

Informational Newsletter for English-Speaking Residents

# Hiroshima NOW

2

2024

English No. 22


Articles in **Hiroshima NOW** are excerpts from *Hiroshima Shimin to Shisei*, a free newspaper produced by the City of Hiroshima. This monthly newsletter is published in English, Chinese, Portuguese, Spanish, Vietnamese, and Simplified Japanese. They are all available on our website ([h-ircd.jp/](http://h-ircd.jp/)) or in print at various public facilities.

**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](mailto: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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## Income Tax Return Deadline: Friday, March 15

税の申告は3月15日（金）までに「ひろしま市民と市政」1月15日号 P4-5

During this year's final tax return filing (*kakutei-shinkoku*), taxpayers submit a tax return to the tax office to determine their annual income and the tax to be imposed for the 2023 calendar year (January 1 to December 31, 2023). Your FY2024 residents tax will be calculated based on your finalized 2023 annual income.

### Deadlines

- Income tax, recovery special income tax, residents tax (municipal and prefectural), and gift tax

**Friday, March 15**

- Self-employed persons' consumption tax and local consumption tax

**Monday, April 1**



👉 **For those leaving Japan:** before leaving, you must file and pay any taxes you owe (if you are obligated to file a tax return).

### Who needs to file tax returns and who is exempt?

The criteria used to determine who needs to file taxes and who does not is extremely personal. If you are uncertain, please contact your local tax office to figure out the best course of action for you (a list of tax offices can be found below).

- 👉 If you wish to use either medical expenses or social insurance premiums for income tax deduction purposes, you will need to file a final tax return.
- 👉 If it is difficult for you to pay your taxes due to natural disasters or other unavoidable reasons, you may be granted tax collection postponement (*yūyo*) or tax collection reduction/exemption (*genmen*). Please consult with the municipal tax office of your residential area.

### Where to get tax forms and what kind of documents are required

The required forms will vary by applicant, so please be sure to check online or at your local tax office for details regarding what sort of forms are needed.

#### • Income tax return form

Forms for income tax are available on the National Tax Agency's website or at tax offices (*zeimusho*).

#### • Residents tax return form

Forms for residents tax are available on the official Hiroshima City website or at municipal tax/tax rooms.

#### ★ **My Number (12-digit Individual Number) required!**

When filling final tax returns, applicants will need to provide proof of their Individual Number, also known as My Number. You will need to bring either ① or ② below:

- ① My Number Card (hard, plastic card)
- ② Notification Card or other form that has your number written on it. ID (or a copy of ID)

which can be used to prove your identity, such as residence cards, driver's licenses, or national health insurance cards, will also be required.

**Note:** Only Notification Cards with information, such as name and address, identical to Resident Records (*Jūmin Hyō*) will be accepted.

### Online tax returns using the National Tax Agency's e-Tax website

File your tax return online via computer or smartphone! After completing the form, simply send it through the e-Tax system (electronic application) to file. Using this online tax return filing system, you can file your taxes anywhere, anytime! Applications are processed 24 hours/day until March 15. You can also print out your completed form and send it in via postal mail. If you save the data, you will be able to use it as a reference for your next year's tax return. For more information about e-Tax, please see the National Tax Agency website (Japanese only):

<https://www.nta.go.jp/taxes/shiraberu/shinkoku/tokushu/index.html>



### Form submission and consultation

#### 1. Income, gift, and consumption taxes

Please submit your form to your local tax office.

To confirm which office to submit your form to, see the Hiroshima Tax Bureau website (Japanese only).



#### ❖ Filing venue at NTT Cred Hall

Between February 16 and March 15, 2024, taxes for Hiroshima (Higashi, Minami, Nishi, Kita Wards), Hatsukaichi, and Kaita should be filed at the following venue. Taxes for Hatsukaichi and Kaita can also be filed at their district taxation office.

