



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	96,096
Foreign nationals	4,217
4.39% of population	
	31th July 2014

Career advice for Higher Education in Iga がいにくじんじどうせいとのためのしんろがいたんす2014

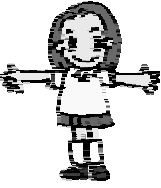
I want to go on to senior highschool, but what should I do? How expensive is highschool in Japan? What are Japanese senior highschools like?

If you have question like these, come to our meeting and find the answers! Students planning on attending the meeting should tell their teacher.

When: **Sunday 28th September 13:20 ~ 16:30** (Doors open from 12:50)

Where: Iga City's Yumepolis Center (Iga shi Yumegaoka 1-1-4)

Details: An explanation of the Japanese Education System



Information about the entry selection process – introduction of the senior highschool in Iga, school-related costs, scholarship system etc, information on classroom support (Gakushuu shien kyoushitsu), Q&A session, advice from senior students, informal gathering for each school.

Enquiries: Gakkou Kyouiku ka Tel.0595-47-1283

2014 Iga International Exchange Festa こくさいこうりゅうふえすた2014のもうしこみ

Would you like to have a booth at the 2014 Iga International Exchange Festival?

This year, the festival will be held concurrently with the Aoyama Fureai Festival. We are now looking for people interested in having a booth at the "International Exchange Food Village". If there are more applications than booths available, applicants will be chosen by a lottery system.

Date: 26th October, 10:00 - 15:00

Venue: In front of Aoyama Branch office

Fee: 1 booth (2.5m x 2.5m) and 1 desk, With tent is 3000 yen. Prepare the tent by yourself is 500 yen.

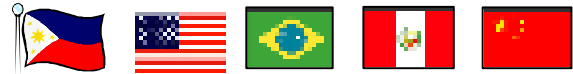
Total 10 booth.

Accompanying items: Gas cylinder 2000 each, gas cooker 500 yen each.

Not provide battery, desks and chairs. Please prepare by yourself.

Apply by: Thursday 30th September

How to apply: Fill in the application form and send it to the Iga International Friendship Association either in person or by fax. **Enquiries:** Iga International Friendship Association TEL.0595-22-9629 FAX.0595-22-9628



Insurance Certificates send out to those enrolled in National Health Insurance

あたらしいこくみんけんこうほけんしょうをおくります

Insurance Certificates sent out to those enrolled in National Health Insurance.

The expiry date on current insurance certificates is September 30th. The new certificate which you can use from October 1st will be posted to you after September 14th. Please use your new card after this time.

When it has arrived, make sure that all the details such as address, name etc. are displayed correctly.

If there is a mistake or if your new card does not arrive, contact the Hoken Nenkin Division or Jumin Fukushi Division in any of city hall's branch offices.

Please also check the expiry date. Cards usually have a limit of one year, but this may differ in the following cases: For people turning 75, until the day before their 75th birthday.

Enquiries: Hoken Nenkin Division TEL.0595-22-9659



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9がつ30にちまで

The deadline for application is close. If you were registered as a resident of Iga on January 1st 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 you application has been processed or not. The deadline is September 30th, so please apply early.

<MONTHLY TAX PAYMENTS> Pay by September 30th

9月のうけい

National Health Insurance 3rd Installment [Kokumin Kenkou Hoken]

Shuu-zei ka Tel.0595-22-9612

Cancer Screenings, Youth Health Checkups ? しゅうだん がん けんしん・じやくねんしゃ けんしん

The next series of cancer screenings have now been confirmed. To be eligible, you must be registered as living at an address in Iga. When you make an appointment, you will be asked for you date of birth, address, telephone number, preferred date and the type of checkup you would like to make an appointment for, so please have all of this information ready. You cannot take the same checkup more than once in the same year. If you feel something is wrong, you should go to your doctor immediately. When registration for appointments begins, we expect phone lines to be busy in the morning. All appointments are offered on a first come first served basis. Appointment Hotline: 62-6100 (Open September 10th to 12th, 08:30 to 17:15 on weekdays only. You cannot make an appointment through city hall or through local clinics. Make an appointment with city hall or through a local clinic after September 16th.



Beginning from September 10th, 08:30 Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
		Max.	50/1 units	N/A	N/A	100	55	80
4th Oct (Sat)	09:00~ 11:30	Oyamada						
2nd Nov (Sun)	09:00~ 11:30	Aoyama						
8th Nov (Sat)	09:00~ 11:30	Ayama						
	13:30~ 15:30							
15th Nov (Sat)	09:00~ 11:30	Igamachi						

Beginning from September 11th, 08:30 Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
		Max.	50/1 units	N/A	N/A	100	55	80
7th Oct (Tue)	09:00~ 11:30	Yumepolis Centre	2 units					
	13:30~ 15:30							
14th Oct (Tue)	09:00~ 11:30							
	13:30~ 15:30							
9th Nov (Sun)	09:00~ 11:30		2 units					
	13:30~ 15:30							
18th Nov (Tue)	09:00~ 11:30							
	13:30~ 15:30							
27th Nov (Thu)	09:00~ 11:30							
	13:30~ 15:30							
14th Dec (Sun)	09:00~ 11:30							
	13:30~ 15:30							
14th Mar (Sat)	09:00~ 11:30							

