



Population of Iga City  
94,249  
Foreign nationals  
4,247  
4.51% of population  
30th April 2016

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 Monday June 30<sup>th</sup>

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

## Scholarships Available in Iga いがし の しょうがくきん

### Iga Sasayuri Scholarship Fund ささゆり しょうがくきん

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: June 15<sup>th</sup> ~ June 30<sup>th</sup> Availability: 2 students



### Iga City Scholarship Fund いがし しょうがくきん

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 for fiscal year 2016

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

Application Period : June 15<sup>th</sup> ~ June 30<sup>th</sup>

Applications & Enquiries: Kyouiku Soumu Ka TEL 0595-22-9679 FAX 0595-22-9692

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

## Tax Notices for Municipal and Prefectural Tax will be posted soon

し・けんみんぜいの うぜい つうちしょ

Tax notices for municipal and prefectural tax will be posted on 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

### <MONTHLY TAX PAYMENTS>

6がつ の うぜい

Pay by June 30<sup>th</sup>

Residence Tax [Shi Kenmin Zei] (The first period)

Shuu Zei Ka TEL 0595-22-9612

## Cancer Screenings, Medical Check-ups for Youth (First round) がん けんしん を うけましょ

Cancer screenings and medical checkups are offered twice a year. This is the first round of screenings available for the fiscal year 2016. 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 7<sup>th</sup> - June 13<sup>th</sup>) of accepting appointment: Dedicated Phone number: **0595-62-6100**

**Phone number for appointment after Tuesday June 14<sup>th</sup> : 0595-22-9653 (Kenkou suishin ka)**



Screening	Eligibility (as of April 1 2017)	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 1977 and April 1 1997	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.

Enquiries Kenko Suishin Ka TEL: 0595-22-9666

## Individual cancer screenings こべつ がんけんしん

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

Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Cancers	Stomach Cancer		Prostate cancer	Colon Cancer	Cervical Cancer		Breast Cancer	
	X-ray	Endoscope			Uterine Cervix	Uterine Corpus		
Screening	barium exam	endoscope	Blood test	fecal occult blood test	inspection, pelvic exam, cytotechnology		x-ray mammography	
Eligibility	above 40		Males above 50	above 40	Females above 20 Uterine Corpus require physician approval		Females above 40	
Remarks		Read the details of cancer screening above. Contact at each hospital or clinic for further info.						
You pay	Under 74	2800 yen	3500 yen	800 yen	1000 yen	1400 yen	2000 yen	2500yen
	Above 75	800 yen	1000 yen	300 yen	500 yen	300 yen	800 yen	800 yen
Free for reliefer								
Period		Jul 1, 2016- Feb 28, 2017						

## Round screenings for lung cancer and tuberculosis はいがん けんしん・けっかく けんしん

If you are above 40, you can also have round screenings for lung cancer and tuberculosis in each region. To get the information of dates and regions, please confirm at Kenko Suishin Ka TEL: 0595-22-9653

## Hepatitis screening, type B and C

かんえん ういるす けんさ(Bがた・Cがた)

You can also have hepatitis screening type B and C through your regular hospital or clinic, but only under certain conditions. Please contact the clinic at which you would like to have your screening directly in advance to make an appointment.

Enquiries Kenko Suishin Ka TEL: 0595-22-9666

## Nursery room for children in sick or convalescence “Kuma-san room” くまさんるーむ

The temporary nursery room “Kuma-san room” is for a child:

- who is in convalescence period and can't attend the nursery school, kindergarten or elementary school
- who is under 3<sup>rd</sup> grade
- whose parents are working

This room is located in Ueno Shimin Hospital.

Reservation is requested by the previous day. : Tel 22-9102 / Fax 22-1124

For more details, contact at “Kodomo Mirai ka”. : Tel 22-9677 / Fax 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)

【Examinations】Measuring weight, height, medical checkup, hearing test, reflexes, advice on dental health and nutrition.

【Bring】Mother-Child passbook (*Boshi techo*), forms

【Date】14<sup>th</sup> June from 12:50 to 14:30 (Place: Haitopia Iga ). 5<sup>th</sup> July from 12:50 to 14:30 (Place: Haitopia Iga – in front of Uenoshi station) .



### 3 years (free)

【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】7<sup>th</sup> 28<sup>th</sup> 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
* Except pediatrics			1 Okanami Nabari	2 Nabari	3 Shimin	4 Nabari
5 Nabari	6 Okanami	7 Nabari	8 Okanami Nabari	9 Nabari	10 Shimin	11 Shimin
12 Okanami	13 Okanami	14 Shimin	15 Okanami Nabari	16 Nabari	17 Shimin	18 Nabari
19 Nabari	20 Okanami	21 Nabari	22 Okanami Nabari	23 Nabari	24 Shimin	25 Shimin
26 Okanami	27 Okanami	28 Shimin	29 Okanami Nabari	30 Nabari		

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

## ① Mie Child Health Hotline<みえ こども いりょう だいやる> ② First Aid Consultation <きゅうきゅう そうだん だいやる>

- ① 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】#8000 (059-232-9955) Every day from 19:00 to 23:30

- ② Iga-shi First Aid Consultation 0120-4199-22 (24 hours)



## 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, 19:30 ~ 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>

### Municipal Housing

しえい じゅうたく の もうしこみ

#### Application Period:

July 15 ~ 22 09:00 ~ 17:00

※ Except for Saturday and Sunday

※ If you post your application, it must arrive by July 22.

#### Lottery:

The lottery will take place on **1<sup>st</sup> of September from 9:30am**, at Ayama Hoken Fukushi Center(1F).

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

#### Available Housing:

Kine Danchi 1 property, Simagahara Danchi 1 property, Araki Danchi 3 properties (inc. 1 of which is marked for priority housing), Kaminosyou Danchi 1 property.

#### 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

### Door to door Oversized Garbage Collection Service to Start

そだいごみ の こべつ しゅうしゅう じぎょう

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.

#### 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

### Human Festa 2016

ひゅーまん ふえすた 2016

On Jul.17,Sun., Human Festa 2016 will be held at Haitopia 5F, from 10am to 4pm.

#### Kenote lecture:“

**Love calls from Brazilians in Japan”** by Prof. Angelo Ishi, Faculty of Sociology, Musashi Univ. will start at 1:30pm. Also you can enjoy many learning events and experience events, like making instruments CHAKUCHA from south America and so on. Please come and enjoy the Festa!

Enquiries: Danjo Kyodo Sankaku ka TEL 47-1286

### Pool Openings

ぷーる が はじまります

#### Ueno Undo Koen Pool

23 July – 21Aug 10:00 – 16:00

※Closed on 27 July and 3 August.

#### Ayama, Oyamada B&G Kaiyo Centres

9 July – 28 Aug 09:00 – 22:00

※Oyamada will be closed every Monday (apart from Monday 18July and 19 July (Tue)).

※Ayama will be closed every Tuesday. Details will be announced next month.

Enquiries: Sports shinkou ka : TEL 47-1286