

# Recommended Rules and Manners of Living in Nagareyama City for Foreign Residents.



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NIFA



List of Useful Living Information  
Nagareyama International Friendship Association



We would like to recommend that you be aware of the rules and manners of life in Japan, which may be different from those in your country.

Knowing these rules and manners will help you not only to prevent problems and crimes if any, but also lead a safe and enjoyable life in Japan.

# Rules for Renting a Residence



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- Only the renter and his/her family may reside in the unit. For detailed terms and conditions, refer to the contract with the landlord.
- The unit cannot be rent to others.
- When you move out , you must cancel the contract.
- No renovations or pets are allowed without permission.
- Do not put objects in hallways or on stairs.

This act is prohibited by the Fire Service Act.

- If you have any problems , ask the owner.





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# Manners in Residence

- Do not make loud noises, or speak too loudly.
- Do not play music at high volume.
- Do not chat in the hallway or the balcony.

These behaviors may cause troubles or problems with other tenants or nearby residents.

The police may come and warn you depending on cases.



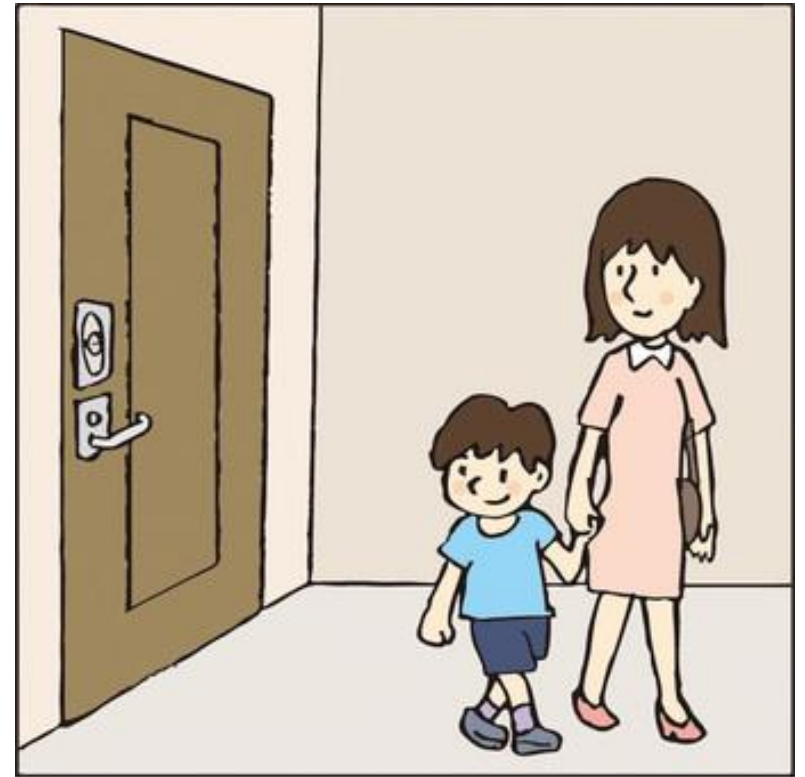


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# Locking of the Residence

- Make sure to lock the doors and windows of your house when you go out.
- Keep them locked when you are indoors as well.

Make it a habit to lock your house even when you are out of the house for a short time, such as to take out the trash.





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# Smoking Manners

- Smoke in designated areas only such as in smoking areas.
  - There are many non-smoking areas around stations in Nagareyama City.
  - Do not smoke while walking on the streets.
  - Do not dump cigarette butts on the ground, regardless of whether it is in a smoking or non-smoking area.
- We recommend carrying a portable ashtray.



# Payment of Insurance Premium and Pension



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- Be sure to pay premiums for National Health Insurance and National Pension.
- Payments must be made by the due date.

## 保険料

If you do not pay your premiums , you may have to pay the full cost of your medical treatment.

If you do not know the process or how to make payments, ask Nagareyama City Hall or its branch offices.





