



Population of Iga City
94,771
Foreign nationals
4,178
4.41% of population
30th November 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

New Years Greetings from the Mayor しんねんのあいさつ

A very Happy New Year to you.

Three years have passed since I was elected to be the city's mayor. Last year I promoted Iga in both Tokyo and Italy, and implemented legislation to ensure that kindergarten services are free for the third child and younger in each family, and that medical fees are free for junior high school children and younger.

While Iga is in fiscally difficult circumstances, I hope to work together with you all to build a safer, more comfortable and active city. Thank you.

Tax Declarations ぜいきんのしんこく

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.

【Time】 16th February to 15th March, 09:00 ~ 17:00 * Closed on weekends

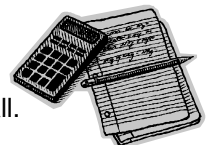
【Venue】 Yume Dome Ueno, 2nd Gymnasium

Who needs to submit a tax declaration?

- Anyone that receives a salary but did not complete their year-end tax adjustment
- Anyone who has received a salary from more than one company/employer during the year
- Anyone who left their place of work and started a new job in the same year
- Anyone who did not include information about their dependents in their year-end tax adjustment

What do you need to make a tax declaration?

- A copy of your residence card
- The original copy of your certificate of income and withholding tax
- A copy of the bank book (*tsuchou*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number).
- Passport
- Personal seal (*inkan*)
- Documentation (including Japanese translation) to prove your dependents
- Documentation (including Japanese translation) to prove that you are sending money to dependents overseas.
- Your national health insurance certificate
- National pension certificate
- Proof of life insurance fee exemption
- Proof of medical costs for you and your family members, etc



You cannot make your tax declarations at the Ueno Tax Office, Iga Prefectural Tax Office or Iga City Hall.

Municipal certifications and documents are issued upon presentation of your tax return slip.

If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either

【Enquiries】 Kazei-ka, Shiminzei-kakari (Tax Department) TEL 0595-22-9613

Tax Deductions for Dependent Family Members living abroad こくがいにふようかぞくがいるばあいのしんこく

You will need the following documentation without exception when filing your income tax returns for the year 2016.

Proof of your family ties with dependents living abroad (all dependents)

Proof that you have sent money to dependents overseas (to all dependents, individually)

【Changes to Note】

Documentation relating to money transfers should either be original, official documents issued by the bank, or copies of them. It should prove that you have sent money to your dependent relatives. This is a requirement.

If you have more than one dependent living abroad, you must also prove that you have sent money to each of them.

You must either submit or show all documentation that shows you transferred money, so please keep all the relevant paperwork in a safe place.

For further details, go to the National Tax Agency's homepage: https://www.nta.go.jp/foreign_language/index.htm

<MONTHLY TAX PAYMENTS> Pay by February 1st
Resident tax [Shikenmin Zei]
こんげつ の のうぜい National Health Insurance [Kokumin Kenkou Hoken] Tel.0595-22-9612

Applications for prefectural housing will be accepted from January けんえいじゅうたくの にゅうきょしゃ ぼしゅう

Application Period: January **Iga Block:** Hattori 1 , Kine 1 , Kasaueno 1
 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 Applications 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 10:30am**, 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.

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

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**

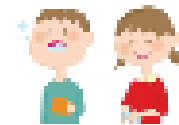
Cancer Screenings しゅうだん がん けんしん

【Time】 Saturday 12th of March Registration 09:00 - 11:30
【Venue】 Yumepolis Centre
【Check Up】 tomach cancer, colon cancer, prostate cancer ,cervical cancer and breast cancer
【How to register】 Register by telephone to the Kenko Suishin Ka 0595-22-9653
《Check ups available》 You can receive check up for stomach cancer, colon cancer, prostate cancer and cervical cancer up until February 29th at any clinic or hospital in Iga. If you would like to register for a check up at a clinic or hospital in Iga, please contact your clinic or hospital of choice directly.
 Those who have received free check up coupons for cancer will be able to have a check up until March 12th.



Ways to Avoid Catching the Flu いんふるえんざに きをつけて

Eat a well-balanced diet **Make sure you get enough sleep**
 Maintain rooms at 20-25C and a humidity of 50-60%.
 Wash your hands thoroughly (use plenty of soap, wash your palms, between fingers and your wrists and rinse with running water) and gargle often.
 Stay warm. **Get a flu vaccination .(even if you still catch the flu, your symptoms will be less severe)**
 Avoid large crowds of people and going outside as much as possible.
 Be considerate when coughing or sneezing by covering your mouth and nose with a tissue. Wear a mask..



