



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

Population of Iga City
94,066
Foreign nationals
4,325
4.60% of population
31st July 2016

Career advice for Higher Education in Iga がいこくじん じどう せいと の ための しんろ がいだんす 2016

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 25th 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

Notice of Temporary Welfare Benefits りんじ きゅうふきん の おしらせ

Application forms for temporary welfare benefits have been sent to those who are eligible. The application period is August 15, 2016 to February 15, 2017. If you applying in person, you will need your personal seal, a copy of the residence cards of everyone who will use the benefits, and your bank passbook so as to determine which bank account the benefit will be deposited in.

For inquiries, contact the Seikatsu Shien Division's Benefits

Notice Board じょうほう こうかん けいじばん を はじめます

The Notice Board in Iga-shi Tabunka Kyousei Center is available for exchanging information, for example: "I have a baby crib, if you want..." "wanted Uniform of this school!" "I can teach English, who would like to study ..." "announcement of the event!" etc. Notices must be except commercial solicitation.

If you would like to use this board, please feel free to visit Iga-shi Tabunka Kyousei Center. And if you need help to translate the language, we can help on the following day:

Portuguese on Tue. And Thu.

Spanish on Wed.

Chinese on Fri.

English on Mon. to Fri.

Enquiries: Iga-shi Tabunka Kyousei Center Tel.0595-47-1283

<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 12th.

| Beginning from September 7th, 9:00 Date & Time | | Venue | Stomach 50/1 units | Colon N/A | Prostate N/A | Cervical 100 | Breast 60/1 units | Youth 50 |
|---|--------------|---------------------|-----------------------|--------------|-----------------|-----------------|----------------------|------------------|
| 15th Oct (Sat) | 09:00~ 11:30 | Oyamada | ● | ● | | ● | ● | |
| 23th Oct (Sun) | 09:00~ 11:30 | Aoyama | ● | ● | ● | ● | ●2 units | ● |
| 5th Nov (Sat) | 09:00~ 11:30 | Ayama | ●2 units | ● | ● | ● | ●2 units | ● |
| 19th Nov (Sat) | 09:00~ 11:30 | Igamachi | ● | ● | ● | ● | ● | ● |
| Beginning from September 8th, 9:00 Date & Time | | Venue | Stomach 50/1 units | Colon N/A | Prostate N/A | Cervical 100 | Breast 70/1 units | Youth 50 |
| 11th Nov (Fri) | 09:00~ 11:30 | Yumepolis Centre | ● | ● | | ● | ● | |
| 22th Nov (Tue) | 09:00~ 11:30 | | | ● | | ● | ● | |
| 11th Dec (Sun) | 09:00~ 11:30 | | ●2 units | ● | ● | ● | ● | ● |
| | 13:30~ 15:00 | | | ● | | ● | ● | |
| 11th Mar (Sat) | 09:00~ 11:30 | | ● | ● | ● | ● | ● | |
| Currently Accepting Appointments for Date&Time | | Venue | Stomach 50/1 units | Colon N/A | Prostate N/A | Cervical 100 | Breast 60/1 units | Youth 50 |
| 19th Sep (Sun) | 09:00~ 11:30 | Yumepolis Centre | ●2 units | ● | ● | ● | ●2 units | Reception end |
| | 13:30~ 15:00 | | | ● | | ● | ● | |
| 22nd Sep (Thu) | 09:00~ 11:30 | Simagahara | ●2 units | ● | ● | ● | ● | |
| 7th Oct (Fri) | 09:00~ 11:30 | Yumepolis Centre | ● | ● | ● | ● | ●2 units | |
| | 13:30~ 15:00 | | | ● | | ● | ● | |

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

Are you forgetting your free coupons?

がんけんしん むりょう くーぽんけん わすれていませんか?

People aged 20, 40, 45, 50, 55, or 60 are eligible for FREE colon, cervical and breast cancer screenings. The city is now distributing free screening coupons to those at key ages in order to ensure that as many people as possible are accessing cancer screenings. Please make use of this opportunity.

* Further, detailed information will be sent by post to those who are eligible in June.

Enquiries: Health Promotion Division TEL0595- 22-9653 FAX0595- 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: 500 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.

Dates and Venues: (Sign-in on the day) 09:30 – 11:30 at all venues : Oct 23 (Sun), Aoyama Community Center / Nov 5 (Sat), Ayama Health & Welfare Center / Nov 19 (Sat), Igamachi Health & Welfare Center / Dec 11 (Sun), Yumepolis Center

Registration & Enquiries: Insurance & Pensions Division ☎ 22-9659

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)

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

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

【Date】 13th September from 12:50 to 14:30

(Place: Haitopia Iga – in front of Uenoshi station).

4th October from 12:50 to 14:30

(Place: Haitopia Iga).



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】 20th September from 12:50 to 14:30

(Place: Haitopia Iga – in front of Uenoshi station).

20th October from 12:50 to 14:30

(Place: Haitopia Iga).



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

Nabari Hospitals

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

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

MIE CHILD HEALTH HOTLINE

<みえ こども いりょう ダイヤル>

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**

IGA-SHI TABUNKAKYOUSEI CENTER いがしたぶんかセンター

Opening: Monday-Friday and Sunday (2nd and 4th) 9am-5pm

•Advice for Foreign Citizens •Information in Each Language •Various Course •Consultation Counter about Multicultural Coexistence •Free PC Use •Pay Copy •Information for Foreign Tourists etc.

Tel : 0595-22-9629 Fax : 0595-22-9631

URL <http://iga-tabunkakyousei.com>

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>

Igabura 2016

いがぶら 2016

Over two months from October 1st to December 4th 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 112 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 September 6th. Registration by phone will start September 5th.

Enquiries: Kankousenryakuka TEL22-9670 FAX 22-9695

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 TEL22-9702 FAX 22-9641

BOSAIMIE.jp ぼうさいみえ.jp

To protect yourself during earthquakes, tsunami, typhoon and other natural disaster, it is important to have access to proper information. Through "BOSAIMIE.jp" it is possible to have access to proper information via Internet and e-mail about natural disaster prevention, therefore make use of this system! In "BOSAIMIE.jp" information is available in 5 languages, in addition to Japanese.

Sending message system "BOSAIMIE.jp" This system consists on the information sent from the observation points, in order to the citizens can be prepared in the case of a natural disaster by themselves. (Message content is available only in Japanese)

By registering on this system, messages will display the following topics:

- (1) Warnings and climate alerts
- (2) Information about earthquakes
- (3) Warnings and tsunami alerts
- (4) Information related to Tokai Jishin
- (5) Information about typhoons
- (6) Information about river levels
- (7) Information about atmospheric pollution

Access the homepage for more details:

<http://www.bosaimie.jp/index.action>

-- From Mie-info

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