

# The Gunma Guide Autumn 2022

ぐんま外国人総合相談ワンストップセンター

(One-Stop Consultation Center for Foreign Residents of Gunma)

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## October is Intercultural Co-Creation Promotion Month (Tabunka Kyosei Kyoso Suishin Gekkan)



In Gunma, we have many people of diverse ethnic and cultural backgrounds. It is an opportunity for all Gunma residents to acknowledge these differences and create new values taking advantage of them. October is designated to think about intercultural co-creation.

“One-Stop Consultation Center for Foreign Residents of Gunma” is available. The center has English, Chinese, Spanish, Portuguese, and Vietnamese-speaking staffs on hand to provide consultation on daily living to foreign residents.

Location: 1st Floor, Showa Chosha Wing, Gunma Prefectural Government Building  
1-1-1 Ote-machi, Maebashi

Phone: **027-289-8275** FAX **027-289-8276** 9:00-17:00 (Weekdays only)

	Monday	Tuesday	Wednesday	Thursday	Friday
English	○	○	○	○	○
Chinese	○	○	△	○	○
Portuguese	○	○	○	○	○
Spanish	○	○	△	○	○
Vietnamese	○	○	○	○	○

## SOS FREE LEGAL CONSULTATION FOR FOREIGN RESIDENTS

(Free, Confidential, Interpreting services)

### ★Maebashi

◆When: **October 16, 2022 (Sun.)** 10:00-15:00 (Doors close at 14:30)

◆Where: One-Stop Consultation Center for Foreign Residents of Gunma  
(1st Floor, Showa Chosha Wing, 1-1-1 Ote-machi, Maebashi)

### ★Takasaki

◆When: **December 18, 2022 (Sun.)** 10:00-15:00 (Doors close at 14:30)

◆Where: Takasaki-shi Chuo Kominkan, Shukai Hall (27 Suehiro-cho, Takasaki)

◆Advisors: Lawyer, Gyoseishoshi (immigration), Sharoushi (labor issues), & Japan Pension Service

◆Interpreters: English, Chinese, Portuguese, Spanish, Vietnamese (Tagalog is available on Dec 18)

◆Priority is given to those who have appointments.

Also, these sessions are subject to change due to the ongoing coronavirus pandemic. Instead of face-to-face consultation, they may be done over the phone.

◆For appointment and inquiry, contact One-Stop Consultation Center for Foreign Residents of Gunma at **027-289-8275**. **\*090-1215-6113 (Dec. 18 only)**



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# National Pension System (*Kokumin Nenkin* in Japanese)

There are three different types of public pension systems in Japan. How you work determines which pension system to join.

□ National Pension System (*Kokumin Nenkin* in Japanese) For all residents of Japan aged over 20 and under 60.

Employees' Pension Plan (*Kosei Nenkin* in Japanese) For all employees of companies that use this system.

Mutual-aid Pension Plan (*Kyosai Nenkin* in Japanese) For public servants, private school employees, etc.

Here is some additional information about the National Pension System.

By law, all residents of Japan aged over 20 and under 60 should join one of these pension systems and pay its premiums. Besides old age, you will be eligible for benefits at unexpected life events such as injury resulting disability.



## How to pay premiums and for how much?

The monthly average premium for the period of April 2022 to Mar. 2023 is JPY16,590. Premiums are subject to review every year. Premiums are paid monthly. You can get a discount if you pay them in advance, i.e., six months, 12 months, or 24 months.

You can pay at banks, post offices, and convenience store. Forms of payment include cash, automatic withdrawal from your bank account (*Koza Furikae* in Japanese), credit cards, or via online.

## If you have difficulty paying your premiums (Exemption, grace period system)

All eligible persons are obligated to pay their premiums before the due date, but if **your annual income is very limited** or **you have lost your job**, you may qualify for exemption or given a grace period upon meeting all the requirements. Instead of not paying without telling anyone about it, why not go to your City/Town/Village Hall and apply for them? For specific details, please talk to your municipal office.

Students can apply for “**Special payment scheme for students**” or *Gakusei Noufu Tokurei* in Japanese

## Lump-sum Withdrawal Payment (*Dattai Ichijikin* in Japanese)

Non-Japanese nationals who are returning to their home countries and have been paying the Japanese pension system premiums up to that point are eligible for this payment. You need to claim the payment within two years from the date that you have lost your Japanese address.

On April 2021, because circumstances have changed over recent years, the maximum number of months used to calculate the amount of your payment became five years, instead of three years. (You have to meet the number of months of the National Pension contribution-paid period requirement.)

## Where to ask questions

To ask questions regarding your pension, insurance premiums, exemption, lump-sum payment, contact your local City/Town/Village Hall or pension office (*Nenkin Jimusho* in Japanese). When you do, make sure you have your **Kiso Nenkin Bango** (basic pension No.) ready at hand.



Visit Japan Pension System Website URL: <http://www.nenkin.go.jp/> or use the QR Code  
Nenkin Dial **0570-05-1165 (This is not a toll-free number.)**

\***SOS** Free Legal Consultation for Foreign Residents of Japan (See the cover page of this newsletter) has someone from the Japanese Pension Office, who can answer them. At SOS, there will be translators of English, Chinese, Spanish, Portuguese, and Vietnamese. For appointment, call us at **027-289-8275**.

# Stop Child Abuse

By law, you are obligated to report child abuse cases if you have witnessed a child or children who you think might have been abused. By reporting, you may well be saving lives. Here is the list of numbers to call for reporting.



