



Population of Iga City
95,375
Foreign nationals
4,149
4.35% of population
28th February 2015

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

NINJA Festival 2015 にんじゃふえすた2015

On Saturdays, Sundays and Public Holidays during the NINJA FESTA season you will be able to transform into a ninja on the fifth floor of Haitopia Iga and visit six different ninja dojos around town. You can choose between red, blue, even pink and other colours for your own ninja costume. At the dojo, you can get a taste of being a ninja by trying various types of ninja training including shuriken (ninja stars) and blow darts. There are also prizes for those who can successfully spot all the ninja secretly hiding around town, and many other events taking place throughout the festa season. Ninja costumes will also be available for rent on weekdays, too. Enjoy this unique season in the Iga calendar. Come along, dress up, and become a ninja! How to enjoy Ninja Festa!

- 1 : Transform into a ninja at one of the sites around town!
- 2 : Hone your ninja skills at one of the dojo around town!
- 3 : Find all the ninja hiding around town as you make your way between all the dojo!

How to use a *dofu* You will receive a *dofu* at any of the dojo you go to when you arrive.

One *dofu* is redeemable to the value of 500 yen, and can be used at any of the cooperating shops or restaurants around town.

Enquiries: Tourism Strategy Dept. TEL0595-22-9670 FAX0595-22-9695

Official Website <http://www.iga.ne.jp/ninjafesta>

Facebook Page <http://www.facebook.com/ninjafesta>

Information about free Vaccinations 2015 よぼうせっしゅ の おいらせ

◆Routine Vaccinations Period: 1st April 2015

Vaccinations		Eligible Age	Doses	Note
Hibbs		2 mnths ~ 5 yrs	1~4	Number of doses may change based on when immunisation begins. Speak to the doctor for confirmation.
Streptococcus Pneumoniae		2 mnths ~ 5 yrs	1~4	
Combined Shot Diphtheria Whooping Cough Tetanus Polio	1 st dose in first stage	3 mnths ~ 7.5 yrs	3	Between 3months and 1yr, 3 shots spread within 3~8 weeks.
	Additional dose in first stage	12~18 mnths after 1 st dose until 7.5 yrs of age	1	Immunity increases with a booster shot 1~1.5yrs after third dose.
	* Since Sep 2012 an inactivated polio vaccination has been introduced. Since Nov 2012, a 4 compound vaccination has been introduced. * Those taking the DPT 3 compound need 4 shots, those taking the inactivated polio vaccination also need 4 shots.			
BCG		Under 12 mnths	1	Take between 5 ~ 8 months after birth.
Measles Rubella (MR)	First stage	1~2 yrs of age	1	Take as early as possible after first birthday.
	Second stage	Born between April 2 2009 and April 1 2010	1	Take as early as possible after the seniority of the kindergarten or nursery school.
Varicella		1~3 yrs of age	2	2 shots spread over 6 months after first birthday.
Japanese Encephalitis	1 st dose first stage	3 ~ 7.5 yrs	2	Two doses within 1~4 weeks of each other between 3 ~ 4 yrs of age.
	Additional dose in first stage	Take 1yr after first dose before 7.5yrs of age.	1	Take about one year after first dose.
	Second stage	9 ~ 13 yrs of age	1	Take as soon after 9 th birthday as possible.
	* Those born between April 2 1995 ~ April 1 2007 who have not completed the first and second stages can receive any outstanding shots (but second stage must be 9 yrs of age or older).			
DT		Between 11 ~ 13 yrs of age	1	Take as soon after 11 th birthday as possible.
Cervical Cancer		Girls between 6 th grade of elementary school ~ 1 st grade of senior highschool.	3	3 doses within 6 months of one another. It's not recommended at present

◆Caution:※Make sure you check the dates and times for vaccinations. Make a reservation for your vaccination in advance.

※Vaccinations are free. However, you will have to pay if you take the vaccination outside Mie Prefecture.

※On the day of your vaccination, bring your mother child notebook and preliminary check-up slip.

※If you do not have a preliminary check-up slip, you can obtain one at a local clinic or hospital in Iga. If you wish to have the vaccination outside of Iga, please contact us to receive a preliminary check-up slip in advance. ※These vaccinations can be received in designated clinics and hospitals within Mie Prefecture.

