

●Support for residents & measures against rising prices!

“Support programs for residents by Tama City and Tokyo Metropolitan Government.”

Tama City

The city utilizes the national “Special grant for regional revitalization focused countermeasures against rising prices” and distribute gift certificates that can be used at nearby stores to reduce household burdens caused by rising prices of food and other items.



▷Details here⇒◇Eligibility: Individuals registered in Tama City's Basic Resident Register as of Feb, 1st, 2026. (no application required) * Advance notification (postcard) mailed to household heads during March. ◇Distribution details: JCB Gift Card worth ¥4,000 per person (¥1,000 × 4 cards) (no expiration date) ◇Distribution method: Scheduled for sequential mailing via Yu-Pack to the head of household between late March and late May. Cards will be sent in one batch per household member (in-person receipt method). * Those wishing to decline the gift certificates must contact the Tama City Price Hike Counter Measures Living Support Project Call Center or complete the online procedure via the city's official website by 6pm on Thursday, March 19th. ◇Contact: Tama City Price Hike Counter Measures Living Support Project Call Center ☎0570-010-867 FAX 042-400-0325 ID:1019569

Tokyo Metropolitan

The Tokyo Metropolitan Government offers 1,000yen when you download the Tokyo App and verify your identity using your My Number Card. Tokyo Points can be exchanged for tickets to metropolitan facilities and points usable for everyday shopping. ▷Details here⇒◇Implementation period: Until Thursday, April 1st, 2027. ◇Eligibility: Individuals aged 15 or older who possess a My Number Card



and are registered as residents of Tokyo ◇Participation Method: ① Register for the Tokyo App ② Register for the Digital Authentication App ③ Follow the Tokyo App screen instructions to verify identity using your My Number Card ④ Apply to receive Tokyo Points ◇Contact: Tokyo Official App Dedicated Call Center ☎03-6901-7979

Beware of Scams! No city or post office will ever request money regarding the receipt of gift certificates. Scammers may claim to be Tama City employees and will never ask you for your card number or bank account details over the phone or in person, or ask you to operate an ATM.

●Have you completed scrapping or ownership transfer for your motorcycle, light vehicle, or automobile ?

Taxes are levied on the owner as of April 1st each year. If you have transferred ownership or scrapped a vehicle, please complete the necessary procedures by March 31st. Address or ownership changes also require notification. Similarly, for transferring or deregistering an ordinary motor vehicle, please do not forget to complete the procedures at the Regional Transport Bureau.

◇Inquiries: Mopeds, etc. → City Hall Taxation Division ☎042-338-6832

Motorcycles over 125cc → Tokyo Transport Bureau Tama Vehicle Inspection and Registration Office ☎050-5540-2033

Three-Wheeled・four-wheeled light vehicles → Keijidosha Kensa Kyokai Tokyo Headquarters Tama Branch

☎050-3816-3104 Automobiles → Tokyo Automobile Tax Call Center ☎03-3525-4066

●Revised Fees for Tama City-Operated Bicycle Parking Lots ~Effective April 1st~

◇Effective date: April 1st ◇Applies to: Nagayama Station・Nagayama Station North・Kita-Suwa Elementary School South・Tama Center Station East・Tama Center Station West bicycle parking lots ◇Fees: ① 1hr temporary use = Bicycle 110yen, Motorized Bicycle 220yen, Motorcycle 125cc or less 280yen, Motorcycle 126cc or more 330yen ② Regular use = See official website ◇

Notes: ① First 2 hours free for single-day use

◇Inquiries: Road Traffic Division ☎042-338-6826 ID:1002474

●[TIC Spring Break Program] Visit the Mexican Embassy and JICA (Japan International Cooperation Agency) !

◇Date & Time: Thursday, March 26, 2026, 8:30am to 5pm ◇Capacity & Eligibility: 30 participants

(Elementary to university students) ◇Meeting place: Keio Tama Center station, Keio Nagayama station, Keio

Sakuragaoka station ◇What to bring: Drink ◇Cost: Transportation fare (Child: approx. ¥750 円,

Adult: approx. ¥1500) + Lunch fee approx. ¥1,000 円 (lunch at JICA cafe featuring world cuisine)

◇Application: Apply via the QR code on the right by Saturday, March 21st, Materials will be sent by e-mail. ◇Contact:

Tama City International Center (General Incorporated Association) ☎042-355-2118



●Tama Center Spring Festa 2026 ~SPORTS DAY~

◇Date & Time: March, 20 (Holiday) to 21 (Sat), 2026, 10am to 5pm ◇Location: Parthenon Boulevard Area

◇Activities: Tama Domannaka Basketball, Strikeout, Kick Target, Flea Market, Food Trucks, etc.

