

Informational Newsletter for English Speaking Residents

Hiroshima NOW

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Hiroshima Shimin to Shisei is available to view on the city's website. It can also be translated via an automatic translation app into several languages (English, Chinese, Korean, Portuguese, Spanish, Vietnamese, Filipino).

 For those who would like to receive notices via e-mail regarding new issues, etc., please send an e-mail to the following address: internat@pcf.city.hiroshima.jp

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 Unless stated otherwise, services and webpages mentioned are likely to be only provided in Japanese. Translations of proper nouns are not necessarily official English translations.

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Apply for the Childbirth and Childcare Support Benefit

出産・子育て応援給付金の申請を ひろしま市民と市政 3月1日号 (P5)

◆ Childbirth Support Benefit (*Shussan Ōen Kyūfukin*)

Who can apply?

Those who meet all of the following requirements are eligible:

- ☒ Expecting mothers who submitted their Pregnancy Notification on or after April 1, 2022, or mothers of children born between April 1, 2022 and February 28, 2023.
- ☒ In order to apply for the benefit, you are required to have an interview at your local public health center (*Hoken Sentā*) when you submit a Pregnancy Notification or a Moving-in Notification for those who moved to Hiroshima City after submitting a Pregnancy Notification in another city
- ☒ If you have already received childbirth and childcare support money from another municipality, **you cannot apply.**

Amount to be provided

50,000 yen for each expecting mother or mother of newborn babies

How to apply

A. For expecting mothers who submitted or will submit a Pregnancy Notification on or after March 1, 2023, please apply as follows:

Step ① Receive an application form at your local health center when submitting your Pregnancy Notification (*妊娠の届け/Ninshin no Todoke*) or Moving-in Notification (*転入届/Tennyū Todoke*)

- ☒ Only the expecting mothers themselves can apply for the benefit.
- ☒ If someone other than the expecting mother submits a pregnancy notification, in order to receive the benefit, the expecting mother must have an interview at their local public health center another day.

Step ② Apply after your first pregnancy check-up.

- ☒ You must apply for the benefit before delivery.

Step ③ The benefit will be deposited into your bank account about one or two months after your application is completed.

- ☒ You will be informed of the deposit date.

B. For expecting mothers who submitted a Pregnancy Notification between April 1, 2022 and February 28, 2023 or mothers of children born sometime during this period

Application forms have been sent to those eligible.

◆ Childcare support benefit (*Kosodate Ōen Kyūfukin*)

Who can apply?

Those who meet all of the following requirements are eligible:

- ☑ Those who are raising children born on or after April 1, 2022
- ☑ Those who have already had interviews with home-visit services for newborn babies, such as Hello Baby services (those who have been interviewed in another municipality are also eligible).
- ☑ If you have already received childbirth and childcare support money from another municipality, **you cannot apply.**

Amount to be provided

50,000 yen for each newborn baby

How to Apply

A. People who are raising children born on or after March 1, 2023. please apply as follows:

Step ① Application forms will be sent you one month after submitting a Birth Notification (出生届 /*Shusshō Todoke*)

- ☑ If you have not yet received an application form, please consult with your local public health center.
- ☑ If you have moved into Hiroshima City, your local public health center will inform you about how to apply when you submit a Moving-in Notification (転入届/*Tennyū Todoke*) to the public health center.

Step ② Be interviewed during home-visit services for a newborn babies

Step ③ Please apply according to the application guideline.

- ☑ You must apply within 4 months after the birth of a child.
- ☑ You may apply before your interview.

Step ④ The benefit will be deposited into your bank account about five months after the birth of your child.

- ☑ For those who have not been interviewed, the money will be deposited about one or two months after the interview.
- ☑ You will be informed of the deposit date.

B. People who are raising children born between April 1, 2022 and February 28, 2023

Application forms that have been sent to those eligible.

Inquiries:

❖ For more details about the benefits

Hiroshima City Office's Call Center for the Benefit *Only available in Japanese
(*Hiroshima-shi Shussan Kosodate Ōen Kyūfukin Kōru Sentā*)

Tel: 050-3684-4983

Hours: Monday to Friday 9 am-5 pm

Closed: Saturdays, Sundays, national holidays

❖ About pregnancy, parenting (childbirth/childcare), home-visit services for newborn babies

Your local public health center (*Hoken Sentā*)

Ward	Tel	Ward	Tel
Naka	082-504-2109	Asaminami	082-831-4944
Higashi	082-568-7735	Asakita	082-819-0616
Minami	082-250-4133	Aki	082-821-2820
Nishi	082-294-6384	Saeki	082-943-9733

Hours: Monday to Friday 8:30 am-5:15 pm

Closed: Saturdays, Sundays, national holidays

🌿 If you are not confident in your Japanese, please contact the office below:

Hiroshima City & Aki County International Resident Consultation Service

Tel: 082-241-5010

Hours: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays

Available languages: Japanese, English, Chinese, Spanish, Portuguese, Vietnamese, Filipino ※ Filipino language is only available on Fridays, and the 1st and 3rd Thursdays.



Hiroshima GATEPARK opened on March 31, 2023

「ひろしまゲートパーク」がオープンしました ひろしま市民と市政 3月15日号 (P1)

On March 31, 2023, Hiroshima GATEPARK opened in central downtown Hiroshima City. This event space is home to a park, shops, cafés, as well as an urban sports zone where you can enjoy skateboarding and more. Various events, including food festivals and food markets, are planned to be held there in near future.

