

自転車交通安全ガイド(英語・中国語・韓国語・ベトナム語)

Traffic safety guidelines for Cyclists.

自行车交通安全手册

자전거의 교통안전 가이드

Hướng dẫn an toàn giao thông của xe đạp



① 車道の左側端を通行するのが原則です。

In principle, cyclists must run on the road and keep left.

原则上要在车道左端通行。

차도의 왼편을 통행할 것이 원칙입니다.

Nguyên tắc là đi bên trái đường cho xe



② 交差点では、信号と一時停止を守って、安全確認をしてください。

At the intersection, obey the signals or stop sign and look both ways before proceeding.

要在十字路口上，遵守红绿灯和暂停标识，确认安全。

교차로에서는 신호등이나 일시정지 표지를 준수하고 좌우의 안전을 확인합니다.

Tại ngã tư, hãy tuân tín hiệu và dừng lại một lúc, xác nhận an toàn



③ 夜間はライトを点灯してください。

Use the lights at night

夜间要打车灯。

야간에는 라이트를 점등합니다.

Hãy bật đèn khi đi xe vào ban đêm



④ 飲酒運転は禁止です。

Drinking and driving is prohibited.

禁止酒后骑车。

음주운전은 금지입니다.

Cấm đi xe sau khi uống rượu



⑤ ヘルメットを着用しましょう。

Wear a helmet when you ride a bicycle.

戴好安全帽。

헬멧을 착용합니다.

Hãy đội mũ bảo hiểm



長崎県警察

Nagasaki Prefectural Police

长崎县警察

나가사키현경찰

Cảnh sát Nagasaki

日本の主な道路標識 Major road signs in Japan 日本主要的交通標誌 일본의 주요 교통표지

Biển báo đường bộ chính ở Nhật Bản



車や自転車は、通行することができません。

Road closed to vehicles and bicycles

禁止车辆及自行车通行。

자동차와 자전거 통행금지

Xe ô-tô và xe đạp không được đi qua



車や自転車は、ここから入ってはいけません。

No entry for vehicles and bicycles

禁止车辆及自行车进入此地。

자동차와 자전거 진입금지

Xe ô-tô và xe đạp không được vào



車や自転車は、一時停止して左右の安全を確認すること。

Vehicles and bicycles must come to a full stop. Look both ways before proceeding

车辆及自行车要短暂停车，确认左右安全。

자동차와 자전거는 일시정지하여 좌우의 안전을 확인할 것.

Xe ô-tô và xe đạp hãy dừng lại một lúc và xác nhận an toàn cả hai phía trái, phải



車や自転車は、矢印の方向のみに進行すること。

Vehicles and bicycles can proceed only in the direction of the arrow. (One-way)

车辆及自行车只能箭头方向通行

자동차와 자전거는 화살표의 방향으로 진행할 것

Xe ô-tô và xe đạp chỉ được đi theo hướng mũi tên



この標識がある歩道は、自転車の通行が可能です。

Bicycles can pass through on sidewalks with this road sign.

在有这标识的人行道上，能骑自行车。

이 표식이 있는 보도는 자전거 통행가능

Xe đạp được đi trên vỉa hè có biển báo này

Road Traffic Act amendment

For all bicycle users



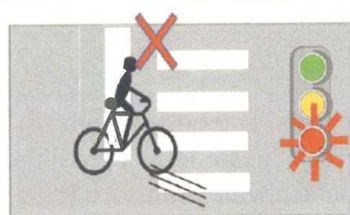
Traffic violations by bicycles will be subject to blue tickets (traffic violation tickets)

Effective from April 1, 2026

Applicable

- Among bicycle violations, clear and standardized specific acts (minor offenses)
- Age 16 and over (regardless of driver's license possession)

Main examples of applicable traffic violations and penalty amounts



【Ignoring traffic signals (red light)】
Penalty: 6,000 yen



【Failure to stop at a stop sign】
Penalty: 5,000 yen



【Use of mobile phones, etc. (holding)】
Penalty: 12,000 yen



【Riding double】
Penalty: 3,000 yen



【Riding side by side】
Penalty: 3,000 yen



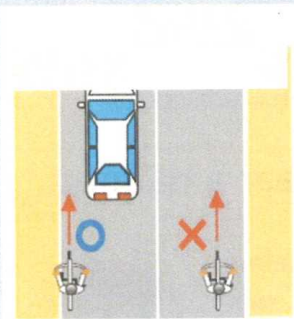
【Riding while holding an umbrella】
Penalty: 5,000 yen



【Entering railroad crossings while barriers are down】
Penalty: 7,000 yen



【Riding without lights】
Penalty: 5,000 yen



【Riding on the right side of the road】
Penalty: 6,000 yen



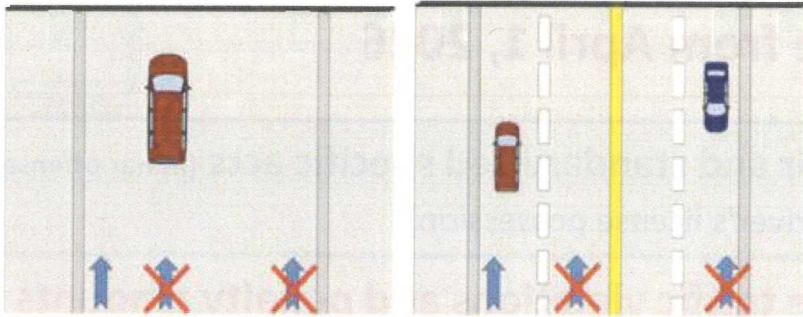
Nagasaki Prefectural Police



English
【英語】

Safe use of bicycles (main traffic rules)

① Principle of riding on the roadway

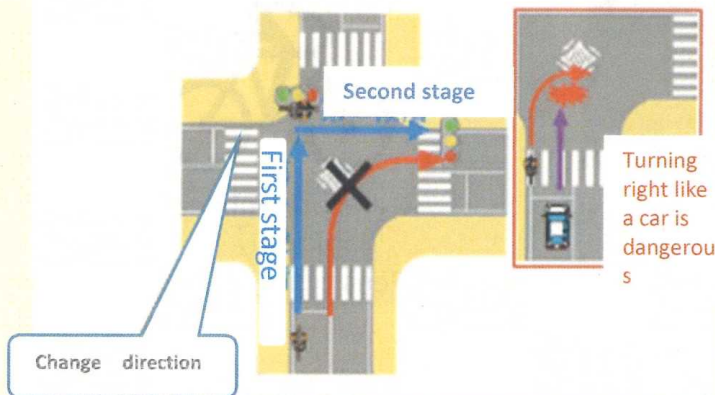


○ Bicycles must ride along **the left edge of the road**

○ Riding on the right side (**wrong-way riding**) risks head-on collisions with cars

② How to turn right at intersections (**two-step right turn**)

Right turns must be **two-step right turns**



○ At both **signalized and non-signalized intersections**, move as far left as possible in advance and make a wide **right turn (two-step right turn)**

○ You cannot turn right like a car by moving to the center of the road in advance (**direct right turn**)

③ Turn on lights at night



At night, **turn on your lights** to make your presence visible

④ Drunk driving is prohibited



[Driving under the influence]
Imprisonment up to 5 years or
a fine of up to 1,000,000yen

[Driving under the influence of alcohol]
Imprisonment up to 3 years
or a fine of up to 500,000 yen

⑤ Wear a helmet

Wear a helmet



For safety, wear a **helmet** when riding a bicycle

☆For details, see here



National Police Agency Traffic Bureau –
Bicycle Rulebook



Nagasaki Prefectural Police



English
【英語】

Penalties

for riding a bicycle while using a smartphone or riding under the influence of alcohol.



November 1, 2024
Road Traffic Law Amendment

New penalties while riding a bicycle

using a smartphone → Imprisonment up to 1 year or fine up to 300,000 yen

under the influence of alcohol → Imprisonment up to 3 years or fine up to 500,000 yen

New penalties have been established for dangerous **bicycle** riding



using a smartphone while riding



The act of holding a smartphone or similar device in hand while riding a bicycle and talking, as well as the act of focusing on the screen, has been newly prohibited and is subject to penalties.

※Operations while stopped are not subject to penalties.

Violators will be subject to :

imprisonment for up to 6 months or a fine of up to 100,000 yen

In cases where traffic danger is caused :

imprisonment for up to 1 year or a fine of up to 300,000 yen



riding under the influence of alcohol



The act of holding a smartphone or similar device in hand while riding a bicycle and talking, as well as the act of focusing on the screen, has been newly prohibited and is subject to penalties.

※Operations while stopped are not subject to penalties.

Violators will be subject to :

imprisonment for up to 3 years or a fine of up to 500,000 yen

Bicycle providers :

Imprisonment for up to 3 years or a fine of up to 500,000 yen

Providers of alcohol and passengers :

Imprisonment for up to 2 years or a fine of up to 300,000 yen



“Using a smartphone while riding” and “riding under the influence of alcohol” are subject to the bicycle rider training system

Bicycle Rider Training System

Individuals who repeatedly commit certain violations (dangerous actions) that may cause traffic hazards while riding a bicycle will be subject to the training system. ※Violation of the training order: a fine of up to 50,000 yen.

Dangerous actions

Ignoring traffic signals, failing to stop at designated locations, entering a closed railroad crossing, violating safety driving duties, and violating traffic lane rules, etc.

To all foreigners driving in Japan

In recent years, an increasing number of foreigners have been involved in driving accidents resulting in injury or death. Road conditions vary from country to country, but many foreigners have expressed concerns about driving on the left, the narrow roads, and the difficulty of understanding road signs.



Watch out for
accidents,
and drive
carefully!

1

Qualifications

Those without a Japanese driver's license must have an **"international driving permit"** or a **"foreign driver's license + translation"**



International Driving Permits

International Driving Permit issued by a signatory to the 1949 Geneva Convention

or



+



Foreign Driver's Licenses + Translation

Driving license issued in Switzerland, Germany, France, Belgium, Monaco or Taiwan, along with a Japanese translation of it.

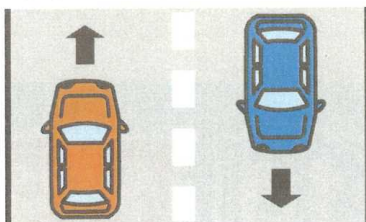
Either type of license will be valid for up to one year from the date of your entry into Japan, but only within the term of validity of your license

2

Fundamentals

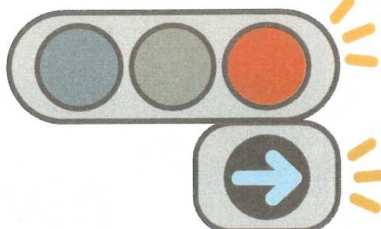
Fundamental traffic rules to avoid accidents

Keep your vehicle to the left



Japan is one of the few countries in the world where you drive on the left.

A red light means, "Stop"



A green arrow indicates the direction in which you may go.

"Stop" sign



You must stop the vehicle temporarily, when you come to this sign.



警察庁
National Police Agency

都道府県警察
Prefectural Police

交通ルールを守って
つながる笑顔

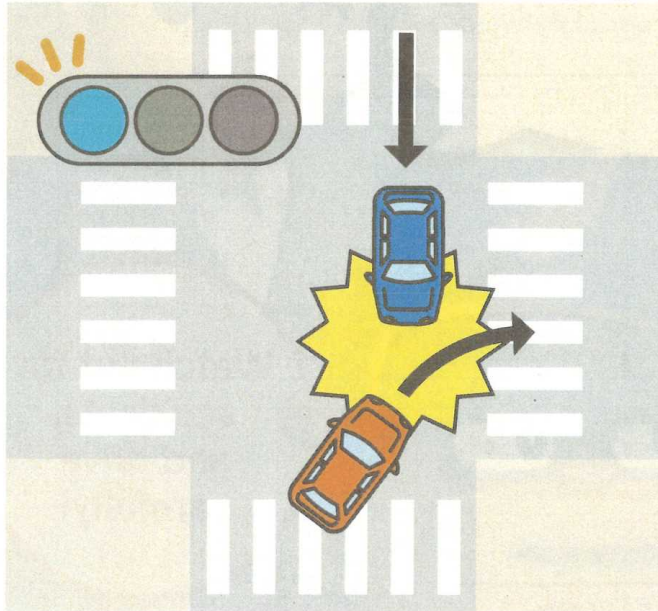


3

Examples

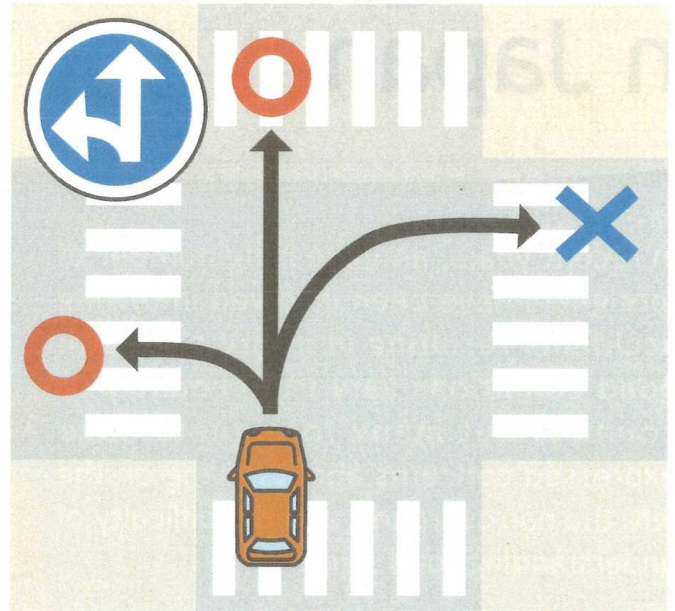
Here are examples of typical **accidents and violations**

Accidents that occur when turning right



Watch out for cars in the opposite lane when turning right at an intersection.

Deviating from designated directions



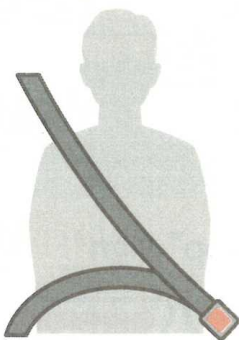
Where you see "Only designated directions permitted" signs, you can only go in the directions indicated by the arrows.

4

Prohibited acts

There are other **traffic rules** you should know

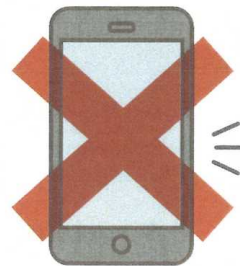
Seatbelts must be worn by all passengers.



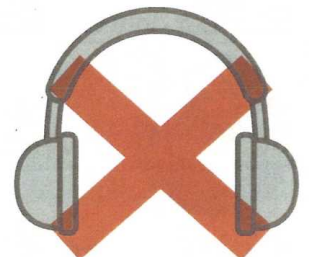
Never drive after drinking.



Never use a mobile phone while driving.



Never wear headphones while driving.



Call emergency services immediately!

If you experience trouble or have an accident, call the police (dial 110).
Or if anyone is injured, call an ambulance (dial 119).

110
Police

119
Ambulance



警察庁
National Police Agency

都道府県警察
Prefectural Police



Ask police if there is any trouble or worry.
(困り事・悩み事は警察に)

- If you have any worry or trouble, please inform to the nearest police station or police box.

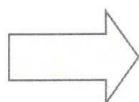
(困り事や悩み事があれば、最寄りの警察署は交番にお知らせ下さい)



- If you have occurred into a crime, or saw an incident or an accident, do not hesitate and call **110 immediately**.

(犯罪の被害にあった場合や事件、事故を見かけた場合は、迷わず110番通報してください。)

警察
(Police)



110

- If you are caught in a fire, or if you find the sick and wounded, please ask for help and call **119 immediately**.

(火事に遭った場合や傷病者を見つけた場合は、助けを呼んで、速やかに119番しましょう。)

火事・救急車
(Fire・Ambulance)



119

Report to the police if you find any article. (拾得物は警察に届けましょう)

- ☆ You will be punished by the Japanese law if you keep the lost article or give it to somebody else.
(拾得物をそのまま持ち去ったり、他人にあげたりした場合は、日本の法律で処罰されます。)

- ☆ Please inform to the nearest police box if you lose something.
(物をなくした場合は近くの交番へ届け出てください。)



Safety Guidelines for Cyclists. (自転車に乗るときに心がけるべきこと)

