

HAMURA NEWS

May 15th, 2013

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Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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THE OHTAMA "B-CLASS GOURMET" FAIR 2013

The term "B-Class Gourmet" was invented in Japan to describe a category of cheap and popular casual food. In corporation of the municipalities in great Tama region of Tokyo, this event is coming back thanks to the popularity it received last year. It will be held to promote "*Chisan Chishou* (local production for local consumption)" and the Food-Tourism. Food venders appeal their local products used for their original dish. For this year's contest, *Hamura City* will enter three menus. In addition to the favorite *Hamu-raisu* (ham & rice) Burger and *Ha-to Bits* (bite-size corndog), a new "Twist Potato" will make a debut - it is a whole potato spiral-sliced, curried and fried on a skew... should win the grand prize for Curry-flavor Category.

Let's go eat, vote and indulge ourselves with one-of-a-kind Japanese local food!!

Date & Time: May 25th(Sat) 10AM ~ 4PM & 26th(Sun) 10AM ~ 4PM *Votes accepted until 3PM on 26th.

Place: Parking Area of Tokyo Summer Land Family Park (*Akiruno City*) *No reservation required

Advance Ticket: at a food vender, you must pay with tickets. A long queue is expected to form at the food ticket counter. You can get advance tickets and avoid wasting time at the event site.

For advance ticket sales, please contact *Hamura-shi Shoukokuai* ☎555-6211

Inquiry: *Sangyou-ka Shoukou Kankou-kakari* Ext.658

HAMURA CITY BEAUTIFICATION CAMPAIGN

Town Cleaning and Community Gardening on Sunday, May 26th

< Town Cleaning Campaign >

This year, many people will visit *Hamura City* because the 68th National Sports Festival will be held. Let's join in for a day of public cleaning activity — picking up trash and cleaning around our public facilities and streets, and get ready to welcome the visitors with beautiful flowers. A good opportunity to casually join in the community activity and meet more neighbors!

Campaign Special Waste Collection: Please pick up trash from public spaces, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

* Designated campaign trash bags and collection spot information will be distributed by your local neighborhood / community association.

* Garbage from homes will not be collected on the campaign day.

* The campaign trash bags cannot be used for normal collections. Please store the unused campaign bags for the next campaign or return them to *Seikatsu Kankyou-ka* in city hall on the 2nd floor.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari*☎Ext.204

< Gardening Campaign >

Hamura City will distribute 106,000 pots of colorful flowers – *Salvia*, *Marigold* and *Begonia* – to neighborhood associations and community groups to decorate public parks and sidewalks. The decorated flowerbeds will be entered for the *Hamura City "Hana Ippai"* Summer Competition to be held in July.

Inquiry: *Sangyou-ka Nousei-kakari* Ext. 663 / *Hamura-shi Kankou Kyoukai* ☎555-9667

WATERWORKS PROMOTION WEEK - June 1st ~ 7th

The week of June 1st ~ 7th is the Waterworks Promotion Week. During this week, the *Hamura* City Waterworks Department will welcome visitors to the tour in our *Haisuitou*(Standpipe) and *Jousuijou*(Filtration Plant). These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply, which is sourced in groundwater in *Hamura* City.

The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. It is not necessary to make an appointment in advance to join the tours.

Haisuitou (Standpipe): Open to public on June 1st(Sat) ~ 7th(Fri) 9AM ~ 4PM. From the top of the tower, you can enjoy the grand view of the *Hamura* city landscape!

Jousuijou (Filtration Plant): Open to public on June 1st(Sat) and 2nd(Sun), 9AM~4PM. This plant is equipped with a membrane water filtration system of the largest scale in Japan.

Inquiries: *Suidou Jimusho* (Waterworks Department) ☎554-2269

JUNE 1st is DAY OF THE CIVIL RIGHTS COMMISSIONER

Feel free to use a human rights counseling service at city hall. *Hamura* City invites 3 commissioners assigned by the Minister of Justice to provide a Monthly Human Rights Counseling. If you have ever experienced unfair persecution, severe teasing, defamation, or discrimination, you can talk to the human rights specialists. English and Spanish Interpretation services are available by appointment.

