



The City Newsletter

IGA



Population of Iga City 90,215
 Foreign Nationals 5,659
 6.27% of Population
 End of July, 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

Preventing Heat Stroke and Also, Maintaining "the New Normal Lifestyle"

ねっちゅうしょうぼう あたらしいせいかつようしき
 熱中症予防と新しい生活様式

With the advent of the novel coronavirus, it is important to follow the 3 basic points of "the new normal lifestyle" (新しい生活様式-Atarashii Seikatsu Youshiki), which are:

1. Maintain social distancing
2. Wear a mask
3. Wash your hands and avoid closed and crowded places



With high summer temperatures, the risk of heat stroke increases due to the use of masks. Observe the following points to avoid heatstroke and at the same time maintain the new normal lifestyle

- If it is possible to maintain a distance of more than 2m from other people, remove the mask.
- Avoid hot environments : use the air conditioner to control the temperature
- Stay well hydrated : Hydrate yourself even if you are not thirsty.
- Measure your body temperature regularly and check your health condition.

<<https://mieinfo.com/>>

Career advice for Higher Education in Iga

がいこくじん じどうせいと しんるがいだんす
 外国人 児童生徒のための 進路ガイダンス

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.

※This year, only the 3rd grade students of junior high school and one parent can attend this guidance and no general gathering at the opening for COVID-19. Thank you for your understanding and cooperation.

When: Sunday 27th September 13:30 ~ 15:00 (Doors open from 13:00)

Where: Iga Ueno Higashi Elementary School

Details: An explanation of the Japanese Education System, information about the entry selection process, introduction of the senior highschools in Iga, school-related costs, scholarship system, information on classroom support (Gakushuu shien kyoushitsu), Q&A session, advice from senior students and individual gathering for each highschool.

Inquiries: Gakkou Kyouiku ka Tel.0595-22-9648

Kindergarten Enrollment Details for 2021

ようちえん にゅうえんしゃ ぼしゅう
 幼稚園 入園者 募集



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

Kindergarten	Grade		Places
Tousei no Oka Youchien (Ueno-Marunouchi 177-1)	3 rd yr (5yrs old)	Born 2 nd Apr '15– Apr 1 st '16	a few places
	2 nd yr (4yrs old)	Born 2 nd Apr '16 – Apr 1 st '17	a few places
	1 st yr (3yrs old)	Born 2 nd Apr '17– Apr 1 st '18	40

Registration Period: 14th September – 30th 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: Free (no enrollment fee required. Not all costs are free. It is not eligible for gratis for fees of school transfers, school lunches, events, etc.

※Please confirm with the following contact for more details. Hoiku Youchien-Ka Tel:0595-22-9655).

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

Inquiries: 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 Youchien Tel 0595-21-0091 3rd Grade a few places, 2nd Grade a few places, 1st Grade 16.

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

Monthly Tax Payments

こんげつのうせい

Pay by the 30th September

National Health Insurance [Kokumin Kenkou Hoken] The 3rd Period

[Inquiries]Shuu Zei Ka Tel 0595-22-9612

Cancer Screenings, Your Health Checkups?

しょうだんが んげんしん じやねんげんしん こうきふん
 集団ガン健診・若年健診(後期分)

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.

Beginning from	Date & Time		Venue	Stomach	Colon	Prostate	Cervical	Breast	Youth	National Health Insurance
9/8	10/11 (Sun)	9: 00-11: 30	Igamachi Health & Welfare Centre	●	●	●	●	●	●	●
9/14	11/7 (Sat)	9: 00-11: 30	Ayama Health & Welfare Centre	●	●	●	●	●	●	●
		13: 30-15: 00		●	●	●	●	●	●	●
9/16	11/8 (Sun)	9: 00-11: 30	Aoyama Health Centre	●	●	●	●	●	●	●
	11/13 (Fri)	9: 30-11: 30	Yumepolis centre	●	●	●	●	●		
9/25	11/15 (Sun)	9: 30-11: 30	Yumepolis centre	●	●	●	●	●		
	12/12 (Sat)	9: 30-11: 30	Yumepolis centre	●	●	●	●	●		
Women's Healthy Day 9/8	10/8 (Thu)	9: 00-11: 30	Haitopia Iga 4F		●		●	●		
		13: 30-15: 00			●		●	●		

Screening	Eligibility	You pay (yen)		
		Under 74	Above 75	
Stomach Cancer	Above 20	1800	800	
Colon Cancer	Above 20	800	500	
Prostate Cancer	Males above 50	800	500	
Cervical Cancer	Females above 20	1400	500	
	Free who was born in between 2 nd Apr, 1999-1 st Apr, 2000 (Age 20)			
Breast Cancer	X-ray	1600	800	
	Eco inspection	• Females between 30 - 39	1600	
		• Females over 40 and who are pregnant, breastfeeding, or less than 1 year after weaning		
	Fee who was born in between 2 nd Apr, 1979-1 st Apr, 1980 (Age 40)			
Youth Medical Checkup	20 - 39	3400		



Iga National Health Insurance Special Health Checkup

いがしこくみんけんこうほけんじやうていけんけんしんさ
 伊賀市国民健康保険集団特定健康診査

Eligibility: Residents of Iga covered by Health Insurance between 40-74 years of age

Amount you Pay: Free

Content: Weight Measurement, Urine Test, Blood Pressure, Blood Test, Anemia Test, Electrocardiogram, General Check-up, etc.

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 this year.

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

“119” Multilingual Emergency Call

さんしゃかんつうわ
 119三者間通話

The “119” is an emergency call for an ambulance or fire engines.

