

# Life Information News KOMAKI

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2024

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## Japanese New Year

Happy New Year!

Do you know about the Japanese New Year?

New Year's Day celebration is the most important holiday in Japan.

Here we will introduce some aspects about Japanese New Year's culture.

### New Year's Day and the First Three Days

The first day of the New Year, January 1, is called Ganjitsu, and the days from January 1 to 3 are called Sanganichi (first three days).

Many companies are closed during the year-end and New Year's period. During the vacations, Japanese spend time together as a family, eating ozoni and osechi dishes.



### Shime-kazari / Kagami-mochi

Shime-kuzari are straw ropes decorated with fern leaves, oranges, yuzuriha, and other ornaments. Kagami Mochi have two round rice cakes stacked with fern leaves and oranges. They are displayed at the entrance of the house during the New Year vacations to welcome the gods (to have them come).



### Ozoni

Ozoni is a dish of boiled rice cake and vegetables, etc. eaten at New Year's. We eat it to wish for a happy year. Each locality and house has its own way of making it.



### Hatsumode

The first visit to a shrine or temple in the New Year is called Hatsumode.

We pray that the coming year will be a good one.

You can buy a fortune at the shrine to predict your fortune for the year.

When praying at a shrine, generally, one should bow twice, clap twice and bow once\*.

\*Two bows, clap both hands twice, and pray. When the prayer is over, bow once again.



# Mother/child Health Examination Calendar

Type	Date	Venue	Reception Hours	Eligibility/Description/Application/etc.
Health examinations for 4-month-old infants, dental examinations for mothers	Jan 9 (Tue)	Health Center	13:05 to 13:55	Born Aug 21 to 31, 2023
	Jan 16 (Tue)			Born Sep 1 to 8, 2023
	Jan 23 (Tue)			Born Sep 9 to 16, 2023
	Jan 30 (Tue)			Born Sep 17 to 24, 2023
Health examinations for 18-month-old infants	Jan 12 (Fri)	Health Center	13:05 to 14:15	Born Jul 11 to 20, 2022
	Jan 19 (Fri)			Born Jul 21 to 31, 2022
	Jan 26 (Fri)			Born Aug 1 to 10, 2022
Dental examinations for children aged 2 years, 3 months	Jan 18 (Thu)	Health Center	9:00 to 10:10	Born Oct 1 to 15, 2021
	Jan 25 (Thu)			Born Oct 16 to 31, 2021
Health examinations for 3-year-old children	Jan 10 (Wed)	Health Center	13:05 to 14:15	Born Jan 1 to 10, 2021
	Jan 17 (Wed)			Born Jan 11 to 20, 2021
	Jan 24 (Wed)			Born Jan 21 to 31, 2021

\*Those eligible were sent an examination card in advance. Please check the details on the card.

\*Make sure to wear mask and bring your Maternal and Child Health Handbook and bath towel.

\*Please receive your checkup. If you are unable to attend for some reason, please contact the Health Center.



Baby food class (Initial Gokkun (swallowing) class)	Jan 10 (Wed)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 4 months or older. Babies can participate too. ●What to bring: Maternal and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
Baby food class (Later kami-kami (biting) class)	Jan 26 (Fri)	Health Center	10:00 to 11:00	●Eligibility: Guardians of children 9 months or older. Babies can participate too. ●What to bring: Maternal and Child Health Handbook, bath towel, tea and writing utensils. ●Fee: 0 yen ●Application: Health Center	Reservation required
Niko niko cavity prevention class	Jan 22 (Mon)	Komaki Jidokan TEL. 0568-77-0906	10:00 to 11:15	●Eligibility: Nursing children (especially about one-year-old) ●Content: Consultation regarding worries about brushing teeth or teeth alignment ●What to bring: Maternal and Child Health Handbook, toothbrush and bath towel ●Fee: 0 yen ●Applications: Komaki Jidokan	Reservation required
Baby visit	About 1 to 3 months after birth, a health contact or a veteran health contact will come visit your home with a few gifts to congratulate you on the birth of your baby. (You will be contacted in advance to set a convenient time.)				
Grant Maternal and Child Health Handbook	Mon through Fri (Excluding National Holidays and Year End/New Year Holidays)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	9:30 to 17:30	●Content: A Public Health Nurse or a Midwife will hand out the Maternal and Child Health Handbook. Please consult your anxiety and worry about pregnancy with us. ●What to bring: Pregnancy notification or medical certificate, Zairyu Card, My Number Card and a copy of the pregnant woman's bank book to receive financial help.	
Nursing counseling	Jan 9 (Tue)	Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)	10:00 to 12:00	●Fee: 0 yen ●Application: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) TEL.0568-71-8611	Reservation required
	Jan 15 (Mon)		13:00 to 16:00		
	Jan 23 (Tue)		10:00 to 12:00		
	Jan 29 (Mon)		13:00 to 16:00		
	Jan 30 (Tue)		10:00 to 12:00		
Parenting, pregnancy, and giving birth health counseling	Jan 12 (Fri)	Shinooka Jidokan TEL. 0568-79-0690	10:00 to 11:15	●Content: Consultation regarding worries/concerns for raising children, body measurements, blood pressure measurement, urine inspection (optional) ●Applications: Each Jidokan	Reservation required
	Jan 22 (Mon)	Komaki Jidokan TEL. 0568-77-0906	10:00 to 11:15		
Low-weight Infant Notice	Please submit the Low-weight Infant Notice if your child's birth weight is under 2,500g. ●Submit: Kosodate Sedai Houkatsu Shien Center(Lapio 3F) or at the City Hall (Hoken Iryouka Division 1st F)				
1st Birthday Celebration	You will be send a questionnaire about 10 months after birth. Submit your questionnaire by the due date to receive a gift. ●Locations: Kosodate Sedai Houkatsu Shien Center (Lapio 3F) or Jidokan in Komaki city.				