# How to Dispose of Garbage



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- There are rules about how to dispose of garbage in Nagareyama City.
- Separate garbage and put it in the garbage bags designated by the Nagareyama City (you can purchase these bags at a convenience stores or supermarkets).

You cannot use any other bags.

- Put out the garbage at the designated location by 8:30 a.m. on the designated weekly collection day.
- Do not leave trash on the street or in empty ground.
- You must apply in advance to have bulky waste collected (you cannot throw it out as it is).

For more information on garbage collection by Nagareyama City, please refer to the following.

Website of Nagareyama International Friendship Association (NIFA) on:

How to dispose of household garbage②

How to dispose of recyclable garbage③

at:

[Information for Foreign Residents\(sakura.ne.jp\)](http://sakura.ne.jp)



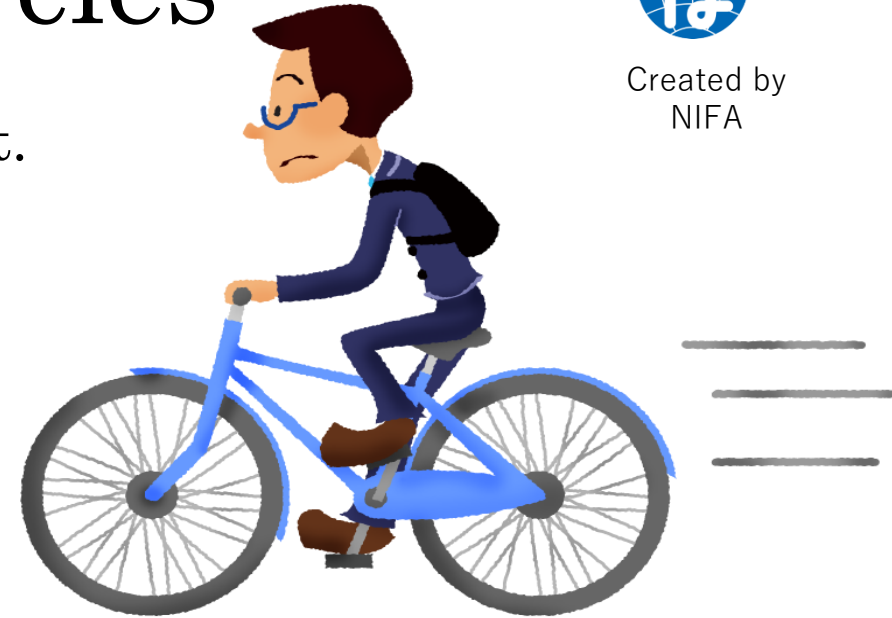
# Rules and Manners for Bicycles



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- Bicycles must be registered and insured against theft.  
(You can register and insure at a bicycle shop.)
- Make sure to obey traffic signals.
- Ride on the left side of the road.
- Riding a bicycle after drinking is prohibited.
- Bicycles cannot enter expressways.
- Riding a bicycle while listening to a smart phone or music is prohibited.
- Do not take away unlocked bicycles, even if they are left on the street.
- Park your bicycle in the designated parking lots.
- Riding with another adult on your bicycle is prohibited.  
Special child seats and helmets are required to carry your children on a bicycle.

If you need further information, ask your bicycle shop.





# Emergency Calls and Reports on Illness · Incidents · Accidents · Disasters, etc.



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- Refer to the following information on how to report in an emergency.

The NIFA website explains in detail in six languages.



Medical institutions available for foreign languages<sup>④</sup>

[Information for Foreign Residents \(sakura.ne.jp\)](http://sakura.ne.jp)

Emergency call and how to contact<sup>⑦</sup>

[Information for Foreign Residents \(sakura.ne.jp\)](http://sakura.ne.jp)

Disaster Preparedness Guide<sup>⑧</sup>

[Information for Foreign Residents \(sakura.ne.jp\)](http://sakura.ne.jp)



# Acts that are a Crime under Japanese Laws



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- Lending and borrowing of commuter pass and insurance card.
- Embezzlement of what you pick up.
- Shoplifting.
- Theft of fruits or vegetables, livestock from someone's fields.
- Catching fish or shellfish in the rivers or sea without permission.
- Carrying knives and other dangerous items.
- Possession and use of illegal drugs.
- Non-possession of resident card.





