

Daily Life Rules & Manners Guide for Foreign Residents

— For a Safe and Comfortable Life —



Daily rules and manners are different in Japan and in other countries. If you do not understand these rules, you may face trouble or even legal issues. Let's learn the rules and manners in Japan so that you can live safely and comfortably.

City of Gamagori

Residence Card & Insurance

Always carry your residence card (Zairyu Card).

- If you are **16 years of age or older**, you must carry your Residence Card with you at all times. If you are asked to show it by immigration officials or police officers and you do not have your Residence Card, **you may be subject to a fine of up to 200,000 yen.**
- Keep your Residence Card with you at all times. Do not entrust it to family members or anyone else.
- Do not post anything containing personal information on social media or other online.

Even if you didn't know the rules, you will still be penalized. Please be careful.



If you're unsure about the procedures or payment methods, please contact City Hall.

You cannot lend your National Health Insurance or Social Insurance card to others.

- In Japan, everyone is required to be enrolled in either National Health Insurance or Social Insurance.
- Employed individuals are enrolled in Social Insurance. Your employer will handle the enrollment process for you.
- If you leave your job, be sure to go to city hall yourself to complete the paperwork to switch to National Health Insurance.



If you do not pay your insurance premiums, you may not be able to renew your residence status. Do not lend your insurance card to others. Be sure to use your own insurance card.

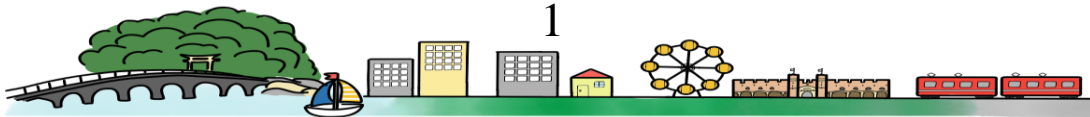
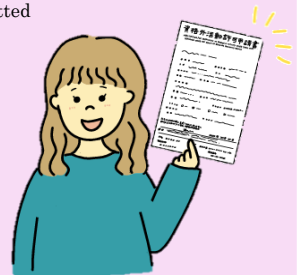
Individuals holding “Family Stay” or “Student” status must complete certain procedures before taking on part-time work.

- You must apply for a “Permission to Engage in Activity Other Than That Permitted by the Status of Residence” before starting a part-time job.
- With this permission, you can work up to 28 hours per week. If you exceed this limit, you may not be able to renew your visa.
- You cannot work in places such as bars, game centers, or pachinko parlors.



If you violate this rule, you may be deported.

Even if you didn't know, you may still be penalized.



Etiquette and Rules of Daily Life ①



There are designated areas where BBQ is allowed.

- BBQ is not allowed everywhere.
- Always check if BBQ or open fires are permitted.
- Do not enter vacant land or private fields without permission.

The police may come and warn you if rules are not followed.

Swimming is allowed only in designated areas.

- It is dangerous to swim where it is prohibited.
- Only the following beaches allow swimming:
 - ① Nishiura Onsen Palm Beach
 - ② Mikawa Oshima Higashihama Beach (boat access required)



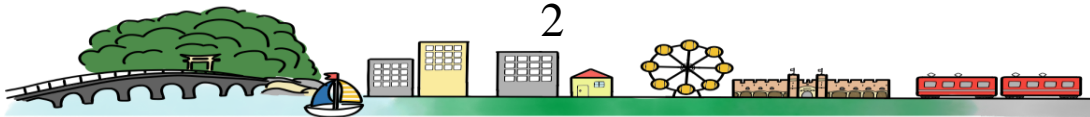
Do not catch fish, crabs, or shellfish at the beach.

- In permitted areas, take only what you will eat.
- You must not catch and sell fish, crabs, shellfish, or clams.



Do not smoke or throw trash on the street.

- In Japan, you must be 20 years old or older to smoke.
- Smoke only in designated smoking areas. Do not smoke while walking.
- Do not throw cigarette butts on the street.
- There are few trash bins in Japan. Please take your trash home.



Etiquette and Rules of Daily Life ②

If you're unsure about the rules, ask your real estate agent or landlord.

Follow the rules of your apartment.

- Only people listed on the contract can live there.
- Subletting is not allowed
- You must cancel your contract when moving out.
- Do not leave personal items in shared spaces (hallways, stairs, etc.).
- Some apartments allow pets, and some do not. Please check.

If you don't follow the rules, you may not be able to borrow it.



Please try not to make loud noises.

- Do not make loud noises or shout.
- Do not talk loudly in hallways or on balconies.
- Do not play music at high volume.

Sometimes the police come and give us a warning.

Please be careful about smoke when having a BBQ at home.

- Do not have BBQ on apartment balconies. (Balconies are close together, and smoke and odors may disturb your neighbors.)
- Even when having a BBQ in your yard or garden, be careful not to disturb people nearby.

Especially be careful late at night and early in the morning.

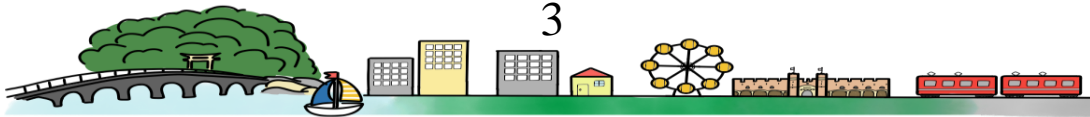
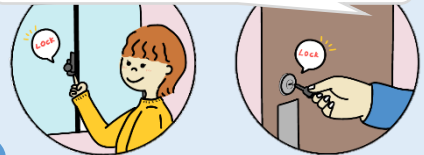


Always lock your doors and windows.

