

Muroran Living Guide for Foreign Residents 2023



Muroran

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1. Residence Card 在留カード

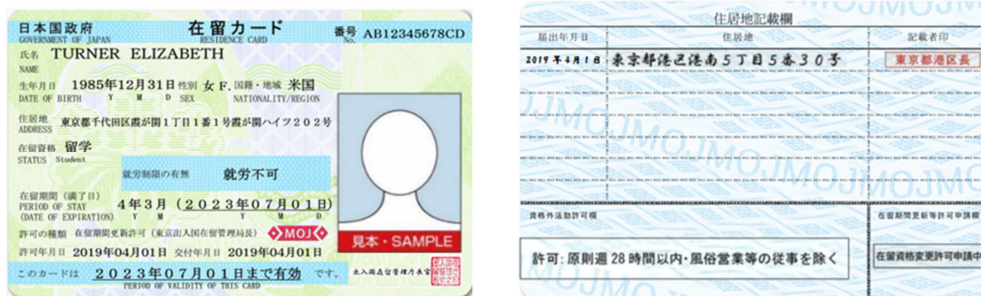
○Residence Card: your important ID to carry at all times 在留カード

At the airport or seaport, a residence card is issued to a person who is permitted to stay more than 3 months.

If a residence card is not issued at the airport or seaport, you need to go to the City Office Family Registration Section "Koseki Jumin-ka" with your passport for the issuance of a residence card. Your card would be delivered to your house by mail.

You need to submit a notification of your residential address within 14 days at the city office "Koseki Jumin-ka" after you have settled into a new address in Murooran.

Residence Card (sample)



○Procedures: Change of Name, Updating the Period of Stay, Reissuance of Residence Cards, etc. 在留カードの更新等

If you want to change your name, marital status, validity of period of stay in Japan, you need to visit the nearest regional Immigration Bureau to apply for updating your residence card. You also need to visit the bureau to obtain a re-entry permit.

○Return of Residence Card 在留カードの返納

If you leave Japan permanently without a re-entry permit, you must return your residence card (or Alien Registration Certificate) to an Immigration officer at your departure airport or seaport.

The death of foreign resident needs to be reported by returning his/her residence card to an Immigration Bureau within 14 days of death.

- Tomakomai Office, Chitose Tomakomai Branch Office, Sapporo Regional Immigration Services Bureau

TEL: 0144-32-9012

<https://www.moj.go.jp/isa/about/region/sapporo/index.html>

- Foreign Residents Information Center, Immigration Services Agency

TEL: 0570-013904 (IP Phone or Overseas calls: 03-5796-7112)

<https://www.moj.go.jp/isa/consultation/center/index.html>

2. Important Procedures at City Office (Moving-In / Moving-Out Notification, Resident Record, Birth Registration, Death Notification, Seal Registration & My Number) 行政手続き

○Procedures for Moving-in Notification 転入・転居の手続き

◇Moving-in from outside of Japan or Murooran & Moving within Murooran

*Please bring the necessary documents of all those whose address has changed.

Moving-in from/Moving within	Notification Period	Necessary Documents
Moving-in from outside of Japan (<i>ten-nyu</i> 転入)	Within 14 days after moving to new housing in Murooran	①Residence Card or Special Permanent Resident Certificate (Alien Registration Certificate) ②Passport
Moving-in from outside of Murooran (<i>ten-nyu</i> 転入)		①Residence Card or Special Permanent Resident Certificate (Alien Registration Certificate) ②Passport ③Moving-out Certificate issued by your previous town's municipal office ※ <i>My Number Card</i> (if you or your family member has one)
Moving within Murooran (<i>ten-kyo</i> 転居)	Within 14 days after moving to new housing in Murooran	①Residence Card or Special Permanent Resident Certificate (Alien Registration Certificate) ※ <i>My Number Card</i> (if you or your family member has one)

○Procedures of Moving-out 転出の手続き

◇Leave Japan / Move to outside of Murooran

Moving out to.....	Notification Period	Necessary Documents
Moving to outside of Japan (<i>ten-shutsu</i> 転出)	Notify within 14 days before moving out.	①Residence Card or Special Permanent Resident Certificate (Alien Registration Certificate)
Moving to outside of Murooran within Japan (<i>ten-shutsu</i> 転出)		※ <i>My Number Card</i> (if you or your family member has one)

When you move from Murooran to another city/town in Japan, you must obtain "**Moving-out Certificate**" from the Murooran City Family Registration Section. You must bring the certificate and notify your new address to the new city/town office within 14 days after moving-in.

○Resident Record "*Juminhyo*" 住民票

Resident Record "*Juminhyo*" is an official document which certifies you as a resident of Murooran. To request a copy of your *Juminhyo*, fill out a request form provided by the staff of the City Office, submit either your Residence Card or Passport (if you have "*My Number Card*" or Japanese Driver's License, you can use either for confirming

your identification). Before you come to the Murooran City Family Registration Section to get your *Juminhyo*, please confirm the necessary type of *Juminhyo* that your company or organization needs.

※Issuing a copy of the *Juminhyo* costs 250 yen per copy.

○Birth Registration 出生届

When you have a child birth, you must come to the Murooran City Family Registration Section "Koseki *Jumin-ka*" to register the birth within 14 days after the birth date.

Necessary Documents

- Birth Certificate issued from doctor or midwife
- Maternal & Child Health Handbook "*boshi techo*" • Seal "*inkan*"
- Residence cards (parents) or Passports

If the baby will stay in Japan over 60 days, you need to apply for Residence status at the regional Immigration Bureau within 30 days after birth. Please contact Tomakomai Office, Chitose Tomakomai Branch Office, Sapporo Regional Immigration Services Bureau.

Necessary Documents

- Child Birth Certificate (ask for one at the City office)
- Copy of Resident Record (*Juminhyo*) with all members of the household included
- Tax forms (*Kazei* or *Nozei sho-me*) • Proof of Employment (ask for one at your work)
- Passport (if you don't have his/her passport, you must submit an explanation form)

○Death Notification 死亡届

The death of a foreign resident needs to be reported to the City Office Family Register Section within 7 days of the confirmation of death.

Necessary Documents

- Death Certificate from doctor • seal "*inkan*" of person registering the death

**Notification of Birth/Death to the immigration bureau,
the embassy or consular office is also necessary.**

○Personal Seal "*inkan*" Registration & Certificate 印鑑登録

In Japan, you need a registered personal seal "*inkan*" and its certificate for many situations such as car and property purchases. When you register a seal "*inkan*" in the City Office, a Seal Registration Card will be issued (you need the card to receive its certificate). You can register your seal "*inkan*" at the City Office Family Register Section so please ask the section for more details.

