



Population of Iga City
92,179
Foreign nationals
5,330
5.78% of population
31st December 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

Tax Declarations ぜいきんのしんこく

【Time】 18th February to 15th March, 09:00 ~ 17:00 * Closed on weekends【Venue】 Yume Dome Ueno, 2nd Gymnasium 1-1-3Yumegaoka Iga-shi, Mie

◆What do you need to make a tax declaration?

- My number card / My number notification card
- A copy of your residence card
- Passport
- The original copy of your certificate of income and withholding tax
- A copy of the bank book (*tsuchou*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number).
- Personal seal (*inkan*)
- Documentation (including Japanese translation) to prove your dependents
- Documentation (including Japanese translation) to prove that you are sending money to dependents overseas.
- Your national health insurance certificate
- National pension certificate
- Proof of life insurance fee exemption
- Proof of medical costs for you and your family members, etc



◆Free Shuttle Bus Service to Tax Returns Venue: There will be a free shuttle bus service running between city hall, city hall's regional branch offices, local community centers (in the Ueno area) and Yume Dome Ueno.

Services between City Hall and Yume Dome :

Date	Departure from Old City Hall	Departure from New City Hall	Departure from Yume Dome
February 19, 21, 26, 28	9:00 10:00 11:00	9:15 10:15 11:15	9:30 10:30 11:30
March 5, 7, 12, 14	13:00 14:00 15:00	13:15 14:15 15:15	13:30 14:30 16:15

Services between Community Centers, City Hall Branch Offices and Yume Dome :

Pick Up and Arrival Point		Date
Community Center	City Hall Branch Office	
Kanbe, Hijiki, Inako	Aoyama Branch Office	February 22, March 1
Fuchuu, Nakase	Ayama Branch Office	February 18, March 8
Nagata, Ota	Shimagahara Branch Office	February 20, March 7
Tomono	Iga / Oyamada Branch Office	March 6, 13
Kijigadai, Furuyama, Ida	-----	February 20, March 5
Suwa, Nii, Mita	-----	February 18, 26
Hanagaki, Hananoki, Kume	-----	February 19, March 14



* Depending on the location, there may be some differences in the arrival and departure times of some bus services from community centers and branch offices. Please check times with your local branch office.

** Due to unexpected circumstances there may be changes or cancellations to the bus services.

【Inquiries】 Ueno Zeimusho TEL 0595-21-0950, Kazei ka Shimin zei gakari TEL 0595-22-9613

Information for those Enrolled in National Health Insurance こくみん けんこう ほけん にはいつている みなさんへ

Did you know that the amount you are required to pay may decrease, based on your income?

~ File your Municipal and Prefectural tax Returns ~

The national health insurance fee you are required to pay may decrease, based on your income. When the health insurance fee is assessed under Iga's National Health Insurance plan, households which have an income lower than that stipulated by the law may be eligible for a 20%, 50% or even 70% reduction in the national health insurance costs.

To pay the reduced amount, you must file your municipal and prefectural tax returns. Whether or not you are eligible to pay only the reduced rate or not is based on a calculation of the combined income of all household members. If you cannot clearly prove all your sources of income, then you will not be eligible to pay the reduced amount. Those who had absolutely no income in the previous year, those whose only income was from non-taxable sources such as disability pension or bereaved family pension and those residing in Iga who were not being financially supported by anyone else may be eligible for this reduction. Please file your tax returns between February 18th and March 15th.

【Inquiries】 Hoken Nenkin Ka TEL 0595-22-9659

<MONTHLY TAX PAYMENTS> National Health Insurance (8th installment) Kokumin Kenkou Hoken
~ Pay by February 28th~ Fixed Assets (4th Installment) Kotei Shisan Zei
こんげつの のうぜい Inquiries: Shuuzei-ka Tel. 0595-22-9612

Notice of Medical Expenses いりょうひのおしらせ

To the person who was consulted at Iga City National Health Insurance last year between September and December, we will send "Notice of National Health Insurance Medical Expenses(国民健康保険医療費のお知らせ)" around late February. This announcement will be used for filling a medical expenses deduction.

If there is something not mentioned in this announcement, you will need to prepare another statement and declare it based on the receipt of the medical institution. In this case, the receipt must be saved for five years from the fixed declaration deadline. Also, if you are supplemented with expensive medical expenses etc., please deduct the amount from your self-payment amount.

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

Food and Cultural Exchange: Vietnam ベトナムのりょうりとぶんかをしよう

【Date】 March 10, Sunday

【Time】 10:00-15:00

【Venue】 Aoyama Harmony Forest 3137-1 Tanao Iga 518-0217

【Contents】 Part I : 10:00 – 13:00 Vietnam home cooking lesson and lunch party
Part II : 13:00 – 15:00 Introduction for culture ,life style ,quiz and lottery

【Fee】 1,000yen (for food expenses)

【Capacity】 first 30 people

【Application】 You can apply by telephone from February 12, Tuesday.

If you participate only in Part II , you do not need to sign up.

*Telephone You will have to tell Name,Address,Phone number and how many people.

