

HAMURA NEWS

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花と水のまつり 2019

HAMURA FLOWERS & WATER FESTIVAL 2019

March 28th (Thu) ~ April 25th (Thu)

Hosted by: *Hamura Flowers and Water Festival 2019 Executive Committee*

Sponsored by: *Hamura City, Hamura City Tourism Association, Hamura City Society of Commerce and Industry, Embassy of the Kingdom of the Netherlands Agriculture, Nature, and Food Department*

Co-sponsored by: *Tama Cable Network Corporation, Kamera no Kitamura Co.,Ltd. Hamura Shop*

Inquiries: *Hamura-shi Kankou Kyoukai*☎042-555-9667, *Sangyou Shinko Ka Shoukou Kankou-kakari, City Hall*

☎Ext.655-657



The feature for the first part the festival

◀ SAKURA FESTIVAL ▶

Enjoy a walk or picnic under 200 blooming *Sakura* (cherry blossom) trees by *Hamura-Seki* (water intake sluice) and along the *Tamagawa Jousui* (aqueduct) in daylight and with night illumination!

Festival stalls of local souvenirs, hot meals, sweets, games and toys will all line up on the *Sakura* promenade!

Date: March 28th (Thu) ~ April 14th (Sun) Time: 10AM~8:30PM *Night Illumination is 6PM~8:30PM

Place: from The *Hamura* Sluice to *Sakura* tree-lined promenade along the *Tamagawa Jousui* aqueduct.

- ❖ **Opening Ceremony** March 30th (Sat) ①Ceremony 2PM~, ②2:30PM~ Concert by *Hamura Daiichi Junior High School Brass Band /Hamusupo Jr. Cheer Dance* ③3:15PM~ "Hagoromo No Seki" Ballad (*Kayo*) Show

Place: In front of *Tamagawa* Brothers Statue

- ❖ **Concession Stands** There will be various stores for foods, games and so on.

Date and Time: Mar 30th (Sat) ~ Apr 14th (Sun) every Saturday and Sunday 10AM~4PM

Place: At *Hamura-Seki* Upstream (near *Hamura* Water Intake 1st Sluice)

- ❖ **Street Performance** There will be various performances such as monkey performance and balloon art.

- ❖ **Free Entry to *Hamura Zoo*** April 1st (Mon), 9AM ~ 4:30PM (The Final Entrance time 4PM)

- ❖ **Sakura Festival at *Hino Motors Hamura Factory***

Date & Time: April 6th (Sat), 10AM ~ 2:30PM (It will be cancelled if it rains)

Place: *Hino Motors Hamura Factory*

❖ **Spring Festival at Shrines in Hamura City**

Night Festival... April 13th (Sat), Main Festival... April 14th (Sun)

❖ **Japanese Floats "Dashi" Parade** April 13th (Sat) 3PM~, JR Hamura Station West Exit Rotary

❖ **Yakumo Shrine's Mikoshi River Crossing** April 14th (Sun), about Noon~, near Sekishita Bridge

The feature for the latter part of the festival

« **TULIP FESTIVAL** »

Come to the famous Hamura Tulip Field and enjoy 400,000 colorful tulips of 60 different varieties!! Souvenirs will also be sold at the various booths. Concessions stands will satisfy your appetite during this event.

Date & Time: April 6th (Sat) ~ 25th (Thu), 10AM ~ 5PM

Place: Negarami Mae Suiden (the site turns to a rice paddy field after the tulip season)

❖ **Concession Stands**

Place: The parking lots of Miyanoshita Athletes Park

❖ **"Koinobori" Decorations at the Venue**

Date & Time: April 18th (Thu) ~ 21st (Sun), 10AM ~ 5PM at the Tulip Area



❖ **Miniature Turbine on exhibit**

Place: Hane Yousuiro (irrigation canal running on the river side of tulip field)

HAMURA FLOWERS & WATER FESTIVAL 2019

« **2019 SPECIAL PROMOTIONS** »

❖ **Hamura Cheer Leader "Rifurezu" will be in Festival**

Date and Time: Apr 6th (Sat) 1PM~3PM at Tulip Festival Location

4PM~6PM at Sakura Festival Location

❖ **Stage Show** There are Street Performance, Coasting Performance, Monomane Show and so on.

Date and Time: Apr 6th (Sat) 10:45AM~3PM

Place: Odoriko Park

❖ **Nodate (Outdoor Tea Ceremony)**

Date and Time: Apr 13th (Sat) 10AM~2PM

Place: Odoriko Park Free: ¥300 for one Dose

Cooperation Association: Hamura Tea Ceremony Association.

