



IGA



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 "Kōhō Iga shi" and other publications

Population of Iga City	94,708
Foreign nationals	4,184
4.42% of population	
31st December 2015	

Tax Declarations ぜいきんの しんこく

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

Venue: Yume Dome Ueno, 2nd Gymnasium



What do you need to make a tax declaration?

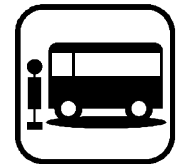
- A copy of your residence card
- The original copy of your certificate of income and withholding tax
- A copy of the bank book (*tsuchou*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number).
- Passport • Personal seal (*inkan*)
- Documentation (including Japanese translation) to prove you have 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

Free Shuttle Bus Service to Tax Returns Venue

There will be a free shuttle bus service running between city hall, city hall's regional branch offices, local community centers (in the Ueno area) and Yume Dome Ueno.

Services between City Hall and Yume Dome :

Date	Departure from City Hall	Departure from Yume Dome
February 16, 18, 23, 25	9:00 10:00 11:00	9:30 10:30 11:30
March 1, 3, 8, 10	13:00 14:00 15:00	13:30 14:30 16:15



Services between Community Centers, City Hall Branch Offices and Yume Dome :

Pick Up and Arrival Point		Date
Community Center	City Hall's Branch Office	
Kanbe, Hijiki, Inako	Aoyama Branch Office	February 23, March 2
Fuchuu, Nakase	Ayama Branch Office	February 24, March 11
Nagata, Ota	Shimagahara Branch Office	February 19, March 4
Tomono	Iga / Oyamada Branch Office	February 17, March 9
Kijigadai, Furuyama, Ida	-----	February 24, March 8
Suwa, Nii, Mita	-----	February 19, March 1
Hanagaki, Hananoki, Kume	-----	February 26, March 9

* Depending on the location, there may be some differences in the arrival and departure times of some bus services from community centers and branch offices. Please check times with your local branch office.

** Due to unexpected circumstances there may be changes or cancellations to the bus services.

【Enquiries】 Ueno Zeimusho TEL 0595-21-0950, Kazei ka Shimin zei gakari TEL 0595-22-9613

Information for those Enrolled in National Health Insurance こくみん けんこう ほけん にはいっている みなさんへ

Did you know that the amount you are required to pay may decrease, based on your income?

~ File your Municipal and Prefectural tax Returns ~

The national health insurance fee you are required to pay may decrease, based on your income.

When the health insurance fee is assessed under Iga's National Health Insurance plan, households which have an income lower than that stipulated by the law may be eligible for a 20%, 50% or even 70% reduction in the national health insurance costs.

To pay the reduced amount, you must file your municipal and prefectural tax returns.

Whether or not you are eligible to pay only the reduced rate or not is based on a calculation of the combined income of all household members. If you cannot clearly prove all your sources of income, then you will not be eligible to pay the reduced amount.

Those who had absolutely no income in the previous year, those whose only income was from non-taxable sources such as disability pension or bereaved family pension and those residing in Iga who were not being financially supported by anyone else may be eligible for this reduction. Please file your tax returns between February 16th and March 15th.

【Enquiries】 Hoken Nenkin Ka TEL 0595-22-9659

<MONTHLY TAX PAYMENTS> こんげつ の のうぜい Pay by February 29th Shuuzei ka Tel.0595-22-9612
 Fixed Assets (4th Installment) Kotei Shisan Zei,
 National Health Insurance (8th installment) Kokumin Kenkou Hoken

Combined Expenses System for high-cost Medical and Nursing Care こうがくいりょうとこうがくかいごをたすことができます

Under this system, if the combined personal costs (1) covered by members of the same household in one year (August 2014 to July 2015) exceeds the upper limit for personal costs (differs per household. See the chart below), then the amount (2) in excess of the upper limit will be covered on their behalf.

