



Hello! SUGINAMI

Suginami City Population (as of March 1, 2024)
Total population 572,677
Foreign residents 19,324

Issued on the 1st of even-numbered months

Published by: Suginami City Office. **Editing:** Public Relations Section. **Address:** 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), **Fax:** 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. **URL:** <https://www.city.suginami.tokyo.jp/>

Notice regarding FY2023 Support Benefits to Pay for Soaring Prices

Suginami City provides FY2023 Support Benefits to Pay for Soaring Prices as support to reduce the burdens caused by soaring prices, such as electricity bills and food prices. The head of eligible households that wish to apply for the benefits should please submit the necessary paperwork by the deadline. For details, please refer to the City's website (QR code to the right).



● Eligible households and value of support benefits

Eligible households	Value of support benefits
(1) Households registered as residents of Suginami City as of December 1, 2023, and where all members are exempt from paying FY2023 inhabitant tax per capita.	70,000 yen per household *limited to one payment per household
(2) Households registered as residents of Suginami City as of December 1, 2023, and that meet any of the following requirements. •All members are required to pay FY2023 inhabitant tax per capita only. •There are members required to pay and members exempt from paying FY2023 inhabitant tax per capita.	100,000 yen per household *limited to one payment per household
(3) Households that are eligible to receive either (1) or (2) above and that support children 18 years of age or younger (born on or after April 2, 2005)	50,000 yen per child *paid to each household



● **Submission deadline:** May 31 (with a valid postmark for this date)

● **Contact:** Suginami City Call Center for Support Benefits to Pay for Soaring Prices **Tel:** 0120-378-233 (8:30am-5:15pm (excluding Saturdays, Sundays, and national holidays))

What You Can Do Now to Prepare for a Major Earthquake!

Do what you can now to prepare for an earthquake to protect yourself and your family, including confirming evacuation procedures when a disaster strikes, confirming the location of evacuation centers such as Earthquake Relief Camps, and establishing methods of communication with your family.

[Preparing for an earthquake in normal times]

● Stockpile water, food and essentials for daily life

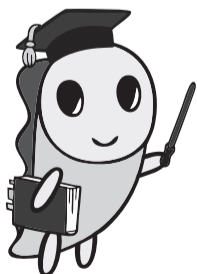
Prepare items such as water (3L per person per day), emergency food supplies (at least three days' worth, if possible seven days' worth), emergency toilets, radio, medication, infection prevention items (such as masks, hand sanitizers), etc.

● Prevent furniture and other items from falling

In an earthquake, not only can falling furniture or shattering glass injure you, there are also many dangers that can become obstacles during evacuation or cause fires. Everyone should also install devices in their homes to prevent furniture from toppling over.

● Check how to use the disaster message boards and other communication methods

At the time of disaster, it can become difficult to make phone calls. Use NTT's Disaster Emergency Message Dial (171) and disaster message boards operated by each of the mobile carriers. Secure multiple methods of communication including social media.



*The instructions for using the Disaster Emergency Message Dial are provided on the back page of the Disaster Prevention Map (QR code to the right), so please make use of it.



● Please make use of the Disaster/Disaster Prevention Information Email Service

This service is to deliver information from radio communications for disaster prevention and administration, weather watches and warnings, as well as earthquake information. Please register to start receiving notifications.

◇ Information sent out

- ◇ Information sent out
- Emails will be sent out when the following situations occur in Suginami City
 - If Heavy Rain, Flood, Heavy Snow, and Strong Wind Warnings, Advisories, etc., are issued or lifted
 - If rivers exceed the warning level
 - If rainfall exceeds the standard value
 - If a landslide warning has been issued or lifted
 - If a tornado alert has been issued
 - If there is an earthquake with a seismic intensity level of 3 or greater



Weekend weather forecasts and other information deemed useful for disaster prevention will also be sent out.

◇ Registration

Please send a blank email to t.sss_en@sgnm.lisamail.jp (The composing screen opens when you read the QR code to the right.)



