



The city newsletter

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

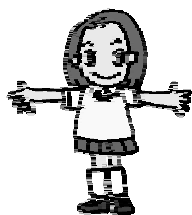
この情報紙は『広報いが市』などから記事を選んで載せています。

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

Population of Iga City	97,085
Foreign nationals	4,291
4.42% of population	
31th July 2013	

Career advice for Higher Education in Iga

しんろ がいだんす



I want to go on to senior highschool, but what should I do? How expensive is highschool in Japan? What are Japanese senior highschools like?

If you have question like these, come to our meeting and find the answers! Students planning on attending the meeting should tell their teacher.

When: **Sunday 22rd September 13:20 ~ 16:30** (Doors open from 12:50)

Where: Iga City's Yumepolis Center (Iga shi Yumegaoka 1-1-4)

Details: An explanation of the Japanese Education System

Information about the entry selection process – introduction of the senior highschool in Iga, school-related costs, scholarship system etc, information on classroom support (Gakushuu shien kyoushitsu), Q&A session, advice from senior students, informal gathering for each school.

Enquiries: Gakkou Kyouiku ka Tel.0595-47-1283



2013 Iga International Exchange Festa

こくさい こうりゅう ふえすた に でませんか?

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

This year, the festival will be held concurrently with the Oyamada Harvest Festival. We are now looking for people interested in having a booth at the "International Exchange Food Village!". If there are more applications than booths available, applicants will be chosen by a lottery system.

Date: November 4th, 09:00 - 15:00

Venue: Oyamada B&G Centre

Fee: 1 booth (2.7m x 3.6m) is 3000 yen.

Accompanying Items: Gas cylinder 2000 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



Japanese Language Classes For Work

しごとのためのにほんごきょうしつ

A series of Japanese language classes will begin this Autumn to help you learn Japanese, which in turn will help you secure a stable job. This course is aimed at complete beginners. Let's study together, even if you can't read hiragana and katakana yet!

Start date: 15th October (Tue) 2013

End date: 21st February (Fri) 2014

Class days: Every Monday, Tuesday, Thursday, Friday 18:45-20:45

Venue: Iga Ueno Kouryu Kenshu Centre

Fee: Free Enquires: Hello Work Iga TEL 0595-21-3221



Insurance Certificates sent out to those enrolled in National Health Insurance

あたらしいこくみんけんこうほけんしょうをおくります

Insurance Certificates sent out to those enrolled in National Health Insurance.

The expiry date on current insurance certificates is September 30th. The new certificate which you can use from October 1st will be posted to you after September 15th. Please use your new card after this time. When it has arrived, make sure that all the details such as address, name etc. are displayed correctly. If there is a mistake or if your new card does not arrive, contact the Hoken Nenkin Division or Jumin Fukushi Division in any of city hall's branch offices. Please also check the expiry date. Cards usually have a limit of one year, but this may differ in the following cases: For people turning 75, until the day before their 75th birthday. Enquiries: Hoken Nenkin Division 0595-22-9659

<MONTHLY TAX PAYMENTS> Pay by September 30th

9がつのうぜい

National Health Insurance 3rd Installment [Kokumin Kenkou Hoken]

Shuu-zei ka Tel.0595-22-9612

Cancer Screenings, Youth Health Checkups しゅうだん がん けんしん・じゃくねんしゃ けんしん

The next series of cancer screenings have now been confirmed. To be eligible, you must be registered as living at an address in Iga. When you make an appointment, you will be asked for your date of birth, address, telephone number, preferred date and the type of checkup you would like to make an appointment for, so please have all of this information ready.

You cannot take the same checkup more than once in the same year. If you feel something is wrong, you should go to your doctor immediately. When registration for appointments begins, we expect phone lines to be busy in the morning. All appointments are offered on a first come first served basis.

Appointment Hotline: 62-6100 (Open September 9th to 13th, 08:30 to 17:15 on weekdays only. You cannot make an appointment through city hall or through local clinics. Make an appointment with city hall or through a local clinic after September 17th.

