



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

Population of Iga City	99,158
Foreign nationals	4,569
4.61% of population	
31st January 2012	

## Taking light vehicles (keisha) and mopeds off the road, or transferring ownership

けいじどうしゃ、げんどうきつきじてんしゃ などの はいしゃ、めいぎへんこう など てつづき していますか？

### Do the necessary paperwork early

If you are planning on selling, scrapping or giving away your (yellow plate) car or motorbike that is under 50cc then you will have to carry out the necessary paperwork to transfer ownership (meigi henkou) or to scrap your car (haisha) by the end of the month of March. If you do not complete the paperwork by this time, you will have to pay the road tax for the car. It must be completed and finalized by April 2<sup>nd</sup>.

Don't leave it to the last minute. This is a busy time of year so file your paperwork early to ensure it is completed on time. Or, if you have already given your vehicle and its number plate to a scrap dealer to be taken off the road, please make sure that they have completed all the necessary paperwork before this time, too.

This also applies to second hand vehicles.

All of this paperwork can also be done at the Iga Jikayou Jidousha Kyokai (close to the Fire Station). You should contact them for advice if you think you cannot complete the paperwork because you don't know who the former owner was.

Where can I do all this?

Yellow plate cars – Mie Keijidousha Kyokai TEL 059-234-8531

250cc motorbikes – Mie ken Keijidousha Kyokai TEL 059-234-8611

251cc or above Chubu Un'yu Kyoku Mie Un'yu Shikyoku TEL 050-5540-2055

Contact the relevant organization early to find out exactly what documents you will need.

50cc mopeds, small tractors:

City Hall's Kazei ka	TEL 22-9613	FAX 22-9618
Iga Branch Office's Shinkou Ka	TEL 45-9111	FAX 45-9120
Shimagahara Branch Office's Shinkou Ka	TEL 59-2053	FAX 59-3196
Ayama Branch Office's Shinkou Ka	TEL 43-1543	FAX 43-1679
Oyamada Branch Office's Shinkou Ka	TEL 47-1150	FAX 46-1764
Aoyama Branch Office's Shinkou Ka	TEL 52-1112	FAX 52-2174

【What you will need】

TO SCRAP YOUR CAR: Your *inkan* (personal seal), number plate and number plate certificate of issuance (*hyoushiki koufu shoumeishou*)

TO TRANSFER OWNERSHIP: The *inkan* (personal seal) of the seller and buyer, number plate certificate of issuance (*hyoushiki koufu shoumeishou*)

You will have to show personal ID to carry out any of these procedures.

### EXEMPTION FROM ROAD TAX

People who own a special disability card recognizing their physical or mental disability can claim exemption (*gemnen*) from paying road tax on light vehicles. Those who wish to do this should complete the necessary paperwork either between receiving their road tax bill and the 24<sup>th</sup> of May, or, 7 days prior to the date of expiration (some documentation will be necessary). Those who already claim tax exemption in this way will also need to renew their tax exemption claim. Contact city hall for further details.

## Have you already applied for "KODOMO TEATE"?

こどもてあてのしんせいはしてありますか？

Due to a change in the law regarding child support benefit (*kodomo teate*), who parents or guardians who have children under the age of 15 must make a new application in order to receive the benefit. Those who have already carried out the necessary paperwork will have already received the first deposit. If you have not done this yet, please do so before March 30th in order to receive back payment dating from October 2011.

For more information: City Hall's **Kodomo Katei Ka** TEL 22-9654

<MONTHLY TAX PAYMENTS> Pay by April 2nd  
 こんげつのうぜい National Health Insurance [Kokumin Kenkou Hoken Zei]  
 Shuu Zei Ka TEL 0595-22-9612



## FOR PEOPLE WHO HAVE HIGH MEDICAL FEES

びょういんで たかい おかねを はらう ひとへ

Up until now if you incurred high medical fees, it was necessary for you to pay all the fees in total, even if the fee was greater than the amount determined by the medical institution that the individual should pay on a monthly basis. However, from April 1st you will no longer have to pay the amount which exceeds the limit for personal payment.

High Medical Fees	Procedures in Advance	Hospitals & Pharmacies
Less than 70 years old Between 70 and 75 in a household exempt from tax.	Need to apply for the cards "GENDO GAKU TEKIYOU NINTEISHOU" or "GENDO GAKU TEKIYOU, HYOUJUN FUTAN GAKU GUENGAKU NINTEISHOU." Apply to the health insurance provider you are enrolled with. (*2)	Show your "GUENDO GAKU TEKIYOU NINTEISHOU" or "GENDO GAKU TEKIYOU, HYOUJUN FUTAN GAKU GUENGAKU NINTEISHOU" cards at the reception of the medical institute you are attending. (*1)
Between 70 and 75 in a household <u>NOT</u> exempt from tax.	None necessary	Show the card for the elderly KOUREISHA JUKYUSHA SHOU
Over 75 and enrolled in insurance for the elderly ( <i>kouki koureisha iryou hoken</i> ) or over 65 and designated eligible for the insurance, and in a household exempt from tax.	You will have to apply to city hall's Hoken Nenkin Section or to any of the city hall branch offices for the "GENDO GAKU TEKIYOU, HYOUJUN FUTAN GAKU GUENGAKU NINTEISHOU" (*2)	Show the cards "GENDO GAKU TEKIYOU, HYOUJUN FUTAN GAKU GUENGAKU NINTEISHOU" (*1)
Over 75 and enrolled in insurance for the elderly ( <i>kouki koureisha iryou hoken</i> ) or over 65 and designated eligible for the insurance, and in a household <u>NOT</u> exempt from tax.	None necessary	Show your certificate of insurance for the elderly "KOUKI KOUREISHA IRYOU HI HOKENSHA SHOU"

(\*1) If you do not show your card at the medical institute you are attending, the difference (between the amount you pay at the clinic/hospital and the financial limit) will be paid to you through the insurance for the elderly system as usual.

