Symbols of
Sabae
Azaleas
Cherry Blossoms
Mandarin Ducks
Red Pandas

For Foreigners

A Guidebook to Live In SABAE

Azaleas in Nishiyama Park

～ A Helpful Guide for a Comfortable Life ～

Introduction

Welcome to Sabae.

This guidebook is designed to help foreigners and residents feel safe and happy during their stay in Sabae City.

It introduces various application procedures at the city hall and useful information for daily life.

Basic information is provided in the guide. If you would like to know more detailed information, please refer to the contact details below.

We hope this guide will make your life comfortable and enjoyable for everyone living in Sabae City.

CONTENTS

※References『生活・仕事ガイドブック～日本で生活する外国人のみなさんへ～』出入国在留管理庁

Chapter 1　What Kind of Place Is Sabae?

1　Geography and Topography

Sabae City is located in the center of Fukui Prefecture, with Fukui City to the north and Echizen City to the south. On the west side of the city, the Hino River flows from south to north. To the east is a basin surrounded by mountains, the central part of the city is a hilly area with Mt. Nishiyama as its center. The western area is a plain and is part of the Echizen Plain.

Sabae City is connected to the Kansai and Chubu regions with the HAPI-LINE FUKUI Line, Hokuriku Highway, Route 8 and Route 417 passing through the city. It is located 197 km away from Osaka, 166 km from Nagoya, and 90 km from Kanazawa.

2 Overview

Area	84.59 km^2
Population	68,646（as of 1st April, 2023）
Number of Households	25,499（as of 1st April, 2023）
Highest Temperature	37.9℃（2020）
Lowest Temperature	-3.1℃（2020）
Average Temperature	15.5℃（2020）
Annual Precipitation	1,915.5mm（2020）
Foreign Residents	1,065（as of 1st April, 2023）
	(Percentage of Population of Foreigners 1.55%)

3 Where You Live

Please remember where you live. Please ask your co-workers and neighbors.

The district you live in

The neighborhood community where you live

The community center in your area

Contact number

Nearby evacuation center

The nearest transportation is

HAPI-LINE FUKUI Station

Fukui Railway Station

Fukutetsu Bus Bus Stop

Tsutsuji Bus Bus Stop

Nearest Bank

Bank

Branch

Nearest Post Office

Nearest Police Box

Nearest Hospital

Nearest Pharmacy

Shopping Nearby

Chapter 2 What to Do in Case of an Emergency

4 Responding to an Emergency

Dial 119_ (toll-free) for the fire station in case of a disaster, fire, accident or medical emergency.

Fire departments have ambulances and fire trucks, so you may call for either one.

Ambulances are free of charge.

Ambulances are not for minor injuries or illnesses.

Speak slowly and clearly, explain whether the problem is a “fire”, “accident” or “medical emergency”, and give your location.

In the event of an incident or accident, or if you are a victim, please call the police at “110”.

4-1 In Case of a Medical Emergency (Sudden Illness or Injury)

Ask someone nearby for help.

Dial 119_ (fire station) for an ambulance.

(Ask someone who can speak Japanese to assist you.)

Speak with the operator from your house phone, mobile, or public phone.

Tell the operator that you have an emergency.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

Ambulances are free of charge.

☆QR Code: How To Call For an Ambulance

https://www.fdma.go.jp/publication/portal/post1.html

4-2 In Case of a Fire

Shout “Fire!” to warn your neighbors.

Put the fire out with a fire extinguisher.

⇒When that’s not possible, immediately run to safety.

How To Report A Fire

Dial 119_ (fire station).(Ask someone who can speak Japanese to assist you.)

Tell the operator “There’s a fire”.

Report the location of the fire.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

4-3 In Case of an Incident or Accident

☆Accident

Dial 110_ (police station).

(Ask someone who can speak Japanese to assist you.)

Tell the operator “There’s been an accident”.

Talk about when, where, and what happened.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

In the event you are considerably injured, ask for an ambulance.

If it’s safe, remain where you are until the police arrive.

☆ Theft

Dial 110_ (police station).

(Ask someone who can speak Japanese to assist you.)

Tell the operator “That there’s been an incident”.

Talk about when, where, and what happened.

Calmly tell them your name, and address, and describe the situation in detail.

(If you do not know the address where you are, use a nearby building or intersection as a landmark.)

In the event you are considerably injured, ask for an ambulance.

If it’s safe, remain where you are until the police arrive.

5 Natural Disasters (Typhoons & Earthquakes)

Japan is a country with many earthquakes.
Large earthquakes may even occur in Sabae City.
Fukui Prefecture has many nuclear power plants, so there is a possibility of a nuclear disaster in which nuclear facilities damaged by an earthquake release radioactive materials.
From June to October, typhoons and torrential rains can cause river flooding, landslides and other natural disasters.
In winter, heavy snowfall may cause damage and snow-related natural disasters.

6 Preparing for a Disaster

Sabae City is always thinking about disaster preparedness.
Please prepare yourself for a disaster.
Please check for the correct information in the event of a disaster.

6-1 Preparing For Your Safety

Prepare emergency items to take with you.
Prepare food and water (3 days' worth), a flashlight, a portable radio, and valuables.
Pack the items into an emergency bag (a bag to put things to take with you when evacuating).

Check where the danger is and where to evacuate ⇒ Hazard Map
https://www.city.sabae.fukui.jp/anzen_anshin/bosai/hazardmap/guidbook.html

Participate in your town's evacuation drills and emergency drills to practice escaping safely and extinguishing fires.
Create a network to obtain and share information, by being sociable with your friends, neighbors, and colleagues.
Take measures to prevent the furniture in rooms from falling over.

6-2 Get the Most Recent Information About Disasters

☆Disaster Information Mail Delivery Service from Sabae City (Register for Free)

https://www.city.sabae.fukui.jp/anzen_anshin/bosai/bosai_info/saigai-haishin.files/setumei.pdf

☆Earthquake Early Warning System

Promptly alerts you just before a strong earthquake starts via TV or smartphone.

QR Code: Video about the Earthquake Early Warning System

https://www.data.jma.go.jp/svd/eew/data/nc/kunren/eizo/eizo.html

7 In Case of a Disaster

Evacuate to a safe place.
Ask Japanese people when you don't know a safe place is.
Escape with an Emergency Bag (use a backpack to keep your hands free).
Check for the correct information.

7-1 In Case of a Typhoon or Heavy Rain

Typhoons generate powerful and dangerous winds, so please stay inside.

Avoid going near rivers, as heavy rain poses a danger by causing rivers' water levels to increase.

Stay away from mountains and cliffs, as landslides may occur.

Get the latest information via TV, radio, or mobile phone.

When there's a call to evacuate, or you feel unsafe, immediately seek safety at the nearest evacuation site (e.g., public culture center).

7-2 In Case of an Earthquake

Protect your head and keep yourself safe.

Check the correct information and act calmly.

Ask an informed Japanese person if you don't know where a safe place is.

Be careful of false information.

Be aware that gas pipes may be leaking, so don't light any fires.

Water and electricity may stop.

☆When Inside A Building

Be careful of things potentially falling from above or furniture falling over.

