



Welcome to Nagoya!

**CCEA** | CROSS  
CULTURAL  
EXCHANGE  
ASSOCIATION



# Acknowledgements

The purpose of this handbook is to help newcomers to settle in Nagoya easier and faster. It is a group effort. Special thanks to the 2014 CCEA Board members on updating the information. If you have any updated or new information you would like to share with us, please contact CCEA board members directly.

– *CCEA 2014 Board*

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# Medical

If you find it difficult to judge the seriousness of illness or injury call **119**. The Control Center will help you find proper medical emergency treatment according to the seriousness of illness or injury, Speak clearly in English or Japanese. Your call will be traced. If you are physically unable to speak, simply tap twice on the receiver and then leave it off the hook. An emergency team will trace the call and come to your house.

The medical system in Japan can be quite different from the country you come from. For example, your first visit, “First visit fee” will be additionally charged to your medical bill. Even if you are receiving treatment for the same illness, it will be considered as a first visit if your last visit exceeds one month. If you are visiting a general hospital with over 200 hospital beds, an additional fee will be charged. However, this fee will be waived if you were referred to this hospital by your local doctor with a referral letter (“Shoukajou” in Japanese) or if you were brought to the hospital by ambulance.

This list provides information on English-speaking doctors, dentists, Midwives and Acupuncturists in Nagoya. This information is for reference only. CCEA can not endorse special doctors, including the ones list below.

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## Hospitals

### Aichi Cancer Center

Telephone: 052-762-6111  
Address: 1-1 Kanokoden Chikusa-ku, Nagoya  
Directions: Get off at Jiyugaoka Sta. on the Meijo line. Take exit 2 and walk 7 min.  
Hours: Mon – Fri: 8:00 – 11:30 (New patient: 8:30 – 11:30). Closed on Sat, Sun, National holidays, year-end, New Year holiday  
Specialist: Gastroenterology, Endoscope, Thoracic Oncology, Hematology and Cell Therapy, Clinical Oncology, Clinical Laboratories, Pathology and Molecular, Diagnostics transfusion, Head and Neck surgery, Thoracic surgery, Breast Oncology, Gastroenterological surgery, Orthopedic Surgery, Urology, Gynecologic Oncology, Outpatient Service, Palliative Care, Nursing, Patient and Family support services, Safety Management

Doctors speak English and French.

## **Aichi-Gakuin-Shigakubu Fuzoku Byoin (Aichi Gakuin University Dental Hospital)**

Telephone: 052-759-2111  
Address: 2-11, Suemori-dori, Chikusa-ku  
Directions: Get off at Kakuozaan Sta. on the Higashiyama Line  
Hours: First visit:  
Reception time: Mon – Sat: 8:30 – 11:00.  
Consultation time: Mon – Fri: 9:30 -12:00. Sat: 9:30 – 11:30.  
RTC:  
Reception time: Mon – Fri: 8:30 – 11:30, 13:00 – 16:30. Sat: 8:30 – 11:00.  
Consultation time: Mon – Fri: 9:00 – 12:00, 13:00 – 17:00. Sat: 9:00 – 13:00.  
Closed on Sunday, National holiday, Anniversary of foundation, 8 Saturdays between July and Sep.  
Specialty: Dentistry

## **Chikusa Byoin (Chikusa Hospital)**

Telephone: 052-741-5331  
Address: 2-16-16, Uchiyama, Chikusa-ku, Nagoya (3 min walk from Imaike Sta.)  
Directions: Get off at Imaike Sta. on Higashiyama or Sakuradori line. Take exit 4. Turn right.  
Hours: Mon – Fri: 9:00 -11:30, 16:00 – 18:00. Sat: 9:00 – 11:30. Closed on Sunday, holidays, year-end, New Year holiday  
Specialty: Internal Medicine, Surgery, Digestive system surgery, Gastroenterological medicine, Proctology, Orthopedic surgery, Cranial nerve surgery, Cardiovascular internal medicine, Dermatology, Rehabilitation Med.

Doctors can speak English, French, German, Chinese and Spanish.

## **Japan Red Cross Nagoya First Hospital**

Telephone: 052-481-5111, 052-485-1489 (Reservation only: Mon – Fri: 13:00 17:00)  
Address: 3-35, Michishita-cho, Nakamura-ku, Nagoya.  
Directions: Get off at Nakamura Nisseki Sta. on Higashiyama line. Take exit 2.  
Hours: Mon – Fri: 8:30 – 11:00. 1<sup>st</sup> and 3<sup>rd</sup> Sat: 8:30 – 10:30. Closed on Sunday and National holidays.  
Specialty: Pediatrics

Dr. Koji Kato can speak English.

## **Kitamura Hospital**

Telephone: 052-823-3636  
Address: 2-4-12, Kikusumi, Minami-ku, Nagoya  
Hours: Mon – Fri: 9:00 – 12:00, 17:00 – 19:30. Sat: 9:00 – 12:00. Closed on Sun, National holidays  
Specialty: IM, GS, Der

## **Kyoritsu General Hospital**

Telephone: 052-654-2211  
Address: 4-33, Goban-cho, Atsuta-ku, Nagoya  
Hours: Mon – Sat: 8:00 – 11:00. Mon, Wed, Fri: 4:30 – 7:00p.m.  
Closed on national holidays, Dec 30 – Jan 3  
Specialty: IM, GS, Oph, Der, Uro, Gyne, Children’s psychiatry, Physical therapy.

## **Marumo Hospital**

Telephone: 052-771-6111  
Address: 2-124-1, Hongo, Meito-ku, Nagoya  
Hours: Mon – Sat: 8:30 – 11:00 a.m.  
Specialty: Breast surgery (breast cancer)

Dr. Shinji Takeuchi is a specialist of Lacteal gland

## **Meijo Hospital**

Telephone: 052-201-5311  
Address: 3-1, Sannomaru 1-chome, Naka-ku, Nagoya (near “Shiyakusho” Sta.)  
Hours: Mon – Fri: 8:30-11:30

## **Meito Hospital**

Telephone: 052-701-7000  
Address: 3-1911, Kamiyashiro, Meito-ku, Nagoya  
Hours: Mon – Fri: 9:00 – 12:30, 16:00 – 19:00. Sat: 9:00 -12:30. Closed on Sat afternoons, Sun, holidays, year-end, New year holiday  
Specialty: IM, GS, Der

## **Midori Municipal Hospital**

Telephone: 052-892-1331  
Address: 1-77, Shiomigaoka, Midori-ku, Nagoya  
Hours: Mon – Fri: 8:15 – 11:00 a.m. Closed on Sat, Sun, National Holidays  
Specialty: IM, GS, Der, Oph, Uro, Gynecology, Children’s, Physical Therapy

## **Nagoya 2<sup>nd</sup> Red Cross Hospital**

Telephone: 052-832-1121  
Address: 2-9 Myoken-cho, Showa-ku, Nagoya (Near Yagoto Nisseki Station)  
Hours: Mon – Fri: 8:00 – 11:30. (New patient: 8:00 – 11:00). Medical treatment starts from 8:45. Closed on Sat, Sun, National holidays, May 1, Dec 29 – Jan 3. Have 24 hours emergency service.  
Specialty: Internal medicine, Surgery, Orthopedic surgery, Ear, Nose and Throat, Ophthalmology, Urology, Obstetrics and Gynecology, Pediatrics, Dermatology, Plastic surgery, Psychiatry, Neurosurgery, Gastroenterology, Cardiovascular, Pneumology, Roentgenology, Dentistry, etc.

Will charge extra if you don’t have referral letter.

## **Nagoya City University Hospital**

Telephone: 052-851-5511  
Address: 1 Kawasumi, Mizuho-cho, Mizuho-ku, Nagoya  
Directions: Get off at Sakurayama Sta. on Sakuradori line. Take exit 3.  
Hours: Reception time: Mon – Fri: 8:30 – 11:00. Clinic Time: Mon- Fri: 8:30 – 17:00.  
Closed on Sat, Sun, holidays, Dec 29 – Jan 3  
Specialty: Internal Medicine, Digestive system, Respiratory Medicine, Cardiovascular  
Internal Medicine, Endocrine Secretion, Neurological Medicine, Orthopedic  
Surgery, Dermatology, Urology, Ophthalmology, Pediatrics, Cranial Nerve  
Surgery, Department of Radiology, etc.

Dr. Hajime Togari (Pediatrics, Immunizations) speaks English.

## **Nagoya Eisaikai Hospital**

Telephone: 052-652-7711  
Address: 4-66, Shonen-cho, Nakagawa-ku, Nagoya  
Hours: Mon – Fri: 8:00 – 11:30. Closed on Sat, Sun, National holidays,  
Dec 29-Jan 3  
Specialty: General

## **National Hospital Organization Higashi Nagoya National Hospital**

Telephone: 052-801-1151  
Address: 5-101, Umemorizaka, Meito-ku, Nagoya  
Hours: Mon – Fri: 8:30 – 11:00. Closed on Sat, Sun, National holidays and Dec 29 –  
Jan 3.  
Specialty: IM, GS, Der, Uro, Children’s Physical therapy, Rheumatology, Psychiatry.

## **Nagoya National Hospital**

Telephone: 052-951-1111  
Address: 4-1-1, Sannomaru, Naka-ku, Nagoya (Get off at “Nagoya Shiyakusho” Sta. on  
Meijo line)  
Hours: Mon – Fri: 8:30 – 11:00

## **Nagoya University Hospital**

Telephone: 052-741-2111  
Address: 5, Tsurumai-cho, Showa-ku, Ngoya (Near Gokiso Station)  
Hours: Mon – Fri: 8:30 – 11:00. Please note: Opening hours are different in different  
departments.  
Specialty: Internal medicine, Surgery, Orthopedic surgery, Ear, Nose and Throat,  
Ophthalmology, Urology, Obstetrics and Gynecology, Pediatrics, Dermatology

Dr. Tsutomu Nakashima (Ear, Nose, Throat) can speak English.

## **Seirei Hospital/Holy Spirit Hospital**

Telephone: 052-832-1181

Address: 56, Kawanayama-cho, Showa-ku, Nagoya (Irinaka Station)

Hours: Mon – Sat: 9:00 – 11:00. Closed on Catholic holidays

Specialty: Internal Medicine, Surgery, Neurosurgery, Orthopedic surgery, Pediatrics, Obstetrics and Gynecology.

## **Toyota Kosei Hospital**

Telephone: 0565-43-5000

Address: 500-1 Ibobara, Jusui-cho, Toyota-shi

How to get there:

Josui Station on the Toyota line, 5min by bus

Hours: Mon-Fri and 1st and 3rd Sat of the month: 8:00 – 11:30

Specialty: General Practice (surgeon, internist, ophthalmologist, obgyn, dermatologist)

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# Dentist

## **Fairy Dental Clinic**

Telephone: 0568-94-6480

Address: 7-5-10 Fujiyama-dai, Kasugai

Directions: 10 min walk from JR Kozoji Station

Hours: Mon, Tue, Wed, Fri: 9:30 – 12:00, 14:00 – 19:00. Sat: 14:30 – 19:30

Specialty: Dentist

## **Issha Dental Clinic**

Telephone: 052-774-4582/4587

Address: Shangrila Issha 1F, 2-110, Takayashiro, Meito-ku, Nagoya  
(Get off at “Issha” Sta. on Higashiyama line)

Hours: Mon – Sat: 9:00 – 13:00, 14:00 – 18:30

## **Kawanura Orthodontic Office**

Telephone: 052-264-4182

Address: 7F, 3-28-21 Sakae, Naka-ku, Nagoya

Directions: Get off at Yabacho State. On Meijo line

Hours: Mon, Tues, Thu & Fri: 10:00-13:00, 14:30-18:00. Closed on Wed and national holiday

## **Kimura Heartful Dental Clinic**

Telephone: 052-853-1188

Address: 3-48-2 Toyooka-dori, Mizuho-ku, Nagoya

Directions: Get off at Mizuho-Undojo-Nishi State. on Sakuradori line. Walk to



east for 3 min.  
Hours: Mon-Sat: 9:00-12:30, 14:30-19:30. Closed on Sun, national holiday

### **Medical Station Yagoto Yamatedori: Yamatedori Dental Clinic**

Telephone: 052-861-3334  
Address: 3 F, Yamate Bldg. 3-9-1, Yamate-dori, Showa-ku, Nagoya  
Directions: Get off at Yagoto Nisseki Sta. on Meijo line. Take exit 1  
Hours: Mon – Wed, Fri: 9:00 -12:00, 15:00 – 19:00. Sat: 9:00 -14:00  
Closed on Thursday.  
Specialty: Dentistry

### **Minora Dental Clinic**

Telephone: 052-912-8418  
Address: Kurokawa Terminal Heights 1 F, 2-5-12 Tabata, Kita-ku, Nagoya  
Directions: Get off at Kurokawa State. on the Meijo line. Take exit 3 and walk for 1 min. Next to Lawson.  
Hour: Mon - Fri: 9:00-13:00, 15:00-20:00, Sat: 9:00-13:00, 15:00-17:00.  
Closed on Sunday, holiday, year-end, New Year holiday

### **Dr. Kuniaki Miyajima (part-time doctor)**

Telephone: 052-681-4618  
Address: Miyajima Dentistry, 11-11, Tamanoi-cho, Atsuta-ku, Nagoya  
Directions: Get off at Jingu-Nishi State. On Meijo line. Take exit 1. Turn right at the first corner. Turn left walk 100 m. Turn left along the route 224. Turn left at the big intersection. Walk 50m.  
Hours: Mon, Tues, Wed, Fri: 9:00-12:00, 13:00-18:30, Sat: 9:00-12:00.  
Closed on Thu, Sun, holiday, Bon period, year-end, New Year Holiday

Dr. Kuniaki Miyajima (Orthodontist) is a part-time doctor there. Please call and confirm the time before you go.

### **Mizuno Dental Clinic**

Telephone: 052-772-1182  
Address: 2-231 Heiwagaoka, Meito-ku, Nagoya  
Directions: Get off at Issha Sta. on Higashiyama line. Walk 15 min or get on a bus departing from Issha bound for Hikiyama of Idaka-shako and get off at Heiwagaoka.  
Hours: Mon - Wed, Fri - Sat: 9:30-13:00, 14:30-19:00. Closed on Thursday, Sunday and national holidays

### **Roots Stone Dentist Clinic**

Telephone: 052-789-1818  
Address: Roots Stone No. II Bldg. 3F, 2-10 Yotsuya-dori, Chikusa-ku, Nagoya

Directions: Get off at Motoyama State. On Higashiyama or Sakuadori line. Take exit 5, Walk for 5 min. In front of Mos Burger. Between Nagoya Univ. and Motoyama.

Hours: Mon, Wed - Fri: 10:00 - 13:00, 14:00 - 19:00. Sat and Sun: 10:00 – 14:00. Closed on Tues, holiday, year-end, New Year's holiday, 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Sundays.

Dr. Kato speaks English.

## **Meito Shika**

Telephone: 052-775-2353

Address: 2-66-3, Hongo, Meito-ku, Nagoya (Get off at “Hongo” Sta. on Higashiyama line)

Hours: Mon and Wed: 9:00 – 13:00, 15:00 – 19:30. Tues: 9:00 – 13:00, 15:00 – 18:30. Fri: 9:00 – 13:00, 14:00 – 17:30. Sat: 9:00 – 13:00. Closed on Thu, Sun and National holiday

Specialty: Dentistry

## **Terakura Dental Clinic**

Telephone: 052-771-9991

Address: 1-1417 Shin Bunkyo-dai, Meito-ku, Nagoya

Directions: 15 min walk from Kamiyashiro Station on the Higashiyama Line

Hours: Mon, Tue, Wed, Fri: 9:30 – 12:30, 15:00 – 19:30. Sat: 9:30 – 12:30

Specialty: Dentist

Appointment Required.

## **Uchibori Dental Clinic**

Telephone: 052-581-5580, 0120-118-037

Address: Nagoya International Center 10 F, 1-47-1 Nagono, Nakamura-ku, Nagoya

Directions: Get off at Kokusai Center Station. At Sakuadori line. Take exit 2.

Hours: Mon-Sat: 9:39-13:00, 14:00-18:30. Closed on Sunday, national holiday, year-end, New year's holidays

Dr. Noriyasu Uchibori speaks English.

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# Dermatologist

## Esaki Surgery

Telephone: 052-803-2411  
Address: 2-2901, Hara, Tempaku-ku, Nagoya.  
Directions: Get off at “Hara” on Tsurumai Line. Change city bus to Mizoguchi  
Hours: Mon – Fri: 9:00 – 12:00, 17:00 – 19:30. Sat: 9:00 – 12:00. Closed on Sunday and National holiday  
Specialty: Dermatology, Surgery, Orthopedic surgery, Urology, Acupuncture, Medical check-ups

## Ozone Dermatology & Plastic Surgery Clinic

Telephone: 052-910-1820  
Address: 3-1702, Ozone, Kita-Ku, Nagoya  
Directions: Get off at Ozone Sta. on Meijo line. Take exit 4. turn right and turn left again at the big intersection. Walk 5 min. It is next to Seto Shinyo Bank.  
Hours: Mon: 15:00 – 17:30. Tues, Thurs, Fri, and Sat: 10:00 – 13:00, 15:00 – 17:30. Closed on Weds, Sundays, National holidays, and Monday mornings.  
Specialty: Dermatology and Plastic surgery

Dr. Tadashi Taki speaks English.

## Sai Dermatology and Urology Clinic

Telephone: 052-411-3003  
Address: 2<sup>nd</sup> Fl, Sai-Daiichi Bldg. 1-39-2, Tori-Nishi-Doru, Nakamura-ku, Nagoya  
Hours: Mon – Wed, Fri: 9:30 – 12:30, 17:00 – 18:30. Sat: 9:30 – 14:00. Closed on Thurs, Sun, National holidays  
Specialty: Dermatology, Urology

## Watanbe Dermotology

Telephone: 052-705-1220  
Address: Fujigaoka Kodan #1 Bldg., 2F, 143, Fujigaoka, Meito-Ku, Nagoya. (Get off at “Fujigaoka” Sta. on Higashiyama line)  
Hours: Mon and Thu: 9:30 – 12:30, 15:00 – 17:00. Tue, Fri and Sat: 9:30 – 12:30. Closed on Wed and 3<sup>rd</sup> Sat, Sun and National holiday

Doctor speaks English and Chinese.

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# Ear, Nose & Throat

## **Nagoya University Clinic**

Telephone: 052-741-2111  
Address: 65 Tsurumai-cho, Showa-ku, Nagoya  
Hours: 8:30 – 11:00

## **Banno Clinic**

Telephone: 052-802-6465  
Address: 2-1310 Mukaigaoka, Tenpaku-ku, Nagoya (“Hirabari” Sta. on Tsurumai line)  
Hours: Mon, Tue, Wed, Fri, Sat: 9:00-11:30. Mon, Tue, Thu, Fri: 17:00 –19:30.

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# Endocrinology

## **Dr. Atsumi Shibata**

Telephone: 052-971-5627  
Address: Nichimaru Nagoya Bldg., 4F, 1-3, Shinsakae-machi, Naka-ku, Nagoya  
Hours: Mon, Tue, Thu, Fri: 09:30 – 12:30, 14:00 – 15:30. Sat: 09:30 – 12:30  
Closed on Wednesday, Sunday and holiday

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# Gynecology

## **Ikuta Women’s Clinic**

Telephone: 052-263-1250  
Address: Nagoya Plaza Bldg. 3 F, 3-15-27 Sakae, Naka-ku, Nagoya  
Directions: Get off at Yobacho Sta. on Meijo line. Take exit 6. Next to Matsuzakaya-Kitakan  
Hours: Mon – Wed, Fri: 10:00 – 12:30, 15:00 – 18:00. Thurs and Sat: 10:00 – 12:30.  
Closed on Sundays and National holidays.  
Specialty: O & G fertility treatment

Dr. Katsuo Ikuta (Reproductive doctor) speaks English.

### **Dr. Fujiko Ito (Female)**

Telephone: 052-561-0663

Address: Kokusai Central Clinic, Nagoya International Bldg. 10 F, 1-47-1,  
Nagono, Nakamura-ku, Nagoya

Specialty: Gynecology

### **Kaseki Byoin (Kaseki Hospital)**

Telephone: 052-251-8801/8802

Address: 4-16-16, Sakae, Naka-Ku, Nagoya

Hours: First visit: Mon – Fri: 9:00 – 11:30, Mon, Wed, Fri: 17:00 – 19:00. RTC: Mon –  
Fri: 9:00 -12:00. Mon, Wed, Fri: 11:30 – 19:00. Reservation: Mon – Fri: 15:00  
– 17:00 (Except 2<sup>nd</sup> and 4<sup>th</sup> Thurs and holidays)

Specialty: Infertility

Dr. Shigeaki Kaseki speaks English.

### **Kato Clinic**

Telephone: 052-836-7953

Address: 5-8, Tanabe-dori, Mizuho-ku, Nagoya

Hours: Mon, Tues, Wed, and Fri: 9:00 -12:00, 16:00 – 19:00. Thurs and Sat: 9:00 –  
12:00. The reception desk closes 30 min. before the closing hour. Closed on  
Sundays, National holidays, Sat and Thurs afternoons.

Specialty: Obstetrics & Gynecology, Breast surgery, Proctology surgery

Dr. Hisanori can speak English.

### **Nagoya International OB Gyn Clinic**

Telephone: 052-971-0930

Address: Nichimaru Nagoya Bldg. 3F, 1-3 Shinsakae-machi, Naka-ku, Nagoya

Hours: Mon, Tue, Wed, Fri: 09:00 – 12:30, 14:00 – 15:30. Thu and Sat: 09:00 – 12:30.  
Closed on Sunday and holidays

Dr. Kan-ichiro Tashiro can speak English.

### **Yasui Mie Ladies Clinic**

Telephone: 052-777-2121

Address: Gaza Fujigaoka Bldg, 5 F, 124, Akegaoka, Meito-Ku, Nagoya (Get off at  
“Fujigaoka” Sta. on Higashiyama line)

Hours: Mon, Tue, Thu, Fri: 9:30 – 12:30, 15:30 – 18:30, Sat: 9:30 – 12:30. Closed on  
Wednesday, Sunday and National holiday

Specialty: Gynecology and Obstetrics

Doctor speaks little English.

## **Sugiyama Ladies Clinic**

Telephone: 052-971-0930

Address: Nichimaru Nagoya Building 3F, 1-3, Shin-Sakae-Machi, Naka-ku, Nagoya

Hours: Mon – Wed, Fri: 9:00- 12:30, 14:00 – 16:00. Thurs and Sat: 9:00 -12:30.  
Closed on Sundays and National holidays

Specialty: O&G

Dr. Masako Sugiyama (Female) is a Gynecologist who speaks English.

## **Dr. Yasuyuki Yamada**

Telephone: 052-901-1313

Address: Nagoya Seikei Fujinkam Naika, 4-137 Kusunoki, Kita-ku, Nagoya

Specialty: Obstetrics and gynecology

## **Dr. Kazuo Yamaguchi**

Telephone: 052-823-2121

Address: 2-7-1, Kakeage, Minami-ku, Nagoya

Specialty: Obstetrics and gynecology

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# **Immunizations**

## **Dr. Hajime Togari**

Telephone: 052-851-5511

Address: Nagoya City Hospital Pediatrics Department, 1 Kawasumi, Mizuhi-cho, Mizuhi-ku, Nagoya

Specialty: Immunizations

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# **Internal Medicine**

## **Asai Clinic**

Telephone: 052-352-0021

Address: 2-105, Uchinaka, Nakagawa-ku, Nagoya

Hours: Mon – Sat: 9:00 – 14:00. Closed on Sunday, National holiday. Dec 31 – Jan 4,  
Aug 14 – 16.

Specialty: Internal Medicine, Gastroenterological medicine, Dermatology, Urology

## **Fujiwara Naika (Fujiwara Internal Medicine)**

Telephone: 052-762-1121

Address: Nakashima Bldg. 1 F, 4-74, Motoyama, Chikusa-ku  
Directions: Get off at Motoyama sta. on the Higashiyama or Meijo line. Take exit 1. Walk 1 min.  
Hours: Mon – Wed and Fri: From 9:00 – 12:00, 16:30 – 18:30. Open on first and third Sunday from 9:00 -12:00. Closed on Sundays, holidays, year-end and New Year holiday  
Specialty: Internal Medicine, Digestive systems, Department of Neurology, Dermatology, Department of Radiology

Doctor speaks English and Chinese.

### **Hatano Naika (Hatano Internal Medicine)**

Telephone: 052-951-1432  
Address: Dai-Ichi Doctor Group, Sakae Dai-Ichi Seimei Bldg. 3<sup>rd</sup> F, 2-13 Shinsakae-machi, Naka-ku, Nagoya  
Hours: Mon, Tue, Wed and Fri: 9:00 -12:00, 14:00 – 15:30. Thu and Sat: 9:00 -12:00. Closed on Sunday and national holiday

Dr. Hatano is not available on Thursday.

### **Higashiyama Naika Shonika Clinic/Higashoyama Kenko Kanri Center**

Telephone: 052-781-1235, 052-781-6500 (Reservations only, 24 hours)  
Address: 5-103, Higashiyama-dori, Chikusa-ku, Nagoya (1 min from Higashiyama-Koen Sta.)  
Directions: Get off at Higashiyama-Koen Sta. Take exit 4. Turn right and turn right again at the first corner.  
Hours: Mon – Fri: 9:00 – 12:00, 17:00 – 19:00. Sat: 9:00 – 12:00, 13:30 – 17:00. Sunday: 10:00 – 13:00, 14:00 – 16 :00 (Regular home visit only)  
Specialty: Internal medicine, Surgery

Reservation required 24 hours in advance.

### **International Clinic (Sailors only)**

Telephone: 052-651-6496  
Address: 1-8-3, Irifune, Minato-ku, Nagoya  
Hours: Please call. Closed on Sun and public holidays.  
Specialty: Internal Medicine, Dermatology, Urology

Dr. Michael Alman speaks English.

### **Dr. Yoshiaki Ito**

Telephone: 052-702-6001  
Address: 414 Takama-cho, Meito-ku, Nagoya  
Hours: Mon, Tue, Thu, Fri: 09:00 -12:00, 17:00 – 21:00. Wed and Sat: 9:00 -12:00. Closed on Sunday and national holiday

Specialty: Internal Medicine

### **Kato Byoin (Kato Hospital)**

Telephone: 052-751-1596

Address: 2-15, Suemori-dori, Chikusa-ku, Nagoya (3 min walk from Kakuozan Sta.)

How to get there:

Get off at Kakuozan Sta. on the Higashiyama Line. Take exit 3. Turn right and walk for 150m.

Hours: Mon – Fri: 9:00 – 12:00, 17:30 – 19:30. Sat: 9:00 – 12:00. Closed on Sundays, holidays, year-end, New Year holiday

Specialty: Internal medicine, Surgery, Orthopedic surgery, Urology, Rehabilitation Med., Proctology

### **Kitagawa Naika (Kitagawa Internal Medicine)**

Telephone: 052-774-1833

Address: 14, Fujika-cho, Meito-ku, Nagoya (Get off at “Fujigaoka” on Higashiyama line)

Hours: Mon, Tue, Thu, Fri, Sat: 9:00 – 11:45. Tue and Fri: 17:30-18:45. Closed on Sunday and National holiday

Specialty: Internal Medicine, Pediatrics

### **Kurumamichi Clinic**

Telephone: 052-932-1666

Address: 2F, Dai-29 Ocean Bldg. 3-26, Tsutsui, Higashi-ku, Nagoya

Hours: 9:00 – 12:15, 16:30 – 19:15. Closed on Thu, Sat afternoon, Sundays and National holidays.

Specialty: Internal Medicine, Gastroenterological medicine, Urology, Dermatology

### **Liaison Medical Marunouchi**

Telephone: 052-220-0255

Address: 51 TK Bldg, 4 F, 2-18-15, Marunouchi, Naka-ku, Nagoya

Hours: For Psychosomatics: Mon, Wed – Sat: 9:30 – 13:00, 14:00 – 15:30 (Note: Sat afternoon from 15:00 – 17:30)

For Internal Medicine: Mon, Wed, Fri: 14:00 – 15:30.

Specialty: Psychosomatics, Internal Medicine

### **Marumo Hospital**

Telephone: 052-771-6111

Address: 2-124-1, Hongo, Meito-Ku, Nagoya (Get off at “Hongo” Sta. on Higashiyama line)

Hours: Mon – Sat: 9:00 – 12:00. Closed on Sun and National holidays

Specialty: Internal Medicine, Surgery, Medical check-up

Note: Overseas travel insurance



## **Medical Station Yagoto Yamatedori:**

### **Watanabe Takezawa Junkankika Naika Clinic**

Telephone: 052-837-7500  
Address: 2 F, Yamate Bldg. 3-9-1, Yamate-dori, Showa-ku, Nagoya  
Directions: Get off at Yagoto Nisseki Sta. on Meijo line. Take exit 1  
Hours: Mon – Wed, Fri: 9:00 -12:00, 17:00 – 19:00, Thurs and Sat: 9:00 -12:00  
Specialty: Cardiovascular, Internal Medicine

## **Medical Station Yagoto Yamatedori: Watanabe Clinic**

Telephone: 052-861-3450  
Address: 1 F, Yamate Bldg. 3-9-1, Yamate-dori, Showa-ku, Nagoya  
Directions: Get off at Yagoto Nisseki Sta. on Meijo line. Take exit 1  
Hours: Mon, Wed – Fri: 9:00 – 12:00, 16:00 – 18:00. Tues and Sat: 9:00 -12:00.  
Specialty: Diabetic, Mellitus, Internal Medicine

## **Meito Clinic**

Telephone: 052-702-6001  
Address: 414 Takama-Cho, Meito-ku, Nagoya  
Directions: Get off at Issha Sta. on Higashiyama line.  
Hours: Mon, Tues, Thurs, Fri: 9:00 -12:00, 17:00 – 19:00. Wed and Sat: 9:00 -12:00.  
Closed on Sundays and holidays.  
Specialty: Internal Medicine, Gastroenterological Medicine.

Dr. Yoshiaki Ito speaks English.

## **Meito Hospital**

Telephone: 052-701-7000  
Address: 3-1911, Kamiyashiro, Meito-ku, Nagoya. (Get off at “Kamiyashiro” Sta. on Higashiyama line)  
Hours: Mon – Tue, Thu – Sat: 9:00 -12:30, 16:00 – 19:00. Wed: 9:00 – 12:00. Closed on Sunday and National holiday  
Specialty: Internal Medicine

Note: Overseas travel insurance

## **Miyata Clinic**

Telephone: 052-621-1311  
Address: 1058, Arimatsu, Midori-ku, Nagoya  
Hours: 9:00 – 12:00, 17:00 – 19:30. Closed on Sat afternoons, Sun, National holidays.  
Specialty: Internal Medicine, Dermatology, Gastroenterological medicine Children’s

## **Mizuno Hiroshi Ichoka Naika (Mizuno Hiroshi Internal Medicine)**

Telephone: 052-733-0300  
Address: 4-14-3, Imaiike, Chikusa-ku, Nagoya

**Directions:** Get off at Imaike Sta. on the Higashiyama or Sakuradori line. Take exit 4. Turn right.  
**Hours:** Mon – Fri: 9:00 – 12:00, 17:00 – 19:00. Sat: 9:00 -12:00. Closed on Sundays, holidays, year-end and New Year holiday  
**Specialty:** Gastroenterological medicine, Internal medicine, Medical Exam. of Adult disease and cancer, Comprehensive medical examination.

Dr. Hiroshi Mizuno is Gastroenterologist and digestive surgeon who speaks English.

### **Oishi Family Clinic**

**Telephone:** 052-722-1133  
**Address:** 16-7, Honen-cho, Chikusa-ku, Nagoya (5 min walk from Imaike Sta.)  
**Directions:** Take Higashiyama or Sakuradori lines, take exit 1. Cross Miyakodori 2 intersection and turn left at the first corner. Clinic is on the left.  
**Hours:** Mon – Wed and Fri: 8:00 – 12:00, 18:00 – 20:00. Thur and Sat: 9:00 – 12:00. Closed on Sundays, holidays, year-end, New Year holiday  
**Specialty:** Internal medicine, Surgery, Orthopedic surgery, Urology, Rehabilitation Med., Proctology, Anesthesia

Dr. Mutsuo Oishi speaks English.

### **Omori Clinic**

**Telephone:** 052-834-5656  
**Address:** 1-4 Hasso-dori, Mizuho-ku, Nagoya  
**Directions:** Get off at Sogo-Rihabiri-Center Sta. on Meijo line. Take exit 1.  
**Hours:** Mon – Fri: 9:00 – 12:00, 16L00 – 19:00. Sat: 9:00 -12:00. For large bowel endoscope and home visit: Mon – Sat: 13:00 – 15:00. Closed on Sat afternoons, Sunday, and National holidays.  
**Specialty:** Internal Medicine, Pediatrics, Gastrointestinal division, Rehabilitation Medicine.

Dr. Omori speaks English and maybe Chinese.

### **Serizawa Clinic**

**Telephone:** 052-775-1800  
**Address:** 4-6, Chiyogaoka, Chikusa-ku, Nagoya  
**Directions:** Get off at Inokoshi Chugaku-mae bus stop  
**Hours:** Mon, Tues, Thur, Fri: 9:00 – 12:00, 16:30 – 19:00. Wed and Sat: 9:00 – 12:00. Closed on Sundays, holidays, year-end and New Year holiday  
**Specialty:** Internal Medicine, Surgery

Dr. Kiyohito Serizawa speaks English.

### **Shibata Naika (Shibata Internal Medicine)**

**Telephone:** 052-971-5627  
**Address:** Nichimaru Nagoya Building 4F, 1-3, Shin-Sakae-Machi, Naka-ku, Nagoya

Hours: Mon – Tues, Thurs – Fri: 9:30 – 12:30, 14:00 – 15:30. Sat: 9:30- 12:30. Wed: 9:30 – 12:00 (Neurology only), 14:00 – 15:30 (For reservation only). Closed on Sundays, National holidays, Bon period, year-end, New Year holidays  
Specialty: Internal Medicine, Neurology

Dr. Atsumi Shibata (Endocrinology) can speak English.

### **Suzuki Clinic**

Telephone: 052-776-2526  
Address: 2-116, Hachimae, Meito-ku, Nagoya  
Directions: Take city bus “Inokoishi” and get off at “Chuggako Mae”  
Hours: Mon – Fri: 9:00 -12:00, 17:00 – 20:00. Sat: 9:00 – 12:00. Closed on Sunday and National holiday

Doctor speaks little English.

### **Tachino Clinic**

Telephone: 052-541-9130  
Address: 3F, Dai-Nagoya Bldg., 3-28-12, Meieki, Nakamura-ku, Nagoya  
(In front of Nagoya Station Sakuradori side)  
Hours: Mon – Wed, Fri: 9:30 – 13:00, 14:30 – 18:00. Thu – Sat: 10:00 – 12:30.  
Closed on Sunday and national holidays.  
Specialty: Internal Medicine, Dermatology

Dr. Fumio Tachino speaks English.

### **Tatematsu Clinic**

Telephone: 052-841-3844  
Address: 5-55 Hiromi-cho, Showa-ku, Nagoya (Near Hiromi-cho bus stop)  
Hours: Mon – Fri: 9:00 – 12:00, 18:00 – 20:00. Sat: 9:00 – 12:00  
Specialty: Internal Medicine, Pediatrics, Dermatology

### **Toshiwa-kai Clinic**

Telephone: 052-882-1048  
Address: 5-5-11, Kanayama, Naka-ku, Nagoya  
Hours: Mon – Sat: 9:00 – 12:00, 16:00 – 19:00. Closed on Sunday and National holiday  
Specialty: Internal Medicine, Dermatology, Allergy, Children’s

### **Wada Naika Byoin (Wada Internal hospital)**

Telephone: 052-732-1118  
Address: 25-5, Imaiike Minami, Chikusa-ku, Nagoya  
Directions: Get off at Imaiike Sta. on Higashiyama or Sakuradori line. Take exit 8. 10 min. walk or 5 min. walk from Okute bus stop.

Hours: Mon, Wed, Fri: 9:00-12:00, 13:30 – 16:00, 17:00 – 19:00. Tues and Thurs: 9:00 – 12:00, 13:30 – 16:00. Sat: 9:00 – 12:00. Closed on Sundays, holidays, year-end and New Year holiday

Specialty: Internal Medicine, Endocrine secretion, Neurological Medicine, Dept. of Respiratory surgery, Digestive surgery, Rehabilitation Medicine.

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## Midwife

### Misako Iwamoto

Telephone: 052-847-0243

Ms. Iwamoto speaks Japanese, English and Russian

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## Ophthalmology (“Ganka”)

### Hongo Ganka (Hongo Ophthalmology)

Telephone: 052-771-9136

Address: 2-83, Hongo, Meito-ku, Nagoya.

Directions: Take Higashiyama line to “Hongo” sta.

Hours: Mon – Tues, Thu – Fri: 8:30 – 11:30, 16:00 – 17:30. Sat: 8:30 – 11:30. Close on Wed, Sun, National holidays

Specialty: Medical check-up

Note: Overseas travel insurance, Overseas credit cards

### Dr. Takashi Kojima

Telephone: 052-872-0490, 0120-758-049 (toll free)

Address: Meitetsu Kanayama Daiichi Bldg., 3 F. 25-1, Namiyose-cho, Atsuta-ku, Nagoya.

### Medical Station Yagoto Yamatedori: Komorebi Eye Clinic

Telephone: 052-837-1750

Address: 3F, Yamate Bldg. 3-9-1, Yamate-dori, Showa-ku, Nagoya

Directions: Get off at Yagoto Nisseki Sta. on Meijo line. Take exit 1

Hours: Mon – Wed, Fri: 9:00 – 12:00, 15:30 – 18:30. Thurs and Sat: 9:00 – 12:00

Specialty: Ophthalmology

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## **Miyaka Eye Hospital**

Telephone: 052-915-8001  
Address: 3-15-68 Ozone, Kita-ku, Nagoya  
Directions: Get off at Ozone Sta. on Meijo Line. Take exit 4 and walk for 1 min.  
Hour: Mon, Wed and Fri: 8:30 – 11:30, 16:30 – 18:30. Tues and Thurs: 8:30 – 11:30, 13:30 – 15:30. Sat: 8:30 – 11:30. Closed on first and third Saturdays, Sundays, National holidays.  
Specialty: Ophthalmology

## **Dr. Nagata**

Telephone: 052-832-1121  
Address: 2-9, Myoken-cho, Showa-ku. Nagoya

## **Nagoya Eye Clinic**

Telephone: 052-872-0490; Toll free: 0120-758-0490  
Address: Meitetsu Kanayama Bldg. 3F, 25-1 Namiyose-cho, Atsuta-ku, Nagoya  
Directions: 1) JR/Meitetsu: Get off at Kanayama Sta. The building is in front of East Exit.  
2) Subway: Get off at Kanayama sta. on Meijo Line. Take exit 4A and walk for 2 min.  
Hours: Mon – Sat from 9:00 – 12:00, 13:00 – 17:00. Closed on Sunday.  
Specialty: Refractive surgery, Cataract surgery

All doctors speak English. Dr. Kojima has studied in the U.S.

## **Meieki Nishikidori Ganka: (Meieki Nishikidori Ophthalmology)**

Telephone: 052-581-2447  
Address: Nakamura Ku, Meieki Minami, 1-17-25, Astor Building 6F (Near Nagoya Sta.)  
Hours: Mon, Tue, Thu, Fri: 10:00-1:00, 14:00-18:00. (Need appointment)  
Closed on weekends and Wednesdays  
Specialty: Ophthalmologist

## **Nakamura Clinic**

Telephone: 052-774-0364  
Address: 1-410, Yashiroguchi, Meito-Ku, Nagoya (Near “Issha” sta.)  
Hours: Mon, Tue, Thu, Fri: 9:00 – 12:00. Wed, Sat: 9:00 – 12:00, 15:00 – 18:00.  
Specialty: Ophthalmology

## **Suzuki Ganka Clinic (Suzuki Ophthalmology Clinic)**

Telephone: 052-853-5321  
Address: 1-23-2 Mizuho-dori, Mizuho-ku, Nagoya  
Directions: Near Nagoya University Foreign Students House. Get off at “Nagoya City Museum” at Sakuradori line. Take exit 4 and go straight. After passing Nagoya City Museum, the building locates at the second floor of a big building at the next intersection.

