



Living Guide for Imabari

Introduction of Imabari City International Exchange Association
..... 3

Legal Matters and Procedures

Immigration Procedures / Alien Registration / Driver's License
..... 4

Daily Life

Water / Electricity / Gas 5
Telephone 6
Bank / Postal Services 7
Internet / NHK 8
Garbage Collection 9

Medical Services

Hospital Visits / Health Insurance 10
Body Parts / Major Hospitals 11

Public Transportation

Japan Railways (JR) Getting on the Train / Discount Tickets 12
Buses / Taxis Getting on the Bus / Long Distance Bus Services 13
Ferry Services 14
Flight Schedule 15

Leisure in Imabari 16, 17

In case of Emergency

110 / 119 / Disasters 18
Other Useful Information 19

Introduction of Imabari City International Exchange Association

I.C.I.E.A. was set up in 1997. Now, in the fiscal year 2009, there are more than 400 members, including individuals, families and groups. Our main activities are communicating with Imabari's sister city (Lakeland in Florida), serving foreign residents and visitors, offering foreign language courses as well as holding many kinds of international oriented events, all with the overall impetus of attempting to promote international understanding within the community. Also we offer information to both locals and foreign residents by publishing bilingual, bimonthly information magazine, "i -News", and maintaining a website.

Main projects:

1. International Communication Projects:

- * Sending high school student groups to Lakeland and receiving groups from there.
- * Receiving foreign groups' visits.
- * Holding parties and meetings with locals and foreign residents in Imabari city such as cherry blossom viewing, barbeques, tea parties, cooking classes and etc.
- * Co-hosting joint events with Ehime Prefectural International Center .

2: Public Relations Projects:

- * Publishing "i-News" bimonthly.
- * Maintaining a website which has a wide range of miscellaneous information.
- * Issuing guidebooks in foreign languages.

3: Cultural Projects for locals:

- * Offering foreign language courses (English, Chinese, Korean and French).

4: Assistance for Foreign Residents

- * Offering Japanese class

5: Subsidiary Projects:

- *Subsidizing international activities in which ICIEA members are involved (50,000 yen maximum per project).

* Please feel free to ask us about any of our projects.

ICIEA is seeking sponsorship from individuals or corporations who are interested in joining. Members receive discounts at ICIEA events and language courses, and are offered early information about events, as well as having i-News delivered for free.

Yearly Membership Fee

Category		Fee/person	Family Member Fee	
individual	adult	3,000yen	Other family members	adult:2,000yen
	student	1,000yen		student:500yen
group		10,000yen		

Imabari City International Exchange Association Office

Address: 794-0028 Imabari-shi Kita-Hourai-cho 1-1-16Imabari-shi Shichou-sha Dai-4-bekkan 1F

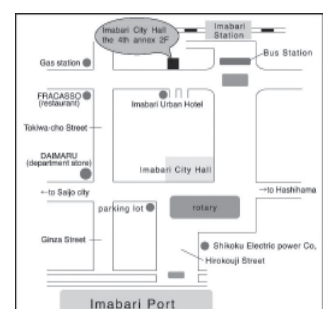
Open: Monday ~ Friday (8:30~ 12:00. 13:00~ 17:15)

*First Saturday(13:00 - 17:15)&Sunday(8:30 - 17:15)Due to other events, opening weekend would be sometimes changed, so please check our website before you come.

Closed: Saturday, Sunday, National holidays, 12/29~ 1/3

Directions: From Imabari Station, walk toward the port, turn right at the station bus loop, and walk towards Fracasso. The office is on the first floor of the white building on the right-hand side of the road opposite the Urban Hotel.

Tell& Fax: 0898-34-5763
E-mail: info@iciea.jp
URL: http://iciea.jp/



Legal Matters and Procedures

Immigration Procedures



Extending Your Visa

Your stay in Japan, authorized by the Immigration Bureau, is called the 'period of stay'. The period of stay and the status of residence are both determined when you come to Japan or when you change the status of residence. You are allowed to stay in Japan for as long as your stay is authorized. If you would like to extend your stay in Japan, you must apply for permission to do so. Foreign residents in Ehime must go through the procedure at the Immigration Bureau in Matsuyama. The required documents vary depending on your status of residence and your period of stay.

For more information; Matsuyama Branch, Immigration Office: 188-6 1F Miyata-cho, Matsuyama-shi

Tel: 089-932-0895 FAX: 089-932-0876

Hours: 9:00-12:00, 13:00-16:00

Alien Registration

Residence Registration

If you are staying in Japan for more than 90 days, you must register to obtain an Alien Registration Card at the Citizens Affairs Division of Imabari City Office as soon as you establish your place of residence.

For your initial registration, you will need your passport and two ID photos. (3.5 cm x 4.5 cm)

To renew your registration, you need your passport (you may need new ID photos or other miscellaneous items depending on your country of citizenship)

For more information;

Imabari City Office, Citizens Affairs Division

(On the left side through the main entrance)

Tel: 0898-36-1532 E-mail : siminka@imabari-city.jp

Driver's License

Obtaining a Driver's License

A. International driver's license

If you obtain an international driver's license prior to arrival in Japan, it will be valid for one year from the date of issue. This is only applicable to citizens from member nations of the Geneva Convention.

*The driver's license must not be expired. Valid for one year from the license issue date.

*It must not be more than one year since your arrival in Japan.

(You must be able to prove that you have more than three months driving experience in your country from the time you obtained your license)

B. Switching an overseas driver's license to a Japanese driver's license.

*Applicants must sit a written test, an eye-sight test and a driving test.

Applicants from certain countries may be exempted from the written and driving tests, if their driving skills and knowledge of Japanese traffic are considered to be of an appropriate level. (A driving test for a large two-wheeled vehicle will not be exempted)

Exempted countries; *Iceland, Ireland, The U.K., Italy, Australia, Austria, Holland, Canada, Korea, Greece, Switzerland, Sweden, Spain, Denmark, Germany, New Zealand, Norway, Finland, France, Belgium, Portugal, Luxemburg, Taiwan. (23 countries)*

You need to report to the Center within the hours listed below, and be aware that the procedure can take several hours.

