



The City Newsletter

IGA



Population of Iga City 90,383
 Foreign Nationals 5,676
 6.28% of Population
 End of May, 2020

Also available online at <http://www.mie-iifa.jp/> ☆この情報紙は『広報いが』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 monthly "Kouho Iga" and other publications.

Information お知らせ

Guidelines on "new social behavior" with coronavirus 新型コロナ関連 新しい生活様式

Follow the guidelines on "new social behavior" and continue the preventive measures to prevent a resurgence of coronavirus.

■ Daily preventive measures

- 1) Maintain physical distance from other people.
- 2) Wear a mask.
- 3) Wash your hands.



Please keep checking the latest information from the Government, Mie Pref. and Iga City.

■ Multilingual hotlines in Iga City

Iga-shi Tabunka Kyousei Center facebook page
 (伊賀市多文化共生センター)



■ Latest news in Mie Pref.

(三重県最新情報) *In Japanese only

<http://www.pref.mie.lg.jp/YAKUMUS/HP/m0068000066.htm>



Receive your 100,000yen 特別定額給付金 申請受付中

Deadline for COVID-19 subsidy application is 4 September. Don't miss to receive your 100,000yen.

【Inquiries】Kyufukin shitsu Tel:0595-22-9674

Don't hesitate to ask for "help"! 相談案内

MieCo Website



■ Specialized Consultations at MieCo (Mie Consultation Center for Foreign Residents)

Please feel free to consult your difficulties with the specialists, such as lawyers, administrative clerks (gyosei shoshi), Social Security Specialists (shakai hoken roumu-shi) and Nagoya Immigration (Nagoya Shutsunyu-koku Zairyu Kanri-kyoku) for free. Check the schedule and make a reservation at 080-3300-8077.

■ Consultation about Domestic Violence, Unexpected Pregnancy and Sexual Violence

The Government Office are accepting consultations through social media in six languages. Don't suffer alone and do not hesitate to schedule an appointment.

Scan the QR code and make a reservation for consultations by chat; from 12pm to 10pm.



Chat Consultation
 Reservation

Summer Break 1-18 August, to Make up the Cancelled Classes 伊賀市立 小・中学校の 夏休み期間

Iga municipal elementary and junior high schools finally had started since 19 May.

They are keeping daily preventive measures like taking his/her temperature every morning, wearing masks, frequently washing his/her hands and gargling and keeping rooms ventilated. Students are enthusiastic about their studying to catch up on the delays during the closures. They will make up the cancelled classes as the following.

1. Select the events to do and focus the studying hours.
2. Add one or more classes per week.
3. Summer and winter break will be compressed as follows: Summer break 1-18 August
 Winter break 26 December - 7 January

【Inquiries】Kyoiku Somu-ka Tel:0595-22-9644

The Pool Schedule 2020 市営プールの開設

Regarding opening the pools, the capacity per period is fixed and the telephone booking is required to avoid coronavirus pandemic. Please make a reservation 1 to 7 days before the date you want to go.

Pool Name	Oyamada B&G Kaiyo Center	Ayama B&G Kaiyo Center
Open Hours / Capacity	Aug 1, Sat - 23, Sun, 9am - 9pm / 30 per period (AM / PM / Nighttime)	
Reservation	Tel:0595-47-0551/ close every Mon	Tel:0595-43-1380/ close every Tue
Fee	Infant 50yen, Junior high student or younger 160yen, Adult 310yen	

*Please measure body temperature and fill in the questionnaire before swimming.

*To avoid the congested changing room, please wear a swimsuit under your cloth from home.

*May be closed due to COVID-19 condition or bad weather.