< **Free Counseling for Troubles Involving Human Rights Issues** >

Counseling Date: Every 3rd Thursday of a month, 1:30PM ~ 4:30PM Next Date is June 20th(Thu).

Place: *Shimin Soudan-shitsu* at City Hall 1st Floor *Your privacy will be strictly protected.

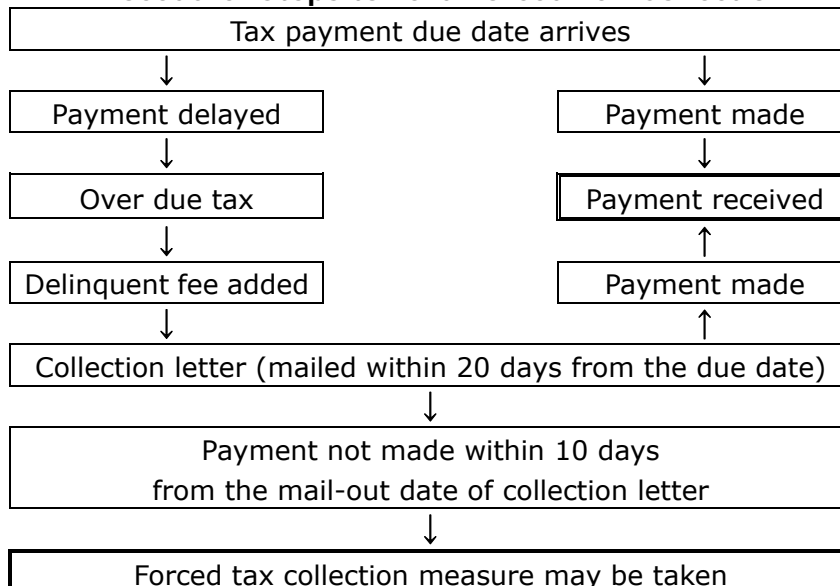
Appointment & Inquiry: *Kouhou Kouchou-ka Shimin Soudan-kakari* ☎Ext.199

ALL YOUR TAX PAYMENTS UP TO DATE ?

Please check that all your tax payments, especially city taxes due before March 2013, are taken care of. If you have any tax payments in arrears, please immediately make the payment or consult the city. Because *Hamura* City recognizes the importance of stability of tax income and ensuring the fairness with tax obligation for all tax payers, it may act on a serious delinquency case with forcible measures. For instance, by placing attachment on a delinquent's properties and recover the tax in arrears directly from their monetary assets or from the proceedings from selling the seized properties at a public auction.

If you are having financial difficulty with paying taxes.... Please do not hesitate to consult us about your financial problems; lost job, low income, being out of country for long period, etc. We would like to know the reason for delinquency so we can assist you. Inquiry: *Nouzei-ka Nouzei-tantou* Ext.168

Procedural Steps toward Forced Tax Collection



HAMURA CITY SUPPORTS ECO-FRIENDLY LIFESTYLE

Hamura City has various grant programs to support environment-friendly renovations done to residential or small-business property. These grants were established to promote the popularization of environment-friendly living as well as to take part in the efforts against Global Warming. If you are interested in any of the public grants introduced in this page, please feel free to consult *Kankyuhozen-ka* at ☎555-1111 Ext.226.

GRANT for SOLAR POWER GENERATOR

This grant is provided for the installation of Domestic Photovoltaic (solar) Power Generation System that qualifies the grant program regulation. If you would like more information, please feel free to inquire.

Grant Amount: from Hamura City ¥50,000 + from National Government ¥60,000 = ¥110,000

*If applications exceed the capacity of a term, the beneficiaries will be selected by drawing.

*One application chance per household.