<b>Venue</b>	NTT Cred Hall (Pacela 11F) 6-78 Moto-machi, Naka-ku
<b>Date</b>	February 16 (Fri)-March 15 (Fri)
<b>Time</b>	Reception: 8:30 am-4 pm Consultation: 9 am-5 pm
<b>Closed</b>	Saturdays, Sundays and national holidays

#### 🍀 Consultation on weekends and holidays

Consultation is not available at any of the venues on weekends and public holidays.

However, on February 25 (Sunday), filing and consultation will be available at NTT Cred Hall only for those under the jurisdiction of Hiroshima Higashi, Minami, Nishi, and Kita Tax Offices, NOT for Hatsukaichi and Kaita.

To avoid crowding, the venue has a ticket system in place. You will need a ticket to enter the venue. You can get a ticket on the day at the venue or in advance via the LINE app. If the venue is particularly crowded, you may be asked to come another day.

**Inquiries: Taxation office (Zeimu-sho)**

Tax Office	Tel	Tax Office	Tel
Hiroshima Higashi	082-227-1155	Hatsukaichi	0829-32-1217
Hiroshima Minami	082-253-3281	Kaita	082-823-2131
Hiroshima Nishi	082-234-3110	Yoshida	0826-42-0008
Hiroshima Kita	082-814-2111		

**2. Municipal and prefectural residents taxes**

Please submit your form to your municipal tax office.

Municipal tax offices are located in each ward office. The following municipal tax offices (*Shizei Jimusho*) and tax offices (*Zeimu Shitsu*) are closed on weekends and public holidays.

**Municipal Tax Offices (*Shizei Jimusho*)**

Ward	Which section of which office?		Tel
Naka	<b>Chuo Shizei Jimusho</b> Central Municipal Tax Office (Naka Ward Office)	Municipal Residents Tax Section I	082-504-2564
Minami		Municipal Residents Tax Section II	082-504-2751
Higashi & Aki	<b>Tobu Shizei Jimusho</b> Eastern Municipal Tax Office (Higashi Ward Office)	Municipal Residents Tax Section	082-568-7719
Nishi	<b>Seibu Shizei Jimusho</b> Western Municipal Tax Office (Nishi Ward Office)	Municipal Residents Tax Section I	082-532-0942
Saeki		Municipal Residents Tax Section II	082-532-1012
Asaminami	<b>Hokubu Shizei Jimusho</b> Northern Municipal Tax Office (Asaminami Ward Office)	Municipal Residents Tax Section I	082-831-4935
Asakita		Municipal Residents Tax Section II	082-831-5016

Municipal Residents Tax Section = *Shiminzei Kakari*

**Tax Room (*Zeimu Shitsu*)**

Tax Room	Tel	Tax Room	Tel
Minami (Minami Ward Office)	082-250-8946	Saeki (Saeki Ward Office)	082-943-9716
Aki (Aki Ward Office)	082-821-4913	Asakita (Asakita Ward Office)	082-819-3913

 **Consultations about residents tax**

Consultations about residents tax will be held at ward offices and community halls. For more information including consultation schedule and venues, please check the city's official website.

## Designated clinics open on weekends and holidays

休日当番医の適正受診にご協力を「ひろしま市民と市政」1月15日号 (P2)

Designated clinics open on weekends and holidays (*kyūjitsu tōban-i* 休日当番医) are for people who get injured or sick and need acute medical care on weekends and holidays when most hospitals and clinics are closed. Please refrain from using the clinics on weekends or holidays unless you need emergency care, not for reasons such as being too busy to go on weekdays or weekday hospital crowding.

If you need to visit a hospital or clinic for non-urgent reasons such as regular check-ups, prescriptions, or other similar, please go during their regular hours on weekdays.

### Things to keep in mind when visiting a clinic available on weekends and holidays

- Designated clinics and hospitals open on weekends and holidays are generally more crowded than on weekdays and it may be difficult to get a parking space.
- You may have to pay an additional fee to be seen in addition to your regular medical expenses.

