



Population of Iga City  
95,066  
Foreign nationals  
4,112  
4.33% of population  
31th March 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

## Brain Dock・Short Version Dock のうどつく・かんい・にんげんどつく



"Nou Dock" (brain check-up) and Basic "Ningen Dock" (thorough health check-up)

The nou dock and basic ningen dock are available to all those enrolled in the Iga City National Health Insurance program to help them monitor their health.

How to Apply: On a postcard, write that you would like to use the ningen dock or simplified ningen dock service along with your address, name, date of birth and telephone number. Please use one postcard per person. If there are more applicants than ningen docks available, members will be chosen by lottery.

Deadline: Friday 8th of May

If members of your household are behind with national health insurance payments, it will not be possible for anyone in that household to use the service. You cannot use both the nou dock and basic ningen dock services.

	Brain Dock	Short Version Dock
Eligibility	Enrolled in national health insurance, born between 2 June 1940 and 1 June 1975	Enrolled in national health insurance, born between 2 June 1940 and 1 June 1985
Max. number	380	600
Will take place between	1 June and 31 March 2016	1 June and 30 November
Details	Body measurements, blood pressure, blood test, electrocardiogram, MRI, MRA etc	Body measurements, chest examination, blood pressure, blood test, urine test, stool test, liver test, kidneys test, body fat, blood sugar, uric acid, electrocardiogram, chest, abdominal x-ray
Locations	Okanami Hospital's KenkoKanri Center, Ueno Hospital's Kenshin Center	Various locations in Iga
Cost	9,000yen	8,500yen

- MRIs, MRAs etc will check for any abnormalities in brain function and change in blood flow which can result in a stroke.
  - Men taking the short version dock can also have a prostate examination. This will cost 500 yen extra.
- 〒518-8501 Iga shi Ueno Marunouchi 116, Iga shi Kenkofukushibu Hoken nenkin ka.  
TEL 0595-22-9659 FAX 0595-26-0151

\* If all the places available are not filled during the first round, they will be advertised for a second time.

## Recruiting for the Iga City Foreign Residents Council いがしがいこくじんじゅうみんきょうぎかいのぼしゅう

The city is currently inviting candidates to come forward for the Foreign Residents Council. Members of the council look into various issues regarding problems in daily life foreign residents as well as the promotion of intercultural understanding.

**【Requirement to Apply】** You must fulfill all of the following

- ① Be registered as living in Iga, having lived here for more than one year and be over the age of 20
- ② Can understand Japanese
- ③ Neither a member of the City council or employee of the municipality

※ You are not eligible to apply if you have already served two consecutive terms.

**【No. of Candidates Required】** 15 people or less

**【Term】** Two years from the day of appointment

**【Remuneration】** 6,000 yen a day ※Based on city regulations.

**【No. of Meetings】** 3 times a year (generally on Sundays)

**【How to Apply】** Complete the application for which you can find in City Hall's *Shimin Seikatsu Ka* or the *Jumin Fukushima* in any of the local branch offices. Post, fax, email or submit the application in person to any of the above municipal departments. ※The application form can also be downloaded from the City home page.

**【Selection Method】** Written application assessment (nationality and ratio of population with of nationality will be taken into account)

**【Application Deadline】** 5:00pm, 29 May (Fri)

**【Applications & Enquiries】** 〒518-8501 Iga-shi, Ueno Marunouchi 116

Jinken Seikatsu Kankyo Bu Shimin Seikatsu Ka ☎ 22-9702 FAX 22-9641

## &lt;MONTHLY TAX PAYMENTS&gt;

~ Pay by June 1st~

こんげつのうぜい

Light Motor Vehicle Tax Full Installment [Kei Jidousha Zei]

Enquiries: Shuuzei-ka Tel. 0595-22-9612

## Car Tax Payment Deadline じどうしゃぜいのうふ

If you are a car owner, have you remembered to post your Car Tax Payment Notification Form? This year's car tax payment deadline is June 1<sup>st</sup> 2015. You can pay your car tax either using ATMs located in banks or by paying at major convenience stores. Please retain your receipt of payment when you pay your car tax at the bank or convenience store as you will need this for your next vehicle inspection. Please keep it in a safe place. If you do not pay your car tax by the deadline you will incur a penalty fee for each day your payment is delayed. Car tax makes up 14% of the prefecture's tax income and is an important source of revenue; it is used to fund the maintenance of roads and rivers, to develop industry and to promote education, culture and sports. Paying tax is one of the duties we all have as members of society. Please pay your tax by June 1st 2015



## Information for Special Permanent Residence & Permanent Residence ざいりゅうカードのきりかえについて



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**

## Child Allowance & Special Child Allowance じどうふようであて・とくべつじどうふようであて

◆ You must apply for this allowance in order to receive it. This system is designed for families where due to divorce etc, the mother or father has difficulty providing financially for their children (single parent families).

### ■Child Allowance

#### ◆Who can apply

Anyone who fulfills the following conditions, and who is caring for a child up until the 31st of March after the child's 18th birthday

※Children with greater than mild physical or mental disabilities can receive the allowance until their 20th birthday.

- Children of parents who after divorce have an uneven income
- Either the child's mother or father has passed away
- Children of severely disabled parents (Grade 1 of the National Pension scale)
- Children who were born out of wedlock
- Children whose parents are missing etc

### ■Special Child Allowance

This system is to provide for the welfare of the physically and mentally disabled up until their 20th birthday.

#### ◆Who can apply

Parents or carers of physically or mentally disabled children up to the age of 20.

