



Population of Iga City
95,730

Foreign nationals
4,180

4.37% of population
31st December 2014

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

Tax Declarations ぜいきんのしんこく

Time: **16th February to 16th March, 09:00 ~ 17:00** * Closed on weekends
Venue: **Yume Dome Ueno, 2nd Gymnasium**



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 you have 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

Free Shuttle Bus Service to Tax Returns Venue

There will be a free shuttle bus service running between city hall, city hall's regional branch offices, local community centers (in the Ueno area) and Yume Dome Ueno.

Services between City Hall and Yume Dome :

Date	Departure from City Hall	Departure from Yume Dome
February 17, 19, 24, 26	9:00 10:00 11:00	9:30 10:30 11:30
March 3, 5, 10, 12	13:00 14:00 15:00	13:30 14:30 16:15



Services between Community Centers, City Hall Branch Offices and Yume Dome :

Pick Up and Arrival Point		Date
Community Center	City Hall Branch Office	
Kanbe, Hijiki, Inako	Aoyama Branch Office	February 24, March 11
Fuchuu, Nakase	Ayama Branch Office	February 25, March 13
Nagata, Ota	Shimagahara Branch Office	February 20, March 6
Tomono	Iga / Oyamada Branch Office	February 18, March 4
Kijigadai, Furuyama, Ida	-----	February 25, March 10
Suwa, Nii, Mita	-----	February 20, March 3
Hanagaki, Hananoki, Kume	-----	February 27, March 11

* Depending on the location, there may be some differences in the arrival and departure times of some bus services from community centers and branch offices. Please check times with your local branch office.

** Due to unexpected circumstances there may be changes or cancellations to the bus services.

**【Enquiries】 Ueno Zeimusho TEL 0595-21-0950,
Kazei ka Shimin zei gakari TEL 0595-22-9613**

<MONTHLY TAX PAYMENTS> **National Health Insurance (8th installment) Kokumin Kenkou Hoken**
 ~ Pay by March 2nd ~ **Fixed Assets (4th Installment) Kotei Shisan Zei**
 こんげつの oughぜい **Enquiries: Shuuzei-ka Tel. 0595-22-9612**

Information for those Enrolled in National Health Insurance こくみんけんこうほけんにはいっているみなさんへ

Did you know that the amount you are required to pay may decrease, based on your income?

~ File your Municipal and Prefectural tax Returns ~

The national health insurance fee you are required to pay may decrease, based on your income.

When the health insurance fee is assessed under Iga's National Health Insurance plan, households which have an income lower than that stipulated by the law may be eligible for a 20%, 50% or even 70% reduction in the national health insurance costs.

To pay the reduced amount, you must file your municipal and prefectural tax returns.

Whether or not you are eligible to pay only the reduced rate or not is based on a calculation of the combined income of all household members. If you cannot clearly prove all your sources of income, then you will not be eligible to pay the reduced amount.

Those who had absolutely no income in the previous year, those whose only income was from non-taxable sources such as disability pension or bereaved family pension and those residing in Iga who were not being financially supported by anyone else may be eligible for this reduction. Please file your tax returns between February 16th and March 16th.

【Enquiries】 Hoken Nenkin Ka TEL 0595-22-9659

Combined Expenses System for high-cost Medical and Nursing Care こうがくいりょうとこうがくかいごをたすことができます

Under this system, if the combined personal costs(1) covered by members of the same household in one year (August 2013 to July 2014) exceeds the upper limit for personal costs (differs according the household. See chart below), then the amount(2) in excess of the upper limit will be covered on their behalf.

*1: This refers to the amount of money paid to a medical facility for health care costs. If you are under 70 years of age and enrolled in a health insurance programme, such high-cost care is defined as payments in excess of 21,000 yen within one month. Since this is a combined expenses system, if costs were incurred for medical care but not nursing care (or vice versa), then no expenses incurred will be classed as high-cost and therefore eligible for cover under this system.

*2: If health insurance costs are calculated as being under 500 yen, they will not be eligible for cover.

Not all those who are eligible for this system will necessarily be informed that they can apply for this reimbursement. If you think you may be eligible, please contact the local authorities (city hall, branch offices). Those who may not be informed but may be eligible are:

a) Those who have changed their municipality and have changed the insurance plan they are enrolled in.

b) Those who have switched from a private insurance plan to either national health insurance or insurance for the elderly aged 75 and older.

Upper Limits Chart :

	Combined Amount for both the Health Care System for the Elderly Aged 75 and Older and Nursing Care Insurance	Combined Amount for National Health Insurance and Nursing Care Insurance (households with member aged 70~74)	Combined Amount for National Health Insurance and Nursing Care Insurance* Households in neither nor .
Earners above certain amount	670,000 yen		1,260,000 yen
Regular (pays municipal tax)	560,000 yen		670,000 yen
Low-income (does not pay municipal tax)	310,000 yen (190,000 yen for those under (3))		340,000 yen

*3: Members of a household who have not paid municipal tax and which, after all necessary expenses have been deducted from their income, are left with no money in excess (calculated as those with an annual salary of under 800,000 yen).

