 旧桜田小学校	5-2-8 Oji	Oji Dai-san Elementary School	おうじだいさんしょうがっこう 王子第三小学校	5-2-3 Kami-jujo
Jujodai Elementary School	じゅうだいでいしょうがっこう 十条台小学校	1-5-6 Naka-jujo	Former Sakurada Junior High School	さくらだちゅうがっこう 旧桜田中学校	5-2-7 Oji
Oji Elementary School	おうじしょうがっこう 王子小学校	2-7-1 Oji	Former Seishi Junior High School	せいしちゅうがっこう 旧清至中学校	6-7-3 Oji
Oji Dai-ni Elementary School	おうじだいにしょうがっこう 王子第二小学校	2-2-5 Oji-honcho	Former Toshima-kita Junior High School	としまきたちゅうがっこう 旧豊島北中学校	5-3-35 Toshima
Toyokawa Elementary School	とよかわしょうがっこう 豊川小学校	3-10-23 Toshima	Jujo Fujimi Junior High School	じゅうふうじみちゅうがっこう 十条富士見中学校	1-9-33 Jujodai
Yanagida Elementary School	やなぎだしょうがっこう 柳田小学校	2-11-20 Toshima	Former Fujimi Junior High School	ふじみちゅうがっこう 旧富士見中学校	3-1-25 Kami-jujo
Horifune Elementary School	ほりふねしょうがっこう 堀船小学校	2-11-9 Horifune	Oji Sakura Junior High School	おうじさくらちゅうがっこう 王子桜中学校	2-7-1 Oji
Shimizu Elementary School	しみずしょうがっこう 清水小学校	4-5-17 Jujo-nakahara	Meio Junior High School	めいおうちゅうがっこう 明桜中学校	6-3-23 Oji
Higashi-jujo Elementary School	ひがしじゅうじゅうしょうがっこう 東十条小学校	3-14-23 Higashi-jujo	Horifune Junior High School	ほりふねちゅうがっこう 堀船中学校	2-23-20 Horifune



Akabane Area (赤羽地区)

Nishi-ukima Elementary School にしうきましょうがっこう 西浮間小学校	2-7-1 Ukima	Kirigaoka-sato Elementary School きりがおかさとしょうがっこう 桐ヶ丘郷小学校	1-10-23 Kirigaoka
Former Nishi-ukima Elementary School まうにしうきましょうがっこう 旧西浮間小学校	4-29-30 Ukima	Akabanedai-nishi Elementary School あかばねだいにししょうがっこう 赤羽台西小学校	2-1-34 Akabanedai
Dai-yon Iwabuchi Elementary School だいいよんいわぶちしょうがっこう 第四岩淵小学校	3-24-23 Akabane	Inada Elementary School いなだしょうがっこう 稲田小学校	2-23-24 Akabane-minami
Iwabuchi Elementary School いわぶちしょうがっこう 岩淵小学校	6-6 Iwabuchi-machi	Dai-san Iwabuchi Elementary School だいさんいわぶちしょうがっこう 第三岩淵小学校	1-12-14 Nishigaoka
Shimo Children's Hall しもこ しょうりゆうかん 志茂子ども交流館	5-18-3 Shimo	Kamiya Elementary School かみやしょうがっこう 神谷小学校	2-30-5 Kamiya
Ukima Elementary School うきま しょうがっこう 浮間小学校	3-4-27 Ukima	Umenoki Elementary School うめのきしょうがっこう 梅木小学校	2-21-15 Nishigaoka
Fukuro Elementary School ふくろしょうがっこう 袋小学校	2-15-13 Akabane-kita	Ukima Junior High School うきま ちゅうがっこう 浮間中学校	4-29-32 Ukima
Hachiman Elementary School はちまんしょうがっこう 八幡小学校	3-18-5 Akabanedai	Kirigaoka Junior High School きりがおか ちゅうがっこう 桐ヶ丘中学校	2-6-11 Kirigaoka
Former Akabanedai-higashi Elementary School まうあかばねだいはがししょうがっこう 旧赤羽台東小学校	1-1-13 Akabanedai	③Former Iwabuchi Junior High School まういわぶちちゅうがっこう ③旧岩淵中学校	2-6-18 Akabane
Akabane Elementary School あかばねしょうがっこう 赤羽小学校	1-24-6 Akabane	④Akabane Iwabuchi Junior High School あかばねいわぶちちゅうがっこう ④赤羽岩淵中学校	1-19-14 Shimo
Kitazono Learning Hall きたぞの かん 北園まなび館	3-6-1 Akabane-kita	Kamiya Junior High School かみや ちゅうがっこう 神谷中学校	2-46-13 Kamiya
Nadeshiko Elementary School なでしこ しょうがっこう なでしこ小学校	1-34-17 Shimo	Inazuke Junior High School いなづけちゅうがっこう 稲付中学校	6-1-4 Akabane-nishi

