



I G A

The city newsletter



Population of Iga City	99,234
Foreign nationals	4,586
4.62% of population	
31st December 2011	

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

この情報紙は『広報いが市』などから記事を選んで載せています。

Articles published in this newsletter are taken from the bimonthly "Kouho Iga shi" and other publications

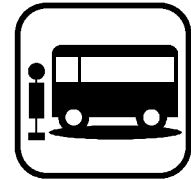
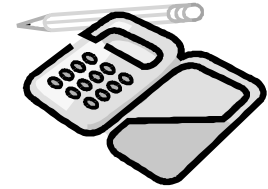
Filing your Income Tax Declarations

しょとく ぜい・しけんみん ぜいの しんこく

Venue: Yume Dome's 2nd Gymnasium**When: 16th of February to 15th March** (weekdays only)**Time: 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	16 (Th), 21 (Tu), 23 (Th), 28 (Tu)	9:00	10:00	11:00	9:30	10:30	11:30
March	01 (Th), 06 (Tu), 08 (Th), 13 (Tu)	13:00	14:00	15:00	13:30	14:30	16:15

Other bus stops en route to Yume Dome		Days
Local Shimin Centers	Branch Offices	
Kanbe, Hijiki, Inako	Aoyama	Feb 17, 22; Mar 1, 6
Fuchuu, Nakase	Ayama	Feb 21, 29; Mar 9, 15
Tomono	Iga & Oyamada	Feb 16, 24; Mar 7, 13
Nagata, Ota	Shimagahara	Feb 22, 02; Mar 9, 14
Furuyama, Ida		Feb 17, 28; Mar 14
Suwa, Nii, Mita		Feb 23; Mar 2, 7
Hanagaki, Hananoki, Kume		Feb 24 Feb 29; Mar 8

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*) TEL.0595-21-0950, or City Hall's Civil Tax Division (*shimin zei gakari*) TEL>0595-22-9613

<MONTHLY TAX PAYMENTS> Pay by Wed 29th February
 Fixed Assets [Kotei Shinsan] 4th installment
 National Health Insurance [Kokumin Kenkou Hoken Zei] 9th installment
 Shuu Zei Ka TEL.0595-22-9612

High-Cost Medical Treatment & Care Combined Expenses System

こうがく いりょう・こうがく かいご せいど

In Japan, those enrolled in a health care plan only pay a percentage of their overall medical costs, while the remaining amount is paid for by health insurance. The health care insurance system includes a system called KOUGAKU RYOU YOU HI SEIDO, which stipulates a fixed monthly value in medical fees that the insurance company can pay to a hospital or clinic. If you require care over a long period of time or some particularly expensive medical treatment, then the costs may exceed the limits of your health insurance provider. That is why a new system has been introduced to help ease the burden on those who are paying both medical fees and nursing care costs. For further details, please refer to the table below

Amount Limit

Income Division	1 Total out of pocket sum for Medical Care System for People Aged 75 and over Nursing care Insurance	2 Total out of pocket sum for National Health Insurance and Nursing care Insurance in households with members 70~74 yrs old	3 Total out of pocket sum for National Health Insurance and Nursing care Insurance in all other households (neither 1 nor 2)
Income Earners above fixed amount	670,000		1,260,000
Regular	560,000		670,000
Low income Earner exempt from Resident's Tax (<i>shimin zei</i>)	II	310,000	340,000
	I*	190,000	

I* Refers to households where all members are exempt from paying resident's tax and where income is ¥0 after necessary expenditures and deductions (assuming annual pension contributions deducted from salary are 800,000) have been calculated.

Part-time Classes at Ueno Higeschool

うえのこうこう ていじせい にゅうがくしゃ せんぱつ あんない

These night classes welcome anyone who wants to study while working at the same time, like non-Japanese nationals or 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

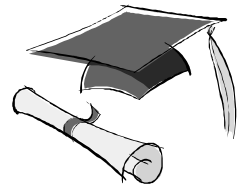
Assessment: If you are under 20... you will be tested in Japanese, Junior Highschool level English and Maths, interview and admissions essay. If you are 20 or above... you will have to attend an interview and write an admission's essay.

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.0595-21-2552

Selection Process	1st Round	2nd Round	Additional Round
Application	Feb 24 -28	Mar 22,23	Mar 28,29
Interview	Mar 13	Mar 26	Mar 30
Results	Mar 21	Mar 28	Mar 31



THAI FOOD AND DANCE - INTERNATIONAL EXCHANGE ASSOC.

たいりょうりと おどりの かんしょうかい - こくさい こうりゅう きょうかい (IIFA)-

Time & Place: 11th March (Sun), 9:30 to 3:00

Place: Aoyama Harmony Forest

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

To participate in the first part, you must apply and pay 500 yen.
Apply from Monday 6th of February.

