

広報とうかい 11/10 号

1. 11 月の休日診療
2. 窓口業務時間延長
3. 集団検診（1 月）の予約を受け付けます
4. 不妊治療（先進医療）費用助成事業がスタートします
5. こども・わかもの応援給付金申請は 12 月まで
6. 東海村スマイルマラソン 2026
7. 茨城ロボッツ「東海村 PR デー」無料招待
8. 女性の健康講座
9. 育児用品交換会
10. ニュースポーツだヨ！全員集合！
11. 探鳥会 1
12. 演劇とみかる「海を呑んだ長治郎」

Tokai Newsletter 10 Nov. 2025

1. Weekend Medical Services in Nov.
2. Extension of Administrative Service Time
3. Health Checks for Residents in Jan.
4. Subsidy for Infertility Treatment
5. Special Child Allowance
6. Tokai Village Smile Marathon 2026
7. Free Tickets for Ibaraki Robots Basketball Game
8. Women's Health Class
9. Childcare Reuse Market
10. New Sports Experience Day
11. Birding Walk
12. Musical "Chojiro Who Swallowed the Sea" by Theater Company Tomical

1. Weekend Medical Services in Nov.

Hours: 9:00 a.m. - noon

Sun. 16: Higashihara Clinic, ph.029-283-2301

Sun. 23: Tokai Hospital, ph.029-282-2188

Mon. 24: Usui Clinic, ph.029-229-0855

Sun. 30: Ishii Orthopedics (Seikeigeka) Clinic, ph.029-270-5141

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. Extension of Administrative Service Time

Date: Every 1st and 3rd Thu.

Time: 8:30 a.m. - 7:00 p.m.

Services and Sections:

Civil Registration Section; Resident registration, seal (hanko) registration, My Number Card, passport issuance, and publishing of other certifications and permissions

Health Insurance Section; Procedures of National Health Insurance, National Pension Plan, Long Life Medical Care for the Elderly, Medical Welfare Subsidy and Long-term Care Insurance

Tax Section; Issuance of certifications, (local) taxpayer assistance (needs reservation)

Accounting Section; Payment of tax (except national tax, prefectural tax and national pension premiums) and royalties

Childcare Support Section; Procedures for day-care centers and kindergartens, application of child allowance and child-rearing allowance

Waterworks Section; Procedures to supply public water, payment of water and sewage bills

3. Health Checks for Residents in Jan.

Residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks will be held as listed below. The health checks will be held only by advance reservation.

Dates:

Mon. 26 and Tue. 27 Jan. 2026

Reception Time:

①9:30 a.m. – 9:45 a.m. ②10:00 a.m. – 10:15 a.m. ③10:30 a.m. – 10:45 a.m.

④11:00 a.m. – 11:15 a.m. ⑤1:30 p.m. – 1:45 p.m. ⑥2:00 p.m. – 2:15 p.m.

⑦2:30 p.m. – 2:45 p.m. ⑧3:00 p.m. – 3:15 p.m.

Place: Tokai Health Center

Cost: Free

Reservation:

-By Phone: Call Health Check Call Center, ph. 0570-011-822, between 9:00 a.m. – 5:00 p.m. on Tue. 2 and Wed. 3 Dec.

-Online: Book through Health Checks Reservation Website at <https://www.kenko-link.org/> between 7:30 a.m. on Wed. 26 Nov. and 11:59 p.m. on Wed. 3 Dec.

*Reservations are taken on a first-come, first-served basis. If there is any vacancy, reservations will be taken at Tokai Health Center after Tue. 9 Dec.

For those who take colon cancer test only:

Reservation is required. Please bring your sample to Health Center during reception hours on the checkup days.

Notes:

*If you are not registered as a resident of the village on the checkup day, you are not eligible for the checkup.

