

Bringing Your Family to Obihiro

Contents

Introduction

1. Visas for Your Family
 - 1-1. When you Bring Your Family (How to apply for the certificate of eligibility)
 - 1-2. Extension of Period of Stay (VISA extension) for your family
 - 1-3. When you Give Birth
2. Childcare Management and Schooling
 - 2-1. Nursery Schools
 - 2-2. Kindergartens
 - 2-3. Elementary and Secondary Schools
3. Pregnancy and Childbirth
 - 3-1. Expenses for Delivery
 - 3-2. Mother and Child Health Handbook (Boshi Techo)
 - 3-3. Birth Registration
 - 3-4. Immigration Procedures for a Newborn Child
 - 3-5. Passport Acquisition for a Newborn Child
4. Accommodations
5. Living Expenses
6. Medical Care
 - 6-1. Health Care Administration Center
 - 6-2. Clinics and Hospitals in Obihiro
7. Nearest Regional Immigration Services Agency
8. Support Services
9. Glossary

Introduction

Having your spouse and/or children join you in Obihiro while you are studying will enable you to have a sense of security and peace of mind, but it can also be a financial burden. It can also take time away from your studies and research to look after your family members, who may have difficulty living in a different county with a different language. You should consider carefully whether to bring your family, keeping in mind what you have to do and your purpose for studying abroad. If you decide that you would like your family with you during your stay in Obihiro, you need to think about when they should come. To make the most of your studies and family life in Japan, we strongly recommended that you do not bring your family until you have adjusted to your new living environment, set up accommodations and have a clear budget for living expenses. (Based on the experiences of previous students, 6 months should be sufficient time for preparation.)

The following information is designed to help you understand what procedures you should

follow and things you need to consider before bringing your family to Japan. As you will have full responsibility for your family, please read the information carefully and consult with your supervisor before you make a decision. Please note that **you must obtain the consent of your supervisor if you wish to bring your family to Obihiro.**

1. Visas for Your Family

1-1. When You Bring Your Family (How to apply for the certificate of eligibility)

If you wish to bring your family after you have arrived, your family will need to obtain the certificate of eligibility (COE, zairyu shikaku nintei shomei sho*) as your “dependent” to receive the visa more smoothly. Please note that only your spouse and children can apply for a dependent status visa (parents and siblings are not eligible) and you will need to prove that you have enough money to support your dependents’ during their stay in Japan. **To obtain the certificate of eligibility, you need to apply to the regional Immigration Service Agency nearest to Obihiro (See “7: Nearest Regional Immigration Services Bureau”).**

A visa may not be required for a short stay, depending on your nationality and purpose of visit.

【Necessary Documents】

- ① Application Form for Certificate of Eligibility (COE)
(Download from the Immigration Services Agency of Japan website below.)
- ② One photograph
(4 cm × 3 cm, taken within the past 6 months before submission)
- ③ A self-addressed return envelope
(Please write your address on the envelope and attach stamps for registered mail.)
- ④ Documents proving the family relationship
(e.g., family register, marriage certificate, birth certificate, etc.)
- ⑤ Copies of the applicant’ s and supporter’ s passports and residence cards
- ⑥ Documents proving the ability to support the family member financially
(e.g., bank balance certificate, scholarship certificate, etc.)
- ⑦ Certificate of Enrollment
(Issued by the university.)

【Immigration Services Agency of Japan Website】

<https://www.moj.go.jp/isa/applications/status/dependent.html>

*You may be requested to submit additional documents if necessary.

*Documents in a foreign language, except English, must be accompanied by a Japanese or English translation.

*The certificate is valid for three months and your family has to come to Japan before the expiration date.

*It is possible that you will be requested to submit additional documents with the COE for their visa acquisition. Please contact the Embassy of Japan in your country or Ministry of Foreign Affairs of Japan beforehand.

1-2. Extension of Period of Stay (VISA extension) for your family

During your family's stay, it may be necessary to extend the period of stay before the expiration date of the dependent status visa. The application for extension will be accepted by the Immigration Service Agency starting 3 months prior to the expiration.