For more information, please contact at right.

**Inquiries**

Health Center TEL.0568-75-6471 FAX.0568-75-8545  
Kosodate Sedai Houkatsu Shien Center (Lapio 3rd floor)  
TEL.0568-71-8611 FAX.0568-71-8612

## Information about examinations for adults

### ▼Cancer screening, etc.

	Type	Date	Venue	Eligibility/Fees/Application/etc.
Group screening	Cervical cancer screening (cervix only)	* Feb 1 (Thu) AM	Health Center	* Applications are closed. ●Eligibility: Registered Komaki residents over 20 years old who applies to the chart below ●Fee: 1,000 yen
	Screening test for breast cancer (Mammography screening)	* Feb 1 (Thu) AM	Health Center	* Feb 1 was the application deadline. ●Eligibility: Registered Komaki residents over 40 years old who applies to the chart below ●Fee: 1,000 yen
		Feb 15 (Thu)	Health Center	
	Breast cancer (Ultrasound)	Feb 21 (Wed) AM	Health Center	●Eligibility: Registered Komaki residents over 30 to 39 years old ●Fee: 1,000 yen
	Lung cancer screening (Sputum test)	●Period: until Feb 28 (Wed) 2024 * Examination to take sputum. Store three days of phlegm in a container and submit by postal mail. You will be informed of the collection date when you apply.		●Eligibility: Registered Komaki residents over 50 years old who has smoked more than 600 cigarettes (calculated by the number of cigarettes you smoke a day × number of years you have been smoking) ●Fee: 500 yen ●Application: Come to the counter in Health Center by Feb 14 (Wed) 2024.
Individual examination	Individual cervical cancer screening (Gynecological, visual and cytological screening)	●Examination period Until Mar 31 (Sun)	Ob/Gyn clinics in Komaki City	●Eligibility: Registered Komaki residents over 20 years those old who applies to the chart below ●Fee: Cervical cancer screening: 1,000 yen / Pelvic screening: 2,000 yen *Pelvic screening is only for people determined to require the examination by the physician ●Applications: Persons applies to ① ② ③ in the eligibility chart below: Ob/Gyn clinics in Komaki City, Persons applies to ④ in the chart below: Please contact the Health Center in advance.
	Individual breast cancer screening (Mammography)		Komaki Daiichi Hospital/ Miwa Lady's Clinic	●Eligibility: Registered Komaki residents over 40 years old who applies to the chart below ●Fee: 1,500 yen ●Applications: Persons applies to ① ② ③ in the eligibility chart below: Komaki Daiichi Hospital (TEL. 0568-71-4390), Miwa Lady's Clinic (TEL. 0568-76-2603), Persons applies to ④ in the chart below: Please contact the Health Center in advance.
	Cancer screening, (Gastric cancer, colorectal cancer, prostate cancer, hepatitis screening, etc.)	●Examination period Until Feb 14 (Wed)	Designated local medical institutions in Komaki City	●Call the designated local medical facility to make a reservation. Please use the QR code below for more information.

