

# Publicity from Toyoake City , English version

とよあけ

広報とよあけ（英語版）

1 November 2025 No246

毎月市民向けに発行している「広報とよあけ」の中の記事など、外国籍の方にお知らせしたいことを翻訳して毎月発行しています。



Dedicated for foreign residents

TEL 0562-85-1031

## International Exchange Festa

— Let's connect a ring of exchange together —

（国際交流フェスタ「みんなでつなごう交流の輪」）



Toyoake International Relations Association Tel:0562-92-4649

【Date】 23 / November (Sun・National holiday) 13:00-16:00

【Place】 Culture Center Gallery (Bunka Kaikan)

【Target people】 Anyone is welcome to join.

【Content】 Cafe "Smile," performances, Japanese cultural experiences, games, and other activities

【Charge】 Free of charge (No prior application is required.)

【Enquiries】 Applications are accepted from 9:00 to 15:30 on weekdays excluding Wednesdays.



## ◆We will hold a free consultation for foreign residents.

（外国人対象の無料相談を行います。）



Toyoake International Relations Association (TIRA) TEL: 0562-92-4649

【Date】 16/ November (Sun) ・ 18/ January 2026 (Sun) ・ 15/ March 2026 (Sun)

13:00 - 16:00 (Consultation time is 30 minutes per person)

【Place】 Activity Room 3, 3rd floor, South Building of "Karatto" (Kyoseikouryu Plaza)

【Target】 Foreigners who live and/or work in Toyoake City (Nationality does not matter)

【Consultation content】 ①Japanese visa required in the case of marriage to a foreigner or employment of a foreigner ②Permanent Residence Visa for Japan ③Application for naturalization  
④Consultation with an administrative scrivener regarding procedures for international Marriage or an international adoption arrangement

【Application】 Please call TIRA. (A free consultation is available without a prior appointment if there is availability on the day.)

※Applications are accepted from 9:00 to 15:30 on weekdays excluding Wednesdays.

## ◆Payments due this month (今月の納期限)

Credit Management Division ・ Insurance and Medical Care Department ・ Longevity Division

National health insurance tax (*Kokumin Kenko Hokenzei*) . . . 5th term

Medical insurance premium for senior citizens (*Koukikoureisha Iryouhokenryou*) . . . 5th term

Nursing care insurance premium (*Kaigo Hokenryou*) . . . 5th term

**Payment due date : Monday, December 1st**



※If you pay by direct debit, please ensure your account balance is adequate by the day before the payment deadline.

This information are important articles selected from 「Publicity from Toyoake City」 publishing for Toyoake citizens.  
It is putted out every month in English as we would like to inform foreigners too.



## Inquiries : Child Rearing Support Division



### Infant Health Checks (乳幼児健康診査)

Place : Health Center



Name of health check	For infants born in	Date	Other
Three Months Health Check	8 / 2025	03/December (Wed)	<p><b>* We will send a notification about the date and time and other details of the medical examination to eligible children.</b></p> <p>*Please check the notification, fill out the necessary items, and bring it to us.</p> <p>* Notifications have already been sent to children eligible for a November medical examination. However, in some cases, notifications may not have been sent due to reasons such as the family having recently moved into the city. If you do not receive the notification by one week before the expected medical examination, please contact the Child Rearing Support Division.</p>
18 Months Health Check	5 / 2024	10/ December (Wed)	
Two Years Three Months Dental checkup	8 / 2023	04/ December (Thu)	
Three Years Health Check	11 / 2022	02/ December (Tue) 11/ December (Thu)	

✳ We may not be able to send the notification about the medical examination to those who have just moved into Toyoake City from outside the city. If you do not receive the notification by one week before the expected medical examination, please contact the Child Rearing Support Division.



### Routine vaccinations for children (子どもの定期予防接種)



Routine vaccines include the 5-in-1 vaccine, BCG vaccine, MR vaccine, 2-in-1 vaccine, and those for rotavirus, Haemophilus influenzae type b (Hib), pneumococcal infection in children, hepatitis B, chickenpox, Japanese encephalitis, and human papillomavirus (HPV).

Have your child vaccinated at a medical institution at the appropriate time for each vaccination.



### Childcare consultation (育児相談)

Application: Toyoake Reservation Support

Inquiries: Child Rearing Support Division

✳ Reservations must be made by 5pm the day before your desired date.



<Toyoake Reservation Support>



Place	Date	Time	Content
Hoken Center	19/ November (Wed) 26/ November (Wed)	10:00—11:00	While having your children's height and weight measured, you can consult with health nurses and dieticians about child rearing and your children's development/growth. <b>Items to Bring</b> : Maternal and Child Health Handbook, bath towels, diapers, and other baby outing items



### Kosodate Shiensenta (子育て支援センター) Replacement at regular intervals

Open for preschoolers and parents. Please come and visit us!