❖ **Ashiyu (Foot Bath)** 10AM ~ 4PM on below weekend dates

♪ March 30th, 31st, April 5th~7th, 12th ~14th ♪ April 17th ~ 21st

in the Promenade near Hamura Bridge at Miyanoshita Parking Area

❖ **Cross the Hamura Shusui Seki No.1 Watergate**

You can walk across the top of Watergate structure on the following dates and time:

10AM ~ 4PM on March 30th (Sat)~ April 14th(Sun) every Saturday and Sunday

This special permission is arranged thanks to the cooperation by the Tokyo Bureau of Waterworks.

For visitors to be able to cross safely, please do not stop when crossing the Watergate.

Do not bring your pet along this crossing. Bicycles are not allowed. Strollers must be folded down.

❖ **Information Booth for Tourists**

Inquiries: Hamura City Tourism Association ☎042-555-9667

A tourist information booth will be set up. Don't miss the "Hamurin" mascot dolls and goods for sale!

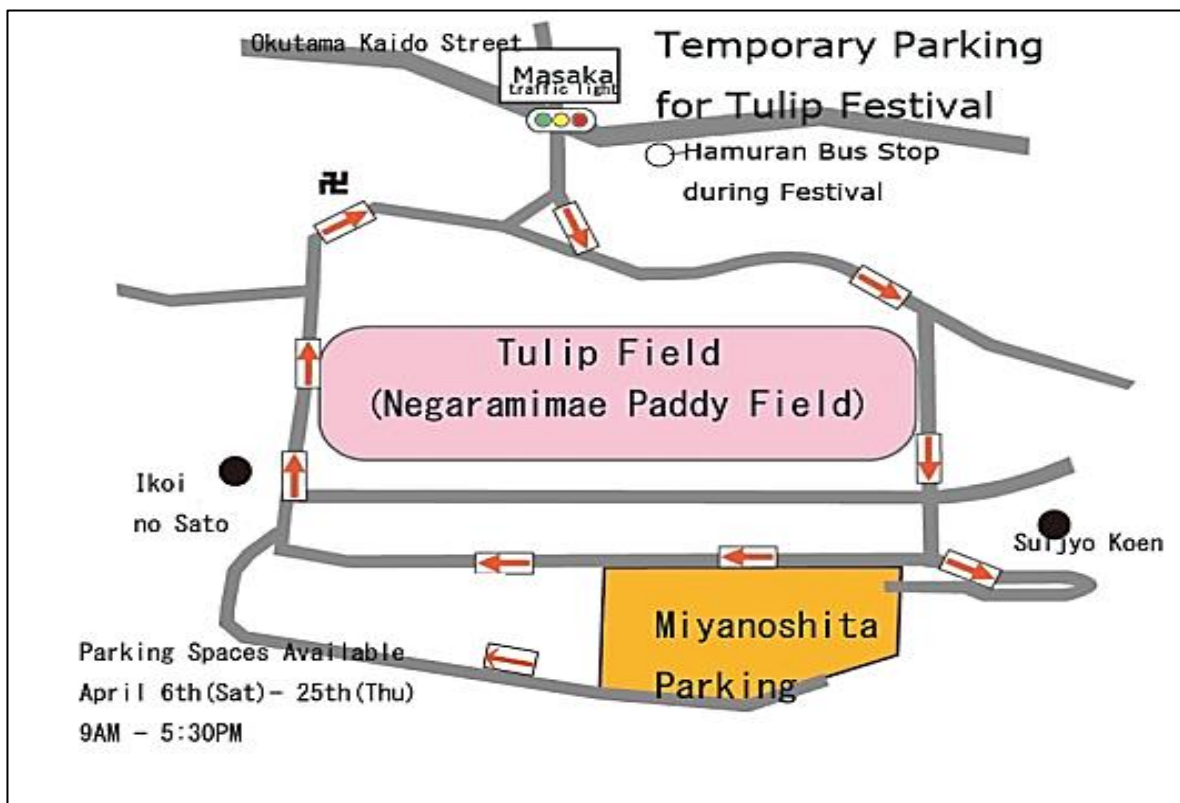
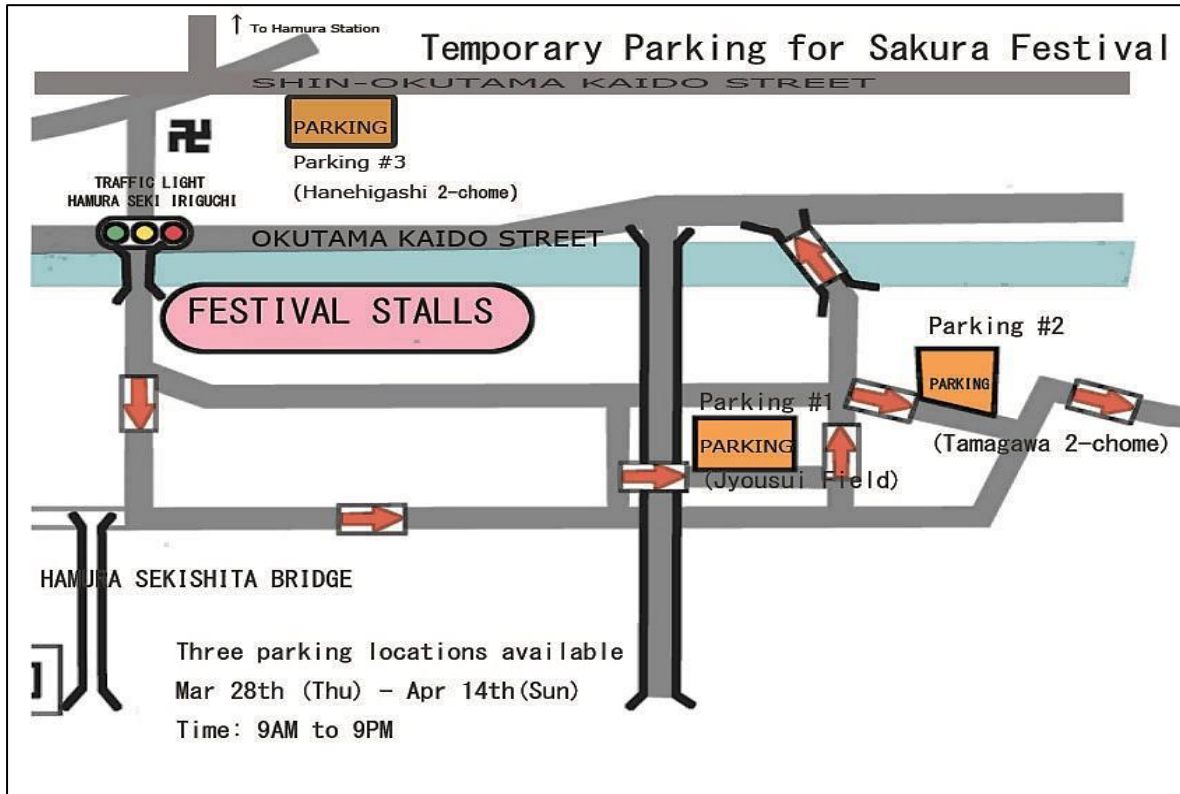
Also here, Hamura Marche (market) will sell excellent souvenirs selected from city wide providers!

