



Population of Iga City
93,369
Foreign nationals
4,561
4.88% of population
30th April 2017

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 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 Friday June 30th

Submissions & Enquiries Kodomo Mirai Ka ☎ 0595-22-9654

Scholarships Available in Iga いがし しょうがくきん せいど

Iga Sasayuri Scholarship Fund

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 15th ~ June 30th Availability: 2 students



Iga City Scholarship Fund

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 15th ~ June 30th

Applications & Enquiries: Kyouiku Soumu Ka, Shougai Gakusyu 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 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 のうぜい

Pay by June 30th

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.

Phone number for appointment after Tuesday June 14th : 0595-22-9653 (Kenkou suishin ka)



Screening	Eligibility	You pay		Details
		Under 74	Above 75	
Stomach Cancer	Above 20	1800yen	800yen	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	800yen	500yen	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	800yen	500yen	Blood test
Cervical Cancer	Females above 20	1400yen	500yen	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	800yen	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 1978 and April 1 1998	3400yen		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: 0595-22-9653

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, cytotechnology	pelvic exam,	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 - Feb 28, 2018							

Round screenings for lung cancer and tuberculosis はいがん けんしん・けつかく 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: 0595-22-9653

Let's Learn about Disaster Prevention いっしょに ぼうさいを まなぼう

Are you preparing for a disaster? What you need to protect yourself and your family at times is knowledge and preparation for disasters. Connection with the community is also an important preparation. Let's experience the disaster prevention in Oyamada community.

【Date】 July 8, Sat., 9:30-11:30

【Place】 Oyamada Fukushi Center

【Participants】 Parents of infants' children in Oyamada area Childcare and interpreter available

【Experience】 See your own Mam bag, Taste and experience of disaster-prevention goods, Evacuate with children and more

【Inquiry】 Kenko Suisin Ka 0595-22-9653

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 and Place】

20th June from 12:50 to 14:30 (Place: Haitopia Iga)

11th July from 12:50 to 14:30 (Place: Haitopia Iga)



3 Years Checkup (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 and Place】

29th June from 12:50 to 14:30 (Place: Haitopia Iga)

20th July from 12:50 to 14:30 (Place: Haitopia Iga)



Emergencies & Medical Assistance <きゅうきゅう・いりよう> 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 Kuwamachi 1615 (Behind Okanami Hospital)

【Specializations】 General and pediatrics * Injuries and minor illnesses (first aid)

Monday to Saturday	20:00~23:00
Sundays, public holidays, year end holidays	9:00~12:00 14:00~17:00 20:00~23:00

2. The Mie Medical Information Center (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 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 17:00 - 08:45 the following day

Saturdays, Sundays & Public holidays

8:45 to 08:45 the following day

Hospital Okanami

Mondays 17:00- 9:00 the following day

Wednesdays 17:00 - 8:45 the following day

Sundays 9:00 - 8:45 the following day

* If Mondays or Wednesdays are public holidays, then from 09:00 to 08:45

【Contact】

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 いりよう ダイアル>

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

【Access】 #8000 (059-232-9955) Every day from 19:30 to Next day 8:00

② Iga-shi Emergency Call **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** Tel. 0595-22-9702

IGA-SHI TABUNKAKYOUSEI CENTER いがしたぶんかきょうせいせんたー

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-tabunkakyouseicenter.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>

Municipal Housing

しえい じゅうたく の もうしこみ

Application Period:

July 14 ~ 21 09:00 ~ 17:00

- ※ Except for Saturday and Sunday
- ※ If you post your application, it must arrive by July 21.

Lottery:

The lottery will take place on 1st of September from 9:30am, at Ayama Hoken Fukusi 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 2 property (inc. 1 of which is marked for priority housing),
Araki Danchi 3properties (inc. 1 of which is marked for priority housing),
Kaminosyou Danchi 1 property.
Kawai Danchi 1property (for a family with children).

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

"Bousai Mie.jp" Homepage has been updated, in 5 languages in addition to Japanese

防災みえ.jp

"Bousai Mie.jp" is Mie Prefecture's official homepage publishing information in Japanese and other 5 foreign languages (English, Chinese, Korean, Portuguese and Spanish) about prevention in the event of natural disasters and useful information in case of natural disasters. With this updating, the "page related to emergency" now presents information on the opening of shelters, information on damage through maps and others. Even if you do not know the name of the region you live, it will be possible to recognize the locations visually. Furthermore, from May, information in real time about tsunami, earthquakes, warnings and weather alerts will be published on social media (Twitter).

If a natural disaster occurs, it is important to take accurate decisions and always check precise information to reduce damages.

You can access "Bousai Mie.jp" through the link below.

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

Pool Openings

プール が はじまりました

《Opening Times》

○Ueno Undo Koen Pool

22 July – 20Aug 10:00 – 16:00
※Closed on 26 July and 2,9 August.

○Ayama, Oyamada B&G Kaiyo Centres

8 July – 27 Aug 09:00 – 22:00

※Oyamada will be closed every Monday (apart from Monday 17July) and 18 July (Tue).

※Ayama will be closed every Tuesday.

※All three pools may change their opening times depending on water quality, weather conditions etc.

《Price》

Adult: 300 yen, Junior High & below 150 yen, Infants 50 yen.

※ Children second grade or below must be accompanied by an adult.