2nd part: 13:00 to 15:00 - Traditional Thai Dance *Ramutai*
- Presentation on Thailand and Thai Royalty

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

Information: Aoyama Shisho Shinkou Ka, tel: 0595-52-1112



Infant Health Checkups & Development Tests (あかちゃん の けんしん) Kenkou Suishin Ka TEL.0595-22-9653

In Iga, checkup examinations are available at 18 months (children up until 21 months can take it) and 3 years (for children up to 3 years and 9 months of age). Notifications will be sent out to homes with children eligible for the checkups. These notifications will be in Japanese, so please bring your letter along with you to City Hall if you need help understanding its content.

18 month Checkup (free)

This is a very important period in your child's development of basic functions such as speech, walking and so on, so the 18 month checkup is a general examination. Your child will be observed day by day to assess his or her emotional and physical development. Make use of this free checkup to make sure your child has a healthy upbringing.

【Examinations】 Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms

【Date】 **14th February (Tues) from 13:00 to 14:30 (Place: Iga Ishi Kaikan – in front of the police station)**

* Also available at City Hall sub-branches. Contact them directly for further information.

3 years (free)

This is the time when a child is becoming aware of his or herself and beginning the important process of independence from their mother. A more detailed evaluation will be carried out, including checks of physical and psychological development, as well as teeth, hearing and vision. Aside from observing your child's development, the 3 year exam is also a chance for families with children to talk with and socialize with one another.

【Examinations】 Urine exam, measuring weight and height, medical checkup, dental checkup, reflex development test, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (*Boshi techo*), forms, completed questionnaire on hearing and vision, urine sample

【Date】 **16th February (Thurs) from 13:00 to 14:30 (Place: Iga Ishi Kaikan – in front of police station)**

* Also available at City Hall sub-branches. Contact them directly for further information.

Emergencies & Medical Assistance (きゅうきゅう・いりょう) Chiiki Iryou Taisaku Shitsu TEL.0595-22-9705

If possible, see your regular doctor during normal clinic opening hours.

Choose a regular clinic to go to when you need to see a doctor.

What should you do if you fall sick suddenly, or are sick on a day when the clinic you go to is closed?

1. Contact a health clinic (*shinryou sho*) or emergency clinic (*oukyuu shinryou jo*).

Iga shi Emergency Clinic TEL.0595-22-9990

【Place】 Iga shi Ueno Kayamachi 1615 (Behind Okanami Hospital)

【Specializations】 General and pediatrics * Injuries and minor illnesses (first aid)

Monday to Saturday	2 0 : 0 0 ~ 2 3 : 0 0
Sundays, public holidays, year end	9 : 0 0 ~ 1 2 : 0 0
holidays	1 4 : 0 0 ~ 1 7 : 0 0
	2 0 : 0 0 ~ 2 3 : 0 0

2. The Mie Medical Information Centre (Mie ken Kyuukyuu Iryou Jouhou Center) can give you information about which hospitals are available in your area. Contact the centre on **TEL.0595-24-1199**

* After that, call the clinic/hospital to confirm opening hours and so on.

* When you go there, be sure to take your health insurance card/certificate.

* If you no longer need assistance, call the clinic or hospital to cancel your appointment.

3. The hospitals on duty are for patients with serious injuries or illnesses who need specialist medical care or who need to be admitted to hospital.

* Only by referral from a medical facility, emergency consultant or taken by ambulance Shimin Byouin

* Not necessary to arrive by ambulance, but you must call ahead to say that you are on your way Okanami and Nabari

Hospitals

February						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Okanami Nabari	2 Nabari	3 Shimin	4 Nabari
5 Nabari	6 Okanami	7 Shimin	8 Okanami Nabari	9 Nabari	10 Shimin	11 Shimin
12 Okanami	13 Okanami	14 Nabari	15 Okanami Nabari	16 Nabari	17 Shimin	18 Nabari
19 Nabari	20 Okanami	21 Shimin	22 Okanami Nabari	23 Nabari	24 Shimin	25 Shimin
26 Okanami	27 Okanami	28 Nabari	29 Okanami Nabari			

Hours:

Shimin & Nabari

Weekdays:

From 17:00 to 08:45 the following day

Saturdays, Sundays & Public holidays

From 08:45 to 08:45 the following day

Hospital Okanami

Mondays 17:00 to 09:00 the following day

Wednesdays 17:00 to 08:45 the following day

Sundays 09:00 to 08:45 the following day

* If Mondays or Wednesdays are public holidays, then from 09:00 to 08:45

Ueno Sougou Shimin Byouin TEL.0595-24-1111

Okanami Sougou Byouin TEL.0595-21-3135

Nabari Shiritsu Byouin TEL.0595-61-1100

MIE CHILD HEALTH HOTLINE (みえ こども いりょう だいやる)

Advice hotline for problems related to child insurance and health, such as illness, worries about child-rearing, vaccinations and so on. You will be able to speak to a pediatric doctor free of charge. Please feel free to make use of this service.