【Necessary Documents】

- ① Application Form for Extension of Stay
(Download from the Immigration Services Agency of Japan website below.)
- ② One photograph
(4 cm × 3 cm, taken within the past 6 months before submission)
- ③ A self-addressed return envelope
(Please write your address on the envelope and attach stamps for registered mail.)
- ④ Documents proving the family relationship
(e.g., family register, marriage certificate, birth certificate, etc.)
- ⑤ Copies of the applicant's and supporter's passports and residence cards
- ⑥ Documents proving the ability to support the family member financially
(e.g., bank balance certificate, scholarship certificate, etc.)
- ⑦ Processing Fee ¥5,500 (as of July 2026)

【Immigration Services Agency of Japan Website】

<https://www.moj.go.jp/isa/applications/status/dependent.html>

1-3. When you Give Birth

If your child will stay in Japan for more than 60 days after birth, you must apply for a **Permission to Acquire Status of Residence** at the Immigration Services Agency of Japan. The application must be submitted within **30 days of the child's birth**. The application must be made by either the child's father or mother.

【Necessary documents for application】

1. Application for permission to acquire status of residence
(Download from the Immigration Services Agency of Japan website below.)
2. Passports of parents
3. Residence Cards of parents
4. Certificate of Birth (issued by the hospital)

【Immigration Services Agency of Japan Website】

<https://www.moj.go.jp/isa/applications/status/dependent.html>

2. Childcare Management and Schooling

2-1. Nursery Schools

Nursery schools provide childcare for children whose parents or guardians are unable to care for them during the daytime due to work, study, illness, or other reasons. Children from 57 days after birth until they enter elementary school are eligible to attend.

To enroll your child in a nursery school, you must submit an application. You will also need to provide documents proving your eligibility, such as an Employment Certificate or a Certificate of Enrollment.

Childcare fees are determined according to the national and municipal systems and vary depending on your household income. In some cases, childcare may be provided free of charge.

Please note that admission to your preferred nursery school is not guaranteed. Placement depends on the number of available spaces. For more information, please contact the **Obihiro City Health and Welfare Department, Nursing Care Insurance Division at 0155-65-4158.**

2-2. Kindergarten

A kindergarten is an educational facility that offers childcare for the healthy development of the mind and body of a child. These schools are for children from 3 years old to elementary school age. The amount of the enrollment and school fees depend on the parents' income. Applications are accepted from November to enroll for the school year starting in April the following year. For further information, please contact the kindergarten that you wish to send your child.

2-3. Elementary and Secondary Schools

In Japan, six years of elementary school and three years of junior high school are compulsory. Children of foreign nationality are also eligible to attend Japanese public schools.

If you are registered as a resident of Obihiro City, you will receive a School Enrollment Notice from Obihiro City addressed to the child's parent or guardian.

At public elementary and junior high schools, admission fees, tuition, and textbooks are free of charge. However, families are responsible for other expenses, such as school lunches, supplementary teaching materials, school excursions and school trips, and PTA membership fees. Please contact your child's school for detailed information about these costs.

3. Pregnancy and Childbirth

3-1. Expenses for Delivery

In Japan, the costs of prenatal checkups and childbirth are generally not covered by National Health Insurance, so you are usually responsible for paying these expenses yourself. The total cost of prenatal care and delivery is typically around ¥400,000-¥500,000.

However, if you are enrolled in the National Health Insurance program, you may be eligible to receive the Childbirth and Childcare Lump-Sum Allowance after giving birth. In many cases, medical institutions can use the direct payment system, under which the allowance is paid directly to the hospital before delivery to cover part of the childbirth expenses.

For more information about the application procedures and available support programs, please contact the **National Health Insurance Division, Obihiro City Hall** at **0155-65-4138**.

3-2. Mother and Child Health Handbook (Boshi Techo)

In Obihiro City, pregnant women can receive a Mother and Child Health Handbook (Boshi Techo) at the Health and Welfare Center.

The handbook is used to record the progress of the pregnancy, your child's growth and development, and vaccination history. It also contains useful information on health services available during pregnancy and after childbirth.

Please bring your Mother and Child Health Handbook with you whenever you visit a hospital or obstetrics and gynecology (OB/GYN) clinic for prenatal checkups or other maternity care. Your doctor or healthcare provider will record important medical information in the handbook.

For more information, please contact the **Obihiro City Health and Welfare Center** at **0155-25-9722**.

3-3. Birth Registration

When your child is born, you must submit a Birth Registration to Obihiro City Hall within 14 days of the date of birth (including the day of birth). If the deadline falls on a weekend or public holiday, it will be extended to the next business day.

【Required Items】

1. Birth Registration Form

(issued by the hospital with the Birth Certificate attached; please complete the required sections)

2. Personal seal (inkan) of the person submitting the registration

3. Mother and Child Health Handbook (Boshi Techo)

4. My Number Card or Health Insurance Eligibility Certificate

3-4. Immigration Procedures for a Newborn Child

Please refer to Section “1-3. When you Give Birth” .

3-5. Passport Acquisition for a Newborn Child

Please contact your country's embassy or consulate in Japan for information on passport application procedures and obtain a passport for your child as required.

