

●JUNE IS THE MONTH FOR PAYMENT OF CHILD ALLOWANCE (*JIDO TEATE*) /CHILD SUPPORT ALLOWANCE (*JIDO IKUSEI TEATE*)

If your household needs to apply due to a birth or relocation, please ensure that you submit the application. Payments will begin in the month following the month of application.

◇Date of remittance: Fri., June 13th Please contact us if you have not received the payment by Mon., June 30th.

◇Inquiries: *Kodomo/Wakamono Seisaku-ka* (Children and Youth Policy Section) ☎042-338-6851

ID: Child allowance= 1003454 Child Support Allowance=1003456

●AIR CONDITIONER PURCHASE SUBSIDIES TO BE GRANTED TO HOUSEHOLDS EXEMPT FROM RESIDENCE TAX OR SUBJECT TO PER CAPITA TAXATION ONLY FOR FY 2025

This subsidy program is intended for households that, due to financial reasons, either do not have an air conditioner at home or only have one manufactured before 2010.

◇Subsidy limit (estimate): Maximum is 100,000 yen per household (only one application 1 unit per household)

◇Subsidy amount: The “actual amount paid” or “subsidy limit” whichever turned out to be lower

◇Eligible costs: Air conditioner purchase, delivery, installation and removal costs (including recycling fees, etc.)

◇For inquiries/application: June 5 (Thu.)~Sept. 16 (Tue.), call the Tama City Air Conditioner

Purchase Subsidy Program Call Center ☎0120-255-866 (9am-5pm/Closed on Sat., Sun. & holidays)

*For details, please refer to Tama City official website (scan the QR code on the right →)

ID:1017163 *Households expected to be eligible for the program will receive a notice.



●“TAMA BASIC POLICY FOR PROMOTING MULTICULTURAL COEXISTENCE” HAS BEEN ESTABLISHED !

Cultural coexistence means that people of different nationalities and ethnic backgrounds live together as part of the same local community. They acknowledge and respect each other's cultural differences while working to build equal and inclusive relationships. Over the past ten years, the number of foreign residents in Tama City has increased by about 1,500, reaching 3,669 people (2.48 % of the population) by 2025. Nearly 80% of these residents are under the age of 40. To create a truly “multicultural society”, it is essential for both Japanese and foreign residents to live together as equal members of the community.

☆Primary activities: ・Cooperation and collaboration with local civic groups／・Spreading and raising awareness of easy Japanese／・Development of a disaster support system Others

◇Inquiries: Culture & Lifelong Learning Promotion Section ☎042-338-6882 ID:1017094

●TAMA CITY INTERNATIONAL CENTER (TIC) HAS BEEN INCORPORATED ~HOW ABOUT JOINING US?

This year marks the 33rd anniversary of its establishment. To ensure more stable and sustainable operations, the organization will be restructured as the “General Incorporated Association Tama City International Center” beginning in June. In partnership with Tama City, TIC promotes international exchange, provides support for foreign residents, and fosters multicultural coexistence. We are inviting you to participate in TIC's initiatives as a meaningful way to engage in multicultural activities from the very start.

●TOWARD A SOCIETY THAT RECOGNIZES DIVERSITY

~JUNE IS “PRIDE MONTH”, JUNE 23rd~29th IS “GENDER EQUALITY WEEK”~

The film screening and panel exhibition will be held in conjunction with Pride Month (a month in which parades celebrating the LGBTQ+ community and events raising awareness of rights are held) and Gender Equality Week (June 23 - 29), as designated by the Cabinet Office.

◇Film screening and lecture “Boy Erased”= Sunday, June 29 10 a.m.~12:40 p.m./*Nagayama Kominkan Bellebs Hall*/ Capacity 140 persons (Applications accepted on a first-come, first-served basis)/ Dubbed and subtitled in Japanese.

Applications accepted from Monday, June 9th 9 a.m. to Thursday, June 26th 5 p.m. You can apply online through the official website or by phone to TAMA Josei Center ☎042-355-2110 ID:1017180

◇Panel exhibit of Pride Month and Iceland=Iceland is a leading country in understanding LGBT+ people and gender equality. June 6th~30th (Mon.) *Sekido Kominkan Lobby*; June 10th (Tue.) ~27th (Fri.) *City Hall Main building Lobby*

●ENJOY MUSCLE TRAINING AND STRETCHING AT GYMNASIUM (SOGO TAIKUKAN)

The gym has been upgraded with brand-new equipment as of April, and the latest machines are now available for use. Beginners will receive guidance on how to use the equipment. There's also a wide range of classes like yoga, Pilates, stretching, and more. Feel free to come on your own or with your friends.

◇Hours open: 9 a.m.~9:15 p.m. (Days closed=Every 3rd Monday of the mo. (If it falls on holiday, the next weekday), the New Year holidays)

◇Access: Get-off at the bus stop "Sogo Taiiku-kan" or "Sogo Taiiku-kan Iriguchi", 5-min walk

*For details on fees and classes, please contact Sogo Taiiku-kan ☎042-374-2313 URL:<https://tama-sports.com/>

◇For general inquiries about sports, pls. contact Sports Promotion Section ☎042-338-6954 ID:1008346

●BOOK FOR ADULTS ! ~A must-read for organizations adopting a remote workforce!~

You will learn the fundamentals of human resource management, including how to demonstrate effective leadership when managing subordinates remotely – communicating online rather than face-to-face. Subordinates will also learn how to carry out their responsibilities and conduct themselves in a way that fosters trust and minimizes any concerns their supervisors may have.

Book title: "The long-distance leader -rules for remarkable remote leadership-"

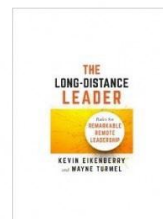
Series title: A BK business book Publisher: Berrett - Koehler Publishers

Author: Kevin Eikenberry and Wayne Turmel

Paperback printed edition ISBN 978-5230-9461-5/ PDF e-book ISBN 978-5230-9462-2/

IDPF e-book ISBN-978-1-5230-9463-9

※Available only in the e-library at the Tama City Library



The long-distance leader (A BK b
Kevin Eikenberry and



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

6/15(Sun.)Hijirigaoka Hospital 2-69-6 Renkoji ☎042-338-8111

6/22(Sun.) Tama Seiseki Endoscope Clinic
2F The Square, 1-1-5 Sekido ☎042-400-6580

6/29(Sun.) Abe Tama Center Medical Clinic
1-22-2 Tsurumaki ☎042-373-7755

7/6(Sun.) Aragaki Clinic (Internal Med. & Surgery) ☎042-373-0514
3F Shintoshin Center Bldg., 1-24-1 Tsurumaki

7/13 (Tue.)Karakida Eki-mae Clinic ☎042-376-3800
Rm. 104 Plaza Karakida, 1-1-7 Karakida

●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

Please visit this clinic first if your child has an emergency.

(19:00-21:45) ☎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)

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	
			June	July
Monday classes	Parthenon Tama 4F, 3 & 4 Meeting rooms	9:45-11:45	2 nd , 16 th , 23 rd , 30 th	7 th , 14 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	2 nd , 16 th , 23 rd , 30 th	7 th , 14 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	5 th , 12 th , 19 th	3 rd , 10 th , 17 th
		19:00-21:00	5 th , 12 th , 19 th	3 rd , 10 th , 17 th
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	14 th , 21 st , 28 th	5 th , 12 th , 26 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., June 7th, July 19th 13:30~15:00 TIC Room *No reservation needed. Feel free to join.

>>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.

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