



Population of Iga City  
91,226  
Foreign nationals  
5,715  
6.26% of population  
31<sup>st</sup> December 2019

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 しんこく  
税金の申告【Time】 17<sup>th</sup> February to 16<sup>th</sup> March, 09:00 ~ 17:00 \* Closed on weekends【Venue】 Yume Dome Ueno, 2<sup>nd</sup> Gymnasium

◆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

【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かにゅうしゃ  
国民健康保険加入者へ

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 17th and March 16th.

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

## Beware of Pneumonia Caused by Novel Coronavirus

しんがたころなういるすかんれんはいえん  
新型コロナウイルス関連肺炎について

Pneumonia caused by novel coronavirus occurs in Wuhan, Hubei Province, China and all over the world since last December. A patient of Novel Coronavirus has been also confirmed in Mie Prefecture.

- How to protect yourself;
- Frequently clean hands by using a soap and running water; especially after going out, after coughing or before touching your mouth, nose and eyes.
- When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands.
- If you experience symptoms;
- If you have been to Hubei, China recently or have contact with Pneumonia caused by Novel Coronavirus and having fever or cough, seek medical care with a mask after sharing your visit Hubei on the phone.
- Telephone consultation counter

The exclusive telephone consultation counter is now open at;

&lt;Hour&gt; 9am-9pm everyday (available on weekends and holidays)

&lt;Venue&gt; Iga City Health Center; Tel: 0595-24-8070 (in Japanese)

Mie Prefecture, Medical Dept.; Tel: 059-224-2339 (in Japanese)

Ministry of Health, Labor and Welfare; Tel: 0120-565653 (in Japanese)



<MONTHLY TAX PAYMENTS> National Health Insurance (8<sup>th</sup> installment) Kokumin Kenkou Hoken  
~ Pay by March 2<sup>nd</sup> ~ Fixed Assets (4<sup>th</sup> Installment) Kotei Shisan Zei  
こんげつのうぜい Enquiries: Shuuzei-ka Tel. 0595-22-9612

## Combined Expenses System for high-cost Medical and Nursing Care

医療費のお知らせ

Under this system, if the combined personal costs(1) covered by members of the same household in one year (August 2016 to July 2017) exceeds the upper limit for personal costs (differs according to the household. See chart below), then the amount(2) in excess of the upper limit will be covered on their behalf.

\*1: This refers to the amount of money paid to a medical facility for health care costs. If you are under 70 years of age and enrolled in a health insurance programme, such high-cost care is defined as payments in excess of 21,000 yen within one month. Since this is a combined expenses system, if costs were incurred for medical care but not nursing care (or vice versa), then no expenses incurred will be classed as high-cost and therefore eligible for cover under this system.

**[Inquiries]** Hoken Nenkin Ka TEL 0595-22-9660,0595-22-9659, Kaigo Kourei Fukushi Ka TEL 0595-26-3939

## Tax Declarations

税金の申告

◆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 City Hall	Departure from Yume Dome
February 18, 20, 25, 27	9:00 10:00 11:00	9:15 10:15 11:15	9:30 10:30 11:30
March 3, 5, 10, 12	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 25, March 6
Fuchuu, Nakase	Ayama Branch Office	February 26, March 11
Nagata, Ota	Shimagahara Branch Office	February 19, March 6
Tomono	Iga / Oyamada Branch Office	February 20, March 4
Kijigadai, Furuyama, Ida	-----	February 21, March 11
Suwa, Nii, Mita	-----	February 21, March 13
Hanagaki, Hananoki, Kume	-----	February 18, March 5



\* 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.

## Scholarship System for Nursing / Care Worker Training Students

看護師・介護福祉士修学資金

【No. of scholarships】A few

【Eligibility】>> Nurse: 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.

>> Care Worker: Anyone who wishes to become a qualified care worker that is either already in training school or planning to enter training school, and who will work at Ueno Hospital upon completion of their studies.

【Amount】>> Nurse: 50,000 or 80,000 / month

>> Care Worker: 50,000 / month

【Exemption from Repayment】Upon completion of your studies if you receive your certification of nursing or care worker promptly and plan to continue working at Ueno Hospital for the following period, you will be exempt from repayment.

>> 50,000: the period equivalent to the loan period

>> 80,000: the period equivalent to 1.5 times the loan period

【Necessary Documents】1) Scholarship application form

2) Proof of enrollment or proof of confirmed, future enrollment in the school

3) Your resume (with photo attached)

【Selection process】Assessment of written application, interview and essay

【Applications & Inquiries to】Ueno Municipal Hospital's General Affairs Division Tel:0595-24-1111

## Now possible to pay municipal taxes on your smartphone

オリンピック聖火が伊賀市に参上

The Olympic torch relay for Tokyo 2020 will take place all over Japan. In Iga City, 25 Olympic torch runners will join the relay on April 9. The first runner ceremony will set at Ueno Koen Honmaru Park and start from Iga Ueno Castle, passing through Haisei-den, Hakuhou-mon Gate, Danjiri Museum, and Ginza-dori Street to the City Hall.

The time table and details will be announced later. Let's support the torch runner from the roadside and bring the Olympic to make it great event together.

【Inquiries】Kokutai Suishin-Ka Tel:0595-43-9100



## 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】

25<sup>th</sup> February, 12<sup>th</sup> 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】

27<sup>th</sup> February , 10<sup>th</sup> March 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 →ShiminByouin

\* 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 Nabari
2 Nabari	3 Okanami	4 Nabari	5 Okanami	6 Nabari	7 Shimin	8 Shimin
9 Okanami	10 Okanami	11 Shimin	12 Okanami	13 Nabari	14 Shimin	15 Nabari
16 Nabari	17 Okanami	18 Nabari	19 Okanami	20 Nabari	21 Shimin	22 Shimin
23 Okanami	24 Okanami	25 Shimin	26 Okanami	27 Nabari	28 Shimin	29 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>

①Advice 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

②Iga-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】 2nd 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-tabunkakyousei-center.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 ( ~22 <sup>th</sup> Feb, 2020 on Winter Vacation)	Sasayuri Learning Support Classes
Times	Wednesday, 19:30 ~ 20:40 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>

### Refill the tank up with gas at the gas station

がそりんすたんどでがそりんつかにゆう  
ガソリンスタンドでのガソリン詰め替え購入

According to the revision of "Hazardous Materials Regulations", now it is made obligatory to confirm your ID and the purpose of purchase and to record the proof of purchase, when you refill the tank up with gas at the gas station. It would be appreciated for your understanding the substance and cooperation in advance. Please contact the gas station for more details.

【Inquiries】 Fire Department Tel:0595-24-9103

### Do you read with your children? ほんよをよんでいますか

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.



### Donation of School Uniforms せいふく 制服くださいあげます

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

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

>> People who wants to be donated:  
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 & Pickup Period】

From February 10 to April 10

\*Please stop by Iga-shi Tabunka Kyousei Center to pick them up

>> People who wants to donate:

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

【Acceptance Period】

From February 9 to March 22

\*Except Saturdays, holidays and the first & third Sundays.

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