



Hello! SUGINAMI

Suginami City Population
(as of March 1, 2026)
Total population 582,413
Foreign residents 25,208

Issued on the 1st of even-numbered months

Published by: Suginami City Office. **Editing:** Public Relations Section. **Address:** 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), **Fax:** 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. **URL:** <https://www.city.suginami.tokyo.jp/>

Notice Regarding FY2025 Suginami City Temporary Livelihood Support Benefit (¥20,000)

Suginami City is providing benefit payments to inhabitant tax-exempt households and other eligible residents in FY2025. For details, please see the City website (QR code to the right).



[Value of support benefits] 20,000 yen per household

[Eligible households] Households registered as residents in Suginami City as of January 15, 2026, that meet all of the following criteria:

- Individuals registered as residents within Japan as of January 1, 2025
- All household members are either exempt from or taxed only on FY2025 inhabitant tax per capita basis

[Procedures] The City has sent notification letters to the heads of eligible households. Households wishing to receive the benefit must submit the required documents via post by May 29 (postmark accepted as proof of submission date).

[Contact] Suginami City Temporary Livelihood Support Benefit Call Center

Tel: 0120-862-066 (8:30 am – 5:15 pm, excluding Saturdays, Sundays, and national holidays)

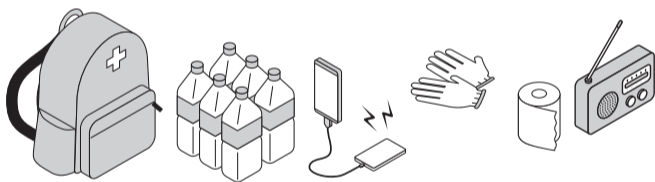
What You Can Do Now to Prepare for a Major Earthquake!

Do what you can now to prepare for an earthquake to protect yourself and your family, including confirming evacuation procedures for when a disaster strikes, confirming the location of evacuation centers such as Earthquake Relief Camps, and establishing methods of communication with your family

[Preparing for an earthquake in normal times]

● Stockpile water, food and essentials for daily life

Prepare items such as water (3L per person per day), emergency food supplies (at least three days' worth, if possible seven days' worth), emergency toilets, radio, medication, infection prevention items (such as masks, hand sanitizers), etc.



● Check how to use the disaster message boards and other communication methods

At the time of disaster, it can become difficult to make phone calls. Use NTT's Disaster Emergency Message Dial (171) and disaster message boards operated by each of the mobile carriers. Secure multiple methods of communication including social media. The instructions for using the Disaster Emergency Message Dial are provided on the back page of the Disaster Prevention Map (QR code to the right), so please make use of it.



● Prevent furniture and other items from falling

In an earthquake, not only can falling furniture or shattering glass injure you, there are also many dangers that can become obstacles during evacuation or cause fires. Everyone should also install devices in their homes to prevent furniture from toppling over.



● Please make use of the Disaster/Disaster Prevention Information Email Service

This service is to deliver information from radio communications for disaster prevention and administration, weather watches and warnings, as well as earthquake information. Please register to start receiving notifications. For details on registration procedures and other information, please see the City website (QR code to the right).



[What to do when a major earthquake occurs]

● When to evacuate

Please consider staying at home if it is safe and not at risk of collapse or fire. If you cannot return to your home because of collapse or fire, please evacuate to a nearby Earthquake Relief Camp. Furthermore, if there are risks to staying at home and going to an Earthquake Relief Camp due to a major fire, please evacuate to Safety Evacuation Area nearby.



● Check the location of Earthquake Relief Camps and Safety Evacuation Area nearby

Suginami City has 65 Earthquake Relief Camps such as elementary and junior high schools. In order to ensure that you can evacuate safely when roads are blocked due to collapsed buildings, or when a fire has broken out, please check the locations of the Earthquake Relief Camps and Safety Evacuation Area near you regularly. You can also check our official disaster prevention electronic map service, "Sugi Navi." (QR code to the right)



[Contact] Disaster Prevention Section



To National Health Insurance Policyholders

● The FY2026 insurance premium rates for National Health Insurance have been set.

Insurance premiums for National Health Insurance are set in mid-June when income for the previous year is finalized. A notification of insurance premiums is then sent out to the respective households. Notification is given for insurance premiums for FY2026, calculated based on 10 payments from June 2026 to March 2027.

