



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	97,160
Foreign nationals	4,247
4.37% of population	30th June 2013

Nigiwai Festa 2013

しみん なつ の にぎわい ふえすた 2013

Ginza Doori and Honmachi Doori will be closed to traffic and transformed into a pedestrian area with a street market 'Raku-Ichi' and street performances, exhibitions at 'Raku-Za.' At the International Food Village you will be able to enjoy anticuchos, kebab, ayam goreng, tahu goreng, Thai noodles, espechino, cochinha, pastels and even a Moroccan craft stall! Don't miss out!

Time & Date: Sunday 18th August 12:00 - 21:00. Venue: Ginza Doori, Honmachi Doori

Fireworks Festival

はなび たいかい

Oyamada Furusato Summer Festival

When: Thursday 15th August from 18:00 (fireworks from 20:30).

Cancelled in the event of rain, with the fireworks rescheduled for the following day. Venue: Seseragi Park



Iga Citizens Firework Festival

When: Saturday 17th August from 16:00 (fireworks from 20:00). Will go ahead in the event of rain, but cancelled if stormy weather.

Venue: Ueno Undo Kouen

* Traffic restrictions will be in place at the roads surrounding the venues and traffic jams are predicted, so take care if coming by car.

Explanatory meeting for Tousei no Oka Kindergarten どうせいのおか ようちえん にゅうがく せつめいかい

An explanatory meeting for enrollment in Tousei no Oka Kindergarten will be held at the times outlined below. If you are thinking of enrolling your child, please come along. Time & Date: Sunday 8th September. 09:30 open, 10:00 start.

Venue: Tousei no Oka Kindergarten Details: Explanation of the Kindergarten, enrollment procedures, Q&A session.

* Childcare will be available. If you wish to use this service, please apply between 19th and 23rd August.

Enquiries and Applications: Tousei no Oka Kindergarten TEL 0595-26-5770 FAX 0595-26-5771



Enrollment in Elementary School

にゅうがくてつづき

If you are a resident of Iga and hoping to enroll your child in elementary school from April 2014, please read carefully the letter which you should have received in the post, and complete the application form by Friday the 6th of September.

Eligibility: Any child born between 2nd April 2007 and 1st of April 2008.

Paperwork to Submit: School enrollment application form, written pledge, questionnaire,

identification for both the child and their guardian (alien registration card, Zairyu card, passport etc.)

Submit application to: If you don't need interpreting help, submit it to the Gakkou Kyouiku Ka TEL 0595-47-1282 (City Hall's Oyamada Branch Office, Hirata 652-1) If you do need interpreting help, submit it to the Shimin Seikatsu Ka TEL 0595-22-9702 (City Hall, Ueno Marunouchi 116)



There will be a counter open to explain the process and answer any questions. * Please try to complete the application within the time period specified below. Time: Monday 26th August to Friday 6th September, 9am ~ 5pm. Place: City Hall's Shimin Seikatsu Ka

Certificate of Graduation from Junior High School Test ちゅうがっこう そつぎょう ていど にんてい しけん

This is a test conducted nationally which shows proof of education up to the level of junior high school. If you pass this test, you will be eligible to enter senior high school. Criteria for taking the test: You were unable to attend full time education for unavoidable reasons, such as illness or the actions of your guardian, and will be under 15 years of age on 31st of March 2013.

Your guardian did not stop you from going to school, but you will be in your 15th year at the end of the academic year and you are not predicted to graduate from junior high school for unavoidable reasons as outlined by the Ministry of Education. Anyone who is 16 or over at the end of this academic year. Anyone who does not have Japanese nationality and will be 15 or over at the end of this academic year.

Test date: Monday 28th of October, 10:00 to 15:40 Test site: Mie Kenchou Lecture Halls 3F, rooms 131 and 132

Test subjects: Japanese, Social Studies, Math, Science, English To apply: Apply between 28th of August to 13th of September

Enquiries: Career Education Group in Mie Board of Education Office 's Senior High School Education Division TEL 059-224-2913

Would you like to have a booth at the 2013 Iga international Exchange Festival?

いがし こくさい こうりゅう ふえすた 2013 に しゅってん しませんか?

It will be held at the same time as the Oyamada Harvest Festival this year. We are looking for people who would like to have a booth at the International Food Village. If there are more applicants than booths available, members will be chosen by lottery.

Time & Date: Monday 4th November (public holiday) 09:00~15:00

Venue: Oyamada B&G Kaiyo Centre Fee: 3000 yen for a 2.7m x 3.6m tent.

Accompanying Items: Gas cylinder 2000 yen each, gas cooker 500 yen each. Electricity cost: Free (up to 1500w)

Tent cost: Free, includes desk (one per booth) and chairs (two per booth). Apply by: Friday 20th September, 16:30.

