

練馬区長宛

転出届 郵送届出用

兼 国民健康保険被保険者資格喪失届 後期高齢者医療連絡票

下記のとおり届けます。

届出日 令和 年 月 日

転出(予定)年月日 令和 年 月 日

国民健康保険 入力・未入力

国保証記号・番号

今までの住所 練馬区 丁目 番 号 フリガナ 世帯主

新しい住所

国保証記号・番号 年 月 日

転出する人全員の氏名(フリガナ)

生年月日

性別

続柄

備考

1

明大昭平 西暦 年 月 日

男女

2

明大昭平 西暦 年 月 日

男女

3

明大昭平 西暦 年 月 日

男女

特例転出のご案内]
マイナンバーカードまたは住基カードをお持ちの方は特例の転出届をすることができます。
特例転出をする方には転出証明書(返信用封筒)の同封が不要になります。
特例転出を希望する方は、チェックしてください。
□特例転出

4

明大昭平 西暦 年 月 日

男女

5

明大昭平 西暦 年 月 日

男女

本人または同一世帯の方 ※署名してください。

氏名 TEL

自 宅 勤務先 携 帯

届出人

1 届出人の本人確認書類のコピー
マイナンバーカードのおもて面、運転免許証、在留カード、健康保険の資格確認書 保険者番号と被保険者番号をマスキング)など
2 返信用封筒 ※国外転出、特例転出の方は不要です。
転出証明書(返信用)宛先を記入し、切手を貼付してください。
切手の額)簡易書留 推奨)460円分または普通郵便110円分

届出の区分

証回収

本人確認

免 許

個 人 確 認

旅 券

障 手

特 永

在 留

保 険

年 金

後 期

介 護

生 保

乳・子

学 校

個 人 番 号 カード

通 知 カード

選 挙

そ の 他

児 童 手 当

国 保

在 留 カード 等

国 外 継 続

世帯主転出に伴う続柄変更(新続柄)

世帯主が転出され同一世帯の方が残る場合、残る方の氏名と新続柄を記入してください。

世帯主

1

2

3

4

5

国 保

受 付

入 力

証 発 行

証 回 収

審 査

照 合

住 記

受 付

入 力

審 査

カ ー ド 処 理

通 知

所 長

太ワクのなかをボールペンでお書きください。

Nerima — 住民異動届 — Residence Registration (Moving In/Out/Within)

Deadline: Must be submitted within 14 days of moving in | Cost: Free | Penalty: Fine of up to ¥50,000 for failure to register

WHAT TO BRING

>> First Time from Abroad

- | | |
|--|--------------|
| * Passport (all household members) | パスポート |
| * Residence Card (received at airport) | 在留カード |
| Marriage Certificate + Japanese translation (If registering with spouse) | 婚姻証明書 + 日本語訳 |
| Birth Certificate + Japanese translation (If registering children) | 出生証明書 + 日本語訳 |

>> From Another Municipality

- | | |
|---|-----------|
| * Residence Cards (all household members) | 在留カード |
| * Moving-Out Certificate (from previous ward) | 転出証明書 |
| My Number Card (all who have one) | マイナンバーカード |
| National Health Insurance Card (If enrolled) | 国民健康保険証 |

>> Moving Within Same Municipality

- | | |
|---|-----------|
| * Residence Cards (all household members) | 在留カード |
| My Number Card | マイナンバーカード |

COMMON MISTAKES

- X Writing name in romaji instead of katakana
 - > Most forms want katakana (カタカナ). Ask staff for help converting your name.
- X Using arrival date instead of move-in date
 - > 異動日 is when you moved into your apartment, not when your flight landed.
- X Leaving head of household (世帯主) blank
 - > If you live alone, you ARE the head of household. Write your own name.
- X Forgetting Japanese translations of certificates
 - > Marriage/birth certificates need a Japanese translation with the translator's name stated. A friend can do it — no certified translator required.