4. Accommodations

The International House at Obihiro University of Agriculture and Veterinary Medicine has a limited number of family rooms. However, availability is not guaranteed, so please check with the university in advance. The maximum period of residence is one year.

University website: <https://www.obihiro.ac.jp/internationalhouse>

If your period of study is longer than one year, you will need to move to a private apartment or municipal housing. Please note that municipal housing is generally located farther from the university, so you should consider commuting time and transportation costs.

5. Living Expenses

The estimated monthly living expenses in Hokkaido are approximately ¥94,000. For more information, please refer to the following website:

Study in Japan: <https://www.studyinjapan.go.jp/en/life/cost-of-living/>

6. Medical Care

6-1. Health Care Administration Center

International students at our university who hold a Student residence status may receive primary medical treatment, health consultations, and health examinations at the Health Care Administration Center on campus. (Health examinations are available only to degree-seeking students.) **Family members cannot receive medical services at the university's Health Care Administration Center and should visit a clinic or hospital in Obihiro instead.**

6-2. Clinics and Hospitals in Obihiro

If a family member becomes ill, the following procedures are generally required when visiting a clinic or hospital in Obihiro:

1. Present your **My Number Card** (registered for health insurance use) or your **Health Insurance Eligibility Certificate***, along with your patient registration card (if you have one).
2. Complete a medical questionnaire.

3. Receive a medical examination and treatment.
4. Pay the medical fee and make a follow-up appointment if necessary.
5. If medication is prescribed, take the prescription to a pharmacy to obtain the medicine.
6. Pay for the medication at the pharmacy.

Please note that clinic and hospital hours vary by facility. In general, only doctors are likely to be able to communicate in English. You should expect to communicate with reception staff, nurses, and other hospital personnel in Japanese.

*Please refer to the information below regarding the **My Number Card and the Eligibility Verification Certificate**.

Ministry of Health, Labour and Welfare (MHLW) website:

https://www.mhlw.go.jp/stf/newpage_51604.html

(This page can be translated by selecting a language from the language menu.)

7. Nearest Regional Immigration Services Agency

The two Immigration Services Agency offices closest to Obihiro are listed below.

■ Sapporo Regional Immigration Services Agency

Address:

Sapporo Third Joint Government Building, 12 Nishi, Odori, Chuo-ku, Sapporo
060-0042

TEL: 0570-003259

Office Hours: 9:00 a.m. – 12:00 p.m. / 1:00 p.m. – 4:00 p.m.

(Closed on Saturdays, Sundays, and national holidays)

Access: Approximately 2.5 hours by JR train from Obihiro.

One-way fare: ¥8,120 (round-trip discount available)

■ Kushiro Port Branch Office

Address: Kushiro Port Joint Government Building,
5-9 Minamihama-cho, Kushiro, Hokkaido 085-0022

TEL: 0154-22-2430

Office Hours: 9:00 a.m. – 12:00 p.m. / 1:00 p.m. – 4:00 p.m.

(Closed on Saturdays, Sundays, and national holidays)

Access: Approximately 1 hour and 40 minutes by JR train from Obihiro.

One-way fare: ¥5,440 (round-trip discount available)

8. Support Services

■ Foreign Residents Information Center

The Foreign Residents Information Center provides consultations regarding immigration procedures and entry procedures. Consultations are available in languages other than Japanese, including English, Chinese, Korean, and Spanish.

TEL: 0570-013904 (From IP phones or overseas: 03-5796-7112)

Hours: Monday to Friday, 8:30 AM-5:15 PM

■ Hokkaido Foreign Resident Support Center

The Hokkaido Foreign Resident Support Center provides multilingual consultations regarding daily life in Japan and various administrative procedures. It can be used when interpretation services are needed or when you have concerns about living in Japan.

<https://www.hiecc.or.jp/soudan/>

9. Glossary

English	Japanese Kanji	Japanese Romaji (Pronunciation)
Certificate of Eligibility	在留資格認定証明書	Zairyu shikaku nintei shomei sho
Certificate of Enrollment	在学証明書	Zaigaku shoumei sho
Simple Registered Mail	簡易書留	Kan i kakitome
Residence Card	在留カード	Zairyu kaado
Birth Certificate	出生証明書	Shussei shoumei sho
Nursery School	保育園	Hoiku en
Kindergarten	幼稚園	Yoochi en
Elementary School	小学校	Shogakko
Secondary School	中学校	Chugakko
Mother and Child Health Handbook	母子手帳	Boshi techou
Birth Registration	出生届	Shushoo todoke