Hours: Mon: 9:00 – 12:00. Tues, Thurs, and Fri: 9:00 – 12:00, 15:00 – 18:00. Sat: 9:00- 12:00. Closed on Wed, Sunday and holidays.  
Specialty: Ophthalmology

Dr. Hiroyuki Hattori speaks English.

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## Orthopedic

### Amemiya Orthopedic Clinic

Telephone: 052-701-6303  
Address: 2-169, Issha, Meito-ku, Nagoya (Get off at “Issha” Sta. on Higashiyama line)  
Hours: Mon, Tue, Thu, Fri: 09:00- 12:00, 17:00 – 19:30, Wed and Sat: 9:00 – 12:00.  
Closed on Sunday and National holiday  
Specialty: Orthopedics surgery

Doctor speaks little English.

### Medical Station Yagoto Yamatedori: Maeda Orthopedics Clinic

Telephone: 052-861-3450  
Address: 2 F, Yamate Bldg. 3-9-1, Yamate-dori, Showa-ku, Nagoya  
Directions: Get off at Yagoto Nisseki Sta. on Meijo line. Take exit 1  
Hours: Mon – Fri: 9:00 -12:30, 17:00 – 19:00. Sat: 9:00 -12:30  
Specialty: Orthopedic surgery

### Tsukada Clinic

Telephone: 052-733-3844  
Address: 3-18, Tsuruha-cho, Showa-ku, Nagoya (Near Gokiso Station)  
Hours: Mon – Tue, Thu: 9:00 – 12:00, 17:00 – 19:00. Wed, Fri, Sat: 9:00 -12:00  
Specialty: Internal Medicine, Surgery, Orthopedic surgery

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## Pediatrics

### Dr. Chikako Ariyoshi

Telephone: 052-481-5111  
Address: Red Cross Nagoya First Hospital, Nagoya First Hospital, 3-35,  
Michishita-cho, Nakamura-ku, Nagoya  
Specialty: General pediatrics and developmental and psychological diseases

## **Asako Clinic**

Telephone: 052-705-0550  
Address: 1-1 Gokuraku, Meito-Ku, Nagoya  
Hours: Mon, Tues, Thurs and Fri: 9:00 – 12:30, 16:30 – 19:00. Sat: 9:00 – 13:00.  
Closed on Wed, Sun, holidays, and Sat afternoons  
Specialty: Internal Medicine, Pediatrics

Dr. Asako Kitamura speaks English (Female doctor).

## **Iwayama Pediatrics**

Telephone: 052-896-2080  
Address: 2-24, Fukuike, Tempaku-ku, Nagoya (Get off at “Nonami” Sta. on Sakuradori line)  
Hours: Mon – Fri: 9:00 -12:00, 16:30 – 19:00. Closed on Saturday, Sunday and National holiday  
Specialty: Allergy, Internal Medicine, Pediatrics

## **Dr. Koji Kato**

Telephone: 052-481-5111  
Address: Red Cross Nagoya First Hospital, Nakamura Nusseki, 3-35, Michishita-cho, Nakamura-ku, Nagoya  
Specialty: General pediatrics

## **Kitagawa Naika (Kitagawa Internal Medicine)**

Telephone: 052-774-1833  
Address: 14, Fujika-cho, Meito-ku, Nagoya. (Get off at Fujigaoka” Sta. on Higashiyama line)  
Hours: Mon, Tue, Thu, Fri: 09:00 – 11:45, 17:30 – 18:45. Wed and Sat: 9:00 – 11:45.  
Closed on Sunday and National holiday  
Specialty: Internal Medicine, Pediatrics

## **Matsumoto Clinic**

Telephone: 052-773-4117  
Address: 1-100, Yashirodai, Meito-ku, Nagoya (Get off at “Issha” Sta. on Higashiyama line)  
Hours: Mon - Fri: 9:00 – 12:00, 18: 00- 20:00. Sat: 9:00 – 12:00. Closed on Sun and National holidays  
Specialty: Internal Medicine, Pediatrics

## **Oya Clinic**

Telephone: 052-703-1855  
Address: 2511, Rikumae-cho, Meito-ku, Nagoya  
Directions: Take city bus to “Meito Shobosho”  
Hours: Mon – Wed, Fri: 9:00 -12:00, 16:30 – 19:00. Thu, Sat: 9:00 -12:00  
Specialty: Internal medicine, pediatrics

## Sasaki Children Clinic

Telephone: 052-776-0110, 052-776-0115 (Reservation only)  
Address: Gloria Asahigaoka, 99 Asahigaoka, Meito-Ku, Nagoya  
Directions: Get off at Fujigaoka Sta. and walk for 5 min.  
Hours: Monday, Wed, Fri: 09:00 – 12:00, 15:00 – 18:00. Thu and Sat: 9:00 – 12:00.  
Closed on Sunday and National holidays.  
Specialty: Pediatrics. Medical check-up.

Dr. Kuniaki Sasaki speaks English.

## Shimizu Clinic

Telephone: 052-731-0821  
Address: 5-17-4, Imaike, Chikusa-ku, Nagoya (3 min walk from Imaike Sta.)  
Directions: Get off at Imaike sta. on Higashiyama or Sakuradori Line. Take exit 2.  
Hours: Mon, Tues, Wed, Fri: From 9:00 – 12:30, 14:00 – 19:00. Thurs: from 14:00 – 19:00. Sat: from 9:00 -12:30. Closed on Sundays, holidays, year-end, New Year holiday  
Specialty: Internal Medicine, Pediatrics

## Sugiura Clinic

Telephone: 052-832-1063  
Address: 5-33, Yamate-dori, Showa-ku, Nagoya (Near Yogoto Station)  
Hours: Mon – Thu, Sat: 9:00 -12:30, 17:00 – 20:00. Closed on Friday.  
Specialty: Internal Medicine, Pediatrics

## Takagi Clinic

Telephone: 052-774-5552  
Address: 98 Ishigane-cho, Meito-ku, Nagoya  
Directions: Get off at Hongo or Fujigaoka Sta. on Higashiyama line and walk for 7 min.  
Hours: Mon, Tues, and Thurs: 9:00 -12:30, 16:30 – 19:00. Fri, Sat, and Sun: 9:00 - 12:30. Closed on Weds and national holidays.  
Specialty: Internal Medicine, Pediatrics diabetes

Doctor may speak English.

## Yamori Pediatric Clinic

Telephone: 052-834-0118  
Address: 47-66 Takigawa-cho, Showa-ku, Nagoya (Near Irinake or Yagoto station)  
Hours: Mon – Wed, Fri: 8:30- 12:00, 16:00 – 19:00. Thu and a: 8:30 – 12:00.  
Reservation required. For emergency call: 8:00 – 8:30.  
Specialty: Pediatrics



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# Psychiatry

## Suzukake Clinic

Telephone: 052-731-8300

Address: 5-19-12, Imaike, Chikusa-ku, Nagoya

How to get there:

Get off at Imaike Sta. and take exit 8.

Hours: Mon – Sat: 9:30 – 19:30.

Specialty: Psychiatry, Neurology, Psychosomatic Medicine, Epilepsy

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# Surgery

## Asian Health Institute (AHI) Hospital

Telephone: 056-173-7721

Address: 987-31, Minamiyama, Komenoko-cho, Nisshin-shi

Hours: Mon, Wed, Fri: 09:00 – 11:30, 13:30 – 15:00, 17:30 – 19:30. Tue, Thu, Sat: 9:00 – 11:30. Closed on Sunday and national holiday. Appointment preferable

Dr. Hiromi Kawahara can speak English.

## Hara Byoin (Hara Hospital)

Telephone: 052-741-5331

Address: 16-16 Uchiyama, 2-chome, Chikusa-ku, Nagoya

Hours: Mon, Tue, Wed and Fri: 09:00 – 11:30, 16:00 – 18:00. Thu and Sat: 9:00 – 11:30. Closed on Sundays and national holiday.

Dr. Hara is available only on Thursday. Interpreter available for other days.

## Dr. Hiromi Kawahara

Telephone: 052-73-7721

Address: AHI Hospital, 987-31 Minamiyama, Komenogi-cho, Nisshin C. Aichi Prefecture

Specialty: Thoracic and general surgery

## Dr. Shinji Takeuchi

Telephone: 052-771-6111

Address: 2-124-1 Hongo, Meito-ku, Nagoya

Specialty: Breast surgery

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# Open on Sunday & Holiday

## Aichi Dental Center

Telephone: 052-962-9102

Address: B1st and 3<sup>rd</sup> Floor, Aichiken Shikaishi Kaikan, 3-5-18, Marunouchi, Naka-ku, Nagoya

Hours: Daily from 20:00 – 22:30 except Sundays, National holiday, Aug 13- 15, 12/29 – 1/4

## Aichi Emergency Medical Center

Telephone: 052-264-1155 (English staff from 9:00 – 18:00), 052-263-1145 (English staff from 18:00 – 9:00)

## Dental Emergency Treatment Center

Telephone: 052-263-9909

Hours: Sat, sun, Holiday, year-end, New Year holiday: 19:00 – 23:00

Specialty: Pediatrics emergency. Telephone counseling

## Nagoya Medical Association Holiday Emergency Treatment Center

Telephone: 052-937-7821

Address: 1-4-38, Aoi, Higashi-ku, Nagoya

Hours: Sat, Sun, National holiday, Dec 30 – Jan 3: From 17:30 – 20:30 for Internal Medicine and Pediatrics. From 9:30 – 16:30, 17:30 – 20:30 for Ophthalmology and ORL.