Eligibility	① Persons that have received a free coupon	② Born on even numbered years before Jan 7, 1989
	③ Born on odd numbered years after Jan 8, 1989	④ Persons don't apply to ①, ② or ③ and did not receive the screening on FY2022

### [Regarding breast cancer (Mammography) screening/cervical cancer screening]

▼ Cancer screening details

Screening performed once every two years according to the Ministry of Health, Labour and Welfare's guidelines.

Thank you for your understanding and cooperation.

※Group screening application... \* Apply at the Komaki City Website or at the Health Center.

For lung cancer examination apply at the Health Center. \* 500 yen for group screening for persons 70 and older.



### ▼Komaki City medical checkup

Komaki City medical checkup	●Examination period Until Feb 14 (Wed) 2024	Designated local medical institutions in Komaki City	●Content: Physical measurement, blood pressure, urine examination, blood test, X-ray on stomach, large intestine, chest for cancer screening ●Eligibility: Registered Komaki residents over 40 years old who is enrolled in National Health Insurance or Late-Term Medical Insurance for the Elderly, and dependents of Japan Health Insurance Association ●Fees: 4,800 yen for insured person of National Health Insurance and Late-Term Medical Insurance for the Elderly (1,800 yen if 70 or older), 6,150 yen for dependents of Japan Health Insurance Association (3,150 yen if 70 or older) *Medical checkup ticket sent from each insurance is required when receiving thorough medical checkup. ●Application: Designated local medical institutions in Komaki City
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**Inquiries** Health Center TEL.0568-75-6471 FAX.0568-75-8545

## Next tax payment deadline: Jan 31 (Wed)

- Normally Collected Municipal and Prefectural Tax (4th Term)
- National Health Insurance Tax (8th term)
- Nursing Care Insurance Fees (7th term)
- Late-Term Medical Insurance for the Elderly (6th term)

Submit  
your payments  
promptly!

Avoid missed payments by setting up direct debit payments from your bank account. If you have already set up direct debit payments for your taxes, be sure that your account has sufficient funds available by the day before payment is due. You can pay taxes using smartphone apps including PayB, PayPay or LINEPay.

※ Persons using direct deposit to account cannot use payment by app.

Instructions are available on the website of the app.



When you are unable to pay by the predetermined date due to decreased wages or other reason, consult with the taxation division.

If the deadline passes, you will need to pay arrears (penalty for late payment).

### If you are too busy during the day on weekdays to make your payment...

#### A tax payment service counter will be open every Sunday. (Except year end/New Years)

- ① The main building's second floor will be open to answer tax-payment related questions. Payments are accepted as well.

Hours ▶ Jan 14 (Sun)/Jan 28 (Sun) 8:30 to 17:15

- ② The main building's first floor will be open to pay taxes.

Hours ▶ Jan 7 (Sun), 14 (Sun), 21 (Sun), 28 (Sun) 8:30 to 17:15

- ③ You can pay for payment notices with bar codes at convenience stores.

\*Only effective during the period written on the payment slip.

\* Certificates.....Tax payment certificates are available at the Tax Collection Division (2F ⑥).

Income tax certificates are available at the Municipal Tax Division (2F ④).

**Inquiries** Tax Collection Division TEL.0568-76-1117/0568-76-1118



## Did you apply for the 2024 academic year Jidou club?

Application is required **every academic year** (each time a new academic year starts) when children (elementary school students) meeting certain criteria such as having guardians (father, mother, etc.) that are not at home due to work, want to join the Jidou Club from April 1st, 2024.

**Eligibility** 1 to 6 graders in a Komaki City elementary school.

**Application venue** Komaki City Hall Child Policy Division

**Fees** Monthly fee: 5,000 yen (snack fee is separate) \* August only 8,000 yen

**Application period** Until Jan 15 (Mon) Weekdays 8:30 to 17:15

\* Saturday, Sunday, Holiday and Year end/New Years (Dec 29 to Jan 3) are unavailable.

**Inquiries** Child Policy Division TEL.0568-76-1129



## Using Public Phones

Public phones can be used to make calls by inserting cash or prepaid cards.

Public phones are available at stations and city hall.

They are convenient when you are unable to use a cell phone or in case of a natural disaster.



### How to Use

#### Regular Phone Calls

- ① Lift up the receiver (wait).
- ② Insert a 10 yen or 100 yen coin, or a telephone card

You can also insert two or more 10 yen coins.) You can call a cell phone and speak for 15.5 seconds for 10 yen. Unused amount of cash will be returned. No change will be provided for 100 yen coins.

- ③ Press the phone Number.



