

● *Websites with Useful Daily Life Information for Foreigners in Multiple Languages* ●

● *Japanese learning Websites* ●

● *Japanese language classes in Shimane Prefecture* ●

● *Point-and-Speak Foreign Language Sheet* ●



Ministry of Internal Affairs  
and Communications

Shimane Administrative Inspection and  
Administrative Counseling Center



Shimane Prefecture





Shimane International Center

## ◎Contents




<b>1</b>	<b><i>Websites with Useful Daily Life Information for Foreigners in Multiple Languages</i></b>	
(1)	Daily Life .....	1
(2)	Parenting and Education .....	2
(3)	Social Insurance, Pension and Medical Care .....	4
(4)	Employment .....	5
(5)	Finance .....	5
(6)	Disaster Prevention, Emergency Services .....	6
(7)	Housing .....	9
<b>2</b>	<b><i>Japanese learning websites</i></b> .....	10
<b>3</b>	<b><i>Japanese language classes in Shimane Prefecture</i></b> .....	15
<b>4</b>	<b><i>Point-and-Speak Foreign Language Sheet</i></b> .....	16




# 1 Websites with Useful Daily Life Information for Foreigners in Multiple Languages

## (1) Daily Life




Name	Contents	URL/QR Code
Video for Daily Life Orientation	Videos introducing rules, customs, work, taxes and other essential information for living in Japan. (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Russian, Ukrainian)	Immigration Services Agency <a href="https://www.moj.go.jp/isa/support/coexistence/04_00078.html">https://www.moj.go.jp/isa/support/coexistence/04_00078.html</a> 
Guidebook of Living and Working in Japan ~ For Foreign Nationals who Start Living in Japan ~	A comprehensive guide covering essential topics such as administrative procedures, childcare, education, healthcare, pensions and taxes. (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Turkish, Ukrainian)	Immigration Services Agency <a href="https://www.moj.go.jp/isa/support/portal/guidebook_all.html">https://www.moj.go.jp/isa/support/portal/guidebook_all.html</a> 

## ( 2 ) Parenting and Education


Name	Contents	URL/QR Code
Maternal and Child Health Handbook	<p>A handbook for recording the health of a mother and her child, including health check-ups, examinations by an obstetricians or pediatricians, and vaccinations.</p> <p>This handbook also serves as an official record of your child's immunizations, which may be required when enrolling them in school, so please take care not to lose it. You can also use it to record your child's health and results of check-ups, along with other important information.</p> <p>(Versions in English, Chinese, Korean, Thai, Tagalog, Portuguese, Spanish, Vietnamese, Nepali, Indonesian)</p>	<p>Children and Families Agency</p> <p><a href="https://mchbook.cfa.go.jp/category03/index.php">https://mchbook.cfa.go.jp/category03/index.php</a></p> 
Guidebook for Starting School	<p>Information about the school education of Japan, including procedures for enrolling in school and details about school life</p> <p>(Versions in English, Chinese, Korean, Tagalog, Spanish, Portuguese, Vietnamese, Ukrainian)</p>	<p>Ministry of Education, Culture, Sports, Science and Technology</p> <p><a href="https://www.mext.go.jp/a_menu/shotou/clarinet/003/1320860.htm">https://www.mext.go.jp/a_menu/shotou/clarinet/003/1320860.htm</a></p> 
Do You Have Concerns About Your Child's development?	<p>A guidebook on support systems for children with developmental disorders</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Urdu, Lao, Nepali, Indonesian, Cambodian, French, Burmese, Dari, Mongolian, German, Hindi, Bengali, Ukrainian, Turkish)</p>	<p>Information and Support Center for Persons with Developmental Disorders</p> <p><a href="https://www.rehab.go.jp/ddis/world/brochure/">https://www.rehab.go.jp/ddis/world/brochure/</a></p> 