Please also keep in mind the following:

- If you have a fever or cough, telephone ahead before you visit.
- Be flexible: for example, if it is crowded in the morning, try to visit the clinic in the afternoon or check other medical institutions' availability.
- Use coin parking or similar nearby paid parking lots if the parking lot is crowded. Do not park your car somewhere which will cause problems for others.

### Here are some tips to successfully use medical services

- Check your own primary care physician's schedule regularly.
- Talk with your primary care physician frequently about what actions you should take when you feel unwell, how often you should see a doctor, and so on.
- If you feel unwell, do not wait until the weekends or holidays: make time during weekdays to see a doctor soon.
- Illness can strike at any time. Be prepared and have medication ready, such as fever reducing medication.

### If you are not sure whether you should see a doctor or take your child to a doctor

Consult with the *Kyūkyū Sōdan Sentā* (Medical Services Consultation Center) and/or the *Kodomo no Kyūkyū Denwa Sōdan* (Children's Emergency Medical Hotline). An operator and consultant (nurse) are available to take individuals calls and give advice based on their situation (advice is given in Japanese only).

#### ■ Emergency Consultation Center (Hiroshima Regional Urban Area) (*Kyūkyū Sōdan Sentā Hiroshima Kōiki Toshi Ken*)

Tel: #7119 or 082-246-2000

- ❖ Please note these services are in Japanese.
- ❖ Telephone lines open 24 hours/day.
- ❖ Consultation is free, but you will be charged for the call.



### ■ Children's Emergency Medical Hotline (*Kodomo no Kyūkyū Denwa Sōdan*)

Tel: #8000 or 082-555-8870

- ❖ Please note these services are in Japanese.
- ❖ Telephone lines available nightly 365 days a year from 7 pm to 8 am.
- ❖ Consultation is free, but you will be charged for the call.



### **Don't wait to see a doctor**

The following situations are ALWAYS a medical emergency! Call 119 immediately.

- Sudden breathlessness, difficulty in breathing
- Slurred speech
- Sudden numbness, weakness in the arms or legs on one side of the body

**Inquiries:** Medical Services Policy Division (*Iryō Seisaku Ka*) Tel: 082-504-2178

## Afterhours Emergency Medical Centers

夜間の急病時には夜間急病センターへ。「ひろしま市民と市政」1月15日号 (P7)

Afterhours Emergency Medical Centers will provide afterhours treatment to those with minor injuries.

### **Senda-machi Afterhours Emergency Medical Center** (*Senda-machi Yakan Kyūbyō Sentā*)

**Tel:** 082-504-9990

**Address:** 3-8-6 Senda-machi, Naka-ku

**Departments:** Internal medicine for ages 15 or older, ophthalmology (eye doctor), orthopedic surgery and surgery (injuries)

**Hours:** 7:30 pm-10:30 pm

**Closed:** 12/31-1/3

### **Kabe Afterhours Emergency Medical Center** (*Kabe Yakan Kyūbyō Sentā*)

**Tel:** 082-814-9910

**Address:** 2-1-38 Kabe-minami, Asakita-ku

**Department:** Internal medicine for ages 15 or older

**Hours:** 7:00 pm-10:30 pm

**Closed:** Sundays, national holidays, 12/31-1/3

**Inquiries:** Medical Services Policy Division (*Iryō Seisaku Ka*) Tel: 082-504-2178

## Nursing room services available for children who are sick or recovering from illnesses

病児・病後児保育室のご利用を 「ひろしま市民と市政」 1月15日号 (P2)

Parents or guardians who are not at home due to work, etc., and cannot look after their children who are sick or recovering from an illnesses can use this childcare service program (registration in advance required to make a reservation).