AFTER YOU SUBMIT

1. Your new address is printed on the back of your Residence Card (10-30 min wait)
2. My Number notification card mailed to your address (2-3 weeks, first-time only)
3. Enrolled in National Health Insurance (if not employer-provided) — same counter or nearby
4. Enrolled in National Pension (ages 20-59)
5. Can request Certificate of Residence (住民票) immediately — ¥300, needed for bank/phone/lease

タイトル・ 届出日 — Header & Dates

練馬区長宛

転出届 (郵送届出用)

兼 国民健康保険被保険者資格喪失届 後期高齢者医療連絡票)

兼 国民健康保険被保険者資格喪失届 後期高齢者医療連絡票)

下記のとおり届けます。

届出日 令和 年 月 日 転出(予定)年月日 令和 年 月 日 国民健康保険 入力 未入力 国保証記号・番号

- 1 住定日 年 月 日 Date of residence establishment __year __month __day
Enter the date you officially established residence at this address (usually your move-in date)
- 2 転出届 (郵送届出用) Moving Out Notification (For Mail-in Submission)
Use this form when moving out of the municipality and submitting by mail rather than in person
- 3 (兼 国民健康保険被保険者資格喪失届・後期高齢者医療連絡票)
(Also serves as National Health Insurance Policyholder Qualification Loss Notification / Elderly Medical Care Liaison Form)
- 4 練馬区長宛 To the Mayor of Nerima Ward
- 5 下記のとおり届けます。 I hereby notify/report as follows.
This is standard form language that appears before the details section - no action needed from you as it's just instructional text.
- 6 国保証記号・番号 National Health Insurance Card Symbol/Number
Enter the symbol and number from your National Health Insurance card if you have one; leave blank if not enrolled
- 7 届出日令和 Date of filing
Today's date. Use Japanese calendar or Western calendar.
- 8 日転出(予定)年月日令和 Moving out
- 9 日国民健康保険入力・未入力 National Health Insurance Input/Not Input
This indicates whether your national health insurance information has been entered into the system - typically handled by the office staff, not something you need to fill out.



Form p.1

届出人情報 — Who Is Filing

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届出日	令和 年 月 日	転出(予定)年月日	令和 年 月 日
練馬区	丁目 番	フリガナ	世帯主
今までの住所 (建物名と部屋番号)			
新しい住所			

国民健康保険	入力・未入力
国保証記号・番号	
-	
喪失年月日	
年 月 日	

印鑑	転入	後	負担	介護	住所	介護	住所	資	高
20-68 277	カ	カ	カ	カ	カ	カ	カ	カ	カ

- 1 国保証記号・番号 National Health Insurance Card Symbol/Number
- Enter the symbol and number from your National Health Insurance card if you have one; leave blank if not enrolled
- 2 届出日令和 Date of filing
- Today's date. Use Japanese calendar or Western calendar.
- 3 日転出(予定)年月日令和 Moving out
- 日国民健康保険入力・未入力 National Health Insurance Input/Not Input
- This indicates whether your national health insurance information has been entered into the system - typically handled by the office staff, not something you need to fill out.
- 5 フリガナ Phonetic reading (katakana)
- Write the katakana reading of your name. For foreign names, this IS your name in katakana.
- 6 練馬区 Nerima Ward
- This indicates the municipal jurisdiction - if you live in Nerima Ward, this form is for you
- 7 丁目 Block/District Number
- Enter the numbered district section of your address (e.g., if your address is "1-2-3 Shibuya", enter "1" for 1-chome)
- 8 喪失年月日 Date of Loss
- Enter the date you lost your previous status or registration (format: year/month/day using Japanese calendar or Western calendar as specified)
- 9 クの住所(建物名と部屋番号) Address
- Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.
- 10 なか新 し住い所 New address
- Write your complete new residential address including postal code, prefecture, city/ward, and building details
- 11 後期負担区 Late-stage burden category
- This refers to healthcare cost burden classification for those 75+ enrolled in the Late-stage Elderly Healthcare System - leave blank if under 75
- 12 国保住所資・知高齢証 Address
- Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.
- 13 介護住所介護 Address
- Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.
- 14 印登 録鑑証 Seal (inkan / hanko)
- Personal seal stamp. Most ward offices accept a written signature for foreigners instead.



届出人情報 — Who Is Filing (continued)

15

個住 力力 Individual Residence - Head of Household

Check the box if you are registering as an individual resident and head of your household

住所 — Addresses (Part 1/3)

