



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	95,836
Foreign nationals	4,190
4.37% of population	
30th November 2014	

New Years Greetings from the Mayor しんねんのあいさつ

A very happy New Year to you. I offer my heartfelt wishes that 2015 is a year filled with hope for all the citizens of Iga. In addition, I would like to offer my thanks for your warm support during the past year. Despite facing the challenges of a shrinking and aging population, I believe Iga should be a lively city, bustling with activity and populated by happy citizens. With that in mind, not only the staff in city hall, but all other staff in outlying branch offices and other departments will do their utmost to serve you, the people of the city. Together with you, we would like to build city that we all be truly proud of.

Tax Declarations ぜいきんのしんこく

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.

【Time】16th February to 16th March, 09:00 ~ 17:00 * Closed on weekends

【Venue】Yume Dome Ueno, 2nd Gymnasium

Who needs to submit a tax declaration?

- Anyone that receives a salary but did not complete their year-end tax adjustment
- Anyone who has received a salary from more than one company/employer during the year
- Anyone who left their place of work and started a new job in the same year
- Anyone who did not include information about their dependents in their year-end tax adjustment

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 your 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



You cannot make your tax declarations at the Ueno Tax Office, Iga Prefectural Tax Office or Iga City Hall.

Municipal certifications and documents are issued upon presentation of your tax return slip.

If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either

【Enquiries】Kazei-ka, Shiminzei-kakari (Tax Department) TEL 0595-22-9613

Ways to Avoid Catching the Flu いんふるえんざにかからないために

- Eat a well-balanced diet Make sure you get enough sleep
- Maintain rooms at 20-25C and a humidity of 50-60%.
- Wash your hands thoroughly (use plenty of soap, wash your palms, between fingers and your wrists and rinse with running water) and gargle often.
- Stay warm. Get a flu vaccination .(even if you still catch the flu, your symptoms will be less severe)
- Avoid large crowds of people and going outside as much as possible.
- Be considerate when coughing or sneezing by covering your mouth and nose with a tissue. Wear a mask.



<MONTHLY TAX PAYMENTS> Pay by February 2nd

Resident tax [Shikenmin Zei]

こんげつ の oughぜい

National Health Insurance [Kokumin Kenkou Hoken]

Tel.0595-22-9612

Applications for prefectural housing will be accepted from January けんえいじゅうたくの にゅうきょしゃ ぼしゅう

Application Period: January **Iga Block:** Kuramochi Nabari
 Application forms can be found in any municipal office. Ask for "ken'ei juutaku no moushikomi sho"
 Iga nanbu fudousan jigyou kyoudou kumiai TEL 059-221-6171

Municipal Housing Applications しえいじゅうたくの にゅうきょしゃ ぼしゅう

Application Period: January 15 (Thu) ~ 21 (Wed) 09:00 ~ 17:00 Except for Saturday and Sunday
 If you post your application, it must arrive by January 21 (Wed).

Location	Number Available
Araki Danchi	5 homes (1 for priority housing)
Kaminosyou Danchi	1 home
Kine Danchi	4 homes (1 for priority housing)
Kawai Danchi	1 home (for childcare housing)

Lottery: The lottery will take place on **Monday 2nd of March from 9:30am**, at Iga Kinrousha Fukushi Kaikan (2F).
 * If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.
Applications, Enquiries: Please send your completed application, or direct any enquiries to 518-1395 Iga-shi, Baba 1128, Iga-shi Kensetsu-Bu, **Kenchiku Juutaku Ka TEL 0595-43-2330**

Cancer Screenings とくてい けんしん・しゅうだん がん けんしん

【Time】 Saturday 14th of March Registration 09:00 - 11:30
【Vebue】 Yumepolis Centre
【How to register】 Register by telephone to the Kenko Suishin Ka 0595-22-9653



《Check ups available》 You can receive check ups for stomach cancer, colon cancer, prostate cancer and cervical cancer up until March 14th at any clinic or hospital in Iga. If you would like to register for a check up at a clinic or hospital in Iga, please contact your clinic or hospital of choice directly.

See the June edition of the Iga Newsletter for further details

Those who have received free check up coupons for breast cancer will be able to have a check up at Okanami Hospital until March 30th, or at Iga Kenshin Centre until March 31th.

Change in Automobile Tax Amount じどうしゃぜいの がくが へんこうになります

There will be a rise in tax for two-wheeled vehicles, special vehicles (eg farm vehicles etc) and yellow-plate cars from 2016.

There will be a rise in tax for 4 wheel vehicles and 3 wheel

Type	current tax amount	new tax amount
Mopeds (under 50cc)	1000 yen	2000 yen
Mopeds (50-90cc)	1200 yen	2000 yen
Mopeds (90-125cc)	1600 yen	2400 yen
2 Wheel yellow plate vehicles (125-250cc)	2400 yen	3600 yen
Small, 2 Wheel special vehicles (more than 250cc)	4000 yen	6000 yen

yellow plate vehicles during the fiscal year 2016 (which includes part of 2015).《4 Wheel Vehicles, 3 wheel yellow plate vehicles》The tax rate from the 'New Registrations after 1 April 2015' form below will be applied The Tax amounts listed in the diagram "New Registration after 1 April 2015" below will be applied Only those vehicles which were newly registered on 1 April 2015 will have the amount of tax raised from fiscal year 2015. Vehicles registered after 2 April will follow the tax amounts for fiscal year 2016.

