

● May is “Tokyo Bicycle Safe Use Campaign” month.

The Tokyo Metropolitan Government is conducting a variety of public relations activities in cooperation with municipalities, the goal is to ensure that when riding a bicycle, be sure to follow the “Five Rules for Safe Bicycle Use” and drive safely.

● Five rules for safe bicycle use: ① As a general rule, ride on the left side of the road. Exceptions are made on sidewalks, giving priority to pedestrians. ② Obey traffic lights and stop signs at intersections to ensure safety. ③ Turn on your lights at night. ④ Do not drink and drive. ⑤ Wear a helmet.

● Take out personal liability insurance, etc.: In Tokyo, it is mandatory to take out bicycle insurance (bicycle liability insurance, etc.) by ordinance. Don't forget to join to protect yourself and others.

● Following the rules = protecting lives: Driving with an umbrella or using earphones or a cell phone are prohibited.

Inquiries: Tama Central Police Station Traffic Division ☎042-375-0110 City Hall Road Traffic Division ☎042-338-6826 ID: 1014673

● Recruiting residents of metropolitan housing (all of Tokyo)

Type of housing offered: For families, for singles (lottery method)

Note: Online application is possible. For details, please refer to the recruitment guidebook distributed from May 7th (Tuesday) to May 15th (Wednesday) at City Hall 1st Floor Guide, East Building 2nd Floor City Planning Division, Seiseki Sakuragaoka Station, Tama Center Station Branch Offices, and Nagayama Community Center. See official homepage.

Inquiries: JKK Tokyo (Tokyo Metropolitan Housing Supply Corporation) Metropolitan Housing Recruitment Center During the recruitment period ☎0570-010-810, Outside the recruitment period ☎03-3498-8894, City Hall Urban Planning Division ☎042-338-6817 ID: 1010282

● Friday, May 10th Child support allowance will be transferred

Child rearing allowance for March to April 2020 will be transferred to the designated account.

Additionally, the amount of child rearing allowance has been revised from April 2020. For details, refer to the official website ID1003455

If the money has not been transferred by the end of May, please contact us. Notification is required when your pension is fixed or when you move out. Please let us know if there are any other changes.

Inquiries: Children and Youth Policy Division ☎042-338-6851

● For those who exceed the upper income limit for child allowances and special benefits

If the income of the higher-income parent in 2020 falls below the upper income limit, he/she can receive child allowance/special benefits by applying again. ID: 1003454 Inquiries Children and Youth Policy Division ☎042-338-6851

● Introduction of books held in the digital library

Title: “Himalaya –A Literary Homage to Adventure, Meditation, and Life on the Roof of the World–”

Author: Edited by Ruskin Bond & Namita Gokhale

Publisher: Shambhala

Introduction: An anthology-style essay on the Himalayas published in 2018 by over 20 authors.

Because it exists across countries, it is easy to see how Moscow and Nepal cross the borders of surrounding countries, the customs of the people living at the foot of the mountains, and the animals and scenery unique to the alpine region, such as goats, yaks, and snow leopards. It is reminiscent of a majestic landscape that cannot be seen. Some contributions are in the form of research papers, so you can read it as if you were a member of the research team. This is a book that will keep you astonished by the many events that you would never experience in Japan.

● Main government building in May: Partially open on 11th and 26th; some tasks cannot be handled.

Hours: 8:30 a.m. to noon, 1:00 p.m. to 5:00 p.m. Please arrive at the office 30 minutes before closing time.

Main services: Procedures for seal registration and change of address, issuance of copies of resident records, seal registration certificates, and family register certificates, tax consultation (Sundays only)

Inquiries: Citizens Division ☎042-338-6880, Tax Payment Division ☎042-338-6852, Insurance and Pension Division ☎042-338-6840

ID:1001741

● Walking around the Tama River by the water.

Date and time: Thursday, May 23rd, 9:30 a.m. to 2:00 p.m.

Meeting place: Kuzuryu Park Target: Intermediate users

Capacity: 25 people

Application: May 7th (Tuesday) ~ First come first served

Course: Hodokubo River ~ Hino City Welfare Support Center ~ Mukojima Waterway/Watermill ~ Asakawa Fureai Bridge ~ Manganji Central Park (lunch) ~ Tamagawa ~ Negawa Green Road ~ Shibasaki Gymnasium Disbanded (approximately 9km walk)

Things to bring: Lunch, rug, drink, hat, rain gear (umbrellas are not allowed)

Inquiries: Health Promotion Division ☎042-376-9139 ID: 1014445

Note: Wear comfortable shoes and clothes. Walking poles cannot be used. Canceled due to rain.

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

5/12 (Sun) Nakamura Internal Clinic, 5-10-7, Suwa ☎042-375-7757

5/19 (Sun) Tama Nagayama Takata Clinic, 3-6, Kaidori, Medical Bldg. Nagayama 3F. ☎042-400-5145

5/26 (Sun) Tsurumaki Yagi Clinic, 5-4-1, Tsurumaki ☎042-319-3449

6/2 (Sun) Fusegawa Clinic, Ochikawa 1329 ☎042-373-5858

6/9 (Sun) Sasabe Clinic, 4-9-2 Sekido, Comfort Seiseki, 1 and 2 Floor ☎042-375-7313

- 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 and 4F Meeting room	9:45~11:45	13th・20th・27th	3th, 17th, 24th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	13th・20th・27th	3th, 10th, 24th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	9th, 16th, 23th	6th, 13th, 20th
		19:00~21:00	9th, 16th, 23th	6th, 13th, 20th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	11th, 18th, 25th	8th, 15th, 22th

△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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