

Hiroshima NOW

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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/) or in print at various public facilities.

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

Hiroshima Shimin to Shisei is available to view on the city's website. It can also be translated via an automatic translation app into various languages.

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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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Prepare now to save lives during heavy rainfall

災害から命を守るためにできること 「ひろしま市民と市政」 5 月 15 日号 (PP4-5)

Every year disasters are caused by heavy rainfall and other factors; preparation ahead of time is crucial. Below are some tips to help you stay prepared.

Inquiries: Disaster Prevention Division (*Saigai Yobō Ka*) Tel: 082-504-2664



⚙ Investigate and prepare!

◆ Use a hazard map to learn about the danger at your home, work, school, et cetera.

Using a hazard map you can confirm the possibility of landslides, flooding, tsunamis, and such, in specific areas. If the area you live in is colored in, that indicates a danger of disasters.

You can download a hazard map from the Hiroshima City Disaster Prevention Information site. Alternatively, you can get one from the Community Revitalization Division (*Chi'iki Okoshi Suishin Ka*) of your local ward office.

Aside from Japanese, hazard maps are also available in English, Chinese, Korean, Portuguese, Spanish, Tagalog, and Vietnamese.

💬 Hiroshima City Disaster Prevention Information Site

<https://www.city.hiroshima.lg.jp/language/yasashii/1033424/1033435/1013439.html>



Inquiries about the Hazard Map Site

Community Revitalization Division (*Chi'iki Okoshi Suishin Ka*) of your local ward office

Ward	Tel	Ward	Tel
Naka	082-504-2820	Asaminami	082-831-4926
Higashi	082-568-7704	Asakita	082-819-3905
Minami	082-250-8935	Aki	082-821-4905
Nishi	082-532-1023	Saeki	082-943-9704

⚙ How to get disaster information

◆ Use the app! Hiroshima Emergency Evacuation Guide App – “*Hinanjo e Go!* 「避難所へ Go!」”

The app can display directions to the nearest evacuation point, notify you of evacuation and weather warnings, and can confirm which areas are currently dangerous. Prepare for heavy rainfall by downloading the app in advance, now.

The “*Hinanjo e Go!*” app is available in Japanese, English, Chinese (simplified & traditional), Korean, Portuguese, Spanish, Tagalog, and Vietnamese.

Hiroshima City Emergency Evacuation Guide App

“*Hinanjo e Go!*” 「避難所へ Go!」

<https://www.city.hiroshima.lg.jp/site/english/165106.html>



◆ Hiroshima City Disaster Preparedness Text Alerts, and official social media accounts

We use various tools to distribute disaster information. Please use the one that best suits you!

Hiroshima City Disaster Preparedness Text Alerts (Japanese)

By signing up using your mobile email address or computer email address, users can receive emails (texts) regarding evacuation information or alerts for heavy rain, etc.

<https://www.city.hiroshima.lg.jp/saigaiinfo/saigai/1025420/1025521/1003242.html>



Hiroshima City Official LINE Account (Japanese)

Information regarding disaster prevention is available online via the Hiroshima City Official LINE account.

<https://www.city.hiroshima.lg.jp/soshiki/9/201138.html>



Hiroshima City Official X Account (Japanese)

<https://x.com/hiroshimacitypr>



Hiroshima City Official Facebook Account (Japanese)

<https://www.facebook.com/HiroshimaCityOfficial/?ref=hl#>



Auditory Hazard Map

For visually impaired people who find it hard to get this information, we offer a service wherein hazard map information is delivered auditorily. This service will be available from June in Hiroshima City.

Other Dissemination Methods:

- Television (Digital Data Broadcasting)
- Radio
- Community wireless emergency warning radio system
- Siren warning system



☀ Check the most recent information, and respond according to the caution level

◆ Caution Level

Learning about the various warning levels used during natural disasters will help you know when to evacuate.