Protect your head and keep yourself safe.

When the quake subsides, turn off the gas and stove.

Turn the electric breaker off before escaping outside.

☆When You Are Outside

Be careful of broken glass, walls, and signs that may fall near buildings.

Protect your head with a bag and evacuate to a safe place.

Train and bus services may stop.

☆When You Are Driving

Slowly pull over on the left side of the road, and turn off the engine.

Don’t lock the doors. Leave the keys in the car, then seek safety.

7-3 Heavy Snow

Be careful when going out, as road surfaces can be slippery.

Use caution to avoid being hit by falling snow from rooftops.

The weight of snow on the roof may cause the house to collapse.

There may be times when it is necessary to remove snow from the roof. Be careful not to fall off the roof.

8 Medical Institutions with Foreign Language Support

Hospitals/Clinics	Address	Telephone Number		English	French	Cantonese	Mandarin	Taiwanese	Portuguese	Tagalog
Kato OB/GYN Clinic	1-4-21 Mizuochi-cho	Day/Night	0778-51-1285	Word Level						
Kawaguchi Pediatric Clinic	2-8-22 Sakura-machi	Day/Night	0778-51-0025	Examination Possible						
Kimura Internist Clinic	257-3-7 Nakano-cho	Daytime	0778-54-0707	Basic Conversation						
Kimura Hospital	4-4-9 Asahi-machi	Daytime	0778-51-0478	Word Level						
Kubota Clinic	30-20-1 Tadasu-cho	Daytime	0778-53-2511	Basic Conversation						
Kumamoto Ophthalmology Clinic	1-4-23 Higashi sabae	Daytime	0778-43-5066	Basic Conversation						
Kodo Ophthalmology Clinic	1-4-8 Saiwai-cho	Daytime	0778-54-0088	Basic Conversation						
Tannan Regional Medical Center	1-2-31 Sanroku-cho	Day/Night	0778-51-2260	Basic Conversation						
Saito Clinic	3-1-25 Hon-machi	Day/Night	0778-51-0073	Word Level						
Saito Hospital	6-1-1 Nakano-cho	Daytime	0778-51-0593	Word Level						
Sabae Shimizu Ophthalmology	2-1-30 Asahi-machi	Daytime	0778-51-0067	Basic Conversation	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Sabae Nephrological Clinic	24-22 Goroumaru-cho	Day/Night	0778-51-6161	Word Level						
Sabae Internist Clinic	10-5-2 Toude-cho	Daytime	0778-62-0111	Word Level						
Shinagawa Clinic	56-1-1 Nakano-cho	Day/Night	0778-51-0011	Word Level		Word Level	Word Level	Word Level	Word Level	
Takano Clinic	20-4 Kawada-cho	Daytime	0778-65-0236	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Takano Hospital	2-3-10 Hon-machi	Day/Night	0778-51-0845	Word Level						
Takahashi Clinic	3-11-28 Koguro-machi	Daytime	0778-54-0550	Word Level	Word Level	Word Level	Word Level	Word Level		
Tanigawa Internist Clinic	4-3-14 Hon-machi	Day/Night	0778-51-4132	Word Level						
Tsuda Clinic	43-1 Hirai-cho	Day/Night	0778-62-0222	Word Level						
Tsuchiya Clinic	3-6-2 Asahi-machi	Daytime	0778-51-2100	Basic Conversation						
Tsuchiya Otorhinolaryngology Clinic	2-4-15 Sanroku-cho	Daytime	0778-54-0555	Basic Conversation						
Tomodachi Clinic	23-14 Ishidakami-cho	Daytime	0778-51-4895	Word Level						
Nojiri Clinic	2-4-16 Toba	Daytime	0778-51-1460	Word Level						
Baba Clinic	16-1-3 Sugimoto-cho	Daytime	0778-51-1677	Word Level						
Hayashi Clinic	2-26-28 Mizuochi-cho	Day/Night	0778-25-1884	Basic Conversation						
Suzuki Dermatology Clinic	1-8-36 Chosenji-cho	Daytime	0778-51-0232	Word Level						
Hirose Hospital	1-2-8 Asahi-machi	Daytime	0778-51-3030	Basic Conversation						
Fujita Gastroenterology, Internist & Surgery	4-16-24 Mizuochi-cho	Day/Night	0778-52-5200	Word Level						
Maruyama Internist & Cardiology Clinic	2-9-5 Kamisabae	Day/Night	0778-29-0008	Basic Conversation						
Mitsuya Mental Health Clinic	273 Goroumaru-cho	Daytime	0778-42-5606	Word Level						
Midorigaoka Hospital	1-2-6 Sanroku-cho	Daytime	0778-51-1370	Word Level						
Yamagishi Clinic	15-13-4 Tonokuchi-cho	Daytime	0778-65-1084	Word Level						

Dental Clinics	Address	Telephone Number		English	French	Cantonese	Mandarin	Taiwanese	Portuguese	Tagalog
A Dentistry & Mineda Clinic	5-5-20 Shinmei-cho	Daytime	0778-52-5648	Word Level						
Umeda Dental Clinic	2-1-215 Hinode-cho	Daytime	0778-52-3405	Basic Conversation						
Kawabata Dental Clinic	1-1-12 Hon-machi	Day/Night	0778-51-0418	Examination Possible						
Kitao Dental Clinic	2-16-1 Mizuochi-cho	Daytime	0778-51-3335	Word Level						
Saito Dental Clinic	2-4-27 Kaminaka-cho	Daytime	0778-52-8188	Basic Conversation		Word Level	Word Level	Word Level		
Sakai Dental Clinic	1-5-21 Higashi sabae	Daytime	0778-52-8119	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level	Word Level
Hikaru Dental Clinic	2-2-21-2-1 Toba	Daytime	0778-54-0184	Word Level						
Himawari Dental Clinic	2-10-1 Koguro-machi	Daytime	0778-25-1181	Basic Conversation						
Fukushima Dental Clinic	3-6-11 Shimokobata-cho	Daytime	0778-42-8143	Basic Conversation						
Fukuda Dental Clinic	4-2-5 Hon-machi	Daytime	0778-51-0114	Examination Possible						
Poplar Dental Clinic	1-10-10 Yanagi-machi	Daytime Night	0778-52-9386 090-6277-2811	Basic Conversation	Word Level					
Mori Dental Clinic	1-5-32-1 Mizuochi-cho	Daytime	0778-52-5144	Basic Conversation						

【Source】Medical Information Net Fukui（Fukui Prefecture Medical Information http://qq.pref.fukui.jp)

*Dermatology: Skin *Gastroenterology: Stomach and intestines *Nephrological: Kidneys *Orthodontic: Teeth Straightening

*Otorhinolaryngology: Ear, nose and throat

9 Consultation Counter for When You Have Struggles in Life

Please contact the Independence Support Center if you struggle to make a living due to illness or unemployment.

If you struggle to make a living due illness or unemployment, contact:

Sabae City Hall Independence Support Center TEL (0778) 25-3000

Please contact the Consumer Affairs Center if you have trouble with multiple debts or contracts. A professional counselor will consult with you and help you find a solution for it.

