



Takasaki International Relations Society 高崎市国際交流協会

TAKASAKI & YOU

Takasaki City: Population: 372,413 Area: 459.16 km²

Registered Foreign Residents:

There are 5,854 foreign residents from around 60 different countries residing in Takasaki City from China, Philippines, Vietnam, etc... (as at 31st May 2020)

Coupons for Families Raising Children

As a measure to help families with children handle the financial burden caused by the COVID-19 situation, Takasaki will send out a booklet of coupons (1,000 yen x 50) for a total value of 50,000 yen to households with children up to 15 years of age. The coupons can be used at participating stores in Takasaki for goods or services.

Eligible Families: Are those who fulfill both of the criteria below

1. You received the jido teate (child allowance) for a child between April and June 2020 (or for March if the child is a high school student from April)
2. You have a child who was a registered resident of Takasaki on 31st May 2020

How to Receive: Eligible families will be sent the coupons by registered post at the end of July

Amount: 50,000 yen worth (1,000 yen x 50) per family, regardless of the number of children

Valid: Saturday 1st August 2020—Saturday 31st July 2021

Special Cash Payment of 100,000 yen

Takasaki sent out application forms for this payment to the head of household of eligible families at the end of May.

What? A once-off payment of 100,000 yen per eligible person, paid into the bank account of the head of household.

Who? People who were registered as residents of Takasaki on 27th April 2020.

When? Apply from now until 25th August 2020.

How? Send back the application form in the return envelope, along with the required supporting documents (ID & bank book copy).

More Information: www.city.takasaki.gunma.jp/info/corona/0205/020501E.html



Housing Security Benefit

じゅうぎょかくほきゅうふぎん

住居確保給付金

As a measure for supporting those who are finding it difficult to pay the rent for their current housing due to income decrease resulting from business shutdown, etc., a portion of your rent will be paid directly to the landlord by your local municipality, for 3 months (and up to 9 months in eligible cases).

Eligibility: You may lose your current housing due to income decrease as a result of having left a job or closed your business in the last 2 years, or because your place of employment closed down or has cut hours affecting your income.

More Information & Applications: (For people residing in Takasaki) Takasaki City Hall 1st floor counter 2, Social Welfare Division TEL: 027-321-1302

Extension for Payment of City Bills

If you are having difficulties paying your city tax and other bills due to COVID-19, there is a system in place offering various solutions. Please enquire at each division for more information.

Extension on payment deadline:

- Municipal tax: Tax Payment Division (TEL: 027321-1226)
- Water bill: Water Board Payment Division (TEL: 321-1283)

Exemption/reduction/extension on payments:

- National Pension Insurance: Insurance & Pension Division (TEL: 027-321-1238)

Extension on reporting of earnings:

- Municipal tax: Citizens' Tax Section (TEL: 027-1218)
- Enterprise Tax: Tax System Section (027-321-1310)



TIRS Takasaki International Relations Society

(International Relations Corner, 2nd Floor Takasaki City Hall)

TEL: 027-321-1201 (in English OK), FAX: 027-330-1819, Email: office@takasaki-irs.orgWebsite: www.glocalfive.net/tirs/ (Japanese, English, Chinese & Portuguese versions)Facebook: [takasaki.international](https://www.facebook.com/takasaki.international)



Avoiding Heatstroke Under the New Normal

Preventing Covid-19 by wearing a mask while also trying to avoid heatstroke is difficult. Here are some tips from the Ministry of Health, Welfare & Labour.

1. Avoid heat when and where you can (use air conditioners, fans, dress in cool clothing, etc.)
2. Unmask from time to time when it is safe to do so by maintaining 2 meters between you and people around you.
3. Keep hydrated by drinking water throughout the day, even when not thirsty.
4. Monitor your daily health and stay home when you don't feel well.
5. Exercise to keep in shape while adjusting to the summer heat.

Elderly people, children, and those with special needs are more vulnerable to heatstroke. Look out for the people around you as well as yourself!



