Daily life information inTama City
Sep,2026 issue Vol.395

HAND in HAND in Tama

● Disaster preparedness checks you can do today ✔!

In recent years, earthquakes have occurred in various parts of the country. In July of this year, the Kumamoto earthquake, which registered a maximum seismic intensity of 7, took place.

To avoid panicking in an emergency, it's important to be prepared in advance. Let's review the disaster preparedness measures you can take today to protect yourself and your family.

● Check the safety of your home !

In past earthquakes, many people have died due to furniture toppling over.

Let's review our home safety measures to protect ourselves from earthquakes.

● Check your home's preparedness !

By adopting the ″ フェーズフリー ″ approach, which utilizes everyday food and household goods even during disasters ,at least three days' worth of supplies, and ideally a week's worth.

● Check the location of the nearest emergency water supply station !

To avoid problems during water outages, stock up on drinking water, and check the location and usage instructions for your nearest emergency water supply station.

inquiry Disaster Prevention and Safety Division ☎042-338-6802・Fax042-339-7422 ID 101 6261

● Disaster Prevention x Easy Japanese Workshop

Date and Time Sunday, September 27th, 2:00 PM - 4:00 PM (Doors open at 1:30 PM)

place Oguri River Karugamo Hall

Capacity 40 people (If there are many applicants, a lottery will be held)

Contents Let's learn easy-to-understand Japanese that's accessible to foreigners , and think together about disaster prevention.

Lecturer Tetsuyoshi Kikuchi (Associate Professor, Department of International Communication , Faculty of Humanities, Meisei University) ID 1021167

Application/Inquiry By Wednesday , September 16th , please apply through the online procedure on the official website to the Cultural and Lifelong Learning Promotion Division. ☎ 042-338-6882

● Iceland and Tama City to establish sister city relationship with Reykjavik in October

Tama City signed a ″Memorandum of Understanding on Friendly and Cooperating Relations with the Embassy of Iceland in Japan.″ This year, from June 13th to 21st, the city held Iceland Week , featuring a variety of events including film screenings and commemorative lectures .

Iceland is a leading country in gender equality, and Tama City has much to learn from it. This October, we will sign a sister city agreement in the capital city of Reykjavik. We will use this as an opportunity to promote exchanges in various fields.

● Let's follow traffic rules and spread traffic safety. September 21st (holiday) to 30th (Wed) is the National Autumn Traffic Safety Campaign.

●Traffic safety campaign priority target ID 1015677

① Ensuring pedestrian safety and promoting the use of reflective materials.
② Turn on headlights early at dusk and eradicate drunk driving and using smartphones while driving.
③ Thorough understanding and adherence to traffic rules for bicycles and specific small motorized bicycles
④ Prevention of traffic accidents involving two-wheeled vehicles

●Traffic Safety Festival in Tama ID 1015607

Date and Time Tuesday, September 22nd , 1:00 PM (Doors open at noon)

Location Keio Seiseki Sakuragaoka SC Building A, Aura Hall

Capacity 100 people (first-come, first-served basis)

Contents The ceremony, a traffic safety class, and a concert by the Tokyo Metropolitan Police Department Band and Color Guard MEC, featuring comedian Dandy Sakano .

main event Tama Central Police Station, Tama Inagi Traffic Safety Association, Tama City, Inagi City

Application Starting Monday , September 7th , you can call the Traffic Administration Section of the Tama City Central Police Station at 090-5428-2818 (weekdays, 9:00 AM to 5:00 PM).

inquiry Tama Central Police Station Traffic Administration Section ☎ 042-375-0110

●Driver training course ID 1012856
Date and Time Saturday, September 26th, 7:00 PM place & capacity the main conference room in the general gymnasium, 30 people (first-come, first-served basis at the venue) Application Go directly to the venue on the day of the event.
inquiry Tama Central Police Station ☎ 042-375-0110 , City Hall Road Traffic Division ☎ 042-338-6826

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

Sep,13th (Sun)	Suzuki Internal Medicine and Gastroenterology Clinic ☎ 042 - 371-2760 Nagayama 5-4-10
Sep,20th (Sun)	Takei Pediatrics ☎ 042-357-3030 Sekido 2-69-3
Sep,20th(Sun)	Tamura Clinic ☎ 042-356-0677 5th Floor , Tama Center Peperi Building, 1-32-1 Ochiai
Sep,21st (National Holiday)	Seiseki Children's Clinic ☎ 042-400-5032 4-20-23 Ichinomiya, Vamos Seiseki 1st Floor
Sep,21st (National Holiday)	Hijirigaoka Hospital ☎ 042-338-8111 Renkoji 2-69-6
Sep,22nd (National Holiday)	Shimizu Children's Clinic ☎ 042-373-0512 3rd Floor, Shin-Toshi Center Building, 1-24-1 Tsurumaki
Sep,22nd (National Holiday)	Takahashi Internal Medicine and Neurology Clinic Sekido 2-66-1 ☎ 042-400-1508
Sep,23rd (National Holiday)	Ezaki Pediatric Clinic Ochiai 3-20-2 ☎042-376-5225
Sep,23rd (National Holiday)	Tama Seiseki Gastroenterology Endoscopy Clinic Sekido 1-1-5, The Square 2nd Floor ☎ 042-400-6580
Sept,27th (Sun)	Seiseki Total Clinic ☎ 042-319-6307 1-2-2 Higashiterakata, Total Building, 1st Floor
Oct,4th (Sun)	Nakamura Internal Medicine Clinic ☎ 042-375-7757 Suwa 5-10-7
Oct,11th (Sun)	Tama Center Clinic Mirai ☎042-316-8570 Ochiai 1-38, Maghreb Parking Building 1F
Oct,12th (Mon)	Arakaki Internal Medicine and Surgery Clinic ☎042-373-0514 1-24-1 Tsurumaki, Shin-Toshi Center Building 3F

●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.

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

MEDICAL INFORMATION IN FOREIGN LANGUAGES (Tokyo Metropolitan Health and Medical Info Center)
9am-8pm ☎03-5285-8181

☆**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	
			Sep	Oct
Monday classes	Parthenon Tama 4F Meeting room 3&4	9:45～11:45	14th,28th	5th,19th,26th
	Nagayama Kominkan 5F Belleve Hall	9:30～11:30	7th,14th	5th,19th,26th
Thursday classes	TIC Room (7F VITA Commune)	10:00～12:00	10th, 17th, 24th	8th, 15th, 22nd
		19:00～21:00	10th, 17th, 24th	8th, 15th, 22nd
Saturday classes	TIC Room (7F VITA Commune)	14:00～16:00	5th, 12th, 26th	3rd, 17th, 24th

*If you are unable to attend the class in person, we can discuss online participation. Please contact the TIC office.
☆Japanese Chat Salon Sat, Sep,19th, Oct,10th 1:30pm-3pm TIC Activity Room, no reservation required, open participation, free.
* For reservation & inquiries please contact TIC secretariat TEL:042－355－21

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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 Facsimile: 042-355-2104
E-mail: tic@kdn.biglobe.ne.jp URL:http//www.tic-tama.jp/
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※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 Syoko Nishio