【Inquiries】Sports shinko-ka Tel:0595-22-9635



Monthly Tax Payments

こんげつのうせい

Pay by 31 July

National Health Insurance Tax [Kokumin Kenkou Hoken] The First Period
 Fixed Assets [Kotei Shisan Zei] The Second Period

【Inquiries】Shuu Zei Ka Tel 0595-22-9612

Prevent the Water Accidents

みず じ こ ぼうし
水の事故を防止しよう

It is the season to enjoy playing in the water. As children enjoy playing in the sea or rivers, water accidents are increasing rapidly. Make sure to prevent children from the water accidents as following.

◆**To prevent outdoor accidents**

- Inspect the dangerous places and teach them to children
- Don't let children play alone in the sea or rivers
- Don't let children approach where is muddy or grass grows
- Don't let children play on the drifting things like logs
- Don't be careless even accompanied with parents. Keep them in view

◆**To prevent accidents in daily life**

- Teach children the risk of drowning even in shallow water like a bathtub, a washing machine, a toilet, a plastic pool and etc.
- Don't let children be in a bath alone
- Keep children in your view



【Inquiry】
Iga shobo kanri-ka
(Fire Emergency Section) Tel: 24-9120

Be careful of heat stroke

ねつしゃびょう き
熱射病に気をつけて

Hot summer will come soon and when the temperature suddenly rises or the humidity rises, Learn correctly about how to prevent heat stroke and how to deal with it, and let's have a good summer.

◆**Cause**: If the temperature and humidity are high for a long time, the balance between moisture and salt in the body will collapse. Temperature control can 「not be done well, and heat stroke occurs by the heat being trapped in the body.

◆**Symptoms** : Dizziness, Numbness of limbs, Headache, Nausea etc. Consciousness disturbance.

*In worst cases, it may lead to death

◆**Prevention method** :

1. Frequent liquid and salt intake
2. Wear breathable clothes
3. When going out, use a hat or a parasol
4. People who are not used to the heat, stop exercising on a hot day
5. Keep the room at a suitable temperature by using a rattan blinds, a fan, or an air conditioner



◆**What if you or someone is suffering from heat stroke** :

Evacuate to a cool place. Loosen clothes and cool the body. Replenish body by drinking water and salt intake.

* If unable to drink water or losing consciousness, immediately call an ambulance.

----From Mie-info

Do you know what nursing care insurance is?

かいごほけんせいど
介護保険制度について

Everyone above the age of 40 has to pay an insurance fee, which is then later used to pay for nursing care services. In order to access these services, you must be deemed as in need of them. In order to be recognized as in need of these services, you can apply at City Hall's Kaigo Korei Fukushi Ka, or at any of the City Hall Branch offices. The nursing care insurance system is in place so that everyone can continue living a healthy life in their local area for as long as possible, and so that even when such nursing care becomes necessary, you can still lead an independent and dignified life. The nursing care services are funded through a combination of insurances costs paid by those over the age of 40, as well as public funding from national, prefectural and municipal taxes. Those between the ages of 40 and 64 pay this nursing care insurance fee as part of their regular insurance fees, and those over the age of 65 can either have it subtracted directly from their pension, or can choose to pay directly at city hall.



【Inquiries】 Kaigo kourei fukushi-ka TEL 0595-26-3939

Prefectural Housing Applications Now Open

けんえいじゅうたく にゅうきょしゃほしゅうちゅう
県営住宅 入居者募集中

Application Period: By July 31
Prefectural Housing: Please ask details Iga City Hall, Shimin Seikatsu-ka at 0595-22-9702.

Eligibility:

- 1- Be in difficulty with your living conditions.
- 2- Have family members who will be living with you, or plan to do so
 - Finances can apply, provided they register their marriage within 3 months of moving in
 - Common-law couples can apply, provided they are not registered as married
- 3- Have a salary within the standard range designated by the Municipal Residence Law.
- 4- Must have no outstanding bills in rent, car parking etc if you already live in prefectural housing.
- 5- Not be behind in any tax payments
- 6- You must have two guarantors

Lottery date: Early August
Inquiries: Iga nanbu fudousan jigyou kyoudou kumiai
Tel: 059-221-6171

Municipal Housing Applications

しえいじゅうたく にゅうきょしゃほしゅう
市営住宅 入居者募集

Application Period: July 10 to 17
(Weekdays / 9am to 5pm)

Municipal Housing:

- Araki 1
- Kine 1
- Kawai 2 (Childcare support, Priority Resident 1 of 2)

Public Lottery date: August 21, 9:30am-
Lottery Venue: Iga City Hall 2F, Meeting Room 201

For more details, please contact at the following.