Name	Contents	URL/QR Code
<p>Video for Foreign Children and Their Parents</p> <p>“Nice to meet you ! Let’s be friends!”</p>	<p>Animation introducing school life at a Japanese elementary school</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Ukrainian)</p>	<p>Ministry of Education, Culture, Sports, Science and Technology</p> <p><a href="https://www.youtube.com/watch?v=-RM6TYVhoRw&amp;list=PLGpGsGZ3lmbAmf-8V2wf48BnYXy5u-CKn&amp;index=2">https://www.youtube.com/watch?v=-RM6TYVhoRw&amp;list=PLGpGsGZ3lmbAmf-8V2wf48BnYXy5u-CKn&amp;index=2</a></p> 
<p>Video for Foreign Children and Their Parents</p> <p>“Tell me about elementary school in Japan!”</p>		<p>Ministry of Education, Culture, Sports, Science and Technology</p> <p><a href="https://www.youtube.com/watch?v=fX77C8bze4Y&amp;list=PLGpGsGZ3lmbBcSVPKVO1R7n-qPZw0OG09&amp;index=2">https://www.youtube.com/watch?v=fX77C8bze4Y&amp;list=PLGpGsGZ3lmbBcSVPKVO1R7n-qPZw0OG09&amp;index=2</a></p> 
<p>Protecting Children from Accidents!</p> <p>Accident Prevention Handbook</p>	<p>A handbook that provides information on the most common accidents involving children aged 0 to 6 (preschool age), how to prevent them, and practical tips on how to respond if an accident occurs.</p> <p>(Versions in English and Chinese)</p>	<p>Consumer Affairs Agency</p> <p><a href="https://www.cfa.go.jp/policies/child-safety-actions/handbook">https://www.cfa.go.jp/policies/child-safety-actions/handbook</a></p> 


### (3) Social Insurance, Pension and Medical Care

Name	Contents	URL/QR Code
Japan's Social Insurance System	<p>A guidebook of Japan's public pension system and health insurance system</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Russian)</p>	<p>Japan Pension Service</p> <p><a href="https://www.nenkin.go.jp/international/pamphlet/english/index.html">https://www.nenkin.go.jp/international/pamphlet/english/index.html</a></p> 
Public pension system you need to know	<p>Video introducing how to join the Japan's public pension system, how to receive pension benefits, eligibility requirements, etc.</p> <p>(Versions in English, Chinese, Korean, Tagalog, Portuguese, Vietnamese)</p>	<p>Japan Pension Service</p> <p><a href="https://www.nenkin.go.jp/service/learn/shitteokitai_gaikoku.html#cmsTG">https://www.nenkin.go.jp/service/learn/shitteokitai_gaikoku.html#cmsTG</a></p> 
Search Site for Medical Institutions where Staff Can Speak Foreign Languages		<p>Japan National Tourism Organization</p> <p><a href="https://www.jnto.go.jp/emergency/jpn/mi_guide.html">https://www.jnto.go.jp/emergency/jpn/mi_guide.html</a></p> 


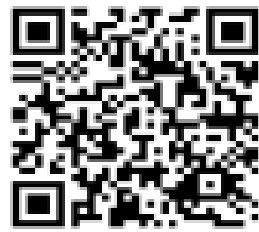


#### (4) Labor

Name	Contents	URL/QR Code
Working Conditions Handbook	<p>A pamphlet provides an introduction to some of the most important aspects of Japan's labor laws. Please use this handbook to check whether the working conditions at your workplace are fair.</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)</p>	<p>Ministry of Health, Labor and Welfare</p> <p><a href="https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudoukijun/foreign/index.html">https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudoukijun/foreign/index.html</a></p> 






#### (5) Finance









Name	Contents	URL/QR Code
How to Open a Bank Account and Send Money	<p>A Pamphlet with instructions and rules for opening a bank account and sending money overseas</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Ukrainian, Turkish)</p>	<p>Financial Services Agency</p> <p><a href="https://www.fsa.go.jp/user/livinginjapan.html">https://www.fsa.go.jp/user/livinginjapan.html</a></p> 

## (6) Disaster Prevention, Paramedics

Name	Contents	URL/QR Code
Safety Tips	<p>The Safety Tips app provides alerts in foreign languages for earthquake early warnings, tsunami warnings, and other weather-related warnings within Japan.</p> <p>It offers various functions useful for both foreign tourists and residents in Japan, such as an evacuation flowchart outlining actions to take based on surrounding circumstances, helpful phrases for obtaining information from those nearby, and website links with helpful information in the event of a disaster.</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)</p>	<div>Android:</div>  <div>iPhone</div> 
Disaster Prevention Handbook for Foreign Residents	<p>A handbook of information about preparing for a disaster, types of disasters, and what to do in a disaster.</p> <p>(Versions in English, Chinese, Portuguese, Vietnamese, Tagalog)</p>	<p>Shimane International Center</p> <p><a href="https://www.sic-info.org/support/prepare-disaster/handbook/">https://www.sic-info.org/support/prepare-disaster/handbook/</a></p> 
Multilingual Information on Disaster Risk Reduction	<p>Weather (weather, heavy rain, high temperature, etc.) / earthquake/tsunami/volcano information</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)</p>	<p>Japan Meteorological Agency</p> <p><a href="https://www.jma.go.jp/jma/kokusai/multi.html">https://www.jma.go.jp/jma/kokusai/multi.html</a></p> 







