



# IGA



City Newsletter

Also available online! <http://www.mie-iifa.jp/>

2011



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## Happy New Year!!



2011 is here! Fill your heart with new hopes, reach out for new opportunities and celebrate the New Year with friends and family. Make 2011 the time to celebrate a new beginning, a time to wish all your friends and loved ones a happy new year, and the time to make your dreams come true!



## Filing your Tax Returns

税の申告期間 (所得税・市県民税)

When: 16th of February to 15th of March - weekdays only -  
9am to 7pm (reception may close earlier on busy days)

Where: Yume Doumu Sports Gym in Yumegaoka

No English language interpreters will be present, but Spanish & Portuguese interpreters will be available.

### Those who need to file tax returns:

- Those who did not include any dependants during the year-end tax adjustments (nenmatsu chousei)
- Those who received salaries from 2 or more employers.
- Those who remit money abroad to care for dependents in their home country
- Those who were not able to declare their year-end tax adjustments on time
- Those who are self-employed, farmers, or those who own real estate or shares
- Those who bought a new or previously lived-in home (built within the last 20 years) using a loan

### Documents you will need:

- A copy of your alien registration card
- The original of your 'gensen choushuu hyou original' (certificate of income and withholding tax)
- A copy of your bank book (the cover and first page)
- Copies of documents that prove you have dependents (including their translations) eg: birth certificate, marriage certificate
- Proof of remittance to dependents overseas
- Proof of payment for kokumin kenkou hoken (health insurance), if you have it
- Proof of payment for life insurance, if you have it
- Proof of payment for earthquake insurance, if you have it
- Proof of purchase or construction of a house, if you have one
- Proof of expenses for any medical treatment, if you had some
- Inkan (personal seal), passport



### Note:

It will NOT be possible to file tax returns at city hall or the local tax office during this time.

伊賀市の人口

Population of Iga City (end of November 2010)  
Total: 100,198 inhabitants, including 4,769 foreigners (4.76%)

# Municipal Housing

市営住宅の入居者を募集します

Application Window: 1st to 7th of February 2011, 9:00am to 5:00pm (except for weekends). If applying by post, it should be stamped no later than the 7th of February.

To qualify for municipal housing provided by Iga City, you must meet the following requirements:

- 1 Reside or work in Iga City, and have no outstanding tax payments. If you have lived in city-run municipal housing before, you must have no outstanding payments due on rent or any other bills.
- 2 Have completed your alien registration (*gaikokujin touroku*) in Iga, and have lived in Iga for 2 years or more.
- 3 Clearly be in need of help regarding living conditions.
- 4 Must intend to live with relatives (fiances/fiancees also acceptable).
- 5 Have a salary within the standard range designated by the Municipal Residence law.
- 6 Make your livelihood independently with an income either equal to or greater than the tenants, and have 2 guarantors who can vouch that you have no outstanding payments. One of these guarantors must be live or work in Iga.
- 7 Not be a member of any crime syndicates or violent gangs

For more information: Iga-shi Sangou Kensetsu Bu Kenchiku Juutaku Ka ☎43-2330 〒518-1395 Iga-shi Baba 1128

Location	Vacancies for standard applicants	Vacancies for priority status applicants
Midorigaoka Higashi-machi Danchi (Ueno)		1
Midorigaoka Minami-machi Danchi (Ueno)	1	
Kaminoshō Danchi (Ueno)	1	
Araki Danchi (Ueno)	1	
Shimagahara Danchi (Ueno)	1	
Matsuo Danchi (Ueno)	1	
Shimogawara Danchi (Aoyama)	1	1
Kawai Danchi (Ayama)	1	
<b>TOTAL</b>	<b>7</b>	<b>2</b>



There's more!

# Prefectural Housing

県営住宅の申し込み

*Apply from 1st to 31st of January 2010.*

To qualify, you must:

Reside in Mie Prefecture.

Be in need of help regarding your living conditions.

Have family members who will be living with you (including fiance/es).

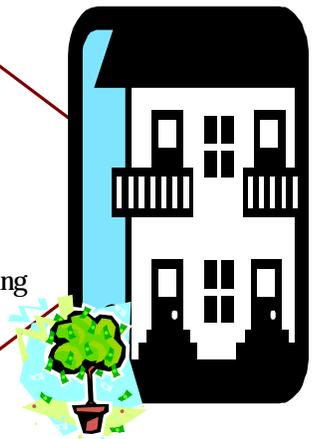
Have a salary within the range designated by Municipal Residence Law.

Have 2 guarantors whose income is equal to or greater than that of the applicant, and how have no outstanding debts to municipal authorities.

Have no outstanding payments due on rent or any other bills etc if already living in municipal housing.

Those interested should complete the application form and post it to Tsu.

Application forms are available from the Ken Chousha (Pref. Office).



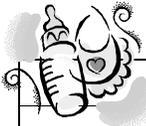
# Infant Health Check-Ups for January and February

1月～2月のあかちゃんのけんしん

Infants Exam (for infants from 4 to 10 months old) will be as follows.

Further Information: Shimin Byouin ☎ 24-1111

Exam for 18 month old infants (1歳6ヶ月健診)



DATE	TIME	PLACE
18/01 (Tuesday)	13:30~14:30 hrs	Iga Ishi Kaikan
15/02 (Tuesday)	13:30~14:30 hrs	Iga Ishi Kaikan
Exam for 3 and a half year old infants (3歳児健診 (3歳6ヶ月で健診))		
DATE	TIME	PLACE
20/01 (Thursday)	13:30~14:30 hrs	Iga Ishi Kaikan
08/02 (Tuesday)	13:30~14:30 hrs	Oyamada Hoken Centre
17/02 (Thursday)	13:30~14:30 hrs	Iga Ishi Kaikan

Includes measuring height and weight, a general and dental check-up, consultation about teeth, consultation about child care and so on. A notification will be sent to all children within the appropriate age range.  
These health check-ups are free. Please ensure that you bring your Maternal Health Card (BOSHITECHO)

## Weaning Classes - 離乳食教室 -

How is your baby's progress coming along? By the time they are old enough to be weaned from breast feeding, babies are already starting to decide what they do and do not like. In these weaning classes, we will try making 2 simple recipes, and there will be advice from nutritionists so you can learn more about making sure your baby gets all the nutrition he or she needs.

Date: 27th of January (Thursday)

Time: 13:30 to 15:30

Place: Iga Machi Hoken Fukushi Center  
(Iga Shi Aita Cho 513)

Places & Applications: 20 (allotted on order of application). Apply from Jan 13th by phone.

Please bring: Your mother-child book (*boshi techo*), notepad, apron, headscarf.

More Information & to apply: Iga Shisho Juumin Fukushi Ka, tel: 45-1015



## Avoid catching a cold this winter!

風邪の予防対策



We are just about to enter the coldest part of the year. Be sure to have some common sense and follow these day to day precautions to avoid getting sick this winter:

- Gargle after coming indoors;
- Wash your hands well;
- Take care when going from warm to cold places and vice versa, and when in areas where the air is very dry.
- Avoid crowds or large groups or people, wear a mask;
- Sleep & rest well;
- Get the seasonal flu vaccination.

## Reading books is fun, cheap and good for your child!

図書館のお知らせ

Did you know that the municipal library has a wide variety of books, including books for children who cannot read yet, or who can only read hiragana and katakana? You can read the books in the library or, as a registered user, take them out and read them at home. Registration is free and takes only a few minutes, but do not forget to take your alien registration card. There are also adult-oriented books, and a small collection of books written in other languages, including English. Your local library is a great resource - make the most of it!

Municipal Library (Ueno Toshokan) ☎ 21-6868



# ADVICE FOR FOREIGNERS

がいこくじんのためのそうだん



Get advice in your language on work, education, paying municipal bills, health care, Jichikai (neighbourhood associations) etc. and anything else you are having difficulties with.

