

## ● Let's review bicycle rules and regulations.

From April 1, 2026, a "traffic violation notification system (blue ticket)" for cyclists has been introduced. Please follow traffic rules and drive safely.

★**Five rules for safe cycling:** ① Generally, ride on the left side of the road. Sidewalks are an exception; pedestrians have priority. ② At intersections, obey traffic signals and stop signs, and check for safety. ③ Turn on your lights at night ④ No drunk driving ⑤ Wear a helmet

★**Get bicycle insurance!** By ordinance, it is mandatory to have bicycle insurance (such as bicycle liability insurance).

★**Follow the rules = Protect your life.** Driving while holding an umbrella, using earphones, or using a mobile phone is prohibited.

◇Inquiries: Tama Central Police Station ☎042-375-0110, City Hall Road Traffic Division ☎042-338-6826  
ID: 1001732

## ● Application for Tokyo Metropolitan Housing

For details, please refer to the application guidelines distributed at the City Hall 1st floor information desk, the City Planning Division 2nd floor of the East Building, the Seiseki-Sakuragaoka Station and Tama Center Station branch offices, and the Nagayama Community Center.

[Tokyo Metropolitan Area]: For families and single individuals (lottery system)

◇Application guidelines distribution period: May 7th (Thu) - 15th (Fri)

◇Deadline: Must arrive by Thursday, May 21st

◇Application destination: Tokyo Metropolitan Housing Supply Corporation Public Housing Application Center

◇ID: 1010282

[Local allocation]: 4 units for single occupants

◇Application guidelines distribution period: May 18th (Mon) - 26th (Tue)

◇Deadline: Must arrive by June 1st (Mon) ◇Application destination: City Hall Urban Planning Division

◇ID: 1010284

## ● "Park Carnival in TAMA 2026" to be held - at three locations in Tama Center -

◇Date and Time: Saturday, May 30th, 10:00 AM - 7:30 PM \*Postponed to Sunday, May 31st in case of rain or bad weather.

◇Venue and Contents: ①Tama Central Park = Live performances of singing, dancing, and street performances, waterside market special, colorful secret base creation ②Former Tomizawa Residence = Time slip to the ○○ era with "Exploring Life in the Past" ③Green Live Center = Shiitake mushroom cultivation experience, flower quiz rally, bottle aquarium making, etc. ◇Organizer: Tama Central Park/Tama Center Liaison Council ◇Application: ③Bottle aquarium making = From May 8th (Fri), apply online or by phone to the Green Live Center (<https://tama-central-park.jp/event/entry-375.html>)

Call 042-375-8716. For other inquiries, please go directly to the venue on the day of the event.

◇Inquiries: Tama Central Park ☎042-400-0338 (9am-5pm) \*For details on fees, application methods, etc., please visit from right QR code.



## ● "40th Anniversary of Sister City Agreement" Exchange and Experience Program with Sister City Fujimi Town ~Wildflower Planting Experience~

◇Date and Time: Saturday, June 13th, 6:15 AM - 6:30 PM (tentative) ◇Meeting and Dismissal Place: In front of Tama Center Station

◇Eligibility: Residents, employees, or students in the city (children under junior high school age must be accompanied by a guardian) ◇Capacity: 80 people (first-come, first-served basis)

◇Cost: 5,000 yen ◇Contents: Experience planting lilies of the valley together with residents of Fujimi Town at Irikasa Marsh, where 1.2 million lilies of the valley are in full bloom.

◇Notes: Transportation will be by chartered bus (round trip) ◇Application and inquiries: Applications must be received by noon on June 5th (Friday) via the official website's online application or by mail, including the address, name, phone number, age, representative's name, email address, etc. of all participants, and send to: Culture and Lifelong Learning Promotion Division, 206-8666, Japan ☎042-338-6882 (Applications will close once the capacity is reached)