Vehicles that have been registered for more than 13 years will follow the tax amounts listed in the "Vehicles Registered more than 13 Years Ago" diagram below. However, this does not apply to yellow plate vehicles and test drive cars that run on electricity, methanol, or gasoline/electricity hybrid vehicles.

Type		Vehicles Newly Registered before 31 March 2015	Vehicles Newly Registered after 1 April 2015	Vehicles Newly Registered over 13 Years Ago
Yellow plate Vehicles (4 wheel)	Business use /	5500yen/	6900yen/	8200yen/
	Family use	7200yen	10800yen	12900yen
Yellow plate Vehicles (4 wheel freight)	Business use /	3000yen/	3800yen/	4500yen/
	Family use	4000yen	5000yen	6000yen

Yellow plate vehicle road tax is calculated on 1 April every year, and charged to the person who is the registered owner of the vehicle on that date.

If you wish to take your vehicle off the road, change the name or address of the owner etc, you must complete the necessary paperwork to do so.

Eligibility for Child Benefit to increase from December 2014 じどうふようてあてほうのかいせいについて

Application Required

Up until now, those receiving a public pension (widowers pension, pension for the disabled, old-age pension, work-related injury pension, compensation to the bereaved etc) were not eligible to receive Child Benefit, but from December 2014, changes in the child Benefit payment law means that those who receive pension payments that are less than what they would receive as child benefit will now also be able to claim the different in amount. In order to receive child benefit payments, you need to apply to the Child and Family Division (kodomo katei ka) in City Hall, or the Residence and Welfare Division (jumin fukushi ka) in any of City Hall's branch offices.

If you are unsure if the payments you currently receive are less than what you would receive through child benefit, please consult with the Child and Family Division. You will be able to receive the benefit payments under the latest amendments if...

Grandparents raising children have a low-amount old-age pension

In a single-parent household, the children are only receiving low-amount bereaved family welfare pension payments, etc.

Kodomokateika Tel:22-9654

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】22ndJan (Thurs) from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 12thFeb from 12:50 to 14:30 (Place: Haitopia Iga). 26th Feb from 13:00 to 13:30 (Place: Aoyama Hoken center)

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】15th Jan from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 10thFeb from 12:50 to 14:30 (Place: Haitopia Iga). 26th Feb from 14:00 to 14:30 (Place: Aoyama Hoken center)

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

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

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

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 (20 th Dec-20 th Feb on Winter Vacation)	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>

The Effect of Medical translation from the field of the medical

いりょうつうやく いくせいじぎょう

【Time】 January 24, 13: 30-16: 30

【Venue】 4F ASUTO-TSU

(Tsu, Hadokoror-chou 700 banchi UST , 4F)

【Content】 ○ Report

○ case presentation

○ panel discussions.

【 Enquiries 】 Mie International Exchange Foundation (MIEF) 059-223-5006

Single Father Home Support

ふしかてい の みなさんへ

The father who brings up a child less than 20 years old in the family, can apply the loan system of the welfare funds such as study funds from October 1.

However, depending on the type of funds, the limit on the amount of loan and condition are different.

Enquiries : Fukushi Soudan Cyouseika 22-9609

Kodomo Kateika 22-9654

Charity Bazaar

ちゃりていーばざー

The Ueno Chapter of the 'Iga Kousei Hogo Josei no Kai' (Iga Women's Rehabilitation Association) will hold a Charity Bazaar as follows:

Time: Sunday 8th February, 09:30 - 14:30

Venue: Ueno Fureai Plaza 3Flr

Details: Sundry goods will be on sale

Enquiries:

Kousei Hogo Ka 0595-22-9650

Free legal consultation with interpreter

つうやく つき むりょう ほうりつ そうだん かい

Lawyer, Administrative scrivener, Social insurance and labor consultant will attend to your case.(Confidentiality is highly observed)

【 Time 】 January 25, 10:00 - 15:30

【 Venue 】 Yokkaichi Sougou Kaikan

(Yokkaichi-shi Suwa-chou 2-2,7F)

【 Start of reservation 】 December 22, 2014

059-223-5006

【 For more information 】

Mie international Exchange

Foundation(MIEF)/3F ASUTO-TSU

059-223-5006

Workshop of Contract Trouble Prevention for Foreign Residents

がいこくじんじゅうみん しょうひしゃ

ひがいぼうし じぎょう

The Workshop of Contract Trouble Prevention for Foreign Residents will be held. In daily life, you need to take care of many troubles about contracts.

Through understandings of any kind of contract troubles and how to prevent them, everyone should be careful.

There will be the same contents on both days. Choose the convenient day for you.

1st ,Date/time:Jan.28(Wed.),13:30-15:30

Venue:Mie Prefectural Exchange Center,

interchange space A(3F, ASUTO-TSU)

2nd ,Date/time:Feb.7(Sat.),13:30-15:30

Venue: Makita Community Center

(5-10 Hirata-Higashi-cho, Suzuka City)

Eligibility:

foreign residents, staff of municipal international friendship associations or NPO, persons concerned in support for foreign residents such as Japanese language volunteer

Fee: free of charge

Held by: Mie international Exchange

Foundation(MIEF) /3F ASUTO-TSU

059-223-5006

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<http://www.city.iga.lg.jp>