Takinogawa Area (滝野川地区)

Takinogawa Dai-roku Elementary School たきの がわだいろくしょうがっこう 滝野川第六小学校	5-44-15 Takinogawa	Takinogawa Elementary School たきの がわしょうがっこう 滝野川小学校	1-18-10 Nishigahara
Koyo Elementary School こうようしょうがっこう 紅葉小学校	3-72-1 Takinogawa	Takinogawa Dai-nana Elementary School たきの がわだいななしょうがっこう 滝野川第七小学校	4-17-1 Tabata
Takinogawa Dai-san Elementary School たきの がわださんしょうがっこう 滝野川第三小学校	1-12-27 Takinogawa	Takinogawa Dai-ichi Elementary School たきの がわだいちしょうがっこう 滝野川第一小学校	5-4-1 Tabata
Takinogawa Dai-go Elementary School たきの がわだごしょうがっこう 滝野川第五小学校	3-3-12 Showa-machi	①Former Koyo Junior High School まうこうようちゅうがっこう ①旧紅葉中学校	5-55-8 Takinogawa
Takinogawa Dai-yon Elementary School たきの がわだよんしょうがっこう 滝野川第四小学校	2-5-23 Higashi-tabata	②Takinogawa Koyo Junior High School たきの がわこうようちゅうがっこう ②滝野川紅葉中学校	2-52-10 Takinogawa
Yabata Elementary School やばたしょうがっこう 谷端小学校	7-12-17 Takinogawa	Asuka Junior High School あすか ちゅうがっこう 飛鳥中学校	3-5-12 Nishigahara
Takinogawa Dai-ni Elementary School たきの がわだにしょうがっこう 滝野川第二小学校	6-19-4 Takinogawa	Tabata Junior High School たばたちゅうがっこう 田端中学校	6-9-1 Tabata
Nishigahara Elementary School にし がわらしょうがっこう 西ヶ原小学校	4-19-21 Nishigahara	Former Shinmachi Junior High School まうしんまちちゅうがっこう 旧新町中学校	2-27-5 Tabata-shinmachi

The names of the places numbered ① through ④ will change as follows during or after April 2013. Please note that these facilities may not be used as evacuation centers since they may be undergoing demolition or construction at the time; if you live near these facilities, please keep several alternate locations in mind.

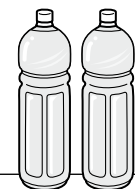
①Former Koyo Junior High School ①旧紅葉中学校	⇒	Takinogawa Koyo Junior High School 滝野川紅葉中学校	September 2013
②Takinogawa Koyo Junior High School ②滝野川紅葉中学校	⇒	Former Takinogawa Junior High School 旧滝野川中学校	
③Former Iwabuchi Junior High School ③旧岩淵中学校	⇒	Akabane Iwabuchi Junior High School あかばねいわぶちちゅうがっこう 赤羽岩淵中学校	April 2014
④Akabane Iwabuchi Junior High School ④赤羽岩淵中学校	⇒	Former Akabane Junior High School 旧赤羽中学校	

Food or Other Supplies Designated for Emergency Use

Emergency food stocks are stored in warehouses in 12 locations and storerooms in 62 elementary and junior high schools (including former school buildings) in Kita City, and will be distributed at evacuation centers during disasters. Goods for daily living are stored there as well.