	Portion for medical treatment (all policyholders)	Portion for subsidies for the latter-stage elderly (all policyholders)	Portion for long-term care payment (policyholders from ages 40 to 64)	Portion for child and child-rearing support contribution (all policyholders)
Per capita basis (for each policyholder)	47,600 yen per year (*1)	17,600 yen per year (*1)	17,800 yen per year (*1)	1,873 yen per year (*2)
Income basis	Standard amount of Taxation (*3) × 7.51%	Standard amount of Taxation (*3) × 2.80%	Standard amount of Taxation (*3) × 2.43%	Standard amount of Taxation (*3) × 0.27%
Maximum amount	670,000 yen	260,000 yen	170,000 yen	30,000 yen

*1. Children aged 6 or under as of March 31, 2027, are charged at half the rate. *2. Those aged 18 or under as of March 31, 2027, receive a full reduction.

*3. Standard amount of taxation = Total net income from previous year, etc. - Basic deductions for resident's tax (430,000 yen)

Annual insurance premiums =

Portion for medical treatment + Portion for subsidies for latter-stage elderly + Portion for long-term care payments + Portion for child and child-rearing support contributions

● Starting in FY2026, a portion for child and child-rearing support contribution will be added

This will be collected along with insurance premiums related to benefits under the medical insurance system in order to fund legally mandated support for children and child-rearing households, including the expansion of child allowances and support benefits for pregnant women. For details, please see the Children and Families Agency website (QR code to the right).



● Renewal procedures for extension of period of residence

If your resident registration is cancelled because you failed to renew your period of residence, you will also lose your eligibility for National Health Insurance. Please be sure to complete the procedure to extend your period of residence at the Tokyo Regional Immigration Services Bureau. In principle, a certificate of eligibility or an eligibility information notice will be sent out as soon as notification of renewal for the period of residence is received from the Ministry of Justice. However, if your residence status has been renewed under "Designated Activities," additional procedures will be required. Please bring your passport, residence card, designation document, and your certificate of eligibility if you have one, and complete the procedures at the National Health Insurance Eligibility Subsection of the National Health Insurance and Pension Section (2F East Wing of the City Office) or at Residents Offices.

● If you enroll in another health insurance program

If you enroll in another health insurance program, such as those offered through an employee's health insurance program at work, you will need to complete procedures to withdraw from the National Health Insurance program. For details, please see the City website (QR code to the right).



● Have you filed your tax return?

If you do not file a declaration for the previous year's income, it will not be possible to determine your eligibility for per capita basis reduction, even if your income is zero or low. Those who have not yet filed their tax return or resident tax declaration are asked to do so as soon as possible.

[Contact] National Health Insurance Eligibility Subsection, National Health Insurance and Pension Section **Tel: 03-5307-0641**

Resident Health Examinations & Cancer Examinations

The City sponsors Resident Health Examinations and cancer examinations

● Resident Health Examinations

The City sponsors resident health examinations for those ages 30 to 39 who do not have the opportunity to receive health examinations through their place of work (Adult Examination), those ages 40 to 74 who are enrolled in Sugunami City's National Health Insurance program (National Health Insurance Specific Examination), and those enrolled in the medical care system for the elderly in the latter stage of life (Latter-Stage Elderly Examination).

● Cancer Examinations

The City sponsors stomach cancer, lung cancer, colorectal cancer, cervical cancer, and breast cancer examinations. Please note that the eligible ages for these examinations differ for each type of examination.

[Contact] Health Examination Subsection, Health Promotion Section, Sugunami Public Health Center **Tel: 03-3391-1015**



Community Engagement Initiative for Foreign Residents: Ome Bus Tour & Local Events Participation Program

Through experiences of Japanese culture, nature, and local community life, we aim to promote intercultural exchange and community participation.

[Date and Time] May 9-10 (Saturday-Sunday, 1 night, 2 days). Other related events also scheduled

[Location] Meeting point: Sugunami City Office (1-15-1 Asagaya-Minami, Sugunami City)

[Eligibility] Persons aged 18 or over who reside, study, or work in Sugunami City

[Capacity] 20 people (selected by lottery)

[Cost] Free of charge (some food and transportation costs will be at your own expense)

[Application] Apply via the application form (QR code to the right) by April 15

[Contact] Intercultural Cohesion and Exchange Promotion Section, Culture and Exchange Division **Tel: 03-3312-9415**

[Other] A community participation program will be held from June to November. Details will be sent to participants at a later date.



