



**Population of Iga City**  
92,404

**Foreign nationals**  
5,019

**5.43% of population**  
31st July 2018

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 たのめ の しんろ がいだんす 2018

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

**Where:** Iga City's Yumepolis Center (Iga shi Yumegaoka 1-1-4)

**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.

**Enquiries:** Gakkou Kyouiku ka Tel.0595-47-1283



**Medical Institution with Medical Interpreter** いりょうつうやくがいる いりょうきかん

For a limited time until January 2019, medical interpreters in Portuguese and Spanish will be in resident at two medical institutions in the Iga. You can receive interpretation service from the reception desk such as inquiries, consultation, examination, health guidance, taking medicine, medical cost, explanation at the time of admission and discharge, etc. Please apply at the reception of each medical institution when you wish to acquire the service. Interpreter usage fee is free. The patient's personal information is managed by the hospital, and the interpreter keeps the confidentiality.

Name of medical institution Supported language

◆Okanami General Hospital (Okanami Sougou Byouin) Iga-shi Ueno Kuwamachi 1734 TEL: 0595-21-3135  
10 am ~ 2 pm Every Monday and Thursday Until January 2019 (Portuguese Spanish)

◆Ueno General City Hospital (Iga Shiritsu Ueno Sogo Shimin Byouin) Iga-shi Shijuku-cho 831 TEL: 0595-24-1111  
10 am ~ 2 pm Every Tuesday and Friday Until January 2019 (Portuguese Spanish)

**Iga International Exchange Festival 2018** いがしこくさいこうりゅうふえすた2018

The Iga International Exchange Festival 2018 will be held at Toretateichi Hizokko this year. There will be booths selling craft goods and delicious food. Brazil, Peru, Thailand, Philippine, China, and Japan.

On the stage, there will be dance, instrument performance and singing. You can dance and sing songs with them.

There will be also the Cultural Exchange Corner that you can answer many questions, wear national costume and write calligraphy. And you can join the stamp rally and get rice or lottery ticket.

**Date:** 7th October (Sunday) 10:00 - 15:00

**Place:** 1-1 Hiranonishi-machi, Iga-shi Toretateichi Hizokko

**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)	1 <sup>st</sup> grade (5yrs old)	Born 2 <sup>nd</sup> Apr '13– Apr 1 <sup>st</sup> '14	41	Infants living in Iga as of April 1 <sup>st</sup> 2019.
	2 <sup>nd</sup> grade (4yrs old)	Born 2 <sup>nd</sup> Apr '14 – Apr 1 <sup>st</sup> '15	50	
	3 <sup>rd</sup> grade (3yrs old)	Born 2 <sup>nd</sup> Apr '15 – Apr 1 <sup>st</sup> '16	40	

**Registration Period:** 18<sup>th</sup> September – 2<sup>nd</sup> 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: 6400 yen a month (no enrollment fee required).

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

**Enquiries:** 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 3<sup>rd</sup> Grade 23, 2<sup>nd</sup> Grade a few places, 1<sup>st</sup> Grade a few places.

**Aoyama Yosami Kindergarten** Tel 0595-52-0433 3<sup>rd</sup> Grade 20, 2<sup>nd</sup> Grade 10, 1<sup>st</sup> Grade a few places



<MONTHLY TAX PAYMENTS> 9がつのうづい Pay by October 1<sup>st</sup>

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・じやくねん 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 you 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
9/11 Tue	10/14 (Sun)	9: 00—11: 30	Igamachi Health & Welfare Center	●	●	●	●	●	●
	11/1 (Thu)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
13: 30—15: 00		●		●	●	●	●	●	
9/12 Wed	11/17 (Sat)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
	11/24 (Sat)	9: 00—11: 30	Ayama Health & Welfare Center	●	●	●	●	●	●
		13: 30—15: 00		●	●	●	●	●	●
9/13 Thu	11/25 (Sun)	9: 00—11: 30	Aoyama health centre	●	●	●	●	●	●
		13: 30—15: 00		●	●	●	●	●	●
	12/9 (Sun)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
	2019/3/9 (Sat)	9: 30—11: 30	Yumepolis centre	●	●	●	●	●	●
For women only 9/14 Fri	10/22 (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 an x-ray (mammography). The breast will be placed between plastic boards and x-rayed (may cause some pain or discomfort). Not eligible to pregnant or breast feeding women, or women who have breast fed within the last year.
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 & Enquiries:** 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:** 500 yen

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

※The outcome of blood test results may be affected by recent meals, so please refrain from eating for several hours before your consultation.

**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 14 (Igamachi Health & Welfare Center)、 9: 30—11: 30 Nov 1 (Yumepolis Center)、

9: 00—11: 30 Nov 24 (Ayama Health & Welfare Center)、 9: 00—11: 30 Nov 25 (Aoyama health centre)

**Registration & Enquiries:** 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 30<sup>th</sup>. The new certificate which you can use from October 1<sup>st</sup> will be posted to you after September 12<sup>th</sup>. 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】

25<sup>th</sup> September, 18<sup>th</sup> 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】

20<sup>th</sup> September, 16<sup>th</sup> 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
30 Nabari	* Except pediatrics					1 Nabari
2 Nabari	3 Okanami	4 Nabari	5 Okanami Nabari	6 Nabari	7 Shimin	8 Shimin
9 Okanami	10 Okanami	11 Shimin	12 Okanami Nabari	13 Nabari	14 Shimin	15 Nabari
16 Nabari	17 Okanami	18 Nabari	19 Okanami Nabari	20 Nabari	21 Shimin	22 Shimin
23 Okanami	24 Okanami	25 Shimin	26 Okanami Nabari	27 Nabari	28 Shimin	29 Shimin

### 【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	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>

### