

## ● You too can promote Tama City by becoming a member of the Tama City PR Dept. Secretarial & PR Section ☎042-338-6812

We are implementing a #Tama City PR initiative on Instagram, in which residents take a leading role in communicating the charms of Tama City. Please post photos of your daily life in Tama City, favorite stores, natural beauty, new discoveries and other attractive things on Instagram with the hashtag #多摩市広報部員. Each of you will become a spokesperson for Tama City and together we will make our city a more exciting place to live and work. Many people have already posted beautiful photos on Instagram, so please take a look.



## ● Childbirth & Parenting Support Project Tama City is offering gifts to support parents throughout pregnancy, childbirth and childcare. Don't miss out! Apply now!

Application forms will be sent out to eligible residents in mid-February. For details on how to apply, please refer to the information enclosed with the application form or the official website.

▽Eligibility / Gifts

- ① Parents of children born between April 1, 2019 and January 31, 2023: ¥100,000 auPAY gift card
- ② Those who submitted a notice of pregnancy between April 1, 2019 and January 31, 2023 (excl. those in ① above): ¥50,000 auPAY gift card

▽Note: It will take approximately one month from application to delivery of the gift cards. Those who submit a notification of pregnancy or give birth on or after February 1, 2023 will receive an explanation of the project at the time of their consultation. Pregnant women who move to Tama City after submitting a notification of pregnancy will need to inquire about this project.

▽Applications/Inquiries: By post or direct to Health Promotion Section (Kenko Center), 4-19-5 Sekido 206-0011 ☎042-376-9177; all applications must arrive no later than April 28 (Friday).

## ● Be ready for a simultaneous outbreak of COVID-19 and the flu

Health Promotion Section ☎042-376-9111

- If you have symptoms, you can use the Tokyo Metropolitan Government's free Antigen Qualitative Test Kit (conditions apply).
- If you have symptoms, please seek consultation at the facilities listed below.

■ Tokyo Fever Consultation Center ☎03-5320-4551, 03-5320-4411, 03-6258-5780, 03-5320-4592

▽Availability: 24 hours a day, everyday

▽Note: For details, access the Bureau of Social Welfare and Public Health website

■ Tama Coronavirus Phone Consultation Service ☎042-376-9111

▽Availability: 9-5 Monday through Friday (excluding public holidays)

▽Note: Please state that your call concerns coronavirus at the start of your call.



※Scan here for antigen kits

## ● Visit Tama's libraries! Tama Municipal Library Main Bldg. ☎042-373-7955

The Main Library will close on Sunday, May 7 and reopen as the Central Library in July. Library hours will also change from Saturday, April 1.

### New library hours as of April 1, 2023

▽Sekido Library & Nagayama Library: Open from 9:30 a.m. starting April 1. The libraries will be closed on Thursdays, but will be open if the day falls on a national holiday.

▽Toyogaoka Library & Hijirigaoka Library:

Starting April 1, these libraries will be open from 10 a.m. – 5 p.m. Monday through Sunday, excluding Thursday.

▽Karakida Library: Starting April 1, the library will be open from 10 a.m. – 5 p.m. Tuesday through Sunday.

▽Tama Central Library (Open July 1, 2023):

The library will be open from 9:30 a.m. Monday through Sunday and on national holidays.

Library holidays: 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month (excl. national holidays), year-end & new-year holidays

## ● Enrollment notices have been sent to parents of new first graders

In late January, school attendance notification letters were sent out to parents of children who will enter the first grade of municipal elementary or junior high schools in April this year, informing them of the school their child (children) will enter and the date and time of the entrance ceremony. If you have not yet received your letter, please contact us as soon as possible. For those who will be enrolling their child (children) in national, private or metropolitan schools, please submit the original letter of acceptance or letter of admission together with the school attendance notice as soon as possible.

▽Document submissions: Please present the documents in person at the School Support Section, 4F Bellebs, Nagayama

▽Inquiries: School Support Section ☎042-338-6876

**●Fancy a challenge!**

**Oyado Play Park TAMA Nature Experience Activity Leaders Training Course**

- ▽Dates: ① Practical training / lectures: Sunday, March 5 ② Practical training: Saturday, March 11, 9 a.m. – 3 p.m. on both dates
- ▽Locations: ① Kokushikan University Minamino Campus (2-11-1 Minamino) ② Oyado Park Camping Practice Ground
- ▽Eligibility: Anyone aged 18 or over (participants with children are welcome)
- ▽Maximum number of participants: 10 people per session (if there are too many applicants, participants will be selected by lottery)
- ▽Cost: ¥2,000 (for textbook)
- ▽Course content: Necessity of outdoor education, nature experience activities, how to interact with children, etc.
- ▽ Things to bring: Drinks, packed lunch
- ▽Note: In case of rain, the second session will be held at Kokushikan University Minamino Campus
- ▽ Wear comfortable clothes that you're happy to get dirty.  
Lectures may be held online. Participation for one day only is acceptable. Those who wish to be certified as camp instructors must attend both sessions and taken an examination after session two (a fee of ¥15,000 is required for application, registration and administration).
- ▽ Applications / Inquiries: To apply, send an email to Kokushikan University Wellness Research Center by Friday, March 3 with the subject line "Instructor Training Course" and stating your name, address, telephone number, gender and preferred participation date.  
☎042-339-7347 (10 a.m. – 4 p.m. weekdays) ✉seal79@kokushikan.ac.jp