- Family Registration Section • Ranto Branch
- "Koseki Jumin ka" "Ranto Shi-sho Ekigaru Center"
- TEL: 0143-25-2416 TEL: 0143-46-1111

- Resident Record "Juminhyo" <https://www.city.murooran.lg.jp/main/kurashi/jyumin.html>
- Birth Registration <https://www.city.murooran.lg.jp/main/org3600/syusse.html>
- Death Notification <https://www.city.murooran.lg.jp/main/org3600/fukou.html>
- Seal Registration https://www.city.murooran.lg.jp/main/org3600/inkan_syoumeisyo2.html

○My Number (Social Security & Tax Number) & My Number Card マイ・ナンバー

Each foreign resident is issued of his/her own 12-digit individual number (*My Number* for social security and tax number). When you register your first resident address in the City Office, the City delivers the *My Number (Individual Number) Notice* to your housing,

You can apply for getting your *My Number Card* (Individual Number Card). The card can be used as an identification card that indicates your name, address and birthdate on the front and your individual number on the back of card with IC chip.

My Number Card

Front



Back



- My Number Card Official Website

English page: <https://www.kojinbango-card.go.jp/en/>

- If you lost your My Number Card... (24 hours)

TEL: 0120-95-0178

0120-01-7827 (English, Mandarin & Cantonese Chinese, Korean, Spanish, and Portuguese)

<https://www.kojinbango-card.go.jp/en-faq/> (click "About theft, lost and found")

3. Public Medical Insurance / National Pension

医療保険・年金

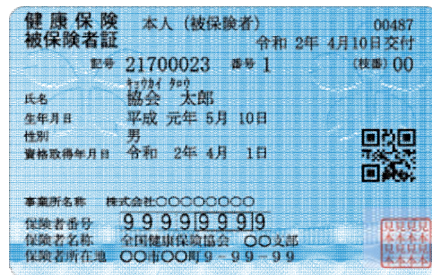
○Medical Insurance and Policy 医療保険

In Japan, all residents must enroll in one of the public medical insurances, such as Social Health Insurance for workers (*shakai hoken*), National Health Insurance (*kokumin kenko hoken*), or Long-term Care Insurance (for the elderly aged 75 and older: *kohki koureisha iryo hoken*).

For more details, please ask your company if you have Social Health Insurance for workers (*shakai hoken*). If you have National Health Insurance (*kokumin kenko hoken*), or Long-term Care Insurance (for the elderly aged 75 and older: *kohki koureisha iryo hoken*), please contact the City Office Insurance & Pension Section (*Hoken nenkin ka*).

Insurance Type	Who can be enrolled	Procedures / Inquiries	Payment
Social Health Insurance for workers " <i>shakai hoken</i> "	Employee of Japanese companies	Companies	Premiums are based on your income. Automatically deducted from your salary.
National Health Insurance " <i>kokumin kenko hoken</i> "	Under 75 years of age. Not enrolled in Social Health Insurance for Workers.	Insurance & Pension Section " <i>Hoken Nenkin ka</i> " in the City Office	Premiums are based on householder's previous year's income and family composition. Pay to the City Office.
Long-term Care Insurance (for the elderly aged 75 and older: <i>Ko-ki koureisha iryo hoken</i>)	the elderly aged 75 and older living in Murooran Disabled person aged between 65 and 74	*No application necessary Insurance & Pension Section " <i>Hoken nenkin ka Kyufu gakari</i> " in the City Office	

National Health Insurance Card (Sample)



- Insurance & Pension Section "*Hoken nenkin ka Kokumin kenko hoken*" in the City Office

TEL: 0143-25-2702

<https://www.city.murooran.lg.jp/main/org3500/kokuho.html>

- Insurance & Pension Section "*Hoken nenkin ka Ko-ki Koureisha Iryo Seido*" in the City Office

TEL: 0143-25-2433、0143-25-3026

https://www.city.murooran.lg.jp/main/org3530/kouki_main.html

○National Pension 年金

All residents aged twenty to fifty-nine must enroll in the National Pension "*Kokumin Nenkin*".

Type of Nenkin	Qualification	Procedure	Premium Payment
National Pension " <i>Kokumin Nenkin</i> "	Aged twenty to fifty nine living in Japan	Insurance & Pension Section " <i>Hoken Nenkin ka</i> " in the City Office	Pay to the city office
Employees' Pension " <i>Kohsei Nenkin</i> "	Employees of Japanese companies	Companies	Premiums are based on your income. Automatically deducted from your salary.

When you...	Type of Nenkin you have	Need to go to...
- become 20 years old - will change home address	National Pension " <i>Kokumin Nenkin</i> "	Insurance & Pension Section " <i>Hoken Nenkin ka</i> " in the City Office
- will leave Japan permanently soon	Employees' Pension " <i>Kohsei Nenkin</i> "	JPS Pension Murooran Nenkin Office

If it is hard for you to make payments because of low-income, please consult for exemption or postponing payments at the Insurance & Pension Section "*Hoken Nenkin ka*" in the City Office.

- Insurance & Pension Section "*Hoken nenkin ka Kokumin Nenkin*" in the City Office
TEL: 0143-25-3025
<https://www.city.murooran.lg.jp/main/org3570/nenkin.html>
- Japan Pension Service Murooran Nenkin Office "*Kohsei Nenkin*"
TEL: 0143-22-1289
<https://www.nenkin.go.jp/section/soudan/hokkaido/murooran.html>
- Japan Pension Service Official Website (detailed information about pension in English)
<https://www.nenkin.go.jp/international/japanese-system/index.html>

4. Tax 税金

○Income Tax 所得税

Income tax is imposed on personal income earned in a year starting from January to December. Please ask your company or the Murooran Tax Office if you have any questions.

○Consumption Tax 消費税

Consumption Tax is applied to the purchase of most goods and services in Japan. The usual tax rate is 10%. In the case of the purchase of food and drink excluding alcoholic beverages and dining out, the reduced tax rate of 8% is applied. Please ask the Murooran Tax Office for more details.

• National Tax Agency Sapporo Regional Taxation Bureau Murooran Tax Office

TEL: 0143-22-4151

<https://www.nta.go.jp/about/organization/sapporo/location/murooran/data.htm>

○Individual Inhabitant (Resident) Tax, Prefectural/City Tax 住民税

Individual Inhabitant Tax is based on the previous year's income and calculated by both the city and prefectural office. The taxes for company workers are directly deducted from their monthly salaries. Others need to pay taxes to both the prefecture and city offices by printed letters or forms indicating how to pay.

For updating your residence card, you need a Certificate of Tax Payment "Nohzei Shomeisho" or Certificate of Income "Shotoku Shomeisho". Please contact the City Tax Section of the City Office.

• City Tax Section, Murooran City Office

TEL: 0143-25-2294

- City Inhabitant Tax <https://www.city.murooran.lg.jp/main/org2500/siminzei.html>

- Taxation and Income Certificate <https://www.city.murooran.lg.jp/main/org2500/zeisyoumei.html>

○Automobile Tax / Light Automobile Tax 自動車税・軽自動車税

The tax is imposed on owners of automobiles such as normal cars, light "kei" cars and motorcycles. They are divided as follows:

- ①Automobile Tax for normal automobile (engine size: over 660 cc) owners
- ② Light "Kei" Automobile Tax for light "kei" automobile (engine size: 660 cc or less) owners.