● **Tama City International Center (TIC) Guidance**

- **Become a member and participate in exchange activities!**

- ◇Date and Time: Saturday, May 30th, 1:30 PM - 3:00 PM ◇Location: Sekido Community Center Main Conference Room ◇Target Audience: High school students and above
- ◇Contents: Introduction to the activities of seven specialized departments that focus on activities such as interacting with foreigners and studying foreign languages.
- ◇Application and Inquiries: Please contact the Tama City International Center Secretariat by email by Wednesday, May 20th, or call 042-355-2118. Email: [tic@kdn.biglobe.ne.jp](mailto:tic@kdn.biglobe.ne.jp)

● **Let's start with what we can do! "Eco-friendly activities"**

- **The first step in reducing waste is starting with food waste**

Approximately 30% of "burnable waste" from households is food waste. Reducing food waste can reduce the amount of waste generated from households. This also makes daily garbage disposal easier.

○ **Minimize food waste!** ○ **Squeeze it out when you throw it away!** ○ **Put food scraps in the compost!**

The city provides subsidies for the purchase of cardboard compost bins and non-electric food waste processing equipment, as well as for consumables such as fermentation accelerators. Why not take advantage of these subsidies and work towards reducing food waste at home?

◇Inquiries: Resource Recycling Promotion Division ☎042(338)6836 FAX 042(356)3919 ID:1002149

**ROTA OF ON-DUTY DOCTORS ON HOLIDAYS** 9am-5pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

- May10th (Sun) Nakamura Internal Medicine Clinic, Suwa 5-10-7☎042-375-7757
- May17th (Sun) Miyuki Gastroenterology Endoscopy Clinic, Nagayama 1-5 Belleve Nagayama 211☎042-372-4853
- May24th (Sun) Nagayama Suwa Internal Medicine and Respiratory Medicine Clinic, Nagayama 4-2-6-202☎042-373-2522
- May31st (Sun) Yamazen Internal Medicine Clinic, 4-40-3 Ichinomiya, Seiseki Sakuragaoka Garden House 1F☎042-372-5588
- June7th (Sun) Ezaki Pediatric Clinic, 3-20-2 Ochiai, Tama City ☎042-376-5225

- 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 (Pediatrics)**

(Health Center = Kenko Center)  
Please visit this clinic first if your child has an emergency  
(7pm-9:45pm) ☎ 042-375-0909

**EMERGENCY DENTAL TREATMENT ON HOLIDAYS**

(Health Center) ☎ 042-376-8009  
(9am-noon, 1pm-3:30pm: Sundays and public holidays)  
\*Note: Please call in advance.

**MEDICAL INFORMATION IN FOREIGN LANGUAGES** (Tokyo Metropolitan Health and Medical Info Center)

9am-8pm ☎03-5285-8181

INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

**Emergency Call Center (Tama Fire Dept.)**  
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

☆ **Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (1:30pm-4:30pm)

TIC activity Room. (7F VITA) \*By appointment only

☆ **Japanese Class Schedule** (Classes are free for TIC members)

\*Commissioned by Tama City

	Venue	Time	Dates	
			May	June
Monday classes	Parthenon Tama 4F Meeting room 3&4	9:45~11:45	11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
	Nagayama Kominkan 5F Belleve Hall	9:30~11:30	11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup>	1 <sup>st</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>
		19:00~21:00	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>	6 <sup>th</sup> , 13 <sup>th</sup> , 27 <sup>th</sup>

\*If you are unable to attend the class in person we can discuss online participation. Please contact the TIC office.

☆ Japanese Chat Salon Saturday, June, 20<sup>th</sup> 1:30pm-3pm TIC Activity Room, no reservation required, open participation, free.

\* For reservation & inquiries please contact TIC secretariat TEL:042-355-2118.



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Created & edited by Tama City International Center(TIC) administrative office:

〒206-0011 7F VITA Commune Sekido 4-72, Tama-shi [TEL:042-355-2118](tel:042-355-2118) Facsimile: 042-355-2104

E-mail: [tic@kdn.biglobe.ne.jp](mailto:tic@kdn.biglobe.ne.jp) URL: <http://www.tic-tama.jp/>

Open: Mon to Sat 10am to 5pm (Closed Sundays, 1<sup>st</sup> & 3<sup>rd</sup> 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