Name	Contents	URL/QR Code
Helpful Apps and Websites in the Event of Disaster	Leaflets about applications for smartphones and websites providing information such as natural disasters and weather warnings in Japan (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)	Cabinet Office <a href="https://www.bousai.go.jp/kokusai/web/">https://www.bousai.go.jp/kokusai/web/</a> 
West Japan Railway Company Train Status Information	Multilingual information on JR West train delays and service disruption (Versions in English, Chinese, Korean)	English <a href="http://www.westjr.co.jp/global/en/index.html">http://www.westjr.co.jp/global/en/index.html</a> 
		Chinese <a href="http://www.westjr.co.jp/global/sc/index.html">http://www.westjr.co.jp/global/sc/index.html</a> 
		Korean <a href="http://www.westjr.co.jp/global/kr/index.html">http://www.westjr.co.jp/global/kr/index.html</a> 
Guide for Ambulance Services	A guidebook on how to call an ambulance and when emergency services should be contacted (Versions in English, Chinese, Korean)	Fire and Disaster Management Agency <a href="https://www.fdma.go.jp/publication/portal/post2.html">https://www.fdma.go.jp/publication/portal/post2.html</a> 

Name	Contents	URL/QR Code
Izumo-City Disaster Prevention E-mail	<p>E-mail alerts providing disaster information such as an earthquakes, heavy rain and tsunamis, to foreign residents in Izumo-City (Registration required)</p> <p>(Versions in English, Chinese, Korean, Portuguese, Vietnamese, Burmese, Indonesian)</p>	<p>1 Please read the QR code below and send an email.  2 You will receive a registration guide email. Please access the URL at the end of the email.  3 On the screen, select "Register".</p> <div>     </div> <div> <p>English      Portugues      Chinese (Simplified)      Chinese (Traditional)</p> </div> <div>     </div> <div> <p>Korean      Vietnamese      Burmese      Indonesian</p> </div>







## (7) Housing







Name	Contents	URL/QR Code
How to Live in a Rental House in Japan	<p>A video introducing the rules and manners of living in a rental house</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)</p>	<p>Japan Property Management Association</p> <p><a href="https://welcome.jpm.jp/#guide">https://welcome.jpm.jp/#guide</a></p> 
Apartment Search Guidebook	<p>A guidebook providing essential information and practical advice on finding a home and living in Japan, including how to search for accommodation, the rental process, and important things to know after moving in</p> <p>(Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian and Burmese)</p>	<p>Ministry of Land, Infrastructure, Transport and Tourism</p> <p><a href="https://www.mlit.go.jp/jutakukentiku/house/jutakukentiku_house_tk3_000017.html">https://www.mlit.go.jp/jutakukentiku/house/jutakukentiku_house_tk3_000017.html</a></p> 

## 2 Japanese learning websites

Name	URL/QR Code
<p>Website for Foreign Nationals as Residents to Learn Japanese Language “TSUNAHIRO”</p> <p>(English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Burmese, French, Mongolian, Ukrainian, Russian)</p>	<p><a href="https://tsunagarujp.mext.go.jp/">https://tsunagarujp.mext.go.jp/</a></p> 
<p>Japanese Language and Culture“MARUGOTO PLUS”</p> <p>(English, Spanish)</p>	<p><a href="https://marugotoweb.jp/ja/index.php">https://marugotoweb.jp/ja/index.php</a></p> 
<p>IRODORI Japanese Online Course</p> <p>(English, Chinese, Thai, Vietnamese, Lao, Bengali, Nepali, Indonesian, Cambodian, Burmese, Mongolian)</p>	<p><a href="https://www.irodori-online.jp/go.jp/">https://www.irodori-online.jp/go.jp/</a></p> <p>* New User Registration Required</p> 
<p>Japanese in Anime &amp; Manga</p> <p>(English, Chinese, Korean, Spanish, French)</p>	<p><a href="https://anime-manga.jp/">https://anime-manga.jp/</a></p> 