Application forms will be sent to those who are eligible for the benefits by post. (National Health Insurance will be addressed to the taxable person in the household) Do not forget to apply. (This only applies to individuals who are enrolled in the National Health Insurance system and the Medical Insurance System for the Elderly aged 75 or over).

You will need your 'My Number' when you apply.

The person who will submit the application should bring their 'My Number' card or notification card and some personal ID issued by a public authority.

*1: This refers to the amount of money paid to a medical facility for health care costs. If you are under 70 years of age and enrolled in a health insurance programme, such high-cost care is defined as payments in excess of 21,000 yen within one month. Since this is a combined expenses system, if costs were incurred for medical care but not nursing care (or vice versa), then no expenses incurred will be classed as high-cost and therefore eligible for cover under this system.

*2: If health insurance costs are calculated as being under 500 yen, they will not be eligible for cover.

Not everyone who is eligible for this system will necessarily be informed that they can apply for this reimbursement. If you think you may be eligible, please contact the local authorities (city hall or branch offices). Those who may not be informed but may be eligible are:

a) Those who have changed their municipality and have changed the insurance plan they are enrolled in.

b) Those who have switched from a private insurance plan to either National Health Insurance or Medical Insurance for the Elderly aged 75 and older.

*3: Photographic ID such as a driver's licence or passport etc. If you do not have photographic ID, you will need to bring both your health insurance ID card and pension handbook.

*4: Including persons over the age of 65 with a defined disability who are enrolled in Medical Health Insurance for the elderly aged 75 and older.

*5: Members of a household who have not paid municipal tax and who, after all necessary expenses have been deducted from their income, are left with no money in excess (calculated as those with an annual salary of under 800,000 yen).

*6: Gross income minus only the exemption amount of 330,000 yen.

Upper Limits Chart :

	Combined Amount for both the Health Care System for the Elderly Aged 75 and Older and Nursing Care Insurance	Combined Amount for National Health Insurance and Nursing Care Insurance (households with member aged 70~74)	Combined Amount for National Health Insurance and Nursing Care Insurance* Households in neither nor .	
			Income*6	
Earner above certain amount	670,000 yen		Above 9,010,000	1,760,000
			6,000,000 – 9,010,000	1,350,000
Regular (pays municipal tax)	560,000 yen		2,100,000 – 6,000,000	670,000
			Below 2,100,000	630,000
Low-income (does not pay municipal tax)	310,000 yen (190,000 yen for those above*5)		340,000	

【Enquiries】 Hoken Nenkin Ka TEL 0595-22-9660, 0595-22-9659, Kaigo Kourei Fukushi Ka TEL 0595-26-3939

Experience Brazilian Food and Culture

ぶらじる りょうり と ぶんかの こうりゅうかい

Time: March 20th (Sun)

Place: Aoyama Harmony Forest

<<Part One>> 10:00 - 13:00. Enjoy a cooking class in which you can make and enjoy eating Brazilian cuisine.

Fee: 1,000 yen

Places: Maximum of 30 spaces available. (You need to apply in advance.)

<<Part Two>> 13:00 - 15:00. An Introduction to Brazil

It is possible to participate in part two without participating in part one. You don't have to apply to participate in part two.

【Sign ups & Enquiries】 Aoyama Branch Office's Shinkou Ka 0595-52-1112 FAX 0595-52-2174



New, Afterschool Club Facilities for Elementary School Students ぼうかご じどう くらぶ の しんせつ

From April 2016, the following new afterschool club facilities will be available.

This will contribute to the overall health and development of children by providing suitable, afterschool games and activities. They are aimed at children from families that do not have family members or minders who can care for the children day the day.