Every weekday from 9am ~ 5pm at the Shimin Seikatsu Ka in City Hall (1st floor of the main building)

# ADVICE ON PUBLIC ADMINISTRATION

ぎょうせいそうだん

If you have any questions or problems about the work that city hall does, such as on pensions, insurance, taxes, registration, roads, welfare and so on, then feel free to make use of this service and come talk to someone. Consultations are free, and strictly confidential.

Enquiries: Shimin Seikatsu Ka ☎ 0595-22-9702

**Monthly Tax Payments**  
(こんげつ の のうぜい)  
**NATIONAL HEALTH INSURANCE**  
-8TH INSTALLMENT-  
(kokumin hoken)  
**MUNICIPAL TAX**  
-4TH INSTALLMENT-  
(shi-kenmin ze)

Deadline for Payment  
Monday 31st of January  
Information: Shuuzei Ka  
TEL:0595-22-9612

# JAPANESE LANGUAGE AND ACADEMIC SUPPORT CLASSES

(日本語教室 & 学習支援)

COURSE	IGA NIHONGO NO KAI	SASAYURI SUPPORT CLASSES
TIMES	WEDNESDAY 7:45PM ~ 9:00PM SATURDAY 7:00PM ~ 8:30PM	SATURDAY 2:00PM ~ 4:00PM
LOCATION	UENO FUREAI PLAZA 3RD FLOOR	UENO FUREAI PLAZA 3RD FLOOR
COST	¥ 200 PER CLASS	¥ 200 PER CLASS
INFORMATION	TEL:0595-23-0912	TEL:0595-22-9629



(伊賀市応急診療所)

Emergency medical treatment at night and on holidays is divided between urgent and non-urgent cases. If you have a medical emergency which requires special treatment or hospitalisation, you will be treated at the hospital which is on call for such emergencies at that time.

Iga Emergency Clinic is available for non-emergency cases during the night or on holidays for general treatment or pediatrics.

Mon to Sat	8:00PM to 11:00PM
Sundays, public holidays, New Years holidays	10:00PM to 12:00PM 2:00PM to 5:00PM 8:00PM to 11:00PM

Where: Iga shi Ueno-Kuwamachi 1615 (behind Okanami Hospital)  
Telephone: 0595-22-9990

You will receive emergency medical aid from the doctor on call, but be sure to see your regular doctor the following day for full medical aid.

# A&E ROTATION IN IGA

(伊賀地域救急輪番制担当表)

January						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
30 NABARI	31 OKANAMI					1 NABARI
2 NABARI	3 OKANAMI	4 NABARI	5 SHIMIN	6 NABARI	7 OKANAMI	8 SHIMIN
9 OKANAMI	10 NABARI	11 NABARI	12 OKANAMI	13 NABARI	14 SHIMIN	15 NABARI
16 NABARI	17 SHIMIN	18 NABARI	19 SHIMIN	20 NABARI	21 OKANAMI	22 SHIMIN
23 OKANAMI	24 NABARI	25 NABARI	26 OKANAMI	27 NABARI	28 SHIMIN	29 NABARI

< Times >

Weekdays

5:00PM to 8:45AM the following morning  
Sat, Sun, Public Holidays

8:45AM to 8:45AM the following morning  
(apart from pediatrics, medical aid is administered on a rotational basis. During the day time on weekdays, please visit a regular health clinic.)

No emergency services are available on these days. If you have a medical emergency, you will be taken to the closest

neighbouring area where emergency medical services are available.

< Hospitals on Rotation >

UENO SOUGOU SHIMIN BYOUIN TEL:0595-24-1111 Iga shi Shijuku chou 831  
OKANAMI SOUGOU BYOUIN TEL:0595-21-3135 Iga shi Ueno-Kuwamachi 1734  
NABARI SHIRITSU BYOUIN TEL:0595-61-1100 Nabari shi Yurigaoka Nishi 1-178

< Information about the Hospitals on Duty >

TEL:0595-24-1199(Iga) TEL:0595-64-1199(Nabari) TEL:0800-100-1199(toll-free line)