Japanese Classes for Foreign Residents Living in Sugunami City

These are level-based classes for learning how to speak, read, and write basic Japanese phrases necessary for everyday life.

[Dates and times] (1) Mondays and Wednesdays: May 11 to July 15, 2026, 9:30 am to 11:30 am
(2) Tuesdays and Fridays: May 12 to July 17, 2026, 7:00 pm to 9:00 pm
(Each 10 or 20 times in total)

[Location] (1) Sesion Sugunami (1-22-32 Umezato); (2) Online class

[Eligibility] Persons living, working, and/or studying in Sugunami City

[Cost] 3,000 yen per 10 classes (excluding the cost of textbooks)

[Application] Please send an e-mail including the course name as well as your postal code, address, name, age, and telephone number to Nihongo Gakusyu Sugunami no Kai by May 5, 2026.

[E-mail] suginaminihongo@gmail.com

[Contact] Nihongo Gakusyu Sugunami no Kai **Tel: 090-7212-7909**

[Other] An interview will be conducted on May 8 (Fri.) to assign students to the appropriate class.

Announcement from Sugunami Association for Cultural Exchange

Sugunami Association for Cultural Exchange (SACE) organizes events where foreign residents can join freely and enjoy socializing with other foreign residents, as well as Japanese residents. Please join us.

● SACE website, Facebook page, and LINE account

These sites/accounts offer information on events hosted by SACE, Japanese language classes held in Sugunami City, and friendship cities of Sugunami City.

● Support Desk in Foreign Languages

Volunteer interpreters provide support for foreign residents who require assistance with various procedures at the Sugunami City Office.

[Dates and times / Languages]

- English: 1:00 pm - 4:00 pm every Monday, Thursday; 9:00 am - 12:00 pm every Friday
- Chinese: 9:00 am - 12:00 pm every Monday, Thursday; 1:00 pm - 4:00 pm every Thursday and the 1st, 3rd, and 5th Friday of every month
- Nepali: 1:00 pm - 4:00 pm every Wednesday
- Korean, French, Vietnamese: By appointment

* Not available on national holidays and year-end/New Year holidays

[Location] Public Hearing Section (East Wing, Sugunami City Office 1F)

[Consultation methods] Visit Sugunami City Office in person, call the Public Hearing Section

[Cost] Free of charge

[Application and inquiries] Sugunami Association for Cultural Exchange

[Address] Minami-Asagaya Building 5F, 1-14-2 Asagaya-Minami 166-0004

[Tel] 03-5378-8833

[Fax] 03-5378-8844

[E-mail] info@suginami-kouryu.org

[Website]



[Facebook]



[LINE]





Hello! SUGINAMI

Suginami City Population
(as of March 1, 2026)
Total population 582,413
Foreign residents 25,208

Issued on the 1st of even-numbered months

Published by: Suginami City Office. Editing: Public Relations Section. Address: 1-15-1 Asagayaminami, Suginami-ku, Tokyo 166-8570.
Tel: 03-3312-2111 (main switchboard), Fax: 03-3312-9911 (direct line for Public Relations Section) *Please make inquiries in Japanese. URL: <https://www.city.suginami.tokyo.jp/>

2025年度杉並区生活応援臨時給付金(2万円)のお知らせ

2025年度住民税非課税世帯等に給付金を支給しています。詳細は、区【HP】(右2次元コード)をご確認ください。

【支給金額】 1世帯当たり2万円

【対象世帯】 2026年1月15日現在、杉並区に住民登録があり、以下のすべてに該当する世帯

- ・2025年1月1日現在、日本国内に住民登録がある者を含む
- ・世帯全員の2025年度住民税が非課税または均等割のみ課税である

【手続き】 区から対象世帯の世帯主宛てに案内を発送しました。

支給を希望する世帯は、必要書類を5月29日(消印有効)までに郵送してください。

【問い合わせ】 杉並区生活応援臨時給付金コールセンター 【電話】0120-862-066(午前8時30分～午後5時15分<土・日曜日・祝日を除く>)