In addition to drinking water available in PET bottles, water will also be supplied to city residents from disaster countermea-

sure water tank facilities in three locations (Kirigaoka Park, Takinogawa Park, and Kita Sports Park) as well as emergency water supply locations in Kita City using the water supply trucks purchased in May 2011. These trucks have the capacity to distribute the equivalent of 4,000 500-ml plastic PET bottles in one round.





Chuo Library Information

Everyone is free to use the Kita City Municipal Chuo Library. There are also books, magazines, and other materials geared for foreign residents, so please feel free to take advantage of them.

1. Foreign-language books, newspapers, and magazines

While the materials available are mainly in English, Chinese, and Korean, there are also publications in German, French, and other languages. Genres include novels, reference materials related to Asian languages, dictionaries, and textbooks for learning the Japanese language. Please note that the newspapers, periodicals, and weekly magazines may not always be up to date.

2. How to use the library (Floors other than for books)

- Audiovisual booth: For enjoying CDs, DVDs, and videos.
- PC corner: For reading electronic materials and using commercial databases and the Internet; there are also seats where you can use your own computer.
- Childrearing information and support room: Parents can bring their babies and small children and use this area freely. (There is also a nursing room.) There are wood toys and cloth picture books available. Parents can also use this space as a place to exchange information with fellow parents.
- Tearoom: There is a free space on the first floor where you can bring in food and beverages. Please take advantage of this relaxing oasis.

3. Precautionary notes

- Please be careful to return borrowed library materials within the designated period.
- If you damage or break materials or other library property, you may be required to pay compensation.



Indoor Heated Swimming Pool

Genki Plaza is a facility created to help improve the health of all Kita City residents along with the renovation of the Kita Waste Disposal Plant. The heated swimming pool and hot water and heating system all use the heat generated by the disposal plant.



- Hours: 9 a.m. to 9 p.m. (Admission until 8:30 p.m.)
- Closed: As a rule, twice a month (Mondays), during the year-end/New Year holidays (December 29 through January 3), special inspection days, and other days designated by the facility
- Fees

	Within 2 hours	Overtime (per 30 min.)
Children (from three years old through junior high school age)	¥100	¥20
Adults	¥400	¥100
65 years old or older (personal identification required)	¥200	¥50
There are also prepaid discount tickets for frequent users. Prepaid ticket amounts: ¥1,000 (for ¥1,200 worth); ¥3,000 (for ¥3,600 worth)		

- Children who are two years of age or younger, those wearing diapers, and those who are not wearing a swimsuit will not be admitted.
- Children in the second grade of elementary school or younger (junior high school students and younger from 6 p.m. on) must be accompanied by a parent.
- Inquiries: Tel: 03-5249-2214

An Event Sponsored by the International Affairs Subsection, General Affairs Section, Kita City



Citizens' Festival (International Fureai Plaza)

Dates: Saturday, October 6 and Sunday, October 7
Location: Asukayama Park (Oji site)
Program: Various foreign cuisines, exhibition and sales of folk crafts, toys from countries around the world

Global Thinking (Kita City International Exchange Bulletin) Editorial Meeting

Our international exchange bulletin *Global Thinking* is geared for foreign residents. We publish it twice a year (in September and March), and hold editorial meetings twice a year. The editorial meeting for issue No. 44 is for sometime in mid-November, and we will make announcements about it on an ongoing basis.



Bus Tour for Foreign Residents



To familiarize foreign residents with Kita City, we present a regular tour of facilities, factories, and traditional shops that can only be found in our city. The tour always gets great reviews, with many people telling us, "I'm glad I participated!" The upcoming tour is scheduled to be held sometime between December 2012 and February 2013. For more information, please read the *Kitaku News*.