

# The Gunma Guide Summer 2025

ぐんま外国人総合相談ワンストップセンター

(One-Stop Consultation Center for Foreign Residents of Gunma)

群馬県前橋市大手町 1-1-1 昭和庁舎 1 階 TEL 027-289-8275 FAX 027-289-8276

Gunma-ken Maebashi-shi Ote-machi 1-1-1 Showa Chosha 1F

<https://sites.google.com/view/gunma-onestop/english> e-mail: [gtia-intlgrp@gtia.jp](mailto:gtia-intlgrp@gtia.jp)



“One-Stop Consultation Center for Foreign Residents of Gunma” is available to you.

Our English-speaking staff can consult foreign residents about various issues related to living in Gunma.

◆ **Matters related to living in Gunma:** Mon.- Fri. 9:00-17:00

◆ **Houterasu (Japan Legal Support Center)**

(Free legal consultation by Houterasu lawyer; Reservation is required.)

2nd & 4th Tuesdays of every month 10:00-12:00

◆ **Immigration matters** (Online consultation by an officer from the Examination and Management Department, Tokyo Regional Immigration Services Bureau)

4th Tuesday of every month, 9:00-12:00.

Consultations are conducted at the center using our equipment.

**Where:** 1F Showa-Chosha Wing, 1-1-1 Ote-machi, Maebashi

**Phone:** 027-289-8275

Consultation via FB Messenger  
(voice or video calls only)



Facebook in English



Language \ Day	Monday	Tuesday	Wednesday	Thursday	Friday
English, Portuguese	○	○	○	○	○
Vietnamese	○	○	○	○	
Chinese, Spanish	○	○		○	○
Nepali			○		

## SOS

## Legal Consultation for Foreign Residents

(Free・Confidential・Interpreting Service)

**Kiryu: July 27 (Sun.)** 10:00-15:00 (Registration until 14:30)

◆ **Where:** Bikini Kiryu Bunka Kaikan (Kiryu-shi Shimin Bunka Kaikan) 4F (2-5 Orihime-cho, Kiryu)

**Annaka: August 24 (Sun.)** 10:00-15:00 (Registration until 14:30)

◆ **Where:** Annaka-shi Bunka Center, 3F (3-9-63 Annaka-shi, Annaka)

**Ohizumi: September 21(Sun.)** 10:00-15:00 (Registration until 14:30)

◆ **Where:** Oizumi-machi Kominkan, Minami Bekkan Kenshu-shitsu 2F  
(2011-1 Yoshida, Oizumi-machi, Oura-gun)

◆ **Advisors:** Lawyer, Gyoseishoshi (Immigration specialist), Sharoushi (Labor issue specialist)

◆ **Interpreters:** English, Chinese, Portuguese, Spanish, Vietnamese, Nepali, and Tagalog

◆ **For appointments and inquiries,** contact One-Stop Consultation for Foreign Residents of Gunma.

**027-289-8275 9:00-17:00 (Mon.-Fri.) Priority is given to those with appointments.**

**Mobile:090-1215-6113 (Only on July 27, Aug 24, and Sep 21) 027-289-8275 9:00-17:00**



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## Fines will be imposed for bicycle traffic violations

Due to the amendment of the Road Traffic Act on November 1, 2024, fines will be imposed on bicycle traffic violations from April 2026.

### Using a smartphone while riding a bicycle



Penalties apply to the act of holding a smartphone or other device in one's hand and talking while riding a bicycle or staring at the screen. ※ Using a smartphone while a bicycle is stopped is not punishable by law.

### Drunk cycling and aiding



Penalties have been established not only for riding a bicycle under the influence of alcohol, but also for providing alcohol to cyclists, offering a bicycle to someone who is intoxicated, or riding together with a drunk cyclist.

Starting in April 2026, Gunma Prefecture will begin imposing fines for bicycle traffic violations. This system applies to cyclists aged 16 and older who commit any of 113 types of specified offenses.

The amount of the fine varies depending on the type of violation: riding two or more bicycles side by side is fined 3,000 yen; ignoring traffic signals or riding on sidewalks is fined 6,000 yen; riding while wearing headphones and being unable to hear surrounding sounds or failing to stop at a stop sign is fined 5,000 yen; and using a smartphone while riding is fined 12,000 yen.

- Target: Cyclists aged 16 and older
- There are 113 types of violations, and the amount of the fine varies depending on the type of violation (the same level as for mopeds).
- Please note: "Using a smartphone while riding" and "riding under the influence of alcohol" are subject to the Bicycle Rider Training Program.

### Bicycle Rider Training Program

Those who repeatedly commit certain violations (dangerous behaviors) that could cause a traffic crisis in bicycle driving will be subject to the training system. \*If you fail to comply with the course order, you will be fined.

