HAND in HAND in Tama

Living Information for Tama City
October 2026 Issue, Vol. 396

● **Reduce food waste with simple, clever ideas!** (Eat everything, use everything up, and live an eco-friendly lifestyle starting today)
・**Did you know that 40% of combustible waste consists of discarded food?** Japan generates **4.61** million tons of food waste annually. This results in an economic loss of approximately 30,000 yen per person.
・**Causes of food waste include**: failing to finish the food, letting it spoil, and letting it expire.
・ **Here are some tips for reducing food waste in your daily life!**
＊ Avoid buying duplicates. ＊ Buy only what you plan to eat. ＊ For items you intend to use right away, pick products from the front of the shelf. Please cooperate with "Temaedori" (picking items from the front). It helps reduce food waste at stores.

●Information on new admissions for 2027 was sent in late September.

△ Eligibility: Parents/guardians of children/students entering the first grade of elementary or junior high school in the 2027 academic year (Reiwa 9). △ Note: Please contact us if you have not received the notification. ID 1009297
△ Inquiries: School Support Division (Gakkō Shien-ka) ☎ 042-338-6876

● Applications for kindergartens and nursery schools for the 2027 academic year are now open!

<Kindergarten (Children aged 3-5)>
△ Distribution of admission applications begins: October 15 (Thu) △ Acceptance of applications and start of enrollment procedures: November 1 (Sun)
△ Note: Distribution and acceptance of admission guides, applications, and related materials are handled by each kindergarten. Please contact each facility directly for details.

Kindergarten Name	Type	Address	Phone Number
Tama Miyuki Kindergarten	Certified Center for Early Childhood	2-24-6	(400) 6996
Fujigaoka Kindergarten	New System Kindergarten	1145 Kotta	(374) 2600
Midorigaoka Kindergarten	Current System Kindergarten	712 Wada	(375) 6755
Tokyo Otani Kindergarten	Certified Center for Early Childhood Education and Care	Atago 1-51	(375) 0728
Kinshu Kindergarten	New System Kindergarten	Nagayama 3-8	(374) 6767
Bunka Gakuen University-affiliated Sumire	New System Kindergarten	Suwa 4-11	(374) 7427
Suwa Kindergarten	New System Kindergarten	Suwa 5-3	(374) 6141
Seitoku Kindergarten	New System Kindergarte	Ochiai 4-12	(376) 6111
Oda Certified Children's Center	Certified Center for Early Childhood Education and Care	Ochiai 5-7-2	(376) 0211

<Nursery Schools>
△ Application period (mail/online): Tuesday, October 20 – Thursday, November 5 (mail must be postmarked by the deadline). △ Application period (in-person): Friday, October 30 – Thursday, November 5; 9:00 AM – 5:00 PM (weekdays only). Eligible facilities: Licensed nursery schools, etc.
(Applications for certified nursery schools are accepted at the individual facilities on an ongoing basis.)
△ "Guide to Admission to Licensed Nursery Schools, etc. (FY2027)" – Distribution start date and locations: Monday, October 5. Available at: Official website; City Hall (4th Floor, Children and Youth Policy Division); Seiseki-Sakuragaoka Station and Tama Center Station branch offices; Nagayama Community Center; Health Center; and regional child-rearing support centers (10 locations in total).
△ Notes: Please refer to the "Guide to Admission to Licensed Nursery Schools, etc. (FY2027)" for details. Information sessions regarding admission to nursery schools, etc., are scheduled to be held at each regional child-rearing support center. Please contact each center for details regarding the sessions.

● International Understanding Seminar: Mongolia—A Country You Might Not Know Well (Serving as a Bridge Between Japan and Mongolia)

△ Date & Time: Sunday, November 8, 2:00 PM – 4:00 PM △ Venue: Large Conference Room, Sekido Community Center △ Capacity: 60 people (first-come, first-served) △ Fee: 300 yen for non-TIC members △ Content: An introduction to a country where the traditional nomadic lifestyle still thrives △ Lecturer: Mr. Ulzi Ulaanbaatar (Japan Committee Chair, Mongolian National Chamber of Commerce and Industry) △ Registration & Inquiries: Contact the Tama City International Exchange Center (TIC) secretariat between Wednesday, October 7, and Friday, November 6, via phone (042-355-2118) or email (tic@kdn.biglobe.ne.jp).

● Japanese Speech Contest for Foreign Residents (Event participating in the 49th Tama Citizens' Cultural Festival)

*This is a speech presentation event featuring foreign nationals studying at the Japanese language class. We hope you will join us! △ Date & Time: October 25 (Sun), 14:00-16:00 △ Venue: Sekido Community Center Citizen Lobby
△ Organizer: Tama City International Exchange Center (General Incorporated Association)

● Learn About Iceland! — Tama City and Reykjavík Establish a Sister City ~ Sister City Partnership Report Meeting to be Held ~

On Thursday, October 15, Tama City will enter into a sister-city agreement with Reykjavik, the capital of Iceland. To formalize the partnership, a delegation—including the mayor, the city council chairperson, and the superintendent of education—will visit Reykjavik to conduct site visits that will pave the way for future exchanges. At the subsequent report meeting, Chiaki Horan—a Tama City native with firsthand experience visiting Iceland—will join the mayor, council chairperson, and superintendent to discuss their impressions of the city and their hopes for future exchanges. As you hear about Reykjavik, we invite you to join the conversation and consider the kinds of exchanges that might be possible moving forward. △ Date/Time: Tuesday, November 17, 6:00 PM – 7:30 PM △ Venue: Parthenon Tama Small Hall △ Capacity: 200 people (lottery system if applications exceed capacity). Note: All applicants will be notified of the lottery results via email by around Friday, November 6 (ID: 1021411). △ Applications/Inquiries: Apply via the online procedure on the official website by Tuesday, November 3 (public holiday); contact the Culture and Lifelong Learning Promotion Division at 042-338-6882.