If you have trouble with multiple debts or contracts, contact:

Sabae City Hall Consumer Affairs Center TEL (0778) 53-2204

10　Domestic Violence (DV) Victim Consultation for Foreign Residents

Fukui Prefecture accepts consultations about DV from foreign residents living in the prefecture.

Consultations, are free and strictly confidential, so please feel free to contact us.

(If you need an interpreter, please let us know in advance).

《Information》

	Thursdays	All Other Days (Except When Closed)
Location	Fukui International Activities Plaza	Yu-Ai-Fukui Plaza
Consultation Hours	10:00-17:30	9:00-16:45

In Case You Are Dealing with Domestic Violence (DV), Contact:

Fukui International Activities Plaza　TEL (0776) 28-8800
Address：3-1-1 Hoei, Fukui City
Closed：Every Monday（Except the 2nd Monday of the month）, Holidays,
New Year's Holiday Season (12/29 ~1/3)

Yu-Ai-Fukui Plaza　TEL (0776) 41-7112
Address：14-1 Shimo Rokujo-cho, Fukui City
Closed：Every Monday（Except holidays）　3rd Sunday of the month
The Day After a Holiday（Except Sat, Sun and Holidays）
New Year's Holiday Season (12/28 ~ 1/4)

Chapter 3　The Rules of Life in Japan

In Japan, there are various rules that are unique to Japan. If everyone follows the rules, we can all live comfortably.

11　Rules of Life

Dispose of regular garbage at garbage collection stations per city rules.

11-1　Basic Rules for Sorting and Disposing of Garbage.

There is a designated day of the week when you can dispose of garbage, and it differs by location. So please confirm that day in your area.

Garbage is divided roughly into two types: "burnable garbage" and "non-burnable garbage" (plastics and recyclables).

Burnable Garbage

>>Put burnable garbage in a designated garbage bag (yellow), write your name on it, and place it in the garbage collection station on the morning of the designated day by 8:00 a.m.

Non-burnable garbage (plastics and recyclables)

>>Sort non-burnable garbage into each category and dispose of it in its matching containers.

The classification table for non-burnable garbage is available at city hall(in English, Chinese, and Portuguese).

Sabae City is working toward becoming a "Zero Carbon City" by reducing household waste as much as possible, so we kindly ask for your cooperation.

Burning garbage outside without permission is prohibited by law.

＊Do not dispose of garbage or used oil down the kitchen sink.

It causes water pipes to clog and leads to the pollution of rivers and seas.

How to Classify Household Waste

Burnable Garbage

Recyclables

Non-burnable Garbage

Empty Cans

Newspapers

Cardboard

Plastics

12　Traffic Rules

Some places have different laws and traffic rules from your country, so be sure to follow Japanese laws and traffic rules and live safely.

In Japan, pedestrians keep to the right and vehicles (cars, motorcycles, and bicycles) keep to the left.

12-1　Walking

Pedestrians should walk on the sidewalk. Where there are no sidewalks, walk on the right side of the road.

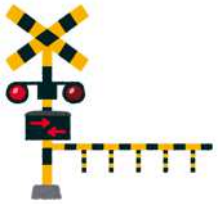
・When crossing the road, cross where there is a traffic light or crosswalk.

・Do not cross where this mark is: 

Crosswalk → 

・Do not cross at railroad crossings when the alarm sounds or when the gate is starting to lower.

・When walking at night, wear light-colored clothing and attach reflective strips to your clothes, shoes, or bag to make yourself more visible to drivers.



↑

Railroad crossing

12-2　Riding a Bicycle

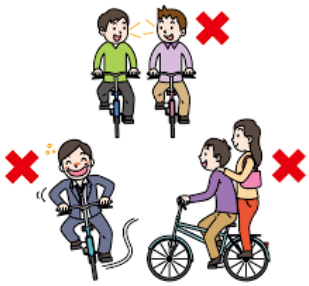
A bicycle is legally the same as a car. Keep to the left side of the road.

・Places Where You Can Ride a Bicycle

The far left of the road

Roads with this mark (Bicycles only): 

Roads with this mark (Pedestrians and Cyclists): 



・Rules for Riding a Bicycle

Don’t ride a bicycle after having alcohol.

One person to a bicycle.

Don't ride side by side.

Don’t hold an umbrella or use a mobile phone while riding.

Turn on bicycle lights when it's dark.

Come to a complete stop at places with this mark (stop sign): 

Then look around to see if it's safe before going.

Fukui Prefecture has enacted a law that requires bicycle users and their guardians to be insured. (Effective July 2022)

Wearing a helmet is highly encouraged.

13 Manners in Daily Life

People living in Japan view being considerate of each other to be polite.
The following manners may be different from your country, but please try to follow them in your daily life.

13-1 Noises and Voices

The rhythm of daily life differs from worker to worker.
Refrain from making loud noises or speaking loudly.

It's especially, relevant in apartments and condominiums, where loud noises can be a nuisance to neighbors.

13-2 Mobile Phones

When using a mobile phone, be careful not to disturb others around you.

In particular, using a mobile phone while walking, riding a bicycle, or driving a car is dangerous.

13-3 Hot Springs & Public Baths

Japan has public baths.
Enter the bath AFTER washing your body.
Quietly enter the bath so that everyone can enjoy it.

← bath

14 Trains and Buses

When riding on trains and buses, please mind your manners. Speaking loudly or using your mobile phone will disturb other people. Observe good manners so that other people riding with you can enjoy the ride.

14-1 Riding a Train

There are two railways in Sabae City: HAPI-LINE FUKUI and Fukui Railway Trains (Fukutetsu). You can use either railway depending on your destination.

HAPI-LINE FUKUI	Kita-Sabae St. Sabae St.
Fukutetsu	Tobanaka St. Shinmei St. Mizuochi St. Nishiyama Kouen St. Nishi-Sabae St. Sun-Dome Nishi St.

Fukutetsu buses and Tsutsuji buses are available in Sabae City.
The Tsutsuji bus fare is 100 yen per ride.
Tsutsuji buses are free for elementary school students and people with disabilities.

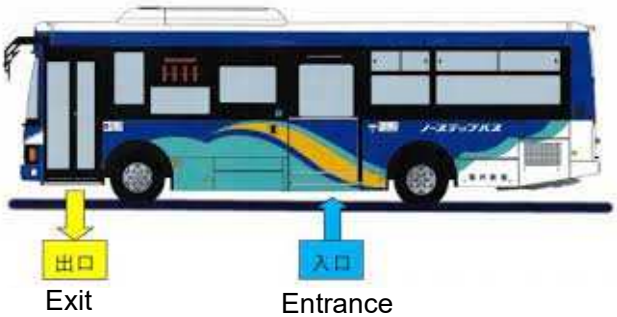
14-2 Getting on a Bus

Tsutsuji Bus

Tsutsuji Bus Entrance/Exit

Tsutsuji Bus Bus Stop

Fukutetsu Bus



Exit Entrance

Chapter 4 Essential Matters to Live in Sabae City

When living in Japan, you may sometimes go to the city hall in the town where you live (ex., Sabae City Hall).

If your lifestyle changes, you will have to go through the necessary procedures at Sabae City Hall.

