

Top Three Foreign Resident Populations in Nagasaki Prefecture by Municipality.

Over 16,000 foreigners live in Nagasaki Prefecture.

Below is a table showing the top 3 foreigner populations of Nagasaki Prefecture, its cities, and its towns.

Nagasaki Prefecture 16,393
Vietnam 3,241
China 2,100
The Philippines 1,931

Nagasaki City 5,326
China 1,117
Nepal 815
The Philippines 811

Sasebo City 2,804
Nepal 428
China 396
Vietnam 367

Shimabara City 783
Vietnam 214
Nepal 156
Myanmar 117

Isahaya City 1,519
Vietnam 509
Indonesia 278
Myanmar 167

Omura City 817
Vietnam 144
Indonesia 102
China 99

Hirado City 282
Indonesia 83
Vietnam 59
Myanmar 34

Matsuura City 338
Vietnam 126
Indonesia 92
The Philippines 57

Tsushima City 394
Korea 159
Indonesia 96
Vietnam 33

Iki City 117
Myanmar 26
China 24
The Philippines 19

Goto City 410
Vietnam 134
Indonesia 72
Myanmar 62

Saikai City 840
Vietnam 345
The Philippines 255
Indonesia 131

Unzen City 966
Indonesia 280
Vietnam 260
Cambodia 167

Minamishimabara City 530
Vietnam 189
Indonesia 90
Myanmar 83

Nagayo Town 210
Vietnam 51
China 41
The Philippines 23

Togitsu Town 455
China 121
Nepal 59
Indonesia 55

Higashisonogi Town 100
Myanmar 30
The Philippines 22
Indonesia 11

Kawatana Town 95
Vietnam 36
Myanmar 19
America, The Philippines 8

Hasami Town 93
Indonesia 19
The Philippines 13
China 11

Ojika Town 18
Indonesia 5
Vietnam 4
America, Myanmar 2

Saza Town 100
Indonesia 30
The Philippines 19
Cambodia 13

Shinkamigoto Town 196
Indonesia 112
Myanmar 29
Vietnam 23

Reference: Immigration Services Agency of Japan, Statistics on Foreign Residents (formerly Statistics on Registered Foreign Residents)

Statistical Tables: Survey Month: June 2025; Published: December 2025.



Frequently Asked Questions from Foreign Residents

(Reference: Council of Local Authorities for International Relations (CLAIR),

“Living in Japan: Frequently Asked Consultation Cases for Foreign Residents”)



Regarding Work



I'd like to find a job. What should I do?



First, check whether your residence status permits employment. In Japan, Public Employment Security Offices (Hello Work) offer free job counselling and employment placement/referral to foreigners, so feel free to speak to your nearest Hello Work. Also, on the Ministry of Health, Labour and Welfare website, they offer a lot of information on their “Employment Measures for Foreign Workers” page, so check that out too!

<Reference>

[Ministry of Health, Labour and Welfare]

<http://www.mhlw.go.jp/>

• Employment Measures for Foreign Workers

<http://www.mhlw.go.jp/bunya/koyou/gaikokujin.html>

• Locations of Public Employment Security Offices (Hello Work)

<http://www.mhlw.go.jp/kyujin/hwmap.html>

• List of Public Employment Security Offices (Hello Work) with Foreign-Language Consultation Services

<http://www.mhlw.go.jp/bunya/koyou/naitei/dl/nihong1.pdf>



I can't read Japanese, so I had the terms of employment explained to me verbally but I'm still worried. Can I sign an employment contract?



Under the Labor Standards Act, when you enter an employment contract, your employer is required to provide you with a written document stating the terms and conditions of employment, including wages and working hours. If the contract is written in Japanese, try to get it translated into your native language and make sure you check the contents. The employment contract and rules of employment are important references for avoiding any issues in the future. Japanese labor laws also apply equally to foreign workers, including migrant workers who have overstayed their visas.

<Reference>

[Ministry of Health, Labour and Welfare]

<http://www.mhlw.go.jp/>

• Employment Contract

<http://www.mhlw.go.jp/bunya/roudoukijun/keiyaku.html>

• List of Leaflets Related to Labor Standards Administration

<http://www.mhlw.go.jp/new-info/kobetu/roudou/gyousei/index.html>

Free Multilingual Booklets for Foreigners Available

Three booklets covering daily life, healthcare, and child-rearing are available free of charge in Japanese, English, Chinese, Korean, and Vietnamese. ※ The contents of these booklets can also be viewed on our website.



