



# I G A



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

**Seasonal Wishes from all of us here at the Iga International Friendship Association!**

**We wish you and your family a peaceful and relaxing holiday season,  
much success, prosperity and happiness in the new year.**

<b>Population of Iga City</b>	<b>96,879</b>
<b>Foreign nationals</b>	<b>4,268</b>
<b>4.41% of population</b>	<b>31th October 2013</b>



## Christmas Illuminations and Concert at Uenoshi Station いるみね-しょん と こんさーと

This year there will be special Christmas illuminations and a concert at Uenoshi Station in order to get us in the festive mood.

Illuminations Time: December 2<sup>nd</sup> to December 25<sup>th</sup> Place: Uenoshi Station and Nishiote Station

Christmas Concert Time: December 23<sup>rd</sup>

Place: Plaza in front of Uenoshi Station / Enquiries: Kikaku Ka TEL 0595-22-9621



## END OF YEAR HOLIDAYS いちねんのおわりとはじまりのおしらせ

<p><b>City Hall and Public Offices</b> <b>しゃくしょ</b> Closed from 28th of December to 5th of January. (Births, deaths and marriages can still be registered)</p>	<p><b>Consular Holidays</b> <b>りょうじかん</b> Most consulates will close for several days over the holidays. Check with your own consulate for details.</p>
<p><b>Hospital A&amp;E Rooms</b> <b>きゅうきゅう</b> Treatment hours: 8:45am to 8:45am the following morning Ueno Shimin Byouin January 3rd Okanami Byouin December 30th, January 1st Nabari Shiritsu Byouin December 29th, 31st, January 1st, 2nd</p>	<p><b>Dental Clinics</b> <b>しか(はいしゃ)</b> Opening Hours: 9:00am to 17:00 <u>30th of December:</u> Banba Dental Clinic, Shindo 1276-1 (ばんば しか いいん) tel: 0595-45-1008 <u>31st of December:</u> Hiroshima Dental Clinic, Hirata 3418-2 (ひろしま しか いいん) tel: 0595-46-1748 <u>2nd of January:</u> Fukuchi Dental Clinic, Yumegaoka 2-20-14 (ふくち しか くりにつく) tel: 0595-22-2134 <u>3rd of January:</u> Fujita Dental Clinic, Midorigaoka nakamachi 1547-10 (ふじた しか) tel: 0595-21-6677 No dental clinics are open January 1st. If you need to see a dentist on the 1st, contact the Information Center on tel:0595-24-1199</p>
<p><b>Garbage Collection over the New Year Holidays</b> <b>ごみのもちこみ</b> The collection dates for garbage over the holiday period are the same dates as those written in your garbage collection calendar. However, if you need to dispose of garbage during the days that garbage is not being collected, please refer to the details below. Please note that the garbage disposal facilities are very busy at this time of year, so please come early.</p>	
<p><b>Iga North Municipal Region</b> Ueno, Iga, Shimagahara, Ayama, Oyamada Garbage types: Combustible, Combustible Oversized, Plastic Packaging, Metals, Paper, Blankets/Futons, Glass bottles, Glass, Ceramics etc *Make sure that you dispose of your garbage according to type. Year end collection: Until 30<sup>th</sup> December New Year collection: From 4<sup>th</sup> January Opening hours: 09:00-16:30 Fee: 500 yen if below 50kg, 500 yen for every 50 kg thereafter. Take to: Sakura Recycling Centre (Hatta 3547-13) TEL 0595-20-9272</p>	<p><b>Iga South Municipal Region</b> Aoyama Garbage types: Combustible, Unburnable, Oversized, Recyclables, Plastic Packaging *Make sure that you dispose of your garbage according to type. Year end collection: Until 30<sup>th</sup> December New Year collection: From 6<sup>th</sup> January Opening hours: 08:30-12:00, 13:00-16:30 Fee: 120 yen per 10kg *Recyclables free Take to: Iga Nanbu Clean Centre (Okugano 1990) TEL 0595-53-1120</p>

