

●Certificates can be obtained at convenience stores, and transfer notifications can be submitted through My-nportal!

In March and April, the Citizen's Division counter is very crowded. If you have a My Number Card, you can use the following procedures

●Obtaining various certificates Copies of resident records, seal registration certificates, family register extracts (★), and copies of family register appendixes (★) can be obtained from the multi-copy machines at convenience stores. Note: Certificates marked with ★ can only be obtained from current family registers of Japanese nationals whose permanent domicile is in Tama City. ID:1001746.

●Moving outside the city (within Japan) . You can report your move online from Mynportal.

Note: After submitting a notification of change of residence on Mynportal, you will need to separately submit a notification of change of address at the counter of the municipality you are moving to.

A continuation is necessary. ID: 1011100 . Notes For details, see the official website. Inquiries: Citizens Affairs Division [For convenience store delivery = ☎042-338-6880, for online transfer notification = ☎042-338-6823]

●Let's visit during spring break! Embassy of Poland and JICA Global Plaza

Date: March 28th (8:30 a.m. to 5:30 p.m.) Meet in front of the ticket gates at Keio Tama Center Station, Keio Nagayama Station, and Seiseki Sakuragaoka Station. Target: 4th grade elementary school students to university students. Capacity: 25 people (if there are many applicants, Lottery)

Things to bring: Lunch, drinks, Cost: 300 yen (participation fee), transportation expenses from meeting point to Ichigaya Station to Meguro Station (round trip)

Contents: Tour of JICA's Global Plaza, experiences of overseas cooperation volunteers, visit to the Polish Embassy, explanation of Poland

Note: Materials will be sent after application. If you do not receive the materials, please contact us ID:1014219

Applications and Inquiries: Please send a postcard (must arrive by March 21st), specifying "Embassy of Poland", address, name, school name, grade, telephone number, email address, and any questions you would like to ask the Embassy of Poland and JICA, and send it to: 206-0011 Sekido 4-72 Tama City International Center ☎042-355-2118•FAX 042-355-2104•Email address: tic@kdn.biglobe.ne.jp

●Are you taking measures to protect your life by making your furniture equipped with earth quake safe?

In the 2020 Noto Peninsula Earthquake, people were injured due to overturning furniture and falling objects. They may fall on evacuation routes or around entrances, blocking evacuation routes and hindering evacuation. In addition, falling or falling onto furniture such as stoves can cause secondary damage such as fires. Furniture tipping measures are measures to prevent furniture, etc. from tipping over, falling, or moving. Methods include fixing with L-shaped brackets or tension rods, and arranging furniture safely so that it does not obstruct evacuation routes.

In order to view disasters as "personal problems" and reduce the human damage caused by indoor damage during earthquakes, learn about the necessity and methods of countermeasures against furniture tipping, and learn how to prevent furniture tipping to protect yourself and your loved ones. Let's implement it.

Inquiries: Tama Fire Department = ☎042-375-0119

### Three measures

1. Centralized storage...By centralizing storage in closets and fixed storage furniture, Try to keep furniture out of your living space as much as possible. (Figure 1)

2. Improve the layout of furniture...In the bedroom, as much as possible Please do not leave furniture there.

If you do, please review the layout and orientation. (Figure 2)

3. Installation of equipment to prevent furniture from falling or moving...

Install appropriate countermeasure equipment for each. (Figure 3)

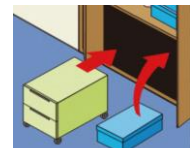


Figure 1

Figure 2



Figure 3



●Introduction of books held in the electronic library

Title: "The name of the game is a kidnapping"

Author: Keigo Higashino translated by Jan Mitsuko Cash

Gulping it down, I fixed her with a gaze and continued, "A kidnapping game"

(↑Excerpt from the original text) Publisher: Vertical

Sakuma is a perfectionist and doesn't like it unless things go the way he wants, and his project is destroyed by his client Katsuragi. Unsatisfied, Sakuma heads to Katsuragi's house, where he meets Katsuragi's daughter Juri,

who has climbed over the fence to run away from home. Sakuma's interests coincide with Juri's, and the two end up playing a kidnapping game. A mystery where the whereabouts are unknown.

