

# **Guidebook for foreign residents in Kato City (Pocket Version)**



Medical Institutions P1

Preparation for a natural disaster P2

Garbage P3-4

Traffic rules•Lifestyle rules P5

Personal information•Emergency contact information P6

Useful Japanese P7

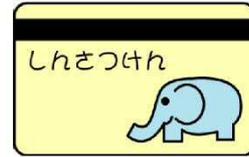
**Issued in March, 2020**  
**Kato City•NPO Kato International Association**

# Medical Institutions

In case of illness or injury, choose the medical institute with a suitable department for your symptoms.

## ○What to take to a medical institution

- Health Insurance Card
- Resident Card
- Prescription Record Book
- Patient Registration Card
- Cash



※As foreign languages may not be understood in some institutions, you are recommended to go with someone who can speak Japanese.

※You should call the institution before you leave home.

## ○How to find medical institutions

• Ono & Kato Medical Association: To find medical institutions in Kato City 【See Fig.1】  
<http://www.onokato-med.or.jp/jikangai.html> (Japanese only)



• Hyogo Pref. Medical Institution Information System : To find medical institutions in Hyogo Pref. (Japanese and English only)

<http://web.qq.pref.hyogo.lg.jp/hyogo/>



## ○How to find Night and Holiday emergency care

• At some medical institutions, you can see a doctor on Saturdays and holidays (including Sundays, National holidays)

⇒See Ono & Kato Medical Association Website 【See Fig.2】

【Fig.1】 Click here to find medical institutions in Kato City



【Fig.2】 Check here

# Preparation for a natural disaster

In the case of a natural disaster, gather the correct information through TV, radio, email, etc. for appropriate action.

## ○ A torrential rain or typhoon

- ① Stay indoors except when necessary.
- ② Stay away from dangerous places such as rivers, reservoirs, rice paddies, and waterways.



## ○ An earthquake

- ① Protect your head under a table or with a bag.
- ② Put out the fire after the tremors of an earthquake have subsided.
- ③ Open the door to secure the exit.
- ④ Don't rush outside.



## ○ Evacuation

When an evacuation advisory is issued or a major earthquake strikes, evacuate to a designated evacuation site. If the way to an evacuation site is dangerous, evacuate to a safe place nearby to ensure your safety.

### 【Precautions】

- ① Make sure the fire is out. (Turn off the gas main tap and the electrical breaker.)
- ② Wear comfortable clothing, a hat or helmet to protect your head.  
Weasy to move and protect your feet, such as athletic shoes.
- ③ When passing through a flooded area, hold a stick or other object and check for holes or ditches.
- ④ Stay away from narrow roads, fences, poles, rivers, waterways, and other dangerous places.



### 【Emergency Items List】

Prepare a minimum of 3 days' supply and keep it in your backpack.



## ○ How to register Hyogo Emergency Net

This system sends you various kinds of urgent information from Hyogo Prefecture and the city, such as disaster prevention, earthquakes, weather warnings, etc.

### 【Email Registration】

- Send an email to "fc@bosai.net".
- Read the QR code and send an email



### 【Download the application】

- Read the QR code and download the application.

### 【Google Play】



### 【App Store】



# Garbage

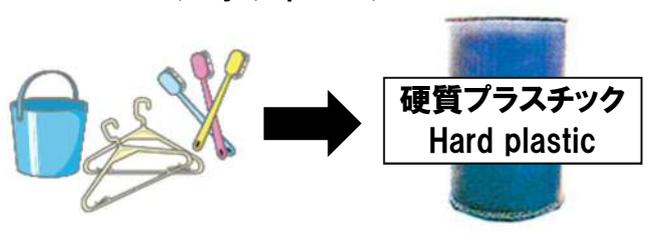
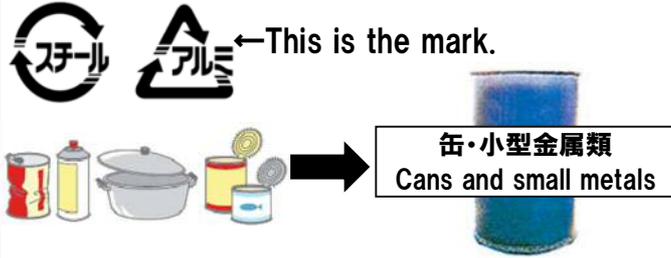
## ○How to take out the garbage

Take out the sorted garbage to the pickup site by 8:30 a.m. of the scheduled day. Check out the details on “Kato City Residential Waste Collection Calendar”.