One Stop Consultation Center for Foreign Residents of Gunma

A place to go for information about your daily life or work situation in Japan

Place: 1F Showa Prefectural Building

Address: Ote-machi 1-1-1, Maebashi City

Tel: 027-289-8275

Languages:

English: Monday-Friday

Portuguese: Monday, Tuesday, Wednesday

Spanish: Monday, Tuesday, Thursday, Friday

Chinese: Monday, Tuesday, Thursday, Friday

Vietnamese: Monday-Friday

Time: 9am-5pm

Immigration Consultations: 4th Tuesday of each month

Other Legal Consultations: Once per month (please enquire)

Receive this Newsletter by Email

Send an email to: office@takasaki-irs.org

Subject: "Request for Newsletter Notification"

きゅうじつとうばんい

休日当番医



'Kyujitsu toban i' are the medical clinics on duty on weekends and national holidays. Surgery hours are 9am to 6pm. Be sure to take along your health insurance card.

※Schedule changes monthly, see 15th-of-the-month Takasaki Koho for full list. For other cities, see your local city magazine.

COVID-19 Consultation Centers ● **Japan Visitor Hotline** (website has info in English) Provides assistance in case of accidents and emergencies, including about COVID-19. Support is available in English, Chinese, and Korean. TEL: 050-3816-2787 (24hrs/day, 365 days/year). ● **Takasaki City Public Health Center** (Japanese only) Information in Japanese about the virus and relevant medical institutions. TEL: 027-381-6112 (Mon-Fri, 8:30am-9pm). ● **Takasaki City Weekend & Holiday Fever Clinic** (Japanese only), TEL: 027-381-6000 Sat/Sun/holidays from 9:30am to 12 noon to make an appointment. Appointments: 1:30pm-4pm Sat, 1pm-4pm Sun/holidays.

Date	Sun 5th July	Sun 12th July	Sun 19th July	Fri 23rd July (Pub. Hol.)	Sat 24th July (Pub. Hol.)	Sun 25th July
Internal Medicine 内科	Igusa lin (Tenjin-cho) ☎ 027-362-2833	Kobayashi Naika Ichoka lin (Ino-machi) ☎ 027-362-5188	Fujie Naika lin (Kamitaki-machi) ☎ 027-352-7800	Monden Naika Clinic (Tenjin-cho) ☎ 027-384-3701	Kondo lin (Iwahana-machi) ☎ 027-346-2208	Aizawa Clinic (Egi-machi) ☎ 027-322-6224
	Honobono Shinryosho (Yachiyo-machi 1) ☎ 027-386-6385	Otsuka lin (Shimokotori- machi) ☎ 027-360-3321	Wakaba Clinic (Kenzaki-machi) ☎ 027-344-3354	CBC Clinic (Egi-machi) ☎ 027-321-2111	Toyooka Kokyukika Naika Clinic (Kamitoyooka- machi) ☎ 027-340-1159	Gohyakuyama Clinic (Notsuke- machi) ☎ 027-384-6508
Pediatrics 小児科	Zennyoji lin (Kuragano- machi) ☎ 027-346-2382	Shonika Sato lin (Yanagawa-cho) ☎ 027-322-2145	Shonika Meimei Clinic (Shimonojo- machi) ☎ 027-387-0733	Arai Kinder Clinic (Shimonakai- machi) ☎ 027-325-4152	Koizumi Shigeta Shonika (Iizuka- machi) ☎ 027-362-5811	Shigeta Kodomo Allergy Clinic (Shimano-machi) ☎ 027-350-1700

Night Clinic: (1F Public Health Center Takamatsu-cho) Mon-Fri=7:30pm-10pm; Sat, Sun, pub. hol=7pm-10pm

Children's Emergency Health Consultations: Dial #8000 to speak with a health professional for advice on whether to go to the hospital (Mon-Fri=6pm-8am next day; Sat, Sun, pub. hol=9am-8am next day).