- Be sure to lock your doors and windows whenever you leave the house.
- Be sure to lock the door even when you're at home.

Not locking your doors may lead to theft or crime.

Always lock your doors, even for a short time (e.g., taking out the trash).



Rules and Procedures for Disposing of Trash

Bags for burnable trash



Follow the rules for disposing of trash.

- There are specific rules for trash disposal.
 - ① Use designated trash bags. (available at convenience stores and supermarkets). Other bags cannot be used.
 - ② Take out trash to the designated place between 6:00 a.m. and 8:00 a.m. on assigned days. (Check the “Trash Disposal Guide” for details.)
- Do not throw trash on the street or in vacant areas.

This may cause complaints and trouble with neighbors.

Littering on the street makes the town look dirty.

Recyclables and other waste

- Separate PET bottles, cans, glass bottles, and other recyclable items according to your local rules and take them to the designated recycling station in your area.

Recyclable home appliances cannot be thrown away

- TVs, air conditioners, refrigerators, washing machines, and dryers must be disposed of according to Japanese law. These items cannot be disposed of, even at the Cleaning Center.
- Please ask the store where you purchased the item or an electronics shop to handle disposal. (Recycling fees apply.)



Bulky Waste

- Items larger than 30 cm must be taken directly to the Cleaning Center. (You cannot dispose of this at the burnable waste collection station.)
- Do not take trash left by others.

Examples of bulky waste



Desk



Microwave



Bed

- You can check the rules for disposing of trash in the “Trash Disposal Guide.”
- The Trash Disposal Guide is also available on smartphones and tablets through the app “3R (San-aru).”



Trash Disposal Guide
(Japanese only)



App Store



Google Play

“3R (San-aru).”



Driving Etiquette and Rules

Follow traffic rules in Japan.

- A valid driver's license is required.
- Always obey traffic signals.
- Do not park in unauthorized areas.
- It is recommended to have optional car insurance.



All passengers must wear seat belts.

- Please be sure to wear your seatbelt.
- Children under 6 must use a child seat.

If you drink and drive, both the driver and passengers may be fined.

- Driving under the influence of alcohol is strictly prohibited.
(The legal drinking age in Japan is 20.)
- Using a smartphone or mobile phone while driving is prohibited.



Drivers who do not follow the rules may face penalties.

Bicycle Etiquette and Rules

Register your bicycle.

- Bicycles must be registered in the “theft prevention registry.”
- When giving or receiving a bicycle, update the registration.
- When you dispose of a bicycle, you must cancel its “theft prevention registry”.



You can complete the procedure at a bicycle shop.

Without registration, it may be treated as stolen.

Get insurance that covers accidents.

- Ride on the left side of the road.
- Wear a helmet.
- You are required to have bicycle liability insurance.
- From April 2026, fines for bicycle violations have started.



Bicycle Traffic Rules
(Japanese only)

You can apply for bicycle liability insurance at bicycle shops that display the TS mark.



Useful Information

We provide useful information for daily life. Please scan the 2D barcode to view it.

Social media

For foreign residents living in Gamagori City, we provide information about the city government and local events in multiple languages.



Gamagori City website

This is the official website of Gamagori City.
You can view the page for foreign residents in multiple languages.



Email service "Anshin Hiromail"

This is Gamagori City's email notification service.
You must register first.
(English, Filipino, Vietnamese, Portugues, Spanish, Korean, Chinese (Mandarin/Cantonese))



Official LINE account

This is the official LINE account for Gamagori City.
Please add us as a friend.



Orientation videos

We've compiled easy-to-understand videos explaining the rules for various situations in daily life.
(Japanese, English, Filipino, Portugues, Vietnamese, Chinese, Spanish)



Daily life guidebook

This booklet contains information necessary for daily life.
(English, Filipino, Portugues, Vietnamese, Chinese, Spanish)



If you have problems, please ask for help.

Tips for Consultation

Before asking for help, it is helpful to prepare notes about:

- your problem
- what you want to ask
- what you want to explain

In an Emergency

Multilingual support is available (for some languages). This service is free of charge.

Police (crime /accident)

 110



You can call the police.

Fire / Ambulance

 119



Fire → Call the fire department.
Emergency (illness/injury)
→ Call an ambulance..



When You Need Consultation

If you have any questions regarding procedures at City Hall or other matters, please contact the Gamagori City Consultation Desk for Foreign Residents. We offer consultations in various languages regarding healthcare, taxes, social welfare, pensions, childbirth, child-rearing, and workplace issues.

Gamagori City, Department of Citizen Services, Collaborative Community

Development Division, Consultation Desk for Foreign Residents

○Hours: Monday–Friday, 9:00 a.m. – 4:00 p.m. ※ May vary depending on the language

【Closed: weekends, holidays, year-end/New Year】

○Phone: 0533-66-1179 Languages: Filipino/Tagalog, Vietnamese, English

○Tablet support: Portuguese, Spanish, Chinese, Korean, Khmer, Indonesian, etc.

In Aichi Prefecture, multicultural social workers provide consultation in multiple languages.

Aichi Multicultural Coexistence Center

○Hours: Monday–Saturday, 10:00 a.m. – 6:00 p.m.

【Closed: Sundays and year-end/New Year (Dec 29–Jan 3)】

○Phone: 052-961-7902

Languages: Portuguese, Spanish, English, Chinese, Filipino/Tagalog, Vietnamese, Nepali, Indonesian, Thai, Korean, Burmese, Russian, Ukrainian