License possessors from exempted countries 8:30-9:30

License possessors from other countries 9:00-11:00, 13:30-16:00 Open Tuesdays and Fridays (except holidays)

You will need the following:

- License application forms and examination number (available at the Center)
- Driver's license from your country
- Passport
- Alien Registration Card
- One ID photo (3 cm x 2.4 cm)
- A Japanese translation of all the information that appears on your country's driver's license. The translation must be done by one of the following; A government office in the country which issued the driver's license, a consulate concerned, or the Japan Automobile Federation (JAF) Ehime Bureau
Tel: 089-925-8668
- Your personal seal (Signature is acceptable)
- The procedure fee - 2,400yen application fee, 2,100 yen issuance fee. The total procedure fee differs depending on the license you want to obtain.

* If you can not speak Japanese, you need to be accompanied by an interpreter.

Application/Information:

Ehime Driver's License Center (Ehimeken Unten Menkyo Senta)Address: 1163-7, Katsuoka-cho, Matsuyama

Tel : 089-934-0110 Ext, 727-333

8:30 to 17:15

*Reservation required.



Water / Electricity / Gas

If you inform the business office of each public utility several days in advance, service people will visit your residence to disconnect your services and give you the final bills. Also inform the business offices of your new address to have service people visit you on the appointed day to connect the services and note the initial meter reading.

Water

Starting Water Service

Contact the Waterworks Division of Imabari City Office (Tel: 0898-36-7514)

How to request water service

Telephone the waterworks division of Imabari City Office and provide your name, address, telephone number, and date you would like water service to begin.

Bill Payment

You will be billed every other month. Your water bill may be paid:

1. at the office of the waterworks division.
2. at a bank or post office using a bank transfer to the waterworks division
3. from your bank or postal savings account by automatic withdrawal.

Discontinuing Service

Telephone the waterworks division of Imabari City Office at least three days before you would like to stop your water service. Provide your water meter number, name, address, telephone number, and the date you would like the service to end.

Electricity



In Japan, there are two electric cycles and voltages. In Ehime Prefecture, the current is 60hertz and the voltage is 100volts. Using appliances which do not match the current and voltage may cause damage to both the appliance and the circuits. Be especially careful when using electrical appliances brought from overseas.

Starting Electricity Service

Contact the electric power company :

Shikoku Denryoku, Imabari Office, Tel: 0120-410540
Fax: 0120-120748

Chugoku Denryoku, Hakata Office, Tel: 0897-72-0033

How to request Electricity Service

- (A) Telephone the electric company and provide your name, address, telephone number, the name of the previous occupant (if known), and the date you would like power to be turned on.
- (B) Fill out and mail the Application Form for Electricity Service to the electric company. The form is usually tied on to your fuse box.

Bill Payment

Your will be billed monthly. Your electricity bill may be paid :

1. at a bank, convenience store or Shikoku Denryoku / Chugoku Denryoku by using the remittance form sent by the electric power company.
2. from your bank or postal savings account by automatic withdrawal.

Discontinuing Service

Contact Shikoku Denryoku or Chugoku Denryoku and provide your name, address, telephone number and the date you would like power to be disconnected, and your customer service number (this number can be found on your monthly statement or receipt).

Gas

In Imabari, two kinds of gas are used – city gas (toshi gasu) and propane gas. Because gas appliances differ depending on the type of gas used, you should check with your landlord.

For more information; City gas and gas leaks:

* Shikoku Gas Company, Tel 0120-440459

* Propane gas: Any Propane Gas shop in your area

(1) City Gas (Toshi gasu)

Starting Gas Service

Contact the Gas Company and provide your name, address, telephone number, and the date you would like gas to be connected. It is necessary for you to be at home when the service representative comes to turn on the gas

Bill Payment

Your will be billed monthly. Your gas bill may be paid:

1. from your bank or postal account by automatic withdrawal
2. at a bank, post office, convenience store or Shikoku Gasu Office by using a gas bill payments form.

Discontinuing Service

Contact the Gas Company two or three days before you would like gas to be disconnected.

(2) Propane Gas

Starting or disconnecting Service

Contact a propane gas dealer. Ask your landlord for information about dealers.

Appliances

Unlike toshi gas, the gas used for propane appliances is the same nation-wide.

Bill Payment

You will be billed monthly. Ask your propane dealer about the various methods of payment.

Telephone

NTT website http://www.ntt.co.jp/index_e.html

For more details, please call:

06-313-1010 (English) / 116 (Japanese)

(1) Telephone Numbers

Telephone numbers in Japan are made up of

- A. area code
- B. local city number
- C. individual subscriber's number

Example: 0898-23-44XX

(A) (B) (C)

* Note: When you call outside your own area, you must use the appropriate area code.

(2) Pay Phones

Coins and telephone cards may be used.

(Change is not given for 100yen coins).

(3) Overseas Calls

At present, various companies offer International Subscription Dialing (ISD) telephone services and the charges vary considerably.

When you decide on a company to use for your overseas calls, you need to register your phone number with the company. For further information, see the website of each company.

NTT DoCoMo	http://www.nttdocomo.co.jp/english/
KDD	http://www.kddi.com/english/index.html
Global Tel Japan	http://www.wsc.ne.jp/global_e/index.html
G-Call	http://www.g-call.com/e/index.html



* Bills for overseas calls are sent separately if you use a different company for international calls.

(2) When moving

At least three days before moving, call NTT on 116 and provide your name, address and phone number.

(3) Telephone Directories

If you have a telephone, a directory will be delivered free of charge. You can also obtain them from any NTT office.

There are two types of telephone books:

A. Hello Pages

In this directory, personal telephone numbers are listed in Japanese syllabic order.

B. Town Pages

The entries are classified by business or occupation so that you can search for a store or company.