【Inquiries】
Jutaku-ka
Tel:0595-22-9737
Shimin seikatsu-ka
Tel: 0595-22-9702



Infant Health Checkups and Consultation

赤ちゃんの検診と相談

In Iga, checkup examinations are available at 18 months and 3 years. Notifications will be sent out to homes with children eligible for the checkups. The examinations are; measuring weight and height, medical and dental checkup, and advice on nutrition and childcare. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.

18 months	21 July, 4 August	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	16 July, 6 August	1pm to 2:30pm	Haitopia Iga 4F



◆Mie Child Medical Hotline (*Mie Kodomo Iryou Dial*) / TEL: #8000 (059-232-9955)

When you have a question related to child illness, growth, vaccinations and more, please feel free to ask a pediatric doctor at the toll free hotline every day from 7:30pm to 8am in the following day.

【Eligibility】 Children less than 18 years old and their family members

【Inquiries】 Kenkou Suishin-Ka Tel:0595-22-9653

Medical Emergencies & Assistance

救急医療

When you need medical treatments, see your family doctor during your clinic's opening hours. If you fall sick when the clinic is closed, refer the following options. Make an appointment before your visit and bring your health insurance certificate.

◆Iga-shi Emergency Clinic / TEL: 0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 Iga-shi Ueno Kuwamachi1615 (Behind Okanami Hospital)

【Time】 Mon to Sat: 8pm-11pm

Sun and Public Holidays: 9am- noon, 2pm- 5pm and 8pm- 11pm



◆The Mie Medical Information Center (Mie ken Kyuukyuu Iryou Jouhou Center)

TEL: 059-229-1199

This center can give you information about which hospitals are available in your area.

◆Three medical emergency facilities on duty

◇Iga Shimin Hospital / TEL: 0595-24-1111

◇Nabari Hospital / TEL: 0595-61-1100

Mon to Fri: 5pm- 8:45am

Sat, Sun and Holidays: 8:45am- 8:45am

◇Okanami Hospital / TEL: 0595-21-3135

Mon: 5pm- 9am

Wed: 5pm- 8:45am

Sun: 9am- 8:45am

*The closing time is the time of its following day.

July						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Except pediatrics			1 Okanami	2 Nabari	3 Ueno	4 Nabari
5 Nabari	6 Okanami	7 Nabari	8 Okanami	9 Nabari	10 Ueno	11 Ueno
12 Okanami	13 Okanami	14 Ueno	15 Okanami	16 Nabari	17 Ueno	18 Nabari
19 Nabari	20 Okanami	21 Nabari	22 Okanami	23 Nabari	24 Ueno	25 Ueno
26 Okanami	27 Okanami	28 Ueno	29 Okanami	30 Nabari	31 Ueno	

◆24 Hours Iga-shi Emergency Call / TEL: 0120-4199-22 (24 Iga-shi Kyuukyuu Kenkou Soudan Dial)

This is a toll free consultation about health and medical issue 24/7. You can ask anything about physical and mental health, medical issue, child care, nursing service and so on anytime.

【Inquiries】 Iryou Fukushi Seisaku-Ka Tel:0595-22-9705

Advice & Consulting

相談窓口

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 or Tabunka Kyousei Center for reliable, professional advice.

