



Population of Iga City
94,831

Foreign nationals
4,191
4.42% of population
31st October 2015

The city newsletter

Also available online at <http://www.mie-lifa.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

Seasonal Wishes from all of us here at the Iga International Friendship Association!

**We wish you and your family a peaceful and relaxing holiday season,
much success, prosperity and happiness in the new year.**

Christmas Illuminations and Concert at Uenoshi Station うえのしえき いるみねーしょん と こんさーと



This year there will be special Christmas illuminations and a concert at Uenoshi Station in order to get us in the festive mood.

Illuminations Time: ~ December 25th Place: Uenoshi Station and Nishiote Station

Christmas Concert Time: December 23rd 16:00 ~

Place: Plaza in front of Uenoshi Station / Enquiries: Kikaku Ka TEL 0595-22-9621

End of Year Holidays

ねんまつねんし えいぎょう の おしらせ

City Hall and Public Offices しゃくしよ

Closed from 29th of December to 3th of January.

(Births, deaths and marriages can still be registered)

Hospital A&E Rooms きゅうきゅう

Treatment hours: 8:45am to 8:45am the following morning

Ueno Shimin Byouin January 1st

Okanami Byouin December 30th(9:00am to 8:45am the following morning)

Nabari Shiritsu Byouin December 29th, 30th ,31st, January 2nd , 3rd

Medical Emergencies おうきゅう しんりょうしよ

In case of an emergency you should first contact your regular doctor. If he or she is not available, go to the Iga Medical Emergencies Room (Iga shi Oukyuu Shinryou Sho), behind Okanami Byouin, tel 0595-22-9990.

Open from 29th December to 3rd January

Opening hours: 9:00am to 12:00 noon 14:00 to 17:00
20:00 to 23:00

Accepting patients for : pediatrics, general emergencies 29th December only available 8.00pm to 11.00pm

Acceptance is until 30 minutes before the medical examination end time

Consular Holidays りょうじかん

Most consulates will close for several holidays. Check with your own consulate for details.



Dental Clinics しか(はいしゃ)

Opening Hours: 9:00am to 17:00

30th of December:

Inoue Dental Clinic, (いのうえ しか いいん)
Yumegaoka 4-2-15 tel:23-8421

31st of December:

Uchida Dental Clinic, (うちだ しか いいん)
Ueno Nouninmachi 564 tel: 21-0271

2nd of January:

Ootake Dental Clinic, (おおたけ しか)
Ao 1468-1 tel: 52-1100

3rd of January:

Ooya Dental Clinic, (おおや しか いいん)
Midorigaoka 4175 tel: 23-4184

No dental clinics are open January 1st.

If you need to see a dentist on the 1st, contact the Information Center on tel:0595-24-1199

Garbage Collection over the New Year Holidays ごみ の もちこみ

The collection dates for garbage over the holiday period are the same dates as those written in your garbage collection calendar. However, if you need to dispose of garbage during the days that garbage is not being collected, please refer to the details below. Please note that the garbage disposal facilities are very busy at this time of year, so please come early.

Iga North Municipal Region

Ueno, Iga, Shimagahara, Ayama, Oyamada

Garbage types: Combustible, Combustible Oversized, Plastic Packaging, Metals, Paper, Blankets/Futons, Glass bottles, Glass, Ceramics etc

*Make sure that you dispose of your garbage according to type.

Year end collection: Until 30th December

New Year collection: From 4th January

Opening hours: 09:00-16:30

Fee: 500 yen if below 50kg, 500 yen for every 50 kg thereafter.

Take to: Sakura Recycling Centre (Hatta 3547-13)

TEL 0595-20-9272

Iga South Municipal Region

Aoyama

Garbage types: Combustible, Unburnable, Oversized, Recyclables, Plastic Packaging

*Make sure that you dispose of your garbage according to type.

Year end collection: Until 29th December

New Year collection: From 4th January

Opening hours: 08:30-12:00, 13:00-16:30

Fee: 120 yen per 10kg *Recyclables free

Take to: Iga Nanbu Clean Centre (Okugano 1990)

TEL 0595-53-1120

<MONTHLY TAX PAYMENTS> Pay by December 25th

Fixed Assets [Kotei Shisan Zei] National Health Insurance [Kokumin Kenkou Hoken]

こんげつ の のうぜい

Shuu-zei ka Tel.0595-22-9612

Applications for prefectural housing will be accepted from January けんえい じゅうたく もうしこみ

Application Period: January

To be eligible to apply for this housing, you must meet the following requirements:

- Reside or work in Mie. Be in need of housing.
- Are up to date in your tax payments.
- If you have been living in public housing, you do not have any outstanding bills or payments (rent, parking fee etc).
- Plan to live with family members (including boyfriend, girlfriend).
- Have an income within the required bracket to live in public housing.
- Have two guarantors.