## Nagoya Medical Association Late-Night Emergency Treatment Center

Telephone: 052-937-7821

Address: Same as above

Hours: 22:00 – 6:00

Specialty: Internal Medicine and Pediatrics

## Nagoya North Dental Center

Telephone: 052-915-8844

Address: 7F, Kita Sogo Chosha, 4-17-1, Shimizu, Kita-ku, Nagoya

Hours: Sunday, National holiday, Dec 30 – Jan 3: 9:00 – 11:00, 13:00 – 15:00

## Nagoya South Dental Center

Telephone: 052-824-8844

Address: 58-1, Matsushigashi, Kasadera-cho, Minami-ku, Nagoya

Hours: 20:00 – 22:30 daily, except Sundays, National holiday, Aug 13 – 15.

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# Sunday & Holiday Emergency Clinic

## Chikusa-ku

Telephone: 052-733-1191

Address: 5-4-15, Imaike, Chikusa-ku, Nagoya (Get off at “Imaike” sta. on Higashiyama or Sakuradori line)

## Kita-Ku

Telephone: 052-915-5351

Address: 3-3-2, Shimoiiida-cho, Kita-Ku, Nagoya (Get off at “Heian-Dori at Meijo line)

## Meito-Ku

Telephone: 052-774-6631

Address: 35, Choda-cho, Meito-ku, Nagoya, 465-0027

Hours: 9:30 – 16:30 Sunday and holiday

## Nakamura-Ku

Telephone: 052-471-8311

Address: 2-80-2, Noritake-hondori, Nakamura-ku, Nagoya (Get off at City bus “Noritake Hondori Nichome” stop)

## Nishi-Ku

Telephone: 052-531-2929

Address: 4-15-10, Josai, Nishi-ku, Nagoya (Get off at “Joshi” Sta. on Tsurumai line)

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# Emergency Treatment Information Center (24 Hours)

Telephone: 052-263-1133

# Foreign Consulates in Nagoya

## **Consulate General Brazil**

Address: Shirakawa 8th Bldg. 2F  
1-10-29 Marunouchi, Naka-ku,  
Nagoya 460-0002, Japan  
Telephone: 052-222-1077

## **Canadian Consulate**

Address: Nakato Marunouchi Bldg., 6F  
3-17-6 Marunouchi, Naka-ku  
Nagoya 460-0002, Japan  
Telephone: 052-972-0450

## **Chinese Consulate General**

Address: 2-8-37 Higashisakura  
Higashi-ku, Nagoya 461-0005, Japan  
Telephone: 052-932-1098

## **Consulate General of Republic of Korea**

Address: 9-25, Higashi-Ozone Cho  
Higashi-ku, Nagoya, Japan  
Telephone: 052-935-9221

## **Peruvian General Consulate**

Address: Swan Nagoya Fushimi Bldg. 3F  
2-2-23 Sakae, Naka-Ku  
Nagoya 460-0008, Japan  
Telephone: 052-209-7851

## **U.S. Consulate**

Address: Nagoya Kokusai Center Bldg., 6F  
1-47-1, Nagono, Nakamura-ku  
Nagoya 450-0001, Japan  
Telephone: 052-581-4501

# Transportation

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## Public Transportation

### Subway

Currently, Nagoya has 6 subway lines: Yellow (Higashiyama line), Purple (Meijo line), Red (Sakuradori line), Blue (Tsurumai line), pink (Komaki line) and double purple line (Meiko line).

You can purchase Manaca IC card to ride on subways, city bus, Aonami line, Yutorito line, Meitetsu trains, Meitetsu buses, Toyohashi rail road, and JR Toki lines. There are many benefits to use Manaca IC card. You can use it to purchase items on the vendor machines. Some shops also accept Manaca IC card as a debit card to purchase goods. For frequent subway travelers, using Manaca card can accumulate “points” easily. To redeem those points, please see Station attendance. He/she will credit those points back to your Manaca card, so you can continue using it. You can use Manaca card machine at the station to purchase the card. There will be 500 yen deposit for using the card.

If you need to travel more than 3 times a day, buying a day pass can save you a lot of money. The weekday day pass for subways cost 740 yen (840 yen to include bus rides too). For weekends, holidays and every 8<sup>th</sup> of the month, the day pass (Donchi Eco pass) costs only 600 yen for all subways and city buses.

### Japan Rail (JR)

There are many JR lines in Nagoya, including the bullet trains (Shinkansen). Shinkensens locate in Nagoya Station go to Tokyo, Osaka, Kyoto and many destinations throughout Japan. Some travel agencies sell Shinkansen ticket vouchers with cheaper price than purchasing from the ticket machines. You can purchase the vouchers and then exchange the real tickets at the ticket office in the station. Shop around and you may be surprised how much you can save!

### Nagoya Sightseeing Route Bus: Meguru Line

For newcomers, taking Nagoya Sightseeing Route Bus to get to know Nagoya is the cheapest and most convenient way to do so. The day pass costs 500 yen for adult and 250 for children. The service starts from Tuesday to Sunday. The route includes 10 major must-seen locations in Nagoya. You can hop on and hop off as you want. Since some sightseeing spots are hard to reach by public transportation without transferring or walking, Meguru bus drops and picks you up right in front of the location. The Meguru ticket also provides some discounts for the entrance fees. You can purchase the Meguru ticket on the bus at the bus stop #8 in front of the Nagoya station.

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# Personal Vehicles

## Driver's Licenses

International driver's licenses are only valid in Japan for a limited time, and cannot be extended in country. Even so, it is probably a lot easier to obtain one of them back home than obtaining a license inside Japan.

If your license was issued in one of these countries; Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Greece, Iceland, Ireland, Italy, Luxembourg, Norway, Portugal, Spain, Sweden, Switzerland, The Netherlands, The United Kingdom, Australia, New Zealand, Canada, Taiwan and South Korea. And you can prove residency in that country for a minimum of 3 months after license issuance, you are not required to take either the written test or road test to convert your license. You must apply in person to the Driver's License Center in your prefecture. A high level of Japanese ability or native Japanese speaker accompaniment is strongly recommended. The procedure includes inspection documents and eye test only.

Individuals holding a valid, current drivers license from the United States can go through a process to convert their license to a Japanese drivers license ("Gaimen KiriKae") at the Driver's License Center. To apply for the "Gaimen KiriKae", applicants must fulfill the following two conditions:

1. The applicant's foreign driver's license must be valid. (Expired license can not be transferred)
2. The applicant must be able to prove that he or she stays in the issuing country for at least three months in total after obtaining the license.

### ***General "Gaimen Kirikae" procedure at the Driver's License Center:***

1. Submission of application documents
2. Aptitude test
3. Traffic rule knowledge check
4. Driving skill check (the applicant is asked to actually drive a vehicle at a course in the Driver's License Center.
5. Issuance of Japanese driver's license (See below details)

One of the documents required when applying for the "Gaimen Kirikae" is a "Japanese translation of the foreign driver's license" issued by JAF. (Note that the Japanese translation does not assure that the license will be switched) You are requested to apply for the Japanese translation through the Translation Office of your respective JAF branch. JAF may not, however, issue a translation of some foreign licenses. In addition to JAF, some foreign embassies and consulates in Japan may issue the Japanese translation of the driver's licenses.

## ***How to apply for Japanese Translation for your foreign driver's license***

### **A) In person**

Bring the required documents to your nearest JAF Translation Office (Application by proxy is accepted if the applicant is unable to visit the office)

Documents required:

1. Application form for Japanese Translation for foreign driver's license. The form can be downloaded from the JAF website at: <http://www.jaf.or.jp>. Or you can contact nearest JAF office to obtain the form via fax or other methods.
2. An original driver's license (in principle): The original driver's license will be returned as soon as they make a photo copy of it. Photocopies are acceptable. Please make copies on both sides of the license. The copy shall be clear and preferable in color.
3. A photocopy of residence card: This is only required for licenses written in Arabic or Russian and licenses issued in certain countries, including the Republic of Korea, the Kingdom of Thailand and the Union of Myanmar.

Issuance Fee:

3000 yen per license. The JAF will not refund the 3000 yen translation fee even if the application of the "Gaimen Kirikae" is rejected by the Driver's License Center. A fee of 3000 yen is also charged for re-issuance when the license is lost or for other reasons. In principle, the Japanese Translation will be issued at the same day. However for those countries listed at "Document required (3)", it will take approximately two to three weeks to obtain the translation.

### **B) Mail-in**

Send the photocopy of your driver's license (preferable in color), Japanese Translation, 3000 yen issuance fee, and 380 yen return postage by registered postal cash envelope.

Applications are only accepted in Japanese address and the return address shall be within Japan and as same as showed in the application form. It will take about one week time from application to delivery (except for those countries list on "Document required (3)").

Please note that JAF does not provide translation service for International Driver's License.

### ***Location of Driver's License Center***

Those in the Nagoya area wishing to obtain a Japanese drivers license will need to go to the Aichi Prefecture Driver's License Examination Center, 2845 Kuroishi, Hirabari, Tenpaku-ku, Tel. No. (052) 801-3211, and pass all of the required tests. The closest subway stop to the center is Hirabari Station on the Tsurumai Line. From the station, it is about a 5-minute bus/taxi ride to the center. The Driver's License Center is open from 9 am to 17:00 pm, Monday through Friday. Make sure to call in Japanese in advance to confirm the Center is open.

### ***Documents required at the Driver's License Center***

When you do go, make sure you take your passport; Alien Registration Card; the required fees, and a black or white or color photograph 3 cm x 2.4 cm with plain background (bust-type photo) without headwear or dark glasses. Photos can be purchased at the center as well. You are advised to take an interpreter with you if you cannot speak Japanese.

### ***How to prepare for the test***

To study for the tests, it is a good idea to obtain Rules of the Road published by the Japan Automobile Federation (JAF), Aichi Shibu, 3-7-56 Fukue, Showa-ku, Tel. No. (052) 872-3685. (Note that JAF, which is the Japanese equivalent of the AAA, offers roadside assistance and trip planning services. For annual membership info, call (052) 872-1161.

## **Traffic accident**

What if you are involved in a traffic accident while in Nagoya?