[What to do when a major earthquake occurs]

● When to evacuate

Please consider staying at home if it is safe and not at risk of collapse or fire. If you cannot return to your home because of collapse or fire, please evacuate to a nearby Earthquake Relief Camp. Furthermore, if there are risks to staying at home and going to an Earthquake Relief Camp due to a major fire, please evacuate to Safety Evacuation Area nearby.



● Check the location of Earthquake Relief Camps and Safety Evacuation Area nearby

Suginami City has 65 Earthquake Relief Camps such as elementary and junior high schools. In order to ensure that you can evacuate safely when roads are blocked due to collapsed buildings, or when a fire has broken out, please check the locations of the Earthquake Relief Camps and Safety Evacuation Area near you regularly. You can also check our official disaster prevention electronic map service, "Sugi Navi." (QR code to the right)



● **Contact:** Disaster Prevention Section

To National Health Insurance Policyholders

The FY2024 insurance premium rates for National Health Insurance have been set.

Insurance premiums for National Health Insurance are set in mid-June when income for the previous year is finalized. A notification of insurance premiums is then sent out to the respective households. Notification is given for insurance premiums for FY2024, calculated based on 10 payments from June 2024 to March 2025.

● FY2024 National Health Insurance Premiums

	Portion for medical treatment (All policyholders)	Portion for subsidies for the latter-stage elderly (All policyholders)	Portion for nursing care (Policyholders from age 40-64)
Per capita basis (for each policyholder)	49,100 yen per year (*1)	16,500 yen per year (*1)	16,500 yen per year
Income basis	Standard amount of taxation (*2) × 8.69%	Standard amount of taxation (*2) × 2.80%	Standard amount of taxation (*2) × 2.20%
Maximum amount	650,000 yen	240,000 yen	170,000 yen

*1. Premiums for preschool children (children aged 6 or younger as of March 31, 2025) are half the amounts listed above.

*2. Standard amount of taxation = Total net income from previous year, etc. – Basic deductions for resident's tax (430,000 yen)

Annual insurance premiums = Portion for medical treatment + Portion for subsidies for latter-stage elderly + Portion for nursing care

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section Tel: 03-5307-0641

◆ National Health Insurance Certificate (health insurance card)

The expiration date for your health insurance card is printed on the upper right of the card (It is typically the day after your period of stay ends). If you let your resident registration lapse without going through renewal procedures for your period of stay, you will also become ineligible for National Health Insurance. Therefore, make sure that you go through the steps needed to extend your stay with the Immigration Bureau. In principle, once we are contacted by the Ministry of Justice about renewing your period of stay, we will then send your health insurance card by registered post.

However, if you change your residency status to "Designated Activities," we will need to confirm the content of your certificate of designation before issuing the insurance card. Please bring your health insurance card, passport, residence card and certificate of designation to the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F East Wing of the City Office) or the Residents Offices, and complete the necessary procedures.

◆ If you enroll in another public health insurance program

If you enroll in another public health insurance program, such as those who enroll in the employee's insurance program at work, you will need to complete procedures to withdraw from the National Health Insurance program. Bring along your National Health Insurance Certificate, as well as the relevant insurance certificate, etc., showing that you have enrolled in a new insurance program to complete the procedures at the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F East Wing of the City Office) or at Residents Offices. If you are unable to complete the procedures in person, you can also do so by post. Please send copies of the new health insurance certificate for the number of people and your National Health Insurance Certificate to the abovementioned subsection of the Sugunami City Office.

Resident Health Examinations & Cancer Examinations

The City sponsors Resident Health Examinations and cancer examinations.

● Resident Health Examinations

The City sponsors Resident Health Examinations to those who are aged 30 to 39 and do not have the opportunity to receive health examinations at the workplace (Adult Examination), those who are aged 40 to 74 and are enrolled in Sugunami City's National Health Insurance program (National Health Insurance Specific Examination), and those enrolled in the medical insurance system for the latter-stage elderly (Elderly in the Latter Stage of Life Examination).

