

# Medical Guide for Foreign Residents

## 1. If You Become Ill or Injured

Holiday emergency clinics and pediatric emergency centers offer first-stage medical treatment for sudden fevers and toothaches during the year-end/New Year holidays, on Sundays and national holidays. In addition, the Emergency Medical Information Center and the Kawasaki City Website “Doctors in Kawasaki (Search Hospital, Clinic)” offer information on a 24-hour basis on hospitals and clinics that are available for service.

In some cases, the holiday emergency clinic will introduce patients to another medical institution that is more suitable if specialized treatment is necessary.

\*Please consult your regular doctor in advance for small children and those with chronic illnesses.

Description	Note
<p><b>How to Look for a Hospital</b></p> <p>For those with chronic illnesses or for small children, it is recommended to look for a hospital in advance.</p> <ul style="list-style-type: none"> <li>• Via the Internet “<a href="#">Doctors in Kawasaki (Search Hospital, Clinic)</a>”</li> </ul> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>*Using the Internet free of charge (See p. 5)</p> </div> <ul style="list-style-type: none"> <li>• At your local ward office or public library.</li> </ul> <p>Refer to <a href="#">List of Medical Facilities for Foreign Residents in Kanagawa</a>.</p>	<p><b>Website Page “Doctors in Kawasaki (Search Hospital, Clinic)”</b> (Japanese and English)  <a href="http://www.qq/city.kawasaki.jp/">http://www.qq/city.kawasaki.jp/</a>                      (You can search for hospitals with staff who speak English, Chinese, Korean, Portuguese, Spanish, Thai, French, Russian, Italian, Indonesian or German.)</p> <p><b>List of Medical Facilities for Foreign Residents in Kanagawa</b>                      (Lists in the following languages are available: English, Chinese, Korean, Portuguese, Spanish, Thai, Laotian, Tagalog, Vietnamese and Cambodian.)</p>
<p><b>When You Go to a Hospital</b></p> <ul style="list-style-type: none"> <li>• Be sure to bring (1) your health insurance card, (2) cash (Japanese yen), (3) your patient’s identification card (if you have one for the particular hospital).</li> <li>• You will receive a prescription after being examined.</li> <li>• Take the prescription to a health insurance-covered pharmacy to receive your medication.</li> </ul> <p>*It is a good idea to go with a friend who can speak Japanese. If no one is available, it would be good to have a dictionary or a <a href="#">multilingual medical interview sheet</a> with you.</p> <p>*The multilingual medical interview sheet is available free of charge at ward offices and public libraries. You can also obtain one via the Internet. The medical departments include Internal Medicine, Pediatrics, Obstetrics &amp; Gynecology, Surgery, Orthopedics, Neurosurgery, Dermatology, Ophthalmology, Otolaryngology (Ear, Nose and Throat) and Dentistry. However, the Website can only be viewed in Japanese.</p>	<p>*You must pay a medical fee at the hospital.                      You must also pay for medication at the health insurance-covered pharmacy.                      (Some hospitals provides medication as well.)</p> <p><b>Multilingual Medical Interview Sheet (Booklet)</b>                      Available at ward offices and public libraries. It is a good idea to make a photocopy. (English, Chinese, Korean, Portuguese, Spanish, Thai, Tagalog, Vietnamese and Cambodian)</p> <p><b>Multilingual Medical Interview Sheet (the Internet )</b>  <a href="http://www.k-i-a.or.jp/medical/">http://www.k-i-a.or.jp/medical/</a> (in Japanese)                      (English, Spanish, Portuguese, Korean, Indonesian, Tagalog, Russian, Thai, Chinese, Persian, Vietnamese, Laotian, Cambodian, German, French, Arabian and Croatian)</p>

<p><b>Interpreters Available at Medical Sites</b></p> <p>Interpreters can be sent to your hospital if you submit a request with the <u>MIC Kanagawa</u> (Non-profit Organization, Multi-language Information Center Kanagawa [Multilingual Society Resource Kanagawa]) office (Fee: ¥3,000). Although services are available in eight languages, please call to check the availability of interpreters for other languages.</p> <p>Furthermore, when being treated at Ota General Hospital (Kawasaki Ward), Kawasaki Municipal Hospital (Kawasaki Ward), St. Marianna University School of Medicine Hospital (Miyamae Ward), the fee for interpreters can be subsidized by Kanagawa Prefecture if the hospital deems the services as necessary. Please consult the <u>Medical Interpreters Coordinator Booth</u> or the hospital Social Worker in advance. Services are available in seven languages.</p>	<p><b>MIC Kanagawa</b>  <b>Tel: 045-314-3368</b>  Available Languages: English, Chinese, Korean, Portuguese, Spanish, Thai, Tagalog and Russian</p> <p><b>Medical Interpreters Coordinator Booth</b>  <b>Tel: 045-317-8803</b>  Available Languages: English, Chinese, Korean, Portuguese, Spanish, Thai and Tagalog</p>
<p><b>When Hospitals Are Closed</b></p> <p>&lt; <b>Saturday Afternoon</b> &gt;</p> <ul style="list-style-type: none"> <li>• Call the <u>Emergency Medical Information Center</u> for directory service to available hospitals (excludes dental emergencies and medical consultation).</li> </ul>	<p><b>Emergency Medical Information Center</b>  <b>Tel: 044-222-1919</b>  *Be sure to go to the hospital you are directed to.</p>
<p>&lt; <b>On Holidays (Sundays, National Holidays and Year-end/New Year Holidays) and at Night</b> &gt;</p> <ul style="list-style-type: none"> <li>• Call the <u>Emergency Medical Information Center</u> for directory service to available hospitals (excludes dental emergencies and medical consultation).</li> <li>• Each ward has a <u>Holiday Emergency Clinic</u> for internal medicine and pediatrics.</li> <li>• There is a <u>Pediatric Emergency Center</u> in Nambu and Hokubu areas.</li> <li>• Nambu Pediatric Emergency Center (24-hrs.)  Hokubu Pediatric Emergency Center (Daily, 6:30 p.m. to 5:30 a.m. the following day)</li> </ul>	<p><b>Holiday Emergency Clinic</b> (See p. 5.)</p> <p><b>Pediatric Emergency Center</b> (See p. 5.)  <b>Tel: 044-233-5521</b>  <b>Tel: 044-933-1120</b></p>
<p>&lt; <b>Holiday Dental Clinics (Sundays, National Holidays and Year-end/New Year Holidays)</b> &gt;</p> <ul style="list-style-type: none"> <li>• There are <u>Dental Holiday Emergency Clinics</u> in Kawasaki Ward, Nakahara Ward, Takatsu Ward and Asao Ward.</li> </ul>	<p><b>Dental Holiday Emergency Clinic</b> (See p. 5.)  *The hours vary with each ward.</p>
<p><b>For Emergency Illnesses and Injuries</b></p> <ul style="list-style-type: none"> <li>• Call the <u>Emergency Medical Information Center</u> for directory service to available hospitals (excludes dental emergencies and medical consultation).</li> <li>• To call for an ambulance (free of charge) <b>Tel: 119</b>  Be sure to say... →</li> </ul> <p><b>If You are Involved in a Traffic Accident</b></p> <ul style="list-style-type: none"> <li>• To call for an ambulance (free of charge) <b>Tel: 119</b></li> <li>• To call the police (free of charge) <b>Tel: 110</b></li> </ul> <p>*File a police report even for minor accidents.  Be sure to say... →</p> <p><b>If You Become Ill/Injured at Work or during Your Commute</b>  Consult your employer.</p>	<p><b>Emergency Medical Information Center</b>  <b>Tel: 044-222-1919</b>  *Be sure to go to the hospital you are directed to.</p> <p>(1) “<u>Kyukyu desu (We have an emergency).</u>”  (2) “<u>Kyubyonin/Keganin ga imasu (Someone is ill/injured).</u>”  (3) Give the name, address and telephone number of the person who is ill/injured.  (1) “<u>Jiko desu (There has been an accident).</u>”  “<u>Keganin ga imasu (Someone is injured).</u>”  (2) Describe the accident and give the location  (3) Give your name.</p>

## 2 The Medical and Insurance System in Japan

Medical health insurance is a mutual system that eases the financial burden of medical fees when an insured member or family member receives medical care for illnesses, injuries or childbirth by paying the monthly insurance premiums without a fail. Medical health insurance includes National Health Insurance and health insurance programs of the place of employment. If you are not enrolled in some form of medical health insurance, you must bear the entire cost of medical expenses (medical treatment on your own responsibility), which is extremely high.

Furthermore, health insurance can be applied for treatment of injuries incurred from traffic accidents by applying for a reimbursement with the health insurance company of enrollment.

(Your health insurance company will in turn be reimbursed later by the person who caused the traffic accident.)

Description	Note
<p><b>Medical Expenses</b> If you show your health insurance card, you only need to pay <u>30%</u> (*) of the cost for medical treatment and prescriptions. If you do not have your health insurance card with you for some reason, there is also a <u>mutual aid scheme</u> available.</p>	<p>*Those enrolled in medical health insurance who are 67 years of age or older bear <u>10%</u> or <u>20%</u> of the cost. <b>Mutual Aid Scheme</b> (See p. 6.)</p>
<p><b>Worker's Health Insurance (Health Insurance at Place of Employment)</b> You can enroll in this type of health insurance at places of employment, such as companies or factories. However, short-term employees of two months or less, are not eligible. *In some cases, family members from foreign countries are not able to enroll in the health insurance at their place of employment. In such cases, the family members should enroll in the National Health Insurance separately.</p>	<p><b>Enrollment Procedures</b> Since the employer completes the enrollment procedures, the employee does not need to complete an application himself/herself. The employer and the employee each bear one-half of the insurance premiums, and the premiums are deducted from the employee's salary and bonus.</p>
<p><b>National Health Insurance</b> National Health Insurance is community medical health insurance for those who are not able to enroll in health insurance of the place of employment. If you live in Kawasaki City, have completed foreign resident registration and have a visa period of stay of one year or longer, you must enroll in National Health Insurance unless you are enrolled in health insurance at your place of employment or if you are a recipient of public financial assistance for daily living. *In some cases, you may enroll even if your visa is for less than one year, depending on the purpose of immigration. (Example: If you are a foreign student in a two-year program in Japan.)</p>	<p><b>Enrollment Procedures</b> Bring your foreign resident registration card, name seal (or signature if you do not have one) and passport or student identification card to the National Health Insurance and Pension Section of your local ward office and complete the designated procedures. The insurance premiums vary according to income.  <b>The National Health Insurance counter of your local ward office has a pamphlet in five languages</b> (English, Chinese, Korean, Spanish and Portuguese).</p>

## 3 Undergoing Health Checkups

Description	Note
<p><b>Basic Health Checkup (Free of charge)</b> •A health checkup slip will be mailed to those who are 40 years of age, 50 years of age or 65 years of age or older at the end of the month before their birthday month. Take the health checkup slip to a designated medical institution in the city to undergo a checkup. (Physical measurements, blood pressure, urinalysis, liver function) •Those who are 41 to 49 years of age or 51 to 64 years of age may also receive a health checkup for ¥500.</p>	<p><b>Inquiries:</b> <b>Health Promotion Section, Health and Social Welfare Bureau</b> <b>Tel: 044-200-2437</b>  *There is also a visiting health checkup program that dispatches doctors to the bedridden.</p>
<p><b>Tuberculosis Health Checkup (Free of charge) (Once a year)</b> •Those who are 15 years of age or older (excluding those who are 16 or 17 years of age) may receive a free health checkup (chest X-ray) once a year. Those who are 40 years of age or older may undergo a lung cancer checkup at the same time.</p>	<p><b>Inquiries:</b> <b>Community Health and Social Welfare Section, Health and Social Welfare Center of your local ward office</b> (See p. 6.) *This system will change in FY2005.</p>

<p><b>Multilingual Health Checkups (Free of charge)</b></p> <ul style="list-style-type: none"> <li>•With the cooperation of <u>Minatomachi Medical Care Center</u>, health checkups (tuberculosis, blood pressure, urinalysis, physical measurements, examination, dental checkup) can be received in various languages regardless of age. Once a year (usually on the 3<sup>rd</sup> Sunday of May). You can receive a checkup without a foreign resident registration card. Available in various languages. Please call for more information as to the location (within the city), date and time.</li> </ul>	<p><b>Inquiries:</b>  <b>Disease Control Section, Health and Social Welfare Bureau</b>  <b>Tel: 044-200-2440</b></p> <p><b>Minatomachi Medical Care Center (Yokohama)</b>  <b>Tel: 045-453-3673</b></p>
<p><b>Cancer Checkup (Fees charged)</b></p> <ul style="list-style-type: none"> <li>•It is recommended to undergo a checkup once a year.</li> <li>•Stomach cancer, uterine cancer, lung cancer, breast cancer and colon cancer checkups are offered. Some checkups are free of charge depending on your age and the type of checkup.</li> </ul>	<p><b>Inquiries:</b>  <b>Community Health and Social Welfare Section, Health and Social Welfare Center of your local ward office (See p. 6.)</b></p>
<p><b>AIDS Consultation and HIV Antibody Test (Free of charge)</b></p> <p>Consultation and testing (on an anonymous basis) are available for those who are worried that they may have AIDS.</p> <ul style="list-style-type: none"> <li>•<b>Health and Social Welfare Center of your local ward office (Mon. through Fri.)</b>  *On a reservation basis.</li> <li>•<b>Health and Medical Examination Center (Sundays only)</b>  *Reservations not required.</li> </ul>	<p><b>Inquiries:</b>  <b>Health and Social Welfare Center of your local ward office (See p. 6.)</b>  <b>Health and Medical Examination Center, Tel: 044-200-1466</b>  (Kawasaki Stationfront Tower RiverK, 18F)</p>

#### 4 Medical Subsidies Available

As a rule, there are medical subsidies for those enrolled in medical health insurance in Japan, and family members.

Description	Note
<p><b>Children</b></p> <ul style="list-style-type: none"> <li>•<b>Pediatric Medical Subsidies</b>  0 years of age: Subsidies for the personally-borne expense of hospitalization/outpatient medical fees.  1 to 5 years of age: Subsidies for the personally-borne expense of hospitalization/outpatient medical fees. (However, restrictions apply to the income of the parent/guardian.)  6 years of age to junior high school graduation: Subsidies for the personally-borne expense of only hospitalization fees. (However, restrictions apply to the income of the parent/guardian.)</li> <li>•<b>Medical Subsidies for Single Parent Families</b>  Subsidies for the personally-borne expense of medical fees for mothers, fathers, foster parent and children up to high school graduation of single-parent families. (However, restrictions apply to the income of the parents/foster parents.)</li> <li>•<b>Hospitalization Midwife System</b>  This program offers financial assistance according to income for childbirth costs for those with financial difficulty handling hospitalization costs (regardless of whether or not you have a visa).</li> </ul> <p><b>For the Elderly and the Disabled</b></p> <p>There are various medical subsidies and welfare services for the elderly and the disabled. If you have any concerns, please consult your local ward office or your regular doctor.</p>	<p><b>Inquiries:</b>  <b>National Health Insurance and Pension Section, Health and Social Welfare Center in your local ward office; Regional Health and Welfare Station</b></p> <p>*In some cases, there are also medical subsidies available for asthma, tuberculosis and special illnesses. Usually, the hospital informs you if you are eligible, however, if you have any questions, please consult your local ward office.</p> <p><b>Telephone numbers of ward offices and Health and Social Welfare Centers (See p. 6.)</b></p>

## Information Page

### Places Where the Internet Can Be Used Free of Charge and Multilingual Everyday Living Information Page

<p><b>Kawasaki Prefectural Library:</b> 2-1-4 Fujimi, Kawasaki-ku (A 15-minute walk from Kawasaki Station), Tel: 044-233-4537</p> <p><b>Kawasaki International Center:</b> 237-1 Kizuki Gion-cho, Nakahara-ku (A 15-minute walk from Motosumiyoshi Station on the Toyoko Line), Tel: 044-435-7000</p> <p><b>Kawasaki Citizen Activities Center (in the Medium-, Small-Enterprise and Women's Hall):</b> 3-473-2 Shinmaruko-Higashi, Nakahara-ku (A one-minute walk from Musashi-Kosugi Station on the Nambu Line or Toyoko Line), Tel: 044-430-5566</p>	<p>*Closed on Mondays. Printers also available. (¥10 per sheet)</p> <p>*Closed on Mondays. No printers available.</p> <p>*Printers also available. (¥10 per sheet)</p>
<p><b>Multilingual Everyday Living Information Page (CLAIR – Council of Local Authorities for International Relations)</b> <a href="http://www.clair.or.jp/tagengo/index.html">http://www.clair.or.jp/tagengo/index.html</a></p> <p>Information is divided into “General Section,” “Housing Section,” “Medical Section” and “Consultation Offices.” (Japanese, simple Japanese, English, Chinese, Korean, Portuguese, Spanish, German, French, Vietnamese, Indonesian, Tagalog, Thai and Russian)</p>	

