



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	96,140
Foreign nationals	4,219
4.39% of population	
	30 <sup>th</sup> June 2014

## Have you applied for Special Welfare Benefits and Special Child-rearing Household Benefits? りんじ きゅうふきんの しんせい は もう すみましたか？

The deadline for application is close. If you were registered as a resident of Iga on January 1<sup>st</sup> this year, your household is eligible to receive child support, and is excluded from paying residence tax for fiscal year 2014, please check with city hall if your application has been processed or not. The deadline is September 30, so please apply early.

### Nigiwai Festa 2014

しみん なつのにぎわい フェスタ 2014

Ginza Doori and Honmachi Doori will be closed to traffic and transformed into a pedestrian area with a street market 'Raku-Ichi' and street performances, exhibitions at 'Raku-Za.' At the International Food Village you will be able to enjoy sandwich, chicken roast, cake, espechino, cochinha, pastels and even craft stall! Don't miss out!

Time & Date: Sunday 24th August 12:00 - 21:00. Venue: Ginza Doori, Honmachi Doori

### Fireworks Festival はなび たいかい

#### Oyamada Furusato Summer Festival

When: Thursday 15th August from 18:00 (fireworks from 20:30).

Cancelled in the event of rain, with the fireworks rescheduled for the following day. Venue: Seseragi Park



#### Iga Citizens Firework Festival

When: Saturday 23rd August from 16:00 (fireworks from 20:00). Will go ahead in the event of rain, but cancelled if stormy weather.

Venue: Ueno Undo Kouen

### Explanatory meeting for Tousei no Oka Kindergarten どうせいのおか ようちえん にゅうえんせつめいかい

An explanatory meeting for enrollment in Tousei no Oka Kindergarten will be held at the times outlined below. If you are thinking of enrolling your child, please come along. Time & Date: Sunday 7th September. 09:30 open, 10:00 start.

Venue: Tousei no Oka Kindergarten Details: Explanation of the Kindergarten, enrollment procedures, Q&A session.

\* Childcare will be available. If you wish to use this service, please apply between 18th and 23rd August.

Enquiries and Applications: Tousei no Oka Kindergarten TEL 0595- 26-5770 FAX 0595-26-5771



### Enrollment in Elementary School しょうがっこうの にゅうがく てつづき

If you are a resident of Iga and hoping to enroll your child in elementary school from April 2015, please read carefully the letter which you should have received in the post, and complete the application form by Friday the 5<sup>th</sup> of September.

Eligibility: Any child born between 2<sup>nd</sup> April 2008 and 1<sup>st</sup> of April 2009.

Paperwork to Submit: School enrollment application form, written pledge, questionnaire, identification for both the child and their guardian (alien registration card, Zairyu card, passport etc.)

Submit application to: If you don't need interpreting help, submit it to the Gakkou Kyouiku Ka TEL 0595-47-1282 (City Hall's Oyamada Branch Office, Hirata 652-1) If you do need interpreting help, submit it to the Shimin Seikatsu Ka TEL 0595-22-9702 (City Hall, Ueno Marunouchi 116)



There will be a counter open to explain the process and answer any questions.

Time: Monday 25<sup>th</sup> August to Friday 5<sup>th</sup> September, 9am - 5pm. Place: City Hall's Shimin Seikatsu Ka

### Certificate of Graduation from Junior High School Test ちゅうがっこう そつぎょうていど にんていしけん

This is a test conducted nationally which shows proof of education up to the level of junior high school. If you pass this test, you will be eligible to enter senior high school.

Test date: Thursday 30<sup>th</sup> of October, 10:00 to 15:40 Test site: Mie Kenchou Lecture Halls 3F, rooms 131 and 132

Test subjects: Japanese, Social Studies, Math, Science, English To apply: Apply between 28<sup>th</sup> of August to 16<sup>th</sup> of September

Enquiries: Career Education Group in Mie Board of Education Office's Senior High School Education Division TEL 059-224-2913

<MONTHLY TAX PAYMENTS> (The second period) Pay by september 1<sup>st</sup> 8がつのうぜい  
Residencel Tax [Shi kenmin Zei] Shuu Zei Ka TEL 0595-22-9612

## About the Welfare Medical Fees Financial Support System ふくし いりょう ひ じょせい せいど

There are limitations based on income, so there will be a review of all those who are currently eligible and those whose payments are currently suspended will be reviewed. Those who are eligible after the review will be sent a certificate of eligibility (blue in colour). When you receive any medical treatment within the prefecture, please show this olive green card along with your health insurance certificate (kenko hoken sho). If you meet all the conditions for eligibility and have not yet applied, please do so.

