

For foreigners and international students who are seeking a job

Choose the appropriate agencies to avoid troubles in your job search!

Foreigners seeking a job have been in troubles that they are charged for job placement services. In case of seeking a job, please use the Public Employment Security Office or the appropriate agencies.

1 Have you been told to pay for job placement services?

You do not have to pay for job placement services or application for employment. **Please keep the evidence if you pay.**

2 Have you confirmed if the agency has a license?

The license is required to provide job placement (employment placement) services. **Please confirm the license number.**

3 Have you properly been informed of working conditions?

Working conditions such as job descriptions, salary, and working place must be presented in writing. **Please confirm and keep it.**

- You can confirm license numbers on “Human Resource Service General Site”.

Human Resource
Service General Site



- For more details, please refer to the brochure for job seekers on the Ministry of Health, Labour and Welfare website.

Brochure



For consultation

- This is a government agency
- Call us with confidence
- Confidential

Prefectural Labour Bureau, Demand and Supply Adjustment Division
The phone number is on the back page
Office hours: 8:30 - 17:15

Inquiry and Consultation

Please contact with each Prefectural Labour Bureau for inquiries and consultations

Labour Bureau Name	Division Name	Phone Number	Labour Bureau Name	Division Name	Phone number
Hokkaido	Demand and Supply Adjustment Division	011-738-1015	Shiga	Demand and Supply Adjustment office	077-526-8617
Aomori	Demand and Supply Adjustment office	017-721-2000	Kyoto	Demand and Supply Adjustment Division	075-241-3225
Iwate	Demand and Supply Adjustment office	019-604-3004	Osaka	Demand and Supply Adjustment Second Division	06-4790-6319
Miyagi	Demand and Supply Adjustment Division	022-292-6071	Hyogo	Demand and Supply Adjustment Division	078-367-0831
Akita	Demand and Supply Adjustment office	018-883-0007	Nara	Demand and Supply Adjustment office	0742-88-0245
Yamagata	Demand and Supply Adjustment office	023-676-4618	Wakayama	Demand and Supply Adjustment office	073-488-1160
Fukushima	Demand and Supply Adjustment office	024-529-5746	Tottori	Employment Security Division	0857-29-1707
Ibaraki	Demand and Supply Adjustment office	029-224-6239	Shimane	Employment Security Division	0852-20-7017
Tochigi	Demand and Supply Adjustment office	028-610-3556	Okayama	Demand and Supply Adjustment office	086-801-5110
Gunma	Demand and Supply Adjustment office	027-210-5105	Hiroshima	Demand and Supply Adjustment Division	082-511-1066
Saitama	Demand and Supply Adjustment Division	048-600-6211	Yamaguchi	Demand and Supply Adjustment office	083-995-0385
Chiba	Demand and Supply Adjustment Division	043-221-5500	Tokushima	Demand and Supply Adjustment office	088-611-5386
Tokyo	Demand and Supply Adjustment Second Division	03-3452-1474	Kagawa	Demand and Supply Adjustment office	087-806-0010
Kanagawa	Demand and Supply Adjustment Division	045-650-2810	Ehime	Demand and Supply Adjustment office	089-943-5833
Niigata	Demand and Supply Adjustment office	025-288-3510	Kochi	Employment Security Division	088-885-6051
Toyama	Demand and Supply Adjustment office	076-432-2718	Fukuoka	Demand and Supply Adjustment Division	092-434-9711
Ishikawa	Demand and Supply Adjustment office	076-265-4435	Saga	Demand and Supply Adjustment office	0952-32-7219
Fukui	Demand and Supply Adjustment office	0776-26-8617	Nagasaki	Demand and Supply Adjustment office	095-801-0045
Yamanashi	Demand and Supply Adjustment office	055-225-2862	Kumamoto	Demand and Supply Adjustment office	096-211-1731
Nagano	Demand and Supply Adjustment office	026-226-0864	Oita	Demand and Supply Adjustment office	097-535-2095
Gifu	Demand and Supply Adjustment office	058-245-1312	Miyazaki	Demand and Supply Adjustment office	0985-38-8823
Shizuoka	Demand and Supply Adjustment Division	054-271-9980	Kagoshima	Demand and Supply Adjustment office	099-803-7111
Aichi	Demand and Supply Adjustment Second Division	052-685-2555	Okinawa	Demand and Supply Adjustment office	098-868-1637
Mie	Demand and Supply Adjustment office	059-226-2165			