<b>ROTA OF ON-DUTY DOCTORS 9:00-17:00 TAMA CITY DOCTORS ASSOC.:</b> <a href="http://www.tama-med.or.jp/toban/">http://www.tama-med.or.jp/toban/</a>	
2/19 (Sun.) OIKE NAIKA CLINIC ☎042-355-7001 2F Total Bldg. 1-2-2 Higahsiterakata	3/19 (Sun.) TAMA NAGAYAMA TAKADA CLINIC 3F Medical Mall Nagayama, 3-6 Kaidori ☎042-400-5145
2/23 (Thu.) TSURUMAKI-YAGI CLINIC ☎042-319-3449 5-4-1 Tsurumaki	<b>●Emergency cases only</b>
2/26 (Sun.) KARAKIDA EKIMAE CLINIC ☎042-376-3800 104 Plaza Karakida, 1-1-7 Karakida	<b>●Be sure to bring your health insurance card and infant healthcare card (if applicable)</b>
3/5 (Sun.) FUSEGAWA CLINIC 1329 Ochiai ☎042-373-5858	<b>●Please visit during clinic hours</b>
3/12 (Sun.) YAHANO MEDICAL CLINIC ☎042-356-3761 6F Sakuragaoka Tomizawa Bldg. 1-11-9 Sekido	<b>※Always call in advance</b>
	<b>※This list is subject to change</b>

**NIGHT CLINIC FOR CHILDREN (Pediatrics)**

Please visit this clinic first if your child develops a sudden illness (19:00-21:45) ☎042-375-0909

**EMERGENCY DENTAL TREATMENT ON HOLIDAYS**

(9:00 – 15:30 Sundays and public holidays) ☎042-376-8009

Note: Please call in advance 9:00-20:00



**INFO on MEDICAL INSTITUTIONS (available 24/7)**

**Emergency Call Center (Tama Fire Dept.)** ☎042-375-9999  
**Fire Dept. Emergency Consultation Service** ☎#7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)  
**Tokyo Met. Medical Health Info Service 'Himawari'** ☎03-5272-0303  
**Medical Info in Foreign Languages (Tokyo Met. Health & Medical Information Center)** 9:00-20:00 ☎03-5285-8181

★**Counseling for Foreign Residents** Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month (1:30-4:30 p.m.) TIC Rm.(7F VITA) \*By appointment only

★**Japanese Class Schedule** (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			February	March
Monday classes	Cocolia Tama Center Career Mum Hall	10:00-12:00	20 <sup>th</sup>	
	Parthenon Tama 3/4F Meeting Room	9:45-11:45	13 <sup>th</sup> / 27 <sup>th</sup>	6 <sup>th</sup> / 13 <sup>th</sup> / 20 <sup>th</sup>
	Nagayama Kominkan 5F Bellebs Hall	9:30-11:30	6 <sup>th</sup> / 13 <sup>th</sup> / 20 <sup>th</sup>	6 <sup>th</sup> / 13 <sup>th</sup> / 20 <sup>th</sup>
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	2 <sup>nd</sup> / 9 <sup>th</sup> / 16 <sup>th</sup>	2 <sup>nd</sup> / 9 <sup>th</sup> / 16 <sup>th</sup>
		19:00-21:00	2 <sup>nd</sup> / 9 <sup>th</sup> / 16 <sup>th</sup>	2 <sup>nd</sup> / 9 <sup>th</sup> / 16 <sup>th</sup>
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	4 <sup>th</sup> / 18 <sup>th</sup> / 25 <sup>th</sup>	4 <sup>th</sup> / 11 <sup>th</sup> / 25 <sup>th</sup>

△For reservations and inquiries regarding the above, please call the TIC Office ☎ 042-355-2118

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**Prepared & edited by: TAMA CITY INTERNATIONAL CENTER (TIC)**

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎ 042-355-2118 Fax 042-355-2104  
 E-mail: tic@kdn.biglobe.ne.jp URL: <https://www.tic-tama.jp>

Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the month, national holidays, year-end and new year holidays and extra holidays.

※If you have any comments or requests regarding Hand in Hand in Tama, please send them to the above address. This newsletter is available in four languages (Japanese, English, Chinese and Korean); please contact the TIC Secretariat if you would like a copy. Editing: Tsutomu Mogami Translations: Amanda Wade