### Holiday Emergency Clinics and Centers

Kawasaki Holiday Emergency Clinic	Tel: 044-211-6555	1-1-1 Fujimi, Kawasaki-ku	Reception Hours: Sundays, national holidays and year-end/New Year holidays 9:00 to 11:30 a.m., 1:00 to 4:00 p.m.  *Tama Holiday/ Night Emergency Clinic is also open, from 6:30 to 10:30 p.m. daily (only Internal Medicine).
Saiwai Holiday Emergency Clinic	Tel: 044-555-0885	2-12-12 Tode, Saiwai-ku	
Nakahara Holiday Emergency Clinic	Tel: 044-722-7870	3-245 Kosugimachi, Nakahara-ku	
Takatsu Holiday Emergency Clinic	Tel: 044-811-9300	5-15-5 Mizonokuchi, Takatsu-ku	
Miyamae Holiday Emergency Clinic	Tel: 044-853-2133	2-13-3 Higashi-Arima, Miyamae-ku	
Tama Holiday Emergency Clinic	Tel: 044-933-1120	1775-1 Noborito, Tama-ku	
Asao Holiday Emergency Clinic	Tel: 044-966-2133	1-5-3 Manpukuji, Asao-ku	
Dentists Association Hall Clinic	Tel: 044-233-4494	2-10-10 Isago, Kawasaki-ku	Reception Hours: Sundays, national holidays and year-end/New Year holidays 9:00 to 11:30 a.m. 1:00 to 4:00 p.m.
Nakahara Public Dental Health Center	Tel: 044-733-1248	2-288-4 Kosugi-machi, Nakahara-ku	
Kuji Public Dental Health Center	Tel: 044-811-0355	48-1 Kuji, Takatsu-ku	
Yurigaoka Public Dental Health Center	Tel: 044-966-2261	4-15-5 Takaishi, Asao-ku	
Nambu Pediatric Emergency Center (in Kawasaki Municipal Hospital)	Tel: 044-233-5521 12-1 Shinkawa-dori, Kawasaki-ku	Reception Hours: On a 24-hr. basis, year-round Please call before coming to the hospital.	
Hokubu Pediatric Emergency Center (inside Tama Holiday/Night Emergency Clinic)	Tel: 044-933-1120 1775-1 Noborito, Tama-ku (inside Tama Ward Government Office Complex )	Reception Hours: (Day) Sundays, national holidays and year-end/New Year holidays 9:00 to 11:30 a.m., 1:00 to 4:00 p.m. (Night) Daily, 6:30 p.m. to 5:30 a.m. of the following day	
Kawasaki Municipal Hospital	Tel: 044-233-5521	12-1 Shinkawa-dori, Kawasaki-ku	
Ida Municipal Hospital	Tel: 044-766-2188	2-27-1 Ida, Nakahara-ku	

**Health and Social Welfare Centers / Ward Offices (Main Switchboard) Mon. through Fri., 8:30 a.m. to 5:00 p.m.**

Kawasaki Ward Office	Tel: 044-201-3113	Nakahara Ward Office	Tel: 044-744-3113
Daishi Branch Ward Office	Tel: 044-271-0130	Takatsu Ward Office	Tel: 044-861-3113
Tajima Branch Ward Office	Tel: 044-322-1960	Miyamae Ward Office	Tel: 044-856-3113
Saiwai Ward Office	Tel: 044-556-6666	Tama Ward Office	Tel: 044-935-3113
Hiyoshi Branch	Tel: 044-599-1121	Asao Ward Office	Tel: 044-965-5100

**Health Mutual Aid Scheme**

Description	Note
<p><b>Minatomachi Foreign Migrant Worker’s Mutual Aid Scheme for Health (MF-MASH)</b></p> <p>This is a mutual aid organization for foreign residents who do not have a health insurance card because they have overstayed their visa in Japan. By paying a membership fee of ¥2,000 per month, you can receive medical treatment at <u>three designated clinics</u>, bearing 30% of the medical expense. These clinics do not have facilities for hospitalization or surgery.</p> <p>To become a member, you must apply in person at Minatomachi Medical Care Center. If you pay three-months’ portion of membership fees up front (advance payment), you will be issued a membership card (also used as a patient’s identification card), and you will be eligible to receive a regular health checkup once a year. (40 years of age or older: ¥1,500; 39 years of age or younger: ¥3,500)</p> <p>Available Languages: English, Tagalog, Korean, Spanish and Persian (Some languages are not available depending on the day of the week.)</p>	<p><b>Three Designated Clinics</b></p> <p>Minatomachi Medical Care Center 7-6 Kinko-cho, Kanagawa-ku, Yokohama Tel: 045-453-3673</p> <p>Yokosuka Chuo Clinic (Yokosuka City) Tel: 046-823-8691</p> <p>Jujo-dori Clinic (Yamato City) Tel: 046-274-5884</p>

**Hospitals with Foreign Language-speaking Staff**

(\*Some languages are not available depending on the day of the week and medical department. Please call to check in advance.)