You can ask for a consultation if you have any struggles or don't understand something in your life.

15 My Number System

What is the "My Number" system? It is an identification number issued by the Japanese government.

Only one number per person is given to all citizens, and is necessary for proceedings at places like city hall.

A "My Number" consists of a 12-digit number. Everyone who has a Certificate of Residence in Japan receives an individual number. As a general rule, once decided, that number will never change.

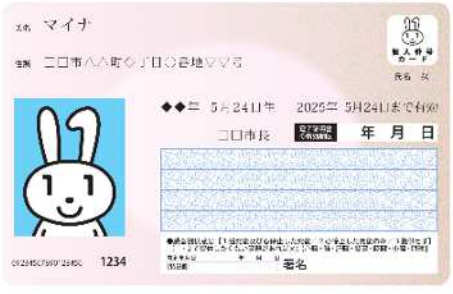
Keep your "Notification Card" or "My Number Notification Letter" with your My number printed on it in a safe place. Do not throw it away or tear it.

Do not give others your "My Number" information unless necessary to prevent unauthorized use of your "My Number."

In addition to the Notification Card, there is also a "My Number Card."

The My Number Card has your My Number printed on it and can also be used as an ID card.

You must follow the necessary procedures to obtain a "My Number Card."



←My Number Card

If you have any questions, please visit the website, contact the number below, or inquire at the Citizen's Service Section at Sabae City Hall.

☆Digital Agency HP https://www.digital.go.jp/policies/mynumber/

☆My Number General Toll-Free Number
0120-95-0178 (English/Chinese/Korean/Spanish/Portuguese)
9:30~20:00 on Monday to Friday
9:30~17:30 on Saturday, Sunday, and National Holidays (Unavailable during Christmas and New Year's Holiday Season)

For questions about the My Number System, contact:

Sabae City Hall Citizen's Counter Section TEL（0778）53-2206

16 Seal Registration (Name Stamp)

In Japan, Seals (Name Stamps) are usually used in place of signatures.
Registering a seal at the City Hall Office verifies it as your personal seal, which can be used to certify official documents. You can register one seal per person.

When signing a car or house contract, they may ask you for a "registered seal." In that case, use the seal registered at the City Hall Office as your "registered seal."

Items Required for the Seal Registration Application:

- A Residence Card (or special permanent resident certificate) for identity verification
- The seal to be registered (name as written on resident card, name written in katakana, common name seal)

☆ Seals with furigana or phonetic symbols cannot be registered. When making a seal, please consult with a stamp shop.

17 When a Baby Is Born

Inform City Hall of the baby's birth.

Submit a "birth report" to City Hall within 14 days of the child's birth.

18 When Family Has Passed Away

Inform City Hall of the person's passing.

Submit a "Notice of Death" to City Hall within 7 days of your family member or housemate's death.

19 When Marrying in Japan

Inform City Hall that you got married.

Submit a “Marriage Registration” to the city hall of the town where the person getting married lives in Japan, along with the following documents:

☆ Necessary documents vary according to nationality.

- Marriage registration
- Passport
- Certificate of legal capacity to be married (usually issued by your country’s embassy) and its Japanese translation
- Birth Certificate and its Japanese translation

20 When Your Address Has Changes

Inform City Hall when you have moved.
The notification method will differ depending on where you are moving.

☆When Your Address Has Changed in Sabae City

Within 14 days of the change, submit a change of address notification to City Hall with your Residence Card (or special permanent resident certificate) and My Number card.

☆When Your Address Has Changed to Outside of Sabae City

Submit a notification of moving out at Sabae City Hall. You will be issued a change of residence notification if your new address is in Japan. Bring that notification, your residence card (or special permanent resident certificate), and My Number Card to the town office of your new address and submit a moving-in notification.

For questions about 16 ~ 20 above, contact:

Sabae City Hall Citizen’s Counter Section　　TEL（0778）53-2206

21 Public Utility

21-1 Water Services and Sewage

The Sabae City Water and Sewer Division manage water services and sewage.

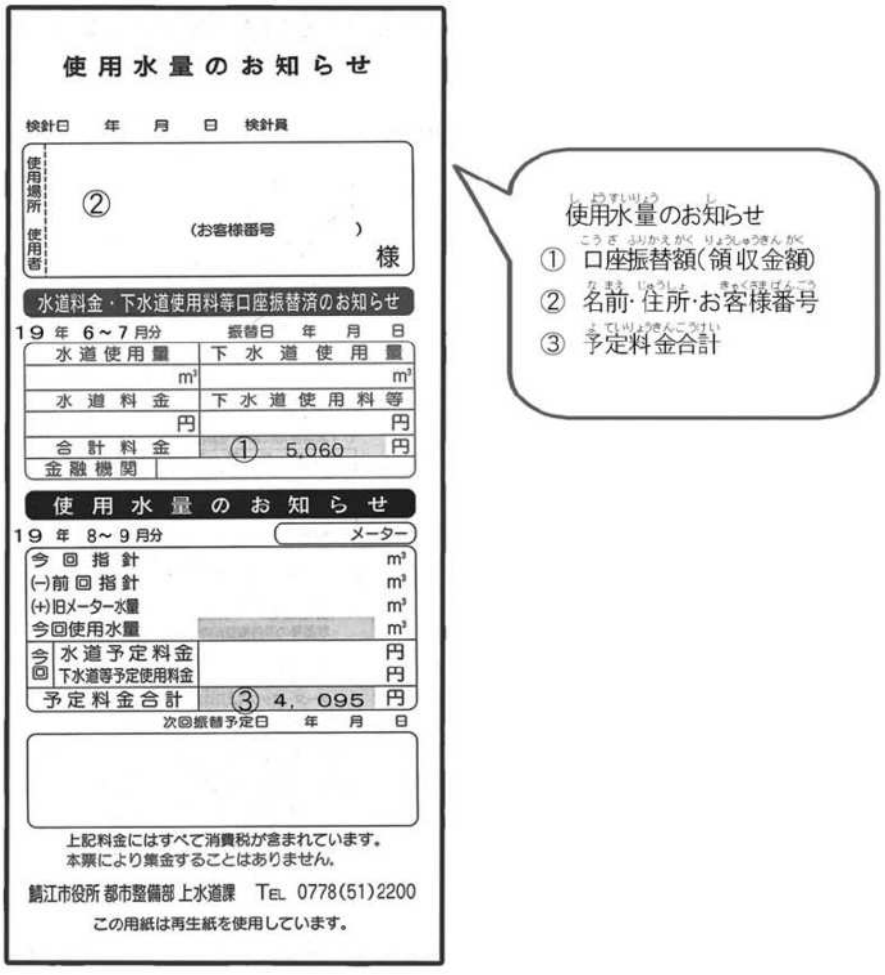
If you live in an apartment or rented house, check with the real estate agent about the payment method. Check the description below.