Hamura Information Center at West Rotary of JR Hamura Station

❖ **Renta-Cycle** Bicycles can be rented for on-site use. Fee is ¥300 for 3 hours. ¥500 if exceeding 3 hours. *Please bring identification for Renta-Cycle.

« Transportation and Parking Information »

- ▶ JR 'Holiday Kaisoku Okutama' Express Train will make a stop at Hamura
 The express trains will make a special stop at JR Hamura Station during the Flowers & Water Festival. Saturdays and Sundays between March 30th (Sat) ~ Apr 21th (Sun).
- ▶ Let's use Community Bus Hamuran to get to the events!
 During this festival, heavy traffic is expected around the event sites. If walking to the sites is difficult for you, please use community bus Hamuran to get to the festival sites. We appreciate your cooperation.
- ▶ Designated Event Parking : ¥500.- (Site Maintenance & Service Charge)



Parking is limited. Using bicycle or public transportation is recommended.

- One location for Tulip Festival (*Miyanoshita* Athlete Park)...Temporary Parking Site
The *Miyanoshita* Parking may be opened as early as March 30th and March 31st (Sat. &Sun.) if flowers bloom early, to provide additional parking if deemed to be necessary for massive turn out.
- To TULIP Festival, take *Hamu Nishi* Course or *Ozaku*(小作) Course and get off at *temporary Hamur* an bus stop.
- ▶ Free Shuttle Bus will not be available for this year's festival
The shuttle bus service for the event is no longer available. Please use the community bus *Hamuran*.
<*Hamuran will not stop at *Ippouin*(一峰院) and *Iko-no-sato* (いこいの里) on weekends during Tulip Festival period.> Inquiry: City Hall, *Toshi Keikaku Ka Jyuutaku Koutsuu Kakari* ☎Ext.276

< Volunteers Wanted for Hamura Tourism Association >

Hamura Tourism Association (*Kankou Kyoukai*) organizes various events, such as the "*Hamura* Flowers and Water Festival", "Flowers Contest", and "Tulips Ownership". If you are interested in participating in these events as a volunteer, please contact us! Inquiry: *Kankou Kyoukai* ☎042-555-9667
Weekdays excluding holidays 9AM ~ 5PM

写真コンクール

< Hamura Flowers and Water Festival Photo Contest 2019 >

Theme: any *sakura*, tulip or festival scenes taken during this year's festival period

*For more information see *Kankou Kyoukai* website or brochure distributed at *Kankou Kyoukai* Office

Apply Date: Till May 20th (Mon)

Apply and Inquiry: Hamura *Kankou Kyoukai* ☎042-555-9667 (9AM~5PM Weekdays excluding holidays)

第39回羽村消費者の日 ~ 「不都合真実2~放置された地球」 3月1日繰り越し

The 39th Hamura City Consumers Day

Movie [An Inconvenient Sequel: Truth to Power] in Japanese

This movie is a 2017 American documentary film, about former United States Vice President Al Gore's continuing mission to battle climate change such as Large Typhoon, Heavy Rain, Tornado and etc. The sequel to *An Inconvenient Truth* (2006), the film addresses the progress made to tackle the problem and Gore's global efforts persuade governmental leaders to invest in renewable energy, culminating in the landmark.

Date and Time: March 30th (Sat) 1:30PM~4PM (Door open 1PM)

Place: *Yotorogi* Small Hall

Capacity: First 252

Sponsor: Hamura City Consumers Day Executive Committee and Hamura City Hall

Inquiry: *Shohi Seikatsu* Center (Consumer Life Center) ☎Ext.640



一歳児教室「一歳ちゃんあつまれ〜！」

~The 1 Year-Old and Parent Get-Together Group ~

Date: March 26th (Tue), from 10:30AM~Noon (Reception starts 10AM) **Place:** Hoken(Health) Center
Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.
Place: Hoken Center **Eligibility:** Hamura City Residents who are raising 1 year ~ 14 month old children
This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.
(First time participant only) **Note:** We are sorry, no older siblings can attend this class.
They will offer tips on daily life rhythm, how to stop breast feeding, how a child can play with other children, and about preventing accidents.
Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook) **Capacity:** First 20
Inquiries: Hoken Center, ☎Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays

ハロー赤ちゃんクラス

< Childbirth Preparation Class for Parents >

Date & Time: April 20th (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose **Place:** Hoken Center
Eligibility: Expectant mothers residing in Hamura City (family member can also participate)
Capacity: First 15 pairs **Class Detail:** How to bathe a baby, change diapers, make formula and etc.
Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, & writing utensils **Hours of Operation:** Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit Hoken Center in advance to reserve (choose the time ① or ②). Hoken Center 042-555-1111 ☎Ext.693

郷土博物館 企画展こいのぼりと五月人形

< Boy's Day Dolls and Koinobori >

"Tango no Sekku" on May 5th is an annual event of old tradition that celebrates boys' healthy growth. Koinobori (Carp Banners) and Gogatsu Ningyou (Samurai Armor or boy doll) are traditionally displayed for this event. Come and see the Gogatsu Ningyous at the Museum and Koinobori at the Old Shimoda Residence.

Place: *Kyoudo Hakubutsukan Kikaku* Exhibit Corner, Orientation Hall and Old Shimoda Residence

Gogatsu Ningyou: March 23rd (Sat) ~ May 12th(Sun) 9AM ~ 5PM at *Kyoudo Hakubutsukan*
(Old Shimoda Residence till 4PM)

Koinobori: from April 23rd (Tue), (Old Shimoda Residence till 4PM)

Museum Hours: Tuesday ~ Sunday, 9AM ~ 5PM (the Old Shimoda Residence closes at 4PM)

Admission: Free

Inquiry: *Kyoudo Hakubutsukan* (Hamura Museum) ☎042-558-2561 *Will not be open on Mondays.

健康料理講習会

しっかりとろう「オメガ3脂肪酸」～脂質異常症予防

< Healthy Cooking Class Recipes ~ Prevention of Dyslipidemia ~>

This cooking class will offer tips for healthy by taking Omega 3 fatty acid to prevent Dyslipidemia.