## End of Year Safe Driving Campaign いちねんのおわりのこうつうあんぜんうんどう

Period: December 11<sup>th</sup> to December 20<sup>th</sup>  
Points of Focus: Preventing Accidents involving children and the elderly Checking all child seats and seatbelts are fitted correctly. Stamping out drink driving Enquiries: Shimin Seikatsu Ka TEL 0595-22-9638 FAX 0595-22-9641

<MONTHLY TAX PAYMENTS> Pay by December 25th  
12がつのうぜい National Health Insurance (6th Installment) [Kokumin Kenkou Hoken]  
Fixed Assets (3rd Installment) [Kotei Shisan Zei] Shuu-zei ka Tel.0595-22-9612



## Applications for prefectural housing will be accepted from January.

To be eligible to apply for this housing, you must meet the following requirements: **けんえいじゅうたくのもうしこみ**

Reside or work in Mie. Be in need of housing.

Are up to date in your tax payments.

If you have been living in public housing,

you do not have any outstanding bills or payments (rent, parking fee etc).

Plan to live with family members (including boyfriend, girlfriend).

Have an income within the required bracket to live in public housing. Have two guarantors.

Application forms can be found in any municipal office. Ask for “ken’ei juutaku no moushikomi sho”



## Vaccination against German Measles (Rubella) **ふうしんのよぼうせっしゅをうけましよう**

German measles (rubella) is still prevalent among the general population. For pregnant women who do not have immunity or who have low immunity, please be aware that your child may suffer from such disabilities as impaired hearing, heart conditions, cataracts or glaucoma (congenital rubella syndrome).

Due to the German measles outbreak last year, between December 2012 and September 15<sup>th</sup> 2013 19 people have been diagnosed with congenital rubella syndrome. Pregnant women cannot take the vaccination, so those in close proximity to pregnant women are encouraged to be vaccinated, so as to limit the risk of infection. Iga city offers subsidies for FUSHIN vaccinations.

Eligibility: Those born before April 2<sup>nd</sup>, 1990 who fulfil any of the following 4:

Women who are hoping to become pregnant Male partners of women who are hoping to become pregnant

Male partners of pregnant women Cohabitants of pregnant women (up until the age of 50)

\* Enquiries: Kenko Suishin Ka TEL 0595-22-9653 FAX 0595-22-9666



## Have you remembered to get your child vaccinated? **よぼうせっしゅをうけわすれていませんか?**

Please check your mother & child passbook (*boshi techou*) to make sure that your child has received all the vaccinations he or she needs. If your child is no longer within the age range to get vaccinated for free, he or she can still be vaccinated, but at your own cost.

		Applicable Age	Doses	Best time for vaccination
<b>Hibs</b>		2 months – 5 years	1 – 4	Number of doses depends on age when began. Please check with your doctor.
<b>Streptococcus Pneumoniae</b>		2 months – 5 years	1 – 4	
<b>4Compound vaccination for dyptheria, Whooping cough, tatanus, polio</b>	Stage #1	Between 3 ~ 7.5 years of age	3	3 times between 3 months and 1 year, with 3~8 weeks between each dose.
	Additional Stage #1	1 to 1.5 years after first dose before the age of 7.5 years.	1	Taken between 1~1.5 years after dose three to act as a booster.
	* From September 2012 an inactivated polio vaccination was introduced, from November 2012 the 4 compound vaccination was introduced. * If you received the 3 compound vaccination or polio vaccination, please continue with these types of vaccinations, not the new ones.			
<b>BCG</b>		Less than one year	1	Between 5~8 months old
<b>Measles and Rubella (MR)</b>	#1	Between 1 & 2 years old	1	As soon as possible after 1 <sup>st</sup> birthday
	#2	April 2 <sup>nd</sup> 2007 & April 1 <sup>st</sup> 2008	1	Details sent by post.
	* #3 Junior High 1 <sup>st</sup> Grade and #4 (Junior High 3 <sup>rd</sup> Grade) have been discontinued.			
<b>Japanese Encephalitis</b>	Stage #1	Between 3 and 7.5 years	2	Between the ages of 3 & 4, have two shots between 1 & 4 weeks apart.
	Additional #1	About one year after the first shot (until 7.5 years of age).	1	After the second stage one shot, wait about 1 year for the next one.
	#2	Between 9 & 13 years of age.	1	Have as soon as possible after 9 <sup>th</sup> birthday.
	As a special case, those born between April 2 <sup>nd</sup> 1995 and April 1 <sup>st</sup> 2007 who have not completed their stage #1 and #2 vaccinations can still receive the necessary, remaining shots up until their 20 <sup>th</sup> birthday.			
<b>Dyptheria and tetanus (DT)</b>		Between ages of 11 & 13	1	Information sent by post to 6 <sup>th</sup> graders. Receive early.
<b>Cervical Cancer</b>		Girls between the ages of 12 & 16	3	3 doses within 6 months. <b>Currently not being strongly encouraged.</b>