2013 Application Terms		
	Generator Installation Date	Application Period
Term 1	January 1 st ~ June 30 th	Jun. 3 rd ~ Aug. 20 th
Term 2	July 1 st ~ December 31 st	Nov. 1 st ~ Jan. 20 th 2014

GRANT for HEDGE INSTALLATION

Hamura City is offering this grant to residents who install hedge or replace block/concrete fence with hedge. This program aims to reduce the risk of fence collapse in time of an earthquake or accident, as well as to gain more green landscape in our community. If you would like more information, please feel free to inquire.

Grant Amount: 50% of the actual construction cost, up to ¥200,000 Application Deadline: March 31st 2014

* There are regulations regarding the width of road facing a hedge, height of trees, length of hedge, etc.

* Residents who have any delinquent city tax are not eligible to apply.

ENERGY EFFICIENCY RETROFIT GRANT

This grant supports local residents and small-businesses who are considering the retrofitting in their building such as facilitating a system for generating renewable energy or reducing energy consumption.

Grant Amount: 10% of the actual cost for qualified renovation work will be reimbursed as a form of Eco-Point.

*1 eco-point = ¥1 *There are maximum limit set for each type of retrofitting.

Examples of retrofitting works that are subject to this Grant:

Installing a Solar heat energy system, solar hot water system, household fuel cell cogeneration system, household natural gas hot water system, high-efficiency small scale cogeneration system, LED lighting, thermal insulation improvement, low water-consumption toilet, high-insulation bathtub, etc.

Eligibility: Applicant must have at least 1 year of record in Residents Registry or Property Registry with Hamura City. The building in subject must be a residence or small office space that is built in the same premise as the residence. Building age is 5 years or more, or 5 years elapsed since the last retrofitting done.

Application Term: June 3rd(Mon) ~ January 31st(Fri) 2014 for the applicable works completed in 2013.

Consumers' Culture Course

~ BUS TOUR to SMALL-SCALE HYDROELECTRIC PLANT ~

Tsuru City in Yamanshi Prefecture has built two small electric plants for domestic consumption. The plants are small-scale hydro, using wooden and iron waterwheels installed at a section of the *Kachuu* River which runs through the city's residential district. This is a very informative and convenient guided tour to get to know a system of a kind. Please note that the guidance will be provided in Japanese.

Date & Time: May 24th(Fri) Destination: Small-scale hydro in Tsuru City Capacity: First 25 people

Meeting Time & Place: 8:20AM, Hamura Citi Hall Main Entrance Tour Hours: 8:30AM ~ 4PM

Fee: ¥700 (admission & Insurance) Things to bring: Hand towel, lunch, and non-alcoholic drink

How to apply & Inquiry: Please call *Shouhi Seikatsu* Center ☎555-1111 Ext.640

< Bird Watching Event >

This is the season when bird families are bringing up their chicks. Let's go out and look for bird families!

Date & Time: June 8th(Sat), 9AM ~ Noon (Registration starts at 8:30AM, light rain or shine)

Bird watching course: meet at the Statue of *Tamagawa Kyoudai* » *Sekishita* Bridg & Recreation Park » embankment walkway » Bird Watching at the dry river bed » Folk Museum

Capacity: first 30 people (Elementary school children or younger must be accompanied by an adult)

Fee: Free Instructor: Ms. *Kimiko Suzuki* (Member of Wild Bird Society of Japan *Okutama* Chapter)

Things to bring: Writing materials, Binoculars (if you have), Non-alcoholic drinks, Hat, and Rain Coat

*Make sure to wear comfortable shoes for walking.

Inquiry & How to apply: Starting May 17th(Fri) 9AM, call or visit *Kyoudo Hakubutsukan*

SPORTS CENTER ☎555-0033

< The 44th Field Golf Tournament >

Date & Time: June 1st(Sat), 9:30AM~Noon (Registration: 8:30AM~9AM, cancelled in case of rain)

Place: *Miyanoshita* Sports Ground Eligibility: *Hamura* residents and workers Fee: ¥200 (pay at site)

Hosted by: *Hamura-shi Suport Suishin Iin Kyougikai* (*Hamura* City Council of Sport Promotion)

How to apply: May 17th(Fri) ~ 26th (Sun), call, e-mail or visit the Sports Center and provide the following information; Your name, address, phone number, and your date of birth.