1
の
な
か
を
ぶ

新しい住所

転出する人全員の氏名（フリガナ）

生年月日

性別

続柄

備考

5
印鑑登録証
登録
回収

6
個住
力

7
後期負担区
後期
高齢

8
介護住所介護
介護
保険
特例

9
住所
地
特例

10
介護
証
回
収

11
国保
資格
特例
回
収

12
住所
地
特例
回
収

13
資・知
高
齢
証
回
収

- 1
なか新 し住い所 New address
Write your complete new residential address including postal code, prefecture, city/ward, and building details
- 2
後期負担区 Late-stage burden category
This refers to healthcare cost burden classification for those 75+ enrolled in the Late-stage Elderly Healthcare System - leave blank if under 75
- 3
国保住所資・ 知高齢証 Address
Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.
- 4
介護住所介護 Address
Write in kanji if possible. Ward office staff can help you look up the correct kanji for your address.
- 5
印登 録鑑証 Seal (inkan / hanko)
Personal seal stamp. Most ward offices accept a written signature for foreigners instead.
- 6
個住 力 Individual Residence - Head of Household
Check the box if you are registering as an individual resident and head of your household
- 7
地証 Address certificate
This likely refers to documentation proving your address - prepare utility bills, lease agreement, or other address verification documents
- 8
保特回 Special Protection Return
N/A - this appears to be a system code or administrative marking rather than a field requiring input
- 9
性続 柄 Gender and Relationship
Fill in your gender (male/female) and relationship to the head of household (e.g., head, spouse, child, etc.)
- 10
登回 Registration/Return
This likely refers to registering a return to a previous address or re-registering after temporary absence - check the appropriate box if this applies to your situation.
- 11
登回 Registration/Return
This likely refers to registering a return to a previous address or re-registering after temporary absence - check the appropriate box if this applies to your situation.
- 12
転出する人全員の氏名（フリガナ） Phonetic reading (katakana) / Full name / Moving out
Write the katakana reading of your name. For foreign names, this IS your name in katakana. Write in katakana for foreign names. Some forms accept romaji.
- 13
生年月日 Date of birth
Format: 年(year) 月(month) 日(day). Use Japanese calendar (令和/平成) or Western year.
- 14
備 考 Remarks
Use this section for any additional notes or special circumstances regarding your address change that don't fit in other fields.



住所 — Addresses (Part 1/3) (continued)

15

格例回 収 Document retrieval/collection

This likely refers to collecting or retrieving official documents - follow staff instructions for any required document pickup.

住所 — Addresses (Part 2/3)

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ー
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ン

転出する人全員の氏名（フリガナ）		生年月日	性別	続柄	備考	登録	回収	登録	回収	高齢	証発行	保険	特例	回収	資格	特例	回収
1		明大昭平令西暦	男女			有無	済未	有無	済未	有無	有無	受有無	有無	済未	有無	済未	済未
2		明大昭平令西暦	男女			有無	済未	有無	済未	有無	有無	受有無	有無	済未	有無	済未	済未

- 1

年齢発行 Age issuance

N/A - this appears to be a partial label or system text, likely part of a larger field name
- 2

明大昭平令西暦男 Meiji, Taisho, Showa, Heisei, Reiwa, Western Calendar, Male

These are era options for dates and gender - select the appropriate Japanese era (or Western Calendar) for birth date, and check "男" if male
- 3

受有済 Already received

This is typically a checkbox or status field that office staff will mark - leave blank as an applicant
- 4

有済 Completed/Settled

This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
- 5

有済 Completed/Settled

This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
- 6

有有 Yes/Yes

This appears to be a checkbox or selection field - mark "Yes" for applicable items or questions on the form.
- 7

有有済済 Completed/Processed (status indicators)

N/A - this appears to be administrative status marking fields that office staff would fill out
- 8

無無未 None/None/Not yet

These likely refer to checkbox options for "無" (none/not applicable) and "未" (not yet/未定) - select the appropriate option based on your situation for each field.
- 9

明大昭平令西暦男 Meiji, Taisho, Showa, Heisei, Reiwa, Western Calendar, Male

These are era options for dates and gender - select the appropriate Japanese era (or Western Calendar) for birth date, and check "男" if male
- 10

受有済 Already received

This is typically a checkbox or status field that office staff will mark - leave blank as an applicant
- 11

有有済済 Completed/Processed (status indicators)

N/A - this appears to be administrative status marking fields that office staff would fill out
- 12

有済 Completed/Settled

This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
- 13

有済 Completed/Settled

This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.



住所 — Addresses (Part 2/3) (continued)

- 14

有有

Yes/Yes

This appears to be a checkbox or selection field - mark "Yes" for applicable items or questions on the form.
- 15

ン2

N2

住所 — Addresses (Part 3/3)

[illegible]

None/Not applicable

This typically appears as a checkbox option meaning you have no unmarried minor children to register or report changes for.