#### Calling Police (110) or Fire/Ambulance Services (119)

- ① Lift up the receiver.
- ② Press the red button. (If the phone does not have a red button, go to step ③)
- ③ For accidents and crime, press 110 (Police). For fires or to call an ambulance press 119 (Fire/Ambulance). This call is toll free.

You can also call 110 or 119 from a cell phone.

**Inquiries** Multicultural Symbiosis Promotion Room TEL.0568-39-6527

## Individual residential tax reforms that will change from FY2024

### Individual residential tax reforms from FY2024

#### ● Review of the exemption for dependents living outside of Japan

Family members between the ages of 30 and 70 who live outside of the country may be dependents if any of the following conditions apply. In addition, the limit of individual residential tax changes by making the person a dependents.

- ☐ Those who are no longer residents due to study abroad
- ☐ Persons with disability
- ☐ Those who received more than 380,000 yen in living expenses or other from the taxpayer during the year.

#### ● The imposition of a forest environment tax (a national tax) will begin in fiscal 2024.

The Forest Environment Tax is a national tax that will be levied on people living in Japan starting in FY2024. Each person pays 1,000 yen per year along with the individual residential tax per capita.



	until FY2023	from FY2024
Forest Environment Tax (national tax)	—	1,000 yen
Municipal Tax Per-Capita Rate	3,500 yen	3,000 yen
Prefectural Tax Per-Capita Rate	2,000 yen	1,500 yen
Total	5,500 yen	5,500 yen

Of the 1,500 yen per capita prefectural tax, 500 yen is the "Aichi Forest and Greenery Creation Tax."

**Inquiries** Municipal Tax Division TEL.0568-76-1182

## Consultation for residence in Japan

You can consult about status of residence with the staff of the Nagoya Regional Immigration Bureau ("Nagoya Nyukan").

### January and February consultation dates

**Date/time** Jan 10 (Wed), Feb 7 (Wed) From 13:00, 14:00, 15:00 and 16:00

**Consultation time** 45min/group (come as one or two)

**Fees** 0 yen

**Venue** Komaki City Hall (Multicultural Symbiosis Promotion Room) It is possible to consult from home by phone or Zoom.

**Languages** Simple Japanese, Spanish, English, Portuguese, Vietnamese (interpretation available)  
Other languages can be used for consultation using an automated interpreting device.

**Application** Reservation required. Call the Multicultural Symbiosis Promotion Room at least two days before the consultation.

**Inquiries** Multicultural Symbiosis Promotion Room TEL.0568-39-6527, 0568-76-1675 (Direct interpretation)

## Tax consultations will be held during the holidays for National Health Insurance Tax.



Tax payment consultation is available for those who have not paid their National Health Insurance Taxes. Payment may be made on the same day. \* Portuguese interpretation available (9:00 to 17:00)

**Date/time** Jan 21 (Sun) 8:30 - 17:15

**Venue** Insurance and Health Division National Health Section ⑨ (1F Main City Hall Building)

**Inquiries** Insurance and Health Section TEL.0568-76-1123

## Conference of Cities with a High Population of Foreign Residents Komaki 2023

This Conference is a gathering of people from cities and towns with large numbers of foreign residents to study and discuss issues related to foreign residents.



**Date and Time** Jan 18 (Thu) 2024, from 13:00 (doors open 12:30)

**Venue** Meitetsu Komaki Hotel 3F

**Fee** 0 yen (Application required)

**Number of participants** 300 (in order of application)

**Application** You can apply through the QR code. (From Dec 1)

**Other** For more information, please visit the Conference of Foreign Residential Cities website.  
<http://www.shujutoshi.jp/>

Website QR Code



Application Form QR Code



**Inquiries** Secretariat of the Conference of Foreign Residents in Komaki City (Multicultural Symbiosis Promotion Room) TEL.0568-39-6527

## Multicultural Symbiosis Seminar “Life of foreigners living in Japan”

**Date/time** Jan 31 (Wed) from 14:00 to 16:00

**Venue** Main Conference Room,  
City Hall East Building 5F

**Instructor** Yoshihiko Doi, (President, Multicultural Resource Center Tokai)

**Application** Apply using the QR code between Jan 1 (Mon) and 24 (Wed).

\* This seminar is intended for city employees but is open to participation by the public.

QR Code



**Inquiries** Multicultural Symbiosis Promotion Room TEL.0568-39-6527

## National Pension for all persons from 20 years old

The National Pension is a system that ensures the livelihood of citizens with a pension after becoming elderly or in case of some unfortunate circumstance.