Email: s705005@city.hamura.tokyo.jp

*Please wear appropriate clothes and shoes for the event

MEN'S HOME COOKING CLASS

Place: *Hoken* Center Eligibility: Male *Hamura* residents Capacity: First 20 applicants

How to apply: Starting May 15th(Wed) 8:30AM~, call or visit *Hoken* Center (Ext.625) to apply.

*You can participate in either or both dates. Applicants who can participate in 2 classes will be given priority.

*Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it.

Date & Time	June 26 th (Wed), 9:30AM ~ 0:30PM	June 27 th (Thu), 9:30AM ~ 0:30PM
Theme	"Up-grade a Noodle Dish" Add an easy twist to a regular noodle menu and make it your original dish!	"Fast 'n Easy <i>Mazezushi</i> " <i>Mazezushi</i> is a recipe of loose sushi-rice mixed with flavored ingredients.
Fee	¥300 (for ingredients)	¥300 (for ingredients)
Items to bring	Head cloth, Apron, Writing materials	

LIBRARY ☎554-2280

< Story Telling of Famous Japanese Stories >

Please come and listen to the famous Japanese Stories read by voice volunteer members of *Kuwanomi*.

Date & Time: June 8th(Sat), 1:30PM~ (the door opens at 1PM) Place: *Yutorogi* small hall

Stories: *Yamanashi*(*Kenji Miyazawa*), *Chichini Mananda Tabino Shinka*(*Aya Kouda*), *Chikusei*(*Osamu Dazai*), *Harukaze*(*Nankichi Niimi*), *Tadamigawa*(*Ayako Sono*)

*Fee and reservation are not required for these story telling event.

SWIMMING CENTER ☎573-3210

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between June 6th and July 25th, 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

The 68th ALL JAPAN ATHLETIC MEET
Promotional Event ~ TAG OF WAR ~

Various promotional sports events will be held towards the All Japan Athletic Meet (a.k.a. *Kokutai*) which will open in Tokyo's Tama Area, including *Hamura City*, from September 29th 2013. *Hamura City* will host one of those promotional events "The Tag Of War Matches". Any residents of Tokyo can participate!

Date: September 8th(Sun) Place: Sports Center Audience Admission: Free

Opening Ceremony: 10AM~ Match Starts: 10:30AM Closing Ceremony: 4PM~

*Please bring your own indoor shoes

【Match Team Application】

Team members must consist of a coach(1), a trainer(1), players(8) and sub-players(2).

Everyone in the participating teams will receive a commemoration medal.

Category		Teams	Weight Restriction	Fee
Elementary Students Team	Boys	16	not restricted	free
	Girls	12		
Adults Team	Men	8	Combined total body weight is 600kg or less	¥3000 per team
	Women	6	Combined total body weight is 520kg or less	
	Men & Women	8	Combined total body weight is 560kg or less	

▪ **Team of Elementary Students**

The coach and trainer must be adults, and the players must be 4th ~6th graders.

▪ **Team of Adults**

The coach and trainer can also register as players. Junior/high school students can register.

For a Men&Women Team, the gender ratio is Men3:Women5, or women member can increase.

Application: Please download an application form and submit to the event office in person or by mail between June 1st(Sat) ~ 30th(Sun) 5PM. *Fee must be paid in person or sent in cash by registered mail.

Sports Festival in Tokyo 2013 Hamura City Executive Committee ☎578-8788 fax:578-8789

Mailing Address: 〒205-0016, 1-29-5 *Hanekami Hamura City*

Form URL - http://www.sports-sai-tokyo2013.jp/kyogi/kokutai/pdf/tsunahiki_hamura_01.xls

VOLLEYBALL CLASS and DEMONSTRATION MATCH

The Japan Women's Volleyball League's top players are coming to Hamura!

Don't miss this chance for getting lessons from top athletes and watch them play a match so closely!

