



Population of Iga City
92,456

Foreign nationals
4,899

5.30% of population

31st May 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

Pool Openings; Coming into Use the New Pools ぷーるをگریようください

- ◆Oyamada and Ayama B&G kaiyo Centers
- Opening schedule: July 7 – August 26; 9am -10pm
- Oyamada will be closed every Monday, except July 16.
- Ayama will be closed every Tuesday.
- They may change the schedule because of unexpected reasons, like weather conditions.
- Fee: Infants 50yen, Junior High and below 150yen, and Adult 300yen
- Children below second grade must be accompanied by an adult.

***Ueno Undo Koen Pools is on hiatus because of decay from this year, so...

- 1) The complementary shuttle service will be provided between Ueno Undo Koen Park and Oyamada B&G Kaiyo Center.
- 2) The two private pools are now available as following.

- ◆West Sports Club in Ueno and Sanagu
- Fee: Same as B&G Kaiyo Centers
- Infants must be accompanied by an adult.
- Follow the rules, if you don't, you may be pulled up.
- Don't bring with balls, beach balls and inner tubes.
- Please leave your valuables at the reception.

【Inquiries】Sports Shinko Ka Tel: 0595-22-9635
Oyamada B&G Kaiyo Center Tel: 0595-47-0551
Ayama B&G Kaiyo Center Tel: 0595-43-1380
West Sports Club Ueno Tel: 0120-045375
West Sports Club Sanagu Tel: 0120-379045

		Ueno	Sanagu
Sunday	Jul 22,29, Aug 5,12,19,26	10:00-15:00	10:00-11:30
Monday	Jul 23, Aug 6,20	13:00-16:00	No Opening
	Jul 30, Aug 13	10:00-15:00	
Tuesday	Jul 24, Aug 7,21	13:00-16:00	No Opening
	Jul 31, Aug 14	10:00-15:00	
Wednesday	Aug 15	10:00-15:00	
	Jul 25, Aug 8,22	13:00-15:00	
Thursday	Aug 1.	12:00-15:00	13:00-15:00
	Jul 26, Aug 2,9,16,23	12:00-15:00	No Opening
Friday	Jul 27, Aug 3,10,17,24	13:00-15:00	

Summer Events at Iga-shi Tabunka Kyousei Center なつ いがしたぶんかせんたー いべんと

Why don't you join and enjoy our summer events? Waiting for your participation in advance!

Event	Tanabata -the star Festival- Decoration	Haiku Class in Summer Vacation	Japanese Manner and Tea Ceremony for Children
Date	July 27, Friday	August 19, Sunday	August 22, Wednesday
Time	13:00 – 16:00	13:00 – 16:00	10:30 – 12:30
Location	Iga-shi Tabunka Kyousei Center	Meeting at Haitopia 5F	Haitopia 5F, Washitsu room
Details	Let's make the magnificent Tanabata decoration on a three meter bamboo grass to decorate at Ginza-dori street. Children who participated will be treated the shaved ice for free. After setting it up at Ginza-dori street, they will take a commemorative picture of us all.	It is too good an opportunity to compose Haiku poems with an instructor on the Day of Haiku, August 19. After meeting at Haitopia 5F, Dai-Kenshu-shitsu room, go and walk around Haiseiden at Ueno Koen Park with making Haiku poems. Portuguese interpreter will accompany you on this tour. Belongings: writing implements, a water bottle, rainwear, towel, and hat	Through Japanese Tea Ceremony, children can experience and learn Japanese manners like "bowing" and "greeting" on the tatami mat room. Of course, you can enjoy a bowl of Maccha tea and a beautiful Japanese sweets. Fee: 500yen Belongings: a pair of socks, preferably white
Eligible Person	Anyone	Elementary and Junior High School Students	Kindergarten – Junior High School Students
Apply by	By July 26, Thursday	By July 19, Thursday	August 17, Friday
Capacity	10 persons	5 persons	10 persons

【Inquiries】Shimin Seikatsu-Ka Tel: 0595-22-9702
Iga-shi Tabunka Kyousei Center Tel: 0595-22-9629

<MONTHLY TAX PAYMENTS> 7がつのうぜい Pay by July 31st **Shuu Zei Ka TEL 0595-22-9612**
(The first period) National Health Insurance [Kokumin Kenkou Hoken], Fixed Assets [Kotei Shisan Zei]

To Prevent the Water Accidents みずのじこを ぼうし しましょう

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】 Shobo Kyukyu ka (Fire Emergency Section)

Tel: 24-9116



Do you know what nursing care insurance is?

