



# OCTOBER 2025 Newsletter

# 10月

English Version



## ✧ Update to the Child's Medical Care Certificate starting October 1 ✧

A new recipient certificate (pink colour) was mailed in mid-September to eligible recipients up to the age equivalent to a third-year high school student. Please note that certificates are mailed individually, so they may arrive at different times even within the same household.

Starting in October, please present this new certificate at medical institutions every time.

If you have not received a certificate due to moving or the birth of a child, please bring a document that can verify health insurance information such as health insurance card, etc of the eligible child and apply at the Children's Future Creation Division on the first floor of the City Hall.

- **Contact/Apply:** ☎055-934-4868 Children's Future Creation Division (*Kodomo Mirai Sozo-ka*)

## ✧ Get ready for an exciting life at daycare! ✧

Application for nursery schools, childcare centers, kindergartens, etc. for the 2026 academic year starts on Wednesday, October 1.

◆Applications for nursery school enrollment starting April 2026

Application forms will be distributed starting Wednesday, October 1 to those wishing to enroll. Enrollment requires proof of childcare necessity, such as the parent's employment status.

- **Distribution Period:**  
**October 1 (Wed) - 3(Fri):** City Hall 1st Floor Multipurpose Space  
**October 6 (Mon) onwards:** City Hall 1st Floor, Children's Future Creation Division
- **Time:** 9:00 - 16:30
- **Application Method:** Submit application forms and required documents directly to the Children's Future Creation Division on the 1st floor of City Hall, or to Heda Childcare Center
- **Application Period:**
  1. **First Recruitment:** Monday, October 20 to Friday, October 31
  2. **Second Recruitment:** Tuesday, November 4 to Thursday, January 15, 2026
  3. **Third Recruitment (Final):** Friday, January 16, 2026 - Friday, February 27, 2026
- **Eligible Applicants:**
  1. Individuals seeking new enrollment or transfer. (transfer requests are accepted only during the first recruitment period)
  2. Individuals who were unable to get into a facility at the first recruitment period, those who missed the first recruitment period, or those who are job searching.
  3. Those who were unable to get into a facility at the first or second recruitment periods, or those who missed the second recruitment period.

\*Those currently attending daycare centers will receive separate notifications from their respective facilities.

\*For details, please visit the Child-Rearing Portal Site.
- **Apply/Contact:** ☎055-934-4826 Children's Future Creation Division (*Kodomo Mirai Sozo-ka*)



Child-Rearing  
Portal Site



List of  
kindergartens etc

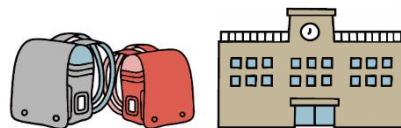
### ◆Application for kindergartens and certified childcare centers (kindergarten division)

Enrollment applications will be accepted at all city kindergartens and certified childcare centers starting Wednesday, October 1. For details on procedures, please contact each facility directly.

- **Contact:** ☎055-934-4826 Children's Future Creation Division (*Kodomo Mirai Sozo-ka*)

### ✧ Enjoy after-school! ✧

#### Guide to Joining the After-School Child Care Club for the 2026 Academic Year



After-school childcare clubs provide a home-like environment for elementary school children whose parents work during the day, allowing them to spend time from after school until evening. There are 40 such clubs in the city (as of April 1), where many children enjoy their time after school. Those wishing to enroll for April 2026 must apply online.

- **Target:** Elementary school students in grades 1 through 6 whose guardians are absent from home during daytime hours due to work or other reasons
- **Application Period:**

First Recruitment: October 20 (Mon) to November 30 (Sun)

Second Recruitment: December 1 (Mon) to February 28, 2026 (Sat)

\*For details on after-school childcare clubs, application methods, and more, please visit the Child Rearing Portal Site.