【Appropriate for】 Children less than 18 years of age or their family members

【Telephone & Times】 **8 0 0 0 (059-232-9955)** Every day from 19:00 to 23:30

Advice & Counseling for Foreigners (がいこくじんのためのそうだん)

At City Hall, you can get advice relating to work problems, schools, health, insurance, retirement & pensions, child-rearing, housing, taxes, visas, or any other problems related to your day to day life. This service is free. If you have any problems or difficulties, don't leave them until later. Come to city hall for reliable, professional advice.

Day & time : Monday to Friday (except public holidays) from 9:00 to 17:00

Where : Ground floor of City Hall, in the **Shimin Seikatsu Ka** division TEL.0595-22-9702

There is another free service with an official agent for foreign residents, who can offer expert advice and help regarding public administration issues related to visas, marriages between foreigners, naturalising as a Japanese citizen and so on. In order to use this service you must make an appointment in advance. To do this, contact the Shimin Seikatsu Ka.

Time & date: 1st Thursday of every month (if this falls on a public holiday, the 2nd Thursday) from 1pm to 4pm.

Place : Ground floor of City Hall, in the **Shimin Seikatsu Ka** division TEL.0595-22-9702

Information for Foreigners (がいこくじんのためのじょうほう)

You can also find lots of useful and relevant information at the websites below:

伊賀市役所[Iga City] <http://www.city.iga.lg.jp/>

三重県[PortalMIE] <http://mie.portalmie.com/>

防災みえ[bousai MIE] <http://www.bosaimie.jp/>

For information about what to do during a disaster, look here!

三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

Japanese Language Classes & Learning Support Classes (にほんごきょうしつ & がくしゅうしえんきょうしつ)

Classes to help learn Japanese, and classes for children to help reinforce material learned in school

If you intend to stay in Japan for a long period of time it is very important and useful to speak Japanese. It is also very important if you have children who are going to Japanese schools. You can find support here. Let's study together!

There will be no Iga Nihongo no Kai Japanese Language classes during January and February.

Name	Iga Nihongo no Kai	Sasayuri Learning Support Classes
Times	Wednesday, 19:45 ~ 21:00 Saturday, 19:00 ~ 20:30	Saturday, 14:00 ~ 16:00
Place	Ueno Fureai Plaza 3rd floor	Ueno Fureai Plaza 3rd floor
Cost	200 yen each class	200 yen each class
Contact	TEL. 0595-23-0912	TEL. 0595-22-9629

Hot Topics (そうだんいんだより)

A little bit of culture...

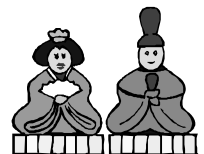
いがうえの・じょうかまちのおひなさん

Hinamatsuri

Hinamatsuri (The Doll Festival or Girls' Day) is a traditional Japanese festival commemorated on the 3rd of March. During this period, Japanese decorate platforms in their homes with bright red carpet and use them to display a set of ornamental dolls representing the Emperor, Empress, attendants and musicians in traditional court dress of the Heian Period. Formerly, people believed the dolls possessed the power to contain bad spirits. Hinamatsuri traces its origins to an ancient Japanese custom called *hina-nagashi* lit. "doll floating", in which straw hina dolls are set afloat on a boat and sent down a river to the sea, supposedly taking troubles or bad spirits with them.

There will be a special exhibition of Hina Dolls at various locations along *Ginza Doori*, between the 18th Feb and 4th of March from 10am ~ 4pm. Some of these locations also include restaurants, which will offer special Hina Matsuri-themed dishes during the festival period. Don't miss out!

Further Information: Shoukou Roudou Kankoh Ka, Iga Ueno Johka Kachi no Ohinasan Jikou linkai Jimukyoku TEL.0595-43-2309



あたらしいざいりゅうかんりせいど

Q. Do I have to switch from my alien registration card to the new 'resident card' immediately?

A. No. There is no need to immediately make the switch after the new foreign residents system has been introduced (although you may do so if you wish). When the revised immigration law comes into force on 9th July 2012, the alien registration cards of those to whom the changes in law will apply, can be used as if they were the new resident card for a limited period of time. For those who are not permanent residents, you will receive your resident card when you next carry out any paperwork to extend your period of stay etc. Permanent residents over 16 must apply to switch from their alien registration card to the new resident card within 3 years from the date of the change (9th July 2012). Permanent residents under the age of 16 must either make the switch within 3 years, or by their 16th birthday – whichever comes earliest.

<発行/Published> 伊賀市国際交流協会 IGA SHI KOKUSAI KOURYUU KYOUKAI TEL 0595-22-9629

<編集/Edited> 伊賀市 市民生活課 多文化共生係 IGA SHI SHIMIN SEIKATSU KA TEL 0595-22-9702

<http://www.city.iga.lg.jp>