

1. Notice About Tochigi City Tochisuke Gift Certificates 2026

Tochigi City is distributing Tochisuke Gift Certificates 2026, worth 6,000 yen per person, to all residents. The program aims to support residents affected by rising prices, including food prices, and to stimulate the local economy by encouraging people to spend money. Eligible recipients are people who were registered in Tochigi City's Basic Resident Register as of April 15, 2026.

The city began mailing the gift certificates by Yu-Pack in late July. If you are not at home when delivery is attempted, a delivery notice will be left in your mailbox. Once you receive the notice, please arrange redelivery as soon as possible or be sure to collect the package at the post office.

Gift certificates that could not be delivered because the post office's storage period has expired or because the address was unknown will be kept by the Tochigi City Commerce and Industry Promotion Division. Even if the storage period shown on the delivery notice has already expired, you can collect the gift certificates at the Commerce and Industry Promotion Division on the fourth floor of Tochigi City Hall. Please call 21-2371 or 21-2508 in advance. The head of the household, or someone who lives at the same address and shares living expenses with the head of the household, must bring identification such as a My Number Card or Residence Card when coming to collect them.

There are two types of Tochisuke Gift Certificates. Each set contains four blue vouchers that can be used at all stores where the gift certificates are accepted, and two yellow vouchers that can only be used at small and medium-sized stores.

The gift certificates can be used from August 1 through October 31. Once the usage period has ended, the gift certificates become invalid and can no longer be used.

The gift certificates can be used at stores displaying a designated flag or poster. They cannot be used for public payments such as electricity, gas, water, or telephone bills, National Health Insurance tax, or city taxes.

Please also be aware that no change will be given when using the gift certificates.

2. Tochigi Multicultural Exchange Plaza

Tochigi City will hold the Tochigi Multicultural Exchange Plaza, where Japanese and foreign residents can enjoy interacting with one another and deepen their mutual understanding. Anyone who lives, works, or studies in Tochigi City can participate, regardless of nationality, and participation is free.

There will be four exchange events. The first event will be a Vietnamese class on Saturday, September 26, from 10:00 a.m. to 11:30 a.m.

The second event will be a soccer exchange event on Sunday, October 18, from 10:00 a.m. to noon at ALLEXPARK TOCHIGI in Izumigawamachi.

The third event will be a Peruvian cooking class on Saturday, January 23 of next year, from 10:00 a.m. to 12:30 p.m.

The fourth event will be an event where participants can enjoy board games from around the world on Saturday, February 20, from 10:00 a.m. to noon.

The venues for the first, third, and fourth events will all be Kirara no Mori Tochigi Kura-no-Machi Gakushukan.

To participate, please apply through the Tochigi City website. Everyone is welcome to join.

3. Learn to Recognize the Signs of Stress

If you experience symptoms or changes in your daily life such as those described below, you may be experiencing stress without realizing it. Excessive stress can increase the risk of developing a mental illness. It is also known that mental illness is closely related to suicide.

Physical signs of stress include stiff shoulders, eye strain, fatigue, insomnia, and headaches.

Psychological signs can include anxiety, difficulty concentrating, feeling depressed, irritability, and crying for no apparent reason. Behavioral signs can include disruptions to your normal routine, being late, missing work, excessive drinking or smoking, and overeating.

If you notice that someone close to you seems different from usual or appears to be struggling, please reach out to them. Listen carefully to what they have to say without dismissing or denying what they are saying.

If it is difficult for you to listen to them yourself, encouraging them to speak with a professional is another option.

Tochigi City has a “Mental Health Consultation Service” where you can seek advice in person, by telephone, or through social media. Talking to someone can help you organize your thoughts and ease your worries and anxiety.

Please encourage anyone who may be struggling not to face their problems alone, but to talk to someone.