1. Write down all pertinent information regarding the other party.
2. Report the accident to the police. Traffic laws in Japan stipulate that victims of accidents are obliged to report to the police. A certificate is also necessary to receive any compensation from insurance companies. Upon arrival at the scene of the accident, the police officer will record the circumstances of the accident, which will be filed with the Jidosha Anzen Unten Center (Automobile Driving Safety Center). You can obtain a copy of the certificate by mail by filling in a request form available at the police station. There is a fee. The center may be reached at (052) 954-8930.
3. Have a medical check up.
4. Hold consultations as necessary. Beware if the other party evades responsibility and does not negotiate in good faith, or offers to strike a separate deal. If you encounter such a situation, you can contact (in Japanese) the Nagoya City Traffic Accident Consultation Office at (052) 951-6622, or the Automobile Insurance Claim Consultation Center of the Japan Damage Insurance Association on the 9th floor of the Nagoya International Center. The association can be reached at (052) 583-9755 between 9:30-12:00 and 1-5:00 pm.



# Education

## **International School**

Nagoya's largest English-speaking school is the Nagoya International School, 2686 Mianamihara, Nakashidami, Moriyama-ku, Tel.# (052)736-2025, Fax. # (052)736-3883.

Founded in 1964 as a private co-educational day school, NIS offers a full American curriculum education program through Grade 12. All instruction is in English, with graduates earning a standard E.S. secondary school diploma. Students come from approximately 30 countries, with approximately 20 percent from the U.S. NIS is fully accredited by the Western Association of Schools and Colleges. The school is located about eight miles northeast of downtown Nagoya. The school year runs from September to June. Limited financial aid is available for those desiring to send their children to the school but lacking adequate resources.

# Shopping

## Shopping Malls

- *Aeon Dome Shopping Center:*

5 minute walk from Nagoya Dome-mae Yada station on Meijo line.  
Hours: 09:00 - 23 :00 (all year)

- *Jusco Nagoya Minato Bay City Shopping Center:*

2 minute walk from the Aonami Line's Arakogawa Koen Station.  
Hours: 10:00 - 22:00 (all year)

## Grocery shopping

### *Supermarkets selling foreign foods:*

- *Seijo Ishii:* A well-known chain supermarket with many foreign items. The price can be high. But you can find many items, such as foreign cheeses snacks, sweet things, savory things, canned fruits, pickles, hams, canned soups, import beers, wines and spirits, as well as healthy, organic goods. Hours: 7:30 - 22:00. Website: [www.sejoishii.co.jp](http://www.sejoishii.co.jp). There are branches throughout Nagoya at Nagoya Station (South Exit, "Hirokouji Guchi exit near Marriott hotel), Kanayama Station (Asunara Shopping Mall), Ichinomiya and Fujigaoka Station (the biggest one, take exit 1 and turn right).
- *Frante:* A well-known chain supermarket for ex-pats. You can find cheese, beer, wine, meat, and many imported items here. Four locations: Yogoto (Meijo Yogoto Sta. Take exit 1 and the shop locates across the street. Mon - Sat: 10:00 - 21 :00. Sun: 9:30 - 21 :00.), Fujimidai (Near Heiwa Koen. Mon- Sat: 10:00 - 21:00. Sun: 9:30- 21:00), Kakuozan (Kakuozan Sta. 9:30-23 :00 daily) and Shirakabe (Higashi Post Office. 9:30 - 23 :00 daily)
- *Meidi-Ya:* One of the most obvious international supermarkets. Very conveniently located store in Sakae that sells a wide variety of international foods. (Access: A 3 minute walk from Sakae Subway Station, exit 8. Located next to the Maruzen bookstore and across the street from the Maruei Department Store) Open: Daily 10:00 - 20:00

- *Kitano ACE:* It is another good international supermarket. There are a couple of stores in Nagoya, but the most accessible is in the basement of La Chic, in Sakae.
- *Kaldi Coffee:* It is another place with many other foods besides coffee beans. Fresh roasted coffee & a selection of over 10,000 foods & drinks imported from 90 countries - including wines, cheeses, confectionary, spices, seasonings, and hard-to-find seasonal goods. They have stores in Kanayama station, AEON Nagoya Dome and other places. Website: [www.kaldi.co.jp/english](http://www.kaldi.co.jp/english)
- *COSTCO:* Located near the Nagoya Chubu Airport. Membership fee: 4200 yen per year. Hours: 10:00 - 20:00 Mon - Sun. 12/31 - 1/11: 9:00 - 18:00. Tel: 056-938-9000.  
Address: 1-25-14 Rinku-cho, Tokoname City (Take Meitetsu Tokoname line and get off at Tokoname Sta. Walk for 13 minutes. Or, take Meitetsu Airport line and get off at Rinku Tokoname Sta. and walk for 11 minutes.)
- *Yamaya:* A good selection of imported beers, wines, and foreign foods at great prices. Website: [www.yamaya.jp](http://www.yamaya.jp). There are many stores in Nagoya. One located at Fujigaoka (1 minute walk from Fujigaoka Subway Station; located up the street from the MUFG Bank). Hours: 10:00 – 22:00
- *Amica Discount:* It's the only place that sells foods, fish and meats in LARGE quantities. The shop has a large amount of frozen western food including huge joints of meat, fish, seafood, sausages, potato products, McCain products, frozen vegetables, fried rice, ice cream and cakes. It also stocks large size packs of cereal, tinned foods, soups, sauces, chocolates, cheese, jam, biscuits and soft drinks. Prices are a good deal cheaper than normal Japanese supermarkets, and you will save a lot considering just how big the products are. They have a number of stores in Nagoya. The most centrally located stores are at Osu (Tel: 05-259-3955. 9:30 to 20:00), Heian Dori (Tel: 052-913-3331) and Kamejima (Tel: 052-459-5688)
- *Tachiya:* Cheap supermarket. All locations are not easily reached by metro.  
  
Yagoto shop: Address: 2-150 Motoyagoto. Tenpaku-ku, Nagoya. Hours: 10:00 – 18:00. Tel 052-831-2740.  
  
Meito-ku shop: Address: 4-1005 Sekobo, Meito-ku Nagoya. Hours: 10:00 – 18:00. Tel 052-703-5401.
- *Tomizawa:* is a shop with chocolate, cake ingredients, various types of flour, and many other international cooking ingredients.

- *The Amigos:* Specializes in Brazilian and South American Food. For Odaka shop: 4 minute walk from JR Odaka Station (Tel: 052-625-4951) There are also branches in Ogaki, Toyota, Toyohashi, Nishio, Toyokawa, Kani, Tsu, and Yokkaichi. Website: <http://tele-amigos.com> (Portuguese only)

- *TRU'S Market & Fresh Meat:*

The Grandma's shop has many international products and a selection of meats and sausages. Orders are accepted by phone in English at 052-739-7204 or online ([www.trumarket.com](http://www.trumarket.com). Spanish and Portuguese only). Payments are COD (Cash on Delivery). Address: J-111 Miyako Dori, 3-18 Hounen cho, Chikusa-ku, Nagoya (Access: A 10 minute walk from Imaike Subway Station; exit 1. Parking are available) Hours: 11 :00 -20:00 (Mon- Sat)

- *Sun Lemon:* Specializes in South-East Asian groceries, especially Thai. Hours: 10:00 - 20:00. Closed on Sundays and holidays. Tel: 052-241-4700. Access: 10 minutes walk from Yaba-cho station, exit 1.

- *Tarn Store:* Specializes in Thai food. Hours: 10:00-21:00. Access: 10 minutes walk from Yaba-cho station, exit 3. Tel: 052-251-1728.

- *Korean Supermarket:*

On the West side of JR Nagoya station, just behind BIC camera. You can't miss the Korean flags.

- *Korean grocery shop:*

Address: 1-25-31, Shin-Sakae, Nagoya. Tel: 052-251-1937. You can find Korean sauces, noodles and kimchi.

- *Syed Brothers Halal Food:*

Telephone: 052-323-0378  
Address: Room 805, Tokan Mansion Kanayama,  
1-15-14, Kanayama, Naka-ku, Nagoya  
(Get off at Kanayama Sta. on the Meijo Subway Line.  
Take exit 5. Walk 1 min.)  
Hours: 12:00 – 23:00 daily

- *Universal Halal Food:*

A 3 minute walk from JR Kanayama Station, South Exit. Hours: 11:00 - 21:30, Fri 14:00-21:30, Weekends 10:00-21:30; closed 2nd & 4th

Mondays. Tel: 052-682-9010

- *Toumeikoushi:* A supermarket specializing in Chinese food also has Philippine, Thai and Latin American foods. Hours: 9:30 - 19:30 daily. Access: A 60m walk from Imaike Subway Station, exit 11. Tel: 052-731-0270

- *Shin-Ten-Ti Chinese grocery:*

Telephone: 052-265-5559

Address: 1-24-28, Shinsakae, Nagoya

Hours: 11:00 a.m. to 2:00 a.m.

For Chinese sauces and spices, wine, snacks, frozen food, instant noodles, drinks, etc. May not speak English

- *Jing-Chang Chinese grocery:*

Telephone: 052-253-7262

Address: 1-12-1 Shinsakae, Nagoya

Hours: 11:00 a.m. to 2:00 a.m.

For Chinese sauces and spices, wine, snacks, frozen food, instant noodles, drinks, etc. May not speak English.

#### ***Delivery Service:***

- *The Meat Guy:* You can order turkeys, crocodile, rabbit, stakes, halal food, etc. Tel: 052-618-3705. [www.themeatguy.jp](http://www.themeatguy.jp)

- *Flying Pig:* Convenient way to get American products.  
<http://www.theflyingpig.com/tfp/shop.ASP>

- *Foreign Buyers Club:*

Huge selection of American foods for delivery.

<http://www.fbcusa.com/public2/>

#### ***Liquor Stores:***

- *Liquor Mountain:* A liquor store with a wide range of beers, wines and sake. Prices are not a great deal cheaper than anywhere else, but there are a few special offers. They have 20 stores in Aichi

### **Computer Stores:**

- **Apple Store:** 3-17-15, Sakae, Nagoya (Take Meijo line to Yaba-cho station. Take exit 6. The shop is located across to Matsuzakaya Department Store North building at the Otsu Dori side) Hours: 10:00 - 21 :00 Mon - Sun.