Child Rearing  
Portal Site

- **Contact:** ☎055-934-4842 Children's Future Creation Division (*Kodomo Mirai Sozo-ka*)

### ✧ Information from Health Centre (*Hoken Centre*) ✧

#### ✧ Additional Mobile Tuberculosis X-ray screening

If you have not yet undergone this year's screening, please take advantage of this opportunity.

When	Hours	Where
October 6 (Monday)	9:00~11:30	Health Centre
	13:00~15:30	Sunwell Numazu

- **Eligibility:** Residents of Numazu City aged 65 years or older who have not undergone a chest X-ray examination as part of the city's lung cancer screening since June of Reiwa 7 (excluding those who have received screenings at the workplace or medical institution).

- **Things to bring:** Numazu City health examination ticket (沼津市健康診査受診券)

※Please avoid wearing clothes with the following items: metal, zippers, buttons, embroidery, or prints.

#### ✧ Have you received examinations of cervical cancer and breast cancer

Cervical cancer is increasing for those in their 20s and 30s, and breast cancer after the age of 40, but you aren't aware of any symptoms in the early stages in both cases. Therefore, it is important to have regular checkups from young age for early detection.

We carry out cervical cancer/breast cancer examinations to target persons.

\*Please visit the city website for more information.

Type of examination	Target
Cervical cancer	Women who are 20 years or older
Breast cancer (Once every two years)	Women who are 40 years or older

- **Deadline for consultation:** Until October 31 (Fri) (Until the end of December for those who have a special coupon.)

#### ◆Get started with "Breast Awareness" to protect you from breast cancer

Breast awareness is a lifestyle habit that makes you aware of your breasts. Noticing changes in the breast in daily life and promptly seeking medical attention can lead to early detection of breast cancer.

Please check your breasts consciously by looking at and touching them when you bathe.

- **Contact:** ☎055-951-3480 Health Promotion Division/Health Centre (*Kenko Zukuri-ka/Hoken Centre*)

## ✧ Free consultation for Foreign Residents ✧

We provide consultation to foreigners who are having trouble in their daily lives.

- **When:** October 19 (Sun), 13:30 – 16:00 (Reception hours: 13:00 – 15:30)
- **Where:** Sanwell Numazu
- **Contents:** Legal issues, labor problems, immigration procedures, international marriage, and administrative consultation etc.
- **Eligibility:** Foreigners and those related
- **Counselor:** Administrative scrivener, Lawyer, labor and social security attorney
- **Interpreter:** English, Chinese, Spanish, and Portuguese. Video interpretation for other languages is also available.
- **How to apply:** By phone or in person by October 17 (Fri) at 17:00



\*Please bring along any documents related to the consultation.

\*Japanese nationals can also participate.

\*Receptions on the day is possible depending on availability.

- **Apply/Contact:** ☎055-934-4717 Regional Autonomy Division (*Chiiki Jichi-ka*)

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## ✧ Pensioner support benefit system (*Nenkin Seikatsusha Shien Kyufukin Siedo*) ✧

Pensioner support benefits are paid in addition to the pension, in order to support pensioners whose pension income and other incomes are below a certain standard amount.

- **Eligible:**
  1. Those who receive the old-age basic pension (*Rorei Kisonenkin*) and meet all of the following requirements:
    - People 65 years and older.
    - People whose entire household members are non-taxable from municipal tax.
    - People whose total annual pension income and other incomes are approximately 880,000 yen or less
  2. Persons receiving disability basic pension or survivor basic pension with income of about 4,720,000 yen or less in the previous year
- **How to apply:** Send the postcard enclosed in the notice sent by the Japan Pension Service in early September.

\*Those who will start receiving pensions should submit a pensioner support benefit application together with the pension claim procedure.