Currently Accepting Appointments for Date&Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
		Max	50/1 units	N/A	N/A	100	55	80
13th Sep (Sat)	09:00~ 11:30	Simagahara	2 units				full	
	13:30~ 15:30							
14th Sep (Sun)	09:00~ 11:30	Yumepolis Centre	2 units				full	
	13:30~ 15:30					full		
22nd Sep (Mon)	09:00~ 11:30						full	
	13:30~ 15:30						full	

To make a current appointment, or to make an appointment after September 16th:

Kenko Suishin Ka 0595-22-9653 Shimagahara 0595-59-2163 Oyamada 0595-47-1151 Igamachi 0595-45-1016
Ayama 0595-43-0332 Aoyama 0595-52-2280

Are you forgetting your free coupons? むりょう くーぽんけん わすれていませんか?

Coupons for free cancer health checkups have been sent out to those at ages of particular risk (20 for cervical cancer, 40 for breast cancer; 40, 45, 50, 55, 60 for colon cancer). These coupons were sent by post in June, and information on how they can be used was also enclosed. If you have lost your coupons, they can be resissued and sent out to you again.

Enquiries: Kenko Suishin Division TEL 0595-22-9653 FAX 0595-22-9666

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】9th sep (Tues) , 25th Sep (Thu) 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】18th Sep (Thurs) , 16th Oct (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

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

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 きょうじつ>

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>

Get vaccinated against Chickenpox and Geriatric Pneumococcus

Chickenpox Vaccination みずぼうそう

【Eligibility】 1 - 2 years of age

【No. of Shots】 Two (With no less than 3 months between each shot being administered) 【Cost】 Free

【Provisional Measure】

From 1 October 2014 to 31 March 2015, infants between the ages of 3 - 4 who have never received a vaccination shot will be able to receive one shot free of charge

【Please Note】

Individuals who have already been vaccinated against chickenpox on a voluntary basis are regarded as having received the necessary number of shots for the vaccination.

Individuals who have contracted chickenpox in the past are no eligible.

Make an appointment directly with a clinic and take your mother and child passbook (*boshi techo*) with you on the day of the appointment.

はいえんきゅうきん

Geriatric Pneumococcus Vaccination

【Eligibility】 Please refer to Kouhou IGA Shi of 1 September.

【No. of shots】 One

【Vaccination Fee】

3000 yen (or free of charge for those on welfare benefit (*seikatsu hogo*))

【How to get the Vaccination】

Make an appointment directly with a clinic and take the notification of your appointment with you on the day.

【Enquiries】

Kenkou Suishin ka 22-9653

Changes to Garbage Bags from October 1st 2014 ごみぶくろがかわります

Change in Price: Size/Former Price/New Price

XL	200 / 10	350 / 10
L	150 / 10	250 / 10
M	100 / 10	150 / 10

Change in Color

Aoyama area: Green Transparent Blue

New bags will be on sale from September 20th. They will still be sold in the same format. Green Garbage Bags can no longer be used after October 1st.

Exchanging old bags for new ones

Please pay the outstanding difference in cash when exchanging your old garbage bags for new ones.

Exchanges can be made starting from just one bag.

No refunds available.

Period: October 1st - December 26th (excl. Sat, Sun, public holidays 08:30 - 17:00)

Location: Aoyama Branch Promotion Division (*Aoyama shisho shinkou ka*)

Any community centre in the Aoyama district Iga Nanbu Environmental Health Union

Iga hokubu area: Transparent White

Transparent Yellow. New bags will be on sale from the beginning of September.

Garbage Bags currently in circulation can still be used after October 1st, if you pay the difference in price. If you attach an adhesive seal to the bags currently in circulation that makes up the difference in price between the old and new bags, you can still use the old garbage bags. The adhesive seal are sold in units of one garbage bag

New garbage bags, adhesive seals on sale as follows New Garbage Bags

Store: The same stores that sold the old garbage bags

On sale from: Start of September 2014

Adhesive Seals

Enquiries: Haikibutsu Taisaku Ka

TEL 20-1050 FAX 20-2575

Do you read with your children?

ほんをよんでいますか？

The 'Iga Children's Reading Activities Promotion Plan' was set up to help encourage children to experience the fun and joy of reading and to nurture an environment in which they can grow up to be healthy. Children's first encounters with books is in the home. By reading picture books with your toddlers at home, they will come to enjoy reading while spending quality time with their family members. It's important to get all the family involved to help children gain an interest in books. The simplest and best place to get children into the habit of reading is in the home.



Autumn Safety Driving Campaign

あきの ぜんこく こうつう あんぜん うんどう

In force from September 21st - 30th

During this safety campaign, attention will be put on preventing accidents involving the young and the elderly, preventing accidents involving pedestrians and cyclists around crossroads at dusk and nighttime, checking that all seatbelts and child seats are installed and being used correctly, stamping out drink driving. Since records were first taken in 1968, there have been deaths on our roads every single day. Let's all follow traffic safety rules and prevent more unnecessary deaths from occurring.

Enquiries: Shimin Seikatsu Ka
TEL 0595-22-9702 FAX 0595-22-9641