Inquiries:

About specific health checks and health checks for the elderly; Health Insurance Section, ph. 029-282-1711 ext. 1172, 1173

About health checks other than the above; Tokai Health Center, ph. 029-282-2797

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/fukushibu/kenkozoshinka/2/1/1/1492.html>

4. Subsidy for Infertility Treatment

Subsidies will be provided for a portion of costs for advanced medical treatments conducted in conjunction with assisted reproductive technology covered by insurance.

Eligible people:

Those who meet all of the following conditions:

- (1) Couples (including common-law couples) who underwent infertility treatment, where either spouse had a registered address within the village from the treatment start date to the application date.
- (2) The wife is under 43 years old on the treatment start date.
- (3) The treatment end date is on or after 1 Apr. 2025.

Eligible treatment:

The treatment must meet all of the following conditions:

- (1) Advanced medical treatment (not covered by insurance) conducted in conjunction with assisted reproductive technology (covered by insurance)
- (2) Performed between 1 Apr. 2025 and 31 Mar. 2026

(3) Performed at a medical institution approved by the Ministry of Health, Labour and Welfare

(4) Not receiving subsidies from other assistance programs

*Cases where assisted reproductive technology is performed entirely at the patient's expense, or where it is combined with general infertility treatment, are excluded.

Subsidy: Maximum 50,000 yen per treatment session

*The number of times subsidies that can be received is up to 6 times for those aged 39 and under, and up to 3 times for those aged 40 to 42. (The wife's age at the start of treatment)

Application and Inquiries: Apply to Health Promotion Section in person or by mail, ph. 029-282-2797

<https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/fukushibu/kenkozoshinka/3/11787.html>

5. Special Child Allowance

The village provided Special Child Allowance (60,000 yen) to the students from elementary to high school living in the village. If you have received the form in August and have not yet applied, please do it and return it by Wed. 31 Dec.

Inquiries: School Education Section, ph. 029-282-1711 ext. 1411, 1419

https://www.vill.tokai.ibaraki.jp/kosodate_kyoiku/kyoikuiinkai/11621.html

6. Tokai Village Smile Marathon 2026

Date: Mon. 12 Jan. 2026

Time:

Registration; 8:30 a.m.

Opening ceremony; 9:15 a.m.

Marathon; 10:00 a.m. – 3:30 p.m.

Place: Tokai Welfare Center "Kizuna"

Eligible people: Anyone who lives, works or goes to school in Tokai Village

Categories:

- 1) Grades 1, 2 and 3 of elementary school students; Gender-segregated, 1.2 km
- 2) Grades 4, 5 and 6 of elementary school students; Gender-segregated, 2 km
- 3) Junior high school students; Mixed genders, 2.5 km
- 4) High school students and adults; Mixed genders, 5 km
- 5) Family pair (A child aged 4 to 3rd grade in elementary school and a parent or a grandparent); 0.8 km *At least one entrant must live, work or study in Tokai Village.
- 6) Ekiden (relay race) for teams consisting of 5 elementary school students in 1, 2 or 3 grade;

Mixed genders, 5 sections of 1.2 km

7) Ekiden (relay race) for teams consisting of 5 elementary school students in 4, 5 or 6 grade;

Mixed genders, 5 sections of 1.2 km

8) Ekiden (relay race) for teams consisting of 5 junior high school students or older; Mixed genders, 5 sections of 2 km

Cost: 1) - 3); 500 yen per person, 4); 1,000 yen per person, 5); 600 yen per pair, 6) and 7): 2,500 yen per team, 8) 3,000 yen per team, 2,500 yen per team consisting of junior high school students only (including insurance, number tags and participation awards)

Other: Category 5) is not a competitive race.

Application: Fill out an application form and apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. by Sun. 30 Nov. (except Mon.)

Inquiries: Tokai Gymnasium, ph. 029-283-0673

<http://www.tokai-cs.or.jp/sports-facilities/marathon/>

7. Free Tickets for Ibaraki Robots Basketball Game

Date: Sat. 6 Dec.