Beware of 'My Number' Fraud まいなんばー さぎに きをつけて

Illegal acquisition of 'My Number' is a crime.
 You will never be asked for your 'my number' or bank account number etc over the phone or by similar means.
 When you are asked for your 'my number' or for other personal information, it is important to verify the identity of the individual asking for it, and the reason why he or she needs your personal information.
 There are cases of fraud that abuses the system taking place, so if you receive any suspicious phone calls, mail or other forms of communication, please contact City Hall for advice.
 Enquiries: Shimin Seikatsu Ka

Public Seminar for Foreigners on Medical Care みえけん いりょうつうやくしゃ いくせいじぎょう

This seminar is aimed at those with connections to the medical care profession. It will introduce cases of good practice from across Japan relating to the training of medical interpretation as well as dispatch and distribution. It will also be an opportunity to think about various issues concerning non-Japanese patients. This seminar is held once a year.

Time	23 rd January 2015 (Sat), 13:30 ~ 16:30		
Venue	Ast Tsu Seminar Room A (Tsu-shi, Hadokorocho 700, Ast Tsu 4F)		
Content	Seminar: How to Communicate with non-Japanese patients and Effective Methods to Utilise Medical Interpreters , Personal accounts from: Health care professionals, medical interpreters and non-Japanese patients , Q&A Session: Time for questions and exchange among attendees		
Eligibility	Helath care professionals employed in a medical institute or organisation related to the medical field, individuals currently working as medical interpreters, individuals who hope to work as medical interpreters in the future, individuals interested in health care provision for foreign residents		
Fee	Free	Places Available	60 places
Registration & Enquiries	Mie International Exchange Foundation (Tsu-shi, Hadokorocho 700, Ast Tsu 3F) TEL: 059-223-5006 FAX : 059-223-5007 E-mail : mief@mief.or.jp		

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】 . 26th January from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station). 16th February from 12:50 to 14:30 (Place: Haitopia Iga). 18th February 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】 14th January from 12:50 to 14:30 (Place: Haitopia Iga). 2nd 25th February from 12:50 to 14:30 (Place: Haitopia Iga). 18th February 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

JANUARY							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
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	
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 & 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 >

International Understanding Seminars

World Seminar: Chinese Cooking Class & Culture Introduction

「せかい なっとく ぜみなーる」

Time : 24th January (Sun), 10:00 – 14:00

Venue : JA Iga North Kawai Fureai Store's 2F Cooking Room

Fee: 500 yen, Eligible to elementary school aged children or older (those younger than grade 4 should be accompanied by an adult).

Places available: 30



Soba-making

「そばうち たいげん」

Time: 21st February (Sun), 12:00 – 15:00

Venue: Michi no Eki Ayama

“Tama no Koshi Soba Uchi Dojo”

Fee: Standard 800 yen, IIFA Members 500 yen. Places for 10 Japanese and 10 Non-Japanese

Registration Start: from February 8th

Application/Enquiries :

IGASHI KOKUSAIKOURYUU KYOUKAI
TEL 0595-22-9629

Charity Bazaar ちゃりていーばざー

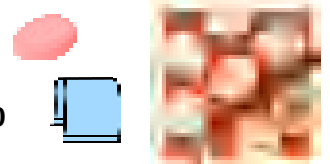
The Ueno Chapter of the 'Iga Kousei Hogo Josei no Kai' (Iga Women's Rehabilitation Association) will hold a Charity Bazaar as follows:

Time: Sunday 7th February, 09:30 - 14:30

Venue: Ueno Fureai Plaza 3F1r

Details: Sundry goods will be on sale

Enquiries: Kousei Hogo Ka 0595-22-9650



This seminar will help you avoid difficulties with money or contracts しょうひしゃ とらぶる ぼうし せみなー

“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

Capacity: 30 (Childcare reservation available)

Sponsored by Mie Prefecture In collaboration with Iga City

Application/Enquiries : NPO Tsutamaru

TEL & FAX: 0595-23-0912

Email: info@tsutamaru.or.jp

Mobile phone: 080-3287-2636