Date: June 16th(Sun), Doors will open at Noon Place: Sports Center Hall 1 Fee: Free

【Volleyball Class ~ Volleyball beginners are also welcome!】

Time: 1:15PM ~ 2:15PM Instructors: NEC Red Rockets players

Eligibility: Elementary or Junior High school students who reside in *Hamura*

Things to bring: sports wear, Indoor shoes, towel

Application & Inquiry: Apply before May 31st(Fri) at Sports Center in person or by phone. ☎555-0033

【Demonstration Game ~ NEC Red Rockets vs Tokai University】

Time: 3:15PM ~ 4:30PM Admission: Free, no reservation required *Please bring your indoor shoes.

JAPANESE IKEBANA CLASS FOR CHILDREN

How about learning Japanese traditional *Ikebana* (art of flower arrangement) and realize the beauty of the nature. It is a great introductory course for children to learn Japanese culture!

Date & Time: 2013 - Jun. 15th, Jul. 27th, Aug. 17th, Sep. 21st, Oct. 5th, Nov. 16th, Dec. 21st,

2014 - Jan. 18th, Feb. 15th, Mar. 15th (all on Saturdays, total 10 lessons)

Time: 10AM ~ 11:30AM Place: *Yutorogi Sousakushitsu 1* Fee: ¥500 per lesson (fee for flowers)

Eligibility: Elementary School Students Capacity: 20 people

Sponsor & Instructor: *Ikebana Sakurakai* Supported by: *Hamura City Board of Education*

Application and Inquiry: Send an *Oufukuhagaki*(a post card with a reply card attached) to Mrs. *Yasuko Takeda* (☎554-6964) 〒205-0002 2-7-8 *Sakae-chou, Hamura City, Tokyo*. It must arrive by May 31st(Fri) with the following information: address, name, school, grade, guardian's name and phone number.

The 24th DENTAL INFORMATION LECTURE & INTERACTIVE EVENT

~ Cavity's Birthday ~

Date & Time: June 8th(Sat), 2PM ~ 4PM Place: Hoken Center Fee: Free *No reservation required.

Event Detail: Dental health lecture, free dental counseling, checkup for breath odor level and bite strength.

Hosted by: Hamura-shi Shika Ishi Kai Contact: Inoue Dental Clinic ☎554-7735

ON-THE-JOB SOCIAL LEARNING for JUNIOR HIGH SCHOOL STUDENTS

All Hamura Junior High Schools organize a social learning program which allow the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8th graders of Hamura Dai-ni Junior High School will start their 5-day internship starting on May 20th(Mon) to 24th(Fri). Those students do not go to their school during the internship week, but they commute directly to the assigned work places.

Inquiries: Gakkou Kyouiku-ka Shidou-kakari ☎Ext.377

APPLICATION for CHILD SUPPORT ALLOWANCE

Child Support Allowance (*Jidou Ikusei Teate*) is provided mainly to single parent households which meet the income limit requirement. Children of such households are eligible to receive this benefit until the first March following his/her 18th birthday. Children in foster care facilities are excluded from eligibility. There are two types of this allowance; general allowance and disability allowance.

June is the beginning month of a fiscal year for Child Support Allowance Program. If your household meets the qualification and wish to apply for the 2013 program, please file an application by the end of May.

For procedure details and required items for application, please contact *Kosodate Shien-ka Ext.237*.

❖ Current beneficiaries will receive Notification of Current Status (現況届用紙) by mail in June. Please fill-in the form and be sure to submit it by the deadline stated on the form.

◆ Child Support Allowance (*Jidou Ikusei Teate*)

Allowance Amount: ¥13,500 per child, monthly

Eligibility: Household of a parent/guardian with child(ren) born on or after April 1st 1995 which meets the income limit requirement (previous year's income), and in any of the following conditions.

- Parents are divorced • Father or mother was deceased • Child was born out of wedlock
- Parent has severe disability that prevents him/her to be employed (issued with a mental disability certificate *Ai no Techou* grade 1~3 or physical disability certificate *Shintai Shogaisha Techou* grade 1~2)

Item needed for application: Applicant and child(ren)'s *Kosekitouhon*(official copy of family register), Applicant's bank book, disability certificate if own one, *Inkan*

◆ Special Child Support Allowance for Handicapped Children (*Jidou Ikusei Shougai Teate*)

Allowance Amount: ¥12,500~¥15,500 per child, monthly *depending on the disability and household income

Eligibility: Household of a parent/guardian with child(ren) under 20 years old with disability certified by mental disability certificate (*Ai no Techou*) grade 1~4 or physical disability certificate (*Shintai Shogaisha Techou*) grade 1~4.