Seiwa Nishi Afterschool Club: Iga-shi, Ouchi 748 (private residence)

Seiwa Higashi Afterschool Club: Iga-shi, Ida 1274 (Tanaka Community Centre)

【Enquiries】 Kodomo Katei Ka 0595-22-9654 FAX 0595-22-9646



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】 16th February from 12:50 to 14:30 (Place: Haitopia Iga). 18th February from 13:00 to 13:30 (Place: Aoyama hoken center). 15th March 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】 2nd, 25th February from 12:50 to 14:30 (Place: Haitopia Iga). 18th February from 14:00 to 14:30 (Place: Aoyama hoken center). 17th March 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

February							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 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	* Except pediatrics						

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[MIE Info] <http://www.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 (From 24 th Feb)	Sasayuri Learning Support Classes
Times	Wednesday, 19:30 ~ 20:30 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 >

Parent & Child Hina Dolls Photo Opportunity

おやこで しゃしんを うつそう

You can get dressed like a hina doll in traditional Japanese clothing. Mums and Dads can also dress up!

Date: Feb 20, 21, 27, 28 09:00 - 16:00

Venue: Akai Residential Area

(Ueno Shinobi-cho 2491-1)

Fee: 500 yen (no reservation needed)

Enquiries: Moe Kitsuke Saho Gakuin

TEL: 090-2572-7503(Miyamoto)

Walk around a Town in a Kimono

きもので まちを あるこう

Kimono are available for rental (including help in putting them on) so that you can really enjoy the Hina Doll festival and get into the mood.

Date: Feb 27, 28 09:00 - 15:30

Venue: 5F Haitopia Iga Fee: 1500 yen

Please make a reservation by 3 days before the date.

Kimono rental does not include the traditional socks and footwear. Please bring your own. If you don't have them, please ask when you make a reservation.

Enquiries: Koubaiya TEL: 0595-21-0028

French Cooking Class

ふらんす りょうり きょうしつ

Date: Feb 26 11:00- 14:00

Venue: 4F Haitopia Iga Fee: 1300 yen

Menu: cocotte au poulet, pain perdu

Capacity: 20 Registration

Application: Igashi Kokusai Kouryu Kyokai

Tel: 0595-22-9629 e-mail: mie-iifa@ict.jp



Support for Disabled Children during Spring Vacation はるやすみのしょうがいじどうのしえんについて

Support will be given to disabled elementary school children so that they will have a place to go during the day, for the duration of the Spring vacation,

【Eligible】 Elementary school students with disabilities (including those who will graduate soon)

【Period】 Mon 28 March - Tue 5 April, 09:00 - 16:00 *Excl. Sat & Sun

【Location】 Oyamada Elementary

【Cost to Users】 In principle, 10% of expenses under services and support for persons with disabilities.

【Application Deadline】 Fri 4 March

【Applications & Enquiries】

Shogai Fukushi Ka 22-9657 FAX22-9662

Do you read with your children? ほんをよんでいますか

The 'Iga Children's Reading Activities Promotion Plan' was set up to help encourage children to experience the fun and joy of reading and to nurture an environment in which they can grow up to be healthy. Children's first encounters with books is in the home.

By reading picture books with your toddlers at home, they will come to enjoy reading while spending quality time with their family members. It's important to get all the family involved to help children gain an interest in books. The simplest and best place to get children into the habit of reading is in the home.

Scholarship System for Nursing Students

かんごがくせい しゅうがく しきんせいど

Eligibility: Anyone who wishes to become a qualified nurse that is either already in medical school or planning to enter medical school, and who will work at Ueno Hospital upon completion of their studies.

No. of scholarships: A few

Amount: 50,000 or 100,000 yen a month.

Exemption from repayment: Upon completion of your studies if you receive your nursing certification within 1 year and plan to continue working at Ueno Hospital for the next term, you will be exempt from repayment.

Necessary documents:

1) Nursing Scholarship application form;
2) Proof of enrollment or proof of confirmed, future enrollment in a nursing course;

3) Your resume (with photo attached). Application forms can be obtained at Ueno Hospital, or downloaded from the Ueno Hospital's website. Please contact the hospital for further details.

Selection process: Assessment of written application, interview and essay.

Applications & Enquiries to:

Ueno Hospital's Management & Planning

Division (keiei kikaku ka). TEL24-1111