



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 | 95,987 |
| Foreign nationals | 4,242 |
| 4.42% of population | |
| 30th September 2014 | |

Signing up for After School Club ほうかご じどうくらぶの りようきぼうしゃ ぼしゅう

The After School club is for children whose parents are not yet at home after school ends. Instead, they can join the after school club where professional staff look after them while waiting for home time between the hours of 3 and 6pm.

Application period: 10th November - 28th November (weekdays only)

Time: Contact the Kodomo Katei Ka or any of the City Hall branch offices' Jumin Fukushi Ka between 8:30am – 5:15pm.

Eligibility: Elementary school students (priority given to lower grade students)

Fee: 8,000 yen a month. For longer periods of time such as the winter or summer vacations, prices will change.

*If there is a large number of applicants, your child may not be guaranteed a place.

Apply to: The After School Clubs directly; Kodomo Katei Ka, City Hall's Branch Offices' Jumin Fukushi Ka. You cannot apply over the phone.

Enquiries: Kodomo Katei Ka Tel: 0595-22-9654

| After School Club | Address | Available Places |
|--|----------------------------|------------------|
| After School Club Kids Ueno | Ueno Tokuicho 3276 | 40 |
| After School Club Futaba | Ueno Konyamachi 3181 | 70 |
| After School Club Friends Ueno | Midorigaoka Nakamachi 4354 | 40 |
| After School Club Friends Ueno #2 | Midorigaoka Honmachi 4153 | 60 |
| After School Club Wing Ueno | Nishijo 114 | 40 |
| After School Club Kaze no Oka | Yumegaoka 2-11 | 60 |
| After School Club Kaze no Oka #2 | Yumagaoka 6-6 | 60 |
| Nakase After School Club Neverland | Saimyoji 105 | 30 |
| After School Club Genki Club | Kirigaoka 2-226 | 55 |
| Oyamada After School Club At Home | Hirata 25 | 30 |
| Kawai Elementary After School Club Popcorn | Baba 1045 | 30 |
| Mibuno After School Club | Kawahigashi 1659-5 | 20 |
| Tsuge After School Club | Tsugemachi 2407-10 | 20 |
| Shimagahara After School Club | Shimagahara 4696-9 | 20 |
| Nii After School Club | Nishitakakura 3146 | 30 |
| Miwa After School Club | Mita 986-1 | 25 |
| Nishitsuge After School Club | Shindo 160 | 20 |

Information Session on Enrolling your Child in Elementary School しょうがっこうの にゅうがく せつめいかい

When: 7 December (Sun)10:30 – 13:00(Registration from 10:00)

Venue: Iga Ueno Fureai Plaza 4F

Content: ・ How to make a simple bento (tasting included)

Organized by: Iga International Friendship Association

・ How to prepare for elementary school and explanation of life as an elementary school student

Registration: * If you wish to take part, please hand the registration slip to a staff member at your child's kindergarten or play group by 14 November (Fri). Childcare facilities will be available on the day.

Hosted by: Iga Board of Education TEL 47-1283(Ms. Akai)

Co-hosted by: Iga International Friendship Association TEL 22-9629 (Ms. Sakai)

Enquires: Gakkou Kyoiku Ka TEL 0595-47-1283

<MONTHLY TAX PAYMENTS> Pay by December 1st

こんげつ の のうぜい

National Health Insurance [Kokumin Kenkou Hoken]

Shuu-zei ka Tel.0595-22-9612

What is Year-End Tax Adjustment (nenmatsu chousei)

ねんまつ ちょうせい に ついて

When companies calculate the monthly salaries of their employees, they calculate the amount of income tax that should be levied based on salary, social insurance payments and the number of dependents. This income tax is then deducted when the salary is paid. This is called 'tax deduction at source' (*gensen choushuu*).