Name	URL/QR Code		
<b>NHK WORLD JAPAN Learn Japanese</b> (English, Chinese, Arabic, Korean, Thai, Urdu, Bengali, Swahili, Spanish, Portuguese, Hindi Vietnamese, Indonesian, Burmese, French, Bengali, Ukrainian, Turkish, Russian, Persian)	English	<a href="https://www3.nhk.or.jp/nhkworld/en/learnjapanese/">https://www3.nhk.or.jp/nhkworld/en/learnjapanese/</a>	
	Chinese	<a href="https://www3.nhk.or.jp/nhkworld/zh/learnjapanese/">https://www3.nhk.or.jp/nhkworld/zh/learnjapanese/</a>	
	Arabic	<a href="https://www3.nhk.or.jp/nhkworld/ar/learnjapanese/">https://www3.nhk.or.jp/nhkworld/ar/learnjapanese/</a>	
	French	<a href="https://www3.nhk.or.jp/nhkworld/fr/learnjapanese/">https://www3.nhk.or.jp/nhkworld/fr/learnjapanese/</a>	
	Portuguese	<a href="https://www3.nhk.or.jp/nhkworld/pt/learnjapanese/">https://www3.nhk.or.jp/nhkworld/pt/learnjapanese/</a>	
	Swahili	<a href="https://www3.nhk.or.jp/nhkworld/sw/learnjapanese/">https://www3.nhk.or.jp/nhkworld/sw/learnjapanese/</a>	






Name	URL/QR Code		
<b>NHK WORLD JAPAN Learn Japanese</b> (English, Chinese, Arabic, Korean, Thai, Urdu, Bengali, Swahili, Spanish, Portuguese, Hindi Vietnamese, Indonesian, Burmese, French, Bengali, Ukrainian, Turkish, Russian, Persian)	Ukrainian	<a href="https://www3.nhk.or.jp/nhkworld/uk/learnjapanese/">https://www3.nhk.or.jp/nhkworld/uk/learnjapanese/</a>	
	Bengali	<a href="https://www3.nhk.or.jp/nhkworld/bn/learnjapanese/">https://www3.nhk.or.jp/nhkworld/bn/learnjapanese/</a>	
	Hindi	<a href="https://www3.nhk.or.jp/nhkworld/hi/learnjapanese/">https://www3.nhk.or.jp/nhkworld/hi/learnjapanese/</a>	
	Korean	<a href="https://www3.nhk.or.jp/nhkworld/ko/learnjapanese/">https://www3.nhk.or.jp/nhkworld/ko/learnjapanese/</a>	
	Russian	<a href="https://www3.nhk.or.jp/nhkworld/ru/learnjapanese/">https://www3.nhk.or.jp/nhkworld/ru/learnjapanese/</a>	
	Thai	<a href="https://www3.nhk.or.jp/nhkworld/th/learnjapanese/">https://www3.nhk.or.jp/nhkworld/th/learnjapanese/</a>	

Name	URL/QR Code		
<b>NHK WORLD JAPAN Learn Japanese</b> (English, Chinese, Arabic, Korean, Thai, Urdu, Bengali, Swahili, Spanish, Portuguese, Hindi Vietnamese, Indonesian, Burmese, French, Bengali, Ukrainian, Turkish, Russian, Persian)	Urdu	<a href="https://www3.nhk.or.jp/nhkworld/ur/learnjapanese/">https://www3.nhk.or.jp/nhkworld/ur/learnjapanese/</a>	
	Burmese	<a href="https://www3.nhk.or.jp/nhkworld/my/learnjapanese/">https://www3.nhk.or.jp/nhkworld/my/learnjapanese/</a>	
	Indonesian	<a href="https://www3.nhk.or.jp/nhkworld/id/learnjapanese/">https://www3.nhk.or.jp/nhkworld/id/learnjapanese/</a>	
	Persian	<a href="https://www3.nhk.or.jp/nhkworld/fa/learnjapanese/">https://www3.nhk.or.jp/nhkworld/fa/learnjapanese/</a>	
	Spanish	<a href="https://www3.nhk.or.jp/nhkworld/es/learnjapanese/">https://www3.nhk.or.jp/nhkworld/es/learnjapanese/</a>	
	Turkish	<a href="https://www3.nhk.or.jp/nhkworld/tr/learnjapanese/">https://www3.nhk.or.jp/nhkworld/tr/learnjapanese/</a>	






Name	URL/QR Code	
<b>NHK WORLD JAPAN Learn Japanese</b> (English, Chinese, Arabic, Korean, Thai, Urdu, Bengali, Swahili, Spanish, Portuguese, Hindi Vietnamese, Indonesian, Burmese, French, Bengali, Ukrainian, Turkish, Russian, Persian)	<b>Vietnamese</b>	<a href="https://www3.nhk.or.jp/nhkworld/vi/learnjapanese/">https://www3.nhk.or.jp/nhkworld/vi/learnjapanese/</a> 