- ☆ As a general rule, cyclists should ride on roadways and use sidewalks only in exceptional cases.
(自転車は原則として車道を走行し、例外的な場合にのみ歩道を使用することができます。)

- ☆ Cyclists should ride on the left side of the road.
(自転車は左側を通行してください。)



- ☆ Please follow safety rules.
- No Riding Double
 - No Using Mobile Phones
 - Put on a helmet
 - Use Bicycle Lights at Night
- (安全ルールを守ってください。)

Attitudes for a safe life (安全な生活を送るための心構え)

～ To prevent from theft of valuables... ～
(大事なものを盗られない為に)

- When you leave your house, please make sure everywhere is locked and secured.
(家を留守にする時は、確実に戸締まりをしましょう)

- Please make a habit of locking all the doors and windows before going to bed.
(夜、寝る時は必ず戸締まりを確認する習慣をつけましょう)



～ To prevent from bicycle theft... ～
(自転車を盗られない為に)



- Please make sure it is locked, and additionally put an another wire lock for double security.
(必ず鍵をかけ、さらにワイヤー錠等の補助錠を取り付けましょう)
- Please do not leave your bicycle on the road.
(放置自転車はやめましょう)

~ Japanese Laws ~ (日本の法律)

~ Obligation to carry RESIDENCE CARD ~ (在留カードの携帯義務)

- Japanese law requires foreigners to carry their RESIDENCE CARD with them when they go out.
(日本の法律では、外国人は外出するとき必ず在留カードを携帯しなければなりません。)

- As part of our duties, police officers are questioning people.

If you are a foreigner, we will always check your identity with your residence card, so please cooperate.

(職務の一環として、警察官は職務質問を行っています。外国人の場合は、必ず在留カードで身分確認を行いますので、協力をお願いします。)

~ Prohibition of side business, etc ~ (副業等の禁止)

- Working as a side business without permission is against the Japanese law.

Also, you cannot stay after your period of stay has expired.

(許可を受けずに副業することはできません。
また、在留期間を過ぎると、滞在できません。)

No Crime Campaign !!

犯罪抑止運動推進中!!

To prevent becoming a victim 犯罪被害者にならないために

Don't go out alone at night time. 夜間の一人歩きはやめましょう。

Don't leave doors and windows open. ドアや窓は閉めましょう



3 actions to stop crimes 《犯罪なくさんば》

Lock your doors and windows 鍵かけんば

Communicate with each other for security 一声かけんば

Keep eyes on children and elderly of our community 見守らんば

Don't get involved with suspicious activities !

疑わしい活動とは関わらないで

* Warnings 注意

- * Criminals are seeking to get benefit from you !!

犯罪者はあなたを狙っています。

* 3 don't 3つの注意

- ☐ Don't give or sell your phone and/or bank account.
携帯電話や銀行口座を他人に譲らない。
- ☐ Don't buy forgery Identification, and /or get dishonesty status.
偽造した身分証明書や偽りの身分を購入しない。
- ☐ Don't access to suspicious internet sites/SNS.
疑わしいサイトやSNSにアクセスしない。



SAY "NO" TO CANNABIS

Cannabis contains harmful element, THC, Tetrahydrocannabinol.
大麻には有害物質のTHC（テトラヒドロカンナビノール）が含まれています。

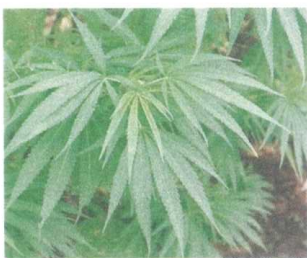


It is strictly prohibited to cultivate, possess, give or receive cannabis by the cannabis control law in Japan.

大麻の栽培、所持、譲渡、譲受は大麻取締法によって厳しく禁止されています。

* Negative effects

悪影響



Drunkenness feeling

Unstable emotional feeling

Lose concentration

Cannabis psychosis

Decreased intellectual function

No motive syndrome

酩酊感

情緒不安定

集中力を失う

大麻精神病

知的機能の変化

無動機症候群

* Be careful of people who offering drugs.

薬物の申出には要注意

* Stand up to peer pressure!!

誘惑に負けないようにしましょう

* Other words refer to cannabis

大麻の隠語

Kusa, Choco, Yasai, Grass, Joint, Marijuana, Hashish, Wax