※“Kato City Residential Waste Collection Calendar” is available at following counters; Environmental Protection Div.: on the first floor of Kato City Hall

Kato Eetoko information corner: on the second floor of Yashiro Shopping Park Bio.

※Some collective residences have independent waste removal systems. Their schedules and rules may differ from those of Kato City Residential Waste Collection Service. Contact the residence manager for details.

Collected every Tuesday and Friday	Collected every Wednesday
<p>○燃えるごみ ○Flammable garbage ※Drain kitchen waste. Kitchen waste, Unrecyclable paper, Rubber Products and etc.</p> 	<p>○プラスチック類の「容器」と「包装」 ○Plastic containers and packaging Trays, Bottles, Bags, Cups, Daps and etc.</p> <p>←This is the mark.</p> 
<p style="text-align: center;"><b>Use the <u>Kato City designated garbage bags</u> .</b> ⇒The bags are available at Environmental Protection Div., on the first floor of Kato City Hall or some supermarkets and convenience stores in Kato City.</p>	
Collected once a month	
<p>○硬質プラスチック ○Hard plastic ※Plastics other than “containers” and “packaging” Poly buckets up to 30 cm in size, hangers, toothbrushes, toys, spoons, etc.</p>  <p style="text-align: center;"><b>硬質プラスチック</b> Hard plastic</p>	<p>○缶・小型金属類 ○Cans and small metals ※ Wash inside the empty can and remove the dirty contents. Empty cans of beverage or food, metal pots, etc.</p> <p>←This is the mark.</p>  <p style="text-align: center;"><b>缶・小型金属類</b> Cans and small metals</p>

Collected once a month

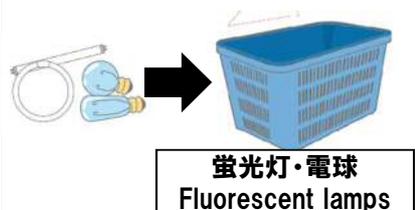
○びん(無色・茶色・その他)  
 ○Bottles (colorless, brown, etc.)  
 ※ Remove the cap and rinse out the contents.  
 ※ Color-code it and put it in a container.  
 Bottles of food, beverage, seasoning, etc.



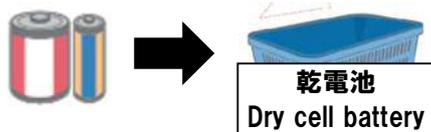
○ペットボトル  
 ○PET bottle  
 ※ Remove the cap and label and rinse the contents with water.  
 ※ Caps and labels are sorted as plastic containers and packaging



○蛍光灯・電球  
 ○Fluorescent lamps and bulbs



○乾電池  
 ○ Dry cell battery  
 ※ Do not put in rechargeable batteries, button batteries, etc.



○燃えないごみ(不燃物)  
 ○ Non-burnable garbage (non-combustible)  
 Pottery, glass products, cosmetic bottles, etc.



○Don't take out large garbage.

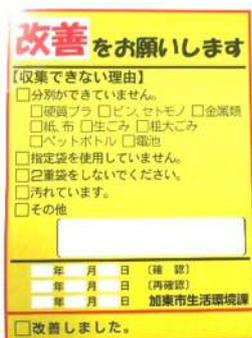
Contact a contractor licensed by Kato City, or bring it to Ono Clean Center.  
 Ono Clean Center : Zip Code 675-1316 538-1, Tenjin-cho, Ono City  
 ☎0794-62-6250

Examples)



Small home appliance    Bicycle    Futon (bedding)    Chest of drawers

○Precautions for taking out garbage



If the separation rules are not followed, the sticker on the left will be put on and the garbage will not be collected.  
 Check to see if your garbage has been collected.

●Common mistakes●

1. Not using the designated bag
2. Putting cans and bottles in the bag for Flammable garbage

# Traffic rules

To prevent traffic accident, obey the basic traffic rules.

## ○Traffic rules

- Drivers and riders must give priority to pedestrians.
- Each color of the traffic light means as follows
  - Green⇒Go    ● Yellow⇒Stop    ● Red⇒Stop
- At intersections with traffic lights, follow the traffic lights.
- At intersections without traffic lights, check the safety of both sides before crossing.
- At night, wear reflective materials and bright clothing for your safety.



## ○Pedestrian rules

- Walk on the sidewalk. Where there is no sidewalk, walk on the right side of the road.

## ○Bicycle rules

- Ride a bicycle in a single file on the left side of the driveway. Riding a bike with two people or going side by side with someone is forbidden.
- While riding a bike, do not operate a cell phone or smart phone, or hold an umbrella.
- At railroad crossings and temporary stops, be sure to stop and check the safety of both sides.
- Turn on the lights early in the evening.
- Take out bicycle insurance.