**Dangerous behavior:** ignoring traffic lights, temporary suspension of designated locations, entry into blocked railroad crossings, violation of safety driving obligations, violation of traffic classification, etc.



Gunma  
Prefectural  
Police  
Website

**Follow traffic rules to prevent serious accidents.**

## You Can Now Use Your My Number Card as a Driver's License!

The “My Number driver's License Card,” which records driver's license information on a My Number Card, has been in use nationwide since March 24, 2025.

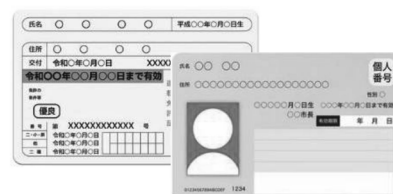
### Three options to choose from



**Standard Driver's License Only**



**My Number Driver's License**



**Both**

※ Carry either your regular license or your My Number license when driving.

### Benefit

- ① One-stop address and name update (driver's license updated automatically)
- ② Online courses for license renewal are available!
- ③ Quick renewals even outside your registered address area, and extended application periods!
- ④ Lower renewal fee!

### Important Notes

- ◆ Procedures must be completed at the driver's license counter.
- ◆ You cannot complete the My Number License procedures in the following situation.
  - ・The expiration date of the My Number Card (printed on the card) has passed
  - ・Low storage space on the My Number Card, or if its IC chip is damaged.
  - ・If the card has been invalidated under the My Number Act (Act on the Use of Numbers to Identify Specific Individuals in Administrative Procedures) or any orders based on it.
- ◆ The expiration dates of your My Number card and your driver's license are different. You need to complete the renewal procedures for your My Number card and your driver's license separately.
 

If your My Number card has expired, you cannot carry out procedures related to your My Number driver's license. However, as long as your driver's license is still valid, you can continue to drive even if your My Number card expires after your license information has been registered.

### What to Prepare Before the Integration Procedure

To link your driver's license with Mynportal or apply for the One-Stop Address Change Service, you will need to present the **digital certificate for your My Number Card signature** at the driver's license center or other designated location.

Please make sure you know your **6- to 16-digit PIN** for the signature certificate in advance.

**Inquiries and applications:** *Gunmaken Sougo Kotsu Center*; Prefectural General Transportation Center (80-4 *Motosoja-machi, Maebashi*)

1st floor, counter 13 “*Myna Menkyo Shinsei*”, “My Number driver's License Application Counter”  
Hours: Monday through Friday, 8:30 a.m.-10:00 a.m., 1:00 p.m.-2:30 p.m.

\*Excluding public holidays (including substitute holidays) and the New Year holidays (December 29th-January 3rd).

Source: National Police Agency and Prefectural Police



# If you see someone who may have heatstroke

## Cooler Place



Take them to a cool place, such as an air-conditioned room or a well-ventilated shady area.

## Hydration



Provide oral rehydration fluids, etc.

## Cool the body



Loosen clothing and cool the body (especially around the neck, armpits, and tops of the thighs).

"If someone can't drink water on their own or is unconscious, call an ambulance right away!"

## First aid for heat stroke



Check 1: Do they have any symptoms that may indicate heat stroke?

(dizziness, fainting, lightheadedness, numbness in the hands and feet, muscle pain, muscle stiffness, excessive sweating, headache, nausea, vomiting, fatigue, weakness, impaired consciousness, spasms, impaired movement of the hands and feet, hyperthermia)

Yes / Check 2: Do they respond to your voice? / No

Move them to a cooler place, loosen their clothing, and cool their body.

### Call an ambulance.

Begin first aid while you wait for the ambulance to arrive. Do not force the person to drink water if he/she is not responding to your calls.

Yes / Check 3: Can they drink water on their own? / No

Provide oral rehydration fluids, etc.

Drinking a large amount of oral rehydration solution at once may lead to excessive sodium intake. If the person is undergoing treatment for kidney or heart disease, and their doctor has given specific advice regarding fluid intake, please follow those instructions.

**Move the person to a cooler place,** loosen their clothing, and cool them down. If ice packs are available, apply them especially to the neck, armpits, and the tops of the thighs.

Yes / Check 4: Have their symptoms improved? / No

Let them rest quietly and get plenty of rest. Once they've recovered, let them go home.

### Take the person to a medical facility.

Someone who witnessed the situation when the person collapsed should accompany them and explain what happened at the time of onset.

Source: Ministry of Health, Labor and Welfare  
Health and Living Standards Bureau, Health Division

\*In the case of exertional heat stroke caused by sports, strenuous work, etc., cooling methods such as immersing the whole body in cold water are also effective.