### **Clothing Shops with Western Sizes:**

- **Uniqlo:** This famous chain shop carries sizes that fit Westerners with very reasonable prices. There are many branches throughout the town. Go to [www.uniqlo.com/jp](http://www.uniqlo.com/jp) to find shops near your location.
- **Old Navy:** Address: 3-17-12, Sakae, Nagoya (Take Meijo line to Yaba-cho station. Take exit 6 and walk West for 2 minutes. Or, take Higashiyama line and get off at Sakae. Take exit 7 and walk South for 5 minutes. The shop locates in the intersections of Otsu Dori and Shirakawa Dori) Hours: 10:00 - 21 :00. Tel: 052-269-9500.
- **H&M:** Address: 3-16-1, Sakae, Nagoya (Take Meijo line to Yaba~cho station. Take East exit/Entrance. Tel: 052~241-0331. Hours: 10:00 – 20:00)
- **Zara:** Address: 3-7-20, Sakae, Nagoya (Take Higashiyama line to Sakae station and walk for 5 minutes) Hours: 11 :00 - 20:00 (Fri, Sat and holidays to 20:30) Tel: 052-249-5900
- **Muji:** A Japanese chain store. Clothes (made from natural materials), package food items, healthy snacks, furniture, home deco, etc. There are many branches in Nagoya, such as:
  - Muji Hoshigaoka: Address: 16-50 Hoshigaoka Motomachi, Chikusa-ku, Nagoya. Take Higashiyama line and get off at Hoshigaoka station. Take exit 6 and walk uphill for 3 minutes. The shop locates on your left. Hours: 10:00 - 20:00
  - Muji Sakae: Address: B2, 3-4-5 Sakae at "Skyle building". Take Higashiyama or Meijo line to "Sakae" station and walk for 5 minutes underground. Tel: 052-238-1865. Hours: 10:00 - 20:00
  - Muji Parco: Address: B-1, 3-29-1, Sakae, Nagoya Parco Department Store, West Building. Hours: 10:00 -21:00. Tel: 052-264-8484.

# Services

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## Beauty Salons

### Cockney Hair Design

Stylist: Hirotake Aoki (studied in London. Speaks English)  
Telephone: 052-451-1584  
Address: 1-1-14 Meieki, Nakamura-ku, Nagoya  
Directions: From Nagoya Station, come out the shinkansen side and walk north for 5 minutes.  
Hours: Tue - Sat 11am-8pm (Fri until 9pm), Sun & Holidays 10am-6pm  
Closed: Mon and the 2nd & 3rd Tue of each month

### Apricot

Telephone: 052-263-3630

### Uraura Salon

Stylist: Yukiko Yamamoto (She worked in New York for 8 years.)  
Telephone: 052-932-5572 (<http://hairmag.jp/uraura>)  
Address: 3-10-4 Izumi, Higashi-ku, Nagoya

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## Barber Shops

### QB House

1000 yen for 10 minutes hair cut! No shampoo. No massage. Recommend to bring photos to show the style you like. There are many locations in Nagoya. Most of them are in the AEON shopping centers.

QB House Yagoto shop: 2-1, Ishizaka, Hirojicho, Showa-ku, Nagoya (Take Meijo line and get off at Yagoto Station. Take exit 3 and it is on the 1st floor of JUSCO Yagoto) Hours: 10:00-21:00.

QB House Chikusa shop: 2-16-13, Chikusa, Chikusa-ku, Nagoya (Take Tsurumai line and get off at Tsurumai Station and walk 15 minutes) in AEON Chikusa. Hours: 10:00 -22:00.

QB House. Do! Sakae: 3-5-12, Sakae, Naka-Ku, Nagoya (Get off at Sakae station. It's on the platform of Meijo Clockwise line. In front of the elevator to the south-west ticket gate. Hours: Mon-Fri: 9:00 - 21 :00, Sat-Sun: 9:00- 20:00.

QB House Meitetsu Nagoya shop: Meitetsu Nagoya Station Bl, 1-2-1 Meieki, Nakamura-ku, Nagoya (It is in front of the Meitetsu Nagoya Station West ticket gate) Hours: 10:00-20:00.

QB House AEON Nagoya Dome-mae Shopping Center: 2F, 4-102-3, Yada-Minami, Higashi-ku, Nagoya. (Take Meijo line to Nagoya Dome-mae Yada station and walk for 5 minutes)

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## Massage/Acupuncturist:

### **New Sakae Acupuncture Clinic**

Telephone: 052-951-8644 (by appointment)

Address: 9F, New Sakae Bldg. 23-18, 3-chrome, Nishiki, Naka-ku, Nagoya

Hours: Mon-Fri: 9:00-19:00. Sat: 9:00-18:00. Sunday and national holiday: 10:00-17:00

Mr. Makoto Yamada speaks English.

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## Pet-Sitting:

### **Makiko Kudo**

Care for dogs, cats, birds, rabbits, and fish.

Telephone: 080-4152-5444

E-mail: [animalsanctuary@gen3.jp](mailto:animalsanctuary@gen3.jp)

Address: 1-22-9, #1305 Uchiyama Chikusa-ku, Nagoya

Need reference: Contact Chris Harcourt at [onelgsec@i.softbank.jp](mailto:onelgsec@i.softbank.jp).



# Earthquake

## Emergency Survival Kit

The Japanese national and regional governments suggest you prepare the items listed below. It is recommended that you prepare 3 days' worth of supplies for each member of your family. However, kits should also remain light weight as the ability to evacuate quickly is vital. Divide your emergency kit into smaller packs, containing only the absolute necessities. Items should be placed in a backpack in order to leave both hands free while evacuating.

- Water: 3L per person per day.
- Food: Disaster survival food, hard candies, chocolate, nutritional supplements and other concentrated sources of calories, and powdered milk or baby food if necessary.
- First aid kit: Common household medicines, disinfectant, bandages, gauze, surgical masks, etc.
- Spare batteries and chargers: It is a good idea to prepare a stock of dry cell batteries and solar chargers.
- Radio: Radios will be a vital source of information. Those with a built-in hand crank generator as well as a flashlight and mobile phone chargers make a convenient choice.
- Flashlight (Lighting): Include a flashlight or a headlamp for power outages. Candles and lighters are also acceptable.
- Cash, copies of identification, contact information: Proof of identification as well as emergency contact details will be useful. Cash should include change and small denomination paper bills.
- Wet wipes, towels, change of clothes, spare glasses, etc.: Include wet wipes or alcohol gel so that you can clean or sterilize without soap or water. Those with poor eyesight or other medical problems should also prepare any necessary spare devices. A change of underwear may also be a good idea. Diapers and sanitary items should be prepared if necessary.

While they need not be placed in your emergency bag, the following items may also prove useful.

- Work gloves, helmet, wind/waterproof gear, outdoor knife, shoes: In order to protect against hazards such as broken glass or falling debris you should prepare work gloves, a helmet and shoes with sturdy soles which are easy to walk in. Wind and waterproof gear will not only protect against bad weather but also against heat and cold.

Complete emergency evacuation kits are sold in stores and on the Internet. In addition to the above items, many of these kits contain blankets, portable toilets, or other items. It is best to investigate the contents of these kits yourself, and to furnish any other items you feel are lacking.

## Evacuation Route & Temporary Shelters

Confirm the route from your home or workplace to the nearest evacuation center in advance. Public evacuation centers are usually in open areas like schools or parks. These evacuation centers will have emergency provisions such as food and water, and are a good place to receive information from various administrative bodies. Individual localities have disaster hazard maps which show levels of damage expected by area, and include recommended evacuation routes and sites. These maps are available online via the individual homepages.

If a large scale earthquake occurs, expect that public transportation will be unavailable. In urban centers which rely heavily upon public transportation the loss of transportation can quickly lead to chaos. Roads will also be crowded, so one should refrain from driving if possible. It is recommended that you confirm a walking route from your work to home in advance, and keep a helmet and a pair of walking shoes in a locker at work, especially if the distance to be walked is far.

During a disaster, stations, public facilities, and private facilities including colleges, temples/shrines, halls, department stores, hotels and other stores open a portion of their facilities as temporary shelter, for those who are unable to return home. In addition to shelter from the elements, some of them provide temporary lodgings offering basic food, drink and blankets. While unable to offer shelter or lodging, other places offer use of land-line telephones, food supplies, water and information via television and radio. Often street side vending machines will also be opened up, free of charge.

### ***First Steps:***

When you feel a tremor first take cover, protecting your head with your arms or belongings such as a bag, cushion, or coat. Strong shaking usually lasts less than 60 seconds, however, because large aftershocks can occur, once the initial tremor is over evacuation should be carried out swiftly.

- At home: Take cover under a sturdy table or desk. Tremors can sometimes cause doors and windows to warp, so ensure your escape route by opening one in advance. Once the tremor finishes immediately extinguish any open flames (stoves, heaters, candles, etc.), and turn off breakers and gas valves before evacuating. In crowded urban residential areas it is especially important to safeguard against the outbreak and spread of fires.
- When outside: Beware of debris from damaged buildings, walls, telephone poles, traffic lights, falling glass, billboards, etc., and make your way to an open space. Avoid walking in roadways whenever possible.
- Inside buildings, shopping complexes and underground shopping centers: Move away from any glass, lighting fixtures or display shelves. When evacuating, follow the instructions given by those in charge. Do not use elevators or escalators. Older office and high rise buildings pose a high risk of collapsing and should be evacuated immediately. Many of the newer buildings include earthquake resistant or seismic

isolation structures, and will pose led of a threat. In buildings with few support columns ceilings may collapse.

- Trains and subways: Hold onto handrails and straps and beware of sudden stops and falling items from the luggage rack.
- While driving: Reduce your speed gently and pull to a stop on the left side of the road. If a parking lot or other open area is available it is better to stop there. Once the tremor stops exit your car and begin evacuating on foot. In mountainous areas where landslides pose a danger or coastal regions where tsunamis are possible you should evacuate to safety immediately.
- Coastal regions: If you are near the sea, once a large tremor hits it is generally best to evacuate towards higher ground immediately. The tsunami arrival times can range from a matter of minutes to several hours, and waves can continue for hours to days. Even if a tsunami does not occur right after the earthquake, it is dangerous to return to seaside areas. Be especially wary if the ocean water recedes significantly, as this is a drastic sign that evacuation is necessary.