①Automobile Tax "*Jidousha zei*"

- ・ Automobile Tax department, Sapporo Prefectural Tax Office (taxation, etc.)
TEL: 011-746-1190
<https://www.pref.hokkaido.lg.jp/sm/dzc/jidosya.html>
- ・ Tax Payment Section, Iburi Sub prefectural Bureau (taxation and change of address)
TEL: 0143-24-9854
https://www.iburi.pref.hokkaido.lg.jp/ts/kzi/tax_menu/tax_car/

②Light "Kei" Automobile Tax "*Kei jidousha zei*"

- ・ City Tax Section, Murooran City Office (light "kei" automobile and motorcycle)
TEL:0143-25-2293
<https://www.city.murooran.lg.jp/main/org2500/keijikazei.html>

5. Water / Gas / Electricity 水道・ガス・電気

○Water/Sewerage Service 水道

The tap water in Japan is drinkable and can be used for cooking.

Please contact the Water Service Bureau for Connecting/Cancelling the water service. You can subscribe/cancel the water service through "Online Applications" via the following links.

- Water Charges Section, Water Service Bureau, Murooran City Office

TEL: 0143-44-6118

Subscription: https://www.city.murooran.lg.jp/main/org8320/suidou_riyoukaisi.html

Cancellation: https://www.city.murooran.lg.jp/main/org8320/suidou_tyuusi.html

Online Applications: <https://www.city.murooran.lg.jp/main/common/sidouueigyo.html>

During the winter season, when the temperature drops below -4 C, the water pipes may stop or burst due to the water freezing and expanding. Drain the water out of the water pipes each time the temperature is lower than -4C so as to avoid the risk of freezing for water tanks, the rest room, and the bathroom. If your water pipes freeze, please contact the services or companies listed in the link below.

In the case of clogging or blockage in drainpipes, please contact the Sewage System Repair Shops listed in the link below.

- City-designated Waterworks Repair Companies / Sewage System Repair Shops

<https://www.city.murooran.lg.jp/main/org8320/gyousya.html>

○Gas ガス

City Gas (natural gas provided by Murooran Gas) and LP (liquefied petroleum: propane) Gas are used in Murooran. Please ask your landlord or real estate agent how to start your gas service.

- Murooran Gas Company

TEL: 0143-44-3156

<https://www.murogas.co.jp/hikkoshi/>

○Electricity 電気

Please contact the electricity company for starting the electricity service before moving in.

- Murooran Branch, Hokkaido Electric Power Company

TEL: 0120-126-565 (contracts and charges) 0120-060-813 (repairs)

<https://www.hepco.co.jp/>

6. Neighborhood / Residents' Association 町内会・自治会

○Joining the Neighborhood Association 町内会・自治会の加入

Neighbor/Residents' Associations "Chonakai" work to create a safer community and comfortable environment for the local area through many activities, such as circulating useful information throughout communities, patrolling for the prevention of crimes and street light management, holding festivals and events, cleaning neighborhood areas, and other supporting activities. The associations are funded by member's fees. If you join your neighbor's association, you can connect with your neighbors, get support from the association, and help each other when emergency or disasters occur.

- Local Resident Life Section, City Office

TEL: 0143-25-2223

<https://www.city.murooran.lg.jp/main/kurashi/cyounaikai.html>

- Murooran City Neighborhood Association Council Union

TEL: 0143-83-6277

7. Garbage Disposal & Recyclable Waste Collection

ごみ・資源物

○Basic rules for garbage disposal ごみの出し方

The household garbage must be put in the correct garbage bags or must have the garbage sticker attached and must be placed at the "**Gomi (garbage) station**" near your housing **by 8:00 am** on the designated collection day. Both bags and stickers are designated by Murooran City and sold at supermarkets and convenience stores in Murooran. Your recyclable waste should be placed at the "**Shigen station**" near your housing by **8:00 am** on the designated collection day.

◇Basic Rules of Garbage and Recyclable Waste

Category	Articles	Schedule	How to dispose
Burnable	Paper, old clothes, rubber, clear plastic bags, clothes, plastic products, CD/DVD, Styrofoam (smaller than 50 cm ³), etc.	Twice a week	
Non-burnable	Small pieces of metal, ceramics, furniture, plastic tank for kerosene, bicycles, glass, fluorescent lamps, knives, carpet, burnable items larger than 50 cm, etc.	Once a month	*Oversized garbage needs 1 designated garbage sticker per item.
Recyclable Waste	Empty glass bottles, cans, PET bottles, paper trays, magazines, newspaper, cardboard boxes, etc	Once in every 2 weeks	" Shigen station " *no designated bags and stickers necessary
Hazardous Waste	Spray cans, lighters, rechargeable lithium-ion batteries, dry batteries, etc.	Once a month	" Shigen station " *Dispose the waste in the red basket
Garbage not collected by the City	TV set, refrigerator, washing machine, air conditioner, PC, cars and car related parts, piano, any concrete products, etc.	Refer to the handout "How to sort and dispose household garbage and recyclable waste"	

For further information, please see the link below.

<https://www.city.murooran.lg.jp/main/org3300/documents/01-08.pdf>

(PDF document "家庭用ごみ・資源物の分け方、出し方 How to sort and dispose household garbage and recyclable waste" 4.8 MB)

Price list of designated garbage bags/ stickers

Volume	Price ￥円
10 liter-bag	¥30 per bag / ¥300: 10 bags
20 liter-bag	¥60 per bag / ¥600: 10 bags
30 liter-bag	¥90 per bag / ¥900: 10 bags
40 liter-bag	¥120 per bag / ¥1200: 10 bags
Garbage Sticker ¥240 per sticker	



Garbage Sticker



Designated Garbage Bag (sample)

・ City Environment Section, Murooran City Office

TEL: 0143-22-1481

<http://www.city.murooran.lg.jp/main/kurashi/gomi.html>

8. Learning Japanese 日本語学習

○Iburi *Gaikokujin* (foreigners) Friendship Japanese Lesson いぶり外国人フレンドシップ日本語教室

- Eligibility: Beginners to advanced learners who wish to take the JLPT
- Day & Time: Saturday afternoons from 2:00 pm to 4:00 pm
- Fee: Free of charge
- Inquiry: Iburi *Gaikokujin* Friendship (former *Ryugakusei* Friendship)

TEL: 0143-22-2575

<https://friend-ship.wixsite.com/international>

○Institute of Japanese Language Education 専攻科日本語教育課程

- Eligibility: Foreigners who are preparing to enter colleges or vocational schools in Japan or to obtain the specified skilled worker status of residence.
- Courses: Six-Month Course, One-Year Course (please contact for more details)
- Fee: Charges may vary depending on the course
- Inquiry: Hokuto Bunca Gakuen (Academy) Hokkaido Fukushi Kyoiku Senmon Gakko

TEL: 0143-22-7711

<https://hokuto-bunka.ac.jp/sweh/features/#nihongo>

○Free Japanese Online Courses 無料オンライン日本語学習コース

- Eligibility: Any foreigners nationals who want to start learning Japanese have no access to local Japanese classes.
- Fee: Free of charge
- URL : ①JFJapanese e-Leaning みなと

<https://minato-jf.jp/>

②Connect and Enhance Your Life in Japanese

<https://tsunagarujp.bunka.go.jp/>

- Inquiry: ①(Independent Administrative Institution)
The Japan Foundation, Japanese-Language Institute, Kansai

<https://minato-jf.jp/Contact/Inquiry/Index>

②International Division, Career Bank Co., Ltd.

