

HIGASHIHIROSHIMA



Living info

Published by Higashihiroshima City International Exchange Promotion Association
(Civic Affairs Division, Higashihiroshima City Office) ☎ 082-420-0922

Website <http://www.city.higashihiroshima.lg.jp/koho/multilingual/3491.html>

Schedule for public services during the New Year holidays (2024-2025) : 年末年始業務案内

	December 2024				January 2025				
	Sat 28	Sun 29	Mon 30	Tue 31	Wed 1	Thu 2	Fri 3	Sat 4	Sun 5
City Office	×	×	×	×	×	×	×	×	×
Communication Corner	×	×	×	×	×	×	×	×	◎
Garbage disposal (Hiroshima-Chuo Ecopark)	◎	×	◎	×	×	×	×	◎	×
Garbage disposal centers (Kamo Environmental Center)	◎	×	◎	×	×	×	×	◎	×

◎ : Normal × : Closed

The above is the schedule for public services in Higashihiroshima over the New Year Holidays, 2024-2025.
Household garbage collection will be conducted according to the schedule shown on the garbage collection calendar.
Applications for family register registration and burial/cremation permission are accepted at the after-hours counters of the City Office, and each branch office and sub-branch office.

The 20-valent pediatric pneumococcal vaccine has been added to the regular vaccination schedule

- ・小児用肺炎球菌ワクチン20価が
- ・定期予防接種に追加されました

From October 2024, the 20-valent pediatric pneumococcal vaccine (PCV20) has been added to the regular vaccination schedule. Compared to the current 13-valent and 15-valent vaccines, it is expected to be more effective and there is no difference in safety.

For the time being, the 15-valent vaccine can also be used. If you have started vaccination with the 15-valent vaccine, as a rule you will be given the same vaccine.

From October, the 13-valent vaccine has been removed from the regular vaccination schedule.

Target age: From 2 months to under 5 years old (the number of vaccinations varies depending on the child's age at the start of vaccination).

Items to take when receiving the vaccination: Mother and Child Health Handbook, pre-examination form, Health Insurance certificate

In principle, vaccinations are given at medical institutions that provide vaccinations in Higashihiroshima City.

Pre-examination forms are distributed at the 'Newborn Visit (Hello Baby Visit)' conducted by the Children and Family Support Division, as well as at the Medical Treatment and Health Division, at branch offices (except Fukutomi Branch Office), and at medical institutions that provide vaccinations.

Contact: Medical Treatment and Health Division (Iryo-hoken-ka, 医療保健課), tel.: 082-420-0936.

The benefits of using your My Number card as a Health Insurance Certificate

- ・マイナンバーカードの健康
- ・保険証利用のメリット

Using your My Number card as a Health Insurance Certificate has many benefits, both for regular visits to the hospital and in other situations.

1. You can receive better medical care based on data

It is difficult to verbally convey information about past prescriptions to doctors and pharmacists, but by using your My Number card when visiting a doctor or receiving medication and agreeing to the sharing of information, you can smoothly share information about past prescriptions with doctors and pharmacists.

Even if you are visiting a medical institution or pharmacy for the first time, if you agree to the sharing of information, doctors and pharmacists can check your data, so you can receive better medical care.

Continued on page 2...

The benefits of using your My Number card as a Health Insurance Certificate

- ・ マイナンバーカードの健康
- ・ 保険証利用のメリット

2. You will be exempt from paying more than the high-cost medical care limit, without completing any formalities

The high-cost medical care system is a system that pays the amount that exceeds the limit paid by the individual (the self-payment limit) if the amount paid at the counter of a medical institution or pharmacy exceeds the self-payment limit for one month (from the beginning to the end of the month).

Previously, in order to receive the payment, you usually had to pay the full amount at the counter of a medical institution or pharmacy and then submit a payment application. By applying for a 'Certificate of Eligibility for Medical Cost Limits' in advance, you could reduce the expenses you pay out of pocket to the self-payment limit, but if you were unable to apply in time, you would have had to pay a large amount temporarily.

However, from now on, if you use your My Number card as a Health Insurance Certificate, you will not have to pay more than the self-payment limit for medical treatment covered by public medical insurance, even if you do not have a 'Certificate of Eligibility for Medical Cost Limits'.

3. You can easily claim medical expenses deductions when filing your tax return with My Number Portal

Previously, in order to receive a medical expense deduction, you had to create a 'medical expense deduction statement' from medical receipts and attach it when filing your tax return, which meant you had to manage a year's worth of medical receipts.

However, from now on, by linking My Number Portal to e-Tax, it will be easier to claim medical expenses deductions when filing your tax return.

Even if you do not manage and store medical receipts, you can manage medical expense notification information on My Number Portal, and by linking My Number Portal with e-Tax, you can automatically enter data.

