



Population of Iga City	92,288
Foreign nationals	5,307
5.75% of population	
30 <sup>th</sup> November 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

### Greetings from the New City Hall しんねんのあいさつ

**Wish you a Happy New Year. We have welcome in the new year and the new City Hall. Shimin Seikatsu Ka is on the second floor and as ever, please feel free to stop by.**



### Tax Declarations ぜいきんのしんこく

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.

**[Time] 18<sup>th</sup> February to 15<sup>th</sup> March, 09:00 ~ 17:00** \* Closed on weekends

**[Venue] Yume Dome Ueno, 2<sup>nd</sup> Gymnasium**

◆ Who needs to submit a tax declaration?

- ① Anyone that receives a salary but did not complete their year-end tax adjustment
- ② Anyone who has received a salary from more than one company/employer during the year
- ③ Anyone who left their place of work and started a new job in the same year
- ④ Anyone who did not include information about their dependents in their year-end tax adjustment

◆ What do you need to make a tax declaration?

- My number card / My number notification card
- A copy of your residence card
- 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).
- Passport
- 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



You cannot make your tax declarations at the Ueno Tax Office, Iga Prefectural Tax Office or Iga City Hall.

◎Municipal certifications and documents are issued upon presentation of your tax return slip.

If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either

**[Inquiries] Kazei-ka, Shiminzei-kakari (Tax Department) TEL 0595-22-9613**

<MONTHLY TAX PAYMENTS> Pay by January 31<sup>st</sup>

Resident tax [Shikenmin Zei]

こんげつ の のうぜい

National Health Insurance [Kokumin Kenkou Hoken]

Tel.0595-22-9612

## Applications for prefectural housing will be accepted from January けんえい じゅうたく もうしこみ

**Application Period:** January

**Location:** Hattori 1(for Single and Regular Occupant), Casa Ueno(for Regular Occupant)

To be eligible to apply for this housing, you must meet the following requirements:

- ① Reside or work in Mie.
- ② Be in need of housing.
- ③ Are up to date in your tax payments.
- ④ If you have been living in public housing, you do not have any outstanding bills or payments (rent, parking fee etc).
- ⑤ Plan to live with family members (including boyfriend, girlfriend).
- ⑥ Have an income within the required bracket to live in public housing.
- ⑦ Have two guarantors.

Application forms can be found in any municipal office. Ask for “kenei juutaku no moushikomi sho”

**Chusei Iga Block TEL 059-221-6171**

## Municipal Housing

しえいじゅうたく の にゅうきよしゃ ぼしゅう

**Application Period:** January 15~ 22 09:00 ~ 17:00

※ If you post your application, it must arrive by January 22.

**Lottery:** The lottery will take place on **1<sup>st</sup> of March from 9:30am**, at Iga City Hall 3F Conference Room

\* If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.

Location	Number Available
Kawai Danchi	1home( Child rearing support )
Araki Danchi	1 home
Kine Danchi	2home (inc. 1 of which is marked for priority housing)
Simogawara Danchi	2home ( Child rearing support .inc. 1 of which is marked for priority housing)

### Applications, Enquiries:

Please send your completed application, or direct any enquiries to Iga-shi **Kenchiku Juutaku Ka TEL 0595-22-9737**

## Cancer Screenings

しゅうだん がん けんしん

【Time】 9th of March 09:30 - 11:30 & 13:30 - 15:00 13th of March 09:30 - 11:30

【Venue】 Yumepolis Centre

【How to register】 Register by telephone to the Kenko Suishin Ka ☎ 0595-22-9653

《Check ups available》 You can receive check up for stomach cancer, colon cancer, prostate cancer ,breast cancer and cervical cancer up until February 28th at any clinic or hospital in Iga. If you would like to register for a check up at a clinic or hospital in Iga, please contact your clinic or hospital of choice directly.

※See the June & September edition of the Iga Newsletter for further details.

※Those who have received free check up coupons for cancer will be able to have a check up by March 13th.



## The National Pension Plan for the 20-year-old

20 さいになったらこくみんねんきん

The national pension is a system that everyone in the working generation will support the life such as of elders.

\*A big support in the future

The national pension is a system that people from 20 years old to 60 years old join and pay insurance premiums. This is stable because the nation operates with responsibility and pension benefits are guaranteed throughout the lifetime.

\*Not only for the old age

In addition to “the old age pension” for the elders, there are “the disabled pension” for the disabled person who had aftereffects of sickness or accidents and “the surviving family pension” for the surviving family who’s lost the main earner.

\*A period of grace

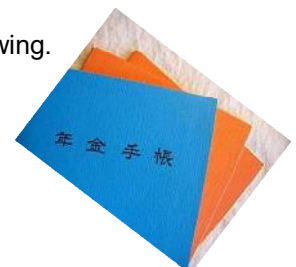
There is a system in place to have a period of grace of the pension payment for the following.

-Some designated college students who have income below a certain amount

-Those who are not students, who are under 50 years old and whose total

income with the spouse is less than a certain amount.

【Inquiries】 Hoken Nenkin Ka 0595-22-9659



**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】

29<sup>th</sup> January, 19<sup>th</sup> February 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】

31<sup>st</sup> January, 21<sup>st</sup> February 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

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

**【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】 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-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 (Start from 2nd March. Now is Winter Vacation)	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>

**Let's make Decorative Sushi in Dolls Festival (Hina-Matsuri)**

ひなまつりのかざりずしきょうしつ

We wish and celebrate for healthy growth and happiness for young girls on March 3, the Doll Festival Day, in Japan. On that day, we eat some traditional dishes like particular Sushi. In Iga Ueno area, the shops display Hina Dolls in the storefront.

Let's take a walk to look around the display and after that, make decorative sushi for Hina-matsuri!

- 【Date】 March 3, 2019
- 【Time】 10:00am- 14:00pm
- 【Venue】 Fureai Plaza 4F
- 【Cost】 ¥300-(over the elementary school student)
- 【Capacity】 First 20
- 【Please bring】 An apron, a triangular bandage, a dish towel, a bamboo mat for making sushi-roll named MAKISU (size about 30cm x 30cm) and a doggie box
- 【Inquiries】 Shimin Seikatsu Ka Tel 0595-22-9702



**Charity Bazaar**

ちゃりていーばざー

The Ueno Chapter of the 'Iga Kousei Hogo Josei no Kai' (Iga Women's Rehabilitation Association) will hold a Charity Bazaar as follows:

- Time: Sunday 3rd February, 09:30 - 14:30
- Venue: Uesen Hakuhou Plaza (Ueno Higashi-machi 2957)
- Details: Sundry goods will be on sale
- 【Inquiries】 :Iryou Fukushi Seisaku Ka ☎0595-26-3940

**“4R” Promotion to Reduce Garbage**

ごみをへらすための4Rうんどう

Iga City is promoting “4R” to reduce and recycle of garbage. “4R” means “Refuse” “Reduce” “Reuse” and “Recycle”.

**Refuse**

- Refuse to receive anything that will be garbage right away.
- Bring your “My Bag” and refuse plastic shopping bags and excess packaging.

**Reduce**

- Use refill items to reduce garbage.
- Purchase food on purpose to reduce food garbage.

**Reuse**

- Select, repair and use carefully the products to be used for a long time.
- Find another use if unnecessary. Give it up to who want.

**Recycle**

- Separate and dispose of garbage and recyclables.
  - Choose recyclable items and recycled items.
- In order to reduce garbage, it is important that each person come up with a way to reduce garbage.

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