Date & Time: April 24th (Wed) 9:30AM ~ 0:30PM **Place:** Hoken Center **Capacity:** First 30 people

Fee: ¥300 **Things to bring:** Head cloth, Apron, Writing material, *Kenkou Techou* (if you own one)

Details: Health Sessions, Cooking Class

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

Application and Inquiry: Starting March 18th (Mon), call or visit Hoken Center ☎042-555-1111, Ext.625 from 8:30AM ~ 5PM excluding weekends and Holidays.

歩いて帳配布

< The Aruite chou Handout > Anyone can start a daily walk to stay healthy. We are giving out charts called "Aruite Chou" for recording the number of steps you make. It can be obtained at the Sports Center and Swimming Center from March 19th (Tue) for free. SPORTS CENTER ☎042-555-0033

不要入れ歯などの回収

< Donate Your Retired False Teeth >

Hamura City is collecting used false teeth by placing collection boxes around the city. Collected false teeth will be processed for resource recycling by NPO organization *Nihon Ireba* Recycle Association. Part of the profit from recycling will be donated to Hamura City and UNICEF and used for various welfare purposes.

Collecting Item: False Teeth with metal parts, jewelry

How to donate false teeth: ①Clean false teeth and sanitize with boiling water or cleansing solution ② After cleaned, wrap with thick paper such as newspapers, then put it in a plastic bag ③Deposit the bag into collection box. Box Locations: City Hall 1st floor lobby, *Hoken Center*, *Iko-no Sato*, and *Fukushi Center*

Inquiry: *Shakai Fukushima-ka Shomu-kakari* ☎Ext.114

3月下旬に介護保険給付費通知を送付します

< Notice of Grants for Nursing Care Service Fees Under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section within End of March.

This is a list of the nursing care grant benefits provided during the term of August through December, 2018 showing the self-pay burden that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

Inquiries: *Kourei Fukushima Kaigo Ka, Kaigo Hoken kakari*, ☎Ext. 143

介護保険料特別徴収開始

< Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens. Based on income of 2018, the payments will be made bi-monthly in even numbered months.(A letter will be issued in July regarding amount to be deducted.)

Inquiry: *Kourei Fukushima Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 149

システムメンテナンスのため 証明書のコンビニ交付および自動交付機を一時停止

< Temporary Stop of Automatic Issue Machine and Issue Machine at Convenience Store for Maintenance > City Hall will temporary stop for Automatic Issue Machines for maintenance. If you need to apply any certificate, please visit City Hall to process.

Temporary Stop Day and Time:

- Convenience Store – March 25th (Mon) 6:30AM~11PM, March 26th (Tue) 6:30AM~5PM

- Automatic Issue Machine – March 25th 1PM~9PM, March 26th (Tue) 11AM~3PM

Inquiry: 1) Machines for Convenience Store and Automatic Issue Machine – Citizen Reception

Shimin Uketsuke Ka ☎Ext.121

2) Taxation Certificate – Kazei Ka shiminzei Kakari ☎Ext.162

国民健康保険 届け出・手続きを忘れずに

NATIONAL HEALTH INSURANCE (Kokumin Kenkou Hoken) Is Your Registration Up-To-Date?

If any of the following cases apply to you that concern your registered details for National Health Insurance, please report to Shimin-ka Hoken-kakari at city hall 1st floor within 14 days from the occurrence of the case.

We request that you meet this deadline, for it may result in a denial of insurance benefit for self-paid medical expense occurred prior to updating the registration details if delayed without an inevitable reason for delay.

City Hall Hours: Monday ~ Friday, 8:30AM ~ 5PM (excludes holidays) and Weekends 8:30AM ~ 11:45AM / 1PM ~ 5PM
(No service is available on March 21st (Thu, Holiday))

-- Your National Health Insurance Registration Detail need to be updated, If you

- move to or move out of Hamura City 羽村市へ転入・羽村市から転出
- subscribe to or withdraw from other health insurance ほかの健康保険に加入・やめたとき
- start/stop receiving Welfare Assistance 生活保護を受ける・受けなくなったとき
- have a new child 子どもが生まれたとき

* In case a death of an NHI policy holder, next of kin family member who acts on behalf of the family dealing with the death must report of the death. Please ask for details. 死亡したとき

- change home address/your name/name of the householder 住所・世帯主・氏名などが変わったとき
- change home address due to schooling 修学のため、別に住所を定めるとき
- lost or damaged your NHI card severely 保健証を紛失または破損して使えなくなったとき

* The head of household must report changes, however a family member can report on behalf of them. Please bring copies of head of household's official identification such as insurance card, driver's license, passport, individual number card (my number) or signed written letter of proxy from the head of household.