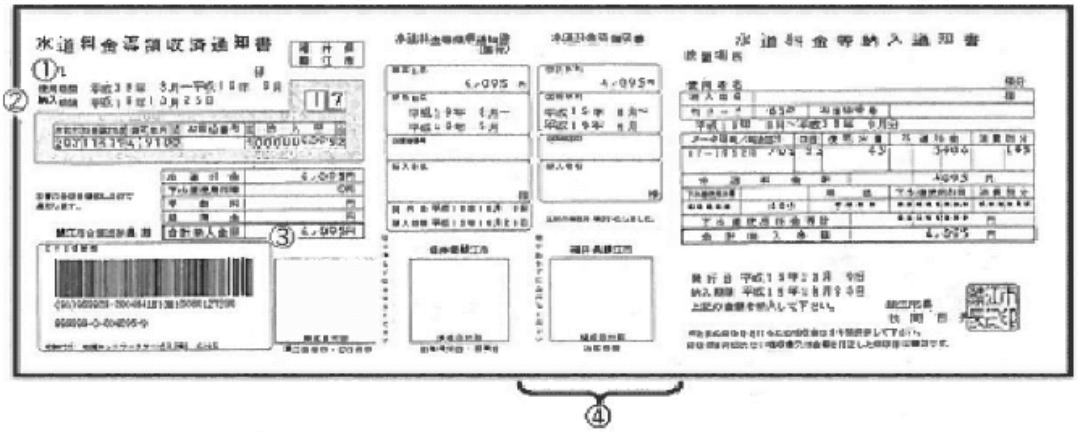
☆ Account Remittance

Apply at a financial institution with your water bill payment slip, passbook, and personal seal.

☆ Payment by Cash

Pay at a convenience store or financial institution with your water bill payment slip and cash.





水道料金等納付書（口座振替なしの場合）

①使用期間

②納入期限

③合計納入金額

④お客様控（振り込み後、この部分は領収書となります）

For questions about water services, contact:

Sabae City Hall Customer Service for Water and Sewage

TEL (0778) 53-2237

21-2 Gas

In Sabae City, gas companies supply propane gas (LP gas) in gas cylinders. Before the gas runs out, a contractor will bring you a new gas cylinder. If you live in an apartment or rented house, ask the real estate agent for the name of the company and payment method.

21-3 Electricity

Electricity is mainly managed and supplied by the Hokuriku Electric Power Company. To pay your electricity bill, take the electricity bill transfer notice to a financial institution such as a bank or a convenience store. There is also a payment method by bank transfer.

For questions about electricity, contact:

Hokuriku Electric Power Company Customer Service
TEL 0120-776-453
※24hours • Toll-Free • Japanese only

21-4 Telephone

The most common line for landline phones is the NTT line.

These days more and more people are using mobile phones provided by mobile phone companies such as NTT Docomo, KDDI, Softbank, and Rakuten Mobile. In addition, many cheap smartphone operators rent communication lines from major mobile phone companies. You will need your residence card (or special permanent resident certificate), bank account, passport, and personal seal to apply.

Charges will be higher if you make a long-distance call or talk for an extended period.

Internet-based IP telephony, an often-cheaper alternative, is also frequently used. (A device that can connect to the Internet, such as a computer or smartphone, is required.)

22 Financial Institutions

22-1 Banks

By opening a bank account, you can deposit, withdraw, transfer (remittance), and exchange money.

【Financial Institutions in Sabae City】

Fukui Bank
Sabae Branch (Sumiyoshi branch), Shinmei Branch,
Higashi-Sabae Branch, Kawada Branch

Hokuriku Bank Sabae Branch, Shinmei Branch

Fukui Shinkin Bank
Sabae Honmachi Branch、Kaminaka Branch、Kawada Branch、
Shinmei Branch、Yoshikawa Branch、Sabae Management Dept.

Fukui JA Bank (Japan Agricultural Cooperatives)
Tannan Central Branch, Funatsu Branch, Shinmei Branch,
Sabae Chuo Branch, Sabae Kita Branch, Sabae Nishi Branch,
Sabae Higashi Branch, Kawada Branch

Fukuho Bank Sabae Branch, Shinmei Branch

23 Post Offices

23-1 Domestic Mail

Prices vary depending on weight and size, with postcards starting at 63 yen and sealed letters starting at 84 yen.

In addition, there is Yu-Pack (parcel), express mail, and registered mail for sending packages.

23-2 International Mail

There is surface mail, air mail, economy air mail (SAL), and international express mail (EMS) when sending letters and documents overseas.

23-3 Postal Savings, Remittances, etc.

Post offices offer savings accounts and money transfer services, as well as automatic payment of utility bills. They also send money overseas.

【Post Offices in Sabae】

JAPAN POST Sabae Branch
1-2-28 Mizuochi-cho, Sabae
TEL（0778）51-0100

■Sabae Post Office
1-2-28 Mizuochi-cho, Sabae
TEL（0778）51-0220

■Sabae Asahimachi Post Office
1-6-13 Asahi-machi, Sabae
TEL（0778）51-4290

■Sabae Sakura Post Office
2-905 Sakura-machi, Sabae
TEL（0778）52-9075

■Sabae Tobacho Post Office
3-2-1 Toba, Sabae
TEL（0778）51-4282

■Shin-yokoe Simplified Post Office
2-24 Sadatsugi-cho, Sabae
TEL（0778）52-1674

■Sabae Miyuki Simplified Post Office
3-501-8 Miyuki-cho, Sabae
TEL（0778）52-2560

■Shinmei Post Office
1-2-17 Shinmei-cho, Sabae
TEL（0778）51-4250

■Nakagawa Post Office
6-13 Nakano-cho, Sabae
TEL（0778）51-4270

■Katakami Post Office
102-4-1 Yoshitani-cho, Sabae
TEL（0778）51-4240

■Yoshie Post Office
1-16 Yoshie-cho, Sabae
TEL（0778）51-4260

■Yoshikawa Post Office
1-6-1 Tamura-cho, Sabae
TEL（0778）62-1240

■Yutaka Post Office
31-49 Shimonoda-cho, Sabae
TEL（0778）62-1140

■Kita-Nakayama Post Office
39-21-1 Ochii-cho, Sabae
TEL（0778）65-1150

■Kawada Post Office
20-4-1Kawada-cho, Sabae
TEL（0778）65-1100

24　Taxes

There are various types of taxes. When you receive a tax notice, check it and pay it at a convenience store or financial institution counter.

If you miss the payment deadline, you may be charged a reminder or late payment fee. If you cannot pay, please consult with the City Hall Collections Division.

For questions about tax payment, contact:

Sabae City Hall Collections Division　　TEL（0778）53-2211

24-1　Resident Tax

Resident tax is paid to the city by those with an address and income in Japan as of January 1st. The amount of resident tax is determined based on the previous year's income.

Some people have this tax withdrawn from their company salary.

For questions about resident tax, contact:

Sabae City Hall Tax Division　　TEL（0778）53-2210

24-2　Income Tax

Income tax is a tax paid to the government according to the income from January to December of that year. Some people have this tax withdrawn from their company salary.

Some cases may require filing a final income tax return.

For questions about income tax, contact:

Takefu Tax Office　　TEL（0778）22-0890

24-3　Automobile Tax

People who own an automobile or motorcycle must pay the prefectural automobile tax for that fiscal year on April 1st of every year.

