



IGA



City Newsletter

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

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Protect yourself against earthquakes!

地震から身を守ろう!

On Friday the 11th of March there was a devastating earthquake centered in North Eastern Japan. We offer our sincere condolences to all those who suffered losses as a result.



Please make sure you receive accurate information concerning the disaster through television and radio. If you have difficulty understanding complicated details of the Japanese information you find, do not try to understand it by trying to guess what it might mean. Check with someone you trust who speaks Japanese, and do not be panicked by false rumors or casual hearsay. The NHK World website offers both written and audio versions of NHK news in 17 languages:

< NHK World <http://www3.nhk.or.jp/nhkworld/index.html> >

Mie Prefecture's disaster prevention website also provides information on conditions in Mie. This website is useful for checking information relating to typhoons too, not just earthquakes.

< Disaster Prevention Bousai Mie <http://www.bosaimie.jp/> >

In order to avoid panic as a result of misinformation or false rumors, confirm that you have the correct information, and act accordingly in a calm manner. You can receive information in multiple languages at the following website:

< Earthquake Information <http://eqinfojp.net/> >

In order to be ready for a natural disaster, have ready about 3 days' worth of emergency rations:

Valuables: Cash (10 yen coins), savings bank book, inkan, memo with details of important documentation (e.g. bank account number etc)

Food items: Drinking water (roughly 3 liters per person, per day), food (bread, canned goods, vacuum-packed foods), knife, can opener

Clothing: Clothing, towel, blanket, sleeping bag, underwear, coat

Everyday essentials: Work gloves, tissues, candles, matches/lighter, rope, flash light, portable radio, sanitary towels, soap, toothbrush

Protective gears: Helmet, protective hood, first aid kit, medicine, thick-soled shoes

Useful objects: Wet wipes, mask, plastic bags, water filter, cling film, whistle, kairo (handwarmers)



Making donations to the relief effort

東北地方太平洋沖地震に伴う義援金および救援物資について

The best way we can help all those suffering from the effects of the earthquake and tsunami is by donating money to the relief effort. Sadly, some people are abusing the goodwill of people at this time and posing as false charities in order to make money. If you want to donate something to help, make sure you donate to a reputable organization which you can trust, like the Red Cross or Second Harvest Japan. Check the credentials of anyone asking for donations before you give them any money.

伊賀市の人口

Population of Iga City (end of February 2011)
Total: 99,903 inhabitants, including 4,777 foreigners (4.78%)

Financial Aid available for using vacant downtown Premises

In order to revitalise the downtown district in Ueno, financial aid is available for anyone who wants to open up their own shop in currently unused premises. This could be the perfect chance for you to start up your own business, and help revitalize your local community!

Who is eligible? Any individual, company or civic action group that wishes to make use of currently unoccupied premises.

What can the premises be used for? 1 Any small businesses such as restaurant eateries, bars or service-related businesses. NB This does not include storehouses, car parks, red-light oriented business, child-care or finance-related businesses. 2 Any public interest events or projects

Applications: Friday 15th April

For additional information on the conditions or anything else, contact the Commerce, Labor and Tourism Dept. (*shoukou roudou kankou ka*) ☎43-2306 FAX 43-2311



Vaccinating and Registering your dog

狂犬病予防接種と犬の生涯登録

Did you know that it is compulsory to make sure that your pet dog gets a rabies vaccination once a year? The Mie Prefecture Veterinary Association is holding vaccination drives in local community halls as outlined in the table to the left.

| | | |
|------------------------------|-----------|------------------------------|
| Shimin Seikatsu Ka | ☎ 22-9638 | April 12, 13, 15, 18, 19, 22 |
| Oyamada Jumin Fukushi Ka | ☎ 47-1163 | April 19, 20 |
| Shimagahara Jumin Fukushi ka | ☎ 59-2109 | April 21 |
| Iga Jumin Fukushi ka | ☎ 45-9104 | April 20, 21 |
| Ayama Jumin Fukushi ka | ☎ 43-0333 | April 11, 12 |
| Aoyama Jumin Fukushi ka | ☎ 52-3227 | April 14, 15 |

If you cannot get your dog vaccinated during this time, please make a separate appointment at a veterinary surgery. If you received a post card notifying you of the upcoming vaccination drive, please be sure to bring it with you when you take your dog for vaccination. How much will it cost?

Vaccination only for dogs that are already registered: ¥3200

Vaccination and registration: ¥6200 (¥3200 for vaccination, ¥3000 for registration)

Please bring the exact amount as no cash will be available to give as change.

Registering your pet for life.

If you have a pet dog, the law for rabies prevention requires that you register your pet. Registration is for life, so you only need to do it once. You can do this at City Hall or any of its branch offices, any veterinary surgery, or when you take your pet for vaccination. All dogs over the age of 91 days need to be registered. If you received a postcard informing you about the vaccinations and 「未登録」

(unregistered) is written on the bottom right, please register your dog.