● Cancer examinations

The City sponsors stomach cancer, lung cancer, colorectal cancer, cervical cancer and breast cancer examinations. Please note that each type of examination is available for different ages.

[Contact] Health Examination Subsection, Health Promotion Section, Sugunami Public Health Center Tel: 03-3391-1015



Japanese Classes for Foreigners Living in Sugunami

These are level-based classes in which students can learn to speak, read, and write basic Japanese, which is necessary for everyday life.

[Class dates and times] (1) From April 22 to July 8, 9:30am-11:30am Monday and Wednesday, (2) From April 23 to July 5, 7:00pm-9:00pm Tuesday and Friday (Excluding April 30, May 1 and national holidays. 10 or 20 classes in total for each time slot.)

[Location] (1) Seccion Sugunami (1-22-32 Umezato), (2) Online class

[Instructors] Members of the "Nihongo Gakusyu Sugunami no Kai"

[Eligibility] Persons living, working, and/or studying in Sugunami City

[Cost] 3,000 yen per 10 classes (excluding the cost of textbooks)

[Application] Please send an e-mail containing the course name as well as your postal code, address, name, age, and telephone number, to Nihongo Gakusyu Sugunami no Kai, before April 17.

[Contact] Nihongo Gakusyu Sugunami no Kai

[Tel] 090-7212-7909

[E-mail] sugaminihongo@gmail.com

Announcement from Sugunami Association for Cultural Exchange

Sugunami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with foreign residents as well as Japanese residents. Please join us.

● SACE Website, Facebook Page, and LINE Account

These sites and accounts offer information about events organized by SACE, Japanese language classes held in Sugunami City, and friendship cities of Sugunami City.

● Support Desk for Foreign Residents

Volunteer interpreters provide support for foreign residents who need assistance at the Sugunami City Office. Interpretation services are available in English, Chinese, Korean and Nepali. Please feel free to contact the Support Desk for assistance.

[Date and time / Languages] • English: Monday 1:00pm-4:00pm, Friday 9:00am-12:00pm
• Chinese: Monday 9:00am-12:00pm, Friday (1st, 3rd and 5th) 1:00pm-4:00pm
• Korean: Friday (2nd and 4th) 1:00pm-4:00pm
• Nepali: Wednesday (1st and 3rd) 9:00am-12:00pm
* Closed on national holidays and year-end/New Year holidays

[Location] Public Hearing Section (1F East Wing, Sugunami City Office)

[Consultation methods] Visit Sugunami City Office in person/Telephone (Public Hearing Section)/In writing (By post, fax, or E-mail)

[Cost] Free of charge

For applications and inquiries, please contact Sugunami Association for Cultural Exchange.

[Address] 5F Minami-Asagaya Building, 1-14-2 Asagayaminami, 166-0004

[Tel] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@sugunami-kouryu.org



[Website] <https://sugunami-kouryu.org/>



[Facebook] <https://www.facebook.com/sugunami.kouryu>



[LINE] <https://lin.ee/4CHrh1r>

Medical Consultation Service Counters	Tokyo Metropolitan Medical Consultation Service Center	Inquiries regarding medical institutions that provide foreign language consultation and the Japanese medical system are handled in English, Chinese, Korean, Thai and Spanish. [Consultation hours] 9:00am-8:00pm every day [Tel] 03-5285-8181
	Tokyo Metropolitan Medical Institution Information "Himawari"	The website allows you to search for medical institutions close to an address or station. [English website] https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php

Sugunami City Emergency Treatment (In Japanese only)

Call first for a consultation. If you are asked to come in for an examination as a result of the consultation, be sure to bring your health insurance certificate and medical certificate.