軽自動車税（Small Vehicle and Motorcycle Taxes）questions, contact:

Sabae City Hall Tax Division　　TEL（0778）53-2210

自動車税（Automobile Tax）questions, contact:

Fukui Pref. Tax Office Tannan Branch　　TEL（0778）23-4544

24-4 Consumption Tax

Money paid for purchases or services received includes consumption tax.

The tax rates are 10% and 8%. The tax rate for food (other than alcoholic beverages) purchased at stores is 8%.

For questions about consumption tax, contact:

Takefu Tax Office TEL（0778）22-0890

24-5 Other Taxes

* Fixed Asset Tax

People who own land or buildings must pay this tax on January 1st of every year.

*National Health Insurance Tax

This tax is payable when you are a member of the National Health Insurance.

For questions about other taxes, contact:

Sabae City Hall Tax Division TEL（0778）53-2209、2210

Chapter 5　Childbirth and Parenting

25　When You Get Pregnant

25-1　When you get pregnant, go to the hospital.

If your doctor asks you to get a Maternity Handbook (mother and child health handbook), you can get one at Ai-Ai Sabae.

About Maternity Handbook

This is to write about the health of the mother and the new baby.

This handbook is required when you take pregnant women's health checkups, vaccinations, and health check-ups.

Maternity handbooks are available in English, Chinese, Portuguese, Vietnamese, Tagalog, Hangul, Spanish, Indonesian, Nepali, and Thai.

25-2　Along with the Maternity Handbook, you will have a “Pregnant Woman General Health Checkup Consultation Form”.

Go to the hospital and take a pregnancy health checkup.

Pregnant Woman Health Checkup

When you are pregnant, it is necessary to take a medical checkup even if there is nothing wrong. Be sure to undergo a prenatal health checkup. If you submit a “Pregnant Women General Health Checkup Consultation Form” at the hospital, you can have this health checkup at a low cost.

Inquiries and Contact Regarding Mother and Children Health

Ai Ai Sabae Parent-Child Support Center（Sabae Health Promotion Dept.）

30-1 Mizuochi-cho　　Tel（0778）52-1138

26　When the Baby Is Born

26-1　When your baby is born, you will receive a birth certificate at the hospital.

When your baby is born, you must take the birth certificate to the city hall.

When your baby is born, submit the “birth certificate” to the city hall within 14 days from the date of birth.

When you have a baby, the health insurance fund will pay you a maternity benefit.

If you take time off from your work to have a baby, you may be entitled to maternity allowance from health insurance.

26-2 When your baby is born, you will receive a guidebook named “Regular Immunization Questionnaire Sheet / Infant Health Checkup Questionnaire Sheet" from the Citizen's Counter Section at City Hall.

Immunization

This is an injection to prevent babies from getting sick. There are free and paid options available. There are also preventive vaccination questionnaires available in English and Portuguese. Please contact us know if you are interested.

Infant Health Checkup

When a baby is born, they will take a health checkup at the hospital or at Ai-Ai Sabae. The timing of the health checkup is predetermined.

One month • Four months • 9～10 months → Visit a Hospital

18 months • 3 years old → At Ai-Ai Sabae

When it’s time to take a health checkup, you will take a letter from Ai Ai Sabae. (Only the health checkup at 1 month after birth does not receive a letter.) Please take the predetermined health checkup even if you have no concerns.

Home Visit

Home visits by public health nurses and midwives to assess the health and lifestyle of babies and mothers.

Child-care Consultation Service

If you have any questions about pregnancy or your baby, you can consult a public health nurse, a midwife at Ai-Ai Sabae.

Please contact them below or visit there.

Inquiries and Contact Regarding Mother and Children Health

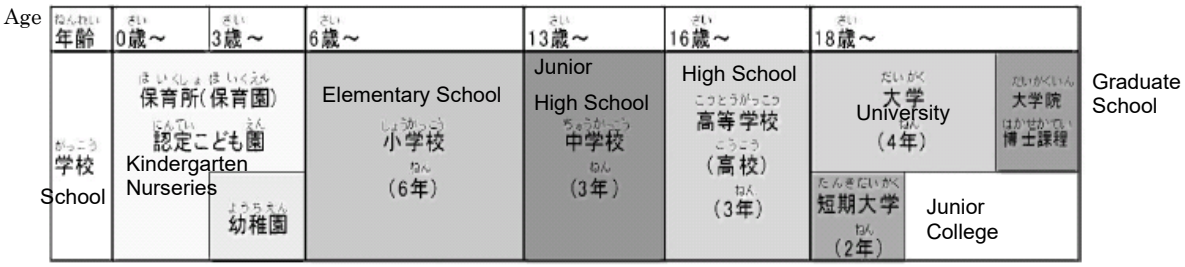
Ai-Ai Sabae Parent-Child Support Center（Sabae Health Promotion Dept.）

30-1 Mizuochi-cho Tel（0778）52-1138

27 Child Education

Compulsory education consists of elementary and junior high school.

The school year starts in April and ends in March.



27-1 About Enrollment (Elementary and Junior High School)

All children have the right to receive education and enter elementary school from the first April following their 6th birthday. Foreign children can also enter elementary and junior high schools from the beginning of April or later. At this time, you must submit your residence card (or special permanent residence certificate) to the city's Board of Education. If you are transferring from another school, you will need a certificate from your previous school.

As facilities before entering elementary school, there are certified kindergartens, kindergartens, and nurseries. For all of these, a child's residence card (or special permanent resident certificate) is required for the procedure.

Contact for the Education Dept.

City Hall Board of Education　　Tel（0778）53-2253

28 Expenses for Children

28-1 Child Allowance

Child allowance is paid to those who are raising children until they graduate from junior high school. If you become eligible due to birth, transfer, etc., please submit a “Certification Request Form” to the city hall.

28-2 Child Medical Expense Subsidy

Children are entitled to free medical care (insured treatment) up to the age of high school graduation. If you become eligible due to birth, transfer, etc., please submit a “certification request form” to the city hall.

- Self-payment of medical expenses (medical expenses covered by insurance)
- Hospital meal expenses
- Public self-payment of medical expenses for child-rearing medical care and medical care for premature infants
- Part of the cost of medical equipment based on doctor’s diagnosis

Contact for Child Allowance and Medical Expense Subsidy for Children

City Hall Childcare Support Division　　Tel（0778）53-2224

Chapter 6　Health & Welfare

29　Medical Insurance

There is a public medical insurance system in place to ensure that you can take medical care with peace of mind when you are sick or injured. Medical insurance is a system that is supported by many people. You must join one of the following three health insurance schemes. If you join this insurance, the cost of medical care when you are sick or injured will be reduced. It covers the cost of medical treatment covered by insurance and the rest is paid for out-of-pocket. When you go to the hospital, be sure to display your insurance card at the counter.

29-1　Health Insurance

Who needs to join the health insurance?

People who match the conditions and are employed join their company's health insurance. Family members of people who are enrolled in health insurance and live in Japan can also join the same health insurance. Please check with your company if you are eligible for health insurance.

How to join the health insurance?

You can apply for health insurance through your company.