* It is possible to search for numbers listed in the Town

Pages using the Internet. <http://itp.ne.jp>

(4) Useful Numbers:

(+ indicates that a fee is charged for the service)

- * Directory assistance 104 + (30yen for each request)
- * Telephone repair 113
- * Collect calls 106
- * Time 117 +
- * Weather 177 +



(1) Installing a Telephone

A. Application and Inquiry for non-Japanese speakers:
0120-364-463 (Mon. to Fri. from 9am to 5pm / Sat, Sun and National Holiday)

*English / Chinese / Portuguese / Spanish (Monday to Friday)

*Korean (Mon, Wed and Fri)

*French (Tue to Fri)

B. Bill Payment

You will be billed monthly.

(A) from your bank or postal savings account by automatic withdrawal.

(B) at a bank, post office, NTT or a convenience store using a remittance form sent by NTT.

Keitai Denwa (Mobile Telephones)

Mobile telephones are now widely used because the setup procedure is much simpler than installing a fixed telephone, and you can purchase them at a variety of shops (listed below). With a keitai, in addition to making and receiving calls, you can send and receive messages cheaply and take photos as well. Some mobile phones can be used for international calls.

* **NTT docomo** <http://www.nttdocomo.co.jp/english/>

***vodafone** <http://www.vodafone.jp/scripts/english/top.jsp>

***au** <http://www.au.kddi.com/english/index.html>

Bank / Postal Services

In Japan, by far the most common form of payment is cash. Personal checks are seldom used. Credit cards are becoming popular, but some stores still do not accept them.

Popular credit cards are; JCB, VISA, DC, MasterCard. Banks are open Monday through Friday, 9:00-15:00

(1) Opening a Bank Account

There is no fee for opening a bank account.

The following are necessary to open an account:

- A. Identification (Alien Registration Card, passport, etc.)
- B. Personal Seal or signature.

*There are no joint bank accounts in Japan.

(2) Cash Card

You can use a cash card at an automated teller machine (ATM) to make cash withdrawals. Some ATMs can also be used for cash deposits. These machines can be found in major stations, supermarkets, department stores and other places as well as the bank. For an additional fee, you can withdraw money from your account using the ATM of some other banks. You can have a cash card made when you open a bank account. When you use the card, you must type in your four-digit secret code number. Bear in mind however, that if you mistakenly use an incorrect code number five times your card will become unusable. Please contact your bank in this situation.

ATM hours

	In Ehime, generally	Iyo Bank, Imabari Branch
Monday - Friday	8:45 - 19:00	8:00 - 21:00
Saturday	8:45 - 19:00	8:45 - 19:00
Sunday & Holidays	9:00 - 19:00	9:00 - 19:00

* Hours differ depending on the bank and the location of the machines. Only ATMs at certain locations can be used on Sundays and Holidays.

* A fee of 105yen is also charged when using an ATM at these times (withdrawal):

1. Monday - Friday before 8:45 and after 18:00
2. Saturdays, Sundays and Holidays

*A fee of 105yen is charged when using a different bank's ATM.

(3) Automatic Bank Transfer for Public Utility Bills

You can have your water, gas, electricity, telephone bills and NHK fees debited automatically from your bank account. The application procedure can be handled at the finance counter of your bank. The following are necessary:

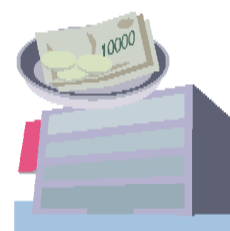
- A. A receipt or bill from each company
- B. Your account passbook
- C. The registered personal seal used with your account or your signature

*If you need to make an overseas remittance, Lloyds Bank is convenient. You need to register the payee in advance. If you pay money to Lloyds from an ATM at nearby bank by 15:00, the telegraphic transfer will be made on the same day.

(A fee of 2000yen will be charged)

For more information,

<http://www.golloyds.com/en/index.php>



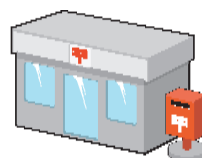
Postal Service

The main services of the post office are; collection and delivery of mails and parcels, remittance (domestic/overseas to certain countries), savings, automatic transfer for public utility bills from the account and insurance.

With your postal savings passbook or cash card, you can withdraw money from your account at any post office in the country. (Free of charge)

For more information about general postal services in English;

<http://www.post.japanpost.jp/english/index.html>

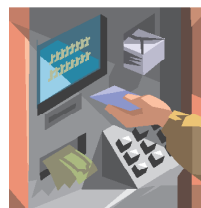


Post Office Service Hours / Internet / NHK

Imabari Post Office

Address: 1-3-4, Asahimachi, Tel: 23-0101 / Fax: 31-9157

Services		Monday to Friday	Saturdays	Sundays/Holidays
Mail	General	9:00 to 19:00	9:00 to 15:00	closed
	Yu-yu Service Desk	8:00 to 9:00 19:00 to 20:00	8:00 to 9:00 15:00 to 20:00	9:00 to 15:00
Saving and Insurance		9:00 to 16:00	closed	
ATM Service Hours				
ATM		8:45 to 21:00	9:00 to 19:00 Cash Deposit till 17:00	9:00 to 19:00 Cash Deposit; till 17:00



Internet Connection

You can choose which internet provider to use. For further information, see the website of each company.

- * Yahoo! Japan <http://www.yahoo.co.jp/>
- * DION <http://www.dion.ne.jp/english/>
- * nifty <http://www.nifty.com/>
- * OCN <http://www.ocn.ne.jp/english>
- * dokidoki <http://www.dokidoki.ne.jp>
- * Imabari CATV <http://www.icknet.ne.jp/>

NHK Television Receiving Fee

All television owners are expected to pay the NHK receiving fee.

You can pay the fee by;

- A) Paying the collector who visits your home.
- B) Paying at a bank, post office, or a convenience store.
- C) Having the fee automatically withdrawn from your bank or post office savings account.

You will be billed every two months. The typical fee for a color television is 2,690yen or 4,580yen for NHK satellite TV. If you choose to pay using option B) or C), the fee will be discounted by 100yen. Further discount is available for 12 months advance payment.

Garbage Collection

There are three different garbage bags assigned for collection by the city office; yellow, white and green. Each color is intended to be filled with a specific type of garbage. To find out the collection dates and locations for your neighborhood, please ask a neighbor or call the City Cleaning Department (Seisou-ka) on 0898-36-1534 with help from a Japanese interpreter if you don't speak Japanese.