However, the amount of income tax deducted each month is only a temporary figure, and the actual amount of income tax that is due to be paid is calculated at the end of each year. This means that you may actually have to pay more in tax than based on your monthly salary, or it might be the case that based on your monthly salary calculations you have been paying too much, and so are due a tax refund. This process, called 'year-end tax adjustment', takes place at the end of every calendar year. Why do adjustments need to be made?

Reason 1: Your 'tax deduction at source' (*gensen choushuu hyou*) certificate is calculated on the assumption that your monthly salary does not change throughout the year, but in reality your salary might have changed throughout the course of the year, especially if you have switched jobs. The tax deduction at source system is the deduction of income tax from your salary, and this is the system used to pay tax in Japan.

Reason 2: Throughout the course of the year, there may have been changes in the number of dependents, in which cases the amount of income tax you need to pay will also change.

Reason 3: Life insurance and earthquake insurance are deducted in the year-end tax adjustment. However, this deduction means that there is an upper limit on the amount that can be deducted from income.

National Pension

こくみんねんきん の はなし

When you declare the residence tax and income tax, the full amount of your national pension premiums is subject to social insurance premium deduction (the premium payments you made from January 1st to December 31st of that particular year). In order to receive this social insurance premium deduction, you must attach proof that you have paid. For this reason, those who have paid national pension premiums between January 1st to September 30th will receive a 'social insurance (pension insurance) deduction certificate' from the Japan Pension Fund in early November. When filing tax returns or making year-end adjustments, this certificate (or receipt) must be attached.

Also, this same certificate will be sent to those who paid national pension insurance for the first time this year between October 1st and December 31st in early February of next year. It should be noted that if you paid national pension insurance fees for any family members, the same members can be added to your social insurance premium deduction. In order to do this, be sure to attach their deduction certificates, too. For queries regarding the 'social insurance (national pension insurance) deduction certificate' please call the number written on the deduction certificate postcard.

【Deduction Certificate Hotline】 0570-070-117 When calling this number from a landline phone, you will be charged at the local call rate. For other phones such as mobiles etc, you will be charged the standard rate.

When calling from PHS phones (numbers starting '050', '070-5***' or '070-6***' please dial 03-6700-1130 (calls charged at standard rate). When dialling, do not remove the first '0' in '0570' or add the local dialing code in front.

【Open Period】 The hotline will run from November 1st to March 14th

【Operating Hours】 Mondays : 08:30 – 19:00 Tuesday - Friday : 08:30 – 17:15 Second Saturday : 09:30 – 16:00

When the Monday is a public holiday, the hotline will be open until 19:00 on Tuesday. The hotline will not operate at all between December 28th and January 5th.

【Enquiries】 Hoken Nenkin Ka 0595-22-9659 FAX 0595-26-0151

Any of the Jumin Fukushi Ka in the City Hall Branch offices Tsu Pension Office 059-228-9188

Advice on Social Insurance (Pensions)

しゃかいほけん (ねんきん) しゅっちょう そうだん

Advice on health insurance and pensions is available twice a month.

Dates for this month is: 21 November (Fri) 10:00 - 15:00

Venue: Haitopia Iga 3F

Enquiries: : Ueno Shoukou Kaigi sho 21-0527

Protect Children From Abuse

11がつ は じどうぎゃくたい ぼうし すいしん げっかん

In order to be able to protect children from abuse, we need to recognise the signs and seek advice or report what we have seen to the proper body. Child abuse can be any of the following:

Physical Abuse : Beating, Kicking, Throwing, Shaking violently, burning, drowning etc.

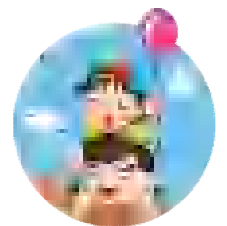
Sexual Abuse : Engaging in sexual acts, exposing a child to sexual acts, taking pornographic pictures etc

Neglect : Shutting a child inside at home, not feeding, not maintaining hygiene, leaving alone in a car, not seeking medical attention even when seriously ill etc.

