



The city newsletter

Population of Iga City 96,818

Foreign nationals 4,249

4.39% of Population

30th November 2013

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



Happy New Year

It is my sincere wish that all the citizens of Iga City will enjoy a successful year in 2014. I can work hard to create a city that works for you. I kindly ask for your support and cooperation in building a better, brighter Iga City.

Okamoto Sakae
Iga City Mayor



Tax Declarations < ぜいきんのしんこく >

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.

【Time】17th February to 17th March, 09:00 ~ 17:00 * Closed on weekends

【Venue】Yume Dome Ueno, 2nd Gymnasium

Who needs to submit a tax declaration?

- Anyone that receives a salary but did not complete their year-end tax adjustment
- Anyone who has received a salary from more than one company/employer during the year
- Anyone who left their place of work and started a new job in the same year
- Anyone who did not include information about their dependents in their year-end tax adjustment

What do you need to make a tax declaration?

- A copy of your residence card or alien registration card
- The original copy of your certificate of income and withholding tax
- A copy of the bank book (*tsuchou*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number).
- Passport
- Personal seal (*inkan*)
- Documentation (including Japanese translation) to prove your dependents
- Documentation (including Japanese translation) to prove that you are sending money to dependents overseas.
- Your national health insurance certificate
- National pension certificate
- Proof of life insurance fee exemption
- Proof of medical costs for you and your family members, etc



You cannot make your tax declarations at the Ueno Tax Office, Iga Prefectural Tax Office or Iga City Hall.

Municipal certifications and documents are issued upon presentation of your tax return slip.

If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either

【Enquiries】Kazei-ka, Shiminzei-kakari (Tax Department) TEL 0595-22-9613

Ways to Avoid Catching the Flu < いんふるえんざにかからないために >

- Eat a well-balanced diet
- Wash your hands thoroughly (use plenty of soap, wash your palms, between fingers and your wrists and rinse with running water) and gargle often.
- Stay warm.
- Avoid large crowds of people and going outside as much as possible.
- Be considerate when coughing or sneezing by covering your mouth and nose with a tissue. Wear a mask.
- Make sure you get enough sleep
- Get a flu vaccination (even if you still catch the flu, your symptoms will be less severe)
- Maintain rooms at 20-25C and a humidity of 50-60%.



MONTHLY TAX PAYMENTS
~ Pay by January 31st ~

National Health Insurance (7th installment) Kokumin Kenkou Hoken
Municipal, Prefectural Tax (4th Installment) Shikenmin zei
Enquiries: Shuuzei-ka Tel. 0595-22-9612

Municipal Housing APPLICATIONS <しえい じゅうたく の もうしこみ>

【Application Period】 January 29st (Wednesday) to February 4th (Tuesday), from 9am ~ 5pm

If you apply by post, your letter must arrive by Tuesday 4th.

【Lottery】 The lottery will take place on **Monday 3rd of March from 9:30am**, at Iga Kinrousha Fukushi Kaikan (2F).

* If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.

【Available Housing】

	Location	Number Available
Ueno Branch Office-administered Housing	Kine Danchi	3 properties (inc. 1 of which is marked for priority housing)
	Araki Danchi	3 properties (inc. 1 of which is marked for priority housing)
	Kaminoshou Danchi	3 properties (inc. 1 of which is for single occupancy)
	Shirogaoka Danchi	2 properties (inc. 1 of which is for single occupancy)
Aoyama Branch	Shimogawara Danchi	1 property (for a family with children)

【Eligibility】

- 1 Be a resident of or employed in Iga. Be registered as a foreigner in Iga who has lived in Japan for at least the last two years.
- 2 Must not have any unpaid tax bills, including all other people who will be living with you. Or, if you have lived in municipal housing in the past, have no outstanding rent, parking bills etc.
- 3 Must clearly be in need of assistance regarding your living circumstances.
- 4 Must intend to live with others (relatives, including fiancées etc.).
- 5 Must have an income appropriate to the income range stipulated for those seeking municipal housing.
- 6 Must be able to support yourself financially, and have to guarantors who have no outstanding tax bills. One of the guarantors must either live or work in Iga.
- 7 Must not be a member of any gangs or criminal organization.

【Priority Housing】

- 1 Single Parent families 2 The elderly 3 Physically or mentally disabled 4 Those receiving welfare benefits

【Child Support Housing】

Household living with a child who is from 0 year old to the end of junior high school, and raising him or her.

