



# IGA



City Newsletter

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

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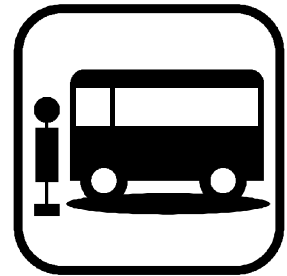
## File your Income Tax Declarations Early

所得税、市・県民税の申告はお早めに!

**Where: Yume Dome Building 2 (Sport's Gymnasium)**

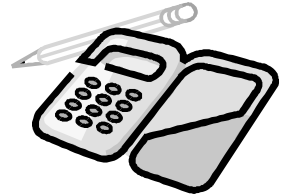
**Dates: February 16th to 15th March** (weekdays only)

**Time:** Interpreters will be available 9am~5pm



### What you need to bring:

- Copy of your alien registration card
- Original copy of your 'gensen choushuuhyou' (certificate of income)
- Copy of your bank book's (techou) cover and first page
- Copies of documents proving you have dependents (with Japanese translation) e.g. birth or marriage certificate
- Proof of remission to dependents
- Proof of national health insurance payment (*kokumin kenkou hoken*), if you have it.
- Proof of payment of life insurance (*seimei hoken*), if you have it
- Proof of natural disaster insurance (*jishin hoken*), if you have it
- Proof of costs incurred in purchasing or constructing housing, if you have any.
- Proof of costs incurred in medical treatment, if you have any
- Your inkan (personal seal), passport



### USE THE FREE TRANSPORT AVAILABLE

There will be free transport available between City Hall and Yume Dome on the dates below:

Dates		City Hall	Yume Dome	Yume Dome	City Hall
February	17(Thu), 22(Tue), 24(Thu)				
March	01(Tue), 03(Thu), 08(Tue), 10(Thu) 15(Tue)	9:00	10:00	11:00	
		13:00	14:00	15:00	9:30 10:30 11:30 13:30 14:30 16:15

Other points of Departure		Dates
Chiku Shimin Center	City Hall Branch Office	
Kambe, Hijiki, Inako	Aoyama	Feb 16, 25; Mar 1, 9
Fuchuu, Nakase	Ayama	Feb 16, 23; Mar 3, 8
Tomono	Ooyamada e Iga	Feb 17, 25; Mar 2, 10
Nagata, Ota	Shimagahara	Feb 18, 24, 28; Mar 9
Furuyama, Ida		Feb 18, 28; Mar 04
Sua, Nii, Mita		Feb 22; Mar 2, 11
Hanagaki, Hananoki, Kume		Feb 23; Mar 4, 11

If you do not declare and pay your taxes, city hall will not be able to issue you with up to date copies of important documents like proof of income (*shotoku shoumeishou*), proof of tax payments (*kazei shoumeishou*). These documents can help you receive certain benefits or financial relief in education, social security, loans, housing and so on. It is in your best interests to pay your taxes. For further information or advice: Tax Department (*zeimusho*) ☎ 21-0950, or City Hall's Civil Tax Division (*shimin zei gakari*) ☎ 22-9613

い が し じんこう  
伊賀市の人口

Population of Iga City (end of December 2010)  
Total: 100,124 inhabitants, including 4,767 foreigners (4.76%)

# FREE HOME VISITS FOR DIGITAL SWITCHOVER

地デジに関する無料戸別訪問を実施

If you have any doubts about the switch from analogue to digital TV transmissions, the Mie Digital Support Centre (*Dejisapo Mie*) is offering free home visits until the end of March. Staff will not be able to carry out any repairs or adjustments during these visits. For further information about this service, please contact:  
Dejisapo MIE tel: 0592-13-1030  
Hours: Monday to Friday 9:00 to 18:00



## FINANCIAL SUPPORT FOR PURCHASING DIGITAL TUNERS

地デジデジタル放送簡易チューナー給付支援

**Who is eligible:** Families exempt from paying municipal tax, who pay their NHK licence fee and who do not have a digital transmitter.