### Who can use this childcare service?

Infants, children, or elementary school students who are sick or recovering from an illness listed below:

- Illness that infants and children can easily get, such as the common cold and gastrointestinal illnesses
- Infectious diseases including measles, chicken pox, and rubella
- Chronic diseases such as asthma
- Injuries such as fractures

### Facilities that provide childcare for sick children and children recovering from illnesses

- A nursing room in a hospital
- A nursing room at a nursery school (*hoikuen*) (only for children who are recovering from an illness)

**Note:** You must register in advance and make a reservation at the service at the facility you wish to use.

### Service information

- The service is available 8 am-6 pm.
- Nursing rooms are closed on Sundays, national holidays, and 12/29-1/3.
- You can use the service for up to 6 days in a row.
- ★ Available hours and service fees differ for each facility. Please consult with your registered facility for details or check the City of Hiroshima official website for more information.

### Step-by-step guide to using this service

- Step 1:** Register in advance at the facility you wish to use and pay the registration fee (it is recommended that you visit the facility before you register).
- Step 2:** Make a reservation with your registered facility. Reservations can be made one day in advance or on the day you wish to use the service.
- Step 3:** Make an appointment with a doctor. If you use the nursing room in a hospital, see the doctor at the hospital. If you use the nursing room at a nursing school (*hoikuen*), make an appointment with your child's regular doctor.
- Step 4:** Use the childcare service.
- Step 5:** Pay the usage fee.
- Note:** Households receiving public assistance or exempt from paying municipal residents' tax are exempt from paying the full amount.

**Inquires:** Child Care Supervisory Division (*Hoiku Shidō Ka*) Tel: 082-504-2154

## Special Benefit for Households Raising Children

(*Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin*)

**Application Deadline: February 29, 2024**

子育て世帯生活支援特別給付金の申請はお済みですか 「ひろしま市民と市政」1月15日号 (P7)

Households with children under the age of 18 (or 19 for those with disabilities) are eligible to receive up to 50,000 yen per child. Applications must be submitted to Hiroshima City Hall by Thursday, February 29, 2024 in order to receive this benefit. If you are eligible to receive this benefit, but have not completed the application yet, please do so by the due date.

👉 If you have already received this benefit, it is not possible to receive it again.

For more information about the benefit including who is eligible to receive it and how to apply, please visit the City of Hiroshima official website:

<https://www.city.hiroshima.lg.jp/soshiki/84/330508.html> (Japanese)



Hiroshima Peace Culture Foundation,  
City Diversity & Inclusion Division's website:

<https://h-ircd.jp/en/guide-en.html>



## 🌻 Support Centers

🌿 For more details about the application, please contact the following:

### Special Benefit for Households Raising Children Call Center

(*Kosodate-setai Seikatsu Shien Tokubetsu Kyūfukin Kōru Sentā*)

🌿 Please note these services are in Japanese.

**Tel:** 0120-145-577 (Toll-free)

**Hours:** 8:30 am-5 pm

**Closed:** Saturdays, Sundays, and 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

**Note:** Filipino is only available on Fridays and 1<sup>st</sup> and 3<sup>rd</sup> Thursdays.





## Garbage collection schedule for national holidays

2024年3月の祝日のごみの収集スケジュール

○ . . . Garbage collected    × . . . Garbage is **NOT** collected

National Holiday	Burnable Trash/Plastic Bottles/Recyclable Plastics in your local ward	Recyclable & Harmful Waste/ Non-combustible/Other in your local ward
March 20 (Wed)	×	○

▶ Household waste guidelines available on the official City of Hiroshima website:

<https://www.city.hiroshima.lg.jp/site/kateigomi/318942.html> (Japanese)



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

## COVID-19 Vaccination Booster

新型コロナウイルスワクチンの接種を実施しています



The COVID-19 updated booster at group vaccination sites ended in December 2023. Beginning in January 2024, you can only receive vaccines at medical facilities offering individual vaccinations. Please confirm with the medical facility where you want to receive your vaccine for details.

### Who can receive a booster shot?

Booster shots are available to individuals aged 6 months or older who have completed the 1st dose of the vaccine. One shot per person.

