



HELLO! SUGINAMI

Suginami City Population
(as of May 1, 2025)
Total population 581,291
Foreign residents 23,679

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/>

Create a Personalized Evacuation Action Plan

During the upcoming rainy and typhoon seasons, intense, short downpours may cause flood disaster. Use resources such as the hazard maps on Suginami City's website to understand the risk of flooding to your home and plan where and when to evacuate and what to bring. Ensuring that you are ready to evacuate will protect your life during a disaster.



What to do if heavy rain falls: Obtaining information related to flooding

● Flood Hazard Map

The Flood Hazard Map shows the places in the city which have flooded in the past, and includes predicted flood areas and levels.

<Where to get the Flood Hazard Map>

Maps are distributed at the Public Works Planning Section (4F West Wing, Suginami City Office), Disaster Prevention Section (6F West Wing), and the Residents Offices of Suginami City. The map is also published on Suginami City's website (QR code to the right).

[Contact] Public Works Planning Section



● Sugi Navi: Official City Electronic Map Service "Sugi Navi"

In addition to information such as Disaster Prevention and Flood Hazard Maps, you this service provides information on public facilities and roads.

<How to access> From the Suginami City's website (QR code to the right) or by searching for "Sugi Navi" online.



● YouTube: Suginami City Live Waterway Cameras Channel

This channel provides live footage of waterways, allowing you to check the current situation from a safe location and make an informed decision about when and where to evacuate.

<How to view> YouTube - "Suginami City Live Waterway Cameras" channel (QR code to the right)



● Disaster/Crime Prevention Information E-mail Service

In the event of a disaster, or if there is a high risk of a disaster occurring, an emergency notice will be sent by the city.

This e-mail includes information from official disaster prevention radio broadcasts.

<Registration>

Send a blank email to t.sss@sgnm.lisamail.jp

(The composing screen opens when you read the QR code to the right)

[Contact] Disaster Prevention Section



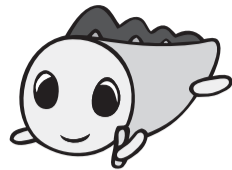
Sending out of the Notification of the Amount of National Health Insurance Fees

We will be sending out the Notification of the Amount of National Health Insurance Fees for FY2025 to the heads of households on June 12 (Thursday). Insurance fees for the period from April 2025 to March 2026 will be paid over 10 installments from June 2025 to March 2026. Payment slips for payment by a one-off payment or by periodic installments are enclosed for residents who pay the full or partial amount of insurance fees using payment slips.

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section

Non-Japanese residents must also enroll in the National Pension System

All persons between the ages of 20 and 59 residing in Japan are legally obligated to enroll in the National Pension System and pay contributions regardless of their nationality (excluding those who are covered under the Employees' Pension, as well as their dependent spouses). However, systems, such as a contribution waiver system, have been put in place to support those who would face hardships in paying the contributions due to low income or other reasons. If a foreign resident has fulfilled certain criteria, such as paying National Pension System contributions for 10 years or more, in principle, he or she will be eligible to receive benefit payments through the Old-age Basic Pension from age 65. The Disability Basic Pension, which provides benefits to those who become seriously disabled due to an illness or injury, and the Survivors' Basic Pension, which is provided when the primary breadwinner of a household passes away, are also available. Certain countries have also concluded social security agreements with Japan and have established frameworks that prevent dual enrollment in their respective pension systems or allow citizens to receive the total sum of each pension based on their pension enrollment period in both countries. Foreign residents who have paid contributions for six months or more but are not eligible to receive benefit payments through the Old-age Basic Pension may request a lump-sum withdrawal payment upon leaving Japan. The request must be made within two years after the day he or she no longer has an address in Japan. For more details, please see the Japan Pension Service's website for foreign residents (QR code to the right).



[Contact] Inquiries on enrollment procedures: National Pension Subsection
Inquiries on social security agreements and lump-sum withdrawal payment: Suginami Branch Office of the Japan Pension Service
[Tel] 03-3312-1511

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 foreign residents as well as Japanese residents. Please join us. For further details, please visit the Suginami Association for Cultural Exchange's website, Facebook page, or LINE.

Support Desk in Foreign Languages

Volunteer interpreters help you with the procedures at the Suginami City Office. Interpretation services are available in English, Chinese, Korean, and Nepali, etc. Please feel free to contact the Support Desk for assistance.

[Date and time / Languages]

- English: 1:00 pm - 4:00 pm every Monday, Thursday; 9:00 am - 12:00 pm every Tuesday, Friday
- Chinese: 9:00 am - 12:00 pm every Monday, Thursday; 1:00 pm - 4:00 pm every Tuesday 1:00 pm - 4:00 pm on the 1st, 3rd, and 5th Friday of every month
- Nepali: Wednesdays from 1:00 pm to 4:00 pm
- Korean, French and Vietnamese: by appointment
- * Closed on national holidays and year-end/New Year holidays

[Location] Public Hearing Section (1F East Wing, Suginami City Office)
[Consultation methods] Visit Suginami City Office in person/Telephone (Public Hearing Section)
[Cost] Free of charge

● Suginami Association for Cultural Exchange's website, Facebook page, LINE.