■ Sugunami City Holiday and Nighttime Emergency Treatment Center

[Tel] 03-3391-1599 **[Address]** Sugunami Public Health Center 2F, 5-20-1 Ogikubo

[Medical departments and hours]

(reception closes 30 minutes before end of examination time)

Monday to Friday, 7:30pm-10:30pm: pediatrics

Saturdays, 5:00pm-10:00pm: internal medicine, pediatrics, ear/nose/throat

Sundays, national holidays, and year-end/New Year holidays, 9:00am-10:00pm: internal medicine, pediatrics, surgery (until 5:00pm), ear/nose/throat

■ Sugunami City Dental Health and Medical Center (Holiday Dental Emergency Clinic)

[Tel] 03-3398-5666 **[Address]** Sugunami Public Health Center 5F, 5-20-1 Ogikubo

[Hours] Sundays, national holidays, and year-end/New Year holidays, 9:00am-5:00pm (reception until 4:00pm)

■ Sugunami City Emergency Medical Information Center

* Information on medical institutions and medical consultation available.

[Tel] #7399 or 03-5347-2252 **[Hours]** Monday to Friday, 8:00pm-9:00am following day

Saturdays, Sundays, national holidays, and year-end/New Year holidays, 9:00am-9:00am the following day



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2023年度物価高騰対策支援給付金のお知らせ

エネルギー・食料品価格などの物価高騰による負担を軽減するための支援として、2023年度物価高騰対策支援給付金を支給しています。支給を希望する対象世帯の世帯主は、必要書類を期限までに提出してください。詳細は、区ホームページ(右2次元コード)をご確認ください。



●対象世帯・支給金額

対象世帯	支給金額
① 2023年12月1日現在、杉並区に住民登録があり、世帯全員が2023年度住民税均等割非課税である世帯	1世帯当たり7万円 ※1世帯1回限り。
② 2023年12月1日現在、杉並区に住民登録があり、次のいずれかに該当する世帯 ・世帯全員が2023年度住民税均等割のみ課税者で構成される ・2023年度住民税均等割のみ課税者と2023年度住民税均等割非課税者で構成される	1世帯当たり10万円 ※1世帯1回限り。
③ ①または②の給付金の受給対象世帯のうち、18歳以下(2005年4月2日以降生まれ)の児童を扶養している世帯	児童1人当たり5万円 ※世帯ごとに支給。



●提出期限 5月31日(消印有効)

【問い合わせ】杉並区物価高騰対策支援給付金コールセンター 電話0120-378-233(午前8時30分～午後5時15分<土・日曜日、祝日を除く>)

大地震に備えて、今からできることを

自分や家族を守るために、発災時の避難方法や震災救援所などの避難場所、家族との連絡手段など、今からできる地震への備えをしましょう。

【日頃から災害に備えましょう】

●水・食料・生活必需品を備蓄しましょう

保存水(一人一日3ℓ)・非常食(最低3日分、可能であれば7日分)・携帯トイレ・ラジオ・医療品・感染対策品(マスク・手指消毒剤)などを備えておきましょう。

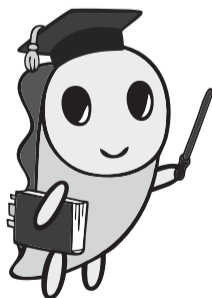
●家具類の転倒防止対策をしましょう

地震による家具の転倒やガラスの飛散は、けがをするだけでなく、避難時の障害・火災の原因となる危険性があります。各家庭においても家具転倒防止器具を設置しましょう。

●災害用伝言板などの使い方を確認しましょう

災害時は、電話がつながりにくくなります。NTTの災害用伝言ダイヤル(電話171)や携帯電話各社の災害用伝言板を活用しましょう。また、SNSなど複数の連絡手段を確保しておきましょう。

※防災マップ(下2次元コード)の裏面に、災害用伝言ダイヤルの使用方法が記載されていますのでご利用ください。



●「災害・防災情報メール配信サービス」をご利用ください

防災行政無線で放送した内容や気象警報・注意報、地震の発生情報などをメール配信するサービスです。利用には事前登録が必要です。

◇配信する情報

- 杉並区内で、
- ・「大雨・洪水・大雪・強風注意報、警報」が発表・解除されたとき
- ・河川が警戒水位を超過したとき
- ・雨量が基準値を超えたとき
- ・土砂災害警戒情報が発表・解除されたとき
- ・竜巻注意情報が発表されたとき
- ・震度3以上の地震が発生したとき

