



The city newsletter

Population of Iga City 96,767

Foreign nationals 4,274

4.42% of Population

31th December 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

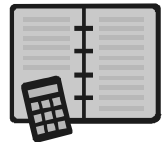


Tax Declarations < ぜいきんのしんこく >

Time: **17th February to 17th March, 09:00 ~ 17:00** * Closed on weekends
 Venue: **Yume Dome Ueno, 2nd Gymnasium**

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 you have 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



Free Shuttle Bus Service to Tax Returns Venue

There will be a free shuttle bus service running between city hall, city hall's regional branch offices, local community centers (in the Ueno area) and Yume Dome Ueno.



Services between City Hall and Yume Dome :

Date	Departure from City Hall	Departure from Yume Dome
February 18, 20, 25, 27	9:00 10:00 11:00	9:30 10:30 11:30
March 4, 6, 11, 13	13:00 14:00 15:00	13:30 14:30 16:15

Services between Community Centers, City Hall Branch Offices and Yume Dome :

Pick Up and Arrival Point		Date
Community Center	City Hall Branch Office	
Kanbe, Hijiki, Inako	Aoyama Branch Office	February 18, 25, March 5, 13
Fuchuu, Nakase	Ayama Branch Office	February 19, 27, March 5, 14
Nagata, Ota	Shimagahara Branch Office	February 20, 26, March 7
Tomono	Iga / Oyamada Branch Office	February 21, 28, March 6, 12
Kijigadai, Furuyama, Ida	-----	February 19, 26, March 11
Suwa, Nii, Mita	-----	February 21, March 4, 14
Hanagaki, Hananoki, Kume	-----	February 28, March 7, 12

* Depending on the location, there may be some differences in the arrival and departure times of some bus services from community centers and branch offices. Please check times with your local branch office.

** Due to unexpected circumstances there may be changes or cancellations to the bus services.

【Enquiries】 Ueno Zeimusho TEL 0595-21-0950, Kazei ka Shimin zei gakari TEL 0595-22-9613

MONTHLY TAX PAYMENTS
 ~ Pay by February 28th ~

National Health Insurance (8th installment) Kokumin Kenkou Hoken
Fixed Assets (4th Installment) Kotei Shisan Zei
Enquiries: Shuuzei-ka Tel. 0595-22-9612

Information for those Enrolled in National Health Insurance <こくみんけんこうほけんにはいつているひとへ>

Did you know that the amount you are required to pay may decrease, based on your income?

~ File your Municipal and Prefectural tax Returns ~

The national health insurance fee you are required to pay may decrease, based on your income.

When the health insurance fee is assessed under Iga's National Health Insurance plan, households which have an income lower than that stipulated by the law may be eligible for a 20%, 50% or even 70% reduction in the national health insurance costs.

To pay the reduced amount, you must file your municipal and prefectural tax returns.

Whether or not you are eligible to pay only the reduced rate or not is based on a calculation of the combined income of all household members. If you cannot clearly prove all your sources of income, then you will not be eligible to pay the reduced amount.

Those who had absolutely no income in the previous year, those whose only income was from non-taxable sources such as disability pension or bereaved family pension and those residing in Iga who were not being financially supported by anyone else may be eligible for this reduction. Please file your tax returns between February 17th and March 17th.

【Enquiries】Hoken Nenkin Ka TEL 0595-22-9659

Combined Expenses System for high-cost Medical and Nursing Care <こうがくいりょうとこうがくかいごをたすことができます>

Under this system, if the combined personal costs(1) covered by members of the same household in one year (August 2012 to July 2013) exceeds the upper limit for personal costs (differs according the household. See chart below), then the amount(2) in excess of the upper limit will be covered on their behalf.

*1: This refers to the amount of money paid to a medical facility for health care costs. If you are under 70 years of age and enrolled in a health insurance programme, such high-cost care is defined as payments in excess of 21,000 yen within one month. Since this is a combined expenses system, if costs were incurred for medical care but not nursing care (or vice versa), then no expenses incurred will be classed as high-cost and therefore eligible for cover under this system.

*2: If health insurance costs are calculated as being under 500 yen, they will not be eligible for cover.

Not all those who are eligible for this system will necessarily be informed that they can apply for this reimbursement. If you think you may be eligible, please contact the local authorities (city hall, branch offices). Those who may not be informed but may be eligible are:

a) Those who have changed their municipality and have changed the insurance plan they are enrolled in.

b) Those who have switched from a private insurance plan to either national health insurance or insurance for the elderly aged 75 and older.