**Details:** Simple tuner (1 unit per family), which will be sent to your home.  
Telephone support with installing and use is also available.

**How to apply:**

1. Application Form
2. Proof that you live as a family unit
3. Proof that family members are exempt from paying tax

Send your application to the Soumushou Chideji Chuunaa Shien Jisshi Center

Application forms will be available in City Hall from the middle of March. (Hisho Kouhou Ka, Shougaisha Fukushi Ka, Kosei Hogo Ka, Kaigo Kourei Fukushi Ka, Kodomo Katei Ka, Kazei Ka, Shuuzei Ka, Juumin Ka, Hoken Nenkin Ka, and local City Hall branch offices)

**Período de inscrição:** 24 de Julho de 2011.

**Further Information:** Soumu Shou Chideji Chuunaa Shien Jisshi Center ☎0570-023724

**Opening Hours:** Monday ~ Friday, 9:00 to 21:00  
Saturday, Sunday, public holidays, 9:00 to 18:00

## Part-time Classes at Ueno Highschool

県立上野高等学校定時制受験希望者募集

These night classes welcome anyone who wants to study while working at the same time, non-Japan nationals, people who did not complete their highschool education etc. The course takes 4 years, and after graduation you will be an official graduate of the Japanese highschool system. This can help you find employment, or go on to study at university level.

**Subjects:** Standard Highschool Course

**Places available:** 40

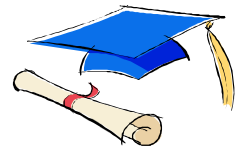
**Assessment:** If you are under 20... you will be tested in Japanese, Junior Highschool level English and Maths, interview and admissions essay. If you are 20 or above... you will have to attend an interview and write an admission's essay.

Selection Process	1st Round	2nd Round	Additional Round
Application	Feb 24 -26	Mar 19-23	Mar 26-27
Interview	Mar 12	Mar 24	Mar 30
Results	Mar 18	Mar 26	Mar 31

### Submission of Application Letters:

Get a letter of application (*negai sho*) from your Junior Highschool or Ueno Highschool and submit it with all the necessary documents. Applicants aged 20 or above who did not finish junior highschool should contact the school to discuss your situation.

**Further information:** Ken Ritsu Ueno Koutou Gakkou Teijisei TEL.21-2552



## PERUVIAN FOOD AND DANCE - INTERNATIONAL EXCHANGE ASSOC.

ペルー料理と舞踊の鑑賞会 - 国際交流協会 -

Time & Place: 13th March (sun), 9:30 to 3:00

Place: Aoyama Harmony Forest

1st part: 9:30 to 13:00 - Peruvian Cooking Class  
- Meal

To participate in the first part, you must apply and pay 500 yen. Apply from Monday 7th of February.

2nd part: 13:00 to 15:00 - Traditional Spanish Dancing  
- Chat time

You do not need to apply or pay to participate in the 2nd part.



## FINANCIAL AID WITH VACCINATION COSTS

ワクチン接種費用の助成

If you are registered as a resident in Iga City on the date that you receive the vaccination, you can receive the following vaccinations free of charge. Please contact the hospital or clinic where you wish you receive the vaccination directly, to confirm opening hours etc. Be sure to make a reservation to get the vaccination in advance. You do not need to pay anything for the vaccination to the hospital or clinic.

Vaccine for Cervical Cancer

Who is eligible: 1st year junior highschool (13 years of age) to 1st year senior highschool (16 years of age)

Students in the first year of senior highschool who receive the vaccination between February 1st and March 31st 2011 will still be eligible when they enter the second year of senior highschool.

Doses: 3 doses over a period of 6 months

Vaccine for HIB and infant pneumonia

Who is eligible: Children up until the age of 5

Doses: 1 to 4 doses

Number of doses necessary depends on the age of the child when the first dose was taken.