Warning Level	What you should do	Advisories and Warnings
Level 1	Keep an eye on the latest information, and stay prepared yourself for disaster situations.	Early Warning Information (早期注意情報//Sōki Chūi Jōhō)
Level 2	Confirm dangerous areas, your evacuation point and the route to it.	Heavy Rain Advisory (大雨注意報//Ōame Chūi Hō) Flood Advisory (洪水注意報//Kōzui Chūi Hō) High tide Advisory (高潮注意報//Takashio Chūi Hō)
Level 3	Those for whom evacuation will take longer, such as the elderly, should begin to evacuate from dangerous areas.	Evacuation notice for senior citizens and those who need more time (高齢者等避難//Kōreisha-Tō Hinan)
Level 4	Everyone should gather any emergency kits and evacuate dangerous areas immediately.	Evacuation Order (避難指示//Hinan Shiji)
Please evacuate to safety by Level 4		
Level 5	There is a risk of loss of life. Take whatever safety measures you can, and protect lives.	Take IMMEDIATE action for your safety (緊急安全確保//Kinkyū Anzen Kakuho)

Japanese Language for Work:

Free training course for promoting stable employment for international residents

定住外国人等向け しごとのためのにほんご

These free Japanese language classes are for those studying Japanese for the first time and/or who can speak Japanese, but are not confident in reading or writing hiragana and/or katakana.

What is the aim of this training?

This course aims to promote stable employment for international residents by providing opportunities to learn Japanese used in the workplace, as well as business customs and employment practices.

Who can apply?

Permanent residents, spouses or children of Japanese nationals, spouses or children of permanent residents, or long-term residents, who have a residence status that allows them to work.

When and where the classes will be held?

Period: July 16, 2025 to October 17, 2025
 Days: Mondays, Wednesdays and Fridays
 Time: 6 pm-9 pm
 Place: Hiroshima City Sōgō Fukushi Center
 (BIG FRONT Hiroshima 5F & 6F, 5-1 Matsubara-cho, Minami-ku)
Hiroshima City International House
 (1-1 Nishi-kojin-machi, Minami-ku)



How to apply

Apply directly to Hello Work Hiroshima or Hello Work Hiroshima-higashi

Application deadline: Wednesday, July 2

Maximum number for the course: 20 people

- ▶ Please make sure to bring your residence card or passport when you apply.
- ▶ If the number of applicants substantially exceeds expectation, applications may close before the deadline.

★ Placement Test ★

All participants are required to take the placement test to determine their Japanese level. Please note that if the test results indicate that none of the course levels would be appropriate for your level, you may be asked to participate in upcoming courses instead. Please bring a pencil and an eraser for the placement test.

Date & Time: July 9 (Wed), 6 pm Place: Hiroshima City Sōgō Fukushi Center

Inquiries:

Please check the following information sources:

■ JICE local coordinator (Sajeda)

Tel: 080-4336-1340 Email: tabunka21@softbank.ne.jp

Please note that this service will be provided in Japanese and English.

■ Websites

JICE: <https://www.jice.org/tabunka/ej/>

JICE Facebook: <https://www.facebook.com/jice.tabunka/>



■ Hello Work

① Hello Work Hiroshima Tel: 082-511-1181

Address: 4th Floor, Hiroshima Shimizu Building, 8-2 Kami-hatchobori, Naka-ku

② Hello Work Hiroshima-higashi Tel: 082-261-0176

Address: 13-7 Hikarigaoka, Higashi-ku

Consultation services for human rights issues

人権問題に関する相談窓口 「ひろしま市民と市政」5月15日号(p3)

There are consultation services that help people who are facing human rights issues – such as discrimination on the basis of nationality.

Inquiries: Human Rights Edification Division (*Jinken Keihatsu Ka*) Tel. 082-504-2165

◆ Some VoIP (voice over internet protocol) services may not be able to connect.



Foreign Language Human Rights Consultation Hotline

【Tel.】 0570-090911(Call charges apply)

【Availability】 Mon–Fri 9 am–5 pm (Excluding holidays and December 29–January 3)

【Languages available】 English, Chinese, Korean, Tagalog, Portuguese, Vietnamese, Nepalese, Spanish, Indonesian, Thai.

Hiroshima District Legal Affairs Bureau, Human Rights Consultation Service

There is a space for consultation in the Legal Affairs Bureau. A Human Rights Protection Committee Member can provide consultation in person or by phone.