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# Toilet Manners

- In Japan, toilets in convenience stores can be used free of charge.
- Let's use the toilet cleanly.
- Japanese toilets allow to flush toilet paper only.  
(No bucket placed for used paper.)
- Do not take away toilet paper.
- Most toilets in Japan are equipped with toilet seat having warm-water washing function.  
Make sure you know how to use it in advance.





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# Manners on Trains and Buses

- Do not use your cell phone or carry loud conversations on the train or bus.
- Avoid loud volume that leaks sound even if you are wearing earphones.
- In crowded situations, keep your backpack on your chest side instead of your back.



# Manners in Baths, Public Baths, and Hot Springs

- Wash your body and then get into the bathtub.
- Do not put towels in the bathtub.
- Do not use soap or shampoo in the bathtub.
- You cannot enter public bath or hot spring wearing a swimsuit.  
You must be completely naked.



In such ways, in Japan, bathtub water has been used cleanly while family members use the bath each day.

Thus, the water in the bathtub is not changed each time when an individual uses the tub.

The custom is for everyone to warm themselves in the same bathtub water.

Hot water in the bathtub is discarded after everyone has warmed up.

In Japan, people mostly take a bath at night to recover from the fatigue of the day.



# Tipping is not Required in Japan

- Tipping is not customary in Japan.
- Some high-class hotels and expensive restaurants add a service charge to the bill, but it is not a custom in Japan to leave it on the table.
- In restaurants that serve alcoholic beverages such as *izakaya* (Japanese style pubs), a small plate called *otohshi* is served.

This is in lieu of a service charge.

- Drinking water and hand towels are free of charge.





# A Food Culture that does not Leave Food Uneaten

- In Japan, there is a culture of not leaving food that has been served.

This is considered a courtesy to express gratitude to the cook.

Ask for the amount you can eat.

- You may be able to take home leftover food if you ask the waiter.



# Manners of Chopstick Culture

- In *washoku* (Japanese cuisine), it is good manners to eat with chopsticks in your right hand and a bowl or rice bowl in your left hand.
- *Miso* soup and other soups may be eaten with the mouth on the bowl to prevent spilling.
- Be careful not to lick the tip of the chopsticks or put them in your mouth, as this may cause discomfort to the people you are eating with.
- For the food served on a platter, use special chopsticks to take it to your own plate.  
Do not use your own chopsticks directly in such a case.
- It is a taboo in Buddhism to stick chopsticks on top of rice or to pass food between the other person's chopsticks and your own.



# Personal Seal (*Hanko, Inkan*) Culture

- While signatures are common in other countries, personal seals (*hanko, inkan*) are often used in Japan.
- Personal seals are also sold at 100-yen stores. However, originally, this culture took root when people decided the typeface, size, and shape of their personal seal (*hanko, inkan*) to be engraved in order to identify it as individual and make it the only one of its kind in the world.
- Even now, personal seal (*hanko, inkan*) is required for contracts, bank passbooks, and many official documents.

It is recommended that foreign nationals also have their own seals (*hanko, inkan*) made.



# Noodle Slurping Culture

- In Japan, people eat in restaurants without making a sound, but at soba and ramen restaurants, many people slurp their noodles with a sound.
- It is said that this culture originated in the Edo period, when hot soba noodles were eaten standing in food stalls, and people would slurp them down to cool the heat and eat them all at once.
- It is a Japanese culture that has continued for hundreds of years, so don't worry about the sound, let's try it.