● Flower and Greenery Course (Tama City and Keisen University have signed an agreement to promote greening of the city)

Getting familiar with flowers and taking photos of them (3 times in total) Dates: April 4th, May 9th, June 6th, Thursdays from 10am to noon

Location: Tsurumaki Nishi Park Capacity: 12 people Cost: 9,000 yen Lecturer: Machiko Ochiai (Photographer)

● Introduction to botanical art (all 4 sessions) Dates: April 19th, May 17th, June 14th, July 19th, Friday afternoons 1:30-3:30 Location: Parthenon Tama Capacity: 16 people Cost: 12,000 yen

Lecturer: Yoko Tsunoda (botanical artist)

● Introductory Gardener Practical Edition (all 4 sessions) Date: April 23rd, May 21st, June 11th, July 23rd, Tuesdays from 1:30pm to 3:30pm Location: Parthenon Tama Capacity: 12 people Cost: 13,000 yen Lecturer: Mr. Miki Kayama (Representative of Kayama Gardening) \*Other courses are also held, so please contact us.

[Common matters] Remarks: Applications are accepted on a first-come, first-served basis. The cost is for the entire session. Including material cost ID: 1012579 Applications and inquiries: March 13th ~ 10 days before the first day of each course, please submit the course name, address, name (furigana), phone number, mailing/sending date via internet, mail, or fax. , 206-8586 Minamino 2-10-1 Keisen Jogakuen University General Affairs Division "Public Lectures" Section ☎042-376-8211 / FAX 042-376-8218 / URL <https://www.keisen.ac.jp/extension/open-class/>

**ROTA OF ON-DUTY DOCTORS ON HOLIDAYS** 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

3/17 (Sun) Oike Internal Clinic, 1-2-2, Higashiteragata, Total Bldg. 2F ☎042-355-7001

3/20 (Holi) Children Clinic Shimizu, 1-24-1 Tsurumaki, Shintosh Center Bldg. 3F ☎042-374-0512

3/24 (Sun) Seiseki Yuzu Clinic, 1-20-2, Sekido, Sakuterace Mall 3F. ☎042-401-8100

3/31(Sun) Takeshima Internal Clinic, 3-11-3, Ochiai, ☎042-338-5665

4/7 (Sun) Abe Tama Center internal Medicine, 1-22-2, Tsurumaki, Tama Medical Bld. 2F ☎042-373-7755

4/14(Sun)Saito Respiratory Medicine 4-2-6-202, Nagayama ☎042-373-2522

●Emergency cases only ●Be sure to bring your health insurance card and infant healthcare card (if applicable)

●Please visit during clinic hours ※Always call in advance ※This list is subject to change

**NIGHT CLINIC FOR CHILDREN (Pediatrics)**

(Health Center = Kenko Center)

Please visit this clinic first if your child has an emergency (19:00-21:45) ☎ 042-375-0909



**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. Med. Health Info Service (Himawari)

☎03-5272-0303

**EMERGENCY DENTAL TREATMENT ON HOLIDAYS**

(Health Center) ☎ 042-376-8009

(9:00-15:30: Sundays and public holidays)

\* Note: Please call in advance.

INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

**MEDICAL INFORMATION IN FOREIGN LANGUAGES**

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

☆ **Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (13:30-16:30) TIC Rm. (7F VITA) .By appointment only

☆ **Japanese Class Schedule** (Classes are free for TIC members) \*Commissioned by Tama City

	Venue	Time	Dates	
			Mar	Apr
Monday classes	Parthenon Tama 3.4F Meeting room	9:45~11:45	4th·11th·18th	1 <sup>st</sup> ,8th, 15th, 22nd
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	4th·11th·18th	1 <sup>st</sup> ,8th, 15th, 22nd
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	7th, 14th, 21th	11th, 18th, 25th
		19:00~21:00	7th, 14th, 21th	11th, 18th, 25th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	2nd, 9th, 23rd	6th, 13th, 20th

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

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Office hours: Mon.-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the mo., 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, and easy Japanese); please contact the TIC Secretariat if you would like a copy.

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