

MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Life Section

TEL: 027-382-1111 (Ext. 1139)



Useful information for Foreigners living in Gunma.

Basic information and rules for living in Japan

♥ Available in 17 languages ♥

Source: Immigration Services Agency

The Immigration Services Agency of Japan has created videos for the daily life orientation based on the "Guidebook on Living and Working" to help foreigners who are considering living in Japan or who are currently living in Japan settle into Japanese society smoothly!

It introduces basic information and rules necessary for living in Japan, such as rules for daily life, employment and labor, taxes system, etc., in 17 languages. Now available on the Immigration Services Agency website and other internet sites (YouTube, etc.). Please take a look!
https://www.moj.go.jp/isa/support/coexistence/04_00078.html?hl=en



どうが せいかつ どうが
 \動画でカンタン! / 生活オリエンテーション動画

・入国前・入国後に、日本の生活ルールや制度などを学ぶために
 ・受入れ機関等で、オリエンテーションを行う際に
 ・会社や教育機関等で、日本の様々な制度の説明に
 などなど、様々なシーンでご活用ください!

緊急・災害
 社会保険制度
 交通ルール
 税金
 仕事
 病院
 日本語学習
 相談窓口
 入管や住所の手続

Question Is Why did you decide to leave Japan?
 During high school, seeing Japanese high school girls on the internet was the trigger.

津波警報 津波注意報
 地震が起きたときに海や川の近くにいる場合は、すぐに海や川から離れて、高い場所へ逃げましょう。

Japan is known for its beautiful nature, such as Mount Fuji and cherry blossoms, as well as traditional arts, architecture.

ほとんどの場合、会社が勤労から労務者を引いて、本人に代わって支払います。この支払い方を「特別徴収」といいます。

ごみ捨て場ではない場所にごみを出してはいけません。

HEALTH CHECK-UP FOR CHILDREN in December 2025

(Place: Annaka Health Center Time: 13:00-14:00)



Category	Birthday (Month/Year)	Date & Time (Month/Day)	Things to Bring
4 Months Old Health Checkup	Aug. 2025	12/19 (Fri.)	☐ Maternal and Child Health Handbook ☐ Bath Towel ☐ Medical questionnaires ☐ Child Rearing Support Sheet ☐ Health Check Sheet ☐ Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) ☐ Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) ☐ Urine sample (for 3 years old children) ♡♡♡For inquiries: ♡♡♡ Annaka City Health Center Tel: 027-382-1111 (Ext. 1174) Matsuida Health Center Tel: 027-382-1111 (Ext. 2151)
8 Months Old Health Checkup	Mar. 2025	12/12 (Fri.)	
1 Year Old Child-rearing Consultation	Nov. 2024	12/22 (Mon.)	
18 Months Old Health Checkup	May 2024	12/10 (Wed.)	
2 Years Old Dental Checkup	Oct. 2023	12/24 (Wed.)	
30 Months Old Dental Checkup	Apr. 2023	12/18 (Thu.)	
3 Years Old Health Checkup	Oct. 2022	12/4 (Thu.)	



Service

Citizen's Division holiday counter

(November 10 to January 15, 2026)

◆Service content:

Issuance of various certificates handled by the Citizen's Division.

◆Inquiries:

Annaka City Hall, Citizen's Division Tel: 027-382-1111 (Ext. 1104)

December 21, 2025 (Sun)

8:30 -12:00

January 4, 2026 (Sun)

8:30 -12:00



Holiday duty doctor (December 10, 2025 to January 10, 2026)

Date	Internal medicine		General surgery	
12/14 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
12/21 (Sun)	▼9:00 am-6:00 pm Iwai Central Clinic, Tel: 027-381-2201	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123	
12/28 (Sun)	▼9:00 am-6:00 pm Isobe Clinic, Tel: 027-385-0303	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
12/30 (Tue) *holiday	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
12/31 (Wed) *holiday	Shoda Hospital, Tel: 027-382-1123		Shoda Hospital, Tel: 027-382-1123	
1/1 (Thu) *holiday	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	▼9:00 am-6:00 pm Honda Hospital, Tel: 027-382-1255	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
1/2 (Fri) *holiday	Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301		
1/3 (Sat) *holiday	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
1/4 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	