The designated plastic bags are available at supermarkets, convenience stores and other local shops. The bags cost the same city wide: Large (10 bags) - 300yen, Medium (10 bags) - 200yen and Small (10 bags) - 150yen. When you want to throw away large objects, call the Sodai-gomi Center on 0898-25-3300 (again with help from a Japanese speaker if necessary), and ask for the collection schedule in your area. Please note that the Sodai-gomi center cannot collect electrical appliances such as personal computers and the other appliances listed below:

The following **appliances** have to be disposed of by an electrical appliance shop, according to the Household Appliances Recycle Law.

- * TV set (about 2,700yen + carrying charge)
- * washing machine (about 2,400yen + carrying charge)
- * refrigerator & freezer (about 4,600yen + carrying charge)
- * air conditioner (about 3,500yen + carrying charge + detaching fee) **Plus consumption tax.

Garbage Rules

- **Burnable garbage** must be put in **Yellow bags**.
e.g.: (food scraps, paper, wood, clothing, leather goods, etc...)
- **Soft plastic garbage** must be put in **White bags**.
e.g.: (soft plastic products, wrap, etc...)
- **Unburnable garbage** must be put in **Green bags**.
e.g.: (pottery, glass, rubber, metals, shoes, small electric appliances, etc...)



Recyclable waste

is collected twice a month, on scheduled days, from a recycle station in each neighborhood.

Please put out any recyclable material by 8:30 in the morning.

The following items can be recycled:

- 1) cans (for food and drink) 2) polyurethane bottles (for juice, liquor, or soy sauce) 3) colorless white bottles
 - 4) brown bottles(glass) 5) other colored bottles(glass) 6) newspapers and any newspaper inserts 7) magazines
 - 8) cardboard 9) paper packages (milk containers, etc.) 10) useable old cloth(es)
- 1) ~ 5) should be separated and put into the specific container at the recycle station.
6) ~ 10) should be bound with string after being folded, without putting them in a bag or wrapping them.

- * Polyurethane bottles, bottles and cans should be rinsed, and their caps should be taken off.
- * Old newspapers and cloth should be bound with twine separately.
- * Bottles for beer and sake should be returned to a liquor shop.
- * Hazardous waste (dry batteries, fluorescent tubes, mercury thermometers) can be collected at a recycle station.
- * Button batteries and batteries which can be charged repeatedly should be taken back to a shop for recycling.



Garbage should only be put out for collection at the designated time and place.

Hospital Visits

If you become ill, or you are injured in an accident, go and see a doctor as soon as possible. Make sure you bring your insurance card. If you are not insured, you'll have to pay the full cost of medical treatment. On holidays, or in case of an emergency during non-consultation hours, go to a designated emergency hospital. (For inquiries about emergency hospitals, call Imabari City fire station on 0898-32-3300)



- 1) When you arrive at the hospital, you should show your insurance card at the reception desk and fill out a form similar to the one below. If you can't read Japanese, you should take this example with you.

1. 名前 (namae) [Name]
2. 性別 (seibetsu) [Sex: Male/Female]
3. 生年月日 (seinengappi) [Date of birth]
4. 年齢 (nenrei) [Age]
5. 国籍 (kokuseki) [Nationality]
6. 住所 (jusho) [Address]
7. 電話番号 (denwa-bango) [Home Tel]
8. 勤務先・学校 (kinmusaki/gakko) [Business or School name]



Health Insurance

If you have permission to work or study in Japan for a year or more, you must be covered under the National Health Insurance Plan (Kokumin Kenko Hoken) or a health insurance affiliated with your place of employment (健康保険 Kenko Hoken).

For more information; Imabari City Office, Insurance and Pension Division

(今治市役所 保険年金課 Imabari Shiyakusyo, Hoken-Nenkin-Ka)

Health Counselling

Health counselors trained to deal with health problems provide advice at Imabari Health Center in Imabari Central Community Center. (今治中央住民センター、保健センター) 0898-36-1533 (Japanese Only)

- 2) What illnesses have you had in the past? Try to explain any past illnesses in Japanese:

I had (name of illness) in the past. 過去に、()をしました。 **Kako ni, () o shimashita.**

- | | |
|--|---|
| A. stomach problems 胃の病気 i no byoki | K. appendicitis 虫垂炎 chusuien |
| B. intestinal problems 腸の病気 cho no byoki | L. stomach ulcers 胃潰瘍 ikaiyo |
| C. liver problems 肝臓の病気 kanzo no byoki | M. diabetes 糖尿病 tonyobyoby |
| D. heart problems 心臓の病気 shinzo no byoki | N. tuberculosis 結核 kekaku |
| E. lung problems 肺の病気 hai no byoki | O. asthma 喘息 zensoku |
| F. ear trouble 耳の病気 mimi no byoki | P. cancer 癌 gan |
| G. nose trouble 鼻の病気 hana no byoki | Q. mental disorders 精神疾患 seishin shikkan |
| H. gynecological problems 婦人科の病気 hujinka no byoki | R. epilepsy てんかん tenkan |
| I. high blood pressure 高血圧 koketsuatsu | |
| J. low blood pressure 低血圧 teiketsuatsu | |

Hospital Visits

3) Next, try to explain your condition or symptoms in Japanese to the doctor or nurse. Since you may find it difficult to pronounce them, practice from the following list.

1. (Stipulate the body part) is painful. ()ga itamimasu.
2. I have a fever. Netsu ga arimasu.
3. I have a cough. Seki ga demasu.
4. I have been feeling ill. Kibun ga warui desu.
5. I have been in an accident. Jiko ni aimashita.
6. I have asthma. Zensoku ga arimasu.
7. I have hay-fever. Kafunsho desu.
8. I am having trouble breathing. Iki ga kurushii.
9. I have dizziness. Memai ga shimasu.
10. I have diarrhea. Geri o shiteimasu.

4) Are you presently taking any medication(s)?

I am taking (name of medication). ()o, nondeimasu.

5) Have you ever had a rash or felt ill after having any foods, medicines or injections?

