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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/>

Have You Completed Your Application for FY2024 Support Benefits for Rising Prices of Goods (30,000 Yen)?

Suginami City is providing benefits to households exempt from FY2024 inhabitant tax. For details, please refer to the City’s website (QR code to the lower 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 13, 2024, in which all members are exempt from FY2024 inhabitant tax	30,000 yen per household *Limited to one payment per household
(2) Households eligible to receive (1) above that support children age 18 or younger (born on or after April 2, 2006)	20,000 yen per child *Paid to each household

[Procedure]

- (1) We have sent notices to the heads of eligible households. Households that wish to receive benefits should send the necessary documents by post by April 30 (with a valid postmark for this date).
- (2) We will send notices to the heads of eligible households that received (1) in the order of processing.

[Contact]

Suginami City Support Benefit for Rising Prices of Goods Call Center **Tel: 0120-378-233** (8:30 am – 5:15 pm [closed on 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 for when a disaster strikes, confirming the location of evacuation centers such as Earthquake Relief Camps, and establishing methods of communication with your family.

[Prepare for an earthquake in your daily life]

● Stockpile water, food, and essentials for daily life

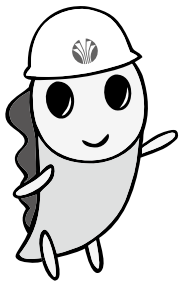
Prepare items such as water (about three liters per person per day), emergency food supplies (at least three days’ worth, but seven days’ worth if possible), emergency toilets, a radio, medication, and infection prevention items (masks, hand sanitizer, etc.).

● Prevent furniture and other items from falling

In an earthquake, not only can falling furniture or shattering glass injure you, but they can also 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 disaster message boards and other communication methods

During a disaster, it can become difficult to get through on the phone. Use NTT’s Disaster Emergency Message Dial (171) and disaster message boards operated by each mobile carrier. Secure multiple means of communication, including social media.



*For instructions on how to use the Disaster Emergency Message Dial, please check the reverse side of the Disaster Prevention Map (QR code to the right).



● Use the Disaster and Disaster Prevention Information E-mail Service

This is a service that delivers information from radio communications for disaster prevention and administration, weather warnings and advisories, and earthquake information, by e-mail. Please register in advance to start receiving notifications.

◇ Delivered information

E-mails will be sent out when the following situations occur in Suginami City:

- When heavy rain, flood, heavy snow, or gale warnings or advisories are issued or lifted
- When rivers exceed alert levels
- When rainfall exceeds standard values
- When landslide warning information is issued or lifted
- When tornado advisory information is issued
- When an earthquake with a seismic intensity level of 3 or greater occurs

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

◇ Registration

Send a blank e-mail to t.sss_en@sgnm.lisamail.jp (a new e-mail window will open when you scan the QR code to the right).



[What to do when a major earthquake occurs]

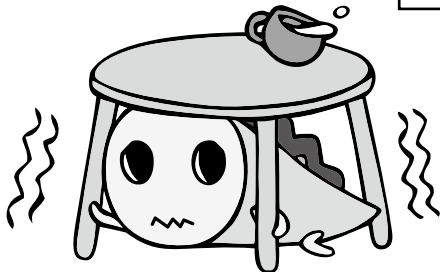
● When to evacuate

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

● Check the location of nearby Earthquake Relief Camps and Large-Scale Evacuation Areas

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 fire breaks out, please check the locations of nearby Earthquake Relief Camps and Large-Scale Evacuation Areas on a regular basis. You can also check our official electronic map service, Suginami Navigation System (QR code to the right).

[Contact] Disaster Prevention Section



To National Health Insurance Policyholders

The FY2025 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 premium amounts is then sent out to respective households. Notification is given for insurance premiums for FY2025, calculated so as to be paid in 10 payments from June 2025 to March 2026.

●FY2025 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 ages 40 to 64)
Per capita basis (for each policyholder)	47,300 yen per year (*1)	16,800 yen per year (*1)	16,600 yen per year
Income basis	Standard amount of taxation (*2) × 7.71%	Standard amount of taxation (*2) × 2.69%	Standard amount of taxation (*2) × 2.25%
Maximum amount	660,000 yen	260,000 yen	170,000 yen

*1. Premiums for children age 6 or younger as of March 31, 2026, are half the amounts listed above.
*2. Standard amount of taxation = total net income from previous year, etc. – basic deductions for inhabitant tax (430,000 yen)

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

●National Health Insurance Certificate (health insurance card) and Eligibility Confirmation Certificate

The expiration date for your health insurance card or Eligibility Confirmation Certificate is printed on the upper right of the card or certificate (it is typically the day after the expiration date of your period of stay). If you let your resident registration lapse without going through procedures to renew 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 your period of stay being renewed, we will then send an Eligibility Confirmation Certificate or notice of eligibility information by 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 Eligibility Confirmation Certificate or notice of eligibility information. Please bring your health insurance card or Eligibility Confirmation Certificate, passport, residence card, and certificate of designation to the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (East Wing, Suginami City Office 2F) or a Residents Office, and complete the necessary procedures.