Enquiries: Kenkou Shuihin Ka TEL0595- 22-9653

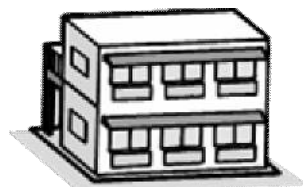
<MONTHLY TAX PAYMENTS> ~ Pay by April 30th~ Fixed Assets Tax [Kotei Shisan zei]
こんげつの のうぜい Enquiries: Shuuzei-ka Tel. 0595-22-9612

Prefectural Housing Applications Now Open けんえい じゅうたくの もうしこみ

Application Period: April 2015

Eligibility:

- 1 – You must live or work in Mie Prefecture.
- 2 – Be in difficulty with your living conditions.
- 3 – Have family members who will be living with you, or plan to do so
 - Fiances can apply, provided they register their marriage within 3 months of moving in
 - Common-law couples can apply, provided they are not registered as married
- 4 – Have a salary within the standard range designated by the Municipal Residence Law.
- 5 – Must have no outstanding bills in rent, car parking etc if you already live in prefectural housing.
- 6 – Not be behind in any tax payments 7 – You must have two guarantors



Note: Single mother families, families with elderly or disabled members are considered as priorities for housing. Please provide the necessary paperwork proving your current family situation if this applies to you.

If you have applied for prefectural housing in the past but been rejected 3 times, you can apply for preferential treatment. Please read the booklet outlining the rules for prefectural housing. You can receive an application form and rules booklet from the prefectural building in Ueno (ken chousha) or in City Hall's Shimin Seikatsu Ka.

Prefectural Housing : [Iga Block] **1 Hatori** (Senior Occupant) **1 Casa Ueno** (Regular Occupant)

Enquiries: Iga nanbu fudoushan jigyou kyoudou kumiai TEL 059-221-6171

Financial Support System for School-goers しゅうがくえんじょ せいど

Iga City can provide some financial support to those who have difficulties with school-related costs such as school meal fees, school materials etc. If you wish to access this support, you must apply for it. The support is only offered on an annual basis, so you have to apply for it every year. If you receive the support this year, you do not automatically receive it again next year.

* Support will not be available where it coincides with support available under welfare support.

Eligibility: Guardians of students enrolled in a municipal elementary or junior high school. *Income thresholds apply.

Apply to: the school your child is enrolled in.

Payments: 3 times a year (July, December and March)

Enquires: **Gakkou Kyouiku Division TEL 0595-47-1282**



About The National Pension Scheme こくみんねんきん の はなし

1. The method of enrollment in the National Pension scheme differs depending on the person. In Japan, all those living in Japan between the ages of 20 and 60 are enrolled in the national pension scheme. Enrollment type is divided into three categories depending on your employment status etc, and the necessary procedures for enrollment vary accordingly.

○Category 1 Enrollment

For the self-employed, students, part-time workers and unemployed, enrollment procedures should be done at your nearest city hall.

○Category 2 Enrollment

Company employees who are enrolled in welfare annuity insurance or cooperative societies should carry out the enrollment procedures at their place of employment.

○Category 3 Enrollment

Spouses of those in category 2 should carry out the procedures via their spouse's place of employment.

2. Did you know? National Pension Scheme Payments Exemption System

If you forgot to make your payment and an unexpected accident occurs resulting in disability or death, in some instances it may not be possible to receive the Basic Disability Pension or Basic Bereavement Pension. There is a system whereby you can be made exempt from making payments if it is difficult to make payments due to financial difficulties.

※As a rule, applications must be made on an annual basis. Furthermore, applications can be made retroactively for up to 2 years and 1 month. Please ask for more details.

【Enquiries】Tsu Pensions Office ☎ 059-228-9112



Registering your dog and rabies vaccinations きょうけんびょう よぼう ちゅうしゃ

Get your dog vaccinated. Dog owners are bound by law to have their dog vaccinated every year between April 1st and June 30th. This vaccination is available at any vets in Iga, or at certain venues run by the city with the cooperation of

the Mie Vets Association. If your dog is already registered and only needs a rabies shot – 3200 yen

Registering your dog at the same as getting a rabies shot – 6200 yen (3200 fee for the shot and 3000 fee for dog registration).