A. I had a rash in the past. 過去に湿疹ができました。

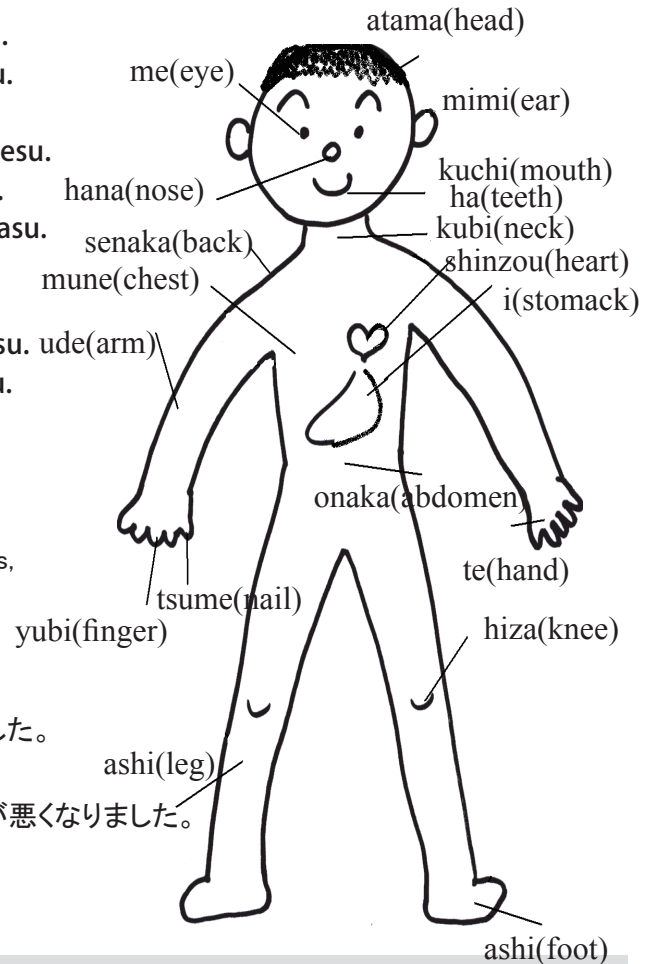
Kako ni shisshin ga dekimashita.

B. I felt ill after I had injections. 注射で気分が悪くなりました。

Chusha de kibun ga waruku narimashita.

C. I felt ill when I ate (name of food). ()を食べて気分が悪くなりました。

()o tabete kibun ga waruku narimashita.



Major hospitals in Imabari city:

● Kenritsu Imabari Byoin (Prefectural Imabari Hospital)

Medical treatment subjects: Internal medicine, Surgery, Pediatrics, Orthopedics, Brain neural surgery, Cardiovascular surgery, Urology, Otolaryngology, Obstetrics & Gynecology, Radiology, Anesthesiology, *Psychiatry, * Psychosomatic medicine 《* Needs an appointment.》

- Address: Imabari-shi Ishii-cho 4-5-5
- Tell: 0898-32-7111
- Closed: Saturday, Sunday and holidays
- Outpatients reception: 8:00 ~ 11:00am 《Needs inquiry》

● Saiseikai Imabari Byoin

Medical treatment subjects: Internal medicine, Surgery, Cardiology, Gastroenterology, Pediatrics, Plastic surgery, Brain neural surgery, Brain vascular surgery

Orthopedics, Dermatology, Urology, Radiology, Anesthesiology, Rehabilitation

- Address: Imabari-shi Kitamura 7-1-6
- Tell: 0898-47-2500
- Closed: Saturday afternoon and Sunday
- Outpatients Reception: 8:00 ~ 12:00am (~ 11:00 on Saturday) 《Needs inquiry》

● Imabari-shi Ishi-kai Shimin Byoin

Medical treatment subjects: Internal medicine, Surgery, Radiology, Gastroenterology, Cardiology, Rehabilitation

- Address: Imabari-shi Bekku-cho 7-1-4
- Tell: 0898-22-7611
- Closed: Wednesday afternoon and Thursday
- Office hours: 9:00 ~ 12:00am 2:00 ~ 5:30am 《Needs inquiry》

Japan Railways (JR)

Train tickets can be purchased at the automatic ticket vending machines at the station. Press the button of your destination and it will show the fare. Insert money to get your ticket (change will be paid). If you purchase the wrong ticket, you can ask a conductor on the train to change your ticket, or a station worker to adjust the fare after arriving at the station.

In order to ensure you are in the correct carriage, you must be aware of the Kanji: 指定席 (reserved) and 自由席 (unreserved)

Tickets for long-distance travel outside of Shikoku or reserved seats can be purchased at the Midori-no-Madoguchi ticket office, which is located at the left side of the automatic ticket vending machines. When you pass through the ticket gate, generally you turn to the right to catch a train toward Takamatsu and turn to the left to catch a train toward Matsuyama, but you should always consult the digital information board.



Railways in Shikoku

Imabari Station Tel: 0898-23-0049

Trains are a lot busier during spring and autumn, when a lot of people take holidays. In particular during Golden week (from the end of April to the first week of May), summer holiday (from late July to the end of August), mid-August and the beginning / end of the year, the trains will be so crowded that booking in advance is the best way to ensure you have a seat.

Discount tickets available from JR

Young Weekend Card

A train ticket for a limited express train is discounted by 40% on Fridays after 17:00, as well as on Saturdays, Sundays, National Holidays, December 31st, January 2nd.and 3rd.

(Only applicable to a return ticket of more than 61 km each way)

Membership is limited to people aged 13 – 29 years old. Sign-up Fee: 1,000yen, renewal: 400yen

Apply at: Young Weekend Card Office Tel: 087-825-1633 (open on weekdays 9:00 – 17:00)

Hanshin Return Free Ticket

Included are: A return ticket between Imabari and Osaka by limited express train and Shinkansen bullet train (Nozomi / Hikari)

A one-day unlimited ticket for the JR Free Area in the Hanshin area (including Osaka to Kobe).

There are two types of ticket:

For 4 days 17,000yen, For 2 days on weekends & holidays 16,000yen

Birthday Ticket

For three consecutive days during your birthday month, you can get on and off any JR train in Shikoku. You can use the first-class carriage (Green-sha).

