

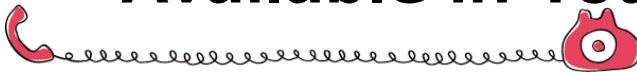
# MONTHLY BULLETIN

Issued by: Citizen Division, Citizen Cooperation Section

TEL: 027-382-1111 (Ext. 1027)

Useful information for Foreigners living in Gunma.

## Free Consultation Available in Your Language!



The government has set up various consultation desks and Hotlines such as “One-Stop Center”, “Foreign Residents Support Center (FRESC)” and “YORISOI hotline” to make it easier for foreigners to live in Gunma/Japan. If you have any concerns with daily life, or you want to discuss the matters relating to residential status, labor issues, medical care, welfare, childbirth, childrearing, child education, etc. with your mother tongue. You are welcome to contact the consultation desks during the office hours.

For more details, please check the website of each consultation center or contact the consultation centers by phone listed below.

### ◆ One-Stop Consultation Center for Foreign Residents of Gunma

<https://www.pref.gunma.jp/site/tabunka/3876.html#english>

Phone number: **027-289-8275**

Hours: 9:00 - 17:00 (weekdays excluding holidays)

Location: Showa Chosha Building 1F, Gunma Prefectural Office  
(1-1-1 Ote-machi, Maebashi city)

Correspondent language: English, Chinese, Spanish, Portuguese,  
Vietnamese, Nepali and Plain Japanese

(\* Other 83 languages by electronic translation machine.)



### ◆ YORISOI hotline

<https://www.since2011.net/yoriso/n2/>

Phone number: **0120-279-338**

(\* Press 2 after the Japanese guidance.)

Hours: 10:00 – 22:00

Correspondent language: English, Chinese, Korean, Tagalog, Portuguese, Spanish, Thai, Vietnamese, Nepali, Indonesian, and Plain Japanese (\*the other languages may be available, please feel free to contact. And available language vary by date and time.)

### ◆ Foreign Residents Support Center (FRESC)

<https://www.moj.go.jp/isa/support/fresc/fresc01.html>

Phone number: **0570-011000**

Hours: 9:00 – 17:00 (weekdays excluding holidays)

Location: 13th Fl., Yotsuya Tower,  
1-6-1 Yotsuya, Shinjuku-ku, Tokyo

Correspondent language: English, Chinese, Korean,  
Vietnamese, Nepali, Indonesian, Filipino, Thai,  
Portuguese, Spanish and Plain Japanese .



### ★ To foreigners living in Annaka City.

Annaka City has a dedicated information desk to provide assistance for foreign residents in obtaining and/or submitting documents to City Hall, help with daily life concerns, getting involved in the community, Japanese classes, etc. You can contact us by phone, e-mail or visit us in person at Annaka City Hall. Advance reservation recommended.

Opening Hours: 9:00-17:00 Monday-Friday (excluding holidays)

Address: 1F Annaka City Hall, Citizen Cooperation Section

TEL: 027-382-1111 (Ext. 1027) [shiminkyoudou@city.annaka.lg.jp](mailto:shiminkyoudou@city.annaka.lg.jp)

**HEALTH CHECK-UP FOR CHILDREN in June 2023**

(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	Feb. 2023	6/27 (Tue.)	<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:♡♡♡
8 Months Old Health Checkup	Sep. 2022	6/20 (Tue.)	
1 Year Old Child-rearing Consultation	May 2022	6/26 (Mon.)	
18 Months Old Health Checkup	Nov. 2021	6/14 (Wed.)	
2 Years Old Dental Checkup	Apr. 2021	6/28 (Wed.)	
30 Months Old Dental Checkup	Oct. 2020	6/15 (Thu.)	
3 Years Old Health Checkup	Apr. 2020	6/1 (Thu.)	



**Annaka City Health Center**  
Tel: 027 382 1111 (Ext. 1174)  
**Matsuida Health Center**  
Tel: 027 382 1111 (Ext. 2151)

**Culture**

**Japanese Tea Ceremony for citizen**

(\*No advance reservation required!)

Date: June 17 (Sat.) from 10:00 a.m.

Place: 2nd Floor Tea Room, Annaka City Cultural Center

Tel: 027-381-0586



**Education**

**Japanese Language Classes**

Annaka International Association

TEL: 080-2027-5526

E-mail: annakakokusai2021@gmail.com



**Citizen's Division holiday counter** (June 10 to July 15)

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)

**Service**

**June 18 (Sun)**  
8:30 -12:00

**July 2 (Sun)**  
8:30 -12:00



**Holiday duty doctor** (June 10 to July 15)

Date	Internal medicine	General surgery
6/11 (Sun)	▼9:00 am-6:00 pm Miyaguchi Clinic, Tel: 027-384-1126	▼From 6:00 pm Shoda Hospital, Tel: 027-382-1123
6/18 (Sun)	▼9:00 am-6:00 pm Sakurai Clinic, Tel: 027-385-8551	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
6/25 (Sun)	▼9:00 am-6:00 pm Moteki Clinic, Tel: 027-382-2510	▼9:00 am-6:00 pm Inoue Clinic, Tel: 027-380-1717
7/2 (Sun)	Matsuida Hospital, Tel: 027-393-1301	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131
7/9 (Sun)	▼9:00 am-6:00 pm Amiya Clinic, Tel: 027-385-1511	▼From 6:00 pm Suto Hospital, Tel: 027-382-3131