# Lifestyle rules

Community manners

## ○Noise

- In a residential area or apartment complex, the sound of your room may be audible to the next room.
- Try not to make noise as possible in the late evening or early morning hours.(e.g.) Loud conversations, the sound of TV, musical instruments, vacuum cleaners, washing machines, etc.

## ○Common parts of a housing complex

- The stairs and hallways are the common areas. Don't leave your own things.

# 自分の情報を記入しましょう（できるだけ日本語で書こう） Fill in your personal information (Japanese if possible)

なまえ  
名前：

Name : \_\_\_\_\_

じゅうしょ  
住所：

Address : \_\_\_\_\_

かいしゃ  
会社：

かいしゃ れんらくさき  
／会社の連絡先：

Workplace : \_\_\_\_\_

／Telephone number of workplace : \_\_\_\_\_

せいねんがっぴ  
生年月日：

こくせき  
／国籍：

Birth date: \_\_\_\_\_

／Nationality : \_\_\_\_\_

せいべつ  
性別：

けつえきがた  
／血液型：

Gender: \_\_\_\_\_

／Blood type: \_\_\_\_\_

あれるぎー  
アレルギー：

Allergies: \_\_\_\_\_

の くすり  
飲んでいる薬：

Drugs: \_\_\_\_\_

しゅうきょう  
宗教：

はな げんご  
／話せる言語：

Religion: \_\_\_\_\_

／Languages spoken: \_\_\_\_\_

いえ いちばんちか していひなんじょ  
家から一番近い指定避難所：

The nearest designated evacuation center from my house: \_\_\_\_\_

## Emergency Contacts

 Crime (violence, theft), Traffic accidents, etc. ⇒ 【Police】 Dial **110**

 Fire, Sudden illness, Injury, Traffic accident, etc. ⇒ 【Ambulance】 Dial **119**

 日常生活で相談したいこと、国際交流イベントに参加したい場合  
⇒ 【NPO法人加東市国際交流協会（通称K I A）】 **0795-42-6633**

Support for your daily life or information about international exchange events

⇒ 【NPO Kato International Association】 **0795-42-6633**

ZIP:673-1431 1126-1, Yashiro, Kato City

2<sup>nd</sup> floor of Yashiro Shopping Park Bio

EMAIL : [kia@katokokusai.org](mailto:kia@katokokusai.org)

Open : 9 : 00 ~ 18 : 00

Closed : Sunday, Monday, National holidays, Second Tuesday of a month,  
New Year's holidays

# 役にたつ日本語 : Useful Japanese

• ○○に <sup>ni den washite kudasa i</sup> でんわしてください。 : Dial ○○.



<sup>ke i satsu</sup>  
けいさつ : Police



<sup>k y u k y u</sup>  
きゅうきゅう : Ambulance



<sup>s y o b o</sup>  
しょうぼう : Fire Service



<sup>a i s h a</sup>  
かいしゃ : Workplace

• ○○が <sup>ga foshi i desu</sup> ほしいです。 : I want ○○.



<sup>m i z u</sup>  
みず : Water



<sup>t a b e m o n o</sup>  
たべもの : Food



<sup>m o f u</sup>  
もうふ : Blanket



<sup>f u k u</sup>  
ふく : Clothes

• ○○を <sup>o nakushimashita</sup> なくしました。 : I lost ○○.



<sup>s a i f u</sup>  
さいふ : Wallet



<sup>k a b a n</sup>  
かばん : Bag



<sup>k a g i</sup>  
かぎ : Key



<sup>ke i t a i d e n w a</sup>  
けいたいでんわ : Cell phone



<sup>z a i r y u k a - d o</sup>  
ざいりゅうカード : Resident Card

• ○○が <sup>ga ita i desu</sup> いたいです。 : I have a pain in my shoulder.

③ <sup>a t a m a</sup> あたま : Head

④ <sup>m e</sup> め : Eye

③ <sup>k u c h i</sup> くち : Mouth

⑤ <sup>k u b i</sup> くび : Neck

⑥ <sup>n o d o</sup> のど : Throat

⑦ <sup>u d e</sup> うで : Arm

⑧ <sup>m u n e</sup> むね : Chest

⑨ <sup>o n a k a</sup> おなか : Stomach

⑩ <sup>a s h i</sup> あし : Leg

⑪ <sup>s e n a k a</sup> せなか : Back

⑫ <sup>k o s h i</sup> こし : Waist

⑬ <sup>o s h i r i</sup> おしり : Hip