You pay half of the insurance premium every month, and the other half is paid by your employer. Please note that this is a general guideline, and the details may vary depending on your specific situation.

How much is paid to the hospital?

Children under the age of 6 who have not yet entered elementary school are required to pay 20% of the fee.

People younger than 70 pay 30%.

People between the ages of 70 and 74 pay 20% (30% for high-income earners).

29-2　National Health Insurance

Who can join?

29-1 If you have stayed in Japan for more than 3 months and are not enrolled in health insurance, you must join National Health Insurance (Sabae City).

People younger than 75 years old are eligible to join. Please check with the National Health Insurance or Pension Division at City Hall to see if you are eligible to join.

How to join?

You can apply for National Health Insurance at the “National Health Insurance or Pension Division” in Sabae City Hall. You will need your passport and residence card (special permanent resident certificate). The monthly insurance premium varies depending on the number of family members and income.

How much is paid to the hospital?

Children under the age of 6 who have not yet entered elementary school are required to pay 20% of the fee.

People younger than 70 pay 30%.

People between the ages of 70 and 74 pay 20% (30% for high-income earners).

City Hall National Health Insurance or Pension Division

Tel（0778）53-2207、2208

29-3 Medical Care System for the Latter-Stage Elderly

Who must to join?

Over 75 years old

※ Please check with the “National Health Insurance or Pension Division” at City Hall to see if you qualify.

How to join?

You can apply at the “National Health Insurance or Pension Division” at Sabae City Hall. You will need your passport and residence card (special certificate for permanent residents). The monthly insurance premium varies according to your income.

How much pay to the hospital?

10%~30%　(according to your income)

City Hall National Health Insurance or Pension Division

Tel（0778）53-2207、2208

30 Pension

People who have paid into the pension system can get money to help them live as they get older or if they become disabled through illness or injury. If someone who has paid into the pension system dies, their family may also receive money. There are two types of pensions in Japan: Employees' Pension Insurance and National Pension.

30-1 National Pension

Who needs to join?

Everyone living in Japan between the ages of 20 and 59, regardless of nationality, must be covered by the National Pension Insurance Scheme.

People who work for a company or other organisation are also covered by the Employees' Pension Insurance Scheme.

How to apply?

You can apply for the National Pension system at Sabae City Hall.

Once you have applied, you will receive a letter stating the amount of pension you need to pay. You can pay at a bank, post office, convenience store, or other designated locations before the payment deadline.

City Hall National Pension Dept　　Tel（0778）53-2207,

30-2 Employees'Pension

Who will join?

Employees who work more than the required hours in their company and are under 70 years of age will have the procedures handled by their company.

How much and how to pay?

The amount of the employee's pension contributions is based on income and you, and your company pay half each month. You do not have to pay the pension yourself.

31 Nursing Care Insurance

It is a system that enables people who need help with daily living or care due to conditions such as bedriddenness or dementia to get the care they need.

How to join?

When you reach the age of 40, your company will take care of the enrolment procedure for you. There is no procedure for you.

How much does insurance cost?

The premium is based on the previous year's salary. People aged between 40 and 64 pay it together with the money for "health insurance". For people aged 65 and over, the money for nursing care insurance is deducted from the money you receive as a pension.

(Pension) - (Care insurance premium) = (Pension you receive)

How to use the service?

If you think you need long-term care, go to Sabae City Hall.

Assess how much care you need.

Talk to a specialist about what kind of care services to use.

Once the service is chosen, use it.

Sabae City Hall Chouju Fukushi Devision　Tel（0778）53-

32　Public Assistance（When you don't have enough money to live.）

Public Assistance is a system that allows families who do not have jobs or savings, and who do not have enough money for living expenses, to receive the minimum necessary living expenses set by Japan. If you are in need, please contact Sabae City Hall.

What kind of people can receive public assistance?

- People who have no savings, houses, or land to sell
- People who are looking for work but cannot find it
- People who don't receive a pension or income support
- People who don't have family members to help them live

What kind of money can you receive?

- Money for living (minimum food, clothing, electricity, water, gas, etc.)
- Rent
- Children's education costs
- Medical expenses (minimum amount to pay when going to hospital)
- Childbirth costs

Sabae City Hall Welfare Division　　Tel（0778）53-2216

Chapter 7　Leisure and Activities

33　Broadcast

■Television　　You can enjoy a total of 5 channels.

- NHK General　（011ch）
- NHK E-tele　　（021ch）　※To watch NHK, you must pay the NHK viewing fee.
- FBC Broadcast　（071ch）
- Fukui Broadcast（081ch）
- Koshinomiyako Network　※To view Koshinomiyako Network, you must subscribe to it.

■Radio　　You can enjoy a total of 6 channels.

- TannanFM　（FM 79.1Mhz）

※This is the information program of the Tannan area (Sabae City, Echizen Town, Echizen City, Ikeda Town, and Minami-Echizen Town).

【Recommended Programs】　These are information programs for foreign residents.

「Ni hao 你好 Sabae」（Chinese）

「Olá Sabae」（Portuguese）

「Xin chào Sabae」（Vietnamese）

※The programs rotate every week.

Monday～Friday	7:50~/ 12:50~/ 16:20~
Saturday	7:50~/ 10:20~/ 17:20~
Sunday	7:50~/ 9:20~/ 17:20~

- FM Fukui（FM 76.1MHz）
- NHK 1nd（AM 927kHz）
- NHKFM（FM 83.4MHz）
- NHK2nd（AM 1521kHz）
- FBC Radio（AM 864kHz・FM 94.6MHz）

■Newspaper　Foreign language newspapers can be read at the following locations.

• Bunka no Yakata/City Library（English • daily）
25-28-2 Mizuochi-cho, Sabae City
Tel（0778）52-0089　　Fax（0778）52-2948
Closed：Mondays, 4th Thursday of every month

• Fukui International Activities Plaza • Information and Consultation Corner
（English • Daily & Weekly, Chinese • Daily, Korean • Daily）
1-1-3 Hoei Fukui City　Fukui International Activities Plaza
Tel（0776）28-8800　　Fax（0776）28-8818
Closed：Mondays（except on the 2nd week of each month）, National Holidays

※Local newspapers are as follows（Japanese only）

• Fukui Shinbun
Subscription Fee: JPY 3,100/ a month (incl. tax)
Fukui Shinbun
〒910-8552　801-2　Owada Fukui City, Fukui
Tel（0120）291-001　　Fax（0776）57-5174

• Nikkan Kenmin Fukui
Subscription Fee: JPY 2,480/ a month (incl. tax)
Nikkan Kenmin Fukui
〒910-8567　8-1-3　Ote Fukui City, Fukui
Tel（0120）888-291　　Fax（0776）28-8602

34 Recreation Spots

The following places are recommended for foreigners staying in Sabae City.

As these are facilities that everyone can use, let's make sure we follow the rules and use them comfortably.

