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●DECEMBER IS THE MONTH FOR PAYMENT OF CHILD ALLOWANCE (JIDO TEATE)

To those who need to apply such as due to birth and moving, please do not forget to file your application. Allowance will be paid from the month following the month of application.

Date of transfer: Around Fri., Dec. 13 *Note: If you haven't received the money by the end of Dec., please contact us.
ID 1003454 Inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6851

●PLAN AHEAD WHEN APPLYING FOR DISPOSAL OF OVERSIZED GARBAGE DURING THE YEAR-END AND NEW YEAR HOLIDAYS!

Oversized Garbage Collection・・・You must apply in advance to have your items collected or if you want to take them to the garbage disposal facility. Please refer to the "Garbage and Recyclables Collection Calendar" to check the collection days.

△For direct disposal at a garbage disposal facility: If you have applied by 5:00 p.m. on Friday, December 27, you may take the items to the facility until 4:30 p.m. on Monday, December 30.

※You must call in advance to make an appointment to bring items in. ※There's a limit in the number of items. Applications for the New Year will be accepted from 8:30 a.m. Mon., Jan. 6.

△Garbage and recyclable items must be put out by 8:00 a.m. !

As the amount of garbage and recyclable items is expected to increase during year-end and New Year holidays, the time for collection will change significantly than regular days. Garbage and recyclables disposed of after 8:00 a.m. will not be collected.

△Temporary collection of burnable garbage will be on Saturday, January 4, 2025

Target areas: Kaidori 1~5-chome, Nagayama, Suwa, Minamino, Ochiai, Tsurumaki, Sannoshita, Nakazawa, Karakida, Toyogaoka

※Collection may start at 8:00 a.m. even in areas where garbage collection truck usually comes in the afternoon due to changes in the collection route.

●THE KIND OF PLACE I'VE BEEN LOOKING FOR!

A PLACE WHERE EVERYONE FEELS THEY CAN BE THEMSELVES !

※There are many places where you can go freely alone or with your friends !

○Jidokan (Children's Center)・・・I just want to drop in and have fun. Spend my time in my own way. This is a place where children up to high school age and young people can freely interact and spend time together. So, why not spend your time at *jidokan* as if it's your "second home"? We have experienced staff, so please feel free to talk to them. They can give you advice on how to spend your time and talk about your problems if you have.

●You can visit after school! *Jidokan* is open until 6:00 p.m. It's open on Saturdays, too.

○Cafeteria for Children and Everyone・・・ It's a place where people of the same age and even adults can interact with each other while having meal. Nutritious food is available for free or at a low cost. Even if you're alone, feel free to come!

△Inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6958

○There are many places to study and socialize!

•Places to study :・Central Library and other libraries in the city, community centers such as Yu Sakuragaoka, Kotta-Kaidori Fureai-kan, TOM House, Kaidori Kobushi-kan, Atago Kaide-kan, Okurigawa-Karugamo-kan and Cocosumo Renkoji, and Children's Centers (*Jidokan*)

•Places for interaction:・Nagayama Kominkan, Sekido Kominkan, Central Library, community centers, etc.

●CELEBRATE YOUR NEW YEAR WITH TAMA CITY'S LOCALLY GROWN VEGETABLES ! YEAR-END VEGETABLES SALE

Date/Time: Sunday, December 29 9:00 a.m. (Will close once the items are sold out)

Place: City Hall underground parking lot ID 1016243 Contents: Sales event of fresh vegetables grown by farmers in Tama City Inquiries: Tokyo Minami Noukyo Tama Branch ☎042-375-8211

●SUPPORT LIFE TOKYO GENKI CAMPAIGN

When you make a QR code payment (au Pay, d Pay, PayPay, Rakuten Pay) at participating stores in Tokyo, points up to 10% of the amount paid will be rewarded to you after a few days. For details, please refer to the website. Inquiries: TOKYO Genki Campaign Office Call Center ☎03-6311-8964

●BOOKS IN THE LIBRARY (Japanese language study materials corner)

『Go Easy!—Expanding Japanese vocabulary through conversation Intermediate level and above—』

△Author: Yohei Arakawa Publisher: ASK Publishing Year published: 2022.12

△Introduction: Most of the vocabulary in this book is easy, JLPT N5 level. In this book, you will learn natural conversational expressions by combining simple words. Each expression has translations in English Chinese and Vietnamese. If you want to learn more natural Japanese expressions or those which are different from what you usually find in other textbooks, please try this one.