Upper Limits Chart :

	Combined Amount for both the Health Care System for the Elderly Aged 75 and Older and Nursing Care Insurance	Combined Amount for National Health Insurance and Nursing Care Insurance (households with member aged 70~74)	Combined Amount for National Health Insurance and Nursing Care Insurance * Households in neither nor .
Earners above certain amount	670,000 yen		1,260,000 yen
Regular (pays municipal tax)	560,000 yen		670,000 yen
Low-income (does not pay municipal tax)	310,000 yen (190,000 yen for those under (3))		340,000 yen

*3: Members of a household who have not paid municipal tax and which, after all necessary expenses have been deducted from their income, are left with no money in excess (calculated as those with an annual salary of under 800,000 yen).

* If you are enrolled in a health insurance programme through your place of work, please contact them for further details.

【Enquiries】Hoken Nenkin Ka TEL 0595-22-9660,0595-22-9659, Kaigo Kourei Fukushi Ka TEL 0595-26-3939

Experience Nepalese Food and Culture <ねばーるりょうりとぶんかのこうりゅうかい>

Time: March 8th (Sat)

Place: Aoyama Harmony Forest

<<Part One>> 10:00 - 13:00

Enjoy a cooking class in which you can make and enjoy eating Nepalese-style chicken and vegetable curry, dal soup and chai etc.

Fee: 500 yen

Sign up: Sign up by February 10th (Mon)

Places: Maximum of 30 spaces available.

<<Part Two>> 13:00 - 15:00

An Introduction to Nepal, talk show, fun quiz etc. It is possible to participate in part two without participating in part one. You don't have to apply to participate in part two.

【Sign ups & Enquiries】Aoyama Branch Office's Shinkou Ka 0595-52-1112 FAX 0595-52-2174



Infant Health Checkups & Development Tests <あかちゃん 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】 18th February (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】 20th February (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.



Emergencies & Medical Assistance <きゅうきゅう いりょう 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 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

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



February except pediatrics						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1 Nabari
2 Nabari	3 Okanami	4 Shimin	5 Okanami Nabari	6 Nabari	7 Shimin	8 Shimin
9 Okanami	10 Okanami	11 Nabari	12 Okanami Nabari	13 Nabari	14 Shimin	15 Nabari
16 Nabari	17 Okanami	18 Shimin	19 Okanami Nabari	20 Nabari	21 Shimin	22 Shimin
23 Okanami	24 Okanami	25 Nabari	26 Okanami Nabari	27 Nabari	28 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 <みえこども 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!

Name	Iga Nihongo no Kai (From February 15 th)	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>

< Disaster Preparedness Drill for Foreign Residents >

The Great East Japan Earthquake caused both big earthquake and tsunami. We might have a big earthquake here in Iga. What would you do if it happens? In order for you to protect your family and yourself, we will have a workshop about HI NAN JO, emergency shelters. Emergency food will be provided for lunch!

Date : Sunday, February 23 (10 : 00 ~ 15 : 00)

Place : Iga City Ueno-Higashi Elementary School Gymnasium (IgaCity, Midorigaoka Nakamachi 4352,)

【 For information and Reservation 】

Mie International Exchange

Foundation(MIEF)

059-223-5006 Fax 059-223-5007

or Shimin Seikatsu Ka

0595-22-9702 FAX 0595-22-9641

< Individual legal and labor consultation for foreign residents >

Specialist available for consultation, lawyer, notary public and certified labor consultant for social insurance! All consultation will be kept secret!

Date: March 2, 2014 (Sunday) 13:00~17:30

Place: Ueno Fureai Plaza
(IgaCity, Ueno Naka-machi 2976-1)

**parking space are available w/fee

Reservation is required! 12slots.65 min. per consultation. Free of charge!

* reservation stops if the slots are full.

Available language for interpreter: English, Filipino, Portuguese, Spanish, Chinese, Bahasa Indonesia, Thailand and Vietnam

【 For information and Reservation 】

Mie International Exchange Foundation(MIEF)

Mie-ken Tsu-shi Hadokoro-cho UST-TSU 3F

059-223-5006 Fax 059-223-5007

E-mail: mief@mief.or.jp

URL: <http://www.mief.or.jp>

<Promoting Multicultural Understanding Series>

Looking back on the 17 years since he first came to Japan, the speaker, a native of Peru, will give a seminar about deepening multicultural understanding.

Time: March 29th (Sat) 10:00 - 11:30

Place: Ueno Fureai Plaza 3F

Middle Meeting Room

Speaker: IPU's Mr. Carlos Ochante manuel

【 Register 】 Iga International Friendship Association

0595-22-9629 FAX

0595-22-9628

or Shimin Seikatsu Ka

0595-22-9702 FAX

0595-22-9641