●If you enroll in another health insurance program

If you enroll in another health insurance program, such as those offered through an employee’s health insurance program at work, you will need to complete procedures to withdraw from the National Health Insurance program. Please bring along a document showing eligibility information for the health insurance program at your place of work (*) and your National Health Insurance Certificate or Eligibility Confirmation Certificate to the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (East Wing, Suginami City Office 2F) or a Residents Office, and complete the necessary procedures. If you are unable to complete the procedures in person, you can also do so by post. Please send a copy of the document showing eligibility information for the health insurance program at your place of work (*) and your National Health Insurance Certificate or Eligibility Confirmation Certificate to the abovementioned subsection of the Suginami City Office.

*A document showing the insured person’s name, insurance number, and date of enrollment, such as an eligibility confirmation certificate issued by the health insurance program at your place of work.

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

Resident Health Examinations and Cancer Examinations

Suginami City sponsors resident health examinations and cancer examinations.

●Resident health examinations

The City sponsors resident health examinations for those ages 30 to 39 who do not have the opportunity to receive health examinations through their place of work (Adult Examination), those ages 40 to 74 who are enrolled in Suginami City’s National Health Insurance program (National Health Insurance Specific Examination), and those enrolled in the medical care system for the elderly in the latter stage of life (Latter-Stage Elderly Examination).

●Cancer examinations

The City sponsors stomach cancer, lung cancer, colorectal cancer, cervical cancer, and breast cancer examinations. Please note that the eligible ages for these examinations differ for each type of examination.

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

Japanese Classes for Foreign Residents Living in Suginami City

These are level-based classes for learning how to speak, read, and write basic Japanese phrases necessary for everyday life.

[Dates and times]

- (1) Mondays and Wednesdays: May 12 to July 16, 2025, 9:30 am to 11:30 am
- (2) Tuesdays and Fridays: May 9 to July 15, 2025, 7:00 pm to 9:00 pm (Each 10 or 20 times in total)

[Location] (1) Sesion Suginami (1-22-32 Umezato); (2) Online class

[Instructors] Members of Nihongo Gakusyu Suginami no Kai

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

[Capacity] 15 people per class (applicants will undergo a selection process)

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

[Application] Please send an e-mail including the course name as well as your postal code, address, name, age, and telephone number to Nihongo Gakusyu Suginami no Kai by May 2, 2025. **E-mail: suginaminihongo@gmail.com**

[Contact] Nihongo Gakusyu Suginami no Kai **Tel: 090-7212-7909**

[Misc.] An interview will be conducted on May 7 (Wed.) to assign students to the appropriate class.

Announcement from Suginami Association for Cultural Exchange

Suginami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with other 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 Suginami City, and friendship cities of Suginami City. Please see the SACE website, Facebook page, or LINE account.

●Foreign Language Support Desk

Volunteer interpreters provide support for foreign residents who require assistance with various procedures at the Suginami City Office. Interpretation services are available in English, Chinese, Nepali, and other languages.

[Dates and times / Languages]

- English: 1:00 pm – 4:00 pm every Monday; 9:00 am – 12:00 pm every Friday
- Chinese: 9:00 am – 12:00 pm every Monday; 1:00 pm – 4:00 pm on the 1st, 3rd, and 5th Friday of every month
- Nepali: 1:00 pm – 4:00 pm every Wednesday
- Korean, French, and Vietnamese: By appointment

*Not available on national holidays and year-end / New Year’s holidays.

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

[Consultation methods]

Visit the Suginami City Office in person, or call the Public Hearing Section.

[Cost] Free of charge

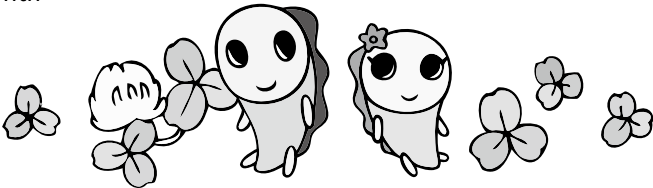
For inquiries, please contact Suginami Association for Cultural Exchange.