Name of Child Consultation Center ( <i>Jido Sodanjo</i> in Japanese)	Phone Number	Hours	Jurisdiction
National Child Consultation Center Hotline	189	24/7	
Chuo Child Consultation Center	027-261-1000	Mon.-Fri. (8:30-17:00)	Maebashi, Isesaki, Sawa-gun
Chuo Child Consultation Center Hokubu (Northern part of Gunma) Branch	0279-20-1010	Mon.-Fri. (8:30-17:00)	Numata, Shibukawa, Kita Gunma-gun, Agatsuma-gun, Tone-gun
Seibu (Western part of Gunma) Child Consultation Center	027-322-2498	Mon.-Fri. (8:30-17:00)	Takasaki, Fujioka, Tomioka, Annaka, Tano-gun, Kanra-gun
Tobu (Eastern part of Gunma) Child Consultation Center	0276-57-6111	Mon.-Fri. (8:30-17:00)	Kiryu, Ota, Tatebayashi, Midori, Oura-gun

## AED can save lives!

Lives can be saved where there is an AED and someone who can use it.



An AED, or automated external defibrillator, is used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock or defibrillation, to help the heart re-establish an effective rhythm. AEDs are now located in most public places such as train stations, municipal offices, and airports.

Here is an example of how you use it to save a life of someone.

- ◆ You find a person lying still in the parking lot of a city hall. You get close to him and see if he is breathing. He is not.
- ◆ First, you start cardiopulmonary resuscitation on him and call out for help while you're at it. (Get me an AED; Call an ambulance, etc.) Follow the voice instructions of the AED, but do not stop resuscitating him.

Here is a standard procedure of how to use an AED.

- 1) Open the cover to get the AED's power ON.
- 2) Expose the person's chest to put electrode pads on.
- 3) Press button to give an electric shock



\*AEDs can automatically decide whether or not to give defibrillation to the person by putting the pads on them.

\*You can find AED classes at disaster drills organized by your local community, school, city hall, etc.

Please find one near you and learn how to use them.

## Let's learn Japanese online!



QR code to go to the introductory leaflet

Developed by the  
Cultural Affairs  
Agency of Japan



"TSUNAGARU HIROGARU NIHONGODENO KURASHI"  
(*Speaking Japanese can open up your perspectives of life on a daily basis.*)

These online Japanese learning programs are designed for non-Japanese nationals living in Japan, focusing on the day-to-day affairs.

The program comes in English and 15 other foreign languages.



QR code to view the website for the Japanese learning program

## Never drink and drive!

You probably go to many parties and drink alcohol as the holiday season approaches. Please don't drink and drive.

### Drinking and driving is a criminal offence.

Heavy penalties will be imposed.



## ✦ Coronavirus Hotline for Gunma Foreign Residents ✦

Call the number if you think you might have COVID-19.

☎ **027-212-0010 (24/7)** English and 20 other foreign languages are spoken.

COVID-19

## ✦ Gunma COVID-19 Vaccine Helpline ✦

Call the number if you have any questions about the vaccine for COVID-19.

☎ **0570-783-910 (24/7)** English and 20 other foreign languages are spoken.

## ✦ One-Stop Consultation Center for Foreign Residents of Gunma ✦

Call the number to get help in your daily life, other than COVID-19 matters.

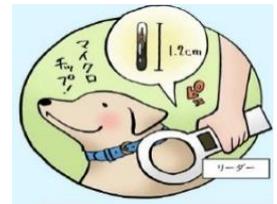
☎ **027-289-8275 (9:00-17:00 Mon. thru Fri.)**

Closed on weekends, holidays, year-end/New Year holidays

English, Chinese, Portuguese, Spanish, and Vietnamese are spoken.

## Microchipping your pet dogs and cats is now mandatory

As of June 1, 2022, the revised Law on Welfare and Management of Animals imposes implanting a microchip in pet dogs and cats that registers the owner's contact information.



Breeders and pet shops are required to implant a microchip in dogs and cats before they are sold. The revised law will call for owners who already have such an animal to make efforts to implant a microchip in their pets. You probably want to consult your veterinarian when actually do the implanting. \*Please note that the new owners of the already microchipped animals by previous owners are obligated to update the information contained in the microchip.

### What is a microchip, and what does it do?

- ✦ It is an electronic labeling device the size of a grain of rice and is covered by biocompatible glass.
- ✦ It contains a 15-digit number that identifies an individual cat or dog, so it's a type of ID.
- ✦ It is embedded under the skin of the animal by a veterinarian.
- ✦ A dedicated apparatus can scan the lost pet animals at local shelter or veterinary clinic for identification purposes.
- ✦ Once implanting is complete, owners need to register the information with their appointed registration organization. (*Shitei Touroku Kikan* in Japanese.)
- ✦ Breeders who are registered Gunma Pet Dogs and Cats Partnership System have already been microchipping pet dogs and cats ahead of schedule.
- ✦ Almost daily, the Animal Shelter (*Dobutsu Aigo Center* in Japanese) and Health and Welfare Office get calls from the owners of lost pet dogs and cats. Microchipping is for all the lost pet dogs and cats to return safely to their owners. Use the QR code above for more information.



If you have any questions about this, contact Food & Life Sanitation Dept., (*Shokuhin Seikatsu Eisei-Ka*) Gunma Prefectural Government at 027-226-2442.