Beginning from September 9th, 08:30

Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
		Max.	50	N/A	N/A	100	70	80
5th Oct	09:00~11:00	Shimagahara						
12th Oct		Oyamada						
3rd Nov		Aoyama						
10th Nov		Igamachi						
1st Dec		Ayama						



Beginning from September 10th, 08:30

Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
		Max.	50	N/A	N/A	100	70	80
18th Oct	09:00~11:00	Yumepolis Centre						
23rd Nov								
4th Dec			13:30~14:30					



Currently Accepting Appointments for:

Date&Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
8th Sep	09:00~11:00	Yumepolis Centre						
3rd Oct								



To make a current appointment, or to make an appointment after September 17th:

Kenko Suishin Ka 0595-22-9653 Shimagahara 0595-59-2163 Oyamada 0595-47-1151 Igamachi 0595-45-1015 Ayama 0595-43-0332 Aoyama 0595-52-2280

Are you forgetting your free coupons? むりょう くーぽんけん わすれて いませんか?

Coupons for free cancer health checkups have been sent out to those at ages of particular risk (20, 25, 30, 35, 40 for cervical cancer; 40, 45, 50, 55, 60 for breast and colon cancer). These coupons were sent by post in June, and information on how they can be used was also enclosed. If you have lost your coupons, they can be reissued and sent out to you again.

Enquiries: Kenko Suishin Division TEL 0595-22-9653 FAX 0595-22-9666

8 point to help prevent Cancer がんを よぼう する 8つの ぽいんと

Our daily eating habits and daily lifestyle choices can affect our susceptibility to developing cancer. Have a think about your own lifestyle and make any improvements, if there are any you could make.

Smoking: Do not smoke and avoid those who do smoke.

Eating: Eat well balanced meals.

Alcohol: If you drink, drink in moderation.

Physical Exercise: Exercise sufficiently.

Weight: Maintain a weight within your appropriate weight range.

Infections: Protect yourself from viral and bacterial infections, and take measures to cure yourself if you catch any.

Screenings: Go for regular cancer screenings.

Health Checkups: If you notice anything out of the ordinary, go for a checkup.



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】 **24th September (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】 **26th September (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 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

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



September						
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)

Autumn Safety Driving Campaign

あきの ぜんこく こうつう あんぜん うんどう

In force from September 21st - 30th

September 30th is the 'No deaths on our roads Day.' During this safety campaign, attention will be put on preventing accidents involving the young and the elderly, preventing accidents involving pedestrians and cyclists around crossroads at dusk and nighttime, checking that all seatbelts and child seats are installed and being used correctly, stamping out drink driving. Since records were first taken in 1968, there have been deaths on our roads every single day. Let's all follow traffic safety rules and prevent more unnecessary deaths from occurring.

Enquiries: Shimin Seikatsu Ka 0595-22-9638 FAX 0595-22-9641

The Multicultural Mailing List has begun!

たぶんか めーるを はじめました!

A multicultural mailing list is used in Iga to transmit information useful for daily in Iga. It is written in easy to understand Japanese, and also in the Roman alphabet. If you register your mail address, you will receive mail in the event of a natural disaster (in Japanese) and the Multicultural mail mentioned above. To register, please access the following website from your mobile phone. If you do not understand the Japanese, please call the Shimin Seikatsu Division. (<http://www.anshin-bousai.net/iga/>) .

Enquiries: Shimin Seikatsu Division TEL.22-0595-9702

For mid-to-long term residents

にゅうかんに とどけるもの (ちゅうちょうき ざいりゅうしゃ)

Notification or application procedures will be necessary in the following cases at Regional Immigration offices with passport, photo and Zairyu card within 14 days:

When changing name, date of birth, sex and nationality/ region, etc. When you have lost your Resident Card or it has become damaged. When the period of validity of the Resident Card for Permanent Residents and those under the age of 16 is due to expire.

And the Immigration Bureau's Electronic Notification System started from June 24, 2013. When your affiliated organization such as employer or educational institution changes its name or location, or in the case of bankruptcy of a company, or in the case of termination of an employment contract, or in the case of transfer due to a new employment contract, or in the case of divorce or death of spouse, please bring a notification form to a Regional Immigration Office in person, send by post to the Tokyo Regional Immigration Bureau or use the electronic notification system. Information on Electronic Notification System of Immigration Bureau of Japan: <https://www.ens-immi.moj.go.jp/NA01/NAA01SAction.do>

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