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

[Tel] 03-5378-8833

[Fax] 03-5378-8844

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



[SACE website]



[Facebook]



[LINE]



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2024年度物価高騰対策支援給付金(3万円)の申請はお済みですか

2024年度住民税非課税世帯に給付金を支給しています。詳細は、区ホームページ(右下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
①2024年12月13日現在、杉並区に住民登録があり、世帯全員の2024年度住民税が非課税である世帯	1世帯当たり3万円 ※1世帯1回限り。
②①の給付金の受給対象世帯のうち、18歳以下(2006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2万円 ※世帯ごとに支給。

【手続き】

- ①対象世帯の世帯主宛てに、区から案内を発送しました。支給を希望する世帯は、必要書類を4月30日(消印有効)までに郵送してください。
②対象世帯には、①を受給した世帯主宛てにお知らせを順次発送します。

【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(右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】

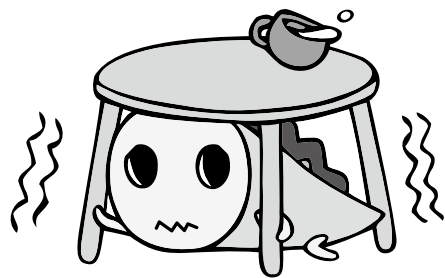
●避難するときは

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

2025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。2025年度の保険料を、2025年6月～2026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。

●2025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4万7300円(※1)	年額1万6800円(※1)	年額1万6600円
所得割	賦課標準額(※2)×7.71%	賦課標準額(※2)×2.69%	賦課標準額(※2)×2.25%
最高限度額	66万円	26万円	17万円

※1. 2026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＝前年の総所得金額等－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・資格確認書

保険証・資格確認書の有効期限は、保険証・資格確認書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、必ず東京出入国在留管理局で在留期間の延長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、資格確認書または資格情報のお知らせを発送します。
ただし、在留資格が「特定活動」で更新された場合は、資格確認書または資格情報のお知らせの交付に「指定書」の内容確認が必要です。保険証または資格確認書・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、他の保険の適用となった方は、国民健康保険の脱退手続きが必要です。勤務先の健康保険の資格情報が分かる資料(※)と国民健康保険証または資格確認書を持参の上、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。来庁できない場合は郵送でも手続きができます。勤務先の健康保険の資格情報が分かる資料(※)の写しと国民健康保険証または資格確認書を同係へ郵送してください。
※勤務先の健康保険が交付する資格確認書など、保険者・記号番号・加入日が分かる書類。

【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】 ①5月12日～7月16日の月・水曜日、午前9時30分～11時30分 ②5月9日～7月15日の火・金曜日、午後7時～9時(各計10または20回)

【場 所】 ①センオン杉並(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

【定 員】 各15名(選考)

【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、5月2日までにほんご学習すぎなみの会 Eメール suginaminihongo@gmail.com

【問い合わせ】 にほんご学習すぎなみの会 電話 090-7212-7909

【その他】 クラス分け面接を5月7日(水)に実施

杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、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。

●杉並区交流協会のホームページ・Facebook・LINE

杉並区交流協会主催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等を掲載しています。

杉並区交流協会のホームページやFacebook、LINEをご覧ください。

●外国語サポートデスク

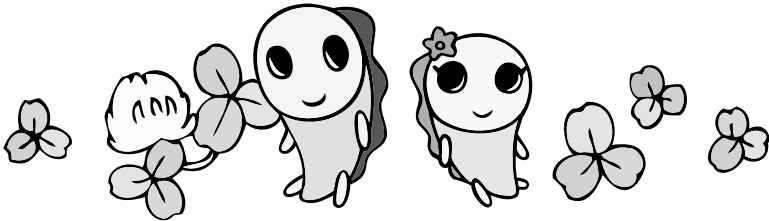
ボランティア通訳が区役所での手続きをサポートします。英語・中国語・ネパール語などで対応しています。

- 【日時・言語】 ・英語＝月曜日午後1時～4時、金曜日午前9時～正午
・中国語＝月曜日午前9時～正午、第1・3・5金曜日午後1時～4時
・ネパール語＝水曜日午後1時～4時
・韓国語・フランス語・ベトナム語＝予約制
※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)

【費 用】 無料



詳細の問い合わせは、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】



【Facebook】



【LINE】

