



Population of Iga City
93,277
Foreign nationals
4,640
4.97% of population
31st July 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

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 2017

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 24th 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


The Ueno Tenjin Festival / The Celebration Fireworks うえの てんじんまつり / いがしみん はなび たいかい

The Ueno Tenjin Festival which has long history more than 400 years and has been registered as a UNESCO Intangible Cultural Heritage Site last year will be held from October 20th Friday to 22nd Sunday this year at Ueno Ginza area. To celebrate this registration, the fireworks festival will also take place.

【Date】 October 14th, Saturday (will be postponed until October 15th in the event of rain)

【Time】 7:30-8:30pm

【Place】 In front of the Ueno Undo Koen

【Traffic Restriction】 The area will be closed to traffic since 3:00pm

【Inquiries】 Iga-shimin Shukuga Hanabi Taikai Executive Committee (in Ueno Chamber of Commerce) Tel:0595-21-0527

Iga International Exchange Festival 2017 いがしこくさいこうりゅうふえすた 2017

The Iga International Exchange Festival 2017 will be held at Toretateichi Hizokko. There will be booths selling craft goods and delicious food, Brazil, Peru, Thailand, Philippine, China and Japan.

On the stage, there will be dance performance. You can dance with them.

There will be also the Cultural Exchange Corner that you can answer many world questions, wear national costume and Pinata from Mie Pref. multicultural experience booth.

【Date】 October 8th Sunday, 10:00am-3:00pm

【Place】 Toretateichi Hizokko : 1-1 Hiranonishi-machi, Iga-shi

【Inquiries】 Iga International Friendship Association Tel:0595-22-9629

Kindergarten Enrollment Details for 2018 ようちえん にゅうえんしゃ ぼしゅう

If you would like to enroll your child in a municipal Kindergarten from next year, please register as follows.

Kindergarten	Grade		Places	Eligibility
Tousei no Oka Youchien (Ueno-Marunouchi 177-1)	1 st yr (5yrs old)	Born 2 nd Apr '12 – Apr 1 st '13	37	Infants living in Iga as of April 1 st 2018.
	2 nd yr (4yrs old)	Born 2 nd Apr '13 – Apr 1 st '14	50	
	3 rd yr (3yrs old)	Born 2 nd Apr '14 – Apr 1 st '15	40	

Registration Period: 19th September – 5th October, 08:30 – 17:00 (weekdays only)

Enrollment forms will be available at the Kindergarten.

How to apply: Complete the enrollment form and submit it directly to the Kindergarten.

Fees: 6400 yen a month (no enrollment fee required).

If the number of applicants exceeds the number of places available, applicants will be chosen by lottery.

Enquiries: Tousei no Oka Youchien Tel 0595-26-5770 FAX 0595-26-5771

There are also private Kindergartens which are accepting enrollments.

Please contact the kindergarten directly for details.

Hakuho Kindergarten Tel 0595-21-0091 3rd Grade 25; 2nd Grade a few places.

Aoyama Yosami Kindergarten Tel 0595-52-0433 3rd Grade 20, 2nd Grade a few places, 1st Grade a few places



<MONTHLY TAX PAYMENTS> 9 が つ の の う ぜ い Pay by October 2nd
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 13th.

Beginning from September 8th, Date & Time		Venue	Stomach 50/1 units	Colon N/A	Prostate N/A	Cervical 100	Breast 60/1 units	Youth 50
14th Oct (Sat)	09:00~ 11:30	Oyamada	●	●		●	●	
15th Oct (Sun)		Aoyama	●	●	●	●	●2 units	●
4th Nov (Sat)		Ayama	●2 units	●	●	●	●2 units	●
25thNov (Sat)		Igamachi	●	●	●	●	●	●
Beginning from September 11th, Date & Time		Venue	Stomach 50/1 units	Colon N/A	Prostate N/A	Cervical 100	Breast 70/1 units	Youth 50
8th Oct (Sun)	09:00~ 11:30	Yumepolis Centre	●2 units	●	●	●	●2 units	●
	13:30~ 15:00			●		●	●	
2nd Nov (Thu)	09:00~ 11:30		●	●		●	●	●
21th Nov (Tue)	09:00~ 11:30		●	●	●	●	●	
10th Dec (Sun)	09:00~ 11:30		●2 units	●	●	●	●	
	13:30~ 15:00			●		●	●	
11th Mar (Sun)	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
18th Sep (Mon)	09:00~ 11:30	Yumepolis Centre	●2 units	●	●	●	●2 units	●
	13:30~ 15:00			●		●	●	
23th Sep (Sat)	09:00~ 11:30	Simagahara	●2 units	●	●	●	●	

Screening	Eligibility (as of April 1st 2018)	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 make a current appointment, or to make an appointment after September 13th: Kenko Suishin Ka 0595-22-9653

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 15 (Sun), Aoyama Health Center / Nov 2 (Sun), Yumepolis Center / Nov 4 (Sat), Ayama Health & Welfare Center / Nov 25 (Sat), Igamachi Health & Welfare Center

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

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 13th. 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 Fukushima 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. 【Inquiries】 Hoken Nenkin Division Tel:0595-22-9659

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 and Place】

19th September, 17th October from 13:00 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】

21st September, 19th October from 13:00 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 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	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

September						
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	25 Okanami	26 Shimin	27 Okanami Nabari	28 Nabari	29 Shimin	30 Nabari

【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 ダイヤル>

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 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-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 ~ 20:30 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>

Igabura 2017

いがぶら 2017

Over two months from October 1st to December 3th 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.Iga's art
- 4.Iga Cuisine
5. Health & Beauty
- 6.Ninja & Matsuo Basho.

There are 149 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 5th. Registration by phone will start September 4th.

Enquiries: 050-5204-2811

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.

Enquiries:

ShiminSeikatsuKa TEL22-9638 FA22-9641

Garbage Collection during Ueno Tenjin Festival

ごみの しゅうしゅう じかん を へんこう します

Garbage collection times on October 20th Friday in the Ueno area will change, due to the Ueno Tenjin Festival. Please leave your garbage out for collection by 6:30am.

【Inquiries】Sakura Recycle Center Tel:0595-20-9272

App for trash separation in Iga-shi いがしごみぶんべつ あぷり

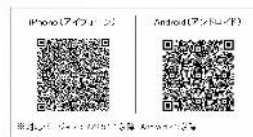
Iga-shi has launched the app for trash separation.

With this app on your smartphone, you can find the garbage collection calendar, rules to take out them and more.

To download the app, scan the QR code or search with “伊賀市ごみ分別アプリ” at App Store or Google Play.

Note: This app supports only Japanese.

【Inquiries】Hikibutsu Taisakuka Tel: 20-1050



Be Kind to Animals Week

どうぶつ あいご しゅうかん

Be Kind to Animals Week is to enhance the interest and understanding of citizens in general concerning the welfare and proper care of animals.

It is the owner's duty to take care of your animals with love and responsibilities to the end, even if getting sick or older, as a family member.

【Active Period】from Sep20th through Sep 26th

-With your understanding the animals' habits, take care of them to the end with your responsibilities.

-Don't let the animal cause harm or trouble to humans.

-Don't breed the animal unnecessarily.

-Acquire correct information about infectious diseases of the animal.

-Define the owner of the animal

【Inquiries】Shimin Seikatsu-ka Tel:0595-22-9638