Psychological Abuse : Verbal threatening, ignoring a child, showing preferential treatment among siblings, committing domestic on other family members in front of a child etc.

Abuse can have a huge impact both physically and emotionally on children and detract from their healthy development and growth. It is a citizens duty to report abuse. It does not have to be proven before being reported. Furthermore, all reports are received in full confidentiality and the person making the report will remain totally anonymous. By reporting abuse, you are making the first step to make sure the child receives help. If you have any concerns or worries about childrearing, feel free to get in touch.

【Enquiries】 Kodomo Katei Ka 0595-22-9609 Iga Jidou Soudanjyo 0595-24-8060



Infant Health Checkups & Development Tests <あかちゃんのけんしん> 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 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】13th Nov (Thurs) from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station) .9th Dec (Tues) from 12:50 to 14:30 (Place: Haitopia Iga)

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】11st Nov (Tues) from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 11st 25th Dec from 12:50 to 14:30 (Place: Haitopia Iga)

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?

- 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

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

MIE CHILD HEALTH HOTLINE

<みえ こども いりょう ダイアル>

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

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/>

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

For information about what to do during a disaster, look here!



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 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>

Advice on the trouble of the workplace

しよくばの とらぶる そうだん

There is Labor Advice Corner spread across Mie prefecture. At the Labor Advice Corner, we offer people the opportunity to receive advice or guidance on how to deal with any concerns they may have regarding power harrassment, overtime or other workplace-related issues.

For further information please see the website <http://www.mie-roudoukyoku.u.jstie.mhlw.go.jp/> (Japanese only) or call the Mie Labour Planning Centre on 059-226-2110 or Shoko Rodo Ka 0595-22-9669 FAX 0595-22-9628.

Historical Walking Tour in Shimagahara

しまがはら れきし かいどう うおーく

During this walking tour, arranged jointly by the JR Kansai Line Association, you will be able to find out more about and enjoy the good things about this stretch of the JR railway. Along this fun walking course there are many historical spots and beautiful autumn leaves for you to take in, and during lunch, some special events and local *butajiru* (pork soup).

Time: Sunday 23rd November. Registration from 09:30, departure from 10:30.

Meeting Point: In front of Igaeno Station (Please use public transport to get there)

Details: JR Igaeno St, Iwakurakyo Park Old Hydroelectric Power Plant Trace Shimagahara Hot Spring (lunch stop) Kanbotei-ji Shogatsudo Sainenji Ishiyakushido JR Shimagahara St. (10km course)

Please bring: Comfortable clothing, your own packed lunch, water, picnic sheet. Enquiries

Sougou-seisakuka 22-9663 Shimagahara-kankou annai sho 59-2300

Free Financial Advise Sessions now Available

おかねに かんする むりよう そうだん

Professional lawyers, judicial scriveners and financial planners will be available to give free, expert advise on any financial matters which you might be struggling with. For example: Repayment of credit card or mortgage bills. Health Insurance, pensions, preparing financially for later in life
Date: 16 November (Sun) 10:00 - 16:00
Venue: Ueno Fureai Plaza 3F
How to register: First 15 applicants will be guaranteed a slot.

Registration, Enquiries Mie Ken Seikatsubu Kotsu Anzen Shouhi Seikatsu Ka 059-224-2400

Lifelong Learning Centre Salon Concert

さろん こんさーと

Date & Time: 20 Nov (Thu) 19:00 - 20:15
Venue: Haitopia Iga 5F Multipurpose Large Hall
Details: "The Melody of the French Horn, by renowned Musucian Abe Maro"
Performers: Abe Maro (French Horn) Hashimoto Hiromi (Piano)

Parking is limited so please use public transport if you can.

If you use the Haitopia Iga parking lot in order to attend the concert, the parking fee will be covered by the Lifelong Learning Division.

Enquiries: Lifelong Learning Division 22-9679 FAX 22-9692