知ろう！守ろう！日本の生活ルール・習慣
Learn and follow! The rules and customs of Japan!
Alamin at Sundin! Kaugalian at Panuntunansa Japan

ごみ出しのルール
Trash disposal rules
Pagtatapon ng Basura

➤ごみは分別し、決まった曜日・時間・場所に捨てます。
➤You MUST sort your trash and throw it away ONLY in a designated area at a designated time and day of the week.
➤Paghiwa-hiwalayin ang basura at itapon sa tamang araw, oras, at lugar.

➤道路や空き地などに、ごみを捨ててはいけません。
➤DO NOT leave trash anywhere except for specified places.
➤Ipinagbabawal ang magtapon sa kalsada o sa bakanteng lote.

➤外でごみを燃やすことは禁止です。
➤DO NOT burn trash outside.
➤Ipinagbabawal ang pagsusunog ng basura sa labas.

➤住んでいる市町村で、ルールが違います。市町村のホームページを見てください。
➤Trash disposal rules are different in every city. Please check your city's website for rules in your area.
➤Magkakaiba ang patakaran bawat syudad-tingnan ang homepage ng inyong city hall o municipal office.

自転車の乗り方のルール
Bicycle riding rules
Paggamit ng Bisikleta

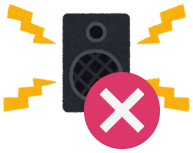
➤自転車に乗るときは、道の左側を走ります。
➤Only ride the bicycle on the LEFT side of the road.
➤Magbisikleta sa kaliwang bahagi ng kalsada.

➤けいたい電話やイヤホンを使いながら、自転車に乗ってはいけません。
➤DO NOT use your phone or earphones while riding a bicycle.
➤Ipinagbabawal ang cellphone at earphone habang nagbibisikleta.

➤暗い時は、ライトをつけないといけません。
➤You MUST have a light on your bicycle when it's dark.
➤Buksan ang ilaw kapag madilim.

うるさくしない
Don't be too loud
Pag-iwas sa Ingay

➤アパート、マンションでは、大きい声で話したり、大きい音で音楽を聞いてはいけません。
➤DO NOT talk loudly or listen to loud music inside your apartment.
➤Sa apartment, mansion o tirahan, bawal ang malakas na ingay o musika.



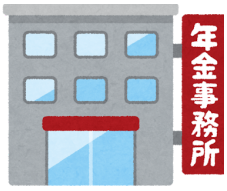
➤家の外（公園など）でも、朝早くや夜遅くは静かにしましょう。
➤Stay quiet outside and in public spaces on early mornings and late evenings.
➤Maging tahimik sa labas (gaya ng parke), panatilihing tahimik lalo na sa maagang umaga at gabi.

➤夜遅くに花火をしてはいけません。
➤DO NOT set off fireworks late in the evening or at night.
➤Ipinagbabawal ang pagpapaputok o hanabi nang gabi o dis-oras ng gabi.

税金と年金を支払う
Pension and tax payments
Magbayad ng Buwisat Pensyon

➤外国人も、税金や年金を支払う必要があります。
➤Even as a foreigner, you MUST pay taxes and pension in Japan.
➤Obligado ang lahat, pati dayuhan, namagbayad ng buwis at pensyon.

➤国民健康保険も税金の１つです。
➤National Health Insurance is also a form of tax.
➤Ang National Health Insurance (kokumin kenkou Hoken) ay isa sa mga binabayarang buwis.



➤国民年金は、国籍を問わず、日本に住む20~59歳の人は支払う義務があります。
➤If you are 20~59 years old, you MUST enroll into National Pension System.
➤Lahat ng edad 20-59 na nakatira sa Japan ay dapat magbayad ng National Pension (Kokumin Nenkin).

このほかにもたくさんの生活ルール・習慣があります。動画で日本のルールを知ることができます。
動画は１７の言語で見られます。【生活オリエンテーション動画（出入国在留管理庁作成）】

There are many more rules and customs that you should follow while living in Japan. Immigration Services Agency of Japan has easy introduction videos about rules and customs in 17 languages. You can access them by scanning the QR code.

Marami pang ibang patakaran at nakaugalian sa pamumuhay sa Japan. Maaari ninyong mapanood sa video ang mga patakaran sa Japan sa 17 wika.【May Life Orientation Video – nilikha ng (Immigration Service Agency】

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