Annaka City
MONTHLY BULLETIN
November 2026

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 19 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 19 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





HEALTH CHECK-UP FOR CHILDREN in November 2026

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



Category	Birthday (Month/Year)	Date & Time (Month/Day)
4 Months Old Health Checkup	Jul. 2026	**11/27** (Fri.)
8 Months Old Health Checkup	Feb. 2026	**11/20** (Fri.)
1 Year Old Child-rearing Consultation	Oct. 2025	**11/30** (Mon.)
18 Months Old Health Checkup	Mar. & Apr. 2025	**11/11** (Wed.)
2 Years Old Dental Checkup	Sep. 2024	**11/25** (Wed.)
30 Months Old Dental Checkup	Mar. 2024	**11/19** (Thu.)
3 Years Old Health Checkup	Sep. 2023	**11/5** (Thu.)

Things to Bring

- ☐ 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)



More convenient services at new city hall building!

The new government building includes an open space that can be used on Saturdays, Sundays and public holidays. This open space has been equipped with a machine that allows users to obtain various certificates using “My Number Card (Individual Number Card)”. The machine has the same functionality as the multi-function copiers used at convenience stores and will allow users to obtain certificates such as resident registration certificates and seal registration certificates.

*This service is unavailable during the New Year's holiday period (December 29th to January 3rd).



Holiday duty doctor (November 10 to December 15, 2026)

Date	Internal medicine		General surgery
11/15 (Sun)	Suto Hospital, Tel: 027-382-3131		Suto Hospital, Tel: 027-382-3131
11/22 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221
11/23 (Mon) *holiday	Matsuida Hospital, Tel: 027-393-1301		Matsuida Hospital, Tel: 027-393-1301
11/29 (Sun)	▼9:00 am-6:00 pm Fujimaki Clinic, Tel: 027-393-1324	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123	Shoda Hospital, Tel: 027-382-1123
12/6 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131	Suto Hospital, Tel: 027-382-3131
12/13 (Sun)	Usui Public Hospital, Tel: 027-385-8221		Usui Public Hospital, Tel: 027-385-8221