



Population of Iga City
92,477
Foreign nationals
4,846
5.24% of population
30th April 2018

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 げんきょうとどけの ていしゅつ わすれず

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 with Passport, Residence card, Insurance certificate and My number card. Submission Deadline Monday July 2nd.

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

- ① Have your address in Iga, unless you live outside of Iga in order to commute to school.
- ② Be in either the first year of university/junior college or the fourth grade of a vocational high school
- ③ Have graduated from a junior high school or senior high school in Iga
- ④ Be 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 29th 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

- ① Both 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.
- ② Be currently enrolled in either a senior high school, vocational school or university etc.
- ③ No members of the same household as the applicant should be required to pay residence tax based on income for fiscal year 2018

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

Application Period : June 15th ~ June 29th

Applications & Enquiries: Kyouiku Soumu Ka TEL 0595-47-1280 FAX 0595-47-1281

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>

こんげつの のうぜい Pay by July 2nd

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 うけましよう

Cancer screenings and medical checkups are offered twice a year. This is the first round of screenings available for the fiscal year 2018. 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 : 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) or echo examinations. Not eligible to pregnant or breast feeding women.
Youth Medical Checkup	20~39	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.

Special Health Check-Ups けんこうしんさ を うけましよう

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly
Eligibility	40~74 (Born between September 1, 1943 and March 31, 1979) Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance (<i>kouki koureisha iryou seido</i>) and by August 31 2018 will become a policy holder (above 65 with a recognized disability)
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly. In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations	
Time Period	July 1- November 30	
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme
You pay:	500 yen	500 yen Taxed households 200 yen Tax-exempt households
Please Bring	Voucher, health insurance certificate, health questionnaire	

【Inquiries】Hoken Nenkin Ka Tel: 0595-22-9659

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.

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	3800 yen	4500 yen	1000 yen	1200 yen	1600 yen	2400 yen	2500yen
	Above 75	2000 yen	2500 yen	600 yen	800 yen	700 yen	1200 yen	1200 yen
Free for reliefer								
Period	Jul 1 - Feb 28, 2019							

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

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】

26th June, 17th July 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 June, 12th July from 13:00 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 (*shinryousho*) or an emergency clinic (*oukyuushinryoujo*).

Igashi Emergency Clinic **TEL0595-22-9990**

【Place】 Igashi Ueno Kuwamachi1615 (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 KyuukyuuIryouJouhou Center)

can give you information about which hospitals are available in your area. Contact the center on **TEL 059-229-1199**

* 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 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

<みえこどもいりょうダイヤル>

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 **ShiminSeikatsu 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-tabunkakyouseiicenter.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>

Be aware of Measles はしかにちゅういしまししょう

Currently, there are reports of an increase in number of patients with measles in Japan.

Since measles are highly infectious, taking a preventive vaccination is the most effective preventive measure.

What is Measles

It is an acute infection caused by Rubella Virus. Since measles are highly infectious and the infection spreads to the air, it cannot be prevented by simply washing the hands and wearing a mask.

Approximately 100% of the people who do not have an immunity to measles gets infected when they come in contact with an infected persons.

Main symptoms

Symptoms appear around 10 to 12 days after infection. After that, the high fever, cough, runny nose will last for several days, and a small rash can occur in the mouth. Although the fever goes down once, it will rise again, after that, a red rash will appear throughout the body. It will disappear after 7 to 10 days if there is no other illness.

About vaccination

If you already had the measles vaccination twice, or have suffered from measles, other than those who have antibodies, please consider consulting with your family health care provider and considering having the measles vaccination. Consult with your medical institution and think about having the measles vaccination.

*If you come in contact with a patient who have the measles or if you went to a measles epidemic area and a symptom appears, please inform the medical institution in advance by telephone, notify them about the suspected measles, and follow the instructions.

Municipal Housing しえい じゅうたく の もうしこみ

The period of the recruitment of the municipal housing occupants will be from July 6 to 13. For more details, please contact at the following after June 15.

【Inquiries】Kenchiku Jutaku Ka(Ayama Branch)Tel: 0595-43-2330
Shimin Seikatsu Ka Tel: 0595-22-9702

Human Rights Festival 2018

ひゅーまんふえすた 2018

【Date】 July 14, Saturday 10:00 – 16:00

【Venue】Haitopia Iga, 5F
(Ueno Marunouchi 500, Iga-shi)

【Contents】

- ◆10:00-12:00 Screening of the film
- ◆14:00-16:00 Lecture on "Human rights of an era of Diversity" Mr. Taro, Tamura, the Diversity Institute
- ◆You can experience the ceramic art, the multilingual communication on the Apps, and more at the venue.

【Inquiries】Jinken Seisaku KaTel: 0595-47-1286

Maintenance cost assistance for the Cable TV

ケーブルテレビ いじかんりひなど けいげんせいど

It is a scheme that Iga city will pay to Iga Cable TV Company the part of cost on behalf of the eligible household. It is the maintenance cost for the cable TV line or the equivalent usage fee (¥515).

The eligible household

- ① received a grade 1 or 2 of disability certificate (Shintai Shogaisha Techo)
- ② received the rehabilitation certificate (Ryoiku Techo)
- ③ received a grade 1 of health and welfare certificate of persons with mental disorders (Seisin Shogaisha Hoken Fukushima Techo 1 Kyu)
- ④ only for over 65
- ⑤ single parent
- ⑥ on welfare

【Inquiries】Kocho Joho Ka Tel:0595-22-9636