

さっぽろ

くらしのガイド English

Living in Sapporo

「さっぽろ くらしのガイド」のWEB^{ばん}版は、^{かき}下記のURL^{かくにん}で確認できます。

To view the WEB version of the Handbook for Daily Life in Sapporo, please use the link below.

<http://www.city.sapporo.jp/city/english/index.html>



Sapporo Statistics



Location

Sapporo is located in the southwest corner of Hokkaido, the northern-most island of Japan. With a population of approximately 1,950,000, Sapporo is the fifth largest city (in terms of population) in Japan after Tokyo, Yokohama, Osaka and Nagoya.

Total Area: 1,121.16 km²

Dimensions: East-West 42.30 km/North-South 45.40 km

Latitude and Longitude: North-43°11' N. lat. South-42°46' N. lat.

East-141°30' E. long. West-140°59' E. long.

Climate (2015)

Average Temperature: 10.0 °C

Highest Temperature: 34.5 °C

Lowest Temperature: -10.1 °C

Cumulative Precipitation: 1,274.5 mm

Cumulative Snowfall: 428 cm



Population (2016)

Current Population (Basic Resident Registration) : 1,941,127

Youth Population (0-14 years old): 224,900

Working Population (15-64 years old): 1,231,760

Elderly Population (65 years old and over): 484,467

Average Life Expectancy (as of 2014):

Male: 80.25 years Female: 86.69 years

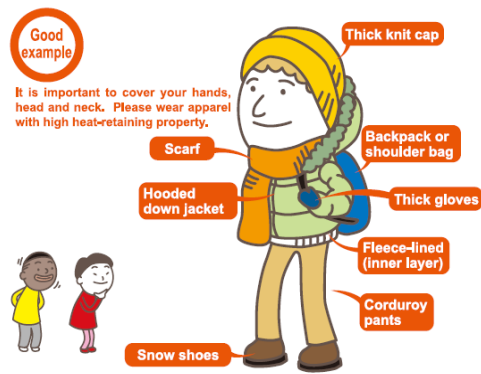
Foreign Resident Population: 10,190

Origin of Sapporo's Name

The name of Sapporo is said to be derived from the Ainu language—"Sari-Poro-Pet" (River lined with large reed bed) or "Sat- Poro-Pet" (Large dried-up river).

How to Dress for Winter

Since there is a significant difference in indoor and outdoor temperatures, we recommend that you wear layers of heat-retaining inner wear, a light, warm down jacket and so forth. A cap, gloves and a muffler are also necessary.



Life in Winter

Sapporo is one of the coldest cities in Japan, with winter lasting from December to March.

*Wear several layers of clothing, as temperatures tend to differ greatly between indoors and outdoors.

*It is recommended that you wear shoes with traction soles, because the frozen road surface is very slippery.

*Water pipes may freeze when temperatures fall below -4°C. To prevent this, turn off the main valve and drain the pipes at night or during long absences.

*Allow fresh air into the room frequently when using heaters.

Welcome to Sapporo!

Within a short period of time, Sapporo has grown to become an urban city of 1.95 million citizens. As the center of economy, culture, and many other aspects of northern Japan, this city functions as one of the main hubs of the nation.

Although Sapporo is the 5th largest city in population of the nation, the advanced urban functions and nature is balanced in harmony with lush greenery surrounding the area and salmon swimming up the streams in the urban areas in the fall. In addition, Sapporo acts as the “kitchen” of Hokkaido prefecture that has a produce self-sufficiency rate of 200%. With the fresh and bountiful ingredients of Hokkaido prefecture, Sapporo has maintained its status as the “food capital” of the north.

This guidebook has a list of information necessary for daily living that would be helpful for people that have moved to Sapporo from another country. We hope that this guide will help you adapt to and enjoy life in the unique city of Sapporo.

さっぽろへようこそ！

北の理想都市を目指す札幌は、比較的短期間で人口195万人を擁する大都市へと成長し、今日では、経済、文化などあらゆる分野において、日本における北の中核都市としての役割を果たしています。

札幌は、全国第5位の人口を抱える道都として快適な都市基盤が整備されている一方で、街の周辺には圧倒的な森林を有し、秋には都心部の川をサケが遡上するなど、都市機能と豊かな自然がバランスよく調和した街です。また、食料自給率200%を誇る北海道の台所としての「食」の豊かさ・新鮮さは、「食の都」としての不動の地位を札幌に与えてくれました。

当冊子「くらしのガイド」は、外国から来日されたみなさんが札幌で生活を始めるにあたり、役に立つ情報を集めたものです。このガイドを活用して、一日も早く魅力あふれる札幌での生活に慣れていただき、満喫していただけるよう、心からお祈り申し上げます。

About this Guidebook

- The information on this guidebook is up to date as of August 1, 2016 (excluding those with extra descriptions). We put in our efforts to include the most up-to-date information as possible, however please be aware that some information may change before the next edition is released.
- Phone numbers listed for organizations that do not say what languages they can respond to can only answer in Japanese. Please have someone who speaks Japanese to assist you if necessary.
- We are not held responsible for any charges made towards to the content of this booklet.