City Hall, Shimin-ka Hoken-kakari ☎Ext.125

固定資産課税明細書

< Fixed Property Tax Statement will be Mailed to Owners >

The 2019 Fixed Property Tax Statement (固定資産課税明細書) is scheduled to be sent to the applicable residents in the beginning of April. FY2019 Fixed Property Tax Notification (固定資産税納税通知書) will also be mailed to the applicable tax payers in early May.

Inquiries: City Hall, Kazei-ka Shisanzei-kakari at Ext. ☎157

にじいろフリーマーケット

< "Rainbow" Flea Market in Hamura >

Please sell your household items or clothing in decent condition at this thrift shop event. You can contribute to the recycling effort, and also you may be fortunate and find something that you were looking for!

This event aims to provide local residents a 'trading opportunity of reusable goods.' (Applications by

professional dealers for commercial purposes will not be accepted.)

Permitted Merchandise: Goods from home or clothing that are in serviceable condition.

Items can be brought by automobile, bicycle, or suitcase.

Date: March 17th (Sun), 9AM ~ 12:30PM (If the weather is bad, event will be cancelled.)

Place: Parking Lots of Sangyou Fukushi Center

Inquiries: *Seikatsu Kankyou Ka*, ☎ Ext. 222

MAIN LIBRARY ☎042-554-2280 (Close Monday)

*Fee and reservation are not required for story telling events.

< **Story Telling for Elementary School Students** > Date & Time: March 16th (Sat), 11AM~

< **Story Telling for Preschoolers** > Panel Theater Date & Time: April 13th(Sat), 11AM~

Fujimidaira Branch Library

< **Mini Book Reading** > Date & Time: March 27th (Wed) 3PM~



「キラキラひろば」おともだち募集

< **Join the kids play club "KiraKira Hiroba" >**

KiraKira Hiroba is an activity group for children at preschool age who are not enrolled in nursery school / kindergarten. Activity Period: May 2019 ~ February 2020

Place & Schedule: Central (*Chuuou*) Children Center... Every Tuesday, 10:30AM ~ 11:30AM

West (*Nishi*) Children Center... Every Friday, 10:30AM ~ 11:30AM

East (*Higashi*) Children Center... Every Wednesday, 10:30AM ~ 11:30AM

Eligibility: Children not attending preschool/kindergarten 2 ~ 5 years old as of April 2nd 2019 and Parents who are residents of Hamura City

Capacity: 20 pairs (will be selected by open drawing if application exceeds capacity)

Fee: ¥5,000 (Annual) Brochure will be given out from March 15th (Fri) 9AM at each Children Center 16th (Sat) at the Central Children Center

Application: Visit your desired Children Center between April 1st (Mon) 9AM ~ 14th (Sun), 9AM~5PM.

For more details, please inquire at one of the children centers where you wish to enroll.

*Apply to only one center. *Application is not accepted by phone calls.

Central ☎042-554-4552

West ☎042-554-7578

East ☎042-570-7751

Participant Briefing: Applicants will be decided via raffle to process as below schedule, there are Participants Briefing sessions after raffle.

Place		Date	Time
Central Center	2F Learning Room	Apr 16 th (Tue)	10:30AM ~
West Center	1F Play Room	Apr 19 th (Fri)	
East Center	1F Meeting Room	Apr 17 th (Wed)	

はむすぽ [大人の硬式テニス教室]体験会

< **The Hamusupo Open ~ Adults Rigid Tennis Class** >

Let's enjoy at the Hamusupo Open Adults Rigid Tennis Class!

- Senior Healthy Tennis Class – You may enjoy rally with coach or participators who are beginners or experienced players.

- Fitness Tennis Class – Release your daily stress, eliminate exercise shortage and making good partner players through this Tennis Fitness Program.

Date and Time: April 9th (Tue) and April 16th (Tue) Senior Healthy Tennis Class 9AM~10:20AM
 Fitness Tennis Class 10:25AM~11:45AM

Place: Sports Center Hall #1 **Capacity:** First 16 for each class

Eligibility: Senior Healthy Tennis Class – Age above 60 years old
 Fitness Tennis Class – Age above 18 years old

Fee: The first time to participate ¥500, the second time to participate ¥1500

Things to bring: Exercise clothes, Indoors sports shoes, Drinks, and Towel (the racket is available to rent if you do not have one).