\*Please visit the website for detail.



website

- **Apply/Contact:** ☎ 0570-05-4092 Japan Pension Service Benefits Dedicated Dial/☎ 055-934-4724 Citizens' Division (*Shimin-ka*)

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## ✧ Lifesaving Seminar: Ordinary First Aid Course I ✧

- **When:** Sunday, October 19, 9:00 – 12:00
  - **Where:** Emergency Work Station (On the grounds of the municipal hospital)
  - **Contents:** Cardiopulmonary resuscitation (CPR) for adults, handling of AED, hemostasis, heimlich maneuver, etc
  - **Who:** Junior high school students and older who live or commute to work or school in the Sunto Izu Fire Headquarters area
  - **Capacity:** 30 participants (first-come-first-served basis)
  - **How to apply:** By phone from 8:30 am on Monday, September 22.
  - **Apply/Contact:** ☎ 055-921-9999 Emergency Workstation (*Kyukyu Workstation*)
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## ✧ MyNumber Card Emergency Use: Protecting Your Life



Website

MyNumber Card Emergency Use has begun!

Starting Wednesday, October 1, the “MyNumber Emergency” system has been launched. This system uses the My Number Card (MyNumber Health Insurance Card) when registered as Health Insurance Card to allow emergency responders to access the medical information of ambulance patients.

This reduces the burden on patients and their families, and helps ensure they receive more appropriate treatment.

Here's how to use the MyNumber Emergency Service!

Register your MyNumber Card (MyNumber Health Insurance Card) for use as a health insurance card in advance.



emergency responders.

**In any emergency situation:**

① Present your MyNumber Card to



② Give verbal consent for emergency medical personnel to access medical information.

OK!



Why Using MyNumber in an emergency can save your life?



① Accurately communicates your medical information



② Ensure smooth selection of transport destinations and treatment procedures



③ Allows hospitals to prepare for your treatment in advance

• **Contact:** ☎ 055-920-9111 Sunto-Izu Fire Department Headquarters

## ✧ Take Action to reduce waste! ✧

October is 3R promotion month, and from the second Sunday in November we will have a citywide cleaning week. Take care of our resources and consider how to live a sustainable life and keep the environment clean.



### October: 3R promotion month

#### 1. Reduce (Avoid generating unnecessary waste)

- Avoid taking unnecessary things.
- Avoid single-use plastics (use your own bag, water bottle, and chopsticks).
- Choose products with simple packaging.
- Buy items individually or sold by weight to reduce waste.
- Take good care of your belongings by maintaining and repairing.



#### 2. Reuse (Use repeatedly)

- Use refillable containers.
- Pass on unneeded toys, clothing, etc. to those who need them.
- Reuse unwanted items by utilizing the reuse platform “Oikura/おいくら”, Numazu City “mercari shop”, and secondhand shops nearby.

#### 3. Recycle (Recycled as a resource)

- Separate and properly dispose of recyclable waste.
- Opt for recycled products when available.

• **Contact:** ☎ 055-933-0711 Clean Center Management Division (Clean Center Kanri-ka)



## ✧ Applications for the change of designated school for new elementary/junior high school students (指定校変更/Shiteiko Henko) for the Reiwa 8 fiscal year ✧

- **What:** You can make a request to go to a school adjacent to the designated school based on your address. This is the final application period in this fiscal year. Those who wish should be sure to apply.
- **How to:** Please apply online or send in an application form, available on the city website by post.
- **When:** Applications must arrive on/before November 7.  
\*Please contact us for more detail.
- **Apply/Contact:** ☎ 055-934-4808/ 〒 410-8601 Numazu Shiyakusho, School Education Division (Gakko Kyoiku-ka)



website

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## ✧ Application for participation in Coming of Age Ceremony (Hatachi no tsudoï) ✧

- **What:** The Coming of Age Ceremony which will be held in Reiwa 8 is for people who were born between April 2, 2005, and April 1, 2006. A letter of invitation will be mailed in mid-December to those who are eligible and have registered in Numazu city. Those who wish to attend the Coming of Age Ceremony and who meet the following conditions are required to apply in advance.
  1. People who are currently registered as residents outside the city.
  2. Those who live in the city and wish to attend the ceremony in a junior high school district that is different from their current address
- **How to apply:** Please apply online using the dedicated form on the city website, or fill out an application form available on the city website with all required information and send it via email or fax.
- **Application deadline:** December 12 (Fri.)  
\* For more detail, visit the city website.
- **Apply/Contact:** ☎ 055-934-4871 Lifelong Learning Division (Shogai Gakushu ka)

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## ✧ Service Skills Course for Long-term, Foreign Residents ✧

Learn the foundational knowledge and skills essential for the service, hospitality, and tourism industries, along with basic Japanese language and conversational etiquette.

