

- *Websites with Useful Daily Life Information for Foreigners in Multiple Languages* ●
- *Japanese learning Websites* ●
- *Japanese language classes in Yamanashi Prefecture* ●
- *Point-and-Speak Foreign Language Sheet* ●



Ministry of Internal Affairs and Communications
Yamanashi Administrative Inspection and Administrative Counseling Center

◎Contents

<i>1 Websites with Useful Daily Life Information for Foreigners in Multiple Languages</i>	
(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.....	10
(8) Business	11
<i>2 Japanese learning websites</i>	<i>12</i>
<i>3 Japanese language classes in Yamanashi Prefecture.....</i>	<i>17</i>
<i>4 Point-and-Speak Foreign Language Sheet</i>	<i>19</i>

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 https://www.moj.go.jp/isa/support/coexistence/04_00078.html 
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, Russian, French, Hindi)	Immigration Services Agency https://www.moj.go.jp/isa/support/portal/guidebook_all.html 

(2) Parenting and Education

Name	Contents	URL/QR Code
Maternal and Child Health Handbook	A handbook for recording the health of a mother and her child, including health check-ups, examinations by an obstetricians or pediatricians, and vaccinations. 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. (Versions in English, Chinese, Korean, Thai, Tagalog, Portuguese, Spanish, Vietnamese, Nepali, Indonesian)	Children and Families Agency https://mchbook.cfa.go.jp/category03/index.php 
Guidebook for Starting School	Information about the school education of Japan, including procedures for enrolling in school and details about school life (Versions in English, Chinese, Korean, Tagalog, Spanish, Portuguese, Vietnamese, Ukrainian)	Ministry of Education, Culture, Sports, Science and Technology https://www.mext.go.jp/a_menu/shotou/clarinet/003/1320860.htm 
Do You Have Concerns About Your Child's development?	A guidebook on support systems for children with developmental disorders (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Urdu, Lao, Nepali, Indonesian, Cambodian, French, Burmese, Dari, Mongolian, German, Hindi, Bengali, Ukrainian, Turkish, Tamil, Sinhalese)	Information and Support Center for Persons with Developmental Disorders https://www.rehab.go.jp/ddis/world/brochure/english/ 

Name	Contents	URL/QR Code
Video for Foreign Children and Their Parents “Nice to meet you ! Let’s be friends!”	Animation introducing school life at a Japanese elementary school (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese, Ukrainian)	Ministry of Education, Culture, Sports, Science and Technology https://www.youtube.com/watch?v=-RM6TYVhoRw&list=PLGpGsGZ3lmbAmf-8V2wf48BnYXy5u-CKn&index=2 
Video for Foreign Children and Their Parents “Tell me about elementary school in Japan!”		Ministry of Education, Culture, Sports, Science and Technology https://www.youtube.com/watch?v=fX77C8bze4Y&list=PLGpGsGZ3lmbBcSVPKVO1R7n-qPZw0OG09&index=2 
Protecting Children from Accidents! Accident Prevention Handbook	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. (Versions in English and Chinese)	Children and Families Agency https://www.cfa.go.jp/policies/child-safety-actions/handbook 

(3) Social Insurance, Pension and Medical Care

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

(4) Labor

Name	Contents	URL/QR Code
Working Conditions Handbook	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. (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)	Ministry of Health, Labor and Welfare https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/roudoukijun/foreign/index.html 

(5) Finance

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

(6) Disaster Prevention, Paramedics

Name	Contents	URL/QR Code
Safety Tips	The Safety Tips app provides alerts in foreign languages for earthquake early warnings, tsunami warnings, and other weather-related warnings within Japan. 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. (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)	Application download required Android: iPhone   Download Links
Disaster Prevention Handbook for Foreign Residents	A handbook of information about preparing for a disaster, types of disasters, and what to do in a disaster. (Versions in English, Chinese, Portuguese, Vietnamese, Tagalog)	Shimane International Center https://www.sic-info.org/support/prepare-disaster/handbook/ 
Multilingual Information on Disaster Risk Reduction	Weather (weather, heavy rain, high temperature, etc.) / earthquake/tsunami/volcano information (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)	Japan Meteorological Agency https://www.jma.go.jp/jma/kokusai/multi.html 

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 https://www.bousai.go.jp/kokusai/web/ 
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 https://www.fdma.go.jp/publication/portal/post2.html 

Name	Contents	URL/QR Code
East Japan Railway Company Train Status Information	Multilingual information on JR East Japan train delays and service disruption (Versions in English, Chinese, Korean Thai, Spanish, Indonesian, French, German)	English https://www.jreast.co.jp/en/multi/ 
		Chinese (Simplified) https://www.jreast.co.jp/zh-CHS/multi/ 
		Chinese(traditional) https://www.jreast.co.jp/zh-CHT/multi/ 
		Korean https://www.jreast.co.jp/ko/multi/ 
		Thai https://www.jreast.co.jp/th/multi/ 
		Spanish https://www.jreast.co.jp/es/multi/ 
		Indonesian https://www.jreast.co.jp/id/multi/ 
		French https://www.jreast.co.jp/fr/multi/ 
		German https://www.jreast.co.jp/de/multi/ 

Name	Contents	URL/QR Code	
Tokai Railway Company Train Status Information	Multilingual information on JR Tokai train delays and service disruption (Versions in English, Chinese, Korean Thai, French, German)	English https://global.jr-central.co.jp/en/	
		Chinese (Simplified) https://global.jr-central.co.jp/zh-CN/	
		Chinese(traditional) https://global.jr-central.co.jp/zh-TW/	
		Korean https://global.jr-central.co.jp/ko/	
		Thai https://global.jr-central.co.jp/th/	
		French https://global.jr-central.co.jp/fr/	
		German https://global.jr-central.co.jp/de/	

(7) Housing

Name	Contents	URL/QR Code
How to Live in a Rental House in Japan	A video introducing the rules and manners of living in a rental house (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian, Burmese)	Japan Property Management Association https://welcome.jpm.jp/#guide 
Apartment Search Guidebook	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 (Versions in English, Chinese, Korean, Thai, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Indonesian, Cambodian, Mongolian and Burmese)	Ministry of Land, Infrastructure, Transport and Tourism https://www.mlit.go.jp/jutakukentiku/house/jutakukentiku_house_tk3_000017.html 

(8) Business

Contents	URL/QR Code
Search Site for Legal Experts (Administrative Scriveners, Tax Accountants, Attorneys, Certified Public Accountants, Judicial Scriveners) Can Speak Foreign Languages	Financial Services Agency https://www.fsa.go.jp/internationalfinancialcenter/en/multilingual-organizations 

2 Japanese learning websites

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

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

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

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

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

3 Japanese language classes in Yamanashi Prefecture

Contents	URL/QR Code	
List of Japanese language classes in Yamanashi Prefecture	English	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=en&_x_tr_hl=ja&_x_tr_pto=wapp 
	Chinese	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=zh-CN&_x_tr_hl=ja&_x_tr_pto=wapp 
	Korean	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=ko&_x_tr_hl=ja&_x_tr_pto=wapp 
	Portuguese	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=pt&_x_tr_hl=ja&_x_tr_pto=wapp 
	Vietnamese	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=vi&_x_tr_hl=ja&_x_tr_pto=wapp 

Contents	URL/QR Code	
List of Japanese language classes in Yamanashi Prefecture	Tagalog	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=tl&_x_tr_hl=ja&_x_tr_pto=wapp 
	Spanish	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=es&_x_tr_hl=ja&_x_tr_pto=wapp 
	Thai	https://www-pref-yamanashi-jp.translate.goog/kokusai-tabunka/info/nihongo/index.html?_x_tr_sl=ja&_x_tr_tl=th&_x_tr_hl=ja&_x_tr_pto=wapp 

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 https://www.mlit.go.jp/kankocho/jirei_shien/tsuyaku_kyozai.html 
Restaurants	English, Korean, Chinese and Thai	Kumamoto Prefecture https://www.pref.kumamoto.jp/soshiki/70/13395.html 
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 https://www.clair.or.jp/j/multiculture/tagengo/yubisashi.html 
Payment on Credit cards	English, Chinese, Korean, Thai, Indonesian, French, Vietnamese, Russian, Italian, German and Spanish	Japan Credit Card Association <Versions in English, Chinese, Korean> https://www.jcca-office.gr.jp/wp-content/themes/jcca/pdf/ENG_CHN_KOR.pdf  <Versions in Thai, Indonesian, Vietnamese, Russian> https://www.jcca-office.gr.jp/wp-content/themes/jcca/pdf/THA_IDN_VNM_RUS.pdf  <Versions in Italian, German, Spanish, French> https://www.jcca-office.gr.jp/wp-content/themes/jcca/pdf/FRA_DEU_ITA_ESP.pdf 

Places and situations for conversation	Languages	URL/QR Code
Hospitals (Conversations with hospitalized patients)	English, Chinese, Korean, Thai, Nepali, Arabic, Indonesian, Cambodian, Vietnamese, Spanish, French, Russian, Mongolian, Tagalog, Lao, Tamil, Portuguese and Sinhala	MIC-Kanagawa https://mickanagawa.web.fc2.com/pointing_sheets.html 
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 https://kifjp.org/medical/ 
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 https://www.ia-ibaraki.or.jp/others/book/ 
Library	English, Chinese, Korean, Vietnamese, Spanish and Portuguese	Saitama Prefectural Libraries https://www.lib.pref.saitama.jp/collectio n/mcult/tabunkatool.html 
Ambulance	English, Chinese, Korean, Spanish, Portuguese, Tagalog, Russian, Indonesian, Vietnamese, Thai, Nepali, Arabic, Persian, Rumanian, Bulgarian, Lao, Hungarian, German and French	Center for Multicultural Society of Hyogo https://www.tabunka.jp/hyogo/119/ 

Places and situations for conversation	Languages	URL/QR Code
Restaurants	English, Chinese, Korean, Spanish, Indonesian, Vietnamese, Thai, Arabic, Italian, German and French	Tokyo Metropolitan https://www.menu-tokyo.jp/menu/tool/talksheet/ 