# Bowing(*Ojigi*) Culture

- In Japan, bowing is the most common greeting. Handshakes, hugs, etc. are conversely unfamiliar.
- It can mean apology, thanks, or greeting, and the meaning can change with bending approximately at 45 degrees, 30 degrees, or 15 degrees (the greater the angle of bowing, the deeper the politeness.)
- It is believed that by offering the weakest part of the human head to the other person, it indicates a lack of hostility.
- Foreigners may not be familiar with it, but it is a traditional Japanese greeting that you should definitely learn. As a polite foreigner, you will easily fit in with the Japanese in this manner.



# Many Japanese are Non-religious

- As shown in the graph, many Japanese are not so particular about religion.
- However, there is a culture of taking in and enjoying various religious events around the world.

A typical example is seen where a whole town is decorated with lights and gifts are exchanged in the Christmas season, but only a small percentage of people are Christian.

- It is customary to eat cakes and chicken on Christmas.





# Culture of Serving Someone Sake (*oshaku*)

- One of the unique Japanese cultural aspects of drinking is “*oshaku* (pouring sake)” in order to show hospitality to others.
- Sake is mainly offered from a person of lower rank to a person of higher rank as a sign of respect to the other party.
- In particular, it is considered very abnormal for the boss of a company to fill his or her own cup with *sake*, and it is a uniquely Japanese culture to pay attention to whether the boss's cup is empty or not.
- This is a custom that is unique to Japan, where politeness is valued even in the midst of a pleasant drinking occasion.



# Culture of Greetings before and after Meals

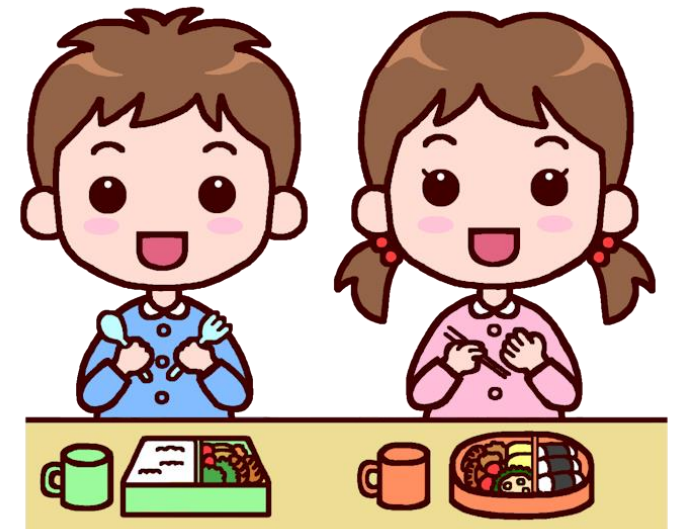
- In Japan, people say "*Itadakimasu*" (Let's eat, or, I appreciate your offer.) before meal and "*Gochisousama-deshita*" (I really enjoyed the meal.) after meals.

Even when people are alone, they customarily do so.

- Prayers before meals are religiously varied, but most give thanks to the deity of the religion. It is a unique Japanese greeting that expresses gratitude to the people who grew the foodstuff, transported it fresh, and cooked it.

Therefore, even when eating alone, we utter these phrases (by heart).

いただきます



When you foreign people mutter these Japanese phrases before or after a meal, the Japanese will be surprised and smile.

# Contact Information in Case of Trouble



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- 1 1 0 (Police)
- 1 1 9 (Fire Station)
- 04-7158 – 1111 [Ngareyama City Hall](#)  
(There are 3 branch offices in the city)
- 04-7128 – 6007

Nagareyama International Friendship Association(NIFA)  
[c/o Nagareyama International Understanding  
Support Center](#)

The following information is also provided  
by NIFA via its website:  
Emergency Telephone Call (where and how),  
Disaster Prevention Guide, etc.  
Please check with QR codes at right.



Get used to the unique Japanese cultures and manners as soon as possible, and enjoy your life in Nagareyama City!



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