Application forms can be found in any municipal office. Ask for “ken’ei juutaku no moushikomi sho”

Iga nanbu fudousan jigyou kyoudou kumiai TEL 059-221-6171

Municipal Housing

しえいじゅうたく の にゅうきょしゃ ぼしゅう

Application Period: January 15~ 21 09:00 ~ 17:00 Except for Saturday and Sunday

If you post your application, it must arrive by January 21.

Lottery: The lottery will take place on **Tuesday 1st of March from 9:30am**, at Ayama Hokenn Fukushi Center .

* If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.

Applications, Enquiries:

Please send your completed application, or direct any enquiries to 518-1395 Iga-shi, Baba 1128, Iga-shi Kensetsu-Bu,

Kenchiku Juutaku Ka TEL 0595-43-2330

Location	Number Available
Simagahara Danchi	1 home
Kawai Danchi	1 home (for childcare housing)

Has your child got all their vaccinations?

よぼうせっしゅ を うけわすれていませんか

You should make sure that your child receives his or her vaccinations as early as possible. If you can't remember if he or she has received them all, you can check in your parent child notebook (boshi techo).

Please be aware that if your child is no longer in the eligible age range to receive the vaccinations for free, you will have to bear the cost.

Vaccinations		Eligible Age	Doses
Hibbs		2 mnths ~ 5 yrs	1~4
Streptococcus Pneumoniae		2 mnths ~ 5 yrs	1~4
Combined Shot (Diphtheria , Whooping Cough , Tetanus and Polio)		3 mnths ~ 7.5 yrs	4
BCG		Under 12 mnths	1
Measles Rubella (MR)	First stage	1~2 yrs of age	1
	Second stage	Born between April 2 2009 and April 1 2010	1
Varicella		1~3 yrs of age	1
Japanese Encephalitis	first stage	3 ~ 7.5 yrs	3
	Second stage	9 ~ 13 yrs of age	1
		* 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
Cervical Cancer	Girls between 6 th grade of elementary school ~ 1 st grade of senior highschool.		3

Please note: Make sure you make an appointment at the clinic before going. You can give an appointment form in any clinic in Iga. If you want to receive the vaccinations outside Mie Prefecture, the relevant city hall division will give you the appropriate form. You can receive the next vaccination for free. Please talk to your family doctor or relevant city hall department for further details.

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

My Number Card

まいなंबर について

Did you already receive your notification letter? Please look after it carefully. It is not a legal requirement to use your notification letter to make a 'My Number Card', but if you wish to do so, please apply as per the instructions outlined in the notification letter. You can apply at any time. Your My Number Card's expiration date will be the same as your Residence Card. You will receive a further notification sometime after January to inform you that your card is ready to collect. Please bring both of these notifications along with some personal ID to City Hall.

If you have a Basic Resident Register Card (Juki Card) this will be exchanged with your personal card, so please be sure to bring it with you, too.

Inquiries: Jumin Ka TEL 22-9645

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】 . 24th December from 12:50 to 14:30 (Place: Haitopia Iga). 26th January 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】 17th December from 12:50 to 14:30 (Place: Haitopia Iga). 14th January from 12:50 to 14:30 (Place: Haitopia Iga).



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

December							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 Nabari	30 Okanami Nabari	31 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 (23 th Dec ~ 20 th Feb on Winter Vacation)	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 >

This seminar will help you avoid difficulties with money or contracts

がいこくじんのための しょうひしゅ とらぶる こうざ

"I was charged a huge bill for online gaming." "I was persuaded to sell my mobile phone." Are these scams? Let's learn while having fun with quizzes and psychological tests

Educational goods available to seminar participants

Foreign language interpretation is available for Portuguese, Spanish, Chinese, etc.

Free individual consultation with a lawyer will be available to the first 3 applicants after the seminar.

Date: January 17 (Sun) 10:00 to 12:00 Fee: Free

Registration required.

Location: Meeting Room of Haitopita Iga, 4F

Sponsored by Mie Prefecture

Capacity: 30 (Childcare reservation available) In collaboration with Iga City

Application/Enquiries : NPO Tsutamaru

TEL & FAX: 0595-23-0912

Email: info@tsutamaru.or.jp

Mobile phone: 080-3287-2636

Door to door Oversized Garbage Collection Service to Start

そだいごみを じたくの げんかんまで ひきとりに いきます

Oversized garbage can be picked up from your door step for a fee after making a reservation by telephone.

Disposal of each items costs 200 yen, with a maximum of 5 items per collection. Reservations for collection will begin from April 1st.

《Eligible Items》 Large garbage items which cannot be disposed of at garbage collection points such as bicycles, fan heaters, child seats; furniture items which can't be broken down (kitchen dressers, cupboards, sofas etc); large electrical appliance such as stereos and fans.

Enquiries: Seiso Jigyo Ka Tel 0595-20-1050, or any Branch Office's Jumin Fukushi Ka



Expiry of Iga Premium Goods Coupons

いがし ぶれみあむ しょうひんけんの しょうきげん

Iga Premium Goods coupons will expire on December 31 (Thu).

The coupons will no longer be valid after this date and no refunds are available.

If you have any coupons, make sure to use them before the end of the year.