Valid for three days.

Conditions of use: The first day of your trip must be during your birthday month.

Cost: 10,000yen for yourself and the same for each person who accompanies you (maximum three people).

JR Buses, Sunrise Seto, Moonlight Kochi and Matsuyama-Go are not available with this ticket.



Buses



Getting Change

Get change if you need it. A money changer is by the bus driver. Put your 1000yen bill or coins in the machine, in the end of the fare machine facing the passengers, and your change will shoot out into the bowl at the bottom of the machine.

Note: It is advisable to get change BEFORE you arrive at your destination, as you will create a *queue* behind you sorting things out at your bus stop if you don't.

Local Bus Service

*From Imabari station to Yunoura Haitu (湯浦ハイツ)

Take the *Komatsu Line*. (Takes 31minutes 520yen)

*From Imabari station to World Plaza (ワールドプラザ)

- 1) Take the Komatsu Line, Niihama station line, or Mine Topia Line (Takes 15minutes, 250yen)
- 2) Take the Sakurai-Danchi Line (Takes 31minutes, 400yen)

*From Imabari station to Nibukawa Hot SpringTake Kamikomori Line (Takes 28 minutes, 570yen)

Long Distance Bus Service

1)Imabari ~ Tokyo Pirate-Gou

<http://www.setouchibus.co.jp>
Setouchi Bus TEL 0898-22-8800
Imabari Kokusai Hotel (departure) 18:35 / Imabari Port 18:50~
Hamamatsu-tyou (arrival) 6:20 / Shinagawa 6:40
One-way 11,200 yen

(round trip discount is not available)
Reservation is needed Toilet
Non-smoking

The main bus terminal is in front of Imabari train station. Although local buses are convenient, you may want to consider using a bicycle when bus stops and your destination are far apart since you may save more time by doing so. There is no bus service after 10:00pm.

Getting on the Bus

Board by the rear door. You will see a ticket dispenser. Take a ticket as you get on and note your number. Be sure not to sit in the designated senior citizen seats (unless you are one.)

Paying your Fare

Calculate your fare by looking at the number on the digital fare board at the front of the bus that corresponds to the number on your ticket. So, if your ticket reads "2". Look for "2" on the fare board, and pay the price indicated when you get off. The fare box is usually a clear plastic box on the top of the machine with a little conveyer belt. Make sure you throw in your ticket too.**Note:** Prices on the board DO CHANGE; The longer you ride, the more expensive the fare becomes.

Getting to your Desired Destination

To be safe, ask the driver if he stops at your station or stop:

"*Kono basu wa _____ de tomarimasuka?*"

When the driver or pre-recorded voice announces your stop, press the call button on the roof or near the windows. The button beeps and lights up all the call buttons on the bus.



2)Imabari~Kobe / Osaka Ishizuchi Liner <http://www.setouchibus.co.jp>

Setouchi Bus TEL 0898-22-8800
1.Imabari Station (departure) 7:00/
Imabari Port 7:05 Kobe Sannomiya (arrival) 12:00/ Osaka Umeda 12:50
2.(departure)8:30/ 8:35 (arrival) 13:40/ 14:30
3.(departure)13:00/ 13:05 (arrival) 18:10/ 19:00
One way (to Kobe) 4,700yen (to Osaka)

5,000yen (round trip reduction is not available) Non-smoking

3)Imabari~Hiroshima

Shimanami Liner Shimanami Bus
TEL 0898-24-4873
Departure, Imabari Port (* 7:20), 8:45, 11:45 (*14:05), (*15:40), 18:40 (*meansSaturdays, Sundays, and holidays only.Arrival, Hiroshima Bus Terminal(*9:48), 11:13, 14:13,(*16:33),(*18:08)21:08 (time taken: 2hours 30minutes)
One way 3,600yen (round trip 6,500yen)
A book of tickets 12,000yen (4tickets)

4) Imabari~Fukuyama

Shimanami Liner
Shimanami Bus Tel 0898-25-4873
Departure (Imabari Port) 6:13, 7:13, 8:13, 9:23, 9:53, 10:23, 11:23, 12:23, 13:23, 14:23, 15:13, 16:13, 16:53, 17:23, 18:23, 19:23,
Arrives in front of Fukuyama Station (time taken: 1hour 40minutes)
One way 2,400yen (round trip 4,300yen)
A book of tickets 7,900yen (4tickets)

***Schedule and fares subject to change without notice. Please check in advance.**

Taxis

There are two types of taxis: small and medium

*small taxis start their meters at 550yen for the first 1.500m, Medium sized taxi are 560yen for the first 1.500m.

* After 1500m, the fare climbs quickly.

* The fare increases while waiting in heavy traffic, etc.

* From 10:00pm to 5:00am, the fare increases 20%

Ferry Services

From Imabari Sanbashi (Port)

1. 土生行き Habu (Innoshima) (high speed boat) Geiyo Kanko Ferry 0898-32-6712
6:25 to 18:30 (9 / day) 70min 1,700 yen stops at Tomoura, Kinoura and so on.
2. 下田水行き Shitadami (Oshima) (High Speed Boat 15 mins) Kyowa Kisen 0898-22-6825
6:45 ~ 21:30 16 / day, 400yen
3. 宮浦行き Miyaura (Omishima)(fast ship) Omishima Blue Line 0898-32-6713
8:00, 13:00, 16:50 3 /day 1 hour, 910 yen, stops at Munakata (Omishima)and so on.
4. 宮浦行き Miyaura (Omishima)(Ferry) Omishima Blue Line 0898-32-6713
6:30, 11:00, 14:10, 17:35 4 / day, 90 min, 850yen, stops at Munakata (Omishima)and so on.
5. 岡村行き Okamura ((Okamurajima) (Ferry) Imabarishi Sekizen Shisyo 0898-32-0531
8:25, 17:25 3 / day, 85min, 760yen
6. 岡村行き Okamura (Okamurajima) (Fast Ferry) Imabarishi Sekizen Shisyo 0898-32-0531
7:36, 18:19 2 / day 45 min, 760yen

From Toyo port

1. 大阪南港行き (Osaka Nanko) (Ferry) Shikoku Orange Ferry 0898-64-4121
14:00, 22:30 2 / day 7hours 5,500yen ~
*A free connection bus bound for Toyo port leaves at Imabari station at 21:05 and arrives at Toyo port at 21:51. You can take the bus anywhere as long as it' s on Route 196.