Kawasaki Municipal Hospital	12-1 Shinkawa-dori, Kawasaki-ku	Tel: 044-233-5521
	Internal Medicine, Surgery, Ophthalmology, Neurosurgery, Urology, Pediatrics, Psychiatry, Orthopedics, etc.	English, Spanish, Korean, Chinese, Thai and Portuguese. Includes communicating in writing.
Aoyama Clinic	25-3 Ise-cho, Kawasaki-ku	Tel: 044-233-9320
	Internal Medicine, Pediatrics and Digestive System	English and German
Kawasaki Kyodo Hospital	2-1-5 Sakuramoto, Kawasaki-ku	Tel: 044-299-4781
	Internal Medicine, Pediatrics, Orthopedics, Psychiatry, Obstetrics & Gynecology, Ophthalmology, Nerve Internal Medicine, etc.	Korean
Kawasaki Mental Clinic	2-3 Ogawa-cho, Kawasaki-ku	Tel: 044-246-0075
	Psychosomatic Medicine and Psychiatry	English
Imai Clinic	84-3 Shimohirama, Saiwai-ku	Tel: 044-511-1777
	Internal Medicine	Korean
Kanto Rosai Hospital	2035 Kizuki Sumiyoshi-cho, Nakahara-ku	Tel: 044-411-3131
	Internal Medicine, Surgery, Respiratory System, Cardiovascular System, Ophthalmology, Neurosurgery, etc.	English

Municipal Ida Hospital City of Kawasaki	2-27-1 Ida, Nakahara-ku	Tel: 044-766-2188
	Internal Medicine, Surgery, Respiratory System, Cardiovascular System, Ophthalmology, Neurosurgery, Urology, etc.	English
Kajigaya Clinic	163-1 Suenaga, Takatsu-ku	Tel: 044-877-0608
	Internal Medicine, Pediatrics, Orthopedics, Surgery, Respiratory System, Digestive System	English, Chinese, Thai, Laotian and Cambodian
Minatomachi Clinic	7-6 Kinko-cho, Kanagawa-ku, Yokohama-shi	Tel: 045-453-3673
	Internal Medicine, Surgery, Orthopedics, Gynecology, Psychiatry	English, Tagalog, Korean, Spanish and Persian
Minatomachi Dentistry	7-6 Kinko-cho, Kanagawa-ku, Yokohama-shi	Tel: 045-453-3858
	Dentistry	English and Spanish

### Consultation Centers

#### <Telephone Consultation for Medical Advice and General Concerns>

Kawasaki Inochi-no Denwa (Life Line) (General consultation)	Tel: 044-733-4343	Japanese	Year-round on a 24-hr. basis
Yokohama Inochi-no Denwa (Life Line) Foreign Language Consultation (General consultation)	Tel: 045-336-2477	Spanish	(Wed.) 10:00 a.m. to 2:00 p.m. 7:00 to 9:00 p.m.
			(Thu., Fri.) 7:00 to 9:00 p.m. (Sat.) 12 noon to 9:00 p.m.
	Tel: 045-336-2488	Portuguese	(Wed.) 10:00 a.m. to 9:00 p.m. (Sat.) 12 noon to 9:00 p.m.
Tokyo English Life Line (General consultation)	Tel: 03-5774-0992	English	9:00 a.m. to 11:00 p.m.
Vietnamese in Japan Liaison Council (General consultation)	Tel: 044-544-8449	Vietnamese	
AMDA International Medical Information Center (Medical consultation)	Tel: 03-5285-8087	English, Spanish, Chinese, Korean, Thai	(Mon. through Fri.) 9:00 a.m. to 5:00 p.m.
		Portuguese	(Mon., Wed., Fri.) 9:00 a.m. to 5:00 p.m.
		Filipino	(Wed.) 1:00 to 5:00 p.m.
Tokyo Metropolitan Health and Medical Information Center (Medical information)	Tel: 03-5285-8181	English, Spanish, Chinese, Korean, Thai	9:00 a.m. to 8:00 p.m.

