



IGA

The city newsletter



Population of Iga City 99,066
 Foreign nationals 4,581
 4.62% of population
 29th February 2012

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



Information about free Vaccinations 2012

Routine Vaccinations Period: 1st April to 31st March 2013 よぼうせっしゅのおしらせ

VACCINE		RECOMMENDED AGE	DOSES	NOTES
BCG		Until 6 months of age	01	Protects against tuberculosis. Be aware of the short vaccination window.
Polio		From 3 rd birthday to 7 and a half years	02	Take two doses between the age of 3 months and 18 months, with no less than 41 days between doses. Vaccinations are available year-round. Consult your medical facility for vaccination dates.
DPT (Diphtheria, Pertussis, Tetanus)	1 st dose	From 3 rd birthday to 7 and a half years	03	Take 3 doses between the age of 3 months and 18 months, with an interval of 20~56 days between vaccinations.
	Booster	After taking the first dose, take the booster between 12~18 months later (until the age of 7 and a half)	01	This will reinforce immunity if taken within 12~18 months after the third initial dose.
MR (Measles, Rubella)	1 st dose	Between 1 st and 2 nd birthday	01	Take after your baby's 1 st birthday
	2 nd dose	Born between 02/04/06 and 01/04/07 (last year of kindergarten)	01	You will be informed by post. Please take the vaccination as soon as possible. Please bring the letter with you when you get the vaccination.
	3 rd dose	Born between 02/04/99 and 01/04/00 (7 th grade Elementary or 1 st grade Junior High)	01	
	4 th dose	Born between 02/04/94 and 01/04/95 (3 rd grade Junior High or 1 st grade Senior)	01	
DT (Diphtheria and Tetanus)		6 th grade of Elementary School	01	
Japanese Encephalitis (<i>Nihon Nouen</i>)	1 st dose	From 3 rd birthday until 7 and a half years.	02	As an exception, those born between 1 st June 1995 and 1 st April 2007 that have not completed the 1 st and 2 nd doses are eligible for the vaccination, provided they receive it before their 20 th birthday (Those between the age of 7 and a half and 9 are also eligible for the vaccination. However, the 2 nd dose can only be taken after the 9 th birthday). There is no change for those born after 2007. Consult your medical facility for further details.
	2 nd dose	From 9 th birthday until 13 th birthday	01	

Optional Vaccinations (Consult your doctor about side effects and reactions)

Government subsidies: Until 31st March 2013

VACCINE	RECOMMENDED AGE	DOSES	NOTES
HIB (<i>H. influenzae</i>)	2 ~ 5 months of age	1 to 4	The number of doses depends on the age of the child. The medical facility you go to will give you more information.
INFANT PNEUMONIA	2 ~ 5 months of age	1 to 4	
CANCER OF THE COLON AND UTERUS	Girls between 1st grade of Junior highschool (roughly 13) to 1st grade of Senior highschool (roughly 16)	3	3 doses within a six month period. Those in the second year of senior highschool who took the first dose before 31st of March 2012 are eligible for the vaccine.

Vaccinations are free of charge. However, if you take the vaccination outside of Mie Prefecture, you will have to pay.

Information: City Hall's Kenkou Suishin Ka TEL 22-9653

<MONTHLY TAX PAYMENTS> Pay by May 1st

4がつ の のうぜい

National Health Insurance [Kokumin Kenkou Hoken Zei]

Fixed Assets Tax [Kotei Shisan ze]

Shuu Zei Ka TEL 0595-22-9612



NINJA FESTA

いがうえの にんじゃ フェスタ 2012

1st April – 6th May

Become a ninja, and discover the birthplace of their secret craft!

You can dress up as a ninja on Saturdays, Sundays and public holidays on the second floor of Fureai Plaza.

On weekdays, go to the *puchi henshin tokoro*.

Take advantage of local ninjo dohos, and have fun learning some ninja martial arts.

1 Change into a ninja costume at one of the locations mentioned above.

2 Hone your skills at the ninja academies.

3 Find all the ninja hidden around town and win some great prizes.

You can also transform your pet dog into a ninja for 700 yen.

More information: **Shoukou Roudou Kankou ka TEL 43-2309**



SOME SECTIONS IN CITY HALL WILL BE MOVING

しゃくしょの いちぶの ばしょが かわります

Due to space constraints, some sections of city hall will be moving to a different location. These are sections that are often visited by foreigners living in Iga. We apologise for any inconvenience this might cause.

Health Centre: The divisions for Health Planning and Regional Health Promotion (TEL 22-9653) and the Child Support Centre (TEL 22-9665) will move to the 4th floor of Haitopia Iga, the new building by Ueno station.

Information about courses, classes available: The Chuhoh Kouminkan and Ueno Kominkan will move to the 5th floor of Haitopia Iga, the new building by Ueno Station.

Board of Education: The Board of Education and Sports Promotion (TEL 47-1284) offices will move to the 2nd floor of the Oyamada City Hall Branch Office.

For further information: Kanzai Ka TEL 22-9610 or Foreigners Assistance Section TEL **22-9702**

FINANCIAL SUPPORT FOR SCHOOL COSTS

2012ねんどの しゅうがくえんじょ

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. You can find out further details by contacting your child's school directly. Payments are made in July, December and March.

Further information: Board of Education in City Hall TEL 22-9677 or your child's school.

FINANCIAL SUPPORT FOR TRANSPORT COSTS OF THE DISABLED

おおきな しょうがいの ひとに たくしー、ねんりょうの おかねの えんじょが あります

There is financial support available for the severely disabled to help them with transport costs related to traveling to hospital for appointments, or for increasing mobility so they can take part more in social activities. This can be accessed by those who have any of the following cards: Shintai Shougaisha categories 1 or 2, Ryouiku Techou A1 or A2, Seishin Shougaisha category 1.

Holders of these cards can receive coupons for taxis and cars worth up to 7,200 yen in transport costs per year. For vehicles of 50cc or less like mopeds, 3,600 yen a year. In order to apply for this financial support, you will need the following: your disability card, your personal seal (*inkan*) and in the case of gasoline coupons, your driving licence and *shakensho*.

Further information: City Hall's **Shougaifukushi Ka TEL 22-9656**

PREFECTURAL HOUSING APPLICATIONS NOW OPEN

けんえいじゅうたくの もうしこみ

Application Period: April 2012

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 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】 **3rd April (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】 **5th April (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 Ka 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	9 : 0 0 ~ 1 2 : 0 0
holidays, year end	1 4 : 0 0 ~ 1 7 : 0 0
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 Okanami	3 Shimin	4 Okanami Nabari	5 Nabari	6 Shimin	7 Shimin
8 Okanami	9 Okanami	10 Nabari	11 Okanami Nabari	12 Nabari	13 Shimin	14 Nabari
15 Nabari	16 Okanami	17 Shimin	18 Okanami Nabari	19 Nabari	20 Shimin	21 Shimin
22 Okanami	23 Okanami	24 Nabari	25 Okanami Nabari	26 Nabari	27 Shimin	28 Shimin
29 Nabari	30 Okanami					

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!

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)

New Premanent Residence System!

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, but only 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 first.

Register your dog and vaccinate it against Rabies

きょうけんびょうのよぼうせつしゅといぬのとうろく

Under Japanese law, your pet is required to wear a name tag and to have a certificate proving they have been vaccinated against rabies. They must also be given a vaccination booster every year. You can do this during the annual vaccination drive, or take your dog to a vet at any time. Special vaccination and pet registration sessions will be taking place from mid-April onwards in several different areas of the city.

Enquiries: **Shimin Seikatsu ka** TEL 22-9638