* If you are enrolled in a health insurance programme through your place of work, please contact them for further details.

【Enquiries】 Hoken Nenkin Ka TEL 0595-22-9660, 0595-22-9659, Kaigo Kourei Fukushi Ka TEL 0595-26-3939

Experience German Food and Culture

どいつりょうりとぶんかのこうりゅうかい

Time: March 29th (Sun)

Place: Aoyama Harmony Forest

<<Part One>> 10:00 - 13:00. Enjoy a cooking class in which you can make and enjoy eating German cuisine.

Fee: 500 yen

Sign up: Sign up by February 23th (Mon)

Places: Maximum of 30 spaces available.

<<Part Two>> 13:00 - 15:00. An Introduction to German, Concert etc.

It is possible to participate in part two without participating in part one. You don't have to apply to participate in part two.

【Sign ups & Enquiries】 Aoyama Branch Office's Shinkou Ka 0595-52-1112 FAX 0595-52-2174



Information for Special Permanent Residence & Permanent Residence とくべつえいじゅうしゃ、えいじゅうしゃのかたへ

Due to changes in the law regarding registration of foreigners in Japan the Alien Registration System has been abolished and replaced with the Residence Permit system, whereby foreigners have a residence permit instead of an alien registration card. If you still have an alien registration card, you must switch this to a residence permit instead. Please make sure you do this by July 8, 2015.

- 1 Special Permanent Residents should go to their local city hall to make the switch to a Special Permanent Residence Certificate.
- 2 Permanent Residents should make the switch at their closest regional immigration bureau, branch immigration office or immigration counter located in other municipal buildings.

Enquiries: Shimin Seikatsu Ka TEL 22-9702

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】12thFeb from 12:50 to 14:30 (Place: Haitopia Iga). 26th Feb from 13:00 to 13:30 (Place: Aoyama Hoken center). 10thMar 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】10thFeb from 12:50 to 14:30 (Place: Haitopia Iga). 26th Feb from 14:00 to 14:30 (Place: Aoyama Hoken center). 12th Mar 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

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

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 (From 21 st Feb)	Sasayuri Learning Support Classes
Times	Wednesday, 19:45 ~ 20:45 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>

Scholarship System for Nursing Students

かんごがくせい しゅうがくしきんせいど

Eligibility: Anyone who wishes to become a qualified nurse that is either already in medical school or planning to enter medical school, and who will work at Ueno Hospital upon completion of their studies.

No. of scholarships: A few

Amount: 50,000 or 100,000 yen a month.

Exemption from repayment: Upon completion of your studies if you receive your nursing certification within 1 year and plan to continue working at Ueno Hospital for the next term, you will be exempt from repayment.

Necessary documents: 1) Nursing Scholarship application form; 2) Proof of enrollment or proof of confirmed, future enrollment in a nursing course; 3) Your resume (with photo attached). Application forms can be obtained at Ueno Hospital, or downloaded from the Ueno Hospital's website. Please contact the hospital for further details.

Selection process: Assessment of written application, interview and essay.

Applications & Enquiries to: Ueno Hospital's Management & Planning Division (keiei kikaku ka). TEL24-1111

Parent & Child Hina Dolls Photo Opportunity

こども なりきり おひなさま

You can get dressed like a hina doll in traditional Japanese clothing. Mums and Dads can also dress up!

Date: Feb 21, 22, 28; March 1
09:00 - 16:00

Venue: Akai Residential Area (Ueno Shinobu Machi 2491-1)

Fee: 500 yen (no reservation needed)

Enquiries: Moe Kitsuke Saho Gakuin
TEL: 0595-23-1566, 090-2572-7503

Walk around Town in a Kimono

きもので まちを あるこう

Kimono are available for rental (including help in putting them on) so that you can really enjoy the Hina Doll festival and get into the mood.

Date: Feb 28, March 1 09:30 - 15:30

Venue: Uoji 2F in front of Tenjin Shrine (Ueno Higashi Machi 2926)

Please make a reservation three days in advance

Kimono rental does not include traditional socks and footwear. Please bring your own.

Enquiries: Koubaiya
TEL: 21-0028

Do you read with you 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.



Dolls of Castletown Iga Ueno いがうえの・じょうかまちのおひなさん

During the festival, there will be many hina dolls on display in the traditional town houses and shops centred around the area of Honmachi Doori in the heart of the city. In restaurants, cafes and Japanese sweet shops, you can find hina doll-themed dishes and sweets.

Date: 21 Feb - 3 March, 10:00-16:00

Venue: Area around Honmachi Doori

Enquiries: Tourism Strategy Division
TEL: 0595-22-9670 (weekdays only)

Iga Ueno Tourism Assoc.
TEL26-7788 (Sat, Sun)