Activites

■Bunka-no-Yakata
（City Library. English Newspaper available）
2-25-28 Mizuochi-Cho, Sabae City
Tel（0778）52-0089

■General Gymnasium
3-6-10 Higashi-Sabae, Sabae City
Tel（0778）51-3176

■Obana Campsite
Obana-Cho, Sabae City
Tel（0778）65-0990（Sabae Forestry Union）

■Sport Koryu-Kan
（Playground, Gym）
2-9-1 Miyamae-Cho, Sabae City
Tel（0778）53-0369

■Nishiyama Zoo
（The breeding population of red pandas is one of the highest in Japan.）
3-8-9 Sakuramachi, Sabae City
Tel（0778）52-2737

■Manabe-no-Yakata
（City Museum）
1-9-20 Chosenji-Cho, Sabae City
Tel（0778）51-5999

■La Pause Kawada
（Accommodation, SPA, BBQ, Recreation）
19-37-2 Kamikouchi-Cho, Sabae City
Tel（0778）65-0012

■Shinmei-en
（Accommodation, SPA, Gym）
2-8-4 Shinmei-Cho, Sabae City
Tel（0778）52-5165

■Civic Hall Tsutsuji
（SPA, Gym）
2-2-16 Honmachi, Sabae City
Tel（0778）54-7000

Leisure

■Park

Nishiyama Park
（one of Japan's Top 100 Historical Parks）
3-7-20 Sakuramachi, Sabae City
Tel（0778）51-1001

■Movie Theater

Alex Cinema
16-16-1 Shimokoubata-Cho, Sabae City
Tel（0778）54-7720

■Karaoke

Cote d'Azur
11-1 Kitano-Cho, Sabae City
Tel（0778）53-1888

Manekineko
2-4-405 Yokoe-Cho, Sabae City
Tel（0778）54-0202

■Bowling

AL Plaza Bowl
16-16-1 Shimokoubata-Cho, Sabae City
Tel（0778）54-0089

■Batting Centre

Rio Nishiyama
5-1-2 Torii-Cho, Sabae City
Tel（0778）62-2480

■Internet Cafe・Manga Kissa

Kaikatsu CLUB FiT24
312 Goroumaru-Cho, Sabae City
Tel（0778）54-0388

かう Shopping

■Shopping Mall

AL・PLAZA SABAE
16-16-1 Shimo-Kobata, Sabae City
Tel（0778）54-8181

Gourmet-Kan Sabae
3-1-1Arisada-cho, Sabae City
Tel（0778）54-8280

Gourmet-Kan Higashi-Sabae
1-801 Shin-Yokoe, Sabae City
Tel（0778）52-6211

■Stamp Shop

Sankodo-Inbo
2-6-13 Sakura-machi, Sabae City
Tel（0778）51-2078

Kobayashi Daisin-do
2-28-29 Mizuochi-cho Sabae City
Tel（0778）51-0628

■Asian Ingredients Shop

Shapla
1-2-1-1F Asahi-machi, Sabae City
Tel（0778）53-1977

Viet Nam Shop
2-8-31 Sakura-machi, Sabae City
※Open on Sat・Sun and holidays.

■Michi-no-Eki　Nishiyama-Koen

3-950 Sakura-machi, Sabae City
Tel（0778）51-8181

■Drug Store

Sugi Drug　Higashi-Sabae
1-1-28 Shin-Yokoe, Sabae City
Tel（0778）42-5802

Sugi Drug　Nishi-Sabae
2-2-15 Sakura-machi, Sabae City
Tel（0778）43-6470

■Drug Store

GENKY Sabae-nishi
3-1-26 Koguro-machi, Sabae City
Tel（0778）54-7320

GENKY Higashi-Sabae
15-1-1 Shimo-Kobata, Sabae City
Tel（0778）53-2020

GENKY Sabae-Kitano
11-23 Kitano-cho, Sabae City
Tel（0778）53-1670

GENKY Tachimachi
21-11-1 Sugimoto-cho, Sabae City
Tel（0778）53-0680

Kusuri no Aoki Sabae-Maruyama
4-1-41 Maruyama-cho, Sabae City
Tel（0778）43-6162

Kusuri no Aoki Kitano
1-1-33 Kitano-cho, Sabae City
Tel　080-1967-0168

Kusuri no Aoki Shinmei
30-5-2 Tadasu-cho, Sabae City
Tel（0778）52-9511

Kusuri no Aoki Koguro
1-6-15 Koguro-machi, Sabae City
Tel（0778）42-6227

Kusuri no Aoki Higashi-Sabae
74 Goromaru-cho, Sabae City
Tel（0778）43-6031

Kusuri no Aoki Funatsu
4-13-17 Funatsu-cho, Sabae City
Tel（0778）42-6721

V・Drug Sabae-Kita
44-31-9 Tadasu-cho, Sabae City
Tel（0778）43-6172

V・Drug Higashi-Sabae
4-3-3 Higashi-Sabae, Sabae City
Tel（0778）43-6430

まなぶ Culture

■Judo
San-roku Budokan
2-2-40 Sanroku-cho, Sabae City
Tel（0778）52-8919

■Kyudo
Sabae Kyudo Field
619 Sugimoto-cho, Sabae City
Tel（0778）52-4524

■Aikido
Sport Koryu-Kan
2-9-1 Miyamae, Sabae City
Tel（0778）53-0369

■Naginata
Sport Koryu-Kan
2-9-1 Miyamae, Sabae City
Tel（0778）53-0369

■Sado・Kado (Tea Ceremony)
Sabae Culture Association
1-9-20 Chosenji-cho, Sabae City Sabae NPO Centre
Tel（0778）54-7055

■Japanese Class for Foreign Residents
Sabae International Association（SIA）
1-9-20 Chosenji-cho, Sabae City Sabae NPO Centre
Tel（0778）54-0059

■ SDGs
The Resource Center for Implementation of the SDGs in SABAE
2-3-4 Shin-Yokoe, Sabae City
Tel（0778）42-8938

Chapter 8　Sabae International Association

35　Sabae International Association（SIA）

Established：　February 27th, 1993

Members：　62 Individual Members, 4 Family Members, and 20 Supporting Groups

（as of March, 2023）

Place：　1-9-20 Chosenji-cho Sabae City Sabae NPO Center

Tel（0778）54-0059　　Fax（0778）52-9090

E-mail：sia@sabae-npo.org　　HP：http://www.sabae-npo.org/sia/

※Closed on Mondays（However, if Monday is a public holiday, the center will be open and closed the following day. It will also be closed during the year-end and New Year holidays.）

Our association aims to promote cultural, sporting, educational, industrial, and other exchanges between the citizens of Sabae and people from all over the world. We strive to create a city and a community that can respond to the international society and contribute to mutual understanding, friendship, goodwill, and international peace.

Our association is funded by subsidies from Sabae City and membership fees. Activity plans and budgets are decided by the Board of Directors, all of whom are volunteers elected by the members.

Our members organize events that provide a sense of comfort to foreign residents living in Sabae City and nearby cities and towns, and we aim to support their daily lives.

■Interaction Program (Communication Activities)

◆Japanese Cultural Experience & Training Trip

◆Hiking

■Learning Program（Japanese Language Learning Program）

◆Japanese class

◆ Speech contest in Japanese

■Support Program（Support services for foreign residents）

◆Disaster prevention program for foreign residents

◆Japanese classes using easy Japansese words

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MEMO