【Address】 6-30 Kami-hatchobori, Naka-ku

【Tel.】 0570-003-110 (Call charges apply)

【Availability】 Mon–Fri 8:30 am–5:15 pm (Excluding holidays and December 29–January 3)

Internet Human Rights Consultation *24 hours▶ **Foreign Language Internet Human Rights Consultation Service**

【Languages available】English, Chinese, Korean, Tagalog, Portuguese, Vietnamese, Nepalese, Spanish, Indonesian, Thai.

Website: <https://www.moj.go.jp/JINKEN/jinken21.html#01>

▶ **Japanese Language Internet Human Rights Consultation**

Website: <https://www.jinken.go.jp/>

**LINE Human Rights Consultation**

【Availability】 Mon–Fri 8:30 am–5:15 pm (Excluding holidays and December 29–January 3)

Website: https://www.moj.go.jp/JINKEN/jinken03_00034.html

Account Name: "法務局 LINE じんけん相談"

Search ID: "@linejinkensoudan"

**Children's Human Rights – 110**

A consultation service for children struggling with bullying, school, family, religion, and other troubles. Also available for adults struggling with their children.

【Tel.】 0120-007-110

*In the event you cannot connect, please instead call 082-228-4710 (Hiroshima Legal Affairs Office) (Call charges apply There is a fee).

【Availability】 Mon–Fri 8:30 am–5:15 pm (Excluding holidays and December 29–January 3)

Women's Human Rights Hotline

【Tel.】 0570-070-810 (Call charges apply)

【Availability】 Mon–Fri 8:30 am–5:15 pm (Excluding holidays and December 29–January 3)

Essor Hiroshima LGBT Phone Consultation

【Tel.】 082-207-3130 (Call charges apply)

【Availability】 Saturdays 10 am–4 pm (Excluding holidays and December 29–January 3)

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」 5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 illness can use this childcare service program (registration in advance required to make a reservation).

Inquires: Child Care Supervisory Division (*Yōho Kyūfu Ka*) Tel: 082-504-2154

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 influenza, 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

- You can use the service for up to 6 days in a row.
- The service is available 8 am-6 pm.
- Nursing rooms are closed on Sundays, public/national holidays, and 12/29-1/3.

Note: 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 nursery 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.

For details, please check the City's official website (in Japanese):

<https://www.city.hiroshima.lg.jp/living/kosodate/1021253/1025916/1003485.html>



“Turning Point Age Dentistry Checkups” newly targeting 20 year olds

節目年齢歯科健診 新しく 20 歳の人も対象になりました 「ひろしま市民と市政」 5 月 15 日号 (p6)

Inquiries: Health Promotion Division (*Kenkō Suishin Ka*) Tel. 082-504-2980

Target

Those living in Hiroshima city aged 20, 30, 35, 40, 45, 50, 55, 60, or 70 years.

*Targets should receive a letter notifying them of dental checkups within the month following their birthday.

Checkup Contents

Inspection for gum disease and tooth decay.



Cost

500 yen

*Free for 20 and 70 year olds, as well as those from households exempt from municipal residents tax or receiving public welfare (*Seikatsu hogo*).

Applications

Please apply by phone with a dental clinic.

Be informed about gambling dependency

ギャンブル依存症のことを正しく知ろう 「ひろしま市民と市政」 5 月 1 日号 (p3)

Gambling dependency means, receiving pleasure from gambling and using it as an escape from bad feelings until it becomes habitual. At this point even if you want to quit, you feel that you cannot. It is not an issue of a person lacking willpower, or a personality fault. Dependency is a mental illness – a sickness of the brain that anyone can develop.

Gambling dependency often means taking out many loans, and so has a huge effect on quality of life. Betting on horse, boat, bicycle, and auto racing, as well as lotteries and pachinko/slot machines are all forms of gambling.

*Online casinos are **illegal** in Japan.

Inquiries: Mental Health Welfare Center (*Kenkō Hoken Fukushi Sentā*) Tel. 082-245-7746

Use the “LOST” checklist to check for gambling dependency

🌀 If 2 or more points are checked, you may have a dependency.