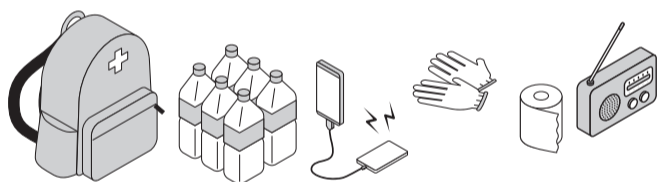
大地震に備えて、今からできることを

自分や家族を守るために、発災時の避難方法や震災救援所などの避難場所、家族との連絡手段など、今からできる地震への備えをしましょう。

【日頃から災害に備えましょう】

●水・食料・生活必需品を備蓄しましょう

保存水(一人一日3ℓ)・非常食(最低3日分、可能であれば7日分)・携帯トイレ・ラジオ・医療品・感染対策品(マスク・手指消毒剤)などを備えておきましょう。



●災害用伝言板などの使い方を確認しましょう

災害時は、電話がつながりにくくなります。NTTの災害用伝言ダイヤル(電話171)や携帯電話各社の災害用伝言板を活用しましょう。また、SNSなど複数の連絡手段を確保しておきましょう。防災マップ(右2次元コード)の情報面に、災害用伝言ダイヤルの使用方法を記載しています。ご活用ください。



●家具類の転倒防止対策をしましょう

地震による家具の転倒やガラスの飛散は、けがをするだけでなく、避難時の障害・火災の原因となる危険性があります。各家庭においても家具転倒防止器具を設置しましょう。



●「災害・防災情報メール配信サービス」をご利用ください

防災行政無線で放送した内容や気象警報・注意報、地震の発生情報などをメール配信するサービスです。利用には事前登録が必要です。登録方法などの詳細は、区【HP】(右2次元コード)をご覧ください。



【大地震が起きたら】

●避難するときは

自宅に倒壊・火災などの危険がなく安全な場合は、在宅避難を行いましょう。倒壊・火災などにより、在宅避難が困難な場合は、近くの震災救援所に避難してください。また、大規模な火災により自宅や震災救援所に危険が迫った場合には、近くの広域避難場所へ避難してください。



●近くの震災救援所・広域避難場所を確認しましょう

区内には、小中学校などの震災救援所が65カ所あります。建物などの倒壊による道路閉塞や、火災が発生した場合も安全に避難できるように、日頃から近くの震災救援所・広域避難場所を確認しておきましょう。また、杉並区公式電子地図サービス「すぎナビ」(右2次元コード)からも確認できます。



【問い合わせ】防災課



国民健康保険に加入している方へ

●2026年度国民健康保険料の料率が決まりました

国民健康保険の保険料は前年所得が確定する6月中旬に決定し、各世帯に保険料額通知書を発送します。2026年度の保険料を、2026年6月～2027年3月の10回でお支払いいただくよう計算して通知します。

	医療分(全ての加入者)	後期高齢者支援金分(全ての加入者)	介護納付金分(40～64歳の加入者)	子ども・子育て支援金分(全ての加入者)
均等割(加入者1人当たり)	年額4万7600円(※1)	年額1万7600円(※1)	年額1万7800円	年額1873円(※2)
所得割	賦課標準額(※3)×7.51%	賦課標準額(※3)×2.80%	賦課標準額(※3)×2.43%	賦課標準額(※3)×0.27%
最高限度額	67万円	26万円	17万円	3万円

※1. 2027年3月31日時点で6歳以下の子どもは半額。 ※2. 2027年3月31日時点で18歳以下の方は全額軽減。 ※3. 賦課標準額＝前年の総所得金額等－住民税の基礎控除額(43万円)。

年間保険料＝医療分＋後期高齢者支援金分＋介護納付金分＋子ども・子育て支援金分

●2026年度から、子ども・子育て支援金分が加わります

児童手当の拡充・妊婦のための支援給付など法律で定めた子ども・子育て世帯への支援に充てるため、医療保険制度上の給付に係る保険料と併せて徴収されます。詳細は、こども家庭庁【HP】(右2次元コード)をご覧ください。