Tag your dog

When you register your dog, you will receive a tag which you can attach to his or her collar which acts as a record of when they were vaccinated against rabies. It is a requirement that your dog wears this tag. This tag will also help your pet to be identified and returned to you quickly should they get lost, so it is as much for your pet's sake as yours!

Prefectural Housing

Application Period: 1st – 30th 2011. 県営住宅の申し込み

Eligibility:

- 1 – You must live or work in Mie Prefecture.
- 2 – Be in difficulty with your living conditions.
- 3 – Have family members who will be living with you, or plan to do so
 - Fiances can apply, provided they register their marriage within 3 months of moving in
 - Common-law couples can apply, provided they are not registered as married
- 4 – Have a salary within the standard range designated by the Municipal Residence Law.
- 5 – Must have no outstanding bills in rent, car parking etc if you already live in prefectural housing.
- 6 – Not be behind in any tax payments
- 7 – You must have two guarantors

Note: Single mother families, families with elderly or disabled members are considered as priorities for housing. Please provide the necessary paperwork proving your current family situation if this applies to you.

If you have applied for prefectural housing in the past but been rejected 3 times, you can apply for preferential treatment. Please read the booklet outlining the rules for prefectural housing. You can receive an application form and rules booklet from the prefectural building in Ueno (ken chousha) or in City Hall's Kenchika Ka.



Infant Health Check-Ups from April 1st to April 30.

04月1日～04月30日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 |
| 05/05 (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 |
| 07/05 (Thursday) | 13:30~14:30 hrs | Iga Ishi Kaikan |
| 21/05 (Thursday) | 13:30~14:30 hrs | Iga Ishi Kaikan |

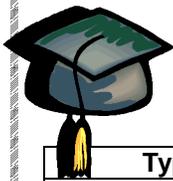
Includes measuring height and weight, a general and dental check-up, consultation about teeth, consultation about child care and so on. A notification will be sent to all children within the appropriate age range.
 These health check-ups are free. Please ensure that you bring your Maternal Health Card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

Chlamydia screening now included in Prenatal Checkups

From April 1st chlamydia screening will be added to the list of routine checks performed during prenatal checkups. Those to whom this applies will receive a checkup slip from the clinic or hospital that they regularly attend (only within Mie Pref.). If you receive your prenatal checkups outside Mie, then please check with the relevant clinic or hospital.

Further enquiries: Kenkou Suisin Ka ☎22-9653

Financial Support for School Costs



Partial financial support is available for educational materials, school meals etc., to the parents and guardians of school children who are recognised as having difficulty in paying school expenses. If you are already receiving educational support benefits (*kyouiku fuyou*) under the living protection law (*seikatsu hogohou*), you are not eligible for this support. Please refer to the diagram below to find out exactly how much support you can receive for the fiscal year Heisei 21.

| Type of Support | Elementary School | Junior Highschool |
|---|--|---|
| School Materials (1st year) | ¥11,100 | ¥21,700 |
| School Materials (other years) | ¥2,170 | ¥2,170 |
| School Materials for starting school (1st grade of Elementary school) | ¥19,900 | ¥22,900 |
| Commuting Costs | Costs incurred if over 4km | Costs incurred if over 6km |
| School Lunch Costs | ¥34,500 | ¥39,500 |
| Extracurricular Activities (including overnight trips) | ¥3,470 or less (travel expenses, entrance costs only) | ¥5,840 or less (travel expenses, entrance costs only) |
| Extracurricular Activities (not including overnight trips) | ¥1510 | ¥2180 |
| School Trip Costs (<i>shuugaku ryokou</i>) | Corresponding Cost of the Trip | |
| School Medical Costs | 30%, if enrolled in a health insurance programme (there are limitations) | |

* School-related conditions refers to: trachoma, conjunctivitis, athlete's foot, knits, impetigo, glue ear, chronis sinusitis, adenoids, tooth cavities, parasite infection.

Enquiries: Contact any Elementary or Junior Highschool, or the Kyouiku I'inkai Gakkou Kyouiku Ka (Board of Education) ☎22-9677



NINJA FESTA 2011

伊賀上野忍者フェスタ 2011

the festival will go on from April 1st to May 5th



Take part in this year's amazing Ninja Festa! Dress up like the ninja of old and visit the 7 ninja dojo around town to hone your ninja skills. Dojo will only be open on weekends and public holidays.

There is lots of fun to be had! Come along and join in: Dress up like a ninja
 Learn some ninja skills Find all the ninja hidden around town and
 prize



Further Information: Shoukou Kankou Ka ☎ 43-2309

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)

FIXED ASSETS

-1ST INSTALLMENT-

(kotei shisan)

NATIONAL HEALTH INSURANCE

-1ST INSTALLMENT-

(kokumin hoken)

Deadline for Payment

Monday 2nd of May

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)

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

< 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)



This newsletter is edited and published by the Iga International Friendship Association

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