* Schedules and fares subject to change without notice. Please check in advance.

Imabari Sightseeing Round Tour Bus
The Tsuruhime (鶴姫号)
One service per day, only Sundays
Fee: Adults: 1,000yen
Children:500yen
(elementary school students)
Infants : free
Physically challenged : half discount
of the fare

Destination	arriving time	leaving time
Imabari Port		9:00
Kokusai Hotel	9:05	
Imabari Station	9:10	
Kirosan Observatory	9:35	10:00
Rapid Current Experience Boat	10:25	11:20
Marine Oasis Hakata	11:35	11:45
Niwatori Kojima Campsite	11:47	12:00
Tatara Shimanami Park	12:12	12:25
Oyamazumi Shrine	12:35	14:00
Tatara Shimanami park	14:10	14:20
Imabari Starion(stop No,4)	14:50	
Kokusai Hotel	14:55	
Imabari Port	15:00	

Flight Schedule

Domestic (From Matsuyama Airport)

Arrival City, Airport	Airlines	Time	Flights per day
1. Tokyo	ANA/JAL	75mins	12
2. Osaka (Itami)	ANA	50mins	11
4. Fukuoka	JAC	45mins	6
6. Nagoya (Chubu Kokusai)	ANA	60mins	3
7. Kagoshima	JAC	60mins	1
9. Naha	JTA	110mins	1

International (From Matsuyama Airport)

1. Seoul	AAR	100 min	1 (Tue/Fri/Sun)
2. Shanghai	CES	45 min	1 (Mon/Fri)

ANA: All Nippon Airways / JAL: Japan Airlines / JAC: Japan Air Commuter / JAR: J-AIR /
AMX: Amakusa Airlines / JTA : Nihon Trans-oceanic Airlines / AAR : Asiana Airlines /
CES : China Eastern Airlines /

* Schedules and fares subject to change without notice. Please check in advance.

Access to the airport

* Airport Limousine (Izumi Kanko Bus 0898-48-2626)

Reservation required, 9 services a day, 2,300yen (2,800yen from Yunoura)

* leaves from Imabari: JR Imabari at 6:00, 7:35, 8:35, 9:35, 12:05, 14:35, 15:35,
16:55, 19:05 / It takes about 90 minutes.

*Departs from Matsuyama Airport at 9:15, 10:30, 11:30, 14:00, 16:10, 18:00, 19:00, 20:20,
21:00

* JR

Take a train from Imabari Station to Matsuyama Station (40 mins) and then take a bus from Matsuyama Station to Matsuyama Airport (20 mins).

Leisure in Imabari

Information about Imabari's popular leisure activities; shopping spots, movie theaters, beaches, swimming pools, bowling alleys, karaoke, gyms, spas and restaurants. On Wednesdays, many shops (especially in the Ginza) are closed. On Mondays, hair salons, some restaurants and the city gym are closed.

Fuji Grand Mall: Shopping, restaurants (Mr. Donut, McDonalds, KFC, Indian restaurant, Rotating Sushi bar, Yakiniiku and Food court for various foods such as Okonomiyaki, Korean fooe, Ramen etc.) bowling, video games, internet café and six screen movie theater.



Ginza: Covered Shopping Arcade. The original shopping district in Imabari. Various shops and stores.

ION: Large supermarket. Open till 23:00. Also has restaurants, clothing, miscellaneous and daily goods.

Wao: Entertainment center – karaoke, billiard, puri kura and video games.

Tsutaya: DVD, Video and CD rental store. Also sells CDs.



Daiki: Large do-it-yourself hardware store. Daily goods. Gardening goods.



Imabari Kokusai Hotel: Largest hotel in Imabari. There are eight restaurants (Japanese, Western and Chinese). You can enjoy a wonderful night view from the 23rd floor.



UNIQLO: Clothing Store for Men, Women, Baby and Kids. Open all year around. 11:00 am to 8:00 pm.(Mon. to Fri.), 10:00 am to 8:00 pm (Sat, Sun, Holidays)

TIA Kazoku no Table: Organic food restaurant / buffet style. Open all year round 11:30 to 14:00, 18:00 to 21:00 (Mon to Fri) 11:30 to 14:30, 17:30 to 21:00) (Sat, Sun, Holidays)

Fracasso: Casual Italian restaurant. Open all year round, 11:00am-2:00am.

World Plaza: Largest mall in Imabari. Large do-it-yourself hardware store, Shopping and restaurants (McDonalds, 31 ice cream-Baskin Robbins, Rotating Sushi Bar, Indian restaurant, Double tall café and Gelato), Sony Plaza shop has many international foods, makeup, clothing, etc.

Joyful: Family restaurant. There are two Joyful in Imabari. Shinyashiki one is open 24 hours. Onishi one is open 9am to 1am.

Gusto : Family restaurant. There are two in Imabari. The one in the east of the city is open 11:00am-5:00am. The one in the west of the city is open 24 hours.

Jam Sounds: Popular venue for local bands. Ask at a music store for a schedule of events.

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Leisure in Imabari

Imabari Central Public Hall:

There are a number of culture classes you can apply to take, such as Calligraphy, Tea ceremony, Art handicraft, Chorus, Dance, Foreign languages, Exercise, etc. All the class start from March and September. To join the classes, apply directly to the Public Hall with the fee during the designated period. (first come, first served.) The information of the courses will be put in the city bulletin.



Kyuka-mura Setouchi Toyo, Karakohama Beach, Osumi-kaihin Koen:

These are bathing beaches.