■Shimin Sekatsu-ka, City Hall 2F

【Open】 Mon-Fri, 8:30-17:00

【Tel】 0595-22-9702

【Venue】 3184 Shijuku cho, Iga-shi



Facebook

■Iga-shi Tabunka Kyousei Center

【Open】 Mon-Fri, and Sun(2nd & 4th) 9:00-17:00

【Tel】 0595-22-9629

【Venue】 2955 Ueno Higashi-machi, Iga-shi

【URL】 <http://iga-tabunkakyouseicenter.com>



Website

We have a monthly private consultation with a certified administrative legal specialist (*Gyousei shoshi*) regarding, for example, visas, international marriage, nationalization and etc.

【Date】 Thursday 6 August, 1:30pm - 4pm

Learning Support Class Sasayuri Kyousitsu

ささゆり 教室

Students can find support to reinforce material learned in school in Japanese, for 3rd to 9th graders.

【Date】

Sat. 2pm - 4pm

【Venue】

Sogo Fukushima Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-22-9629

Japanese Language Class Iga Nihongo no Kai

伊賀 日本語の会

Who wants to speak Japanese? Come and join us! Also you can prepare for Nihongo Kentei test here.

【Date】

Wed. 7:30pm - 8:40pm

Sat. 7pm - 8:30pm

【Venue】

Sogo Fukushima Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912



What is "Jichikai"? じちかい 自治会について

"Jichikai" is a neighborhood association or a town community.

This is established to make our city a safe place together, for example, to make it strong against natural disasters, to make it better together with young people, women and citizens from other countries, to make it a place where the human rights are respected, to make a clean city without trash and to make it where old people and people with disabilities can live safely.

FAQ 1) What happens when I join Jichikai?

Ans. You can get in touch with the people living close to you. You can help clean-up the city together, you can participate in fun events, and you can work together with others to make our city a safe place. When you are in trouble, others are going to help you, so you can feel safe.

FAQ 2) Does it cost money? How can I join?

Ans. Prices differ for each Jichikai, but it cost money. With the money that everybody pays, equipment used by everybody is bought, repaired or works are done. When you want to join, inform the person in charge of the Jichikai where you live.

FAQ 3) How do I find my Jichikai?

Ans. That depends on where you live. Please call the City Hall's Shimin Seikatsu-ka to find out at 0595-22-9702.



Hot Topics あたらしい お知らせ

Municipal Scholarship Expanded い が し し ょ う が く き ん かくじょう 伊賀市奨学金の拡充

This scholarship is for high school students in Iga City and provided to give them equal educational opportunities and cultivate human resources who contribute to society.

For COVID-19, an annual allowance and household requirements is changed this year.

【Eligibility】 Who meets all the following conditions

1. Self and the parents who have address in the city
2. A student of high school, College (Senmon Gakkou) and University
3. Income requirements: either a) Resident Tax free household, or, b) Household whose income, between January and June, decreased by more than 20% compared to the previous year

【Annual Allowance】 High school and Koto Senshu Gakkou: 120,000yen

University, Junior College, Senmon Gakkou (Public and Private): 240,000yen

【Application Deadline】 31 July, Friday

【Inquiries】 Iga-shi Kyouiku linkai Tel:0595-22-9644

App for Garbage Sorting い が し ご み 分別アプリ 伊賀市ごみ分別アプリ

You can download the app for garbage sorting. Please access and find when the garbage day is or how to sort them on your smartphone easily.

[App Store\(iPhone\)](#)

[Google Play\(Android\)](#)



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

Food support and Consultations し ょ り ょ う し え ん そ う だ ん かい 食料支援と相談会

Food Support will be held on August 9, Sunday. Life support consultations with interpreters are also available.

This project is carried by Igashi Shakai Fukushi Kyougikai.

【Cost】 Free of charge 【Appointment】 Required by August 5, Wednesday

【Inquiries】 Igashi Shakai Fukushi Kyougikai Tel: 0595-21-1112 / NPO Tsutamaru Tel: 0595-23-0912

Do you read with your children? ほん よ ん 本を読んでいますか?

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.

