

To All Foreign Nationals Who Are Facing Workplace Issues

Free of Charge

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You can consult about workplace problems in multiple languages at a Labour Bureau or a Comprehensive Labor Consultation Corner.

Languages Available for Consultation

- 英語/English
- 中国語/中文
- 韓国語/한국어
- タイ語/ภาษาไทย
- ポルトガル語/Português
- スペイン語/Español
- ネパール語/नेपाली、
- タガログ語/Tagalog
- ベトナム語/Tiếng Việt
- インドネシア語/Bahasa Indonesia
- モンゴル語/Монгол хэл
- ミャンマー語/မြန်မာဘာသာ
- カンボジア語/ភាសាខ្មែរ

Consultation Examples

- I was suddenly asked by the CEO to quit my job.
- My request for vacation was not approved.
- I want to quit my job, but I am not allowed to.
- I am being ignored and/or yelled at by my colleagues.
- My working hours have been shortened and my income has decreased.



Please come to the counter if you would like to have a consultation.
The consultation over the phone will be conducted only in Japanese.

ちか ろうどうきょく そうごうろうどうそうだん かくにん
 お近くの労働局・総合労働相談コーナーはこちらからご確認ください。

Please check here for a Labour Bureau or a Comprehensive Labor Consultation Corner near you.

| Labour Bureaus | Adress | Labour Bureaus | Adress |
|----------------|---|----------------|---|
| Hokkaido | 9F First Sapporo Joint Government Office, 2-1-1 Kita Hachijyo Nishi, Kita-ku, Sapporo-shi | Tokyo | 14F Third Kudan Joint Government Office, 1-2-1 Kudanminami, Chiyoda-ku |
| Aomori | 8F Aomori Joint Government Office, 2-4-25 Shinmachi, Aomori-shi | Kanagawa | 13F Second Yokohama Joint Government Office, 5-57 Kitanakadori, Naka-ku, Yokohama-shi |
| Iwate | 5F Second Morioka Joint Government Office, 1-9-15 Moriokaekinishitori, Morioka-shi | Niigata | 4F Niigata Misaki Joint Government Office, Bldg. No. 2, 1-2-1 Misakicho, Chuo-ku, Niigata-shi |
| Miyagi | 8F Fourth Sendai Joint Government Office, 1 Teppoumachi, Miyagino ku, Sendai-shi | Toyama | 4F Toyama Labor General Government Office, 1-5-5 Jinzuhonmachi, Toyama-shi |
| Akita | 4F Akita Joint Government Office, 7-1-3 Sannou, Akita-shi | Ishikawa | 6F Kanazawa Station West Joint Government Office, 3-4-1 Sainen, Kanazawa-shi |
| Yamagata | 3F Yamako Bldg., 3-2-1 Kasumicho, Yamagata-shi | Fukui | 9F Fukui Haruyama Joint Government Office, 1-1-54 Haruyama, Fukui shi |
| Fukushima | 4F Fukushima Joint Government Office, Bldg. No. 2, 5-46 Hanazonocho, Fukushima-shi | Yamanashi | 4F 1-1-11 Marunouchi, Kofu-shi |
| Ibaraki | 6F Ibaraki Labor General Government Office, 1-8-31 Miyamachi, Mito shi | Nagano | 4F Nagano Labor General Government Office, 1-22-1 Nakagoshou, Nagano-shi |
| Tochigi | 3F Second Utsunomiya Local Joint Government Office, 1-4 Akebonocho, Utsunomiya-shi | Gifu | 4F Gifu Joint Government Office, 5-13 Kinryucho, , Gifu-shi |
| Gunma | 8F Maebashi Local Joint Government Office, 2-3-1 Otemachi, Maebashi shi | Shizuoka | 5F Shizuoka Local Joint Government Office, 9-50 Outemachi, Aoi-ku, Shizuoka-shi |
| Saitama | 16F Land Axis Tower, 11-2 Shintoshin, Chuo-ku, Saitama-shi | Aichi | 8F Nagoya Joint Government Office, Bldg. No. 1, 2-2-1 Sannomaru, Naka-ku, Nagoya-shi |
| Chiba | Second Chiba Local Joint Government Office, 4-11-1 Chuo, Chuo-ku, Chiba-shi | Mie | 2F Second Tsu Local Joint Government Office, 327-2 Shimazakicho, Tsu-shi |

Hours: 08:30-17:15 (closed on Saturdays, Sundays, national holidays, end of year and New Year's holiday)

| Labour Bureaus | Adress | Labour Bureaus | Adress |
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| Shiga | 4F Shiga Labor General Government Office, 14-5 Uchidehama, Otsu-shi | Kagawa | 2F Takamatsu Sunport Joint Government Office (North Annex), 3-33 Sunport, Takamatsu-shi |
| Kyoto | 451 Ryougaemachido-ri Oikegaru Kinbukicho, Nakagyo-ku, Kyoto-shi | Ehime | 6F Matsuyama Wakakusa Joint Government Office, 4-3 Wakakusacho, Matsuyama-shi |
| Osaka | 8F Osaka Joint Government Office, Bldg. No. 2, 4-1-67 Otemae, Chuo-ku, Osaka-shi | Kochi | 4F Labor General Government Office, 1-39 Minamikanada, Kochi-shi |
| Hyogo | 15F Kobe Crystal Tower, 1-1-3 Higashikawasakicho, Chuo-ku, Kobe-shi | Fukuoka | 4F Fukuoka Joint Government Office (New Annex), 2-11-1 Hakataekihigashi, Hakata-ku, Fukuoka-shi |
| Nara | 2F Third Nara Local Joint Government Office, 387 Horencho, Nara-shi | Saga | 3F Second Saga Joint Government Office, 3-3-20 Ekimaechuo, Saga-shi |
| Wakayama | 4F Wakayama Labor General Government Office, 2-3-3 Kuroda, Wakayama-shi | Nagasaki | Nagasaki TBM Nagasaki Bldg., 7-1 Manzaimachi, Nagasaki-shi |
| Tottori | 2-89-9 Tomiyasu, Tottori-shi | Kumamoto | 9F Kumamoto Local Joint Government Office, Bldg. A., 2-10-1 Kasuga, Kumamoto-shi |
| Shimane | 5F Matsue Local Joint Government Office, 134-10 Mukoujimacho, | Oita | 3F Oita Second Sofia Plaza Bldg., 17-20 Higashikasugamachi, Oita-shi |
| Okayama | 3F Second Okayama Joint Government Office, 1-4-1 Shimoishii, Kita-ku, Okayama-shi | Miyazaki | 4F Miyazaki Joint Government Office, 3-1-22 Tachibanado-ri Higashi, Miyazaki-shi |
| Hiroshima | 5F Hiroshima Joint Government Office, Bldg. No. 2, 6-30 Kamihacchobori, Naka-ku, Hiroshima-shi | Kagoshima | 2F Kagoshima Joint Government Office, 13-21 Yamashitacho, Kagoshima-shi |
| Yamaguchi | 5F Yamaguchi Local Joint Government Office, Bldg. No. 2, 6-16 Nakagawaracho, Yamaguchi-shi | Okinawa | 3F Second Naha Local Joint Government Office, Bldg. No. 1, 2-1-1 Omoromachi, Naha-shi |
| Tokushima | 4F Tokushima Local Joint Government Office, 6-6 Jyounai, | | |

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