(\*2) If you already have valid copies of the cards "GENDO GAKU TEKIYOU NINTEISHOU" or "GENDO GAKU TEKIYOU, HYOUJUN FUTAN GAKU GUENGAKU NINTEISHOU" you do not have to apply for them again.

Please note! If you have some outstanding KOKUMIN KENKOU HOKEN insurance payments, it may not be possible to have the card issued in some cases.

More information: City Hall's **Hoken Nenkin Ka TEL 0595-22-9659**

## INTESTINAL CANCER SCREENINGS AND SCREENINGS FOR MUMS

にゅうがん、だいちょうがんの けんさ

If found early and treated quickly, cancer does not have to be a death sentence. Early diagnosis can save lives.

Take advantage of this screening exam, before you develop any symptoms as a result of cancer.

**Dia: 20th March (public holiday Tuesday) from 9am to 11am**

**Location: Yumepolis Center**

**Screenings for Mums: For women over the age of 30 Cost: 1600 yen**

**Intestinal Cancer screenings: People 20 or above Cost: 500 yen**

\* You can use coupons which were already sent out by post to take the screening for free. If you have not used your coupons yet, do so now (this round of screening will be the last chance).

\* If you already took this screening in April 2011, you will not be eligible to do so again at this time.

Applications and Information: City Hall's **Kenkou Suishin Ka TEL 0595-22-9653**

## CHANGE IN SEPARATION OF GARBAGE AND RECYCLABLES

りさいくるできる ごみの だしかたが かわります

Plastic supermarket bags – Throw away as Plastic Containers and Packaging

Plastic bottles – Throw away as Plastic Containers and Packaging

Plastic objects that have not been cleaned or still contain their contents should be thrown away as combustible garbage (for plastic bags) and large combustible garbage (for plastic bottles).

Electric carpets, electric blankets, car child seats – Throw away as 'metal'

From this year, Large Metal Garbage should be disposed of as Difficult to Dispose of (Dangerous) Items.

This classification will only apply to objects specified in the 2012 Garbage Collection Calendar.

## FREE GARBAGE COLLECTION FOR WELFARE BENEFICIARIES (FUKUSHI SHUUSHU)

もえない おおきいごみ を むりょうで あつめます (ふくし しゅうしゅう)

From April 2012, large garbage will be collected free of charge from outside the homes of the elderly or disabled.

People who live alone that are over the age of 75, are recognised as needing care (*kaigo ninte*), or who own a disability card.

In every region apart from Aoyama, Large Combustible Garbage, Metal Garbage and Difficult to Dispose of Garbage will be collected free of charge.

To use this service you must first apply for it in advance.

More Information on garbage collection: City Hall's **Seisou Jigyuu Ka TEL 0595-20-1050**

**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】 **13th March (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】 **15th March (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,	9 : 0 0 ~ 1 2 : 0 0
public holidays,	1 4 : 0 0 ~ 1 7 : 0 0
year end holidays	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**

March						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Nabari	2 Shimin	3 Nabari
4 Nabari	5 Okanami	6 Shimin	7 Okanami Nabari	8 Nabari	9 Shimin	10 Shimin
11 Okanami	12 Okanami	13 Nabari	14 Okanami Nabari	15 Nabari	16 Shimin	17 Nabari
18 Nabari	19 Okanami	20 Shimin	21 Okanami Nabari	22 Nabari	23 Shimin	24 Shimin
25 Okanami	26 Okanami	27 Nabari	28 Okanami Nabari	29 Nabari	30 Shimin	31 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 19:30 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)

### Do you read with your children?

ほんをよんでいますか?



The 'Iga Children's Reading Activities Promotion Plan' was set up to help encourage children to experience the fun and joy of reading and to nurture an environment in which they can grow up to be healthy. Children's first encounters with books is in the home. By reading picture books with your toddlers at home, they will come to enjoy reading while spending quality time with their family members. It's important to get all the family involved to help children gain an interest in books. The simplest and best place to get children into the habit of reading is in the home.



### Funds for students who want to study abroad or study nursing

りゅうがくせい、いりょうや かんごの べんきょうをする がいこくじんの しょうがくきんが あります

The Mie International Exchange Foundation has opened applications for students who want to study abroad or who want to study nursing care here in Japan. This funding is targeted specifically at non-Japanese residents in Mie. Applicants who wish to apply should have good grades and have good recommendations from teachers.

**Application deadline: Friday 20th April**

Contact the **Mie-Ken Kokusai Kouryuu Zaidan** (International Exchange Foundation) **TEL.059-223-5006**

HP <http://www.mief.or.jp> for further information on how to apply

### To all households using the sewage system

げすいどうをつかっている いえの ひとへ

If your dwelling uses the public sewage system, or in the case of Aoyama a public septic tank, and any of the following apply to you, then please notify the sewage department:

Change in the number of users due to moving, death, birth, temporary long-term relocation etc. \*If you are using the sewage services in either Yumegaoka or Aoyama, you do not need to notify any change in the number of users.

Enquiries: **Gesuidou Ka TEL.43-2318**

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