- ☐ Limitless – Inability to prescribe and maintain a budget or time limit for gambling
- ☐ Once again – When you do win, you feel the urge to spend those winnings on playing again
- ☐ Secret – You hide the fact that you have gambled from someone
- ☐ Take money back – When you lose, you feel an urge to immediately win back those losses

Source: Ministry of Health, Labor and Welfare website

Do not worry, do not be burdened with dependency.

The first step is consultation! *Consultation is anonymous and free.

With the proper response, dependency can be cured. At the Mental Health Welfare Center, consultation is offered for dependency in general. For more information please visit the City of Hiroshima's website:

<https://www.city.hiroshima.lg.jp/living/kenkou/1021217/1027977/1013546.html>



- In person Consultation with a Mental Health Professional (Appointment necessary)

Availability: 2nd Thursday of the month, every month

Tel. 082-245-7746

- Phone consultation or in person consultation with a consultant

(Appointment necessary for in person consultations)

Availability: Mon-Fri 8:30 am – 5 pm

Tel. 082-245-7731

Immigration procedure fees have been revised

外国人の在留手続等に関する手数料が改訂されました

Fees for immigration procedures were revised April 1, 2025.

For details, please inquire to your local immigration office:

https://www.moj.go.jp/isa/01_00518.html



Inquires: Hiroshima Regional Immigration Bureau (*Shutsu Nyūkoku Kanri Kyoku*)

Tel: 082-221-4411

List of Revised Fees

Procedures		After the revision	Before the revision
Permission to change status of residence // ざいりゆうしかくへんこうきょか 在留資格変更許可	In-person	6,000 yen	4,000 yen
	Online	5,500 yen	
Permission to extend period of stay// ざいりゆうきかんこうしんきょか 在留期間更新許可	In-person	6,000 yen	4,000 yen
	Online	5,500 yen	
Permission to permanent residence // 永住許可 えいじゆうきょか	In-person	10,000 yen	8,000 yen
Re-entry permission (single) // さいにゆうこくきょか かいかざ 再入国許可（1回限り）	In-person	4,000 yen	3,000 yen
	Online	3,500 yen	

Re-entry permission (multiple) // <small>さいにゆうこくきょか すうじ</small> 再入国許可（数次）	In-person	7,000 yen	6,000 yen
	Online	6,500 yen	
Issuance of certificate of authorized employment // <small>しゅうろうしかくしょうめいしょ こうふ</small> 就労資格証明書の交付	In-person	2,000 yen	1,200 yen
	Online	1,600 yen	
Issuance of registered user card // <small>とくていどうろくしゃ こうふ</small> 特定登録者カードの交付	In-person	4,000 yen	2,200 yen
Reissuance of registered user card // <small>とくていどうろくしゃ さいこうふ</small> 特定登録者カードの再交付	In-person	2,000 yen	1,100 yen



Hiroshima City & Aki County International Resident Consultation Service

❖ Closed on national holidays, August 6, and December 29 through January 3.

Venue	Supported Languages	When	Hours
International Conference Center Hiroshima 3F Located in Peace Memorial Park	Spanish	Monday to Friday	9:00 am – 4:00 pm
	Chinese		
	Vietnamese		
	Portuguese		
	English	Fridays 1 st and 3 rd Wednesday of the month	
	Filipino		
Aki Ward Office 2F	Portuguese	2 nd Wednesday of the month	10:15 am – 12:30 pm 1:30 pm – 4:00 pm
	Spanish	3 rd Thursday of the month	
Motomachi Kanri Jimusho	Chinese	2 nd Tuesday of the month	
Guidance from the Regional Immigration Bureau On the 2nd Friday of every month from 13:30 to 16:00, a Regional Immigration Bureau staff member comes to the consultation service office to offer guidance residency status-related issues (reservation required).			

❖ For languages other than those listed above, consultation services are provided using a multilingual translation device.

❖ Our consultation staff can provide a simple orientation on life in Hiroshima City for new arrivals (reservation required).

Hiroshima City & Aki County International Resident Consultation Service

International Conference Center Hiroshima (*Hiroshima Kokusai Kaigi-jō*) in Peace Memorial Park
 Hiroshima-shi Naka-ku Nakajima-cho 1-5

Tel: 082-241-5010 // Fax: 082-242-7452

E-mail: soudan@pcf.city.hiroshima.jp

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