4. You can reduce the burden on medical workers

URL for more information (Ministry of Health, Labor and Welfare): https://www.mhlw.go.jp/stf/newpage_08277.html

Payment of school supplies for new students (support for school expenses) before enrollment

- ・ 新入学学用品費（修学援助）の入学前支給

A school supply allowance will be provided to parents of children who are due to enter elementary and junior high schools in April 2025, who meet the requirements set by the city. Those who wish to receive this benefit should apply within the period.

Application period: Monday December 2nd, 2024 to Friday January 17th, 2025 (applications will be accepted if postmarked by this date).

To apply, please post the application form (or bring it to the City Office in person), including the necessary documents as shown below.

Reason for application	Documents
Exempt from Municipal Tax (all members of the household)	Not needed (see note 1)
Exempt from or subject to reduced Municipal Tax (all members of the household)	A copy of the Notice of Decision (see note 1)
Exempt from or subject to reduced Fixed Asset Tax (all members of the household)	A copy of the Notice of Decision
Exempt from or subject to reduced National Pension Insurance premiums (all members of the household)	A copy of the Notice of Decision
Exempt from or subject to reduced National Health Insurance premiums (all members of the household)	A copy of the Notice of Decision
Receiving child support allowance	A copy of the certificate of allowance
Other economic reasons	Not needed (see note 1)

Note 1: If you moved into the city on or after January 2, 2024, you will need to submit the necessary documents. Please contact us for details.

Contact: School Affairs Division (Gakuji-ka, 学事課), tel.: 082-420-0975.

Applications for entrance into Iki-iki Kodomo Clubs from April 2025

- ・令和7年度いきいき子ども
- ・クラブ入会児童募集

Iki-iki Kodomo Clubs look after children who cannot spend time with their guardians at home after school. The clubs are open to 1st- to 6th-grade elementary school students.

Eligibility requirements: All members of the same household aged 18 to under 70 years old must meet at least one of the following criteria:

- ① Employed (3 or more days per week for 3 consecutive months or more, 4 or more hours per day, until after 3:00 p.m.)
- ② Long-term illness, etc.
- ③ In the 3-month period before or after childbirth

Those seeking employment who wish to apply for their children to join must also apply within the deadline.

Application guidelines will be distributed and applications will be accepted from Monday, December 2nd, 2024 to Friday, January 31st, 2025 (applications must arrive by 17:00 on January 31st).

Applications can be made online, in person at the Youth Development Division, at any branch office, or by post.

Application guidelines are available at the above locations, at each sub-branch office, at each Iki-iki Kodomo Club, Kurose Children's Center, Akitsu 'Kodomo no Ie' Children's Center, and at the Child Raising and Disability Support Center.

Application forms can also be downloaded from the city homepage.

Notifications of acceptance (rejection) will be sent by post in early March.

For more information, please see the following URL, or use the QR Code to the right:

https://www.city.higashihiroshima.lg.jp/soshiki/kyoikuiinkaishogaigakushu/4_1/1_1/41386.html



Contact: Youth Development Division (Seishonen-ikusei-ka, 青少年育成課), tel.: 082-420-0929.

There are also private Iki-iki Kodomo Clubs. For details on entrance applications, please contact each facility directly.

The entire amount of the National Pension Insurance premium paid is eligible for Social Insurance Premium deduction.

- ・納めた国民年金保険料は全額
- ・が社会保険料控除の対象です

National Pension Insurance premiums paid between January 1 and December 31, 2024, are eligible for deduction, including premiums for previous years, back-paid premiums, and premiums paid by spouses and family members.

To receive the social insurance premium deduction, it is necessary to attach a document certifying that you have paid the premiums when filing your year-end tax adjustment or tax return.

For this reason, those who paid National Pension Insurance premiums between January and September 2024 should have received a 'Social Insurance Premium (National Pension Insurance Premium) Deduction Certificate' from the Japan Pension Service between late October and early November.

Please be sure to attach this certificate or receipts when submitting your tax return (those who paid national pension insurance premiums for the first time between October and December 2024 will receive the certificate in early February 2025).

Contact: Pension subscribers' inquiries (Nenkin Kanyusha Dial, 年金加入者ダイヤル), tel.: 0570-003-004.
Kure Pension Office (Kure Nenkin Jimusho, 呉年金事務所), tel.: 0823-22-1691.

**Parent-and-child swimming lessons
Learn the basics of swimming**

- ・水泳の基礎を習いましょう
- ・親子水泳教室

These lessons are open to children in the first to third grades of elementary school, and their parents (one parent per child). The capacity for the class is 15 groups (decided by lottery), and the deadline for applications is Tuesday December 24th.

The lessons will take place from 10:00 to 11:30 on January 12th, 19th and 26th, and February 2nd and 9th, 2025 (all Sundays), at Kurose Indoor Pool.

To apply send a fax or email, with ① the name of the class, ② your address and post code, ③ the name of the child and parent (with furigana), ④ the child's grade, and ⑤ your telephone number.