Kiyomasa Onsen : Public bath - if you are not shy, this is a great way to escape the cold during the winter. There is also a large swimming pool, massage and a beauty parlor. For public bath: Adult: 500yen, Child:250yen (+ 200yen to use the swimming pool) For swimming pool only: 500yen

Imabari City Gym (Address 6-2-2, Bekku-cho, Tel 0898-24-2351)

: There are a number of sports courses (short-term/long-term) about 5 times a year. Application is accepted in Apr, Jun, Sept, Nov, Jan. To join the course, apply directly to the City Gym along with the fee during the appointed period (first-come, first-served). Courses: volleyball, soft volleyball, badminton, table tennis, aerobics, fitness weight training, etc.

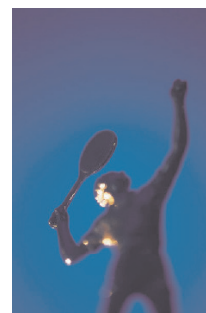
Fee: Adult: 1600yen, Children & Over 65: 850yen *110yen to use the training room (No reservation required) Closed on Monday. If Monday is a holiday, closed on Tuesday. Daily: 9:00-21:30 (Bring your own gym shoes)



Sunrise Itoyama:

Located at the foot of the Kurushima Bridges. There is a restaurant and accommodation, as well as bicycle rental to cross the bridge.

Kurhaus Imabari: Modern German style hot spring medication system and old Japanese hot springs. You bathe in a bathing suit. Adult: 900yen, Child: 500yen, Baby: 300yen



Sun Abilities (Address 2-1-20, Kitamura Tel 0898-48-3477)

There are regular sports courses and culture courses 3 times a year. To join the course, apply directly to Sun Abilities together with fee during the appointed period.

Sports courses: Badminton, Tennis, Aerobics, Jazz dance, Archery, Table tennis etc.

Culture courses: Penmanship, Kimono dressing, Paper clay.

Fee: Sports: 1600yen, Culture: 2000yen (Disabled: Free, Over 65: Half-price)

City Library

(Address 5-203-2, Tokiwa-cho, Tel 0898-32-0695) :

Hours: 9:30 to 19:00 (Tue to Sat), 9:30 to 16:00(Sun), Closed on Mondays, national holiday, the third Friday of the month, the beginning and the end of the year. Spacious, quiet atmosphere to read, study, etc. Free Internet access. An English book shelf. Audio-visual booths.

<http://www.library.imabari.ehime.jp>

In case of Emergency

: In case of traffic accidents or crimes

Dial 110



In case of crime, or a car accident, dial 110 and you will immediately be connected to the police headquarters' command room. When using a personal telephone, dial 110. Public pay phones have red emergency buttons for calling 110 and 119 (24 hours). These calls are free.

Jiko desu.	= There has been an accident / crime.
Sugu kite kudasai	= Please come at once.
Tasukete kudasai.	= Please help me.

Dial 119



: Fire Department and Emergency Ambulance Service (24 hours)

In case of emergency, such as a sudden illness or serious injury, call 119 and tell them your name, address and phone number in order to request an ambulance. They will do their best to find a hospital suitable for your symptoms or send an ambulance. There is no charge for the ambulance.

Kega wo shiteimasu.	= Seriously injured.
Kyubyou desu.	= Sudden illness.

In case of fire, dial 119 to report the fire by saying "Kaji desu!" (There is a fire). Then provide information such as your name, address, telephone number, and the place where the fire is by specifying a nearby big building or



In case of disasters such as typhoon and earthquakes

earthquakes

(Check your neighborhood evacuation areas and evacuation routes in advance.)

* Keep away from roofing tiles, and balconies.

When you are in the room

- *Protect yourself and others by staying under a table, or standing in a doorway.
- *Wait until the earthquake stops, then turn off the gas.
- *Put out any fire/flame as soon as possible.
- *Leave the doors and windows open to secure an evacuation route.
- *Evacuate as soon as possible.

When you are out-of-doors

- *Residential districts: Keep away from walls and gates made of stones.
- *Near the sea or mountains: Keep away from the seashore and steep slopes.
Listen to the radio or TV to get information about possible tsunami.
- * Urban areas: Cover your head with something like a handbag or briefcase, keep away from high buildings, evacuate to an open area Keep away from fragile things such as glass, sign posts, advertisement boards, tiles that may fall or shatter.
Never touch electric wires.
- * While driving: When you realize an earthquake is happening, slow down and stop on the left side of the road.
Wait until earthquake stops.
- * On the train: The train may stop suddenly. Hang on the strap.
Don't get out of the train until you are told to by *train staff*.

typhoon

- *Put away your laundry and plants and keep them indoors.
 - *Prepare flashlights and candles in case there is a blackout.
*Be aware of your surroundings.
- IF you feel you are in danger, evacuate to your evacuation area.

★ Always have your valuables and emergency supplies ready:
Valuables / radio / cell phone / food for emergency / first aid kit / flashlights / battery / clothing / as well as any miscellaneous items you consider important.

Other Useful Information

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* **Imabari City International Exchange Association (ICIEA):**

URL:<http://iciea.jp>

A guide to the ICIEA, Event information, Japanese language and culture classes, Introduction of the sister city program.

* **i-News**

i-News is a bi-monthly free newsletter written in Japanese and English which provides a variety of information as well as foreign perspectives. Latest copies are available at ICIEA, the City Office, Imabari Station and the Library. ICIEA members can receive each issue of i-News by post for free.

* **EPIC Ehime Prefectural International Association (Matsuyama)**

<http://www.epic.or.jp/english/index.html>

Daily Consultation for Foreigners; Mon-Fri 9:00-17:00 (Free of charge)

There are non-Japanese consultants to help you; Japanese language, employment, international marriage, coming and leaving Japan, medicine, social security, tax, housing, education, daily life, sightseeing and others. You will be referred to the appropriate organization, if needed. Inquiries in English are acceptable at all times but other languages require appointment. Tel 089-917-5678

* **A Multi-Lingual Living Guide for Foreign Residents in Japan**

<http://www.clair.or.jp/tagengo/>

Municipal International Association offers a living guide in several languages.

(Japanese, Easy Japanese, English, Chinese, Portuguese, Korean, German, Spanish, French, Vietnamese, Indonesian, Tagalog, Thai and Russian)