< Consultation on Everyday Living >

Facility/URL (Languages)	Address/Telephone Number	Note (Consultation Hours, Languages, etc.)
<p><b>Kawasaki International Association (Center)</b>  <a href="http://www.bremen.or.jp/kian/home.index.html">http://www.bremen.or.jp/kian/home.index.html</a>                      (English, Chinese, Korean, Portuguese and Spanish)</p>	<p>237-1 Kizuki Gion-cho,                      Nakahara-ku, Kawasaki                      (Motosumiyoshi Station on the Toyoko Line)                      Tel: 044-435-7000</p>	<p>10:00 a.m. to 12 noon, 1:00 to 4:00 p.m.  <b>English:</b> Tue., Wed., Thu., Fri., Sat.  <b>Chinese:</b> Wed., Fri.  <b>Korean:</b> Tue., Thu.  <b>Portuguese:</b> Tue., Fri.  <b>Spanish:</b> Tue., Thu.</p>
<p><b>Kawasaki Prefectural Residents Center</b>  <a href="http://www.pref.kanagawa.jp/osirase/kawasakiac/top.htm">http://www.pref.kanagawa.jp/osirase/kawasakiac/top.htm</a>                      (in Japanese only)</p>	<p>Solid Square East Bldg. 2F, 580                      Horikawa-cho, Saiwai-ku,                      Kawasaki (JR Kawasaki Station )                      Tel: 044-549-7222</p>	<p>9:00 a.m. to 12 noon, 1:00 to 4:00 p.m.  <b>English and Tagalog:</b> 2<sup>nd</sup> and 4<sup>th</sup> Mon.  <b>Thai:</b> 1<sup>st</sup>, 3<sup>rd</sup> and 5<sup>th</sup> Mon.</p>
<p><b>Yokohama Association for International Communications and Exchanges (YOKE)</b>  <a href="http://www.yoke.city.yokohama.jp">http://www.yoke.city.yokohama.jp</a>                      (English, Chinese, Korean, Portuguese, Spanish, Thai, German, Indonesian, French)</p>	<p>Yokohama International Organizations Center 5F, Pacifico Yokohama, 1-1-1 Minato Mirai, Nishi-ku, Yokohama (Minato Mirai Station on the Minato Mirai Line or JR Sakuragi-cho Station)  <b>Office (Main switchboard)</b>                      Tel: 045-222-1171                      8:45 a.m. to 5:15 p.m. (Mon. through Fri.)  <b>International Exchange Lounge (Multilingual consultation )</b>                      Tel: 045-222-1109                      10:00 a.m. to 5:00 p.m. (Mon. through Sat.)                      1:00 to 5:00 p.m. (Sun. and national holidays)</p>	<p>English: Daily, (10:00 a.m. to 5:00 p.m.)                      Chinese: 2<sup>nd</sup> and 4<sup>th</sup> Tue., Wed., Thu. and Fri. (10:00 a.m. to 1:30 p.m.)                      Korean: 2<sup>nd</sup> and 4<sup>th</sup> Sat. (1:30 to 5:00 p.m.)                      Portuguese: Mon. (10:00 a.m. to 5:00 p.m.)                      Tue., 1<sup>st</sup> Sat. (1:30 to 5:00 p.m.)                      Thu. (10:00 a.m. to 1:30 p.m.)                      Spanish: Wed. (10:00 a.m. to 1:30 p.m.)                      Tue., 1<sup>st</sup> Sat. (1:30 to 5:00 p.m.)                      Thu. (10:00 a.m. to 5:00 p.m.)                      Thai: 1<sup>st</sup> and 5<sup>th</sup> Tue. (10:00 a.m. to 5:00 p.m.)                      2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Tue. (1:30 to 5:00 p.m.)                      2<sup>nd</sup> and 4<sup>th</sup> Sat. (10:00 a.m. to 1:30 p.m.)                      Dutch: Wed. (10:00 a.m. to 1:30 p.m.)                      German: Wed. (1:30 to 5:00 p.m.)                      French: 2<sup>nd</sup> and 4<sup>th</sup> Sat. (1:30 to 5:00 p.m.)                      Indonesian: Fri. (10:00 a.m. to 1:30 p.m.)                      Russian: 2<sup>nd</sup> and 4<sup>th</sup> Tue. (1:30 to 5:00 p.m.)</p>

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