●他の保険の適用となった方へ

勤務先の保険に加入するなど、他の保険の適用となった方は、国民健康保険の脱退手続きが必要です。詳細は、区【HP】(右2次元コード)をご覧ください。



●在留期間の延長による更新手続き

在留期間の更新をせずに住民登録が削除されると、国民健康保険の資格も喪失してしまうため、必ず東京出入国在留管理局で在留期間の延長手続きを行ってください。原則、法務省から在留期間の更新の連絡があり次第、資格確認書または資格情報のお知らせを発送します。ただし、在留資格が「特定活動」で更新された場合は手続きが必要です。パスポート・在留カード・指定書、お持ちの方は資格確認書を持参し、国保年金課国保資格係(区役所東棟2階)・区民事務所で手続きをしてください。

●申告はお済みですか

前年の所得に関する申告がない場合、所得がないまたは低い場合でも均等割減額の判定ができません。確定申告または住民税の申告が済んでいない方は早めに申告をお願いします。

【問い合わせ】国保年金課国保資格係 【電話】03-5307-0641

区民健康診査・がん検診

区では、区民健康診査とがん検診を実施しています。

●区民健康診査

30～39歳で職場などで健診を受ける機会がない方(成人等健診)、40～74歳で国民健康保険に加入している方(国保特定健診)、後期高齢者医療制度に加入している方(後期高齢者健診)を対象に実施しています。

●がん検診

胃がん・肺がん・大腸がん・子宮頸(けい)がん・乳がん検診を実施しています。検診ごとに対象年齢などが異なりますのでご注意ください。

【問い合わせ】杉並保健所健康推進課健診係 【電話】03-3391-1015



外国人の社会参画企画 青梅バスツアー&地域イベント参加プログラム

日本の文化・自然・地域体験などを通じて、交流の促進・地域参画を目指します。

【日時】5月9日(土)・10日(日)(1泊2日)ほか

【場所】集合＝杉並区役所(杉並区阿佐谷南1-15-1)

【対象】区内在住・在学・在勤で18歳以上の方

【定員】20名(抽選)

【費用】無料(一部食費・交通費など自己負担あり)

【申し込み】申し込みフォーム(右2次元コード)から、

4月15日までに申し込み

【問い合わせ】文化・交流課多文化共生・交流推進担当 【電話】03-3312-9415

【その他】6～11月に地域参加プログラムを実施。詳細は、参加者に後日連絡



杉並でくらす外国人のためのにほんご教室

日常生活に必要な基本的な日本語の会話や読み書きを学ぶレベル別クラスレッスンです。

【日時】①5月11日～7月15日の月・水曜日、午前9時30分～11時30分

②5月12日～7月17日の火・金曜日、午後7時～9時(各計10または20回)

【場所】①セッション杉並(梅里1-22-32) ②オンラインで実施

【対象】区内在住・在勤・在学の方

【費用】各10回3000円(別途テキスト代)

【申し込み】Eメールに講座名・郵便番号・住所・氏名・年齢・電話番号を書いて、5月5日までににほんご学習すぎなみの会

【Eメール】suginaminihongo@gmail.com

【問い合わせ】にほんご学習すぎなみの会 【電話】090-7212-7909

【その他】5月8日にクラス分けの面接を実施

杉並区交流協会のお知らせ

杉並区交流協会では、外国の方が気軽に参加でき、日本人をはじめ外国の方と楽しく交流できるイベントを企画しています。

●杉並区交流協会のホームページ・Facebook・LINE

杉並区交流協会主催イベントや区内の日本語教室、杉並区の交流自治体の情報などを掲載しています。

●外国語サポートデスク

ボランティア通訳が区役所での手続きをサポートします。

【日時・言語】

・英語＝月・木曜日午後1時～4時、火・金曜日午前9時～正午

・中国語＝月・木曜日午前9時～正午、火曜日・第1・3・5金曜日午後1時～4時

・ネパール語＝水曜日午後1時～4時

・韓国語・フランス語・ベトナム語＝予約制

※いずれも祝日・年末年始を除く。

【場所】区政相談課(区役所東棟1階)

【相談方法】来所・電話(区政相談課)

【費用】無料

【申し込み・問い合わせ】杉並区交流協会

【住所】〒166-0004阿佐谷南1-14-2みなみ阿佐ヶ谷ビル5階

【電話】03-5378-8833

【ファクス】03-5378-8844

【Eメール】info@suginami-kouryu.org

【HP】



【Facebook】



【LINE】