If you are of the eligible age, please make sure to make a reservation for the vaccination at a local clinic. Remember to take your mother & child passbook (*boshi techou*) with you on the day of vaccination. If you live in Iga and have not yet received your vaccination slip, please ask about this when calling the clinic to make an appointment. If you wish to receive your vaccination somewhere other than in Iga, you will be given the vaccination slip. \* Enquiries: Kenko Suishin Ka TEL 0595-22-9653 FAX 0595-22-9666

## 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)

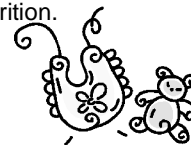
This is a very important period in your child's development of basic functions such as speech, walking and so on, so the 18 month checkup is a general examination. Your child will be observed day by day to assess his or her emotional and physical development. Make use of this free checkup to make sure 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】 19th December (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】 12th December (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

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

**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)

**Compared to the typhoons and heavy rains of summer, winter could be described as a relatively safe time of year when it comes to natural disasters. But earthquakes of course can strike at any time of year, and there are certain other dangers which are unique to the winter period.**

**Fires かし** The risk of fires increase during winter, due to the colder, drier air and increased use of stoves and other heating devices. Don't place your wet laundry on top of a stove to dry, and don't refuel a stove while it is still burning.

**Traffic Accidents ふゆのこうつうじこ** There is an increase in the number of traffic accidents in winter as it gets dark earlier, and most people are returning home or using the roads after dark. There is also snowfall and ice on the roads, so be careful when driving.

**Prepare yourself for Winter ふゆのじゅんび** There are many things which you may only pull out of your wardrobe just for winter, such as disposable 'kairo', warm, thick blankets or winter clothing. Make sure you are prepared for the cold months ahead by getting all these things ready in advance.

### About the Income and Withholding Tax Certificate げんせん ちょうしゅう ひょう について

Do you know about the withholding tax at source system? In this system, employers and companies deduct tax directly from their employees incomes and pay it to the government on their employees' behalf. As a general principal, all companies should use this system to deduct the correct amount of tax due every month after social insurance fees have been deducted from the employees monthly income.

#### <Year-End Tax Adjustment>

The year-end tax adjustment is used to finalise the amount of income tax that each person is required to pay in that year. If there is a difference between the amount of income tax due, and the amount of income tax that has actually been deducted from an employees salary, then this is corrected at the end of the year. This may mean that not enough was deducted from the monthly salaries, or that too much was deducted, so the employee will get some money back. Normally, this tax adjustment is made in the employees December salary, and he or she receives notification of how much adjustment was needed at the end of January. This is also the case if you leave your job. When you officially leave, your former employer must give you a certificate of income and withholding tax within one month.

If you were unable to perform a year-end tax adjustment, if you had to pay a large amount of medical fees, or if you had to send money to your home country to help support family members there, then you must let the tax office know this. This process is known as filing an income tax return. If you file a tax return, then you will be reimbursed for some of the tax that had previously been deducted.