輸入税申告書

輸入品目: 車, エンジン

輸入税: 1,000,000.00

消費税: 100,000.00

合計: 1,100,000.00

輸入者: 株式会社 〇〇〇

輸出者: 株式会社 〇〇〇

通関士: 株式会社 〇〇〇

2010.10.10

異動者 — Person Table (Part 2/4)

書きださ	4		年	月	日	明大昭平令西暦	男女	出館をすることができます。 特例転出をする方には転出証明書 を交付しないため、返信用封筒の同封が不要になります。 特例転出を希望する方は、チェックしてください。	有無	済未	有無	済未	有無	済未	有無	済未	有無	済未	有無	済未
	5		年	月	日	明大昭平令西暦	男女		有無	済未	有無	済未	有無	済未	有無	済未	有無	済未	有無	済未

□特例転出

- 1 **有済** Completed/Settled
This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
 - 2 **有済** Completed/Settled
This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
 - 3 **有有** Yes/Yes
This appears to be a checkbox or selection field - mark "Yes" for applicable items or questions on the form.
 - 4 **日女** Japanese female
Check this box if you are a Japanese citizen and female
 - 5 **無無未** None/None/Not yet
These likely refer to checkbox options for "無" (none/not applicable) and "未" (not yet/未定) - select the appropriate option based on your situation for each field.
 - 6 **特例転出を希望する方は、チエツ** Moving out
 - 7 **明大昭平令西暦男** Meiji, Taisho, Showa, Heisei, Reiwa, Western Calendar, Male
These are era options for dates and gender - select the appropriate Japanese era (or Western Calendar) for birth date, and check "男" if male
 - 8 **受有済** Already received
This is typically a checkbox or status field that office staff will mark - leave blank as an applicant
 - 9 **有有済済** Completed/Processed (status indicators)
N/A - this appears to be administrative status marking fields that office staff would fill out
 - 10 **有済** Completed/Settled
This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
 - 11 **有済** Completed/Settled
This likely indicates a status checkbox - mark if applicable fees or requirements have been completed/settled.
 - 12 **有有** Yes/Yes
This appears to be a checkbox or selection field - mark "Yes" for applicable items or questions on the form.
 - 13 **さ5** Sa5
This appears to be a form section identifier or reference number - leave blank as it's likely for administrative use only.
 - 14 **□特例転出** Moving out
 - 15 **無未** None/Not applicable
This typically appears as a checkbox option meaning you have no unmarried minor children to register or report changes for.

The image shows a Japanese Customs Declaration Form (輸入申告書) for a personal import. The form is titled '輸入申告書' and '個人輸入申告書'. It contains fields for the importer's name, address, and contact information. The main section is for the goods being imported, with columns for item name, quantity, unit, and value. A red box highlights the '品名' (Item Name) column. The bottom section contains a declaration by the importer and a signature area.

- 1 **本人または同一世帯の方 ※署名してください。** Signature
Sign your name. Foreigners can use a written signature instead of a seal (inkan).
- 2 **届出の区分** Type of notification
Check the appropriate box for your situation (moving in, moving out, address change within city, etc.)
- 3 **証回収** Certificate collection/retrieval
This likely refers to collecting or returning official certificates - check with municipal staff about which documents you need to submit or retrieve
- 4 **届氏名** Full name
Write in katakana for foreign names. Some forms accept romaji.
- 5 **健康保険の資格確認書 (保険者番号と被保険者番号をマスキング) など全一特**
Health insurance qualification confirmation document (with insurer number and insured person number masked) etc., all unified special
Provide a copy of your health insurance card or qualification document, but black out/cover the insurer and insured person numbers for privacy protection
- 6 **自 宅 2 返信用封筒 ※国外転出、特例転出の方は不要です。** Moving out
- 7 **TEL** TEL
Write your phone number where you can be reached during business hours for any questions about your registration.
- 8 **部部例** Section/Department Example
N/A - this is likely a header or example text showing format for department/section fields
- 9 **日中連絡が取れる連絡先を必ずご記入ください。携 帯**
Please be sure to fill in a contact number where you can be reached during the day. Mobile
Write your mobile phone number where you can be contacted during daytime hours (9 AM - 5 PM).
- 10 **(切手の額) 簡易書留 (推奨) 460円分または普通郵便110円分**
(Postage amount) Simple registered mail (recommended) 460 yen or regular mail 110 yen
Choose registered mail (460 yen) for important documents to ensure delivery confirmation, or regular mail (110 yen) for basic delivery.
- 11 **世帯主転出に伴う続柄変更 (新続柄)** Relationship to head of household / Moving out
See relationship terms table.
- 12 **☐免許☐保険** ☐License ☐Insurance
Check these boxes to indicate which documents (driver's license, insurance cards, etc.) need address updates due to your residence change.
- 13 **☐乳・子** ☐Infant/Child
Check this box if the person being registered is an infant or child (likely under a certain age threshold defined by the municipality)
- 14 **☐児童手当** ☐Child Allowance
Check this box if you're applying for or need to update child allowance benefits for dependent children under 15