\* If you are currently receiving this financial support or your payments are currently suspended, you do not need to make a new application.

### Health Care for the Disabled

Applies to: Anyone who fulfils either of the following criteria and who has an income beneath the threshold. The income of all those being supported must also be beneath the threshold. Possess a grade 1 ~ 3 physical disability card Possess either a grade A or B health treatment card (ryouiku techou) Possess a grade 1 or 2 mentally handicapped health & welfare card (seishin shougai sha hoken fukushi techou)

### Health care for Single Parent Families

Applies to: Anyone who fulfils either of the following criteria and who has an income beneath the threshold. The income of all those being supported must also be beneath the threshold. A child under the age of 18 who is being raised by his or her mother in a single parent home. A child under the age of 18 who is being raised by his or her father in a single parent home.

A child under the age of 18 who has neither mother or father, and is being raised by another guardian. A child under the age of 18 whose mother or father suffers from severe disability (possess a grade 1 disability according to national pension classifications).

### Child Health Care

Applies to: Anyone between their 12th birthday and the following March 31st, and their guardian, who has an income beneath the determined threshold. **Enquiries:** Insurance and Pensions Division (*Hoken Nenkin ka*) Tel.0595-22-9660

## Child Benefit and Special Child Benefit じどう ふよう てあて/とくべつ じどう ふよう てあて

### Child Care Benefits Update

If you are receiving child care benefits, you need to submit a form updating the authorities on your current status every August. Please check the notification which you will have received by post at the beginning of August. When you submit it, you must check all the details, so make sure that you go in person to the Kodomo Katei Ka or the Jumin Fukushi Ka in any of the city hall branch offices. You cannot submit your update either by proxy or post. **Submission deadline: August 29th**

### Special Child Care Benefits Income Update

If you are currently receiving this benefit, you need to submit a form updating authorities on your income status every August.

A notification will be sent to you in the middle of August. **Submission deadline: September 10th**

\*These updates are required in order to ensure that you still meet the necessary requirements to receive the benefits.

\*If you do not submit the update form, your benefit payments beyond the month of August will be stopped.

\*Update forms cannot be submitted to the child care support centre Haitopia.



## Special Benefits for the Disabled, Welfare Benefit for Disabled Children とくべつ しょうがいしゃ てあて/しょうがいじ てあて

### Special Benefits for the Disabled (Tokubetsu Shougai sha Teate)

These benefits are available to anyone over the age of 20 who due to severe physical or mental disability needs constant special care in their day to day lives. You are not eligible if the following apply to you: 1 You are currently living in a care home; 2 If you are currently in hospital and have been there for over the past three months; 3 If the income of the person in question, their spouse or carer is above the determined threshold for receiving the benefits.

### Welfare Benefit for Disabled Children (Shougaiji Fukushi Teate)

These benefits are available to anyone below the age of 20 who due to severe physical or mental disability needs constant special care in their day to day lives. You are not eligible if the following apply to you: 1 If you are receiving pension payments as disability benefit; 2 You are currently living in a care home; 3 If the income of the person in question or their carer is above the determined threshold for receiving the benefits.

To receive recognition...

From now on, applications must be made by the person themselves, or the guardian in the case of a disabled child. The degree of disability will be ascertained by submission of a completed health questionnaire.

You must give an update on your circumstances.

If you are receiving any benefits such as those mentioned above, you will need to submit a form to update the authorities of your current situation in order to show that you are still eligible for them (including information on your in). All the necessary documentation will be sent to you by post around mid-August, so please read it carefully and submit the necessary paperwork. It's very important that you submit it by the specified deadline, otherwise your payments may be stopped.