### 3 Japanese language classes in Shimane Prefecture

Contents	URL/QR Code	
List of Japanese language classes in Shimane Prefecture	English	<a href="https://www.sic-info.org/en/support/learn-japanese/japanese-class/">https://www.sic-info.org/en/support/learn-japanese/japanese-class/</a> 
	Chinese	<a href="https://www.sic-info.org/cn/support/learn-japanese/japanese-class/">https://www.sic-info.org/cn/support/learn-japanese/japanese-class/</a> 
	Tagalog	<a href="https://www.sic-info.org/tg/support/learn-japanese/japanese-class/">https://www.sic-info.org/tg/support/learn-japanese/japanese-class/</a> 
	Portuguese	<a href="https://www.sic-info.org/pt/support/learn-japanese/japanese-class/">https://www.sic-info.org/pt/support/learn-japanese/japanese-class/</a> 
	Vietnamese	<a href="https://www.sic-info.org/vi/support/learn-japanese/japanese-class/">https://www.sic-info.org/vi/support/learn-japanese/japanese-class/</a> 

## 4 Point-and-Speak Foreign Language Sheet

Places and situations for conversation	Languages	URL/QR Code
Travel	English, Chinese, Korean, Vietnamese, Thai and Indonesian	Japan Tourism Agency <a href="https://www.mlit.go.jp/kankocho/jirei_shien/tsuyaku_kyozai.html">https://www.mlit.go.jp/kankocho/jirei_shien/tsuyaku_kyozai.html</a> 
Restaurants	English, Korean, Chinese and Thai	Kumamoto Prefecture <a href="https://www.pref.kumamoto.jp/soshiki/70/193395.html">https://www.pref.kumamoto.jp/soshiki/70/193395.html</a> 
Hotels		
Railways, Bus, Taxi		
Retail store		
Financial Institutions		
Disaster evacuation shelters	English, Chinese, Korean, Tagalog, Portuguese, Spanish, French, Russian, Vietnamese, Thai, Nepali Burmese and Indonesian	Council of Local Authorities for International Relations <a href="https://www.clair.or.jp/j/multiculture/tagengo/yubisashi.html">https://www.clair.or.jp/j/multiculture/tagengo/yubisashi.html</a> 
Payment on Credit cards	English, Chinese, Korean, Thai, Indonesian, French, Vietnamese, Russian, Italian, German and Spanish	Japan Credit Card Association <a href="https://www.jcca-office.gr.jp/dealer/multilingual/sheets/">https://www.jcca-office.gr.jp/dealer/multilingual/sheets/</a> 
Hospitals (Conversations with hospitalized patients)	English, Chinese, Korean, Thai, Nepali, Indonesian, Cambodian, Vietnamese, Arabic, Spanish, French, Russian, Mongolian, Tagalog, Lao, Portuguese, Sinhala and Tamil	MIC-Kanagawa <a href="https://mickanagawa.web.fc2.com/pointing_sheets.html">https://mickanagawa.web.fc2.com/pointing_sheets.html</a> 

Places and situations for conversation	Languages	URL/QR Code
Hospitals (Medical Questionnaire)	English, Chinese, Korean, Tagalog, Portuguese, Spanish, Vietnamese, Thai, Indonesian, Lao, Cambodian, Nepali, German, Russian, French, Persian, Arabic, Croatian, Tamil, Sinhala, Ukrainian, Burmese and Mongolian	Kanagawa International Foundation <a href="https://kifjp.org/medical/">https://kifjp.org/medical/</a> 
Hospitals (Medical Questionnaire)	English, Chinese, Portuguese, Thai, Tagalog, Spanish, Korean, Indonesian, Vietnamese, Arabic, Hungarian, Ukrainian, Bengali, Urdu, Persian, Sinhala, Malay, Slovenian, Romanian, Serbian, Russian and Tajik	Ibaraki International Association <a href="https://www.ia-ibaraki.or.jp/others/book/">https://www.ia-ibaraki.or.jp/others/book/</a> 
Library	English, Chinese, Korean, Vietnamese, Spanish and Portuguese	Saitama Prefectural Libraries <a href="https://www.lib.pref.saitama.jp/collectio n/mcult/tabunkatool.html">https://www.lib.pref.saitama.jp/collectio n/mcult/tabunkatool.html</a> 
Ambulance	English, Chinese, Korean, Spanish, Portuguese, Tagalog, Russian, Indonesian, Vietnamese, Thai, Nepali, Arabic, Persian, Romanian, Bulgarian, Lao, Hungarian, German and French	Center for Multicultural Society of Hyogo <a href="https://www.tabunka.jp/hyogo/119/">https://www.tabunka.jp/hyogo/119/</a> 