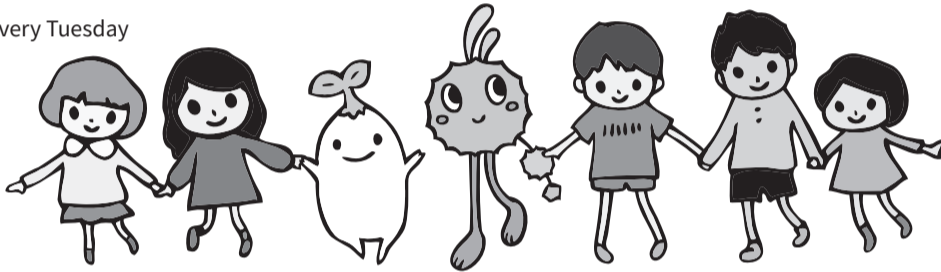
[Website]



[Facebook]



[LINE]



For inquiries, please contact Suginami 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@suginami-kouryu.org

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] 9:00 am to 8:00 pm **[Tel]** 03-5285-8181

◇ Medical Facilities Net (NABII)

The website allows you to search for medical institutions close to an address or station.



Suginami 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.

■ Suginami City Holiday and Nighttime Emergency Treatment Center

[Tel] 03-3391-1599 **[Address]** Suginami Public Health Center 2F, 5-20-1 Ogikubo
[Medical departments and hours]

(reception closes 30 minutes before end of examination time)

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

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

Sundays, national holidays, year-end and New Year holidays, 9:00 am - 10:00 pm:

internal medicine, pediatrics, surgery, ear/nose/throat (until 5:00 pm),

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

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

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

■ Suginami City Emergency Medical Information Center

* Information on medical institutions and medical consultation available

[Tel] #7399 or 03-5347-2252

[Hours] Monday to Friday: 8:00 pm - 9:00 am following day

Saturdays, Sundays, national holidays, year-end and New Year holidays:

9:00 am - 9:00 am following day

■ Tokyo Adventist Hospital (pediatrics)

[Tel] 03-3392-6151 **[Address]** 3-17-3 Amanuma

[Hours] (reception closes 30 minutes before end of examination time)

Monday to Friday, 1:00 pm - 11:00 pm

Saturday, Sunday, 9:00 am - 5:00 pm

■ Kyorin University Suginami Hospital (Pediatrics)

[Tel] 03-3383-1281 **[Address]** 2-25-1 Wada

[Consultation hours] Accepted 24 hours a day

■ Children's Health Consultation Office

(Emergency Pediatric Health Consultations)

Phone-based advice from nurses, public health nurses, or physicians.

[Tel] #8000 or 03-5285-8898

[Consultation hours]

Monday to Friday, 6:00 pm - 8:00 am following day

Saturday, Sunday and national holidays,

accepted 24 hours a day



▲Children's Health Consultation Office

■ Emergency Consultation Center,

Tokyo Fire Department

[Tel] #7119 or 03-3212-2323

[Consultation hours] Accepted 24 hours a day



▲Emergency Consultation Center, Tokyo Fire Department

Foreign Resident Consultation Services

Consultation services on everyday life and city administration matters are available for foreign residents residing in Suginami City.

Please feel free to contact the Suginami City Office for a consultation.

[Date and time / Languages]

- English: Tuesdays from 9:00 am to 12:00 pm, Thursdays from 1:00 pm to 4:00 pm
- Chinese: Tuesdays from 1:00 pm to 4:00 pm, Thursdays from 9:00 am to 12:00 pm
- *Closed on national holidays and year-end/New Year holidays

[Location] Public Hearing Section(1F East Wing, Suginami City Office)
[Misc.] Consultation services are also available over the phone.



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私の避難行動計画を考えよう

これからの時期は、台風の発生や梅雨前線などの影響で、

短時間に非常に強い雨が降るなど、

わずかな時間で水害をもたらす可能性があります。

杉並区が作成した「わが家の水害ハザードマップ」などを用いて、

自宅の水害リスクを知り、避難場所、

持ち物、行動するタイミングを考えておきましょう。

災害時に自ら命を守る避難行動が取れるようにしましょう。



もし大雨が降ったら？ 水害に関連する情報の入手方法

●水害ハザードマップ

区内で過去に浸水被害のあった場所や予想される浸水地域と深さなどを示したものです。

〈入手方法〉

土木計画課（区役所西棟4階）・防災課（西棟6階）・区民事務所で配布。

または、区ホームページ（右2次元コード）からも取り出せます。

【問い合わせ】土木計画課



●区公式電子地図サービス「すぎナビ」

防災マップ・わが家の水害ハザードマップなどの防災情報のほか、
公共施設・道路情報などもご覧になれます。

〈アクセス方法〉区ホームページ（右2次元コード）から。または「すぎナビ」で検索



●YouTube杉並区 河川ライブカメラ

河川の今の状況を見られるライブ映像を安全な場所で確認し、
避難行動を起こすときの判断にお役立てください。

〈視聴方法〉YouTube杉並区河川ライブカメラチャンネル（右2次元コード）から



●災害・防災情報メール配信サービス

災害時または災害発生の恐れがある場合に、区から緊急のお知らせを配信します。

また、防災行政無線の放送内容の確認もできます。

〈登録方法〉

Eメールでt.sss@sgnm.lisamail.jpへ空メールを送信（右2次元コードを読み込むと送信画面が開きます）

【問い合わせ】防災課



国民健康保険料額通知書を発送します

2025年度保険料額通知書を6月12日（木）に世帯主宛てに発送します。4月～2026年3月の保険料を、6月期～2026年3月期の10回に分けてお支払いいただきます。