【Applications, Enquiries】

Please send your completed application, or direct any enquiries to 518-1395 Iga-shi, Baba 1128, Iga-shi Kensetsu-Bu, **Kenchiku Juutaku Ka TEL 0595-43-2330 FAX 0595-43-2332**



Prefectural Housing APPLICATIONS <けんえい じゅうたく の もうしこみ>

【Application Period】 January 7th ~ January 31st 2014

【Prefectural Housing】 Iga block Hattori (1 property), Yumegaoka Casa Ueno (1 property)

【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 Fiancées 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

You can receive an application form and rules booklet from the prefectural building in Ueno (ken chousha) or in City Hall's Shimin seikatsu Ka **【Enquiries】 Iga Nanbu Fudosan Jigyo Kyodo Kumiai TEL 059-221-6171**



Cancer Screenings <しゅうだん がん けんしん>

【Time】 Saturday 15th of March Registration 09:00 - 11:00

【Vebue】 Yumepolis Centre

【How to register】

Register by telephone to the Kenko Suishin Ka 0595-22-9653

《Check ups available》

You can receive check ups for stomach cancer, colon cancer, prostate cancer and cervical cancer up until February 28th at any clinic or hospital in Iga. If you would like to register for a check up at a clinic or hospital in Iga, please contact your clinic or hospital of choice directly.

See the June edition of the Iga Newsletter for further details

Those who have received free check up coupons for breast cancer will be able to have a check up at Okanami Hospital until March 24th, or at Iga Kenshin Centre until March 27th.



Infant Health Checkups & Development Tests <赤ちゃんの健診> 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 Checkups (Free)

This is a very important period in your child's development of basic function 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.

【Examinations】 Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】 Mother-Child passbook (Boshi techo), forms

【Date】 21st January (Tues) from 13:00 to 14:30

【Place】 Haitopia Iga 4F (Iga shi Hoken Centre)

*Also available at City Hall sub-branches. Contact them directly for further information. Make use of this free checkup to make sure your child has a healthy upbringing.



3 year Checkups (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】 23rd January (Thurs) from 13:00 to 14:30

【Place】 Haitopia Iga 4F (Iga shi Hoken Centre)

*Also available at City Hall sub-branches. Contact them directly for further information. Make use of this free checkup to make sure your child has a healthy upbringing.



Emergencies & Medical Assistance <救急・医療> 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)

2. The Mie Medical Information Centre (Mie ken Kyuukyuu Iryou Jouhou Centre) 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

Monday to Saturday	20:00~23:00
Sunday, Public holidays, Beginning of year holidays	9:00~12:00 14:00~17:00 20:00~23:00

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

【Shimin & Nabari】

Weekdays From 17:00 to 8:45 the following day
Saturdays, Sundays, Public holidays & Beginning of year 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 & Beginning of year holidays, the from 09:00 to 08:45 the following day

【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 <三重子ども医療ダイヤル>

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

【Place】 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 13:00 to 16:00

【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!

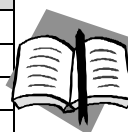
三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

Japanese Language Classes & Learning Support Classes <日本語教室 & 学習支援教室>

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!

!The next Iga Nihongo no Kai Classes will begin from February 15th.

Name	Iga Nihongo no Kai (From Feburary)	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>

< Makizushi Making Event >

Want to better understand the municipal authorities?

Interested in taking part in a local event?

Want to build good relations with your Japanese neighbors so you can help each other out in the event of a natural disaster?

~ If any of the above apply to you, don't miss out on this event! ~

Time: February 2nd (Sun) 10:00 – 14:00

Venue: Ueno Fureai Plaza 4Flr

Places: 24 (Accepted in order of application, free)



Host: Iga City

Organiser: NPO Iga no Tsutamaru

Sign up: Iga City Shimin Seikatsu Ka
0595-22-9702

or NPO Iga no Tsutamaru
0595-23-0912

< Charity Bazaar >

The Ueno Chapter of the 'Iga Kousei Hogo Josei no Kai' (Iga Women's Rehabilitation Association) will hold a Charity Bazaar as follows:

Time: Sunday 9th February, 09:30 - 14:30

Venue: Ueno Fureai Plaza 3Flr

Details: Sundry goods will be on sale

Enquiries:

Kousei Hogo Ka 0595-22-9650

< Would you like to join in the training for evacuation? >

Time: 23rd February (Sun) 10:00 – 15:00

Venue: Ueno Higashi elementary school

Gym

Fee: Free

How to apply: Call to Shimin Seikatsu Ka

Enquiries:

Shimin Seikatsu Ka 0595-22-9702

< Fat-burning Boexercise >

Experience the effect of lowering your weight through exercise and taking supplements before, during and after exercise. This series will introduce exercise aimed at beginners to novices.

Time: 13th February (Thu) 19:30 - 20:30

(Sign up from 18:45)

Venue: Yume Dome Ueno Dai Ichi Gym

Instructor: Toyama Misa

Eligibility: Adults who have already completed a gym induction course and Adults (Junior Highschool age or above)

Places: 150 max

Cost: Includes insurance fee

Adults : 600 yen

Fitness Class Users : 400 yen

Sign up by telephone from Tuesday 14th January, 09:00.

Sign ups / Enquiries:

Yume Dome Ueno 0595-22-0590;

or Sports Shinko Ka 0595-47-1284

FAX 0595-47-1290