- Holders of between Grades 1 to 3 Physical Disability certificates (*shintai shogaisha techo*)

Enquiries: Kodomo kateiKa TEL 22-9654

## Child-rearing Households Special Temporary Benefits and Temporary Welfare Benefits

こそだてせたい りんじとくわいきゅうふきん・りんじ ふくしきゅうふきん

Those who are eligible for these benefits this year will be sent the application forms by post. The application forms for Child-rearing Households Special Temporary Benefits' will be sent at the beginning of June along with the update form for child allowance (*jidou teate no genkyou todoke*). Applications for Temporary Welfare Benefits are scheduled to be accepted starting from August, but the it is not yet confirmed when the application forms will be posted out. Once this has been confirmed a further notice will be made in this newsletter.

## Do you want to set up a booth at the Festa this summer? しみん なつの にぎわいふえすた しゅってん ぼしゅう

Would you like to have a stall at the Summer Nigiwai Festa?

The Iga International Friendship Association can assist you if you would like to set up your own stall at the Nigiwai Festa.

The Association can do the necessary application paperwork on your behalf.

Number of stalls we can assist: 6 Deadline: 15:00, Friday 29 May

Fee: 6,500 yen (cost of renting a stall and application fee) Please prepare electricity, gas and tents etc by yourself.

You can also pay to rent these from the Association.

### Summer Nigiwai Festa 2015

Date: Sunday 23th August 2015 Venue: Ginza Doori, in central Iga

Enquiries & Applications: Iga International Friendship Association

TEL 0595-22-9629 (Japanese)



☆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】19<sup>th</sup>May from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station) . 9<sup>th</sup>30<sup>th</sup>June from 12:50 to 14:30 (Place: Haitopia Iga) . 25<sup>th</sup>June 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】12<sup>th</sup> , 28<sup>th</sup> May from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 18<sup>th</sup>June from 12:50 to 14:30 (Place: Haitopia Iga) . 25<sup>th</sup>June 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?

1. Contact a health clinic (*shinryou sho*) or 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

May						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
* Except pediatrics					1 Shimin	2 Nabari
3 Nabari	4 Okanami	5 Nabari	6 Okanami Nabari	7 Nabari	8 Shimin	9 Shimin
10 Okanami	11 Okanami	12 Shimin	13 Okanami Nabari	14 Nabari	15 Shimin	16 Nabari
17 Nabari	18 Okanami	19 Nabari	20 Okanami Nabari	21 Nabari	22 Shimin	23 Shimin
24 Okanami 31 Nabari	25 Okanami	26 Shimin	27 Okanami Nabari	28 Nabari	29 Shimin	30 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/> → **For information about what to do during a disaster, look here!**

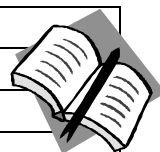
三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

## 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>

### Useful for Work! Practical Japanese

にほんご きょうしつ

#### Applicants should be:

- Highly motivated to find a stable job.
- Aged 16 and over and holding one of the following specified visa: Spouse etc. of a Japanese national, permanent resident, Spouse etc. of a permanent resident, or Long-term resident.

※All applicants need to take a Placement on the above-mentioned day.

#### Iga:L3

This course is for the person who can read and write Hiragana and Katakana and basic Kanji characters and has basic Japanese conversation skill. Let us study together if you want to learn business conversation skill in Japanese Language.

#### L3 Start from 8 June, Mon-Fri

19:00~21:00. Placement Test 2 June

#### Place:

Iga shi Yumegaoka1-1-4 Yume police center

**contact:** Hello Work Iga Tel.21-3221

### Garbage Bags Notice

ごみぶくろのおしらせ

From 27 April, sales of yellow garbage bags in the North Region of Iga were temporarily stopped. As an alternative, old garbage bags can be used as long as they have a sticker attached to make up for the difference in price. When you put your garbage out for collection, you can use either the new yellow garbage bags, or the old garbage bags with the sticker attached.

### Legal Consultation for Foreign Residents

がいこくじんじゅうみんのためのほりつそうだんかい

Mie International Exchange Foundation (MIEF) receives consultation from different nationality. MIEF holds legal consultation to help foreign residents encountering troubles and problems. The consultation will be given by the lawyer in different languages with the help of the interpreter. Everybody are welcome!

**Yearly Schedule:** (every second Sunday of the month) 13:00~15:30

#### Year 2015

- May 10
- July 12
- September 13
- November 8

#### Year 2016

- January 10
- March 13

**Place :** 3rd Floor UST-Tsu Bldg.

(Tsu City Hadokoro-Cho 700)

#### **Reservation is required :**

**45 minutes per consultation • 3 slots**

\* In every scheduled consultation the deadline for reservation is Wednesday before noon. (except on May (May 1 deadline))

#### **Reservation thru telephone :**

**059-223-5006 Mon~Fri 9am~5pm**

#### **Implementation and Reservation :**

Mie International Exchange Foundation (MIEF) TEL: 059-223-5006

FAX: 059-223-5007

### Make use of the Training and Fitness Rooms

ゆめどーむうえの で けんこうづくり

#### **【Eligibility】**

Senior High School age and above

○Training Room ...09:00 - 22:00

(until 21:00 on Tuesdays and Saturdays)

※Usage is up to 2 hours per person

※To use the room after 17:00, you must register three days in advance (except for Tuesdays and Saturdays)

#### **【Cost】**

Registration 200 yen a year (Valid April 1st through March 31st of following year).

※For first time registrations, you must first take an induction course. This includes:

Fee: 300 yen (150 for high school students) ※Tuesdays and Saturdays (13:00 - 21:00) 400 yen

#### ○**Fitness Room**

(Aerobics, Calisthenics) ...Every Tuesday & Saturday 13:00 - 21:00

**【Cost】**400yen per person (Buy 11 tickets for 4000 yen. Now on sale at Yume Dome.)

#### **【Enquiries】** Yume Dome Ueno

☎ 0595-22-0590 FAX 22-0592