



Population of Iga City
95,122
Foreign nationals
4,073
4.28% of population
30th April 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



Child Allowance Update

じどうてあて の げんきょう とどけ

If you are receiving child allowance, you must submit a form to update the authorities on your current living arrangements. This form is called the "jido teate genkyo todoke". It is used to assess your living arrangements as of the 1st of June, which is the date in which the form should be completed. If you do not submit the form, you will automatically stop receiving payments beyond June. The form will be posted to all relevant households at the beginning of June, so please be sure to complete and return it.

Submission Deadline Tuesday June 30th

Submissions & Enquiries Kodomo Katei Division ☎ 0595-22-9654

Intercultural Understanding Presentation

たぶんか きょうせい りかい こうえんかい



28 June (Sun) 13:30 – 16:00 (Doors open 13:00) Haitopia Iga 5F

The guest speaker at this event will be Nisantha, who is originally from Sri Lanka and is currently a university professor. After attending a Japanese university as an exchange student, Nisantha went on to graduate school to receive a doctorate in economics. Appearing regularly on Japanese television and radio, Nisantha married a Japanese and has two children. Through sharing his own experience, Nisantha will discuss what he thinks is needed for Japanese and non-Japanese to live together and peacefully in Iga, as well as difficulties he has had in the past and the good points about Japan. Simultaneous interpreting will be available in Spanish and Portuguese.



Looking for Supporters

たぶんかきょうせい さばーたー ぼしゅう

Training Program for Multiculturalism Supporters

12 July, 30 August, 18 October, 6 December – four sessions in total, at Haitopia Iga 5F. Do you want to share the culture of your home country to children and Japanese? In order to improve Japanese understanding of foreign cultures and living with foreigners, educational materials will be developed jointly between Japanese and non-Japanese. What would you like to see conveyed in such educational material? Interpreting will be available during these sessions and simple Japanese will be used. If you would like to participate, please register at the Shimin Seikatsu Ka.

Scholarships Available in Iga

いがし の しょうがくきん せいど について

Iga Sasayuri Scholarship Fund

This scholarship fund was established by the personal funds of private donors with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need of financial assistance.

Eligibility *You must fulfill all four of the conditions below

- ①Have your address in Iga, unless you live outside of Iga in order to commute to school.
- ②Be in either the first year of university/junior college or the fourth grade of a vocational high school
- ③Have graduated from a junior high school or senior high school in Iga
- ④Be a member of a household with a combined annual income of less than 7,800,000 yen.

Amount Available: 240,000 yen a year

Application period: Monday June 15th ~ Tuesday June 30th Availability: 2 students

Iga City Scholarship Fund

Scholarships are available to highschool and university students in Iga in order to ensure that all have equal access to education, and to foster the growth of young people who can make positive contributions to society.

Eligibility *You must fulfill all three of the conditions below

- ①Both the student and their guardian are residents in Iga, except for those who changed their address in order to commute to their school or university.
- ②Be currently enrolled in either a senior high school, vocational school or university etc.
- ③No members of the same household as the applicant should be required to pay residence tax based on income.

Scholarship Fund available : Public Institutions: 6,000 yen a month Private Institutions: 7,000 yen a month

Application Period : Monday June 15th ~ Tuesday June 30th

(Applications & Enquiries) Kyouiku Soumu Ka TEL 0595-47-1280 FAX 0595-47-1281

Community Halls (Ueno, Igamachi, Ayama, Oyamada, Aoyama)



<MONTHLY TAX PAYMENTS>

6がつ の ousei

(The first period) Pay by June 30th

Residence Tax [Shi Kenmin Zei]

Shuu Zei Ka TEL 0595-22-9612

Cancer Screenings, Medical Checkups for Youth (First round) がん けんしん うけませんか？

Cancer screenings and medical checkups are offered twice a year. This is the first round of screenings available for the fiscal year 2015. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms which concern you, please go and see your medical practitioner directly.

Start Date(June 9th - June 15th) of accepting appointment: Dedicated Phone number: **0595-62-6100**

Phone number for appointment after Tuesday June 16th : 0595-22-9653 (Kenkou suishin ka)



Screening	Eligibility (as of April 1 2016)	You pay		Details
		Under 74	Above 75	
Stomach Cancer	Above 20	1100yen	400yen	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.
Colon Cancer	Above 20	400yen	100yen	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.
Prostate Cancer	Males above 50	600yen	200yen	Blood test
Cervical Cancer	Females above 20	1400yen	400yen	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor.
Breast Cancer	Females above 30	1600yen	400yen	An explanation of how to perform self examinations and an x-ray (mammography). The breast will be placed between plastic boards and x-rayed (may cause some pain or discomfort). Not eligible to pregnant or breast feeding women, or women who have breast fed within the last year.
Youth Medical Checkup	Born between April 1 1976 and April 1 1996	2800yen		Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.

To ensure safety of the examination and quality control, Iga City will record and store the data from your screening or checkup. Please be aware of this in advance.

[Exemption from Payment] *Ages as of April 1, 2016

Enquiries Kenkou Suishin Ka TEL: 0595-22-9653

Individual Cancer Screenings

こべつ がんけんしん

You can also have cancer screenings through your regular hospital or clinic.

Please read the details carefully, and contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Free Cancer Screenings

むりょう がん けんしん

People aged 20, 40, 45, 50, 55, or 60 are eligible for FREE colon, cervical and breast cancer screenings.