Please bring the exact amount as change may not be available.

Enquiries: **Shimin Seikatsu Ka TEL0595-22-9638 FAX0595-22-9641**



☆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】28th April from 12:50 to 14:30 (Place: Haitopia Iga), 19th May 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】16th April from 12:50 to 14:30 (Place: Haitopia Iga). 12th, 28th May from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station).



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?

1. 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



2. 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.

3. 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

April						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
* Except pediatrics			1 Okanami Nabari	2 Nabari	3 Shimin	4 Nabari
5 Nabari	6 Okanami	7 Nabari	8 Okanami Nabari	9 Nabari	10 Shimin	11 Shimin
12 Okanami	13 Okanami	14 Shimin	15 Okanami Nabari	16 Nabari	17 Shimin	18 Nabari
19 Nabari	20 Okanami	21 Nabari	22 Okanami Nabari	23 Nabari	24 Shimin	25 Shimin
26 Okanami	27 Okanami	28 Shimin	29 Okanami Nabari	30 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 & Counselina for Foreianers 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/> → **For information about what to do during a disaster, look here!**

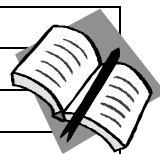
三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

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 ~ 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>

Nanohana Festival なのはな まつり

【When】 26 April 10:00 – 15:00

【Venue】 Nagata Elementary School pitch

【Details】 A fun festival with food and nanohana viewing.

Lots of food and drinks stalls will be available on the day.

There will also be a dance performance by the local kids.

【Enquiries】 Agricultural Promotion Division (Norin Shinko Ka)

☎ 43-2302 FAX 43-2313

Financial Support for Taxi etc Services for the Severely Disabled

じゅうどしょうがいしゃ タクシー ねんりょうひのじよせい

Financial support is available for the transport costs of the severely disabled in order to ensure that they can fully contribute to society and also have easy access to hospital. This is available for either taxi fares, gasoline costs or for moped usage costs.

Eligibility: Anyone with one of the following certificates: *shintai shougaisha techou 1kyuu, 2kyuu; ryouiku techou A1, A2; seishinshougaisha hoken fukushi techou 1kyuu*

How to apply: Bring your disability certificate, personal seal, driver's licence and car registration (*shaken*) (in the case of a moped) and apply at the Disability Welfare Dept. or Citizen's Welfare Dept in any of the city hall branch offices.

Applications or Enquiries:

Shougai Fukushima Ka. TEL22-9656 FAX 22-9662

Helicobacter Pylori Bacteria Screening and Removal – Protection against Stomach Cancer

ひろりきんの けんさと じよきん

Helicobacter Pylori is a bacteria which lives in human stomachs that is believed to be closely connected to stomach ulcers, duodenal ulcers and stomach cancer. By undergoing screening to check if you have Helicobacter Pylori in your stomach, and by taking the appropriate medication to eradicate it if you do, you are helping to promote the prevention of stomach cancer. Screening is available for residents of Iga between the ages of 20 and 69 (born between 1 April 1945 – 31 March 1996)

○Screening: Free

○Bacteria Removal: 2,400 yen (please pay this amount at the clinic you go to for the screening)

※If you wish to have a further screening after removal, you will have to bear the full cost for this by yourself.

※Screening and removal are available to each person only once. The success rate of bacteria removal is 90%.

◆Screening Method: Stool Antigen Test (Stool Examination)

◆How to register:

○Screening : Complete the Helicobacter Pylori Screening Registration Form and submit to the next clinic that is offering the bacteria screening.

○Bacteria Removal: Complete the Helicobacter Pylori Bacteria Removal Form and Health Questionnaire, and submit to the next clinic that is offering the bacteria screening.

※The above forms can be found at the clinics offering the screening and removal procedures.

※When registering, please bring your health insurance card.

【Enquiries】 Medical Welfare Division (Iryo Fukushima Seisaku Ka)

☎ 22-9705

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