

HAND in HAND in TAMA

Information for daily life
in Tama City
Feb 2026 issue Vol. 388

● No need to visit Tama City Hall, get certificates at a convenience store and apply online.

「Do you think City Hall procedure = going to the counter or calling?」?

※Procedures take less time and are convenient anytime and anywhere. Please use them.

※Procedures currently available at convenience stores/online.



Convenience store issuance(6:30am to 11pm)

Online application(24Hr available)

•Copy of resident record

Till 2028,Aug,31st

•Bulky waste collection

•Seal registration certificate

100yen cheaper than

counter service

•Reservations for facilities like

community centers and sports complexes

•Tax(Non-Taxable)certificate Cost:200yen

•Childcare consultation application

•Family register certificate(For those with registered
domicile in Tama)

•Yurikago TAMA
•Child allowance/Child medical expense
subsidy system

•Copy of family register attachment

•Subsidy for university entrance exam fees/

Mock exam fees

•Dispatch of Tama city child & family supporters ,etc.



△ ID 1005369 △Inquiries:Information Policy section ☎042-338-6816

● February is the payment month for Child & Child development allowance payments

Child allowance/Child development allowance will be deposited into your designated account around Feb,13th (Fri).

If the payment has not been deposited by the end of February please contact us.

△ID: Child allowance=1003454, Child development allowance=1003456

△Inquiries:Children·Youth Policy division ☎042-338-6851

● Acceptance of resident tax(city tax/metropolitan tax) declarations begins Feb,16th (Mon).

△Important notice---If you are required to file but do not, we will be unable to issue tax(non-tax) certificates.

Furthermore, you will become ineligible for various tax relief measures and benefit eligibility reviews.

Please complete the procedure within the acceptance period.

△Filing methods

①Electronic filing--- Electronic filing for individual resident tax returns is now available starting with the Electronic FY2026 filing (for income earned in FY2025). For details, please check the city's official website.

②Mail-in filing--- Complete the required fields on the return form and mail it with the necessary attachments. Even if some fields are left blank due to uncertainty about how to fill them out, your return will be accepted as long as all required attachments are included.

※Mailing address: 〒206-8666 Citizen tax division, Taxation Division

③In-person filing at City Hall △Acceptance period:Feb,16(Mon)to Mar,16(Mon)

※Excluding Sat, Sun. Public holidays[Open on Mar,1st(Sun)]

△Acceptance hours:9am to 4pm ※Strictly adhere to these hours

△Location :City Hall west conference rooms1-3

※For details on income deductions, etc. refer to the official website →



● From Consumer consultation room

We frequently receive inquiries like A package arrived addressed to me, but I don't recall ordering anything. What should I do?. If you receive an unsolicited shipment and a bill, you are not obligated to pay and may dispose of the items. However, it could be a gift. Please check. △ID1003281△Inquiries:Consumer affairs center consumer consultation room (Believe) ☎042-374-9595

●Vita Concert: The project super live which occasionally swing & connect !

~Showa-era songs·JAZZ·Beatles---The tamagawa river listens to these pearls of sound~

△Date & Time: Feb, 27th(Fri) 6pm (Doors open at 5:30pm) △Venue: Sekido Community Center Vita Hall
 △Capacity: 200 people (first-come, first served) △Organizer: Vita-Concert Executive Committee
 △Notes: Viewing possible using parent-child rooms for infants/toddlers(3 rooms available, first-come basis)
 △ID: 1012270

△Registration: Directly at the venue on the day △Inquiries : Sekido community center ☎ 042-374-9711

● Fun ! Beautiful ! Radio Exercise Class

△Date/Time: Feb, 18(Wed) 10am to 11:30am (Registration open at 9:30am)

△Location: Atago Kaede Hall △Capacity: 30(first-come, first-served) △ID: 1012979

△Registration/Inquiries: By Feb, 15th (Sun) by phone or in person at Atago Kaede Hall ☎ 042-375-2990