このほか、週末天気予報や防災上重要な情報も配信します。

◇登録方法

Eメール t.sss_en@sgnm.lisamail.jp に空メールを送信してください。(右2次元コードを読み込むと送信画面が開きます)



【大地震が起きたら】

●避難するときは

自宅に倒壊・火災などの危険がなく安全な場合は、在宅避難を行いましょう。倒壊・火災などにより、在宅避難が困難な場合は、近くの震災救援所に避難してください。また、大規模な火災により自宅や震災救援所に危険が迫った場合には、近くの広域避難場所へ避難してください。



●近くの震災救援所・広域避難場所を確認しましょう

区内には、小中学校などの震災救援所が65カ所あります。建物などの倒壊による道路閉塞や、火災が発生した場合も安全に避難できるように、日頃から近くの震災救援所・広域避難場所を確認しておきましょう。また、杉並区公式電子地図サービス「すぎナビ」(右2次元コード)からも確認できます。



【問い合わせ】防災課

国民健康保険に加入している方へ

2024年度国民健康保険料の料率が決まりました

国民健康保険の保険料は前年所得が確定する6月中旬に決定し、各世帯に保険料額通知書を発送します。2024年度の保険料を、2024年6月～2025年3月の10回でお支払いいただくよう計算して通知します。

●2024年度国民健康保険料

	医療分 (全ての加入者)	後期高齢者支援金分 (全ての加入者)	介護分 (40～64歳の加入者)
均等割 (加入者1人当たり)	年額4万9100円(※1)	年額1万6500円(※1)	年額1万6500円
所得割	賦課標準額(※2) × 8.69%	賦課標準額(※2) × 2.80%	賦課標準額(※2) × 2.20%
最高限度額	65万円	24万円	17万円

※1. 未就学児(2025年3月31日時点で6歳以下の子ども)は半額。

※2. 賦課標準額 = 前年の総所得金額など一住民税の基礎控除額(43万円)。

年間保険料 = 医療分 + 後期高齢者支援金分 + 介護分

●国民健康保険証

保険証の有効期限は、保険証の右上に記載されています(原則、在留期間満了日の翌日)。在留期間の更新手続きをせずに住民登録が削除されると、国民健康保険の資格も喪失してしまうので、必ず入国管理局で在留期間の更新手続きを行ってください。原則、法務省からの在留期間更新についての連絡があり次第、保険証を簡易書留で発送します。

ただし、在留資格を「特定活動」で更新した場合は、保険証の交付に「指定書」の内容確認が必要です。国民健康保険証・パスポート・在留カード・指定書を持参の上、国保年金課国保資格係(区役所東棟2階)・区民事務所で手続きをしてください。

●他の保険の適用となった方へ

勤務先の保険に加入するなど、他の保険が適用された方は、国民健康保険の脱退手続きが必要です。新しい保険に加入していることが分かる保険証などと国民健康保険証を持参の上、杉並区国保年金課国保資格係(区役所東棟2階)・区民事務所で手続きをしてください。来庁できない場合は、郵送でも手続きができます。人数分の新しい保険証の写しと国民健康保険証を同係へ郵送してください。

【問い合わせ】国保年金課国保資格係 電話03-5307-0641

区民健康診査・がん検診

区では、区民健康診査とがん検診を実施しています。

●区民健康診査

30～39歳で職場などで健診を受ける機会がない方(成人等健診)、40～74歳で杉並区国民健康保険に加入している方(国保特定健診)、後期高齢者医療制度に加入している方(後期高齢者健診)を対象に実施しています。