Items needed for application: Applicant's bank book, disability certificate if own one, *Inkan*

Notes: If you have not lived in Hamura on Jan 1st,2013, you must bring the *Shotoku Shoumeisho*(income certificate) or *Kazei/Hikazei Shoumeisho*(tax declaration certificate) which states your income of 2012 issued by the municipality office of where you lived then. Other documents may be needed according to the condition. Please inquire for more details.

< Colon Cancer Screening >

Date: June 1st(Sat) ~ October 31st(Thu) Testing Methods: Testing stool for occult blood (for 2 days)

Fee: Free Eligibility: *Hamura* residents who are age 40 or older as of the examination date

How & Where: Go to any medical facilities in *Hamura* City with your health insurance card.

*To those who turned 40, 45, 50, 55, and 60 years old last fiscal year, *Hamura* city has sent out free coupons for colon cancer screening. When taking this exam, bring the coupon and your Health Insurance Card.

< Bone Density Test for Women >

Women's Bone Density decreases after its' peak during the 20's, and before and after the menopause, the Bone Density tends to decrease drastically. Especially those who are around their menopause, as well as others, are recommended to take this checkup for preventing Osteoporosis (Brittle-bone Disease).

Fee: Free Eligibility: *Hamura* Resident Women of age 20 to 64 years old

*Those who are being treated for Osteoporosis, pregnant or have a possibility of being pregnant cannot apply.

Capacity: First 47 people per course (If more applies, it will be chosen by lottery)

Course and Day: Course(A): July 7th(Sun) 9AM ~ Noon, Course(B): July 7th(Sun) 1:15PM ~ 4:15PM,

Course(C): July 8th(Mon) 9AM ~ Noon, Course(D): July 8th(Mon) 1:15PM ~ 4:15PM

Course Detail: a Course will take about 1.5 hours per person - Measure your Bone Density (radiography of forearm bone), check the results, explanation of how to prevent Osteoporosis by exercise, diet, and daily life. Tasting of recommended recipe for building bone density. Instruction for checking Breast Cancer by yourself.

Application and Inquiry: between May 20th(Mon) to June 7th(Fri), call or visit *Hoken* Center.

*Choose 2 courses (1st and 2nd preference). *If you want to bring your children, please tell when you apply. Please check the Bone Density Test Card that will be mailed to you later for the decided course date and time.

< Breast Cancer Screening >

Date: By appointment between June 3rd(Mon) ~ September 30th(Mon), except Weekends/Holidays

Place: *Fussa* Hospital or *Nishimura Iin* *both located in *Fussa* City

Fee: ¥1,600 *Please pay at the Hospital on examination day Capacity: First 370 people

*No fee for Welfare Recipients. Please bring your Certificate of Welfare Recipient.

Eligibility: Female residents at age 40 or older (on examination day) who did not take this exam last year

Examination Detail: Health interview, clinical breast examination, and mammography screening (X-ray)

How to apply: Call or visit *Hoken* Center, starting May 22nd(Wed).

*If you want to get the screening at *Fussa* Hospital, the examination day must be decided when you apply.

< Uterine Cancer Screening >

Date: June 1st(Sat) ~ September 30th(Mon) Capacity: First 500 people Fee: Free

Clinics providing this free screening: *Ogata Sanfujinka* Clinic, *Yorimitsu* Ladies Clinic, and *Taisei* Hospital

Eligibility: Female *Hamura* residents at age 20 or older who did not take this exam last year

How to apply: Call or visit *Hoken* Center, starting May 22nd(Wed).

