

Notifications and changing official registrations

Besides planning the move itself, there are plenty of things you have to take care of before and after your actual moving-date.

1. If you are living in a private apartment, you should give notice to the landlord at least one month prior to moving out depending on your contract. If you fail to contact them early enough, or if you caused major damage to your apartment, the deposit (*shikikin*) you paid may not be refunded.
2. You also have to notify the gas, electric power company and the Waterworks Bureau of the moving-out date and ask the settlement of the account. Depending on the company, they may offer service in English. Please use the information on utility accounts in chapter “2-3 Gas, Water and Electricity” to find the right contact information. The termination process for some utilities may involve a representative coming around, so you may have to arrange a date and time for that. At the same time, you can arrange with the providers to start providing you with utilities at your new place, unless you are moving out of their service area. If so, contact the appropriate providers for your destination and make arrangements.
3. If you have a telephone installed or if you are using internet at home, notify the telephone company you have used of your moving date and ask settlement of the account or if you can get the same service from them at your new place if you wish so.
4. Forward your mail to your new address. Fill out the form (転居届, *tenkyo todoke*) at your local post office or complete it online (https://www.post.japanpost.jp/int/ems/ryugaku/intl_student/index_en.html). Mail will be forwarded for one year.
5. If you need to dispose of oversize garbage, check the information on the disposal of oversized garbage for the city you are living in and apply for their service when needed.
6. When you report your moving out to your municipality, the office will issue you a “Move out Certificate (転出届, *tenshutsu todoke*).” If you move to a different municipality, you are to bring the “Move out Certificate” to your municipal office and report your moving in (転入届, *tennyu todoke*) within 14 days after you have settled in a residence at a new address in the municipality. If you change your address within the same municipality, you must notify your municipality of the change of address. If you leave Japan and live abroad, you must, in principle, report it to your municipality. When you report your moving in or out, please bring either your residence card or special permanent resident certificate (or alien registration certificate).
(http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu/english/move-in_move-out.html)
7. Notify Keio University of your new address. Go to the “Update and Confirm Your Address” Section on the Gakuji Web System to complete notification procedure. Bring your Student ID Card to the Academic Affairs Office after your new address has been registered on the Gakuji Web System, so the registration sticker on the back of your student ID card can be updated.
8. After you finish the process at the municipal office, change your address everywhere else it is needed (e.g., driver's license, mobile phone contract, bank accounts, and credit cards).

4-9 Japan Pension Service

The National Pension is a public pension system participated in by all persons aged 20 to 59 years who have an address in Japan. It provides “Basic Pension” benefits for those affected by old age, disability, or death. Since you are a student, you may be allowed to postpone payment if your income is less than a certain amount. This is called “Special Payment System for Students”.

How to Apply for the Special Payment System for Students

To establish this exemption, you need to apply at the Municipal Office where you reside and register. The application form is available at the Municipal Offices or the Japan Pension Service Branch Offices.

<http://www.nenkin.go.jp/international/english/nationalpension/nationalpension.html>

International Social Security Agreement

If your next residence has the International Social Security Agreement with Japan, the pension participation history you made here in Japan may be carried over to the next residence country. The condition is up to your next residence country.

<http://www.nenkin.go.jp/international/english/international/socialsecurity.html>

4-10 Registration of Birth

Once a doctor has confirmed your pregnancy, you must register your pregnancy at your municipal office. Bring your Residence Card and fill out Pregnancy Notification Form (妊娠届, *ninshin todoke*) with your name and address, giving the name of the doctor and the name and address of the medical institution he or she is affiliated with. You will receive a Mother and Child Health Handbook (母子手帳, *boshi techō*), in which will be recorded during the course of your pregnancy and childbirth, as well as your baby's growth and immunization records. Be sure to take it to each prenatal visit and, of course, to delivery. Included in the Mother and Child Health Handbook is a packet containing local information and immunization schedules. Before childbirth, you should contact your embassy and find out the procedures for obtaining a passport for your baby.

Costs

A typical prenatal visit costs between 3,500 yen and 10,000 yen depending on the place, how many tests are performed and whether you use the free coupons provided by your local city. At some facilities, ultra sound is routine and included in the fee. Other places might do them only once or twice and charge extra. The average cost of a normal delivery and a 5 to 7 day stay is currently 350,000 yen – 450,000 yen. The hospital or birth center you use will require you to make your payment, generally in cash, when you are discharged.

Insurance

Japanese Health Insurance does not cover prenatal checkups, but you can use discount or free coupons provided by your local city. When you report your pregnancy to your local government with your Mother and Child Health Handbook you will receive a prenatal checkup coupons. With these coupons, your co-pay will be free or reduced, but if any additional tests are done the price could be higher. (Note: If you receive checkups outside the city or ward you have registered residency in, you may have to pay an additional fee.)

If you have insurance with a Japanese health insurer, you should be able to receive birth allowance. The allowance is usually around 400,000 yen, but could be higher or lower depending on your insurer. You have two options to receive this allowance. You can choose to pay the full delivery cost fee at the time of discharge, and then be reimbursed for the allowance amount at a later date, or you arrange your insurer to pay this allowance directly to your hospital or birth center. This so called “direct payment” can be arranged from your place of delivery.