



Population of Iga City 94,958
 Foreign nationals 4,158
 4.38% of population
 31th July 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

2015 Iga International Exchange Festa こくさい こうりゅう ふえすた2015

This year, the Iga International Exchange Festival 2015 will be held at Shimagahara (Sainen-ji Temple, 4251 Shimagahara, Iga-shi) this year. There will be booths selling craft goods and delicious food. Thailand (Noodle), Brazil (Pastel), Bangladesh (Curry), China (Gyoza), Peru and Indonesia (Craft goods).

On the stage, there will be Capoeira performance and Folklore music. There will be also the Cultural Exchange Corner that you can make a bamboo work and Jack-o'-Lantern for Halloween.

Date: 23rd September (Wednesday) 16:00 - 20:30

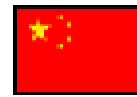
International Exchange Stage

17:30 Multilingual DE Bingo

18:30 Capoeira

19:30 Wauhemikanki (Folklore music)

20:00 Lottery (Win a prize!)



Enquiries: Iga International Friendship Association
 TEL.0595-22-9629 FAX.0595-22-9628

Career advice for Higher Education in Iga がいにくじん じどう せいとのための しんろ がいだんす 2015

I want to go on to senior highschool, but what should I do? How expensive is highschool in Japan? What are Japanese senior highschools like?

If you have question like these, come to our meeting and find the answers! Students planning on attending the meeting should tell their teacher.

When: Sunday 27th September 13:20 ~ 16:30 (Doors open from 12:50)

Where: Iga City's Yumepolis Center (Iga shi Yumegaoka 1-1-4)

Details: An explanation of the Japanese Education System

Information about the entry selection process – introduction of the senior highschool in Iga, school-related costs, scholarship system etc, information on classroom support (Gakushuu shien kyoushitsu), Q&A session, advice from senior students, informal gathering for each school.

Enquiries: Gakkou Kyouiku ka Tel.0595-47-1283



Insurance Certificates send out to those enrolled in National Health Insurance

あたらしい こくみん けんこう ほけんしょうを おくります

Insurance Certificates sent out to those enrolled in National Health Insurance.

The expiry date on current insurance certificates is September 30th. The new certificate which you can use from October 1st will be posted to you after September 15th. Please use your new card after this time.

When it has arrived, make sure that all the details such as address, name etc. are displayed correctly. If there is a mistake or if your new card does not arrive, contact the Hoken Nenkin Division or Jumin Fukushi Division in any of city hall's branch offices. Please also check the expiry date. Cards usually have a limit of one year, but this may differ in the following cases: For people turning 75, until the day before their 75th birthday.

Enquiries: Hoken Nenkin Division TEL.0595-22-9659

Ueno Tenjin Festival てんじんまつりで だんじり を ひいてみませんか?

Ueno Tenjin Festival has a history of over 400 years, and there are 9 floats called 'Danjiri' and Demon parade (Oni gyoretsu). Each gorgeously decorated Danjiri parades the streets of the Iga castle town. Won't you join in the festival and help to draw Danjiri!

Date: October 25 (Sun.) Morning part 8:30~12:00 Afternoon part 12:30~16:00

Please apply to Igashi International Friendship Association by September 30.

TEL: 0595-22-9629

<MONTHLY TAX PAYMENTS> 9 がつ の のうぜい Pay by September 30th

National Health Insurance 3rd Installment [Kokumin Kenkou Hoken]

Shuu Zei Ka TEL 0595-22-9612

Cancer Screenings, Youth Health Checkups ? しゅうだん がん けんしん・じやくねん けんしん

The next series of cancer screenings have now been confirmed. To be eligible, you must be registered as living at an address in Iga. When you make an appointment, you will be asked for your date of birth, address, telephone number, preferred date and the type of checkup you would like to make an appointment for, so please have all of this information ready. You cannot take the same checkup more than once in the same year. If you feel something is wrong, you should go to your doctor immediately.

Make an appointment with city hall or through a local clinic after September 14th.

Beginning from September 9th, 9:00 Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
			50/1 units	N/A	N/A	100	60/1 units	80
17th Oct (Sat)	09:00~ 11:30	Oyamada						
7th Nov (Sat)	09:00~ 11:30	Ayama	2 units				2 units	
8th Nov (Sun)	09:00~ 11:30	Aoyama	2 units				2 units	
21st Nov (Sat)	09:00~ 11:30	Igamachi	2 units				2 units	
Beginning from September 10th, 9:00 Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
			50/1 units	N/A	N/A	100	60/1 units	80
4th Nov (Wed)	09:00~ 11:30	Yumepolis Centre	2 units				2 units	
12th Nov (Thu)	09:00~ 11:30							
1st Dec (Tue)	09:00~ 11:30							
	13:30~ 15:00							
13th Dec (Sun)	09:00~ 11:30		2 units				2 units	
12th Mar (Sat)	09:00~ 11:30							
Currently Accepting Appointments for Date&Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth
			50/1 units	N/A	N/A	100	60/1 units	80
20th Sep (Sun)	09:00~ 11:30	Simagahara	2 units				2 units	
23th Sep (Wed)	09:00~ 11:30	Yumepolis Centre	2 units				2 units	
	13:30~ 15:00							
2nd Oct (Fri)	09:00~ 11:30		2 units				2 units	
	13:30~ 15:00							

Screening	Eligibility (as of April 1st 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 make a current appointment, or to make an appointment after September 14th: Kenko Suishin Ka 0595-22-9653

Are you forgetting your free coupons? むりょう くーぽんけん わすれていませんか?

