

広報とうかい 1/25 号

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Tokai Newsletter 25 Jan. 2026

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1. Weekend Medical Services in Feb.

Hours: 9:00 a.m. - noon

Sun. 1: Higashihara Clinic, ph.029-283-2301

Sun. 8: Tokai Hospital, ph.029-282-2188

Wed. 11: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 15: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

Sun. 22: Tokai Hospital, ph.029-282-2188

Mon. 23: Ogata Clinic, ph.029-282-4781

Ibaraki Children Emergency Information Helpline, ph. #8000 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 050-5445-2856

Hours: Open 24 hours, every day of the year (including emergency medical information)

2. Health Checks and Consultations in Feb.

(1) Health Consultation for Mothers and Children

Date: Fri. 27 Feb.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) "Genki-up" Health Consultation for Adults

Date: Fri. 27 Feb.

Time: 9:00 a.m. - 11:30 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants for babies born in Sep. 2025

Date: Wed. 4 Feb.

Time: 12:50 p.m. - 1:50 p.m.

2) Children - aged 1 year and 6 months old for babies born in Jul. 2024

Date: Fri. 20 Feb.

Time: 12:50 p.m. - 1:50 p.m.

3) Children - aged 3 years old for babies born in Aug. 2022

Date: Wed. 18 Feb.

Time: 12:50 p.m. - 1:50 p.m.

(4) Baby Class for babies born in Nov. 2025

Date: Thu. 5 Feb.

Time: 1:30 p.m. - 1:50 p.m.

(5) Dental Checkup Class for babies born in Jul. & Aug. 2025

Date: Thu. 19 Feb.

Time: 1:15 p.m. - 1:30 p.m.

Please make an appointment.

Place: Tokai Health Center in Tokai Welfare Center "Kizuna"

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Ibaraki Prefectural Mutual Aid Traffic Accident Insurance

The insurance provides compensation in case of a traffic accident.

Annual mutual aid premiums:

900 yen per person

500 yen per person for junior high school students and under

Eligible traffic accidents:

- Accidents while driving/riding a car, a motorcycle or a bicycle
- A collision with a car, a motorcycle or a bicycle while walking

The plan covers accidents only in Japan.

Mutual aid period:

Coverage is from 1 Apr. to 31 Mar. 2027. Coverage begins the day after payment.

How to claim:

Bring the following documents to the Environmental Policy Section.

- Member's card, Driver's license, Traffic accident certificate, Medical certificate

Compensation for traffic accidents:

Class 1: Death---1,000,000 yen

Class 2: An injury that had more than 181 treatment days---300,000 yen

Class 3: An injury that had more than 151 treatment days---250,000 yen

Class 4: An injury that had more than 121 treatment days---200,000 yen

Class 5: An injury that had more than 91 treatment days---150,000 yen

Class 6: An injury that had more than 61 treatment days---100,000 yen

Class 7: An injury that had more than 41 treatment days---80,000 yen

Class 8: An injury that had more than 21 treatment days---60,000 yen

Class 9: An injury that had more than 8 treatment days---30,000 yen

Class 10: An injury that had more than 3 treatment days---20,000 yen

Physical Disability: Disability grade 1 or 2---500,000 yen

Application and Inquiries:

Apply with the fee and fill out the form at Environmental Policy Section, 4F in Tokai Village Office., ph. 029-282-1711 ext. 1452. Applications are accepted throughout the year.

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/somminseikatsubu/kankyoiseisakuka/1/3/4361.html>

4. Child-Rearing Support Allowance for High Living Costs

The government will provide a "Child-Rearing Support Allowance for High Living Costs" of 20,000 yen per child to households raising children from age 0 through the third year of high school. A notice will be sent to eligible recipients in Feb.

Inquiries: Childcare Support Section, ph. 029-282-1711 ext. 1183

<https://www.tokai-kosodate.jp/pagecat801/7y89a1uzet-1765184843>

5. Treatment of Injuries Caused by Third Party's Acts

If you get injured by a third party's act, such as a traffic accident caused by another party, being bitten by someone's dog and food poisoning caused by food provided at a restaurant, the medical expenses for treatment shall be covered by the perpetrator as long as you are without fault.

In those cases, you need to contact Health Insurance Section before seeing a doctor. If you submit a registration form with the necessary documents to the village office, you may be able to use your insurance card or Marufuku/Marutoku certificate to pay for your medical expenses. Then later, the village applies for a refund from the perpetrator.

Inquiries: Health Insurance Section, ph. 029-282-1711 ext. 1171-1175

6. Hello Baby Classes for Pregnant Women

Let's learn about pregnancy, childbirth, childcare, and share your concerns and experiences with us as an expecting mother. You can join either one or both classes.

Date and Content:

(1) Fri. 6 Mar., 9:15 a.m. - noon (Registration starts at 9:00 a.m.)

Lecture by a midwife, a nutrition manager and a dental hygienist. Childcare service will be provided for free.

(2) Sat. 7 Mar., 9:15 a.m. - 11:50 a.m. (Registration starts at 9:00 a.m.)

Talk about babies' crying / how to bathe a newborn / pregnancy experience for fathers / useful tips for before and after childbirth. Bring an apron for each attendee. No childcare service will be provided.

Place: Tokai Health Center

Capacity: (1) 12 people, (2) 16 pairs

Other: Bring your Maternal and Child Health Handbook (Boshi Kenko Techo), the supplementary handbook, pen and notebook.

Applications: Apply from Thu. 12 to Mon. 23 Feb. at: <https://tokai-vill.city-ca.jp/>

Inquiries: Tokai Health Center, ph. 029-282-2797

7. Baby Yoga Class

Date: Fri. 6 Mar.

Time: 10:30 a.m. – 11:30 a.m.

Place: Ozora Daycare Center

Eligible people: Children from 6 months to 1 and 6 months old and their parents

Capacity: 10 pairs

Other: Bring a baby blanket, a towel, and a drink.

Applications and Inquiries: Apply to Ozora Daycare Center by Thu. 5 Mar., Ph. 029-287-3535

8. Tokai-mura Art Road Exhibition

Various kinds of artworks will be displayed at the supporting stores in the village.

Date: Sun. 1 Feb. – Thu. 30 Apr.

Place: Supporting shops and stores in the village

Inquiries: Hanawa san, ph. 029-282-3540

9. "Kokedama Workshop" at Sister City Hall

Kokedama, or "moss ball", is a Japanese art of growing plants in a ball of soil wrapped with moss. You will learn how to create your own Kokedama and care for it!

Date: Sat. 21 Feb.

Time: 2:00 p.m. - 4:00 p.m.

Place: Tokai-mura Sister City Hall

Eligible people: Anyone who lives or works in Tokai Village (Junior high school students and older)

Capacity: 10 foreigners and 10 Japanese

Cost: Free

Other: Some student members of Tokai-mura Sister City Association will also participate.

Application: Email your name, phone number and program name to Tokai-mura Sister City Hall (koryu@vill.tokai.ibaraki.jp) from Fri. 30 Jan. to Tue. 10 Feb.

Inquiries: Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.)

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