For more information, contact the Kenkou Suishin Ka ☎: 22-9653

For mums who have doubts about child-rearing

乳幼児相談のご案内



Get advice on child-rearing. There will be a Portuguese interpreter available, but unfortunately there will not be any available for English. If you have doubts about feeding, nutrition, your child's physical or psychological development, health, post-natal depression, health check-ups and more, then do not miss this chance. It is also a good opportunity to meet other new parents and make new friends.

When: 18th March (Saturday) Time: 13:30 to 14:30 Where: Fureai Plaza 2nd floor. Biometric exams, advice on education and babyfood will also be available.



Do not forget to bring your Mother & Child Passbook (*boshitecho*)

More information: City Hall's Kenkou Suishin Ka ☎ 22-9653

## WIDENING OF CRITERIA FOR PRE-NATAL EXAMINATIONS

妊婦健診検査項目拡充のお知らせ

From January 1<sup>st</sup> the HTLV-1 antibodies test came under the umbrella of pre-natal examinations. This test tells you if you have the Human T Lymphotropic Virus type 1 or not. It is available to any pregnant woman up until 30 weeks into the pregnancy. If this applies to you, please ask for a free examination slip from your doctor (only within Mie Prefecture). If you see a doctor outside of Mie Prefecture, or if you want any further information, please contact City Hall's Kenkou Suishin Ka ☎: 26-0151

## Loan for Nursing or Auxiliary Nursing Students

修学資金受給者を募集します

Amount: ¥50,000 a month

Number available: Limited(Exact number not determined)

Application Deadline: 18th of February

Necessary documents: CV, proof of acceptance to a course or proof of current enrollment (*nyuugaku / zaigaku shoumeisho*)

Assessment Criteria: Evaluation of documents and an interview

The loan must be repaid after you graduate from the course and begin work. Alternatively, the loan may not have to be paid back if you agree to work for Ueno Shimin Byouin for a determined amount of time after the course ends.

Further Information: Ueno Shimin Byouin ☎: 24 -1111



## A bit of culture...

伊賀上野城下町のおひなさん

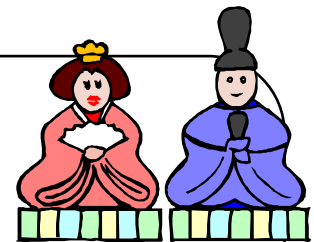
## Hinamatsuri

Hinamatsuri (Doll Festival of Girl's Day) is a traditional Japanese festival celebrated on March 3rd.

During this period, the Japanese tend to decorate an altar-shaped staircase covered with red cloth, placing a golden folding screen over the altar and (Hina Ningyou) dolls representing the emperor and Empress, the servants and the musicians with traditional clothes from the Heian period, while doing a lot of requests for health and happiness for girls. Some people also place miniature furniture, tools, carriages, etc.

Iga City will be holding a Hina Doll festival in roughly 60 different location along Ginza Dohri between February 5th and March 3rd, between 10:00am and 4pm. Some local restaurants even have special, Hina Matsuri-themed menus, so why not try some of the special dishes on offer?

More Information: Shohkoh Rohdoh Kanko Ka, Organising Committee Iga Ueno Jyouka machi no Ohinasan Jikou iinkai jimu Kyouku ☎ 43-2309



## Reading books is good for you, and cheap!

図書館のお知らせ

The municipal library has a wide variety of books, including books for young children who do not read yet, or who only read hiragana and katakana. Library users can read the books in the library, or borrow them and read them at home. In order to borrow books you must first register as a library user. Registration is simple, but remember to take your alien registration card. There are books in English and other foreign languages, too! 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**  
-9TH INSTALLMENT-  
(kokumin hoken)  
**FIXED ASSETS TAX**  
-4TH INSTALLMENT-  
(shi-kenmin ze)

Deadline for Payment  
Monday 28th of February  
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)

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

< 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)

