



When you are concerned about any aspect of your life in Japan or when problems occur, do not keep your worries to yourself; ask a Japanese person you know or a friend who can speak Japanese, or consult a specialized consultation organization in the area where you reside for help.

### **1 Specialized consultation desks on laws or systems (municipal administrative offices)**

Please consult respective departments which have been set up in your municipal administrative office, and which have been introduced in each section of this booklet, when you need to know about legal and official systems. Go with a Japanese speaker for assistance if you do not speak Japanese well. Depending on the region, some municipal administrative offices will have interpretation services; however, in many cases these are limited to certain days or hours in the week. You should confirm with your municipal administrative office beforehand.