< Free Female-specific Cancers Screening >

Coupons for Free Cervical and Breast Cancer Screenings will be mailed out along with Examination Booklets at the end of May to eligible female residents. Coupons can be used by the addressee starting from June.

Coupons for Cervical Cancer Screening are mailed to those turning to 20, 25, 30, 35, or 40 years old, and the coupons for Breast Cancer Screening are mailed to those turning to 40, 45, 50, 55, or 60 years old in FY2012.

Both coupons are until the end of December 2013. Although the appointment capacity is reserved for coupon holders, the clinics may be too busy to accept appointments toward the end of year.

Notes:

*Delivery of exam result may take up to 1 month. If you are already having symptoms, please see a doctor on your own.

*It is recommended to be tested in June ~ September. The Autumn term is usually more crowded.

*Applications for the Autumn term (October ~ December) for both screenings will start in September.

PUBLIC SERVICES FOR MEDICAL INFORMATION AND COUNSELING

✦ Tokyo Health And Medical Information Center "*Himawari*"

(Tokyo-to Hoken Iryou Joho Center)

When you are searching for a nearby medical facility or a specialized medical institute, as well as when you need guidance on health insurance and medical system in Japan, please contact Tokyo Health & Medical Information Center's telephone service "*Himawari*". The call center staff will respond in foreign languages. English Website: <http://www.himawari.metro.tokyo.jp/qq/qq13enmnl.asp>

☎03-5285-8181 Daily : 9AM-8PM Supported Languages: English, Chinese, Korean, Thai, Spanish

✦ Medical Emergency Translation Service

Tokyo Health & Medical Information Center also provides interpretation service over the phone for foreign patients visiting a hospital. An interpreter will provide assistance over the phone when it is needed to help a communication, especially for accurate information exchange, regarding a medical procedure.

☎03-5285-8185 Weekdays : 5PM-8PM Weekends & Holidays : 9AM-8PM

Supported Languages: English, Chinese, Korean, Thai, Spanish (for medical purpose only)

✦ Tokyo Fire Department Emergency Counseling Center

When you are not sure whether you should call an ambulance, call this number first for an instruction from a medical professional. If it is necessary, they will call an ambulance for you.

24 Hour Service. ☎#7119 (from touch-tone phones) ☎042-521-2323 (from dial-tone phones)

Supported Language: Japanese only

✦ Health Counseling Hotline for Mothers and Children (Emergency Counseling for Children)

In case of an emergency on your child's medical condition, a certified doctor will answer your questions.

☎#8000 (from touch-tone phones) ☎03-5285-8898 (from dial-tone phones)

Hours: Monday ~ Friday... 5PM~10PM / Saturday, Sunday & National Holidays... 9AM~5PM

Supported Language: Japanese only

✦ Tokyo Pharmacy Information System " t-Info "

It is an internet-based service for searching pharmacies within Tokyo. (in Japanese only)

Top Page → <http://www.t-yakkyokuinfo.jp/>

Pharmacies open during night time → http://www.t-yakkyokuinfo.jp/night_list_search.php

Pharmacies open on weekends and holidays → http://www.t-yakkyokuinfo.jp/holiday_list_search.php

✦ Medical Safety Support Center Opened "Patient's Voice Consultation Service"

(*Kanja no Koe Soudan Madoguchi*)

It aims to support building a better relation between the patients and medical service providers. Feel free to call for consulting about finding a place to get a second medical opinion, or for an assistance to better understand a medical instruction / procedure briefing given at a clinic etc.

You can also call this service to file a complaint concerning a particular medical institute.

Supported Language: Japanese only

Kanja no Koe Soudan Madoguchi: Weekdays 9AM~Noon and 1PM~5PM ☎0428-20-2113

Inquiries about this service: *Nishitama Hokenjo Hoken Taisaku-ka* ☎0428-22-5141

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
19 th (Sun)	<i>Izumi Clinic</i>	555-8018	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Okikura Shika</i>	555-4331
26 th (Sun)	<i>Nishitama Byouin</i>	554-0838	<i>Fussa-shi Hoken Center</i>	552-0099	<i>Katou Shika Clinic</i>	554-8887