How to apply: Fill in the application form and send it to the Iga International Friendship Association either in person or by fax. Enquiries: Iga International Friendship Association TEL.0595-22-9629 FAX.0595-22-9628



<MONTHLY TAX PAYMENTS> Pay by September 2nd

8 がつ の のうぜい

Municipal, Prefectural Tax [Shi Kenmin Zei]

National Health Insurance [Kokumin Kenkou Hoken] Shuu-zei ka Tel.0595-22-9612

About the Welfare Medical Fees Financial Support System

ふくしいりょうひじょせいせいど

There are limitations based on income, so there will be a review of all those who are currently eligible and those whose payments are currently suspended will be reviewed. Those who are eligible after the review will be sent a certificate of eligibility (olive green in colour). When you receive any medical treatment within the prefecture, please show this olive green card along with your health insurance certificate (kenko hoken sho). If you meet all the conditions for eligibility and have not yet applied, please do so.

* If you are currently receiving this financial support or your payments are currently suspended, you do not need to make a new application.

Health Care for the Disabled

Applies to: Anyone who fulfils either of the following criteria and who has an income beneath the threshold. The income of all those being supported must also be beneath the threshold. Possess a grade 1 ~ 3 physical disability card Possess either a grade A or B health treatment card (ryouiku techou) Possess both a grade 4 physical disability card and health treatment card (moderate).

Possess a grade 1 mentally handicapped health & welfare card (seishin shougaisha hoken fukushi techou)

Health care for Single Parent Families

Applies to: Anyone who fulfils either of the following criteria and who has an income beneath the threshold. The income of all those being supported must also be beneath the threshold. A child under the age of 18 who is being raised by his or her mother in a single parent home. A child under the age of 18 who is being raised by his or her father in a single parent home. A child under the age of 18 who has neither mother or father, and is being raised by another guardian. A child under the age of 18 whose mother or father suffers from severe disability (possess a grade 1 disability according to national pension classifications).

A child under the age of 18 whose mother or father suffers from severe disability (possess a grade 1 disability according to national pension classifications).

Child Health Care

Applies to: Anyone between their 12th birthday and the following March 31st, and their guardian, who has an income beneath the determined threshold. **Enquiries:** Insurance and Pensions Division (*Hoken Nenkin ka*) Tel.0595-22-9660

Child Benefit and Special Child Benefit

じどうふようてあて/とくべつじどうふようてあて

Child Care Benefits Update

If you are receiving child care benefits, you need to submit a form updating the authorities on your current status every August. Please check the notification which you will have received by post at the beginning of August. When you submit it, you must check all the details, so make sure that you go in person to the Kodomo Katei Ka or the Jumin Fukushima Ka in any the city hall branch offices. You cannot submit your update either by proxy or post. **Submission deadline: August 30th**

Special Child Care Benefits Income Update

If you are currently receiving this benefit, you need to submit a form updating authorities on your income status every August.

A notification will be sent to you in the middle of August. **Submission deadline: September 10th**

*These updates are required in order to ensure that you still meet the necessary requirements to receive the benefits.

*If you do not submit the update form, your benefit payments beyond the month of August will be stopped.

*Update forms cannot be submitted to the child care support centre Haitopia.



Revision of Monthly Payments

Due to amendments to the law surrounding benefit payments for child care, there will be a 0.7% reduction in payments from October on. This system's aim is to support the livelihoods of children from single parent homes due to divorce etc.

Special Child Care Benefit This is to support the welfare of minors under the age of 20 with either physical or mental disabilities.

Enquiries: Kodomo katei Ka TEL 0595-22-9654

Special Benefits for the Disabled, Welfare Benefit for Disabled Children

とくべつしょうがいしゃてあて/しょうがいじてあて

Special Benefits for the Disabled (Tokubetsu Shougaisha Teate)

These benefits are available to anyone over the age of 20 who due to severe physical or mental disability needs constant special care in their day to day lives. You are not eligible if the following apply to you: 1 You are currently living in a care home; 2 If you are currently in hospital and have been there for over the past three months; 3 If the income of the person in question, their spouse or carer is above the determined threshold for receiving the benefits.

Welfare Benefit for Disabled Children (Shougaiji Fukushima Teate)

These benefits are available to anyone below the age of 20 who due to severe physical or mental disability needs constant special care in their day to day lives. You are not eligible if the following apply to you: 1 If you are receiving pension payments as disability benefit; 2 You are currently living in a care home; 3 If the income of the person in question or their carer is above the determined threshold for receiving the benefits. Revision of Monthly Payments From this year, there will be a revision of all benefit payments from October on due to a reduction of 0.7% in the rate. Special Benefits for the Disabled 26260 yen 26080 yen Welfare Benefit for Disabled Children 14280 yen 14180 yen Transitional Welfare Benefit 14280 yen 14180 yen

Special Benefits for the Disabled 26260 yen 26080 yen Welfare Benefit for Disabled Children 14280 yen 14180 yen Transitional Welfare Benefit 14280 yen 14180 yen

To receive recognition...

From now on, applications must be made by the person themselves, or the guardian in the case of a disabled child. The degree of disability will be ascertained by submission of a completed health questionnaire.

You must give an update on your circumstances.