Apply: Between March 15th (Fri) ~ Apr. 5th (Fri) (excluding Monday) 3PM~4:30PM, please call *Hamusupo* Office ☎042-519-5712

Inquiries: *Hamusupo* Office ☎042-519-5712

SWIMMING CENTER ☎042-573-3210

第一期水泳教室

SWIMMING CLASS FOR ADULTS of the 1st TERM in FY 2019



The first acceptance term of applications for swimming class will begin at the Swimming Center.

Application Term: March 24th (Sun) (morning only at *Daiichi Kaigishitsu*) ~ April 6th (Sat). Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)

Class Term: April 7th (Sun) ~ June 1st (Sat), 8 sessions on each set day of the week for which you register. For further information, you may also view the website of the Swimming Center or inquire at the Swimming Center (☎042-579-3210).

Class Tuition	
Course	Price
Preschool	¥5,600
Elementary	¥5,200
Adult	¥8,800
Swimmer's	¥6,000

※Elementary Children's Classes must be accompanied by an adult over 16 years old after 5PM.

スキルアップレッスン

< Skill-Up Swimming Class >

Application Term: March 30th (Sat)~Apr 5th (Fri).

Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)

Class Term: April 6th (Sat), 13th (Sat), 20th (Sat) and 27th (Sat), 4 sessions

Eligibility: Elementary School

Lesson Fee: ¥4000 (Each Lesson)

Schedule:

Lesson	Time
Crawling Swimming, Breaststroke Swimming	4PM~4:50PM
Backstroke Swimming, Butterfly Swimming	5PM~5:50PM

Training Room Programs

Place: The 2nd Meeting Room at 2nd Floor (only Martial Arts and Zumba are in Training Room)

Eligibility: Junior High School Student or older

Fee: ¥800 per lesson

How to apply for exercise classes,	<p><u>Trainer</u>: Instructor from the Training Room <u>Capacity</u>: first 20 people</p> <p><u>Items to bring</u>: comfortable gym clothes, drinks, and towel (Please bring indoor shoes for Martial Arts and Zumba Class)</p> <p>※ No classes are scheduled on holidays.</p> <p>※ For participation, please come to the Sauna front counter on the day of each class.</p>
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< Martial Arts and Zumba Fitness Classes > マーシャルアーツ & ZUMBA

- Martial Arts – Mixing Punch, Kick and Fitness exercises to train body.
Date: March 21st (Thu, Holiday) 10AM~10:45AM
- Zumba – Follow Latin Melody to move body and dance exercises.
Date: March 21st (Thu, Holiday) 11AM~11:45AM



< Pelvis Yoga > 骨盤ヨガ

Yoga exercise to help internal organs visceral activity, release chilling body and adjust hormone balance.

Date & Time: Every Tuesday and Sunday, 9:30AM ~ 10AM

< New Lesson – Mini Ball Pilates > 新規レッスン ミニボールピラティス

Using Mini Ball to exercise muscles to support body, build up body's firmness, and help to prevent falling down or getting hurt accidently.

3月後半休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
17 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	☎042-554-5420	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Takada Shika Iin</i>	☎042-555-5903
21 st (Thu) Holiday	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Ishihata Shinryoujo (Mizuho-machi)</i>	☎042-557-0072	<i>Tsushima Shika Iin</i>	☎042-579-1800
24 th (Sun) Holiday	<i>Ozaki Clinic</i>	☎042-554-0188	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Nakano Shika Iin</i>	☎042-554-7053
31 st (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Moriya Shika Iin</i>	☎042-555-9872

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

If you have any questions, please contact with Tokyo Metropolitan Foreigners Counseling window.

Tokyo Metropolitan Foreigners Counseling Window

Jan. 28, 2019 (As Present)