Submission period: between Monday 11th of August to Wednesday 10th of September

Enquiries: Shougai Fukushi Ka TEL 0595-22-9656 FAX 0595-22-9662, each City Hall Branch offices' Juumin Fukushi Ka

## Extended Opening hours for Certificate Issuing Desk on Thursdays もくようび しょうめい まどぐち えんちよう

When: Every Thursday until 19:30 except public holidays and end of year holidays

Where: Juumin Ka Available services: Issuing copies of your residence certificate (juumin hyou), personal identification, registering your seal (inkan) and many other official documents.

\* To use any of these services you must bring some form of photographic ID such as a driver's licence, passport etc. If you do not bring identification, you cannot use some services.

\* Some services cannot be requested via a proxy, such as registering your personal seal, same-day delivery of juumin kihon daichou card etc.

Enquiries: Juumin Ka TEL 0595-22-9645 FAX 0595-22-9643

The Tax Revenue Division also has extended opening hours, during which you can receive proof of income certificates etc. Please enquire for further details.

Enquires: Tax Dept TEL 0595-22-9613 FAX 0595-22-9618, Income Tax Dept TEL 0595-22-9612 FAX 0595-22-9618

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】12<sup>nd</sup> Aug (Tues), 9<sup>th</sup> Sep (Tues) from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station)



### 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】21<sup>st</sup> Aug (Thurs), 18<sup>th</sup> Sep (Thurs) from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station)

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 Kayamachi 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
	9 : 0 0 ~ 1 2 : 0 0
Sundays, public holidays, year end holidays	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

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

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

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 ( 30 <sup>th</sup> July to 27 <sup>th</sup> August is holiday )	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 clas	200 yen each class
Contact	TEL 0595-23-0912	TEL 0595-22-9629

## Hot Topics <そうだんいん だより>

### About Heatstroke

ねっちゅうしょう について



Heatstroke doesn't just happen when you are outside under a hot sun. Rather, heatstroke which happens indoors can often be much more serious. Follow the tips below to take care of yourself and avoid heatstroke.

Your environment: Avoid places that are at a high temperature, which are very humid, places where the air is still (no breeze), or where the sun is very strong.

Places: Avoid places both indoors and outdoors where there is no shade, like golfcourses, inside a parked car with closed doors and windows etc. How to prevent heatstroke  
Drink water at regular intervals. Wear light, airy clothing. Make good use of AC ad fans to keep cool

### Public Offices, Banks Remain Open during Obon

かんこうちょうのおぼんのえいぎょうについて

Banks and public offices such as city hall will remain open during the summer holiday period of Obon (August 13-15), when employees in the private sector are on vacation. If there is paperwork or other procedures you have been unable to carry out because of your busy daily schedule, take advantage of these days to catch up on them.

### Dentist Opening Hours during Obon

おぼんやすみのはいしゃ  
If you have a dental emergency during Obon such as sudden pain or swelling etc, the following dentists will be open between 09:00 and 17:00. Before you go to the dental clinic, please call in advance and do not forget to take your health insurance card etc with you.

August 13 (Wed) Wakuta Dental Clinic (Hirano Johokucho 113)

0595-21-8241

August 14 (Thu) Iwana Dental Clinic (Aho 621) 0595-52-0011

【Enquiries】

Iryo Fukushi Seisaku Ka  
22-9705 FAX 23-9673

### The Easiest OBENTO Cooking Class

かんたん おべんとう きょうしつ

There will soon be sports events and excursions to go to, but what kind of bento (packed lunch) will you make? Do you want to learn how to make a delicious bento that will make your family and friends happy? At this event, we will show you how to make easy, nutritious, beautiful and of course delicious bento that will put a smile on your face!

Time: September 7 (Sun) 10:30 – 13:00

Venue: Ueno Fureai Plaza 4F Cooking Classroom (Ueno Nakamachi 2976-1)

Eligibility: Anyone with a connection to a country other than (or including) Japan, between Elementary Grade 1 and Junior High Grade 3, and the students' parents or guardians.

Fee: 500 yen

What to bring: 1 bento box per person, an apron, bandana (a cloth to cover your hair)  
Places available: 30 (in order of sign up)  
How to apply: Call Iga International Friendship Association

Enquiries, to apply: Iga International Friendship Association TEL 0595-22-9629 (Weekdays 09:00 – 16:30). At other times 080-3667-9361.