(Contracted by the Agency of Cultural Affairs)

<https://tsunagarujp.bunka.go.jp/contact-us>

9. Child Care 子育て



○When you get pregnant... 妊娠したら...

①Maternal & Child Health Handbook "*Boshi Kenko Techo*"

This handbook is very important for keeping records of the entire health history of the mother, from pregnancy to birth, and for the child, from infancy to early childhood, for their regular checkups and vaccines. Submit the documents listed below at the (Public Health) *Hoken Center* for issuing the handbook.

Necessary Documents

- ・ Notification of Pregnancy (issued from hospital) ・ Resident Card
- ・ *My Number Card* or official documents which show your *My Number* codes.

②Prenatal Health Checkups

Vouchers for "Pregnancy Health Checkup," "Ultrasound Examination" and "New Born Baby Hearing Screening Test" will be issued when you receive the Maternal & Child Health Handbook. Checkups are free.

③Subsidy System for Inpatient Midwifery Care

Murooran City has a system for supporting pregnant women who have financial problems and cannot pay for baby delivery and expenses in designated hospitals. Please see the website below for more information such as income restrictions and application procedures.

Subsidy System for Inpatient Midwifery Care "*Nyu-in Josan Seido*":

<https://www.city.muroran.lg.jp/main/org4500/nyuuinn-jyusann.html>

○When your baby is born... 赤ちゃんが生まれたら...

When your baby is born, you must submit a Birth Certificate, issued from a doctor or midwife, and report it with a "Shussei Todoke" (page3: Birth Registration) and some applications required by the City office. There are more subsidy systems, so please consult at the City office.

①Child Allowance "*Jido Te-ah-te*"

A monthly child allowance of 5,000 yen per child, with a maximum of 15,000 yen, is paid to the persons who are registered as residents in Japan and are raising a child aged 15 and under.

Necessary Documents

- ・ Public medical insurance of applicant ・ Recipient's Bank book or card
- ・ *My Number* (Applicant and his/her spouse)

※Please see the link below for more details.

Child Allowance: <https://www.city.muroran.lg.jp/main/org4500/kodomo-teate.html>

② Lump-sum Birth Allowance System

The system pays 500,000 yen per child for covering the expenses for baby-delivery to the mother who is enrolled in **National Health Insurance** (if any mothers deliver in the medical institution which is not affiliate with the National Obstetric Compensation System, the system pays 488,000 yen). Allowance is paid to the bank account after 14 days of application.

※ Any persons who are enrolled in other health insurances and receive the allowance, the **National Health Insurance** will not pay you. Please consult your Insurance Office or hospital for more details.

Necessary Documents

■ Direct Payment (if over 500,000 yen, no applications necessary)

- Seal "Inkan" • Health Insurance card
- Maternal & Child Health Handbook "Boshi Kenko Techo"
- Receipts of expenses regarding baby delivery
- Bank Account of the head of household
- *My Number Card* or official document which includes *My Number*
- Consent Form confirming the Direct Payment signed by applicant

□ Refusing Direct Payment

- Seal "Inkan" • Health Insurance card
- Maternal & Child Health Handbook "Boshi Kenko Techo"
- Receipts of expenses regarding baby delivery
- Bank Account of the head of household
- *My Number Card* or official document which includes *My Number*
- Consent Form confirming for **Refusing** the Direct Payment signed by applicant

③ Child Medical Benefit ※Up to Income Restrictions

Murooran City subsidizes some cost of medical payments of children who are from birth to the age of 15.

Necessary Documents

- *My Number Card* or official document which includes *My Number*
(Parents & all family members aged over 18 who are registered in resident record)
- Residence card • Health Insurance Card with your child name printed
- Health Insurance Card holder's seal "Inkan"

Eligible age or school period of Child	Inpatient	Outpatient
From birth to age 6	○	○
Elementary School(Taxed Family)	○	×
Elementary School(Taxed-Exempt Family)	○	○
Junior High School(Taxed Family)	×	×
Junior High School(Taxed-Exempt Family)	○	○

④ Child Medical Benefit for Single-Parent Family ※Up to Income Restrictions

Murooran City subsidizes a part of the medical expenses for a single-parent family.

Necessary Documents

- My Number Card or official document which includes My Number (Parents & all members aged over 18 who are registered in resident record)
- Residence card • Health Insurance Card (Parent & Child)
- Certificate of Family Register (all registered matters certified)
- Child between the age of 18 and 20 who is dependant and supported by father or mother must submit certificate of school enrollment
- Seal "Inkan" (National Health Insurance holder)

Eligibility		Inpatient	Outpatient
Child under 18 and his/her mother or father	Mother or Father	○	×
	Child	○	○
Child aged between 18 to 20 and his/her mother or father	Mother or Father	○	×
	Child	○	○

- Benefit Payment, Insurance and Pension Section "Hoken Nenkin-ka"

Lump-sum Birth Allowance System TEL: 0143-25-2702

<https://www.city.murooran.lg.jp/main/org3500/syussan.html>

Child Medical Benefit and Child Medical Benefit for a Single-Parent Family

TEL: 0143-25-3026

<https://www.city.murooran.lg.jp/main/org3550/nyuu.html>

<https://www.city.murooran.lg.jp/main/org3550/hitori.html>

⑤ Premature Infant Medical Expense Subsidy ※Up to income restriction

Murooran City subsidizes the medical expenses of premature babies who were born too early with the weight under 2,000 grams.

- Medical Social Worker or Benefit Payment, Insurance & Pension Section

<https://www.city.murooran.lg.jp/main/org3550/mizyukuzi.html>

○ Child Health Checkups and Consultations 子どもの計測・相談

Public Health Nurses support physical health assessments of your child, provide parenting and child growth consultation, and meeting opportunities letting us to talk with other parents and exchange information.

- General Support Center for Child-Raising Generation "Kokoran"

TEL: 0143-45-2022

<https://www.city.murooran.lg.jp/main/org4520/kosodatesedaihoukatsusiencenteropen.html>

○Vaccinations 予防接種

◇Routine Vaccinations & Medical Facilities (finished before entering elementary school)

Medical Institutions	Address	Phone Number Area code (0)143	PPV (Pediatric Pneumococcal)	Hib (Haemophilus Influenza Type B)	Hepatitis B	Rotavirus	DTPP (Diphtheria, Pertussis, Tetanus, Inactivated Polio)	BCG	MR (Measles, Rubella)	HPV (Human papilloma virus)	Japanese Encephalitis
Nikko Memorial Hospital	1-5-13 Shintomi-cho	24-1331	○	○	○	○	○	○	○	○	○
Inagawa Children Clinic	1-5-14 Kotobuki-cho	43-2640	○	○	○	○	○	○	○	○	○
Kamishima Clinic	3-20-12 Nakajima-cho	46-3200							●		○
Seitetsu Memorial Murooran Hospital	1-45 Chiribetsu-cho	44-4650	○	○	○	○	○	○	○	○	○
Hazama Pediatrics Clinic	4-12-18 Miyanomori-cho	41-0088	○	○	○	○	○	○	○	○	○
Shimoji Internal Medicine Clinic	1-11-4 Koh-hoku-cho	55-7187							●		■
Motowanishi Family Clinic	3-36-9 Motowanishi-cho	55-1212	○	○	○	○	○	○	○	○	○
Hakuchodai I-in Clinic	5-3-14 Hakuchodai	59-2551	○	○			○		○	○	○

※●: offer the 2nd term vaccine only ■: Vaccine only for elementary school students and older

Please ask the medical institutions which type (#1 or #5) of Rotavirus Vaccine your child would take.

◇Immunization Schedule

Vaccine	Type	Target Age	Number of Doses / Remarks	Minimum Interval between different vaccines
PPV (Pediatric Pneumococcal)	Inactivated Vaccine	From 2 months of age to under 5 years old	3 doses: the interval between the doses are about 27 days. Additional dose should be 60 days after the 3rd dose between 12 months and 15 months old on average	No special cautions
Hib (Haemophilus Influenza Type B)			3 doses: the interval between the doses should be between over 27 days to 56 days on average. Additional dose should be 7 months after the 3rd dose. On average, 7 to 13 months after the 3rd dose.	
Hepatitis B		Under 1 year old	3 doses (between 2 months to 9 months old) The first 2 doses should have an interval over 27 days. The 3rd is taken 139 days (approx. 20 weeks) after the 1st dose.	
DTPP (Diphtheria, Pertussis, Tetanus, Inactivated Polio)		From 3 months of age to 7 years and 6 months old	3 doses: the interval between the doses should be between over 20 days to 56 days on average. Additional dose should be taken over 6 months after the 1st between 12 month to 18 months old.	
Rotavirus	Oral Vaccine	#1: Between 6 and 24 weeks of age #5: Between 6 and 32 weeks of age	Rotarix (#1): 2 doses (the interval between the doses are over 27 days). Rota Teq (#5): 3 doses (the interval between the doses are over 27 days) *1st dose: between 2 months to 14 weeks +6 days of age. If the 1st dose is taken at 15 weeks of age, consult your doctor.	

Vaccine	Type	Target Age	Number of Doses / Remarks	Minimum Interval between different vaccines
BCG	Oral Vaccine	12 months & younger	1 dose (between 5 to 8 months old)	Wait 27 days for next dose if the most recent dose is either of BCG, MR, HPV.
MR (Measles, Rubella)		First term: between 1 to 2 years old 2nd term: 1 year before entering elementary school	First term: 1 dose 2nd term: 2 doses	
HPV (Human papilloma virus)		Between 1 and 3 years old	1 dose (between 2 to 15 months of age) 2nd dose should be taken over 3 months after the 1st (between 6 months and 12 months after the 1st on average)	
Japanese Encephalitis	Inactivated Vaccine	First term: between 6 month and 7 years and 6 month old	2 doses: The 2nd should be taken over 6 days after the 1st (no later than 28 days after the 1st) On average: between 3 to 4 years old Additional dose should be taken 6 months after the 2nd.	No special cautions

※PPV and Hib vaccination might be differ in number of shots if the 1st shot is not at the recommended age.

・ Health Promotion Section, Murooran City Office

TEL: 0143-45-6610

<https://www.city.murooran.lg.jp/main/org4600/yobousessyu.html>

(Required Vaccines for Children hitsu-yoh yo-bohse-sshu 子どもに必要な予防接種)

10. Nursery School, Certified Child Institution, Kindergarten 保育所・認定こども園・幼稚園

○Nursery School/Certified Child Center (Childcare part) 保育所・認定こども園

Nursery Schools can be used when the need for childcare is recognized.

◇Murooran City authorized Private Nursery School

Name of facility	Address	Phone	Childcare service					
			Infant	Special Support	Extension	Sick child	Holiday	Temporary
Tokiwa Nursery School	2-6-16 Sakae-cho	22-3887	○	○	○	○	○	○
Midori Nursery School	1-16-5 Bokoi Kita-machi	22-6296	○	○	○	×	×	×
Futaba Nursery School	2-16-1 Miyuki-cho	44-3612	○	○	○	○	×	×
Higashimachi Nursery School	1-11-5 Kotobuki-cho	44-3413	○	○	○	○	×	○
Hokuto Nursery School	3-11-5 Takasago-cho	45-8100	○	○	○	○	○	○
Rakusan Nursery School	1-6-16 Miyanomori-cho	45-4215	○	○	○	×	×	×
Nakajima Nursery School	2-5-3 Nakajima Hon-cho	44-3793	○	○	○	○	○	○
Hakuchou Nursery School	2-8-3 Hakuchodai	59-2570	○	○	○	×	×	×

◇Murooran City Authorized Private Children's Center (Childcare part)

Name of facility	Address	Phone	Childcare service					
			Infant	Special Support	Extension	Sick child	Holiday	Temporary
Murooran Mebae Kindergarten	2-15-15 Chiribetsu-cho	44-2388	○	○	○	×	×	×
Seisen Kindergarten	3-16-1 Shukuzu-cho	27-5444	○	○	○	○	×	×
Hikarinomori Kindergarten	2-4-13 Konan-cho	24-7878	○	○	○	×	×	×
Murooran Kindergarten	2-16-2 Gozensui-cho	23-2554	○	○	○	×	×	×

◇Special Childcare (for children enrolled in Nursery Schools)

	Target children/Contents	Utilization time	Price
Infant Daycare	Infants over 57 days of age	Same as daycare hours	
Special Support Childcare	In principle, a system to allocate more childcare workers than the standard for childcare workers when children over the age of 3 who can live in a group, but require generous support according to their physical and mental conditions	Same as daycare hours	
Extended Childcare	Children who need childcare due to work or family circumstances * depending on the acceptance system of the facility It may be from 18:30	"Certification Standard time childcare" 18:30-19:30 "Certification Short-term childcare" 7:30-8:30 16:30-19:30	200 yen per hour *Certified as "Short time Childcare" 7:30-8:30 16:30-18:30 From up to 3,000 yen per month

◇Childcare hours, Holidays, Childcare fees, Admission procedures

Childcare hours: Childcare hours are approved according to admission requirements and working hours.

Childcare standard time 7:30-18:30 Childcare short time 8:30-16:30

Holidays : Sundays, Public holidays

Childcare fees : April to August are calculated based on the previous fiscal year, and September to March are calculated based on the municipal tax amount of the current fiscal year.

(If there is no Japanese municipal tax, etc., estimate and determine based on annual income, etc.)

Childcare fees are free for children in classes for children aged 3 to 5, and children aged 0 to 2 from households exempt from municipal tax. For details, please check the city's website.

Application : There are required documents, so please contact the Child Care Support Division in advance.

○Kindergartens & Authorized Child Center (Kindergarten functions) 幼稚園

Kindergartens, etc. are facilities where children from the age of 3 to the time they enter elementary school go to receive education.

Please contact each kindergarten directly for application for admission.

◇Kindergarten

Name of facility	address	phone	URLs
Kindergarten attached to Bunka Gakuen University	3-11-50 Takasago-cho	44-0566	http://fuzoku-bunka.ed.jp/
Murooran Misono Kindergarten	1-20-23 Higashimachi	43-3130	https://misono-ecole.com/
Hatchodaira Misono Kindergarten	5-47-1 Hatchodaira	41-3456	https://misono-ecole.com/
Benedict Kindergarten	3-7-7 Takasago-cho	46-2525	https://kaisei-gakuin.ed.jp/kinder/
Murooran Kindergarten	2-8-19 Gozensui-cho	23-2554	http://paopaokids.net/
Murooran Nakajima Kindergarten	1-8-5 Nakajima Hon-cho	44-1870	https://nakajima-murooran.ed.jp/
Pinocchio Kindergarten	2-4-2 Hakuchodai	59-2295	http://www.pinokio.ed.jp/
Sakuragaoka Kindergarten	2-26-30 Kohoku-cho	58-3265	http://sakura45.ed.jp/new/index.php
Sumire Bunka Kindergarten	2-11-9 Bokoiminamimachi	25-6611	https://hokuto-bunka.ac.jp/sumire/
Authorized Child Center Murooran Mebae Kindergarten	2-15-15 Chiribetsu-cho	44-2388	http://mebae-youchien.net/
Authorized Child Center Seisen Kindergarten	3-16-1 Shukuzu-cho	27-5444	https://www.seisen-kids.jp/
Authorized Child Center Murooran Kindergarten	2-16-2 Gozensui-cho	23-2554	http://paopaokids.net/
Authorized Child Center Hikarinomori Kindergarten	2-4-13 Konan-cho	24-7878	—

11. School 学校

○Japanese Education System 日本の教育制度

Parents who have children aged 6 to 15 with Japanese nationality must send their children to school (compulsory education). Children of foreign nationality are not obligated to attend, but they can enroll in public elementary and junior high schools if they wish to attend school. Tuition and textbooks are free, but some materials, such as textbooks, are charged. For those aged 15 and over, there are High Schools, Junior Colleges, Vocational Schools, and Universities.

Age/Grade/School type

	Age	School year		
Compulsory Education	21	4	University	Junior College
	20	3		
	19	2		
	18	1		
	17	3	High School	Vocational School, etc.
	16	2		
	15	1		
	14	3	Junior High School	
	13	2		
	12	1		
11	6	Primary School		
10	5			
9	4			
8	3			
7	2			
6	1			

○Before Entering Elementary School 小学校入学前

A health check-up will be conducted for children who are planning to enter school. We will send you a guide in September of the previous year. In late January, we will send out an admission notice, and in February, we will hold a one-day admission and an information session for parents. For details, please contact the City Hall Committee School Education Division.

○List of Elementary and Junior High Schools in Murooran City

室蘭市内小中学校一覧

area	elementary school	junior high school
Etomo-cho, Shukuzu-cho, Konan-cho, Masuichi-cho, Ohashinai-cho, Tsukiji-cho, Midori-cho, Nishikoji-cho, Sawa-cho, Makunishi-cho, Kaigan-cho, Chuo-cho, Tokiwa-cho, Shimizu-cho, Saiwai-cho, Hon-cho, Sakae-cho, Funami-cho, Yamate-cho, Irie-cho	Minato Elementary School 2-10-1 Konan-cho TEL:25-2070	Murooran Nishi Junior High School 2-10-1 Yamate-cho TEL:25-1000
Shintomi-cho, Bokoi Kitamachi, Bokoi Minamimachi, Chatu-cho, Misaki-cho, Gozensui-cho	Chikyumisaki Elementary School 2-12-8 Bokoi Kitamachi TEL:25-3800	Seiran Junior High School 1-32-22 Bokoiminamimachi TEL:23-4800
Osawa-cho, Wanishi-cho, Miyuki-cho, Higashimachi, Kotobuki-cho, Hinode-cho	Kaiyo Elementary School 3-18-1 Higashimachi TEL:42-4700	Shoyo Junior High School 5-11-1 Higashimachi TEL:41-0701
Takasago-cho, Mizumoto-cho (other than street No.49 and 50), Tenjin-cho, Chiribetsu-cho (From No.40-No.43 of 4-chome)	Tenjin Elementary School 5-1 Mizumoto-cho TEL:83-7212	Tomei Junior High School 4-9-1 Takasago-cho TEL:44-1332
Chiribetsu-cho (1-3 chome, 4-chome 1-39 and 44), Miyanomori-cho, Nakajima-honcho (1-2 chome, part of 3-chome (other than Hatchodaira Elementary School area)), Nakajima-cho, Takahira-cho (street No. 5)	Asahigaoka Elementary School 1-5-5 Miyanomori-cho TEL: 42-2001	Oran Junior High School 1-11-30 Chiribetsu-cho TEL:44-3758
Hatchodaira, part of Nakajima Hon-cho 3-chome (the area adjacent to Hatchodaira in street No. 62 and the area north of Tenjin Tunnel on the Dodo Murooran Loop Line), part of Kamishiro-cho (other than Ranpoku Elementary School area), Takahira -cho (No.15, No.16), Mizumoto-cho (No.49, No.50)	Hatchodaira Elementary School 4-42-1 Hatchodaira TEL:46-2900	
Motowanishi-cho, Kohoku-cho, Kashiwagi-cho, part of Takahira-cho (other than Asahigaoka Elementary School and Hatchodaira Elementary School), Horomoe-cho, part of Kamishiro-cho (area adjacent to Motowanishi-cho or Kashiwagi-cho)	Ranpoku Elementary School 4-13-1 Kohoku-cho TEL:58-1125	Kohoku Junior High School 361-1 Kashiwagi-cho TEL:55-7314
Kagawa-cho, part of Ishikawa-cho (area adjacent to Kagawa -cho)	*Kimontai Elementary School 282-36 Ishikawa-cho TEL:55-3850	
Part of Jinya-cho, Hakuchodai, Sakimori-cho, and Ishikawa-cho (other than area of Kimontai Elementary School)	Hakuran Elementary School 2-2-1 Hakuchodai TEL:50-2550	Motomurooran Junior High School 2-5-1 Hakuchodai TEL:59-2681

*You can enter Kimontai Elementary School from anywhere in the city if you meet certain conditions.

○Aid for attending school 就学援助

Parents who have children and students attending Elementary and Junior High schools in the city, who are in financial difficulty, are assisted with school supplies and school lunch expenses. There are requirements such as income, so please contact the City Hall School Education Division for details.

・ City Hall School Education Division

TEL:0143-22-5055

<https://www.city.murooran.lg.jp/main/org9200/syugakukenshin.html> (Pre-school checkup)

<https://www.city.murooran.lg.jp/main/org9200/h21kuiki.html>

(elementary and junior high school commuting zone)

<https://www.city.murooran.lg.jp/main/org9200/enzyo.html> (Aid for attending school)

○ School Children's House スクール児童館

School Children's House is a service that takes care of children in grades 1-6 whose parents are both working and away from home after school.

◇Open and Closed days

Opening date/time	weekday	After school until 18:00*
	Saturday	8:00 to 18:00*
	Long vacation (summer, winter, spring vacation) Holidays for School events such as School Anniversary	
closing day	Sundays, National holidays (including transfer days) Year-end and New Year holidays (December 29-January 3)	

* If you have unavoidable circumstances such as work, you can extend the time until 18:30, but you need to contact us in advance (100 yen per extension).

1. When registering for use

Monthly fee: 600 yen for the first child per household, 500 yen for the second and subsequent children

2. If you do not register for use (use by free visit)

Monthly fee: Free

There are various conditions for using the school children's house, so please contact the City Hall for details.

・ City Hall Child-rearing Support Division

TEL:0143-22-5095

<https://www.city.murooran.lg.jp/main/org4550/school.html>

○High School, University, Vocational School 高等学校・大学・専門学校

◇ List of High Schools in Murozan City

	school name	address	phone	URLs
Public	Hokkaido Murozan Sakae High School	3-29-5 Higashimachi	44-3128	http://www.muroransakae.hokkaido-c.ed.jp/
	Hokkaido Murozan Shimizugaoka High School	2-6-16 Masuichi-cho	23-1221	http://www.muroranshimizugaoka.hokkaido-c.ed.jp/
	Hokkaido Murozan Tosho High School	4-35-1 Takasago-cho	44-4783	http://www.m-tosho.hokkaido-c.ed.jp/
	Hokkaido Murozan Technical High School	3-1-1 Miyanomori-cho	44-5712	http://www.murozan-th.hokkaido-c.ed.jp/
Private	Hokkaido Otani Murozan High School	3-1-1 Hatchodaira	44-5641	https://hokkaido-otani.ed.jp/
	Kaisei Gakuin High School	3-7-7 Takasago-cho	46-8888	https://kaisei-gakuin.ed.jp/
	Ikegami High School Murozan Study Campus (Correspondence-course)	2-24-7 Higashimachi	46-3061	https://www.ikegamigakuin.ed.jp/area/murozan/

◇ List of Universities and Vocational Schools

	school name	address	phone	URLs
University	National University Corporation Murozan Institute of Technology	27-1 Mizumoto-cho	46-5000	https://murozan-it.ac.jp/
specialty school	Municipal Murozan College of Nursing	3-11-1 Takasago-cho	45-1171	http://www.city.murozan.lg.jp/main/org5000/index.html
	Nikko Memorial Nursing School	1-5-13 Shintomi-cho	24-1414	https://www.bokoi.jp/school/
	Hokuto Bunka Gakuen International Cooking Technical College	1-11-34 Yamate-cho	25-2211	https://hokuto-bunka.ac.jp/isca/
	Hokkaido Fukushi Education College	1-5-11 Bokoi Kitamachi	22-7711	https://hokuto-bunka.ac.jp/sweh/
	Murozan Advanced Technology College	2-9-5 Miyuki-cho	44-3522	https://www.pref.hokkaido.lg.jp/kz/mrs/index.html

12. Driving a Car 車の運転

○Driver's license 運転免許証

To drive a car in Japan, you need a Japanese driver's license or an international driver's license. You must be at least 18 years old to be eligible for a driver's license, and at least 16 years old to be eligible for a motorcycle license.

◇Driving with an international driver's license

To drive with an international driver's license, you must be in a country that has signed the Geneva Convention, and within one year after the license was issued and within one year after entering Japan.

List of countries and regions where you can drive with an international driver's license
(Hokkaido Police HP)

<https://www.police.pref.hokkaido.lg.jp/guide/menkyo/menkyo5-2june.html>

◇Switching from a foreign driver's license to a Japanese driver's license

To switch from a foreign driver's license to a Japanese driver's license, in the case of Murooran City, it is necessary to apply at the Sapporo Driver's License Examination Center (DMV).

Those who want to switch from a foreign driver's license to a Japanese driver's license
(Hokkaido Police HP)

https://www.police.pref.hokkaido.lg.jp/guide/menkyo/gai_menkyo-kirikae.html

• Sapporo Driver's License Examination Center

TEL:011-683-5770

<https://www.police.pref.hokkaido.lg.jp/corona/corona-gyoumu-kyusi.html>

13. Public Transportation 公共交通機関

○Bus バス

Donan Bus Co., Ltd. operates regular buses in Murooran City. When boarding the bus, wait until the bus arrives at the nearest bus stop.

Depending on the bus stop, there are various destinations, so be sure to check in advance.



Bus Stop

How to get on and off the bus

1. When the bus arrives, check the destination and board from the back door.



2. Take a numbered ticket at the entrance.



3. Sit in an empty seat.



In priority seats, give up your seat to the elderly or people with disabilities.

4. When you hear the announcement of the bus stop where you want to get off, press the get off button to get off.



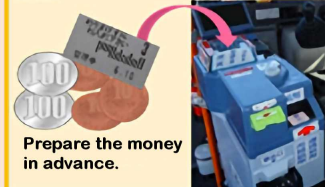
5. Check the bus fare on the fare table.

登別温泉	のほりべつおんせん
340 290 230 210	Noboribetsu Onsen
170 160	

If your numbered ticket number is 3, look at "3".

* Elementary school students are half price of the displayed fee.

6. Put the numbered ticket and money in the fare box next to the driver's seat and get off.



• Donan Bus

TEL:0143-45-2131

<https://www.donanbus.co.jp/>

○Railway 鉄道

When using trains in Murooran City, please purchase a ticket at the station where you board. In addition, at stations in Murooran City, it is not possible to ride using an IC card ticket (Suica, Pasma, etc.).

At unmanned stations, take a numbered ticket when boarding the train and pay the fare when getting off.

◇Railway stations in Murooran City and regular fares

station name		Arrival Station				
		Higashi Murooran	Wanishi	Misaki	Bokoi	Murooran
Departure Station	Higashi Murooran		200	200	250	290
	Wanishi (Unmanned Station)	200		200	250	250
	Misaki (Unmanned Station)	250	200		200	200
	Bokoi (Unmanned Station)	250	250	200		200
	Murooran	290	250	200	200	

- JR Hokkaido Higashi Murooran Station "Midori no Madoguchi"

TEL:0143-44-5716

<https://www.jrhokkaido.co.jp/network/station/station.html#71>

- JR Hokkaido Murooran Station "Midori no Madoguchi"

TEL:0143-22-2382

<https://www.jrhokkaido.co.jp/network/station/station.html#67>

○Taxi (Hire) タクシー (ハイヤー)

The following are ways to use a taxi (*hire*).

- ① Call the taxi (*hire*) company.
- ② Take a taxi waiting at a station or supermarket.
- ③ Raise your hand toward a taxi on the road that is displayed as "空車(vacant)" and stop the taxi and get in.

◇ List of taxi and *hire* companies in Murooran City

Company Name	address	phone
Murooran Hokuko Hire Co., Ltd.	2-6-16 Masuichi-cho	22-4141
Murooran Tsubame Transportation Co., Ltd.	2-5-10 Higashimachi	44-1231
Murooran Hire Co., Ltd.	3-1-27 Higashimachi	44-3141
Murooran Nikko Taxi Co., Ltd.	3-24-13 Kotobuki-cho	44-4811
Kinsei Murooran Hire Co., Ltd.	3-28-19 Nakajima-cho	44-5001
Hokkai Kotsu Co., Ltd.	1-21-3 Hinode-cho	44-6611
Sapporo Kotsu Co., Ltd. Motowanishi Office	2-4-15 Motowanishi-cho	55-6000

14. Health 健康

○ Medical institutions 医療機関

Be sure to bring your health insurance card with you when you visit a hospital for illness or injury.

◇ Medical Institutions in the city that speak foreign languages

Medical Institution name	address	phone	URLs
Steel Memorial Murooran Hospital	1-45 Chiribetsu-cho	44-4650 47-0990 (Emergency)	https://www.nshp-murooran.or.jp/hospital/english-site/ (English) https://www.nshp-murooran.or.jp/hospitalization/houzitugaikokuzinn/ (Support services for foreign patients visiting Japan)
Nikko Memorial Hospital	1-5-13 Shintomi-cho	24-1331	https://www.nikko-kinen.or.jp/en/ (English)

◇ Information on hospitals outside Murooran City

Hokkaido Emergency Medical Care/Wide Area Disaster Information System
(Available in English, Chinese, Korean, and Russian)

<https://www.qq.pref.hokkaido.jp/qq/qq01.asp>

◇ Multilingual Medical Questionnaire

This is a medical questionnaire created so that people who cannot speak Japanese can report their symptoms to doctors in their home country when they are sick or injured.
(Available in 23 languages including English, Chinese, Korean, and Vietnamese)

<https://kifjp.org/medical/>

○ Health Checkup 健康診査

In Murooran City, we carry out various medical examinations as follows. Please inquire at the Health Promotion Division for details on the location and contents of the event.

Health checkup (examination) name	Eligibility Age	Inspection content	Self-pay cost
Lung Cancer Screening	over 40 years old *Excludes those who are undergoing outpatient care at the Respiratory Department	Chest Radiography	600 yen
Colon Cancer Screening	over 40 years old	Fecal Occult Blood Test	1,100 yen
Stomach Cancer Screening (once every 2 years)	over 40 years old	Stomach X-ray (barium test)	2,900 yen
	Over 50 years old	Gastroscopy (gastroscopy)	3,900 yen
Prostate Cancer Screening	men over 50 years old	Blood test	1,100 yen
Hepatitis Virus Screening	over 40 years old	Blood test (Hepatitis B and C Virus)	1,100 yen
Cervical Cancer Screening (Once every 2 years)	over 20 years old	Cytology of the cervix	1,700 yen
Breast Cancer Screening (Once every 2 years)	over 40 years old	Mammography examination (Breast X-ray)	2,200 yen
Osteoporosis Test	women aged 40 and 50 years old	Measurement of bone weight by radiography, etc.	1,500 yen
Periodontal disease checkup	40 years old, 50 years old, 60 years old, 70 years old	Intraoral examination	1,300 yen
Pylori Test	40 to 65 years old	Urinary antibody test (urinalysis)	700 yen

* Stomach cancer (Endoscopy), Uterine Cancer, and Breast Cancer Screenings are available once every 2 years. For each target age, those born in odd months (1, 3, 5, 7, 9, 11) for odd years, and those born in even months (2, 4, 6, 8, 10, 12) for even years are eligible.

◇ Examination Medical Institution

<https://www.city.murooran.lg.jp/main/org4600/2011kensinniryokikan.html>

・ City Hall Health Promotion Division

TEL:0143-45-6610

<https://www.city.murooran.lg.jp/main/org4600/kenkensin.html>

(About cancer screening and other screenings)

15. Consultations for Foreign Residents 各種相談窓口等

○Hokkaido Foreign Resident Support Center 北海道外国人相談センター

HIECC (Hokkaido International Exchange & Cooperation Center) provides this consultation desk to support foreign residents.

Languages	English, Chinese, Korean, Tagalog, Vietnamese, Russian, Bahasa Indonesian, Thai, Nepali, and Burmese
Address	12th FL., Hokkaido Gov't Annex BLDG W7N3, Chuo-ku Sapporo, 〒051-0032
Phone #	011-200-9595 Open Monday to Friday: 9:00AM - Noon, 1:00PM - 5:00PM (Closed weekdays 12Noon - 1PM and weekends, public holidays, and holidays of year-end/new year)
Website	https://www.hiecc.or.jp/soudan/en/

○Iburi *Gaikokujin* Friendship (former: *Ryugakusei* Foreign Student Friendship) いぶり外国人フレンドシップ (旧 : 留学生フレンドシップ)

"Iburi *Gaikokujin* (foreigners) Friendship" is a group supported by Murooran citizen volunteers who hold exchange events and food and supports for foreign residents.

Languages	English, Chinese, Korean, Vietnamese, and Mongolian
Address	Paretto, 2-13-16 Kohnan-cho, Murooran 〒051-0032
Phone #	0143-22-2575
Website	https://friend-ship.wixsite.com/international

○Telephone Consultation Service for Foreign Workers *some charged phone calls 外国人労働者向け相談ダイヤル (一部有料)

Telephone consultations about working conditions in multilingual assistance.

Languages	English, Chinese, Portuguese, Spanish, Tagalog, Vietnamese, Burmese, Nepali, Korean, Thai, Bahasa Indonesian, Khmer, and Mongolian
Phone #	Please check the website below for phone numbers and your languages. (Weekdays 10AM - 12 Noon and 1PM - 3PM) *Not available on weekends, national holidays, holidays of year-end/new year
Website	https://www.check-roudou.mhlw.go.jp/soudan/foreigner.html

○Murooran International Communication Promotion Council (MICPC) 室蘭市国際交流推進協議会

A public council for supporting foreign residents (international students, technical interns and trainees), planning and promoting international exchange events.

Languages	English
Address	2nd Floor Murooran City Hall, 1-2 Saiwai-cho, Murooran 〒051-8511
Phone #	0143-25-2522 Open weekdays 11:00 - 12:15, 1:00 - 5:15PM *Closed on weekends, national holidays and holidays of year-end/new year
Website	https://www.city.murooran.lg.jp/main/org1260/suisinkyougikai.html

