



Population of Iga City
91,479

Foreign nationals
5,546

6.06% of population
31st July 2019

The city newsletter

Also available online at <http://www.mie-iga.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

Career advice for Higher Education in Iga がいこくじん じどう せいと の ための しんろ がいだんす 2019

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.

When: Sunday 29th September 13:20 ~ 16:30 (Doors open from 12:50)

Where: Iga Ueno Higashi Elementary School

Details: An explanation of the Japanese Education System

Information about the entry selection process – introduction of the senior highschool in Iga, school-related costs, scholarship system etc, information on classroom support (Gakushuu shien kyoushitsu), Q&A session, advice from senior students, informal gathering for each school.

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



Infant Education and daycare will be free ようじ きょういく ほうく の むしょうか

From October, infant education and daycare will be free as follows.

	Daycare Certified Daycare (Daycare type)	Kindergarten Certified Daycare (Kindergarten type)		Non-certified Daycare
		Education	Daycare	
Year of 3-5	Eligible	Eligible	Eligible Maximum 11,300yen /month Application required	Eligible Maximum 37,000yen /month Application required
Year of 0-2 (Municipal tax exempt family)	Eligible	--	--	Eligible Maximum 42,000yen /month Application 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.

[Inquiries] Hoiku Youchien-Ka Tel:02595-22-9655

Kindergarten Enrollment Details for 2019 ようちえん にゅうえんしゃ ぼしゅう

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

Kindergarten	Grade		Places	Eligibility
Tousei no Oka Youchien (Ueno-Marunouchi 177-1)	3 rd yr (5yrs old)	Born 2 nd Apr '14 – Apr 1 st '15	45	Infants living in Iga as of April 1 st 2020.
	2 nd yr (4yrs old)	Born 2 nd Apr '15 – Apr 1 st '16	55	
	1 st yr (3yrs old)	Born 2 nd Apr '16 – Apr 1 st '17	40	

Registration Period: 17th September – 4th 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:02595-22-9655).

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 Kindergarten Tel 0595-21-0091 3rd Grade 20, 2nd Grade a few places, 1st Grade a few places.

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



<MONTHLY TAX PAYMENTS> 9がつ の のうぜい Pay by September 30th

National Health Insurance 3rd Installment [Kokumin Kenkou Hoken]

Shuu Zei Ka TEL 0595-22-9612

Cancer Screenings, Youth Health Checkups? しゅうだん がん けんしん・じゃくねん けんしん

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
9/6	10/7 (Mon)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	
	10/13 (Sun)	9: 00—11: 30	Igamachi Health & Welfare Center	●	●	●	●	●	●
9/10	10/26 (Sat)	9: 00—11: 30	Ayama Health & Welfare Center	●	●	●	●	●	●
		13: 30—15: 00		●	●	●	●	●	●
	10/27 (Sun)	9: 00—11: 30	Aoyama Health Center	●	●	●	●	●	●
9/12	11/11 (Mon)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
	11/16 (Sat)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
9/13	12/15 (Sun)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
	2020/3/8 (Sun)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
Women's Healthy Day 9/9	10/21 (Mon)	9: 00—11: 30 13: 30—15: 00	Haitopia Iga 4F		●		●	●	

Screening	Eligibility	You pay(yen)		Details
		Under 74	Above 75	
Stomach Cancer	Above 20	1800	800	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.
Colon Cancer	Above 20	800	500	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.
Prostate Cancer	Males above 50	800	500	Blood test
Cervical Cancer	Females above 20	1400	500	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor.
Breast Cancer	Females above 30	1600	800	An explanation of how to perform self examinations and X-ray (mammography) and Eco inspection.
Youth Medical Checkup	20~39	3400	/	Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.

Registration & Inquiries: Kenko Suishin Ka 0595-22-9653

Iga National Health Insurance Special Health Checkup しゅうだん とくていけんしん の おしらせ

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.

Dates and Venues:

9: 00—11: 30 Oct 13 (Igamachi Health & Welfare Center)、 9: 00—11: 30 Oct 27 (Aoyama health centre)

9: 00—11: 30 Oct 26 (Ayama Health & Welfare Center)、 9: 30—11: 30 Nov 11 (Yumepolis Center)

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

Insurance Certificates send out to those enrolled in National Health Insurance

あたらしい こくみんけんこう ほけんしょう を おくります

Insurance Certificates sent out to those enrolled in National Health Insurance.

The expiry date on current insurance certificates is September 30th. The new certificate which you can use from October 1st will be posted to you after September 8th. Please use your new card after this time.

When it has arrived, make sure that all the details such as address, name etc. are displayed correctly. If there is a mistake or if your new card does not arrive, contact the Hoken Nenkin Division or Jumin Fukushi Division in any of city hall's branch offices. Please also check the expiry date. Cards usually have a limit of one year, but this may differ in the following cases: For people turning 75, until the day before their 75th birthday.

【Inquiries】 Hoken Nenkin Division Tel: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】

24th September, 15th October 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】

3rd, 31st October 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

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

Be Kind to Animal Week どうぶつ あいご しゅうかん

“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】 September 20- 26

- With your understanding the animals' habits, take care of them to the end with your responsibilities.
- Don't let the animal cause harm or trouble to humans.
- Don't breed the animal unnecessarily.
- Acquire correct information about infectious diseases of the animal.
- Define the owner of the animal

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

Tour of Danjiri Float at Tenjin Matsuri Festival 2019

てんじんまつりの だんじり けんがく 2019

Join the tour of Danjiri float with a detailed explanation by a cultural property repair carpenter. There is an option to make an Eco-bag without sawing.

【Date】 19 October, Sat. 9:00-11:30

【Venue】 Haitopia 5F Gakkushushitsu room 2

【Eligibility】 Elementary school students in Iga city and their caretakers, junior high school students or over for Danjiri tour only

【Capacity】 15 pairs for Danjiri tour and making an Eco-bag, 30 persons for Danjiri tour only

【How to apply】 Make a telephone appointment or apply on the web site of Iga City

【Period】 September 10, Tue - 30, Mon, 9am - 5pm

【Inquiries】 Ueno Kouminkan Tel:0595-22-9637

Shogai Gakushu Center Tel:0595-22-9801 for weekends and holidays

Severe Disability Benefits and Severely Disabled Child Benefits

じゅうど しょうがいしゃ・ じゅうど しょうがいじ ふくし てあて

◆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 and 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.

◆Severely 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