かいご ほけん せいど

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.

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

Desney's Zootopia will be shown in Iga

でいずにーえいが「ずーとぴあ」をじょうえいします

【Date】 August 18, Saturday 2pm (open 1:30pm)

【Venue】 Ayama Bunka Center Sansan Hall

【Title of the movie】 Zootopia

【Capacity】 First 260 (A numbered ticket is required.)*for free

【Nursery】 For children between 1 year old and preschool. *for free

*Application Period: July 9 – August 6

*Capacity: around 10

【Distribution start date of numbered tickets】 July 9, Monday

【Distribution time of numbered tickets】 8:30am-5:15pm except Saturday, Sunday and national holidays

【Distribution venue of numbered tickets】 - Haitopia Iga 4 floor Danjo Kyodo Sankaku Center / - Each branch Shinko Ka section (except Ueno branch)

【The attraction of Zootopia】 While dealing with the theme of “courage to believe in dreams”, it is a deep story that is called into question about discrimination and prejudice in human society. Also this won the Oscar and Golden Globe Award.

This show is held as Mie Prefecture Gender Equality Collaboration Film Festival.

【Inquiries】 Jinken Seisaku Ka Tel: 0595-22-9632

Prefectural Housing Applications Now Open

けんえいじゅうたく の にゅうきよしや ぼしゅう

Application Period: July ~31

Prefectural Housing: [Iga Block] Hattori 1(for Single or Senior), Casa Ueno 1

Eligibility:

- 1 – Be in difficulty with your living conditions.
- 2 – Have family members who will be living with you, or plan to do so
 - Fianceses 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



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】

17th July, 7th August 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】

2nd August, 30th August 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

July						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Nabari	2 Okanami	3 Nabari	4 Okanami Nabari	5 Nabari	6 Shimin	7 Shimin
8 Okanami	9 Okanami	10 Shimin	11 Okanami Nabari	12 Nabari	13 Shimin	14 Nabari
15 Nabari	16 Okanami	17 Nabari	18 Okanami Nabari	19 Nabari	20 Shimin	21 Shimin
22 Okanami	23 Okanami	24 Shimin	25 Okanami Nabari	26 Nabari	27 Shimin	28 Shimin
29 Nabari	30 Okanami	31 Shimin	* 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】 Ground 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 (22 nd July to 24 th August is holiday)	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>

Aoyama Summer festival あおやま なつまつり

【Time】 Sun 15th July 15:00 –

【Location】 In front of Aoyama Hall & around Aoyama Community Centre

【Details】 Building blocks for kids, Stalls, Bon-odori, Wadaiko performance, Soran-odori and several other styles of dance performances, fireworks display

【Enquiries】 34th Aoyama Summer Festival Steering Committee Office ☎ 52-0438

Be careful of heat stroke ねっちゅうしょうをふせぎましょう
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 collapses. 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 read with your children?

ほんをよんでいますか

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.



Tax Briefing ぜいむ こうざ

【Date】 July 18, Wednesday, 9am – 10am

【Venue】 Iga-shi Tabunka Kyousei Center

【Contents】 Automobile tax, Property acquisition tax and Q&A session

【Capacity】 Eight

【Application】 By July 13

【Inquiries】 Shimin Seikatsu Ka Tel: 0595-22-9702,

Iga-shi Tabunka Kyousei Center Tel: 0595-22-9629

Information for Foreigners

がいこくじんのためのじょうほう

You can also find lots of useful and relevant information at the websites below:

伊賀市役所[Iga City] <http://www.city.iga.lg.jp/>

三重県[MIE Info] <http://www.mieinfo.com/ja>

防災みえ[bousai MIE] <http://www.bosaimie.jp/>

三重県国際交流財団[MIEF] <http://www.mief.or.jp/>