### Vaccination schedule

Until Sunday, March 31, 2024

😊 For details about the updated boosters, please visit the official Hiroshima City website:  
<https://www.city.hiroshima.lg.jp/site/korona/206315.html> (Japanese)



### ❖ Inquiries about COVID-19 Vaccine

- **Hiroshima City COVID-19 Vaccine Call Center** Tel: 082-298-0525  
(Hiroshima-shi Shingata Korona-uirusu Wakuchin Sesshu Kōru Sentā)

Available from 8:30 am to 5:15 pm everyday  
Please note these services are in Japanese.

- **Hiroshima Prefectural COVID-19 Vaccine Call Center** Tel: 082-513-2847  
(*Hiroshima-ken Shingata Korona-uirusu Wakuchin Sesshu Sōdan Sentā*)

Available from 8:30 am to 5:30 pm everyday

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

#### ◆ **Inquiries about COVID-19**

- **The Hiroshima City COVID-19 Call Center** Tel: 082-241-4566

Available 24/7

Please note these services are in Japanese.

If you are not confident in your Japanese, please contact the Hiroshima City & Aki County International Resident Consultation Service.

#### ◆ **Latest COVID-19 Information**

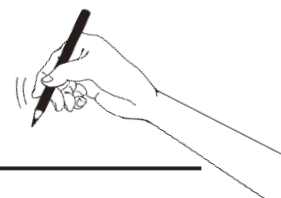
Please visit the official City of Hiroshima website:

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




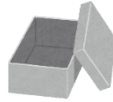





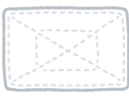




Useful Japanese daily  
rules and customs

## Getting ready for school



**Featured words:** School supplies

	ランドセル <i>Randoseru</i>	<b>School backpack</b>
	文房具 <i>Bunbōgu</i>	<b>School supplies</b>
	筆箱 <i>Fude-bako</i>	<b>Pencil case</b>
	お道具箱 <i>Odōgu-bako</i>	<b>School supply case</b> (Usually for things other than writing utensils)
	連絡帳袋 <i>Renrakuchō-bukuro</i>	<b>School notice case</b> (For notices from the school)
	算数セット <i>Sansū setto</i>	<b>Arithmetic tools</b> (For first and second year elementary school students)
	給食袋 <i>Kyūshoku-bukuro</i>	<b>School lunch kit</b> In Japan, almost all elementary schools provide school lunch ( <i>kyūshoku</i> ). Students eat lunch together in their classrooms and take turns serving school lunch while wearing an apron and kerchief. Students keep their lunch kit in their own bag.
	体操服 <i>Taisōfuku</i>	<b>Gym uniform</b> Sometimes called <i>taisōgi</i> ; bags for gym uniforms are known as <i>taisōfuku-bukuro</i> .
	赤白帽 <i>Aka-shiro-bō</i>	<b>Red &amp; white colored cap</b> Students wear this cap in physical education class and school athletic meets. The colors of the cap are used to divide students into teams: the red ( <i>aka</i> ) team and the white ( <i>shiro</i> ) team.
	ぞうきん <i>Zōkin</i>	<b>Cleaning rag</b> 
	上履き <i>Uwabaki</i>	<b>Indoor shoes</b> In Japanese schools, there are areas (such as the gymnasium) where students take off outdoor shoes and change into indoor shoes. They keep their own indoor shoes within a shoe bag called <i>uwabaki-bukuro</i> .

These are just a few of the things your child will need when they enroll in elementary school. For more information on what your child will need specifically, please check with the school they will enroll in or refer to information sent from the school. Parents and guardians are also usually expected to write their child's name on each item. If your child will be starting school this year, be sure to give yourself plenty of time to prepare everything they need for a great school year!



 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

**E-mail:** [soudan@pcf.city.hiroshima.jp](mailto:soudan@pcf.city.hiroshima.jp)

**Website:** <https://h-ircd.jp/en/guide/consultation-en.html>

**Hours:** 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, and the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays