

Enjoy your life in Kamakura!



There are lots of stores and banks around Kamakura and Ofuna station.

You can buy fresh local vegetables at "Renbai" farmers' market near Kamakura station.



Parks



Libraries



Sports facilities



Beaches



Morning markets for seafood and vegetables

Kamakura City Hall 0467-23-3000

[EMERGENCY]

☎ 110 POLICE

☎ 119 AMBULANCE • FIRE

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LIFE IN KAMAKURA

GENERAL INFORMATION GUIDE

[ENGLISH]

- History, Culture and Events
- Nature
- Community - "Jichi-kai, Chonai-kai"
- Language
- Formalities
- Electricity, Water, Gas
- Garbage
- Work
- Driving
- Transportation
- Illnesses/ Hospitals
- Aging
- Tax and Pension
- Having a baby/Raising a child (Boshi-techo, support and formalities)
- Education (nursery, kindergarten and schools)
- Disaster prevention (earthquakes, typhoons)
- When you need help
- Consultation and information for foreign nationals

P1

P3

P5

P7

P9

P11

P13

Language symbols of the listed websites. (No symbol : Information available only in standard Japanese.)

- | | | | |
|-----------------------------|----------------------------------|---------------------------------|-----------------------|
| ENG English | CHN 中文(Chinese) | KOR 한국・조선어(Korean) | SPA Español(Spanish) |
| POR Português(Portuguese) | THAI ภาษาไทย(Thai) | NEP नेपाली(Nepali) | TAG Tagalog(Filipino) |
| VIET Tiếng Việt(Vietnamese) | IND Bahasa Indonesia(Indonesian) | KHM ភាសាខ្មែរ(Khmer) | |
| MON Монгол(Mongolian) | MYA မြန်မာဘာသာ(Burmese) | SIN සිංහල(Sinhala) | LAO ພາສາລາວ(Lao) |
| FRA Français(French) | RUS русский язык (Russian) | UKR українська мова (Ukrainian) | URD اردو(Urdu) |
| やま日 Plain Japanese | | | |



Welcome!

Kamakura is aiming to create a city where "people respect and recognize diversity, and live comfortably as they are."
This guidebook has been made for non-Japanese speaking residents and those who are studying Japanese.

Ordinance aiming a community coexistent society



This guidebook contains two dimensional codes not official to the Kamakura City. Please be advised that information may be subject to change and may require confirmation. You can get support from "Multilingual Support Center Kanagawa" for assistance. (P14)

Register to automatically receive free information



Official LINE of Kamakura
Receive information and news from the city hall.



Disaster prevention/safety information email
See P12 for details



History, Culture and Events

There are many festivals called "matsuri".
You can go to any matsuris at temples/shrines regardless of religion.

Kamakura Tourist Information



Kamakura Tourist Information (festivals/matsuri)



"Kamakura" (Japan Guide)



ENG



Nature

Beach

Jellyfish



Bluebottle



DO NOT TOUCH. They are dangerous.

Mountains

There are many nature tracks to enjoy.



"Hiking in Kamakura"

ENG CHN KOR



Schedule and prepare before you walk. Slopes and tracks may be slippery.



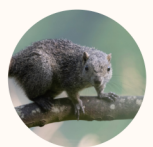
There are only few rest areas/bathrooms. (They may be old. Bring tissues.)

Watch out for wild animals and insects!

Hawks



Squirrels



Masked palm civets



Snakes



Wasps



Centipedes*



"7 Bugs Lurking in Japanese countryside" (All About Japan)



ENG

*They will sting you and can be dangerous. See a doctor in case you get stung. → P5



Community - "Jichi-kai, Chonai-kai"

"Jichi-kai" (自治会) and "Chonai-kai" (町内会) are groups of neighborhood residents. They have various activities to improve the community. You will get to know your neighbors more and receive local information when you join.
There are also things to do as a member ("Tou-ban").



Members pay fee. Amount and timings differ by jichikai and chonai-kai.



If you don't know which jichikai you belong to, ask the city hall.
地域のつながり課 (Chiiki no tsunagari ka) 0467-23-3000

What the Jichi-kai/Chonai-kai do (depends on Jichi-kai/Chonai-kai)

Safety

- Neighborhood patrol.
- Prepare for natural disasters like earthquake and typhoon. → P14 Disaster prevention
- Take turns cleaning the clean station. → P3 Garbage

Notify Information

"Kairan-ban" (回覧板 circular bulletin board) :
Pass around the board to notify regional information.



Read. sign your name or stamp your hanko.

Pass to the next person (usually next door)



"Keiji-ban" (掲示板 information board):

Postings of regional events and other information.

Gatherings

"Jichi-kaikain" (自治会館) , "Chonai-kaikan" (町内会館) are community centers/halls.

"Kodomokai" (こども会) is local childrens' organization to host events.



Communication with neighbors is important. When you move in, it's customary to ring the bell and say hello to your neighbors and get to know them. Good relationship with neighbors will help in times of disaster.



Language



Nihongo COSMOS(Kamakura)

ENG



NHK World Japan for learners

ENG (Different programs have different languages)



Kanagawa Japanese lessons map

ENG CHN KOR SPA POR VIET



"TSUNAHIRO" Connect and Enhance Your Life in Japanese (Agency for Cultural Affairs)

ENG CHN KOR SPA POR VIET TAG THAI NEP IND KHM MON MYA RUS FRA UKR

It's good to take lessons to learn Japanese and make new friends. When searching, use key words like [Kamakura lessons ○○ (your interest ex. cooking)]

Q Kamakura lessons cooking x

You will get more results if you search in Japanese.

Q 鎌倉 習う 料理





Formalities

When you don't know what/where to do your formalities/paperwork
地域共生課 (Chiiki kyosei ka)
0467-61-3864



Kamakura City website



Work

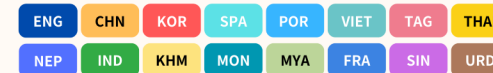
You can work according to your residency status. Ask if not sure.

Foreign Resident General Information Center
0570-013904



Website in over 100 languages

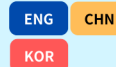
You can call them in



Finding Work

Hellowork

Helps to find work. Run by the government. (Free)



Interpreters available in:
ENG CHN SPA POR

Kamakura Worker's Station

Website to find work in Kamakura. Run by the city hall. (Free)



Posters

Shops may have positions posted on windows. It has notes of 「求人」 [求職] . Ask staff if you are interested.

Starting business

Kamakura Chamber of Commerce

You can get advice to start your business.

0467-23-2561



Driving

Learn to drive a car/Get a license → Go to a driving school (教習所)

Kamakura driving school
045-851-5177



Shonan Century Motor School (Fujisawa)
0466-29-2030



Provisional license written exam in foreign languages available.

Koyama Driving School
045-531-6461



English and Chinese classes available.

Getting international driver's license/switching foreign licence

Switching from foreign license



Go to a driver's license center for procedures. You need to apply via phone.

045-365-6000

International driver's license



Questions and explanations via phone calls: If you do not speak Japanese, please call with someone who can support you.

Interpreter → P14



Transportation

In Japan, people often use trains, buses, and bicycles.

"Public Transportation in Japan" (Japan Living Guide)



"Cycling in Japan: Bicycle Rules & Regulations" (Japan Living Guide)



Koutsu Koen (bicycle training tracks) (in Tsujido Kaihin Koen) (You can borrow a bicycle to practice for free.)



Garbage

There are rules for when, where, and how to take out trash.

Place and days of trash



Sorting trash



Trash that are too big and out of size have different rules.

Choose between

Get them picked up from your home

Bring them to clean center yourself

Reserve by phone or internet

Imaizumi Clean Center
0467-44-5344



There are fees.

Know hospitals near where you live before you become ill.

Hospitals in Kamakura	Kodomo QQ Kids Emergency	Multilingual medical questionnaire	"Guide for when you are feeling ill" (JNTO)	Emergency Assistance Japan
	Guideline to take your child to emergency ENG CHN	23 languages by NPO International Community Hearty Konandai and Kanagawa International Foundation ENG CHN KOR		ENG

Emergency hospitals/ out of hours medical treatment

Shonan Kamakura General Hospital (24H/general) ENG CHN	0467-46-1717	Kamakura oral health center (emergency dental care)	0467-47-8119
Out of hours treatment center (internal medicine/pediatrics *depends on day)	0467-22-7888	Fujisawa City Hospital (24H/general and pediatrics (severe symptoms))	0466-25-3111

Going to a doctor

- You need to choose medical specialty to go to (ex. dermatologist, ears/nose/throat, orthopedics) You can ask AMDA medical information center for advice when not sure. **ENG CHN KOR SPA POR VIET TAG THAI UKR**
- Make appointment Many clinics require appointments, however, there are clinics that will see you according to order of arrival.
- Go to reception If you do not speak Japanese, you can get medical interpretation support from MIC Kanagawa. (Ask your hospital first.) → **P14**
- Doctor will see you.
- Receive treatment/medicine and pay the fee. [Inside-hospital prescription 院内処方] Receive prescription medicine within the hospital/clinic. [Outside-hospital prescription 院外処方] Receive prescription medicine outside hospital/clinic. Take the prescription to pharmacy or drugstore nearby to receive medicine. (Many are adjacent to the clinic.)

What to take to hospital/clinic

- Health Insurance card *You will need to pay in full if you don't have the insurance card.
- Medical certificate (医療証) iryo-sho
- Cash
- Medicine booklet (お薬手帳) o kusuri techo *Hand in your medicine booklet (record of medications) when receiving medicine. If you don't have it, they will give you one.

Medical system and subsidies

Health Insurance System ENG
Medical expense subsidies Covered by city. Register to receive certificate.
Children Medical Subsidy for Children <small>shoni iryo-hi josei seido 小児医療費助成制度</small> 子ども家庭相談課 <small>kodomo katei sodan ka</small> 0467-61-3896
People with disabilities Medical Subsidy for People with Disabilities <small>shogaisha iryo-hi josei seido 障害者医療費助成制度</small> 障害福祉課 <small>shogai fukushi ka</small> 0467-61-3975
Single parent Medical Subsidy for Single Parent Family <small>hitori oya katei iryo-hi josei seido ひとり親家庭医療費助成制度</small> 子ども家庭相談課 <small>kodomo katei sodan ka</small> 0467-61-3896

*if the child is born in Kamakura, no formalities required.

Multilingual medicines booklet

Health checkups are partially covered by the local government. Kamakura City hall will send you a letter if applicable.

Adult health checks <small>seijin-kenko shinsa 成人健康診査</small>	Vaccinations <small>yobo-sesshu 予防接種</small>
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Aging: You and your family member

Worried if you can keep living alone? Want to ask someone about it? Need to know about/use Kaigo-Hoken (long-term care insurance for the aged) ? → Ask for Kamakura's system and services.

Any consultation on aging	koureisha iki iki ka 高齢者いきいき課 0467-61-3899
Inquiry, consultation on Kaigo-hoken	kaigo hoken ka 介護保険課 0467-61-3947


There is Kaigo-hoken system in Japan, a system to support the elderly. **"KAIGO HOKEN"(by Aichi pref.)** **ENG CHN KOR POR TAG**


Tax and Pension


You will receive paperwork to pay tax. There are "National Pension" (国民年金) and "Welfare Pension" (厚生年金) in Japanese pension system.

Inquiries	nozei ka 納税課 0467-61-3911	Inquiries	hoken nenkin ka 保険年金課 0467-61-3963
National Tax Agency JAPAN ENG		About Japanese pension system (Japan Pension Service) ENG CHN KOR SPA POR VIET TAG THAI NEP IND KHM MON MYA RUS やさ日	
"For foreign residents working in Japan - Don't forget to pay resident tax!" (Ministry of Internal Affairs and Communications) ENG			

Obstetrics and gynecology in Kamakura

Shonan Kamakura General Hospital [0467-46-1717](tel:0467-46-1717)  [ENG](#) [CHN](#)

Yanaihara Clinic for Women [0467-44-1188](tel:0467-44-1188) 

 Pregnancy

BE SURE TO GO Go to hospital (Obstetrics & Gynecology) When you find out you're pregnant, choose a hospital to have regular checkups and deliver the baby (partially covered by the local government). Receive "hojoken"(coupon) with your "Boshi-kenko techo"(a record of pregnancy and your baby).

Hand in "Ninshin-todoke" (妊娠届 a pregnancy notification) and receive "Boshi-kenko techo" (母子健康手帳 pregnancy record and "hojoken" (補助券 coupon).

IMPORTANT "Boshi-kenko techo" is an important record of your journey throughout pregnancy and of your baby. Health status as well as vaccinations are recorded. Foreign language Boshi-kenko techo is available (babies born overseas will receive them too). **Do not lose or throw away your Boshi-kenko techo.**

Information by ages of your child (NPO MarMar) [ENG](#) [やさ日](#)

Parenting in Japan From pregnancy to elementary school (Kanagawa International Foundation) [ENG](#) [CHN](#) [KOR](#) [SPA](#) [POR](#) [VIET](#) [TAG](#) [THAI](#) [NEP](#) [IND](#) [やさ日](#)

Call your hospital when you are in labor If you plan to use taxi when in labor, register for labor taxi when you become pregnant.

Enoshima taxi [0466-27-0806](tel:0466-27-0806) [ENG](#)

Wakou-Koutsu (Koshigoe, western Kamakura area) [0466-23-5170](tel:0466-23-5170)

ZushiKikuchi taxi (Highland area) [046-871-2117](tel:046-871-2117)

Royal-Koutsu (Around Ofuna station) [0120-43-1245](tel:0120-43-1245)

 Birth of baby


BE SURE TO GO Hand in Birth Registration (出生届 Shussho-todoke) [shimin ka](#) [shiso](#) [市民課・支所](#)  **Important things to do at city hall for your baby** (Kanagawa International Foundation)  [ENG](#) [CHN](#) [KOR](#) [SPA](#) [POR](#) [VIET](#) [TAG](#) [THAI](#) [NEP](#) [IND](#) [やさ日](#)

Childbirth and childcare lump sum allowance (出産育児一時金 shussan ikuji ichijikin) [0467-61-3607](tel:0467-61-3607)  **Health insurance does not cover pregnancy and delivery. You will receive this allowance instead.**


Public health nurse visits your home Public health nurse visits your home to assess you and your baby.

Baby health checks/Mom classes available Details written in Boshi-kenko techo.


 Infertility treatment

Yanaihara Women's Clinic [0467-50-0112](tel:0467-50-0112)  [ENG](#)

Subsidy available for some infertility treatments.


こども家庭相談課 [0467-61-3944](tel:0467-61-3944) 

 Unwanted pregnancy

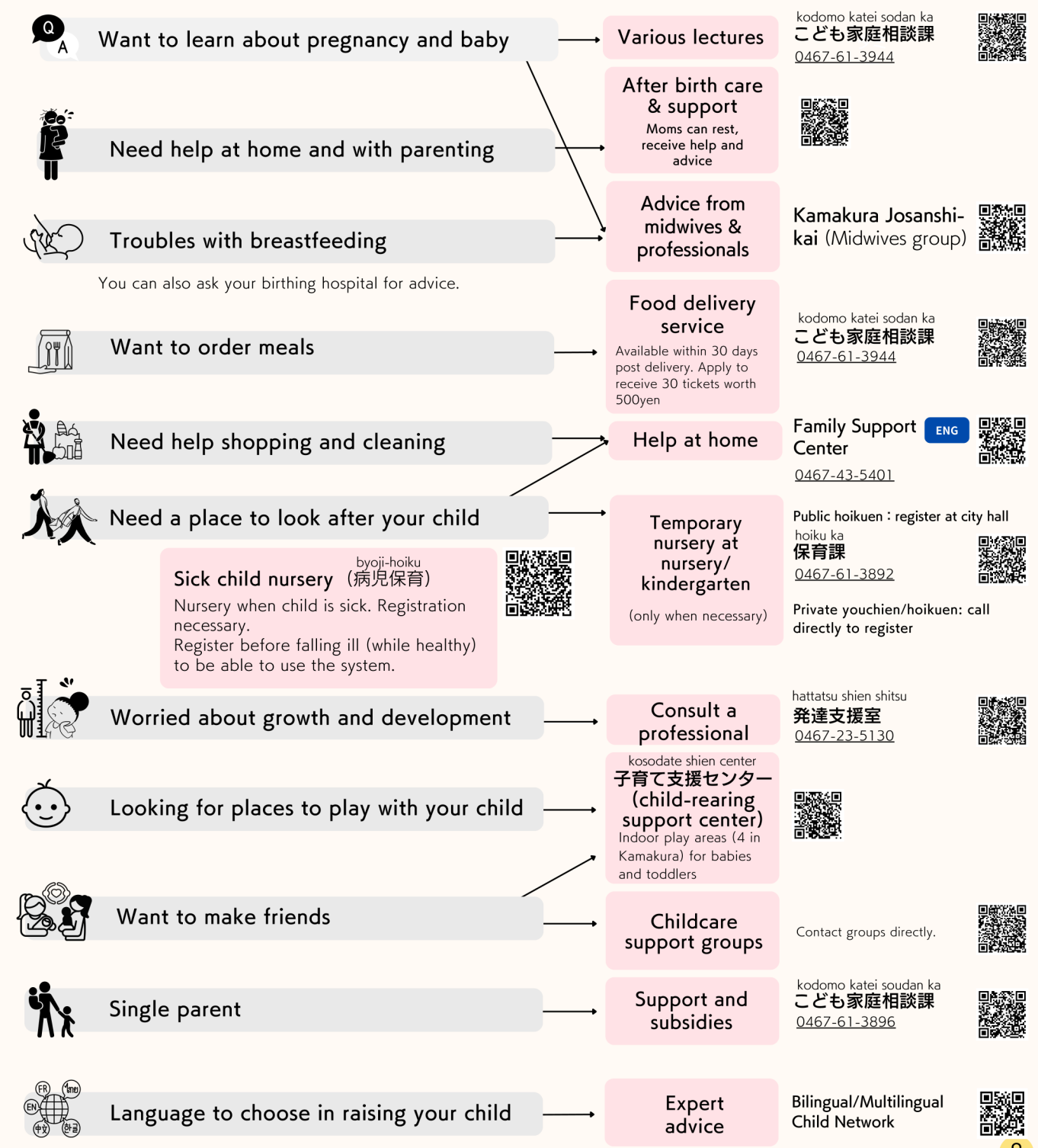
Consult for help **Ninshin (pregnancy) SOS Kanagawa** [045-212-1051](tel:045-212-1051)  Consultation also available via LINE

Helpful information

Kamakura child rearing information "Kira-Kira" Information on hospitals, parks, nurseries and support centers. 

NPO Marmar Support group for parenting of diverse families. There are events/gatherings. Speaks plain Japanese, English, and Portuguese. [ENG](#)  [やさ日](#)

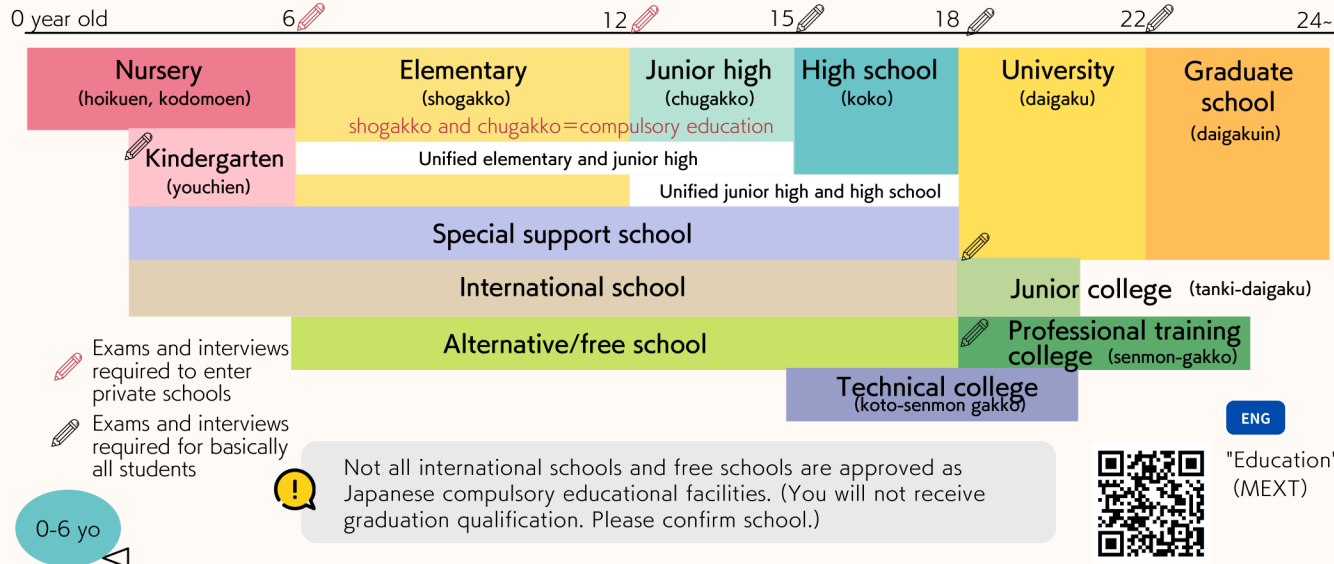
Kanagawa International Foundation Resources in many languages available on pregnancy, labor, and raising children [ENG](#) [CHN](#) [KOR](#) [SPA](#) [POR](#) [VIET](#) [TAG](#) [THAI](#) [NEP](#) [IND](#) [やさ日](#) 





Children must go to school when they are 6-15 years old (compulsory education).

Contact city hall if your child is a foreign national.



0-6 yo

	Students	Where to ask/apply
Nursery (Hoikuen)	0-6 yo both parents working	hoiku ka 保育課
Nursery (Kodomoen)	1-6 yo	Directly to kodomoen
Kindergarten (Youchien)	2-6 yo	Directly to youchien

6-15 yo

	Students
Shogakko (elementary school)	6-12 yo
Chugakko (junior high school)	12-15 yo

There are public and private schools.

Public schools:

School chosen by address. There is no entrance exam.

Private schools:

Private schools require you to pass the entrance exam.

Public elementary and junior high schools



There is medical expenses subsidy system for children. → P5

Hoikuen

Kodomoen, Youchien

- Public schools are free, but you will need to pay fees such as lunch, field trips, and school supplies.
 - There is school lunch (給食 *kyushoku*) at public elementary/junior high schools. You can also apply to bring your own lunch.
 - Consult school/Board of Education for allergies.
 - If you need to move, you may need to change schools. Contact your school first.
 - The city will send you "Medical Examination in Attending School" (就学時健康診断受診票 *shugakuji kenko shindan jushin hyo*) in September of the year before your child enters elementary school.*
 - Your child will attend medical examination during Oct/Nov at the elementary school he/she is to enter. You will then receive "Letter of Admission" (入学通知書 *nyugaku tsuchi sho*) in January.*
- *Contact the city hall in case you do not receive these documents or letters.



Education System and Learning Japanese-Language (Tokyo Intercultural Portal Site) More than 70 languages



Multilingual information (for foreign national guardians) (Kanagawa International Foundation)



About schools in Japan and events (Kotokoto)

See the bottom of the website for information.

ENG CHN SPA POR VIET
TAG NEP RUS UKR

ENG CHN やさ日

Special needs schools/classes

Consult "Kyouiku Shidou-ka" for children with special needs.

kyouiku shidou ka
教育指導課
0467-61-3812

Alternative School/Free school

A place for children (and parents) not attending school.

Free school Largo
0467-32-3830

NPO Seeds App
045-392-3559

Subsidy: City will partially subsidize alternative schooling. Need to apply. 青少年課 0467-61-3886

Places for elementary school children after school	who can go	Fee	Application
kodomo no ie (gakudo) 子どもの家 (学童)	Elementary school children (both parents working)	Applicable	seisyonen ka 青少年課
houkago kodomo hiroba 放課後子どもひろば		500 yen/year for insurance	0467-61-3886

Some children go to "naraigoto" and/or "juku" after school and/or on holidays. "Naraigoto" are lessons like piano and swimming. "Juku" is cram school.

Places to ask

If you have any concerns about your child at school, contact the school teacher first. Other places to consult are listed below.

Foreign residents education consultation	Kanagawa Earth Plaza		045-896-2972 ENG CHN SPA POR VIET TAG やさ日
About school	gakumu ka, gakumu tanto 学務課学務担当		0467-61-3796
About school lunch	gakumu ka, kyushoku tanto 学務課給食担当		0467-61-3804
About school life	kyoiku shido ka 教育指導課		0467-24-3386
About school, home and family (Children can call)	24 hour Childrens' SOS dial		0120-0-78310 0466-81-8111

Other consultations → P13, 14



It's about saving our lives!

What may happen when there is a big earthquake/typhoon in Kamakura?

	All areas	Close to rivers/sea	Close to mountains	Towns
Earthquake	Big shake, damages to buildings & roads	tsunami	Landslide	Collapsed buildings
Typhoons, heavy rain	Strong wind & heavy rain	High tide/flooding	Fallen trees	Flooding

Other possibilities?

Damaged house No electricity No water (out of water supply) Damaged roads & train tracks Shops without products (production & transportation stops)

Unavailable [Icons for unavailable services: cash register, smartphone, laptop, TV, toilet, shower, car, bus]

Get prepared

NHK NEWS WEB EASY Tsunami simulation of Kamakura City (YouTube) Wind and flood damage (Kanagawa Prefecture) (YouTube)

"Bousai musen" (Emergency community broadcast system/Siren) Announcements are made from the city. Contents also available via email (→P12). There will be siren for tsunami. Listen to tsunami siren

Evacuation drills Practice safety measures for disasters like earthquakes. These drills take place in local communities and schools.

Voluntary disaster prevention organization During a disaster, government office may not be able to function. Each Jichi-kai/Chounai-kai (neighborhood/residents' associations) have 自主防災組織 (voluntary disaster prevention organization) to help each other out locally.

Before disaster

Be sure to prepare you and your family!

1 Register for disaster prevention/safety information email (Free)

You will receive warnings, information on evacuation centers, and contents of the bousai-musen (emergency community broadcast system). register here

Multilingual Disaster Prevention Information (Kanagawa International Foundation)

ENG CHN KOR SPA POR VIET TAG
 THAI NEP IND KHM RUS UKR

2 See the hazard map. Check surroundings of your home. Are there anything dangerous?

Kamakura City disaster prevention information map

3 Check the location and access to your evacuation center

About evacuation centers

Evacuation centers are opened by the Kamakura City. Anybody can go.

Assess whether you should go to an evacuation center. You may go before the situation worsens. Be warned that usual streets may become dangerous.

Think about various situations. When you are at home, go to the nearest evacuation center. If you are at school or work, follow their evacuation rules. Schools usually provide guidelines for parents.

4 Prepare emergency survival kit.

"Disaster Preparedness: Stockpiling and Emergency Food in Japan" (Japan Living Guide) "Bousai-compass" Guideline for pregnant women, babies, and young children.

In case of disaster

1 Protect your own life first.

2 Check your family's safety.

You may not be able to use your mobile. Use "Saigai-dengon-dial"(disaster message dial).

Dial 171 To record: Press 1 → Dial in your phone number → Press 1 → Record → Press 9.
 To listen to recordings: Press 2 → Dial the number of the person that you want to listen to recording of → Press 1 to listen → Press 8 to listen once more, Press 9 to end.

3 Collect information.






















There may not be electricity or radio waves. Please help each other.

Multilingual Support Information Website (Kanagawa International Foundation) Kanagawa Prefecture Disaster Information Portal Links for Multilingual News & BOSAI Info 20 languages App "Safety Tips"

ENG CHN KOR SPA POR VIET TAG THAI SPA POR VIET TAG THAI NEP IND KHM MON MYA



































When you need help

Don't worry, you're not alone.
There are places to call for help.

	You lost/found something, traffic accidents, incidents	(1) Kamakura Police 0467-23-0110 (2) Ofuna Police 0467-46-0110	(1)  (2) 
	Consult a lawyer	Chiiki kyosei ka 地域共生課 0467-61-3864	
	Troubles with contracts, products & services	Shouhisha-seikatsu Center 消費者生活センター (consumer affairs center) 188	 
	Money, financial issues, poverty	Inkuru-sodanshitsu インクル相談室 0467-46-2119	
	Troubles at work	<u>Professional consultations regarding problems/troubles at work</u>	
		Kanagawa-ken Gaikokujin Roudou Soudan 神奈川県外国人労働相談 (Kanagawa prefectural foreign national labor consultation)  045-662-1103 045-662-1166 046-221-7994 045-633-2030	
		<u>Labor conditions and concerns</u> Shoko-ka 商工課 0467-61-3853 	
	Children/family matters	Kodomo-to-katei-no Soudanshitsu 子どもと家庭の相談室 (Consultation room for children and families) 0467-23-0630	
	Women's troubles (marriage, family matters, domestic violence)*	Chiiki kyosei ka 地域共生課 0467-23-9311	
	Men's troubles (marriage, family matters, domestic violence)*	Kanagawa-ken Haigu-sha Bouryoku Soudan Shien Center 神奈川県配偶者暴力相談支援センター (Kanagawa prefectural support center for domestic violence from partner) 045-662-4530	
	Troubles, concerns related to SOGI (Sexual Orientation and Gender Identity)	Kanagawa SOGI Haken soudan かながわSOGI派遣相談 (Dispatched consultation on SOGI) 045-210-3637	

* Different counters are organized depending on content of the consultation.

Consultation and information for foreign nationals

	Daily living	Multilingual Support Center Kanagawa 045-316-2770  
	Daly living, law	Earth Plaza 045-896-2895  
	Human rights	Gaikokugo-jinken-soudan Dial 外国語人権相談ダイヤル (Foreign language human rights consultation dial) 0570-090911  <small>Other languages available for consultation. See their website for details.</small> 
	Family/work/discrimination/DV etc	Helpline for foreign nationals 0120-279-338  
	Where to live and contracts	Gaikokujin-Sumai Support Center 外国人すまいサポートセンター 045-228-1752  <small>You can call in TAG too.</small> 
	Mental health	tell Japan 03-5774-0992  
	Interpreter at hospital (Contact the hospital/clinic first.)	NPO MIC Kanagawa 045-314-3368  
	Volunteer interpreter	Kamakura City volunteer interpreters 0467-61-3872 
	Interpreter, help in formalities/paperwork	NPO MarMar 050-7103-8723 LINE ID @071nfgvr  
	News in plain Japanese	NHK NEWS WEB EASY  
	Information for foreign nationals	(1) HELLO Kanagawa (2) Kanagawa community network site   
	Translation app	Voice Tra 