For more information please visit their official website (English):
<https://gate-park.jp/en/>



Inquiries: Urban Functions Coordination Department (*Toshi Kinō Chōsei Bu*)

Tel: 082-504-2758

National Pension Premium Changes Beginning April 1

国民年金保険料が4月から変わります ひろしま市民と市政 3月15日号 (P6)

From April 2023 to March 2024, the monthly National Pension premium will be 16,520 yen (decrease of 70 yen from the previous year). To pay by bank transfer or card, you must apply in advance.

Inquiries: Your nearest Japanese Pension Service Branch Office (*Nenkin Jimusho*)

Pension Service Branch Office	Tel
Hiroshima Higashi	082-228-3131
Hiroshima Nishi	082-535-1505
Hiroshima Minami	082-253-7710



20 or older? Join the National Pension Program

20歳になったら国民年金 ひろしま市民と市政 1月15日号 (P6)

As a general rule, everyone, including students, living in Japan aged 20 to 59 must enroll in National Pension (*Kokumin Nenkin*). If you have trouble paying because of financial reasons, there is support available (e.g. delayed payment for students or young people, and partial or total exemption for others). For more information, please contact your local ward office.

Inquiries: National Insurance and Pension Division (*Hoken Nenkin Ka*) of your ward office

Ward Office	Tel	Ward Office	Tel
Naka	082-504-2556	Asaminami	082-831-4931
Higashi	082-568-7712	Asakita	082-819-3910
Minami	082-250-8944	Aki	082-821-4910
Nishi	082-532-0935	Saeki	082-943-9713

Holiday Trash Collection Schedule in FY2023 (April 2023-March 2024)

令和5(2023)年度 祝日等の家庭ごみの収集について



○ . . . Trash is collected × . . . Trash is **NOT** collected

National Holiday	Trash days for: [Burnable Trash / Plastic Bottles / Recyclable Plastics] In your local ward	Trash days for: [Recyclable & Harmful Waste / Non-combustible / Other] In your local ward
May 3 (Wed.)	×	○
May 4 (Thurs.)	×	○
May 5 (Fri.)	×	○
July 17 (Mon.)	○	○
August 11 (Fri.)	○	○
September 18 (Mon.)	○	○
October 9 (Mon.)	○	○

November 3 (Fri.)	×	○
November 23 (Thurs.)	×	○
December 29 (Fri.)	○	×
December 30 to January 3 [New Year's Holidays]	×	×
January 8 (Mon.)	○	○
February 12 (Mon)	×	○
February 23 (Fri.)	×	○
March 20 (Wed.)	×	○

📣 Certain wards have changed their trash collection days for January. Please be mindful when taking out the trash.

Inquiries: City Office Environmental Bureau, Operation Division I
(Kankyō Kyoku Gyōmu Dai-ichi Ka) Tel. 082-504-2220

COVID-19: Changes to Mask Policy (Beginning 3/13/2023)

マスク着用の考え方の見直し ひろしま市民と市政 3月15日号 (P2)

Beginning March 13, 2023, wearing masks are up to individual judgement. We ask for your consideration in respecting the independent choices of individuals to ensure that no one is forced to wear or not wear a mask against their own volition. However, wearing masks is recommended in the following situations to prevent the spread of infection to others.

When is wearing a mask effective?

To prevent the spread of infection to those around you

Wearing masks is recommended in the following situations:

- When visiting a medical institution for medical care
- When visiting medical institutions or elderly care facilities where many people at high risk of developing severe COVID-19 (such as the elderly, etc.) live/are hospitalized
- When riding crowded trains or buses, such as during rush hour

To protect yourself from infection

Wearing masks are effective at preventing infection in the following situations:

- When those at high risk of developing severe COVID-19, such as the elderly, those with underlying conditions, pregnant women, etc., go to crowded places when infection numbers are rising

Mask measures at medical institutions, elderly care facilities, and similar

- It is recommended that those who work at medical institutions or elderly care facilities (where many people at high risk of developing severe COVID-19 live/are hospitalized) wear masks when working.

Note: While the choice to wear a mask is up to the individual, users or staff may be asked to wear masks for reasons such as the infection prevention policy of the business or other operational reasons.

Inquiries: Health Promotion Division (*Kenkō Suishin Ka*) Tel: 082-504-2622



Latest COVID-19 Information

Please visit the City of Hiroshima's website:

<https://www.city.hiroshima.lg.jp/site/english/list2370.html>

or

Consult with the Prefectural COVID-19 Vaccine Call Center

(*Hiroshima-ken Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā*) **Tel: 513-2847**

- ❖ Multilingual support offered in Chinese, English, Korean, Portuguese, Tagalog, and Vietnamese.



❁ If you are not confident in your Japanese, please contact the office below.

Hiroshima City & Aki County International Resident Consultation Service

Tel: Monday to Friday 9 am-4 pm

Closed: Saturdays, Sundays, national holidays, August 6 and December 29-January 3

Available languages: Japanese, English, Chinese, Spanish, Portuguese, Vietnamese, Filipino

※ Filipino is only available on Fridays. From April 2023, Filipino will be also available on the 1st and 3rd Thursdays.