

# MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Life Section

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



Useful information for Foreigners living in Gunma.



## To file your 2025 income tax return

Sources: NATION TAX AGENCY



Filing an income tax return is the procedure in which a taxpayer calculates the amount of income earned during the year from January 1st to December 31st and the amount of income tax, then adjusts any excess or deficiency in withholding tax or estimated tax payments. In principle, tax returns for 2025 must be submitted between February 16, 2026 and March 16, 2026.

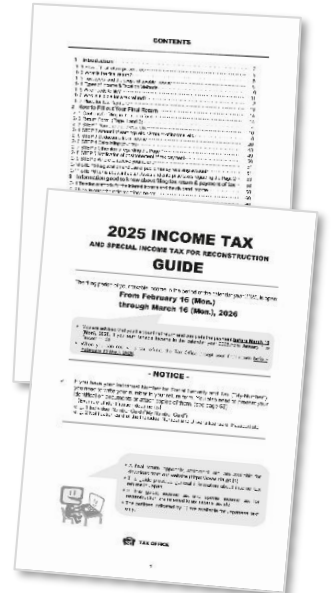
For more information on final tax returns, please check the website below or contact with TAKASAKI REGIONAL TAXATION BUREAU (Tel: 027-322-4711) of NATION TAX AGENCY.

[https://www.nta.go.jp/english/taxes/individual/pdf/incometax\\_2025/01.pdf](https://www.nta.go.jp/english/taxes/individual/pdf/incometax_2025/01.pdf)

<https://www.nta.go.jp/english/taxes/individual/gaikoku301.htm>

[https://www.nta.go.jp/english/taxes/individual/incometax\\_2025.htm](https://www.nta.go.jp/english/taxes/individual/incometax_2025.htm)

<https://www.nta.go.jp/taxes/shiraberu/shinkoku/tokushu/index.htm>



### ◇To prepare your tax return on your computer

By using the "Tax Return Preparation Corner" on the National Tax Agency website from your computer, you can prepare your tax return at a time that is convenient for you, such as at night or on holidays. Please check it out!

### What is "e-Tax"?

e-Tax (Electronic National Tax Filing and Payment System) is a system that allows you to complete various procedures such as final tax returns and tax payments online from your home or office.



## HEALTH CHECK-UP FOR CHILDREN in February 2026

(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	Oct. 2025	2/27 (Fri.)	<input type="checkbox"/> Maternal and Child Health Handbook <input type="checkbox"/> Bath Towel <input type="checkbox"/> Medical questionnaires <input type="checkbox"/> Child Rearing Support Sheet <input type="checkbox"/> Health Check Sheet <input type="checkbox"/> Healthy Parents and Children 21 (for 4 months, 18 months, 3 years old children) <input type="checkbox"/> Toothbrush (for 1 year, 18 months, 2 years, 3 years old children) <input type="checkbox"/> Urine sample (for 3 years old children) ♡♡♡For inquiries: ♡♡♡ <b>Annaka City Health Center</b> Tel: 027 382 1111 (Ext. 1174) <b>Matsuida Health Center</b> Tel: 027 382 1111 (Ext. 2151)
8 Months Old Health Checkup	May 2025	2/20 (Fri.)	
1 Year Old Child-rearing Consultation	Jan. 2025	2/16 (Mon.)	
18 Months Old Health Checkup	Jul. 2024	2/4 (Wed.)	
2 Years Old Dental Checkup	Dec. 2023	2/25 (Wed.)	
30 Months Old Dental Checkup	Jun. 2023	2/19 (Thu.)	
3 Years Old Health Checkup	Dec. 2022	2/5 (Thu.)	



## Service

## Citizen's Division holiday counter

(Feb. 10 to Mar. 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)

**Feb. 15, 2026 (Sun)**

8:30 -12:00

**Mar. 1, 2026 (Sun)**

8:30 -12:00



## Holiday duty doctor (February 10, 2026 to March 15, 2026)

Date	Internal medicine		General surgery	
2/11 (Wed.) *holiday	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131	
2/15 (Sun)	▼9:00 am-6:00 pm Isobe Clinic, Tel: 027-385-0303	▼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
2/22 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	
2/23 (Mon) *holiday	▼9:00 am-6:00 pm Ayakomagokoro Clinic, Tel: 027-388-1180	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	▼9:00 am-6:00 pm Inoue Clinic, Tel: 027-380-1717	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
3/1 (Sun)	▼9:00 am-6:00 pm Arisaka Clinic, Tel: 027-381-0485	▼From 6:00 pm Matsuida Hospital, Tel: 027-393-1301	Matsuida Hospital, Tel: 027-393-1301	
3/8 (Sun)	▼9:00 am-6:00 pm Moteiki Clinic, Tel: 027-382-2510	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131	
3/15 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221	