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

12/15(Sun.) Matsuda Clinic 1-48-1 Kaidori ☎042-373-3205	1/1 (Hol.) Tamura Clinic ☎042-356-0677 5F Tama Ctr. Peperi Bldg., 1-32-1 Ochiai
12/22(Sun.) Nakamura Internal Medicine Clinic 5-10-7 Suwa ☎042-375-7757	Tama City Night Clinic for Children ☎042-375-0909 Mun. Public Health Center, 4-19-5 Sekido
12/29(Sun.) Hijirigaoka Hospital ☎042-338-8111 2-69-6 Renkoji	1/2 (Hol.) Tamura Clinic ☎042-356-0677 5F Tama Center Peperi Bldg., 1-32-1 Ochiai
Tamura Clinic ☎042-356-0677 5F, Tama Ctr. Peperi Bldg., 1-32-1 Ochiai	Tama City Night Clinic for Children ☎042-375-0909 Mun. Public Health Center, 4-19-5 Sekido
Ezaki Pediatrics Clinic ☎042-376-5225 3-20-2 Ochiai	1/3 (Hol.) Tama Seiseki Endoscope Clinic 2F The Square, 1-1-5 Sekido ☎042-400-6580
12/30(Hol.) Tama Center Clinic Mirai ☎042-316-8570 1F, Maghreb Parking Bldg., 1-38 Ochiai	Seiseki Yuzu Clinic ☎042-401-8100 3F Saku Terrace Mall, 1-20-2 Sekido
Tamura Clinic ☎042-356-0677 5F Tama Ctr. Peperi Bldg., 1-32-1 Ochiai	1/5 (Sun.) Aragaki Internal Med. & Surgery Clinic 3F, Shintoshir Ctr. Bldg., 1-24-1 Tsurumaki ☎042-373-0514
Maehara Pediatrics Clinic ☎042-374-5028 5F Seisekisakuragaoka OPA, 4-72 Sekido	1/12(Sun.) Miyuki Clinic 1-8-3 Renkoji ☎042-372-4853
12/31 (Hol.) Tamura Clinic ☎042-356-0677 5F Tama Ctr. Peperi Bldg., 1-32-1 Ochiai	1/13(Hol.) Takahashi Internal Med. & Neurology Clinic 2-66-1 Sekido ☎042-400-1508
Tama City Night Clinic for Children ☎042-375-0909 Mun. Public Health Ctr., 4-19-5 Sekido	●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 (Health Center)=Pediatrics
(19:00-21:45) Please visit this clinic first if your child has an emergency. *Must be age 15 or younger ☎042-375-0909

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) (9:00-15:30 Sundays & public holidays)
☎042-376-8009 Note: Please call in advance.



INFORMATION ON MEDICAL INSTITUTIONS (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. Med. Health Info Service "Himawari" ☎03-5272-0303

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 & 3rd Thursday of the month (13:30-16:30) TIC Rm. By appointment only

Japanese Class Schedule (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			December	January
Monday classes	Cocolia Tama Ctr., 5F, CareerMum Parthenon Tama Shimin Gallery Parthenon Tama 3 & 4 Meeting rooms	10:00-12:00	2 nd	6 th
		9:45-11:45	16 th	20 th
		9:45-11:45	-	27 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	2 nd , 9 th , 16 th	6 th , 20 th , 27 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	5 th , 12 th , 19 th	9 th , 16 th , 23 rd
		19:00-21:00	5 th , 12 th , 19 th	9 th , 16 th , 23 rd
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	7 th , 14 th , 21 st	11 th , 18 th , 5 th

※If you have difficulties attending the class in person, please contact TIC Office as you may be able to participate online.

Chatting Salon in Japanese Sat., Dec. 21st 13:30~15:00 TIC Room *No reservation needed. Feel free to join. It's FREE

>>For above inquiries and/or appointment, please contact TIC Office Tel. 042-355-2118

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Office hours: Mon.-Sat. 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, Korean and easy Japanese); please

contact the TIC office if you would like a copy.

Editing: Tsutomu Mogami