Contact: Kurose Indoor Pool (Kurose Okunai Pool, 黒瀬屋内プール), fax: 0823-82-7075
Email: center02@diary.ocn.ne.jp

Deadline for payment of taxes: Wednesday December 25th

・ 次回の納期限は
・ 12月25日(水)
・

Please pay Fixed Asset Tax and City Planning Tax (the third installment) and the National Health Insurance Premium (the sixth installment) by Wednesday December 25th.

A notice of non-payment (Tokusokujo, 督促状) will be sent to residents who have not paid their tax by the deadline. If you receive a Tokusokujo, please pay the tax immediately, using the payment slip enclosed.

※ **Note:** it takes about ten days for the Tax Collection Division to confirm payment of tax, and therefore you may receive a Tokusokujo even after you have completed payment. In this case, please ignore the letter.

Contact: Tax Collection Division (Shuno-ka, 収納課), tel.: 082-420-0912.

Consultation services for non-Japanese residents

・ 外国人相談窓口
・
・

• **Consultation services for non-Japanese residents** are available at the Communication Corner, in Sunsquare Higashihiroshima. English-speaking staff are available daily, at the following times: Mondays, Tuesdays, Wednesdays, Thursdays, Fridays: 9:00 to 17:00, Saturdays: 9:00 to 13:00, Sundays: 13:00 to 17:00.

Communication Corner website (English): <https://www.hhface.org/wp/corner/home-2/>

You can also access the Communication Corner website by using the upper QR code on the right.

• **40-minute free legal consultations** are available on Saturday December 14th, at 13:00, 14:00 and 15:00. The date for January is Saturday January 11th. English interpreting is available. **Please make an appointment at least one week in advance.**

Contact: Communication Corner (コミュニケーションコーナー), tel.: 082-423-1922.

• **Communication Corner Facebook page:**

<https://www.facebook.com/hhface.communicationcorner>

You can also access the Communication Corner Facebook page by using the lower QR code on the right.



Communication Corner website (English)



Facebook page

Night-time and holiday hospitals

・ 夜間休日当番医
・
・

• **Night-time and holiday duty hospitals:** Full information about night-time and holiday duty hospitals within Higashihiroshima City is published in the Japanese-language version of the monthly city newsletter 'Higashihiroshima' (the page inside the back cover; only in Japanese), and on the Higashihiroshima City website (in Japanese and English). The information is subject to change at short notice, so before going to a medical facility, please be sure to call to confirm details.

Recently, there are more and more patients using emergency medical facilities at night and on holidays even though their situation is not serious. In some cases, these patients have prevented or delayed the treatment of patients with truly serious illnesses, and additionally, such cases are one of the reasons for doctors becoming overworked. Emergency medical facilities open at night and on holidays are for patients with serious, emergency conditions. Please try to visit the medical facility you use normally, during opening hours on weekdays.

• **Emergency medical treatment for children:** Please call the advice line on #8000 (if you cannot get through on this number, please call 082-505-1399). The service is available every day between 19:00 and 8:00 the following morning. You can obtain information about whether or not you should take your child to a medical facility outside of normal opening hours (at nights, on weekends or holidays, etc.).

• **If you have a medical problem at night or on weekends, and you are unsure about whether or not you should go to a medical facility:** Please call the Hiroshima area emergency consultation center on #7119. The service is free, and is available 24 hours a day, 365 days a year. The staff will be able to give you advice on whether to rest at home and see how symptoms develop, or whether you should go to a medical facility. If necessary, they can give you information about which facility to go to, or they can connect you directly to the 119 emergency service. In an emergency, do not hesitate to phone 119.

<https://www.city.higashihiroshima.lg.jp/en/7/33907.html>

**Citizens' Affairs Division: Out-of-hours opening**

・ 市民課窓口:木曜延長・
・ 日曜開庁
・

The counters of the Citizens' Affairs Division are open until 19:00 every Thursday evening (except national holidays and the new year/year-end period). There is Sunday opening on December 8th and December 22nd, from 9:00 to 12:00. Wherever possible, please take someone with you who speaks Japanese. **Please note that divisions other than the Citizens' Affairs Division are not open at these times, and that procedures relating to My Number cards cannot be dealt with on Sunday December 22nd.** For details of what matters can be dealt with during these extended opening hours, and what you need to bring with you, please access the QR Code to the right to check the city website.

If you have a My Number Card, you can use it to obtain Certificates of Residence, etc., at convenience stores.

Please be aware that formalities relating to My Number Cards cannot be dealt with.

Contact: Citizens' Affairs Division (Shimin-ka, 市民課), tel.: 082-420-0925.

<https://www.city.higashihiroshima.lg.jp/en/3/35917.html>

**Population and households as of the end of October, 2024:**

Population of Higashihiroshima City: 190,748 (250 more than September)
Households: 92,139 (267 more than September)
Population of foreign residents: 9,429 (267 more than September)
Foreign households: 7,386 (254 more than September)