【Takenoko】 Opening hours : Monday - Saturday (Excluding holidays) 9:00—16:00



### Parents and children, let's have fun together. (Free participation) (親子で遊びましょう)

Place	Date	In addition
All Children's Centers	Please contact the relevant children's center.	Parents and children can play together.



**Effective on October 1, 2025**

## **Ordinance on promoting the proper use of smartphones and other devices.**

(スマートフォン等の適正使用の推進に関する条例)



Toyoake City has enacted an ordinance in the hope that all citizens will live healthy lives. Why not take this opportunity to reflect on whether you are getting sufficient sleep and whether your daily routine suits you?

### **Underlying recognition**

The City acknowledges that smartphones and similar devices are convenient and essential in daily life.

### **Purpose**

Since sufficient sleep is essential, the city aims to prevent the excessive use of smartphones and other devices from negatively affecting citizens' physical health, mental well-being, and daily lives.

### **Target citizens**

**All citizens and children under 18 attending schools in the city**



### **Goal**

- A daily limit of up to approximately two hours is recommended for the use of smartphones and other similar devices during leisure time.
- It is recommended that elementary school students and younger refrain from using such devices after 9:00 p.m. and junior high school students and older after 10:00 p.m.
- It is advisable that families establish their own rules regarding appropriate usage times and timeframes for each family member.

### **Content**

#### **The primary purpose of the ordinance is to ensure sufficient sleeping hours.**

The Ministry of Health, Labour and Welfare recommends 9–12 hours of sleep for elementary school children, 8–10 hours for junior and senior high school children, and 6–8 hours for adults. Since sufficient sleep is especially essential for children's physical and mental development, recommended usage times and periods are determined by calculating backward from the necessary amount of sleep.

#### **This limit of up to two hours per day applies to leisure time.**

Leisure time is the time that you can use freely, excluding the time for working, studying, commuting, and other activities. Furthermore, the two-hour limit is intended only as a guideline, and extending this to three or four hours is acceptable as long as it does not interfere with sleep or family communication. The ordinance is intended not to restrict citizens' rights. The purpose of the ordinance is to raise awareness about the appropriate use of smartphones.

#### **Rules that everyone can agree on**

Families are encouraged to set household rules for using smartphones and other devices. It is recommended for parents not to unilaterally impose rules on their children, but to discuss and create rules that both can agree on and that lead to improved smartphone use.

#### **The purpose of the ordinance is to raise awareness about the appropriate use of smartphones.**

The City will not intervene in or direct the daily lives of citizens. Furthermore, it is not necessary for parents and children, spouses, or friends to compare their respective smartphone usage times.



### **Consultations regarding excessive smartphone use**

**Child-related consultations:** *Child Rearing Support Division*

**Health-related consultations:** *Health Promotion Division*

**Consultations regarding issues affecting daily life:** *Inclusive Society Division*

**Consultations regarding family education and other general matters:**  
*Life Long Learning Division*

## ◆Aichi Prefectural Day events

(「あいち県民の日 イベント」)



**Aichi Prefectural Citizens' Day : 27/ November (Thu)**

**Aichi Week : 21/ November (Fri) - 27/ November (Thu)**

**Prefectural Citizens' Day School Holiday (Toyoake City) : 25/ November (Tue)**



Aichi Prefecture has also established a school holiday called the 'Prefectural Citizen's Day School Holiday' at public schools to encourage students' experiential learning activities at home and in the community. On the Prefectural Citizens' Day School Holiday (Tuesday, November 25), after-school childcare centers will be open from the morning to provide a place for children whose parents or guardians are unable to be at home during the day due to work or other commitments.

For details, please contact the after-school childcare center that you are registered with or School Education Division.



## ◆Starting Tuesday, November 4, 2025, cashless payments will be accepted at Toyoake City Hall counters for various certificate issuance fees and other administrative procedures.

(証明発行手数料などのキャッシュレス決済スタート！)

### Counters for cashless payment

Counter 1 Certification counter    Counter 2 Resident's Division  
Counter 8 Credit Management Division    Counter 9 Taxation Division  
Counter 12 Environmental Division

#### Points to note

- Receipts will not be issued for cashless payments.
- Cash recharges and balance inquiries are not available at the counter.
- Combined use of cash and cashless payment methods is not accepted.
- Payment using multiple cashless methods is not accepted.
- Credit card payments must be made in a single installment.
- Payment using credit card points is not accepted.



## ◆Just as the last time, filing of the annual tax return in February 2026 (at the Toyoake City venue) is also by advance appointment only.

(令和8年2月の確定申告(市会場)も完全予約制です。)

Taxation Division

The details, including how to apply, will be announced in the January issue of the publicity from Toyoake City, the city's website, and other platforms.



dedicated for foreign residents

TEL 0562-85-1031

(8:30-17:15)



Toyoake City  
Multilingual Information

@ToyoakeCity.MultilingualInformation



Our newspaper in foreign languages are

Available for smartphones and PCs.

URL : <https://www.city.toyoake.lg.jp/4669.htm>



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