

If you are moving ...



Moving can be overwhelming since there are so many things to do. It is especially so if, as a foreigner, you are not yet familiar with Japanese laws and practices. In addition to arranging for a mover and transferring your utility services, you need to make sure that relevant people are notified of your change-of-address, including the government. You may have questions like what paperwork to complete, when and where to go, and what documents to bring with you. Consult the tables below and then visit the Residents Record Subsection, Family & Residents Registration Section, located on the first floor of the Meguro City Office Complex during weekday business hours to complete your paperwork. Please be sure to bring your Residence Card since, among other things, your address on it will need to be changed too.

If you are moving out of Meguro City, complete your paperwork on or up to about 2 weeks before your expected moving date.

If you are	Documents to bring (where applicable)
Moving out of Meguro City but staying within Japan	<ul style="list-style-type: none"> • Proof of Seal Registration • Insurance Card(s): National Health Insurance Certificate or Certificate of the Longevity Medical Care System, Certificate of Long-term Care Insurance • My Number Card or Basic Resident Register Card • Residence Card or Special Permanent Resident Certificate
Moving out of Japan	<ul style="list-style-type: none"> • Proof of Seal Registration • Insurance Card(s): National Health Insurance Certificate or Certificate of the Longevity Medical Care System, Certificate of Long-term Care Insurance • My Number Card or Notification Card • Basic Resident Register Card • Residence Card or Special Permanent Resident Certificate

If you are moving into Meguro City, complete your paperwork within 2 weeks from your moving date.

If you are	Documents to bring (where applicable)
Moving from outside Meguro City	<ul style="list-style-type: none"> • Certificate of Moving out of Your Former Domicile issued by your previous local administrative office • My Number Card or Notification Card • Basic Resident Register Card • Residence Card or Special Permanent Resident Certificate
Moving within Meguro City	<ul style="list-style-type: none"> • Insurance Card(s): National Health Insurance Certificate or Certificate of the Longevity Medical Care System, and Certificate of Long-term Care Insurance • My Number Card or Notification Card • Basic Resident Register Card • Residence Card or Special Permanent Resident Certificate

Family & Residents Registration Section Business Hours and Location:

Hours: Monday through Friday 8:30 AM to 5:00 PM (except holidays)

Location: 1st floor of Meguro City Office Complex, Kamimeguro 2-19-15, Meguro-ku

Life in Tokyo
Website for Foreign Residents in Tokyo

www.lifein.tokyo.jp/en/

JAPANESE ENGLISH

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Foreign Residents Information Desk

03-5722-9187
English

www.city.meguro.tokyo.jp/multi/index.html

Main Building 1st Floor,
Meguro City Office Complex,
2-19-15 Kamimeguro
Meguro-ku, Tokyo

MIFA
Meguro International Friendship Association

<http://mifa.jp/en/>

Kaleidoscope MEGURO aims to embrace diversity and promote intercultural harmony.

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