この本の使い方(ご利用にあたって)

この本に掲載されている情報は2016年8月1日現在の情報です(注意書きがあるものを除く)。できる限り最新の情報を掲載するように努めました。内容が変更される場合もありますのであらかじめご了承ください。

掲載団体などの問い合わせ先に対応言語が書いていないものは、日本語のみの対応となります。お問い合わせの際は、日本語のできる人をご同行ください。

掲載された内容に関して損害が生じた場合、一切の責任を負いません。

Contents

1	Information/Consultation <small>じょうほう 情報・相談</small>	4
1	Sapporo International Communication Plaza Foundation 札幌国際プラザ.....	4
2	Sapporo City Call Center—札幌市コールセンター.....	6
3	Consultation Counters at City Hall—市役所の相談窓口.....	8
4	Other Consultation Counters—その他.....	8
2	What to Do in an Emergency <small>きんきゅう 緊急のとき</small>	14
1	Emergency number 119 (ambulance/fire department/injury or sudden illness) 119番 (救急車 / 消防車) 火事・けが・急病.....	14
2	Emergency number 110 (police) for traffic accidents and crimes 110番 (警察) 交通事故・犯罪.....	14
3	For medical facilities open during holidays and late at night 夜間、休日を受診可能な医療機関.....	16
4	For information regarding freezing pipes—水道の凍結.....	16
5	Gas Leaks—ガス漏れ.....	16
6	Lost articles—落とし物.....	16
7	Earthquakes—地震.....	16
8	Typhoons and concentrated heavy rain—台風・集中豪雨.....	22
9	Sapporo Disaster Prevention Handbook—さっぽろ防災ハンドブック.....	24
10	Disaster messaging services—災害用伝言ダイヤル.....	24
11	Multi-lingual Disaster Support Center—災害多言語支援センター.....	24
3	Legal Procedures <small>じゅうよう 重要な法律上の手続き</small>	26
1	Resident registration (<i>Juumin toroku</i>)—住民登録.....	26
2	Immigration procedures/re-entry permits—在留手続き/再入国許可.....	28
3	Registering births, deaths and marriages 出生、死亡、結婚など.....	30
4	Seal registration (<i>Inkan toroku</i>)—印鑑登録.....	32
4	Medical Services/Health/Social Welfare <small>いりょう 医療・健康・福祉</small>	34
1	Public medical insurance (<i>Koteki iryou hoken</i>) 公的医療保険.....	34
2	Reduction of medical expenses—医療費の減額.....	36
3	Long-term care insurance system (<i>Kaigo hoken</i>) 介護保険.....	36
4	If you become ill—病気になったとき.....	38
5	Receiving medical treatment during NIGHTTIME hours/on SATURDAY AFTERNOONS and HOLIDAYS 夜間・土曜午後・休日の受診.....	40
6	Sapporo City General Hospital—市立札幌病院.....	42
7	Welfare assistance—生活保護.....	42
8	Pension system—年金.....	42

5	Child Care/Education	育児・教育	46
1	Pregnancy	妊娠したら	46
2	Childbirth	子どもが生まれたら	46
3	Single-parent families	母子家庭など	50
4	Childcare support facilities	子育て支援施設	52
5	Authorized day care centers/ Centers for Early Childhood Education and Care / Community-based childcare programs/ Kindergartens	認可保育所・認定こども園・地域型保育事業・幼稚園	54
6	Education	教育	56
7	Consultation on childcare/children	育児/子どもについての相談	58
6	Living in Sapporo	暮らし	60
1	Chonakai (community associations)	町内会	60
2	Housing	住宅	62
3	Water	水道	70
4	Electricity	電気	70
5	Gas	ガス	72
6	Telephone service	電話	72
7	Post office service	郵便	74
8	Home delivery service	宅配便	76
9	Television & radio services	テレビ・ラジオ	78
10	Banking	銀行	80
11	Transportation	交通機関	82
12	Driver's Licenses in Japan	自動車の運転免許	86
13	Taxes	税金	90
14	Waste disposal	家庭から出るごみ	92
	Public and Other Facilities	各種施設一覧	96