The city is now distributing free screening coupons to those at key ages in order to ensure that as many people as possible are accessing cancer screenings. Please make use of this opportunity.

* Further, detailed information will be sent by post to those who are eligible in June.

Enquiries: Kenkou Suishin TEL:0595- 22-9653 FAX0595- 22-9666



Tax Notices for Municipal and Prefectural Tax will be posted soon

しけんみんぜい の のうぜい っうちしよ

Tax notices for municipal and prefectural tax will be posed on Friday 12th of June. You can easily make your payments at any bank or convenience store. Payment Deadline Regular tax payments are done 4 times annually. The payment deadline for these payments are the end of June, August, October and January. *If the last day of these months should fall on a weekend or public holiday, the payment deadline will be the following day.

* Information regarding direct debit payments from your salary have been sent to business establishments and employers, so please check the details with your place or employment.

Enquiries: Kazei Ka TEL 0595-22-9613 FAX 0595-22-9618

Temporary Welfare Benefits and Childrearing Households Temporary Special Benefits

りんじふくしきゅうふきん こそだてせたいりんじとくれいきゅうふきん

The Childrearing Households Temporary Special Benefit is available for those who are not in arrears in their residence tax payments, and who have to date received 6 months worth of child allowance. Eligible children receive 3000 yen each (except for households already receiving special benefits) this year.

Applications will be enclosed with the child allowance current circumstances update form sent at the beginning of June. Please use the application form if you are eligible. The benefit will be transferred to your bank account after October.

The Temporary Welfare Benefit is not available to those who are not up to date in their residence tax payments (dependents and welfare recipients are not eligible). 6000 yen per person. Applications are expected to begin in August. Please refer to the July issue of this newsletter for further details.

《Submit to》 Welfare Protection Division (Seikatsu shien Ka) FTAO Staff in Responsible for Temporary Welfare Benefits
TEL 22-9664

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】9th30th June from 12:50 to 14:30 (Place: Haitopia Iga). 25th June from 13:00 to 13:30 (Place: Aoyama hoken center). 14th July 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】18th June from 12:50 to 14:30 (Place: Haitopia Iga). 25th June from 14:00 to 14:30 (Place: Aoyama hoken center). 9th, 30th July 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

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

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!**

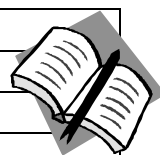
三重県国際交流財団[MIEF] <http://www.mief.or.jp/>

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>

Pool Openings

しえい ぷーる の あんない

《Opening Times》

○Ueno Undo Koen Pool

18 July (Sat) – 23Aug (Sun) 10:00 – 16:00

※Closed on 21 July (Tue) and 3 August (Mon).

○Ayama, Oyamada B&G Kaiyo

Centres

4 June (Sat) – 30Aug (Sun) 09:00 – 22:00

※Oyamada will be closed every Monday (apart from Monday 20July and 21 July (Tue)).

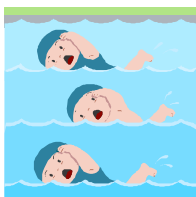
※Ayama will be closed every Tuesday.

※All three pools may change their opening times depending on water quality, weather conditions etc.

《Price》

Adult: 300 yen, Junior High & below 150 yen, Infants 50 yen.

※Children second grade or below must be accompanied by an adult.



Let's wear YUKATA

ゆかた を きょう

If you have ever been to a Japanese festival (*matsuri*), you've seen Japanese people wearing kimono, right? Kimono are a type of traditional Japanese clothing, and yukata, which are often worn during the summer, are very easy to put on. Wouldn't it be cool if you knew how to put it on by yourself?

This summer, put on a yukata and go to a matsuri!!

Step 1 Wear a yukata using the basic 'bunko musubi' style, learn some simple Japanese etiquette and enjoy tea together!!

Step 2 Learn the basic 'bunko musubi' style and one other style.

Who can come : Non-Japanese females only
Please bring your yukata if you have one. Children younger than elementary school age, please wear a yukata.

Participation Fee: 500 yen per event (sweets, tea inc.)

Dates: Step1 19 July (Sun) Apply by 10 July
Step2 2 August (Sun) Apply by 24 July

Venue: Iga City Nanbu Shimin Centre Japanese (*washitsu*) Hall (Iga, Ueno, Kuwamachi 1412)

Time : 1pm – 4pm (please arrive by 12:45)

Capacity: 10 people per event (first-come basis)

Applications will close once all spots have been filled.

Registration & Enquiries :

Iga International Friendship Association

TEL 0595-22-9629 (weekdays 09:00 - 16 : 30)

Applications for Municipal Housing

しえい じゅうたく の もうしこみ

Applications for those who wish to move in to municipal housing from July will be accepted from 15th July to 22nd July.

For details on the housing available, the application period and conditions for eligibility, please contact city hall after June 15th.

Enquiries should be directed to:

Kenchiku Jutaku ka

Division TEL:

0595-43-2330 Shimin Seikatsu

Division TEL: 0595-22-9702

(Assistance available in Portuguese, Spanish and Mandarin)

Applications for Prefectural Housing

けんえい じゅうたく の もうしこみ

Application Period:

Beginning of July ~ July 31st

Moving in possible from the end of September

【Enquiries】:

Iga Nanbu Fudosan Jigyo KyodoKumiai

TEL: 059-221-6171