◇Notes: May be canceled due to weather. Advance registration required for only for Tama Domannaka Basketball.

Contact for details. Others: Directly at venue on the day. ◇Contact: Tama Center Spring Festa Executive Committee

☎090-8636-4886 (Weekday 10am to 5pm) ID:1019541

●Book Introduction: 『Swimmy in English』 ~A book you can read in both English & Japanese~

Tama City libraries have books written in both Japanese and foreign language. Picture books, in particular, are written in easy-to-understand language, making them a great first step for getting familiar with Japanese. And picture books aren't just for children. Combining two artistic elements—beautiful illustrations and excellent writing—picture books can be enjoyed by adults too. Pick one up and see for yourself. Title: ‘Swimmy in English’ Written by Leo

Lionni/Translated by Shuntaro Tanikawa

Publisher: Kogakusha Publication Year: 2013



Holiday Clinic Duty Doctor 9am to 5pm Tama City Medical Association: <http://www.tama-med.or.jp/toban/>

Mar,1 (Sun) Takeshima Internal Medicine Clinic ☎042-338-5665
3-11-3, Ochiai
Mar,8 (Sun) Ooike Internal Medicine Clinic ☎042-355-7001
1-2-2, Total Building, Higashiterakata
Mar,15(Sun) Nagayama Internal Medicine Clinic ☎042-338-2355
Kotta, 1426, KTA Building 2F
Mar,20(Holiday) Matsuda Clinic ☎042-373-3205
Kaidori 1-48-1
Mar,22(Sun) Takahashi Internal Medicine & Neurology Clinic
Sekido 2-66-1 ☎042-400-1508
Mar,29(日) Abe Tama Center Internal medicine Clinic
Tsurumaki 1-22-2 ☎042-373-7755

Apr,5(Sun) Watanabe Clinic ☎042-371-3321
Toyogaoka 5-8-1

Apr,12(Sun) Aragaki Internal Medicine & Surgery Clinic
☎042-373-0514
Tsurumaki,1—24—1 Shin Toshi Center Building3F

- For emergency patients only
- Remember to bring your health insurance card, infant medical certificate, etc.

- Be sure to arrive within the designated hours.
- ※Call before visiting
- ※The on-call doctor may change due to circumstances.

Children's Evening Clinic=Pediatrics (Inside the health center)

For children's sudden illness, please visit clinic first.
(7pm~9:45pm) ☎042-375-0909

Holiday Dental Emergency Clinic=Dentistry (Inside the health center)

(Sun & Holiday 9am to 3pm) ☎042-376-8009

Note Advance call required.

Medical Facility Information (24 hour service)Fire and Disaster Management Agency Emergency consultation Center☎ #7119
(Mobile phone, push-button lines) ☎042-521-2323(Dial-up lines)

Tokyo Medical Institution Information Service "Himawari"
☎03-5272-0303

Foreign language Medical Information

9am ~ 8pm ☎03-5285-8181

★Life Consultation Room for Foreign Residents 1st & 3rd Thursday(1:30pm-4:30pm)TIC Activity Room

(7th Floor, Vita)※By appointment only

Outsourced by Tama City

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

Class	Venue	Time	Schedule	
			March	April
Monday Class	March: Parthenon Tama 4 th Floor Conference Rooms 3 & 4	9:45am to 11:45am	2nd-9th-16th-30th	6th-13th-20th-27th
	Apr,20 th : Career Mom Nagayama Community Center,5 th Floor Bellevue Hall	9:30am to 11:30am	2nd-9th-16th-23rd	6th-13th-20th-27th
Thursday Class	TIC Activity Room(7 th Floor, VITA)	10am to 12pm	5th-12th-19 th	9th-16th-23rd
		7pm to 9pm	5th-12th-19 th	9th-16th-23 rd
Saturday Class	TIC Activity Room (7 th Floor, VITA)	2pm to 4pm	7th-14th-28th	11th-18th-25th

* Those unable to attend in person for special reasons may participate online. Please consult with TIC Office.

Japanese Conversation Salon Mar,21st(Sat), Apr,4th(Sat) 1:30pm to 3pm TIC Activity Room No reservation required-Free participation, Free

△For above contact ☎ 042-355-2118 TIC secretariat

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(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 Chieko Ukita