

● Wait!—before you throw that away! That trash might actually be a valuable resource.

Do you assume that recyclable resources are limited to just items like plastic bottles and cardboard, and that everything else is simply trash? In reality, approximately 40% of the “combustible waste” and about 20% of the “non-combustible waste” generated by households can actually be recycled as valuable resources. To ensure the effective utilization of our finite resources, let’s start by taking a moment to reconfirm the proper disposal methods before we throw anything away. If you’re unsure how to sort your trash, check the “San-R” waste sorting app!

Contact Resource Recycling Promotion Division ☎ 042-338-6836 **ID** 1002093

● June is the payment month for: ① the Child Allowance, and ② the Child-Rearing Allowance.

The funds will be transferred to the recipient’s bank account on Monday, June 15. If the funds have not been deposited by Tuesday, June 30, please contact us.

• Please do not forget to submit your *Current Status Report*. We have mailed the necessary forms to recipients of the Child Allowance or Child-Rearing Allowance who are required to submit this report. Please ensure that you submit it. Submission Methods: By Tuesday, June 30, please submit via either ① mail or in-person delivery, or ② mail, in-person delivery, or the online application system available on our official website. Please address submissions to: Child and Youth Policy Division, 4th Floor, City Hall (Postal Code: 206-8666).

• Have you remembered to apply for the Child Allowance?

Families for whom a qualifying event has occurred—such as the birth of a child or a move into the city—are reminded to submit their application. Allowance payments commence from the month following the month in which the application is submitted. **ID** Child Allowance=1003454 Child Rearing Allowance=1003456

Contact Children and Youth Policy Division ☎042-338-6851

● Notice Regarding the Mailing of Tax Payment Notifications for FY2026 City Tax, Tokyo Metropolitan Tax, and Forest Environment Tax

Shipping Start Date June 11, Thursday

Notes Certificates will not be sent to individuals exempt from taxation. For those who submitted their tax returns after the filing deadline, the details of your return may not be reflected in the enclosed notification; we will update our records sequentially to reflect your filing details and will subsequently issue a revised notification.

● We are now issuing Tax (or Non-Tax) Certificates for the Reiwa 8 Fiscal Year.

Issuance start date June 11, Thursday

Notes Applications submitted by individuals other than the applicant themselves or their co-residing relatives require a Power of Attorney. The required form is available on the official website. * When using a My Number Card to issue documents via a multi-copy machine at a convenience store or similar facility, the fee is ¥100 lower than the counter rate. **Contact** Taxation Division ☎042-338-6821 **ID** 1001828

● Tama City × Iceland Exchange 5th Anniversary Event: Screening of the Film *Woman at War*

Dates June 24th, 10:30~12:00 **Site** Sekido Community Center, 8th Floor – Vita Hall **Max** 200 People

Contents Iceland—the world’s leader in gender equality. To commemorate the fifth anniversary of its exchange with Tama City, we are screening *Women’s Day Off*—a documentary film depicting the pivotal event that served as the origin of this global leadership! (English Audio / Japanese Subtitles) **Cost** 500Yen *Children under elementary age are admitted free of charge if seated on a guardian’s lap. **Contact** Culture and Lifelong Learning Promotion Division ☎042-338-6882 **ID** ID 1019954

Apply
from
here



● International Festa in TAMA 2026 — There are still plenty of exciting performances to come!

① Songs, Dances, You, and Me **Date** June 28, Sunday 13:30~ **Site** Sekido Community Center, 8th Floor – Vita Hall※ Free of charge **Contents** Oriental dance, ukulele, cello performance, Latin songs, African drumming, and more—plus a fashion show featuring traditional ethnic costumes. ② Exhibition of Traditional Costumes from Around the World **Date** June 26, Friday –June 28, Sunday 10:00~16:00 **Site** Sekido Community Center, 8th Floor – Vita Hall ※ Free of charge **Contents** Let’s take photos wearing costumes from countries around the world!