Coupons for free cancer health checkups have been sent out to those at ages of particular risk (20 for cervical cancer, 40 for breast cancer; 40, 45, 50, 55, 60 for colon cancer). These coupons were sent by post in June, and information on how they can be used was also enclosed. If you have lost your coupons, they can be reissued and sent out to you again.

Enquiries: Kenko Suishin Division TEL 0595-22-9653 FAX 0595-22-9666

Iga National Health Insurance Special Health Checkup しゅうだん とくていけんしん の おしらせ

Eligibility: Residents of Iga covered by Health Insurance between 40-74 years of age

Amount you Pay: 1,000 yen

Content: Weight Measurement, Urine Test, Blood Pressure, Blood Test, Electrocardiogram, General Check-up, etc.

The outcome of blood test results may be affected by recent meals, so please refrain from eating for several hours before your consultation.

Please Bring: Your Consultation Ticket & Health Insurance Certificate/Card

You need to apply in advance. If you lose your consultation ticket, it can be reissued. You are not eligible for this consultation if you already received a Special Medical Checkup under Iga Shimin Health Insurance, or, underwent a 'Ningen Dock' checkup after July of this year. Individuals who will be 75 years of age or older on the day of the consultation will not be eligible.

Dates and Venues: (Sign-in on the day) 09:30 – 11:30 at all venues : Nov 7 (Sat), Ayama Health & Welfare Center / Nov 8 (Sun), Aoyama Community Center / Nov 21 (Sat), Igamachi Health & Welfare Center / Dec 13 (Sun), Yumepolis Center

Registration & Enquiries: Insurance & Pensions Division 22-9659

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】10thSeptember from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station) .6th29thOctober from 12:50 to 14:30 (Place: Haitopia Iga). 15thOctober from 13:00 to 13:30 (Place: Aoyama HokennCenter).



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】17th September from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 13thOctober from 12:50 to 14:30 (Place: Haitopia Iga). 15thOctober from 14:00 to 14:30 (Place: Aoyama HokennCenter).



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

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

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 & 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>

Dentist Opening Hours During the Autumn Holidays れんきゅうちゅう の しか しんりょう

If you have a dental emergency during the Autumn Holidays such as sudden pain or swelling etc, the following dentists will be open between 09:00 and 17:00. Before you go to the dental clinic, please call in advance and do not forget to take your health insurance card etc with you.

September 21 (Mon) KIJU Dental Clinic (HIDO 3213-1) 36-1255

September 22 (Tue) OGURA Dental Clinic (NAKATOMODA 780-7) 43-1022

September 23 (Wed) OKAMURA Dental Clinic (SAIMYOJI 697-1) 22-2555

Enquiries: Iryo Fukushi Seisaku Ka 22-9705 FAX 23-9673

Igabura 2015 いがぶら 2015

Over two months from October 1st to December 6th you can enjoy 'Igabura' or strolling around Iga. There can enjoy different types of strolls based around 6 different themes. 1.Stroll Around Town 2.History & Culture, Traditional Crafts 3.Nature Walks 4.Iga Cuisine 5. Health & Beauty 6.Ninja & Matsuo Basho.

There are 81 different courses available this year, and each of the businesses and individuals involved have planned many exciting events accordingly. Don't miss this opportunity. For more information, see <http://igabura.com/>

A catalogue is also available at the Tourism Information Booth on 1F of the Haitopia Bldg.

Web registration starts from 09:00 on September 5th. Registration by phone will start from 10:00 on September 7th.

The special registration hotline is 050-5204-2811(TEL)



National Census To Take Place こくせいちょうさのじっし

A nationwide census will be conducted on October 1st. All households and individuals living in Japan on that day will be included in the census. Amid the challenges of an aging and shrinking population in Japan, this census is an indispensable way to find the latest information on the country's population and its households.

The results of the census will include information that will be useful to our day to day lives, such as information on social welfare, employment policies, improvement of living environments, disaster prevention and so on.

In order to ensure that the statistics collected are accurate, everyone is required to take part in the census.

All census staff who will be collecting your personal information for the census are all strictly required not to disclose your personal data to any other party.

Please be vigilant against individuals posing as fake census staff. Census staff will each have an official census ID, and will be wearing the official census armband.

Enquiries: Soumu Ka 22-9601 FAX 24-2440

Starting from this census, it will now be possible to take part online either via your computer or smartphone.

2015 National Census Campaign Site <http://kokusei2015.stat.go.jp/>

Autumn Safety Driving Campaign

あきの ぜんこく こうつう あんぜん うんどう

In force from September 21st - 30th During this safety campaign, attention will be put on preventing accidents involving the young and the elderly, preventing accidents involving pedestrians and cyclists around crossroads at dusk and nighttime, checking that all seatbelts and child seats are installed and being used correctly, stamping out drink driving. Since records were first taken in 1968, there have been deaths on our roads every single day. Let's all follow traffic safety rules and prevent more unnecessary deaths from occurring.

Enquiries: ShiminSeikatsuKa TEL22-9638 FAX 22-9641

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