●がん検診

胃がん・肺がん・大腸がん・子宮頸がん・乳がん検診を実施しています。検診ごとに対象年齢などが異なりますのでご注意ください。



【問い合わせ】杉並保健所健康推進課健診係 電話03-3391-1015

杉並でくらす外国人のためのにほんご教室

日常生活に必要な基本的な日本語の会話や読み書きを学ぶレベル別クラスレッスンです。

【日時】①4月22日～7月8日の月・水曜日＝午前9時30分～11時30分

②4月23日～7月5日の火・金曜日＝午後7時～9時

(4月30日、5月1日、祝日を除く。各計10または20回)

【場所】①セッション杉並(梅里1-22-32) ②オンラインで実施

【講師】にほんご学習すぎなみの会

【対象】区内在住・在勤・在学の方

【費用】各10回3000円(別途テキスト代)

【申し込み】Eメールに講座名・郵便番号・住所・氏名・年齢・電話番号を書いて、4月17日までににほんご学習すぎなみの会

【問い合わせ】同会

【電話】090-7212-7909

【Eメール】suginamihongo@gmail.com

杉並区交流協会のお知らせ

杉並区交流協会では、気軽に参加でき、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

●杉並区交流協会ホームページとFacebook・LINE

杉並区交流協会主催のイベントや区内の日本語教室、杉並区の交流自治体の情報などを掲載しています。

●外国人サポートデスク

ボランティア通訳が区役所での手続きをサポートします。英語・中国語・韓国語・ネパール語で対応しています。お気軽にお越しください。

【日時・言語】・英語＝毎週月曜日午後1時～4時、金曜日午前9時～正午
・中国語＝毎週月曜日午前9時～正午、第1・3・5金曜日午後1時～4時
・韓国語＝第2・4金曜日午後1時～4時
・ネパール語＝第1・3水曜日午前9時～正午
※いずれも祝日、年末年始を除く。

【場所】区政相談課(区役所東棟1階)
【相談方法】来所・電話(区政相談課)・文書(郵送・ファクス・Eメール)
【費用】無料

申し込み、詳細の問い合わせについては、杉並区交流協会へ

【住所】〒166-0004 阿佐谷南1-14-2

みなみ阿佐ヶ谷ビル5階

【電話】03-5378-8833

【ファクス】03-5378-8844

【Eメール】info@suginami-kouryu.org



【ホームページ】

<https://suginami-kouryu.org/>



【Facebook】

<https://www.facebook.com/suginami.kouryu>



【LINE】

<https://lin.ee/4CHrh1r>

医療相談 の窓口

東京都保健医療情報センター

東京都医療機関案内サービス

「ひまわり」

外国語で診療を受けることができる医療機関や、日本の医療制度についての問い合わせに、英語・中国語・韓国語・タイ語・スペイン語で応じます。

【相談日時】毎日午前9時～午後8時 【電話】03-5285-8181

ホームページで、住所や最寄りの駅から医療機関を探すことができます。

【外国語ホームページ】<https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

杉並区の急病診療窓口(日本語対応のみ) まずは、電話でご相談ください。相談の結果、受診する場合は、健康保険証・医療証を必ず持参してください。

■杉並区休日等夜間急病診療所

【電話】03-3391-1599 【場所】荻窪5-20-1杉並保健所2階

【診療時間・科目】(いずれも受け付けは診療終了時間の30分前まで)

月～金曜日…午後7時30分～10時30分＝小児科

土曜日…午後5時～10時＝内科・小児科・耳鼻咽喉科

日曜日、祝日、年末年始…午前9時～午後10時＝内科・小児科・外科・耳鼻咽喉科

(外科は午後5時まで)

■杉並区歯科保健医療センター(歯科休日急病診療)

【電話】03-3398-5666 【場所】荻窪5-20-1杉並保健所5階

【診療時間】日曜日、祝日、年末年始…午前9時～午後5時(受け付けは午後4時まで)

■杉並区急病医療情報センター ※医療機関案内・医療相談を受け付けています。

【電話】#7399 または 03-5347-2252

【案内・相談時間】月～金曜日…午後8時～翌午前9時

土・日曜日、祝日、年末年始…午前9時～翌午前9時