Organizers & Inquiries Tama City International Exchange Center (General Incorporated Association)

☎042-355-2188 E-mail: tic@kdn.biglobe.ne.jp

● Women’s Career Support Caravan & Individual Consultation Sessions in Tama — Charting Your Future Course — Life and Career Planning from a Financial Perspective:

① Seminar ② Consultation

[Date] July 2, Thursday ①10:00~Noon (Doors open at 9:30) ②13:15~13:20 [Site] Sekido Community Center Main Conference Room [subject] Women who want to work [Max] ①40 ②10 (All on a first-come, first-served basis) [Contents] Consider your options regarding income and work styles while understanding the tax and social security dependency systems. [Childcare] 10 Preschool-aged children: 6 months and older. Applications accepted on a first-come, first-served basis until 12:00 PM on Thursday, June 25.] [Application & Inquiries] Starting at 9:00 AM on Tuesday, June 9, applications may be submitted via the internet or by phone to the Women's Job Support Caravan Administrative Office: <https://josei-caravan.jp> ☎03-4550-0973 [ID] 1019918



Physician on Duty for Holiday Medical Care 9:00~17:00 Tama City Medical Association

<http://www.tamamed.or.jp/toban/>

6/14 (Sun) Hijirigaoka Hospital, Renkōji 2-69-6

☎ 042-338-8111

6/21 (Sun) Fusegawa Hospital, Ochikawa 1329

☎ 042-373-5858

6/28 (Sun) Abe Tama Center Internal Medicine, 2F Tama Medical Building, 1-22-2 Tsurumaki

☎ 042-373-7755

7/5 (Sun) Suzuki Internal Medicine & Gastroenterology Nagayama 5-4-10 ☎ 042-371-276

7/12 (Sun) Sasabe clinic, 4-9-2 Sekido, Comfort Seiseki 1F & 2F ☎ 042-375-7313

● Limited to cases of sudden illness. ● Be sure to finish within the time limit.

● Please do not forget your health insurance card, infant/child medical certificate, etc.

※ Please call before coming to the clinic.

※ The physician on duty is subject to change due to scheduling conflicts.

Children's Evening Clinic (Located within the Health Center) — Pediatrics

For sudden childhood illnesses, please visit this first (7:00 PM - 9:45 PM) - Generally limited to children aged 15 and under. ☎ 042-375-0909



Medical Facility Guidance (Available 24 Hours a Day)

Fire and Disaster Management Agency Emergency Consultation Center:

☎ #7119 (Mobile Phones, PHS, Touch-Tone Lines)

☎ 042-521-2323 (Dial Lines)

Holiday Emergency Dental Clinic (Located within the Health Center) — Dentistry (Sundays and National

Holidays: 9:00 AM - 3:30 PM) ☎ 042-376-8009

Tokyo Medical Institution Information Service

"Himawari" ☎ 03-5272-0303 Foreign Language

Medical Information (Tokyo Metropolitan Health and

Medical Information Center) 9:00 ~ 20:00

☎ 03-5285-8181

[Note] Advance telephone contact required.

★ Life Consultation Service for Foreign Residents

First and third Thursdays (13:30-16:30) TIC Activity Room (7th floor of Vita *Reservation required



★ Japanese Class Schedule



(Course Fee: Members = Free)

CLASS	会場	時間	日程	
			6月	7月
Mon class	Parthenon Tama - 4th Floor, Conference Rooms 3 & 4	9:45~11:45	8日・15日・22日・29日	6日・13日
	Nagayama kōminkan 5-kai berubuhōru 15	9:30~11:30	1日・15日・22日・29日	6日・13日
Thurs class	TIC Activity Room (Vita 7F)	10:00~12:00	4日・11日・18日	2日・9日・16日
		19:00~21:00	4日・11日・18日	2日・9日・16日
Sat class	TIC 活動室 (ヴィータ 7F)	14:00~16:00	6日・13日	4日・11日・25日

* If you are unable to attend the classroom in person due to special circumstances, we are available to discuss online participation options. Please contact the TIC office. Japanese Conversation Salon: Saturday, June 20 & Saturday, July 18 | 13:30-15:00 | TIC Activity Room | No Reservation Required | Drop-in Welcome | Free of Charge

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Office 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. Editing: Naoko Nishio, Translation: Midori Okita