[illegible]

異動者 — Person Table (Part 3/4) (continued)

15

世帯主が転出され同一世帯の方が残る場合、

Moving out

異動者 — Person Table (Part 4/4)

世帯主が転出され同一世帯の方が残る場合、
残る方の氏名と新続柄を記入してください。

1

世帯主

2

1

本人確認

2

免許
個人カード
旅券
障害手帳
特永在留

3

保険
年金
後期介護
介護生保

4

乳・子
学校
個人番号カード
通知カード
選挙
その他

5

児童手当
国保
在留カード等
国外継続

国保

受付

入力

証発行

証回収

審査

照合

- 1

本¹個²カード³年⁴金⁵ My Number Card/Pension

Check the box if you have a My Number Card and/or need to update pension information due to your address change.
- 2

世帯主 Head of household

Write the name of the person who is registered as the head of the household you're joining or leaving
- 3

確¹障²手³介⁴護⁵ Disability Certificate / Care

Check the boxes if you have a disability certificate or need long-term care services
- 4

□通知カード□在留カード等 □Notification Card □Residence Card, etc.

Check the box for whichever card type you possess - foreign residents should typically check "Residence Card, etc."
- 5

受 付 Reception/Received

N/A - this is an office use only section where municipal staff will stamp or write when they receive your form
- 6

入 力 Input/Entry
- 7

証発行 Certificate issuance

Check this box if you need official certificates (like residence certificate) issued along with your registration change
- 8

証回収 Certificate collection/retrieval

This likely refers to collecting or returning official certificates - check with municipal staff about which documents you need to submit or retrieve
- 9

審 査 Review/Examination

N/A - this is a section header for municipal office use only
- 10

照 合 Verification/Cross-reference
- 11

□国外継続 □Continued residence abroad

Check this box if you are continuing to live outside Japan (e.g., extending an overseas stay)
- 12

□その他 □ Other

Check this box if your situation doesn't fit the other provided categories on the form.



本人確認書類 — ID & Documents

2		
3		
4		
5		

認

☐ 特永

☐ 生保

☐ 在留

☐ その他

()

☒ 選挙

☒ その他

()

☒ 国外継続

()

国保

1	2	3	4	5	6
受付	入力	審査	カード処理	通知	所長

住記

- 1

☐ 国外継続

☐ Continued residence abroad

Check this box if you are continuing to live outside Japan (e.g., extending an overseas stay)
- 2

☐ その他

☐ Other

Check this box if your situation doesn't fit the other provided categories on the form.
- 3

() () () ()
- 4

受付

Reception/Received

N/A - this is an office use only section where municipal staff will stamp or write when they receive your form
- 5

入力

Input/Entry
- 6

審査カード処理通知

Examination Card Processing Notification

N/A if it's just instructions/layout text
- 7

所長

Director

N/A (this is a title/header field, not for you to fill out)



COUNTER PHRASES

Point and show these to ward office staff

FINDING THE COUNTER

すみません、住民登録の窓口はどこですか？

Sumimasen, jūmin tōroku no madoguchi wa doko desu ka?

Excuse me, where is the resident registration counter?

STATING YOUR PURPOSE

転入届を出したいのですが

Tennyu todoke wo dashitai no desu ga

I'd like to submit a moving-in notification

FIRST TIME FROM ABROAD

海外から初めて転入します

Kaigai kara hajimete tennyu shimasu

I'm registering for the first time from abroad

FROM ANOTHER WARD

〇〇区から転入します

〇〇-ku kara tennyu shimasu

I'm moving in from 〇〇 Ward

ASKING FOR ENGLISH FORM

英語の用紙はありますか？

Eigo no yōshi wa arimasu ka?

Do you have an English version of the form?

ASKING FOR HELP FILLING OUT

記入方法を教えていただけますか？

Kinyū hōhō wo oshiete itadakemasu ka?

Could you help me fill this out?

REQUESTING RESIDENCE CERTIFICATE

住民票もお願いしたいのですが

Jūminhyō mo onegai shitai no desu ga

I'd also like a Certificate of Residence, please

ASKING ABOUT MY NUMBER

マイナンバーはいつ届きますか？

Mainanbā wa itsu todokimasu ka?

When will my My Number arrive?