【Inquiries】 Aoyama-shisho, Shinko-ka Tel:0595-52-1112



Request for when taking out garbage かていごみをだすときのおねがい

◆Request for how to dispose of garbage

When taking out different kinds of garbage on the same day, please separate them by garbage type. If different garbage is mixed, it will cause forgetting to pickup.

For the large garbage unable to put into a 45 liter bag, please request a chargeable oversized household garbage collection (*Sodai Gomi*) or bring them into Sakura Recycling Center (Tel:20-9272).

◆Request for sorting recyclables

<Plastic containers/ Packaging>

- Plastic containers and packaging that are soiled with food and oil should be sorted into "Burnable Garbage (*Kanen Gomi*)" not into "Plastic containers/ Packaging"

-Clothes pins and plastic hangers are not "Plastic containers/ Packaging". Garbage should be sorted according to "Plastic mark" or Iga City Recyclables/ Garbage Collection Guidebook.

<PET Bottles >

Remove caps and labels, rinse out the bottle and directly put them in collection box or nets at collection sites. Take out the caps and labels you remove on the collection day of "Plastic containers/ Packaging".

<Hard-Plastic/ Leather Items>

Even for toys or electric or hard-plastic products, if it includes some metals, take out them on the collection day of "Metals".

Thank you for your cooperation in taking out recyclables/ garbage with respecting the rules.

【Inquiries】 Haikibutsu Taisaku Ka Tel:0595-20-1050



Protect against measles and influenza ましん、いんふるえんざのよぼうについて

There was a report on occurrence of measles patients in Iga City. Measles are infected by air, droplet or contact infection of measles virus. At first it is a symptom similar to a cold, and then, a high fever continues for over a week, and it may accompany various complications such as pneumonia and encephalitis.

>>> How to receive a measles vaccination

If you reach the target age of periodic vaccination, receive immunization earlier.

Those who have never suffered from measles and who have received none or one vaccination may not have acquired sufficient immunity.

【Periodic Inoculation Target】

First Period: From 12 months to less than 24 months

Second Period: During one year before the entrance of the elementary school (the oldest-age child of Kindergarten or nursery school)

*Those who are not above will be vaccinated at your own expense.

Influenza is also spreading throughout the nation. Protect yourself against influenza with masks and hand washing.

- Wash your hands properly.

- Rest well and eat meals containing a good nutrition balance.

- Avoid going outdoors if there is no need or urgency.

- Cough etiquette: Use a mask if you cough or sneeze

- If you feel sick, do not decide by yourself and consult your doctor as fast as possible.

【Inquiries】 Kenkou 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】

19th February, 12th March 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 February, 14th March 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 (*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

February						
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		

【Hours】

Shimin & Nabari

Weekdays 17:00 - 08:45 the following day

Saturdays, Sundays & Public holidays

8:45 to 8:45 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 **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-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 (From 2 nd March)	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>

Getting and Giving the School Uniforms

せいふく「ください」「あげます」

People who wants to give or get the previously owned school uniforms of junior high schools and high schools can access Iga-shi Tabunka Kyousei Center for the enrollment season.

【Target】 the school uniforms and PE uniforms of junior high schools in Iga city and high schools in Iga area

>> People who wants to get:

Please make a reservation what you need during the period, and come up to pick up later.

【How to apply】 Apply with your name, address, telephone number and what you need

【Application】 Open at February 15, Friday

【Pickup Period】 Between March 24, Sunday and April 5, Friday

*Please come up to Iga-shi Tabunka Kyousei Center to pick them up

>> People who wants to give:

【How to Trade】 Please bring the uniforms which are cleaned carefully into Iga-shi Tabunka Kyousei Center during the following period

【Acceptance Period】 Between March 10, Sunday and March 24, Sunday; 9am to 5pm

*Except March 16 Saturday, 17 Sunday and 23 Saturday.

Eventually there is a possibility to decline or discard if it reaches the desired number.

【Inquiries】 Shimin Seikatsu Ka Tel:0595-22-9702
Iga-shi Tabunka Kyousei Center Tel:0595-22-9629

Scholarship System for Nursing Students

かんごがくせいしゅうがくしきんせいど

Eligibility: Anyone who wishes to become a qualified nurse that is either already in medical school or planning to enter medical school, and who will work at Ueno Hospital upon completion of their studies.

No. of scholarships: A few Amount: 50,000 or 80,000 / month.

Exemption from repayment: Upon completion of your studies if you receive your nursing certification within 1 year and plan to continue working at Ueno Hospital for the next term, you will be exempt from repayment.

Necessary documents:

- 1) Nursing Scholarship application form;
- 2) Proof of enrollment or proof of confirmed, future enrollment in a nursing course;
- 3) Your resume (with photo attached). Please contact the hospital for further details.

Selection process: Assessment of written application, interview and essay.

Applications & Inquiries to:

Ueno Hospital's Management & Planning Division TEL 24-1111

Do you read with your children?

ほんをよんでいますか



The 'Iga Children's Reading Activities Promotion Plan' was set up to help encourage children to experience the fun and joy of reading and to nurture an environment in which they can grow up to be healthy. Children's first encounters with books is in the home.

By reading picture books with your toddlers at home, they will come to enjoy reading while spending quality time with their family members. It's important to get all the family involved to help children gain an interest in books. The simplest and best place to get children into the habit of reading is in the home.