



IGA



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
96,251
Foreign nationals
4,196
4.36% of population
30th April 2014

Child Allowance Update

じどう てあて げんきょう とどけ

If you are receiving child allowance, you must submit a form to update the authorities on your current living arrangements. This form is called the "jido teate genkyo todoke". It is used to assess your living arrangements as of the 1st of June, which is the date in which the form should be completed. If you do not submit the form, you will automatically stop receiving payments beyond June.

The form will be posted to all relevant households at the beginning of June, so please be sure to complete and return it.

Submission Deadline Monday June 30th

Submissions & Enquiries Kodomo Katei Division 0595-22-9654 ,



Temporary Welfare Benefits and Special Benefits for Child Rearing Households

りんじふくしきゅうふきん こそだてせたいりんじとくれいきゅうふきん

Special Welfare benefits are available to those who are not paying residence tax. Special child-rearing household benefits are available to households which do pay residence tax, but who are also in receipt of child allowance. Application to receive these benefits and details of how the benefits are paid out are as follows. Please contact us for further details, or refer to the flier which was handed out (in Japanese only) with the May 15th Japanese edition of the city newsletter.

《Application Period》 1 July – 30 September

《Submit to》 Kosei Hogo Ka, c/a Special Welfare Benefit TEL 22-9664

Scholarships Available in Iga

いがし しょうがくきん せいど

Iga Sasayuri Scholarship Fund

This scholarship fund was established by the personal funds of private donors with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need of financial assistance.

Eligibility *You must fulfill all four of the conditions below

Have your address in Iga, unless you live outside of Iga in order to commute to school.

Be in either the first year of university/junior college or the fourth grade of a vocational high school

Have graduated from a junior high school or senior high school in Iga

Be a member of a household with a combined annual income of less than 7,800,000 yen.

Amount Available: 240,000 yen a year

Application period: Monday June 16th ~Monday June 30th Availability: 2 students



Iga City Scholarship Fund

Scholarships are available to highschool and university students in Iga in order to ensure that all have equal access to education, and to foster the growth of young people who can make positive contributions to society.

Eligibility *You must fulfill all three of the conditions below

Both the student and their guardian are residents in Iga, except for those who changed their address in order to commute to their school or university.

Be currently enrolled in either a senior high school, vocational school or university etc.

No members of the same household as the applicant should be required to pay residence tax based on income for fiscal year 2014.

Scholarship Fund available : Public Institutions : 6,000 yen a month Private Institutions : 7,000 yen a month

Application Period : Monday June 16th ~Monday June 30th

(Applications & Enquiries) Kyouiku Soumu Ka TEL 0595-47-1280 FAX 0595-47-1281

Community Halls (Ueno, Igamachi, Ayama, Oyamada, Aoyama)

<MONTHLY TAX PAYMENTS> 6がつのうぜい

(The first period) Pay by June 30th Residence Tax [Shi Kenmin Zei]

Shuu Zei Ka TEL 0595-22-9612

1(E)

Cancer Screenings, Medical Checkups for Youth (First round)

がん けんしん うけませんか？

Cancer screenings and medical checkups are offered twice a year. This is the first round of screenings available for the fiscal year 2014. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms which concern you, please go and see your medical practitioner directly.

[Start Date of accepting appointment] Dedicated Phone number: **0595-62-6100**

Thursday June 12th 8:30~17:15 Friday June 13th 8:30~17:15 (screenings & Checkups place: Yumeporisu center)

Phone number for appointment after Wednesday June 18th : 0595-22-9653 (Kenkou suishin ka)



Eligibility, Details

Screening (You pay)	Eligibility (as of April 1 2015)	Details
Stomach Cancer (1100 yen)	Above 20	An x-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.
Colon Cancer (400 yen)	Above 20	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.
Prostate Cancer (600 yen)	Males above 50	Blood test.
Cervical Cancer (1400 yen)	Females above 20	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor.
Breast Cancer (1600 yen)	Females above 30	An explanation of how to perform self examinations and an x-ray (mammography). The breast will be placed between plastic boards and x-rayed (may cause some pain or discomfort). Not eligible to pregnant or breast feeding women, or women who have breast fed within the last year.
Youth Medical Checkup (2800 yen)	Born between April 2 1975 and April 1 1995	Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.

To ensure safety of the examination and quality control, Iga City will record and store the data from your screening or checkup Please be aware of this in advance.