If you are receiving any benefits such as those mentioned above, you will need to submit a form to update the authorities of your current situation in order to show that you are still eligible for them (including information on your in). All the necessary documentation will be sent to you by post around mid-August, so please read it carefully and submit the necessary paperwork. It's very important that you submit it by the specified deadline, otherwise your payments may be stopped.

Submission Deadline: Tuesday 10th September

Enquiries: Shougai Fukushima Ka TEL 0595-22-9656 FAX 0595-22-9662, each City Hall Branch offices' Juumin Fukushima Ka

Extended Opening Hours for Certificate Issuing Desk on Thursdays

もくようびしょうがいまどぐちえんちょう

When: Every Thursday until 19:30 except public holidays and end of year holidays Where: Juumin Ka Available services: Issuing copies of your residence certificate (juumin hyou), personal identification, registering your seal (inkan) and many other official documents.

* To use any of these services you must bring some form of photographic ID such as a driver's licence, passport etc. If you do not bring identification, you cannot use some services.

* Some services cannot be requested via a proxy, such as registering your personal seal, same-day delivery of juumin kihon daichou card etc. Enquiries: Juumin Ka TEL 0595-22-9645 FAX 0595-22-9643

The Tax Revenue Division also has extended opening hours, during which you can receive proof of income certificates etc. Please enquire for further details. Enquires: Tax Dept TEL 0595-22-9613 FAX 0595-22-9618, Income Tax Dept TEL 0595-22-9612 FAX 0595-22-9618

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】 **27th August (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 Checkup (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】 **8th or 29th August (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?

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

Iga shi Emergency Clinic TEL 0595-22-9990

【Place】 Iga shi Ueno Kuwamachi 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 holidays	9 : 0 0 ~ 1 2 : 0 0
	1 4 : 0 0 ~ 1 7 : 0 0
	2 0 : 0 0 ~ 2 3 : 0 0

- 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.

- 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

August						
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 19:00 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/>

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

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



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)

About Heatstroke

ねっちゅうしょうについて

Heatstroke doesn't just happen when you are outside under a hot sun. Rather, heatstroke which happens indoors can often be much more serious. Follow the tips below to take care of yourself and avoid heatstroke.

Your environment: Avoid places that are at a high temperature, which are very humid, places where the air is still (no breeze), or where the sun is very strong.

Places: Avoid places both indoors and outdoors where there is no shade, like golf courses, inside a parked car with closed doors and windows etc.

How to prevent heatstroke
Drink water at regular intervals. Wear light, airy clothing. Make good use of AC and fans to keep cool.



Advanced First Aid Class

じょうきゅう きゅうめい こうしゅうかい

If someone has lost consciousness in an accident or due to illness, has stopped breathing or their heart has stopped beating, it is vital that they receive attention as early as possible. In order to protect and save precious life, please consider taking part in this first aid class. When: Sunday 8th September, 9am ~ 5pm Where: Iga Central Fire Department (Iga-shi, Yamanoshita 380-5)

Details: How to perform CPR, use AEDs and treat injuries (stop bleeding etc), carry the injured etc.

* All participants will receive a certificate of completion

* Since participants will be required to take part in the demonstrations, wear comfortable clothing.

Eligibility: Anyone over the age of 15 who is a resident of Iga, or who works in the city.

Capacity: Maximum of 20 places, allocated on a first come first served basis.

Application Window: Monday 5th August to Friday 30th.

How to apply: Complete the application form available at any of the fire departments in the city and send it to the address below.

Applications can be delivered directly by hand or faxed, emailed or posted. The application form can also be downloaded from the city's homepage. Address & Enquiries: Shoubou Kyukyu Ka TEL 0595-24-9116 FAX 0595-24-9111 E-mail: shoubou@city.iga.lg.jp



American Pie Summer Event

おやこ えいご さーくる あめりかばい なつ の いべんと

When: Tuesday 27th August, from 10:00.

Where: Ayama Health & Welfare Centre's Hall

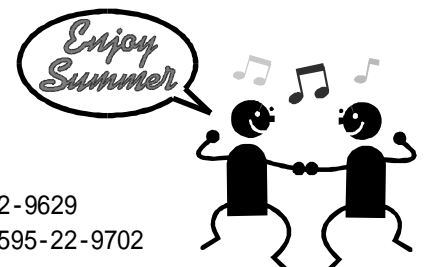
Details: Enjoy performing songs, dances and games in English. This is the only annual event that anyone is free to take part in. This year we will try the Filipino 'bamboo dance.' by member of the American Pie group. If you are interested in English for kids, then you are especially welcome. Please bring scissors, glue and pencils.

Cost: 500 yen for non-members

Enquiries: Iga International Friendship Association TEL 0595-22-9629 FAX 0595-22-9628

E-mail: mie-iifa@ict.jp

or Kikaku Division TEL 0595-22-9621 FAX 0595-22-9628



<発行/Published> 伊賀市国際交流協会 IGA SHI KOKUSAIKOURYUU 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>