《Free Multilingual Booklets!》

- ★ “A Guidebook for Living in Nagasaki Prefecture”
- ★ “Things You Need to Know Before Disaster Strikes!!”
- ★ “Guide to Using Medical Institutions”

[Consultation Services for Foreign Residents in Nagasaki Prefecture]

Nagasaki Prefecture Consultation Center for Foreign People

Phone: 095-820-3377

Hours: 9:00 a.m. to 4:00 p.m. (Closed on Saturday, Sunday, Public Holidays, and New Year's (29th of December – 3rd of January).

[Agency for Consultation on Status of Residence and Other Matters]

Foreign Residents Support Center (FRESC)

The Foreign Residents Support Center (FRESC) is a government office that provides support for foreign residents living and working in Japan. It offers consultation services and assistance.

Phone: 0570-011000

Hours: 9:00 a.m. to 5:00 p.m. (Closed on Saturday, Sunday, Public Holidays, and New Year's (29th of December – 3rd of January).

Practical Knowledge for Daily Life 《Trash Collection》

You need to separate trash into different categories.

Trash separation rules vary depending on the community.

The municipal offices make leaflets or pamphlets to explain how to separate trash.

Some municipal offices prepare flyers and leaflets in foreign languages.

Information is also provided on the municipal offices' websites.

Check the trash disposal rules in your town.

(Reference: Tokyo Multicultural Coexistence Portal Site)



Trash separation

Burnable waste, recyclable waste, non-burnable waste, plastic containers and packaging, oversized waste, and others (air conditioners, televisions, refrigerators, washing machines, etc.)

How to dispose trash

Take your trash to the designated place by your apartment or condominium.

Trash collection days are different depending on the category of trash.

Take your trash out by the specified time on specified day of the week.

Transparent or translucent plastic bags are often used for garbage bags.

Designated garbage bags must be used in some municipals.

The trash will not be collected If you put it out on a wrong day and time, is the wrong category or disposed incorrectly, so please be careful.



Oversized trash (sodai gomi)

Oversized trash such as furniture and bicycles are called "sodai gomi".

To dispose of oversized trash, request a special pickup service to the "Oversized Waste Reception Center" by phone or online.

You will be charged a fee to dispose oversized trash.

Dispose of home appliance

Air conditioners, TVs, refrigerators, freezers, washing machines and dryers cannot be disposed of as oversized trash.

Ask the store where you buy the new product to take old one.

If the store cannot take it, ask your local municipal office.



Notices from the Nagasaki International Association!

International Understanding Class for Kids: “Learn! Play! World Travel Experience!”

Children travel from country to country with a passport, listening to stories from people from around the world and interacting with them. This event is very popular every year.

Date & Time: Monday, August 3, 2026, from 1:00 pm to 3:00 pm.

Location: Nagasaki City Library, Multipurpose Hall

Capacity: 30 Elementary School Students

(first-come, first-served; registration will close once capacity is reached)

Organizer: Nagasaki International Association (Phone: 095-823-3931) and

Fudogiken Nagasaki City Library

17th “Let’s Talk in Nagasaki” Japanese Speech Contest for Foreigners

Would you like to make your voice heard as a foreigner living in Nagasaki Prefecture?

Date: Sunday, November 15, 2026

Location: Nagasaki National Peace Memorial Hall for the Atomic Bomb Victims

Prize: 1st place: 50,000 yen, 2nd place: 30,000 yen, 3rd place: 20,000 yen, Future Award: 10,000 yen

Organizer: Nagasaki International Association (Phone: 095-823-3931), Nagasaki Peace Promotion Association

The 28th Nagasaki International Festival

We have lots of things planned that can be enjoyed by kids and adults alike! Japanese and foreign participants involved in international exchange and cooperation are look forward to welcoming you!

Date: Sunday, December 13, 2026

Location: Nagasaki Prefectural Office

Organizer: Nagasaki International Association (Phone: 095-823-3931), Festival 2026 Promotion Team

Seeking: Foreign Volunteer for Business Support

We are looking for volunteers willing to support our activities on Monday, Tuesday, or Friday afternoons from 1:00 pm to 4:00 pm. Tasks are simple and include making copies of newspapers, folding leaflets and more, all while interacting with Japanese volunteers. To cover transport costs, we will provide 1,000 yen for each visit, paid in the following month.

Please don't hesitate to reach out to us if you're interested in volunteering!



We support local multiculturalism and international exchange.

Nagasaki International Association

Phone : 095-823-3931

Email : nia@nia.or.jp

Open Hours: Monday – Friday, 9:00 a.m. to 5:30 p.m.



WEB



FACEBOOK

Nagasaki Prefecture Consultation Center for Foreign People

Consultation re: Status of Residence, Childbirth, Welfare, etc.

Phone: 095-820-3377

Email : soudan@nia.or.jp

Open Hours: Monday – Friday, 9:00 a.m. to 4 p.m.