保険料の全部または一部納付書払いの方には、一括分と各期分の納付書を同封します。

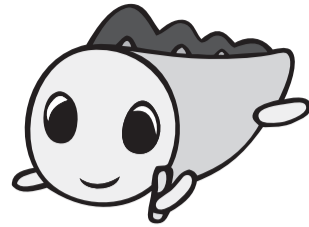
【問い合わせ】国保年金課国保資格係

外国籍の方も国民年金に加入が必要です

日本に住む20～59歳の方は、国籍に関係なく国民年金に加入し保険料を納めることが法律で義務付けられています（厚生年金加入者・厚生年金加入者に扶養されている配偶者を除く）。ただし、所得が少ないなどの理由で保険料を納めることが困難な場合には、保険料免除などの制度が設けられています。

国民年金保険料を10年以上納めたなどの条件を満たすと、原則65歳から老齢基礎年金が支給されます。また、病気やけがで重い障害が残ったときには障害基礎年金、働き手が亡くなったときには遺族基礎年金が支給されます。

なお、日本と社会保障協定を結び、年金制度の二重加入の防止や、両国の年金制度の加入期間を通算して年金が受けられるような仕組みを設けている国もあります。また、保険料納付済期間が6カ月以上あり、老齢基礎年金の受給資格を満たしていない外国籍の方は、日本に住所を有しなくなった日から2年以内に脱退一時金を請求することができます。詳細は、日本年金機構「外国人向けサイト」（右2次元コード）をご確認ください。



【問い合わせ】加入手続きなど＝国民年金係／社会保障協定・脱退一時金＝杉並年金事務所 【電話】03-3312-1511

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。詳細は、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、木曜日午後1時～4時、火曜日、金曜日午前9時～正午
・中国語＝月曜日、木曜日午前9時～正午、火曜日午後1～4時、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

●杉並区交流協会のホームページ・Facebook・LINE

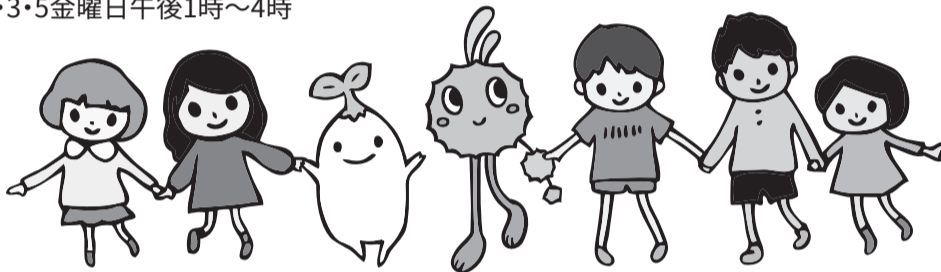
【ホームページ】



【Facebook】



【LINE】



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

【ファクス】 03-5378-8844

【電 話】 03-5378-8833

【Eメール】 info@suginami-kouryu.org

医療相談の窓口

◇東京都保健医療情報センター

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】午前9時～午後8時 【電話】03-5285-8181

◇医療機関ネット（ナビィ）

ホームページで、住所や最寄りの駅から医療機関を探することができます。



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

■東京衛生アドベンチスト病院（小児科）

【電 話】03-3392-6151 【場 所】天沼3-17-3
【診療時間】（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1時～11時
土・日曜日…午前9時～午後5時

■杏林大学医学部付属杉並病院（小児科）

【電 話】03-3383-1281 【場 所】和田2-25-1
【診療時間】24時間受け付け

■子供の健康相談室（小児救急相談）

看護師・保健師・医師が電話でアドバイスします。
【電 話】#8000または03-5285-8898
【相談時間】月～金曜日…午後6時～翌午前8時
土・日曜日、祝日…24時間受け付け



▲子供の健康相談室

■東京消防庁 救急相談センター

【電 話】#7119または03-3212-2323
【相談時間】24時間受け付け



▲東京消防庁
救急相談センター

外国人相談を実施しています

区内在住の外国の方の日常生活や区政に対する相談を受け付けています。お気軽にご相談ください。

【日時・言語】 英語＝火曜日午前9時～正午、木曜日午後1時～4時
中国語＝火曜日午後1時～4時、木曜日午前9時～正午
※祝日、年末年始を除く。

【場 所】 区政相談課（区役所東棟1階）

【そ の 他】 電話による相談もできます