The trilateral simultaneous translation service for “119” call has started from the 1st September to respond it in a foreign language with trouble-free.

This service is carried out via the telephone interpretation center 24/7 in 18 languages.

If you don't speak Japanese, please hold the line until the interpreter will answer.

English

119 is the number used in emergencies when requesting an ambulance or fire engine. Calls are accepted 24 hours a day, 365 days a year in 18 different languages. You don't have to speak Japanese to call 119. Please wait on the line until an interpreter comes.



Infant Health Checkups and Consultation あか 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	15 September , 6 October	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	3 September, 24 September	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 きゅうきゅういりょう 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.

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

◆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 そうだんまどぐち 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 the 1st October, 1:30pm - 4pm

Learning Support Class Sasayuri Kyousitsu

ささゆり 教室 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 Fukushi Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-22-9629

Japanese Language Class Iga Nihongo no Kai

いが にほんご の かい
伊賀 日本語の会

Due to the COVID-19, regular classes remain closed. Reopening date will be announced on the website and facebook.

【Website】

<https://iganihongonokai.jimdofree.com/>

【Facebook】

<https://www.facebook.com/iganihongonokai/>

Iga Nihongo no Kai

【Tel】 0595-23-0912



“Be Kind to Animal” Week

どうぶつまいごしやうかん
動物愛護週間

“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】 The 20th - 26th September

- Register your dog and receive rabies vaccination.
- Be sure to take your dog droppings home
- Define the owner of the animal
- Have a lead rope on going for a dog walk
- Don't breed the animal unnecessarily.



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



Hot Topics

あたら
新しい
し
お知らせ



Receive the Rotavirus Vaccine

ろたういるす わくちん ていきせつしゅ
ロタウィルス ワクチンが定期接種になります

Rotavirus spreads easily among infants and young children. The virus can cause severe watery diarrhea, vomiting, fever, and abdominal pain. Children who get rotavirus disease can become dehydrated and may need to be hospitalized. Rotavirus vaccine is the best way to protect your child against rotavirus disease.

Children born on or after August the 1st can receive the rotavirus vaccine as a regular vaccination free of charge on and after October the 1st. Two rotavirus vaccines are currently licensed for infants and both of them are given by putting drops in the child’s mouth.

- Rotarix® (RV1)
is given in 2 doses between ages 6 weeks and 24 weeks
- RotaTeq® (RV5)
is given in 3 doses between ages 6 weeks and 32 weeks

The first dose of either vaccine should be given before a child is 15 weeks of age.

If children born on or after August the 1st receive the vaccine before September the 30th, it is the optional vaccination and not for free. Children born on or before July the 31st can receive the vaccine optionally and can get some grants.

【Inquiries】 Kenko Suishin-ka Tel: 0595-22-9653

Support for the Commuter Pass of Iga Railway

いがてつどう つうがくていきこうにゅうひ いちぶじょせい
伊賀鉄道の通学定期購入費 一部助成

Iga City will support 1/3 of the above cost from Oct 1, 2020 until Mar 31, 2021. Please ask for more details the city hall or Ninja City Station by Mar 5, 2021.

【Inquiries】 Kotsu Seisaku-ka Tel: 22-9663

Severe Disability Benefits and Severely Disabled Child Benefits

じゅうどしやう しやじゅうどしやう じふくしてあて
重度障がい者・重度障がい児福祉手当

◆ Severe Disability Benefits

(3,000yen/ month. Twice a year)

【Eligibility】 Person who meets all of the following criteria.

- 20 years old and over
- Always on the bed at home or impossible to go out
- Requiring the care of another person
- Having one of the following certificates: Disabled Certificate grade 1-3, Nursing Certificate A1/ A2/ B1, or Psychiatric Health and Welfare Certificate 1st grade

When you meet one of the following, you are not eligible for the payment. • Qualifying for benefits of special disability, passing (Keikateki) disability, and bedridden elderly people • Being hospitalized for more than three months at a hospital or clinic.

【Payment Procedure】 According to the application of himself/ herself, it will be provided after reviewing the status of the applicant’s disability and the situation of nursing care.

◆ Severe Disabled Child Benefits

(5,000yen/ month. Twice a year)

【Eligibility】 Caretaker of a child who is between three and twenty years old and has one of the following certificates: Disabled Certificate grade 1-3, Nursing Certificate A1/ A2/ B1, or Psychiatric Health and Welfare Certificate 1st grade
When you are eligible for Disabled Child Benefits, you are not eligible for this payment.

【Payment Procedure】 According to the application of the caretaker, it will be provided.

【Inquiries】 Shogai Fukushi Ka Tel:0595-22-9656

The Census 2020

こくせいちょうさ ごきょうりやく
国勢調査にご協力ください

A nationwide census will be conducted on October the 1st. All households and individuals living in Japan on that day will be included in the census. Amid the challenges of an aging and shrinking population in Japan, this census is an indispensable way to find the latest information on the country’s population and its households. The results of the census will include information that will be useful to our day to day lives, such as information on social welfare, employment policies, improvement of living environments, disaster prevention and so on. In order to ensure that the statistics collected are accurate, everyone is required to take part in the census.

- You can submit the census questionnaire by mail.
- You can answer the census online wither via your computer or smartphone by October the 7th.

※All census staff who will be collecting your personal information for the census are all strictly required not to disclose your personal data to any other party. ※Please be vigilant against individuals posing as fake census staff. Census staff will each have an official census ID, and will be wearing the official census armband.

【Enquiries】 Soumu Ka Tel: 22-9690



<Census English Site>