- **Dates:** Weekdays from Tuesday, December 9 to Friday, February 6, 2026, 9:10 to 15:50
- **Location:** Job Assist College, Numazu Campus (Otecho)
- **Eligibility:** Long-term foreign residents without work restrictions, who can read and write hiragana and katakana, and communicate in everyday Japanese
- **Capacity:** 15 people (Selection meeting: Tuesday, November 25 at the Numazu Campus of the Prefectural Technical College, Ooka)
- **Participation Fee:** ¥6,955 (includes textbook cost, etc.)
- **Application Period:** Tuesday, October 14, 8:30 - Tuesday, November 18, 17:15  
\*For details on application methods, please inquire or visit our website.
- **Apply/Contact:** ☎ 055-925-1072 Prefectural Technical College Numazu Campus
- **Contact:** ☎ 055-934-4717 Regional Autonomy Division (Chiikijichi-ka)



Website

## ✧ Education loan support for working parent ✧

- **What:** The city subsidizes part of the interest on education loans from Shizuoka Labor Banks (*Shizuokaken Rodo Kinko*). We also have a consultation session about educational loans, so please take advantage of it.
- **Details:**

<b>Purpose</b>	Examination fees for universities, junior colleges, technical colleges, etc., and expenses related to higher education and enrollment/attending school.
<b>Target limit</b>	¥3,000,000
<b>Interest replenishment rate</b>	1.5% of the annual interest (max 5 years)
<b>Eligibility</b>	People who fulfill the following requirements. ①People who have been living in this city for over a year. ②People who have been working at the same office for over a year. ③People who have completed their city tax payments.

### ♣ Educational loan consultation session

- **When:** Weekdays, 9:00 – 15:00
- **Where:** Labor Bank Numazu Loan Centre (*Futaba-cho*)

\*In addition to the above time, we are accepting consultations with reservations on Wednesday 17:00 to 19:00, Sunday 9:00 to 12:00 and 13:00 to 16:00.

\*Please contact us for more details.

- **Apply/Contact:** ☎ 055-926-5515 Labor Bank Numazu Loan Centre (*Rokin Numazu Loan Centre*)
- **Contact:** ☎ 055-934-4749 Commerce and Industry Promotion Division (*Shoko Shinko-ka*)

## ✧ International Sports Festival ✧

Through sports, we will promote cross-border exchanges with foreign residents in Japan.

- **When:** Sunday, November 19, 14:00 – 16:30
- **Where:** Daini junior high school gym (*Daini Chugkko Taiikukan*)
- **Events:** *Sekisho Yaburi*, *Medicine ball*, *tsunahiki*, *tamairi*, *Shogaibutsu race* (team competitions) etc.
- **Capacity:** 30 Japanese and 30 foreigners in order of application
- **Things to bring:** Drinks, towel and indoor shoes.
- **How to apply:** By phone from 9:00, Thursday, October 9
  - \* Grade-schooler and under must be accompanied by parent(s)/guardian(s).
  - \* Please use the public transportation.
- **Apply/Contact:** ☎ 055-934-4717 NICE (*Numazu Kokusai Koryu Kyokai/Chiiki Jichi-ka*)

**DISCLAIMER:** The English version is a translation of the original Japanese newsletters. Articles are translated according to the needs of foreigners, therefore, not all articles are translated. While reasonable efforts are made to provide accurate translations, there might be some discrepancy. We encourage you to report if you find any inaccuracy or translation error.