Holiday On-Call Physician Service 9am to 5pm Tama City Medical Association : <http://www.tama-med.or.jp/toban/>

| | |
|---|--|
| Feb, 11(Holiday) Tsurumaki Yagi Clinic 5-4-1, Tsurumaki ☎ 042-319-3449 | Mar, 1 st (Sun) Takeshima Internal Medicine Clinic Ochiai 3-11-3 ☎ 042-338-5665 |
| Feb, 15(Sun) Suzuki Internal Medicine & Gastroenterology 5-4-10, Nagayama ☎ 042-371-2760 | Mar, 3 rd (Sun) Ooike Internal Medicine Clinic Higashiterakata 1-2-2 Total Build 2F ☎ 042-355-7001 |
| Feb, 22(Sun) Tama Seiseki Gastroenterology Endoscopy Clinic 1-1-5 The Square 2F, Sekido ☎ 042-400-6580 | ● For acute illnesses only ● Bring your health insurance card and infant medical certificate ● Arrive within the designed hours ※ Call before visiting ※ On-call doctors may change due to circumstances |
| Feb, 23(Holiday) Tama Nagayama Takada Clinic Medical Mall Nagayama 3F, Kaidori 3-6 ☎ 042-400-5145 | |

Children Evening Clinic (Inside the Health Center)

Pediatric

For children's sudden illnesses please visit this clinic
at first (7pm to 9:45pm)
☎ 042-375-0909



Holiday Emergency Dental Clinic (Inside the health Center)

Dentistry (Sunday & Holiday: 9am to 3:30pm) ☎ 042-376-8009

Note Advance phone call required
Medical facility information (24hrs service)
Fire & disaster management agency emergency
Consultation center ☎ #7119 (Mobile, Push button line)
 ☎ 042-521-2323 (Dial-up line)
Tokyo Medical Institution Information Service "Himawari" ☎ 03-5272-0303
Foreign Language Medical Information
 9am ~ 8pm ☎ 03-5285-8181

Tama City
commissioned project

☆Life consultation for foreign residents; 1st & 3rd Thursday; (1:30pm-4:30pm) TIC Activity Room(7F, Vita)

※By appointment only

☆Japanese Language Class Schedule (Tuition: TIC Members=Free)

| class | meeting place | time | schedule | |
|----------|--|---------------------------|---|---|
| | | | February | March |
| Monday | Cocolia 5F, Career Mam Parthenon Tama 4F Conference Room 3.4 | 10:00~12:00 9:45~11:45 | 2nd, 9th, 16th | 2 nd , 9 th , 16 th , 30 th |
| | Nagayama Community Center 5th floor Believe Hall | 9:30~11:30 | 2 nd , 9 th , 16 th | 2 nd , 9 th , 16 th , 23 rd |
| Thursday | TIC Activity Room (Vita 7F) | 10:00~12:00 | 5 th , 12 th , 19 th | 5 th , 12 th , 19 th |
| | | 19:00~21:00 | 5 th , 12 th , 19 th | 5 th , 12 th , 19 th |
| Saturday | TIC Activity Room (Vita 7F) | 14:00~16:00 | 7 th , 14 th , 28 th | 7 th , 14 th , 28 th |

△ Above class reservation & inquiries: ☎ 042-355-2118 TIC Secretariat

Japanese speaking salon: Feb, 21st (Sat) 1:30pm to 3pm at TIC Activity Room; Reservation is not required, Free charge

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Opening hours; Monday to Saturday: 10:00am to 5:00pm

(Closed Sundays, 1st & 3rd Mondays, holidays, year-end & new year holidays, temporary closures)

※Please send any comments & requests regarding articles to the above address. This newsletter is available in four language, Japanese, English, Chinese, Hangul, Simple & basic Japanese. If you need it, please contact with TIC secretariat.

Edited by Tsutomu Mogami