[Exemption from Payment] *Ages as of April 1, 2015

Enquiries Kenko Suishin Ka TEL: 0595-22-9653

Individual Cancer Screenings

こべつ がんけんしん

You can also have cancer screenings through your regular hospital or clinic.

Please read the details carefully, and contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Free Cancer Screenings

むりょう がん けんしん

People aged 30, 35, 40, 45, 50, 55, or 60 are eligible for FREE colon, cervical and breast cancer screenings.

The city is now distributing free screening coupons to those at key ages in order to ensure that as many people as possible are accessing cancer screenings. Please make use of this opportunity.

* Further, detailed information will be sent by post to those who are eligible in June.

Free Colon Cancer screenings **Enquiries: Health Promotion Division TEL0595- 22-9653 FAX0595- 22-9666**

Tax Notices for Municipal and Prefectural Tax will be posted soon

し・けんみんぜいの のうぜい つうちしょ

Tax notices for municipal and prefectural tax will be posed on Friday 13th of June. You can easily make your payments at any bank or convenience store. Payment Deadline Regular tax payments are done 4 times annually. The payment deadline for these payments are the end of June, August, October and January. *If the last day of these months should fall on a weekend or public holiday, the payment deadline will be the following day.

* Information regarding direct debit payments from your salary have been sent to business establishments and employers, so please check the details with your place or employment. **Enquiries: Kazei Ka TEL 0595-22-9613 FAX 0595-22-9618**

Infant Health Checkups & Development Tests <あかちゃんけんしん> 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 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】 24th June (Tues) from 13:00 to 14:30

15th July (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



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.

Emergencies & Medical Assistance (きゅうきゅう・いりょう) Iryou Fukushi Seisaku 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 Kayamachi 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

June						
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	* Except pediatrics				

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

【Place】 Ground floor of City Hall, in the **Shimin Seikatsu Ka division** Tel. 0595-22-9702

Japanese Language Classes & Learning Support Classes

にほんご & 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 >

Applications for Prefectural Housing

けんえい じゅうたく の もうしこみ

Application Period: Beginning of July ~ July 31st

Moving in possible from the end of September 【Enquiries】: Iga Nanbu Fudosan Jigyo Kyodo Kumiai TEL: 059-221-6171

Applications for Municipal Housing

しえい じゅうたく の もうしこみ

Applications for those who wish to move in to municipal housing from July will be accepted from 15th July to 30th July. For details on the housing available, the application period and conditions for eligibility, please contact city hall after June 15th.

Enquiries should be directed to:

Kenchiku Jutaku Division TEL: 0595-43-2330

Shimin Seikatsu Division TEL: 0595-22-9702 (Assistance available in Portuguese, Spanish and Mandarin)

Change in Combustible Garbage Bag Prices

ごみぶくろ の りょうきん へんこう

The price of garbage bags for combustible garbage will change from October 1st. From October onward if you use the old garbage bags, you will have to affix a seal to show that you have paid the difference in price between the old and new bags.

Bags	Large (45L) Pack of 10 was 200 yen	will be 350 yen
	Medium (30L) Pack of 10 was 150 yen	will be 250 yen
	Small (20L) Pack of 10 was 100 yen	will be 150 yen



Even if you buy the current bags in bulk before the change in price, you will still have to pay the difference in price from October 1st onward, so there is no point buying in bulk before the price change.

Pediatrics Outpatient Visits

しょうにか がいらい

Outpatient visits to the pediatrics department have been possible since March.

It is possible to receive examinations at the same time as other family members.

Chinese interpreting support also available.

【Clinic Open Days】 Tues, Wed, Thu, Fri 08:30 – 11:30 【Enquiries】 Ueno Sogo Shimin Hospital Office 24-1111



Pool Openings

プール が はじまりました

《Opening Times》 Ueno Undo Koen Pool 19 July (Sat) – 24 Aug (Sun) 10:00 – 16:00 Closed on 22 July (Tue) and 4 August (Mon).
Ayama, Oyamada B&G Kaiyo Centres 5 June (Sat) – 31 Aug (Sun) 09:00 – 22:00

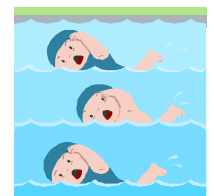
Oyamada will be closed every Monday (apart from Monday 21 July) and 22 July (Tue).

Ayama will be closed every Tuesday.

All three pools may change their opening times depending on water quality, weather conditions etc.

《Price》 Adult: 300 yen, Junior High & below 150 yen, Infants 50 yen.

Children second grade or below must be accompanied by an adult.



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