	Consultation Details (Starting Year)	Languages	Location and Telephone	Bureaus and Departments
Foreigners Consultation	<ul style="list-style-type: none"> 3 Languages advisors will help to consultate about daily life or any issue related to law. (Started from 1988) 	① English Mon ~ Fri ② Chinese Tue & Fri ③ Korean Wed	Tokyo Metropolitan Government 1 st Headquarter 3F South ① 03-5320-7744 ② 03-5320-7766 ③ 03-5320-7700	Bureau of Citizens and Culture Affairs <i>Kohokocho-Bu</i> <i>Tominnokoe-Ka</i>
Consumer life consultation	<ul style="list-style-type: none"> The troubles of selling, purchasing, contract, quality and so on consultation. The interpreter operators may involve to help communications. (Started from 2017) 	English Chinese Korean	Mon ~ Sat 9AM ~ 5PM 03-3235-1155	Bureau of Citizens and Culture Affairs <i>Shohi Seikatsu Sogo Center sodan Ka</i>
Consultation for Returners from China	<ul style="list-style-type: none"> The Chinese Returners may have consulting and advise for daily life. (Started from 1987) 	Chinese	Tokyo Metropolitan Government 1 st Headquarter 31F North 03-5320-4079	Bureau of Social Welfare and Public Heath, <i>Keikaku Ka</i>
Tokyo Medical Information Center (<i>Himawari</i>)	<ul style="list-style-type: none"> Internet services for Tokyo Medical Organizations and Pharmacy information. Information providing and introduce Medical Organizations available foreign languages. (Started from 2017) 	English, Chinese Korean, Spanish Thai	Homepage address http://www.himawari.metro.tokyo.jp From Cell Phone address http://www.himawari.mero.tokyo.jp/kt 03-5285-8181	Bureau of Social Welfare and Public Heath, <i>Iryo Seisaku Bu, Iryo Seisaku Ka</i>
Foreigner Workers Consultation	<ul style="list-style-type: none"> Workers counseling information center for English and Chinese. English : Iidabashi, Osaki and Kokubunji. Chinese: Iidabashi (Started from 1998) 	English, Chinese Interpreter System (required appointment) Portuguese, Spanish, Korean, Thai, Vietnamese	<i>Iidabashi</i> (English Mon~Fri, Chinese Tue~Thu) 03-3265-6110 <i>Osaki</i> (Tue) 03-3495-6110 <i>Kokubunji</i> (Thu) 042-321-6110 All locations counseling hours: 2PM ~ 4PM	Bureau of Industrial and Labor Affairs Labor Consultation Information Center
Business Concierge Tokyo	<ul style="list-style-type: none"> Foreign enterprise or Foreigner entrepreneur aim for business development in Tokyo. One-stop supporting for related business and living. (Started from 2012) 	English	<i>Marunouchi</i> Counseling Window 03-6269-9981 <i>Akasaka</i> Counseling Window 03-3582-8353	Bureau of Policy Planning <i>Chosei- Bu,</i> External Affairs Section
Tokyo business Foundation one-stop Center	<ul style="list-style-type: none"> Counseling window to unify the opening procedures of foreign-affiliated companies. Provide Multiple Languages and interpreter services. (Started from 2009) 	English and so on	Headquarter (<i>Akasaka</i>) 03-3582-8352 <i>Shibuya</i> Satellite Center 03-5489-4630 <i>Marunouchi</i> Satellite Center 03-6259-1882	Bureau of Policy Planning <i>Chosei- Bu,</i> External Affairs Section

	Consultation Details (Starting Year)	Languages	Location and Telephone	Bureaus and Departments
Foreigner Children and Students Consultation	<ul style="list-style-type: none"> ● Related to Admission to Tokyo Metropolitan High School issue. ● Related to School Studying. ● Related to School Life, provide information and advice. <p>(Started from 2009)</p>	Chinese English Korean	Tokyo Metropolitan Education Counseling Center (Fri) 1PM~5PM (Sign in till 4PM) (Education Consultation. Tokyo Metropolitan Bullying Consultation Hotline 0120-53-8288) (High School advancement, course and Admission Consultation) 03-3360-4175	Board of Education Tokyo Metropolitan Education Consultation Center
Young People Integrated Consultation [Wakanabia]	<ul style="list-style-type: none"> ● General Counseling for the young people and their family. (Available consultation via email through translation) ● Conduct visit consultation as necessary. (Started from 2017) 	(Required appointment) Chinese English Korean	Homepage address https://www.wakanavi-tokyo.net/ 03-3267-0808	Youth and Security Policy Headquarter <i>Sogo Taisaku Bu,</i> <i>Seishonen Ka</i>
Counseling Services for Foreigners	<ul style="list-style-type: none"> ● Set up in Department of Life Safety's Consultation Center, General Counseling Center and Interpreter Center will provide consultation in cooperation mutually. <p>(Started from 1992)</p>	English, Chinese, Korean, Spanish, Tagalog, Thai, Persian, Urdu and Vietnamese	03-3503-8484 8:30AM ~ 5:15PM (Exclusion Sat, Sun and Holidays)	Metropolitan Police Department <i>Seikatsu Anzen Bu,</i> <i>Seikatsu Anzen</i> <i>Somu Ka</i>