Time: 3:05 p.m.

Place: Ikenogawa Sakura Arena (2-15-1 Higashinarusawa-cho, Hitachi)

Eligible people: Anyone who lives, works or goes to school in Tokai Village

Capacity: 100 people can win a ticket for two.

Cost: Free

Application: Apply online by Mon. 24 Nov. For details, see

https://www.vill.tokai.ibaraki.jp/soshikikarasagasu/kyoikuiinkai/shogaigakushuka/9/1_1/ibarakirobots/11869.html

Inquiries: Lifelong Learning Section, ph. 029-287-0851

8. Women's Health Class

Join us for a workshop where you can learn about women's physical and mental health, nutrition, and engage in yoga and stretching exercises.

Date: 4 Thursdays – 8, 15, 22 and 29 Jan.

Time: 9:30 a.m. – 11:00 a.m. (Registration starts at 9:00 a.m.)

Location: Tokai Welfare Center "Kizuna"

Eligible people: Women aged 35–74 who live in Tokai Village

Capacity: 15 people

Cost: Free

Other: Bring writing materials, indoor shoes, a drink and a towel. Also, wear comfortable clothes. Free childcare services are available. (Reservation required)

Application and Inquiries: Apply to Tokai Health Center, ph. 029-282-2797, or SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001, between Tue. 18 Nov. and Thu. 18 Dec.

9. Childcare Reuse Market

Date: Sat. 6 Dec.

Time: 8:30 a.m. – 5:15 p.m.

Place: Tokai Welfare Center "Kizuna"

Donation:

Donation is accepted until Fri. 21 Nov. Children's clothing (size 90 to 160), toys, picture books, bags, shoes, childcare items (child seats, baby carriers, strollers, cradles), unopened hygiene products, school supplies are accepted. No school uniforms are accepted. Donors will receive a voucher that can be used on the market day.

Other: Social Welfare Council Members will be provided three vouchers until Sat. 6 Dec.

Inquiries: Tokai Village Social Welfare Council, ph. 029-282-2804

10. New Sports Experience Day

New Sports Experience Day will be held every month featuring various unique sports.

Date: Sat. 29 Nov.

Time: 10:00 a.m.- 11:30 a.m.

Place: Tokai Gymnasium

Eligible people: Anyone who either lives, works or goes to school in Tokai Village

Cost: Free

Contents: Kin-Ball

Other: Bring a drink and a towel, and wear comfortable clothes.

Application and Inquiries: Apply to Tokai Gymnasium by 5:00 p.m. on Wed. 26 Nov., ph. 029-283-0673.

11. Birding Walk

Join a guided walk with a bird expert from the Wild Bird Society of Japan, to observe winter birds.

Date: Sun. 14 Dec.

Time: 9:00 a.m.- 11:30 a.m.

Place: Tokai Village (details to be announced later)

Eligible people: Anyone who either lives, works or goes to school in Tokai Village *Children (elementary school age and under) must be with guardian.

Capacity: 5 pairs *If there are too many applicants, a lottery will be held.

Cost: 500 yen/pair

Application: Apply online by Fri. 21 Nov:

https://apply.e-tumo.jp/vill-tokai-ibarak-u/offer/offerDetail_initDisplay?tempSeq=78657&accessFrom=

Inquiries: Lifelong Learning Section, ph. 029-287-0851

12. Musical “*Chojiro Who Swallowed the Sea*” by Theater Company Tomical

Date and time:

Sat. 20 Dec. – 6:00 p.m.

Sun. 21 Dec. – 1:30 p.m.

*Doors open half an hour before the performance.

Place: Tokai Culture Center

Cost: Free

Other: Preschool children and infants can enter. No reservation is required.

Inquiries: Theater Company Tomical, email: tomical.office@gmail.com

Details: <http://www.tokai-cs.or.jp/post-6667/>

Tokai Culture Center, ph. 029-282-8511