Doctor on Duty (Holidays/Weekends) 9:00～17:00 Tama City Medical Association: http://www.tama-med.or.jp/toban/

10/11(Sun) Tama Center Clinic Mirai ☎042(316)8570
1F, Maghreb Parking Building, 1-38 Ochiai
10/12(Hol) Arakaki Internal Medicine and Surgery Clinic ☎042(373)0514
3F Shin-Toshi Center Building, 1-24-1 Tsurumaki
10/18(Sun) Seiseki Sato Clinic ☎042(337)2715
1F, Keio Seiseki-Sakuragaoka SC Building C, 1-7-5 Sekido
10/25(Sun) Miyuki Digestive Endoscopy Clinic ☎042(372)4853
Nagayama 1-5, Belb Nagayama 211
11/1(Sun) Abe Tama Center Internal Medicine ☎042(373)7755
2F Tama Medical Building, 1-22-2 Tsurumaki
11/3(Holi) Tsurumaki Yagi Clinic ☎ 042(319)3449
Tsurumaki 5-4-1
11/8(Sun) Tama Kazemachi Internal Medicine Clinic ☎ 042(338)6611
Brillia Tama New Town B-100, 2-2 Suwa
11/15(Sun) Fusegawa Clinic ☎ 042(373)5858
Ochikawa 1329

- **For patients with sudden illness only**
- **Please remember to bring your health insurance card, medical certificate for infants/toddlers, etc.**
- **Please arrive within the designated hours.**

※ **Please call before visiting.**
※ **The doctor on duty is subject to change due to unforeseen circumstances.**

Childrren's Evening Clinic (located within the Health Ctr)

(19:00-21:45) ☎042-375-0909
Please visit this clinic first if your child has a sudden illness.

Holiday Dental Emergency Clinic (located in the Health Center) – Dentistry
(Sundays & Holidays: 9:00 AM - 3:30 PM)
☎ 042-376-8009
Advance notification by phone

Information on medical facilities (24-hour service)

Emergency Medical Telephone Center (located within Tama Fire Station) ☎042-375-9999
Fire Department Emergency Consultation Center: ☎ #7119 (mobile phones, PHS, push-button lines) / ☎ 042-521-2323 (rotary/dial lines)
Tokyo Medical Institution Information Service "Himawari" ☎03-5272-0303
Medical Information in Foreign Languages (Tokyo Metropolitan Health and Medical Information Center) 9:00～20:0☎03-5285-818

☆Living Consultation Service for Foreign Residents: 1st and 3rd Thursdays (13:30-16:30) at the TIC Activity Room (Vita, 7th Floor) *By appointment only

Commissioned by Tama City

☆Japanese Class Schedule (Course fee: Free for members)

Classes	Location	Time	Schedule	
			October	November
Monday Class	Parthenon Tama, 4th Floor, Conference Rooms 3 & 4	9:45～11:45	5th・19th・26th	2nd・9th・16th・30th
	Nagayama Community Center, 5th Floor, Belb Hall	9:30～11:30	5th・19th・26th	2nd・9th・16th・30th
Thursday Class	TIC Activity Room (Vita 7F)	10:00～12:00	8日 th・15th・22nd	5th・12nd・19th
		19:00～21:00	8日 th・15th・22nd	5th・12nd・19th
Saturday Class	TIC Activity Room (Vita 7F)	14:00～16:00	3rd・17th・24th	7th・14th・28th

△ For the above telephone reservations and inquiries, please contact the TIC Secretariat at 042-355-2118

Japanese Conversation Salon: November 21 (Sat), 13:30-15:00 at the TIC Activity Room. No reservation required; open participation; free of charge..

Published by: Tama City Hall, Department of Living and Culture, Culture and Lifelong Learning Promotion Division | Tel: 042-338-6882 | Published on the 10th of every month

Created and edited by Tama City International Center (TIC)

Secretariat: 7F Vita Commune, 4-72 Sekido, Tama City, 206-0011 | Tel: 042-355-2118 | Fax: 042-355-2104
E-mail: tic@kdn.biglobe.ne.jp | URL: http://www.tic-tama.jp/
Monday-Saturday, 10:00-17:00 (Closed on Sundays, the 1st and 3rd Mondays of the month, national holidays, the year-end/New Year period, and days of temporary closure.)

*Please send any comments or requests regarding this article to the address above. This newsletter is available in four languages (Japanese, English, Chinese, and Korean/Easy Japanese); please contact the TIC Secretariat if you would like a copy. Editor: Tsutomu Mogami
Translated by :Midori Okita