All persons living in Japan between ages 20 and 59 are required to pay national pension premiums (basic pension) regardless of occupation. After the 20th birthday, a basic pension number notification (pension number paper) and payment slip (page for making payment) will be sent by the Japan Pension Service.

If payment of premiums is difficult, persons under 49 years of age and students can use the payment deferment system or the student payment special deferment system. Please contact us for more details.

### 3 Benefits of the National Pension (Basic Pension)

- ① Support from when you become elderly. .... **Basic pension for the elderly**
- ② Support when you become sick or injured. .... **Basic disability pension**
- ③ Support for children and spouse with children if you die. .... **Basic survivor pension**

**Inquiries** Japan Pension Service Nagoya North Branch Office TEL.052-912-1246  
Citizen Inquiry Division TEL.0568-76-1124

## Certificates of Deduction for National Pension Premiums

\*This notice does not apply to those who are not paying for national pension.

When making year-end adjustments or filing tax returns, the entire amount paid for the National Pension Insurance premiums can be deducted from the income calculation.

Doing so may result in slightly lower taxes. When you file your income tax return, you must submit documents proving the National Pension Insurance premiums you paid between January 1, 2023 and December 31, 2023. The Certificate of Deduction for National Pension Premiums for the first payment of National Health Insurance premiums after October 3, 2023 will be sent by Japan Pension Service in early February.

Also, those who paid between January 1 and October 2, 2023 have already received theirs in early November 2023. This certificate or receipt is required whenever you file an income tax return.

\*If you want to use the certificate of premiums paid for two years together separately for the yearly return, please see the Japan Pension Service website or ask the pension office.

**Inquiries**

● For tax returns (declaration of income) (Information is available on the National Tax Agency's website.) : **Komaki Tax Office TEL.0568-72-2111**

\*Please listen to the automated voice guidance and operate the system.

● **Citizen's tax return: Municipal Tax Division TEL.0568-76-1182**

● **Certificate contents and reissuance: Japan Pension Service Nagoya North Branch Office TEL.052-912-1246**





## Child's Plan (Experience Tour)

We're going to make an ocarina paperweight with friends from around the world.

**Date/time** Mar 3 (Sun), 9:00-15:30 No cancellation in case of rain.

**Venue** The Okazaki World Children's Art Museum

**Eligibility** Children living or studying in Komaki, students from elementary grade 3 to 6 or KIA members.

**Number of participants** 15 Japanese and 15 Foreign children (in order of application)

**Fees** Members 500 yen, Non-members 1000 yen  
\*Money for lunch and insurance is included.

**Application** Jan 9 (Tue) to Jan 31 (Wed) \*One person can apply for up to 3.  
Apply directly to the Komaki International Association (KIA) Secretariat with the fee.



## Let's try making Japanese food as international exchange!

Let's make a home-cooked meal that is nutritious and hearty.

**Date/time** Feb 17 (Sat) 10:00 to 13:30

**Venue** Cooking Room,  
Ajioka Community Center 3F

**Instructor** Ms. Ryuko Kurachi

**Eligibility** Elementary grade 4 students and older KIA members, Komaki City residents or persons working or studying in Komaki. (Elementary students may participate with their parents)

**What to bring** Mask, apron, bandana, pen or pencil

**Number of participants** 15 (in order of application)

**Fees** Members 200 yen, General 700 yen

**Application period** Jan 6 (Sat) to Jan 20 (Sat)

**Application** Please come to KIA with the fee.



**Inquiries**

Komaki International Association (KIA) TEL.0568-76-0905 FAX.0568-71-8396  
E-mail: [kia@ma.ccnw.ne.jp](mailto:kia@ma.ccnw.ne.jp) 3-555 Lapio 5F Komaki, Komaki City  
\*9:00 to 17:00 (Closed 12:00 to 13:00, Sundays, Mondays, third Tuesdays and Holidays)

## Come study Kanji with us

Let's learn kanji and Japanese.

**Date** Sundays in January and February 2024

▶ Jan 7, 14, 21, 28 ▶ Feb 4, 11, 18, 25

**Venue** Circle room 1, 4F Lapio.

**Time** 13:30 to 15:30

**Eligibility** Foreigners or whoever wants to learn Japanese!

**Fee** 0 yen

**Application** No application necessary Come to the study venue. Study at your own level even once.

**Inquiries** Kanji volunteer class (Oshima) TEL.090-9188-3761



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3-1 Horinouchi, Komaki-shi, Aichi-ken 485-8650  
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※Please see the relevant service counter for more details regarding any of the items contained herein.

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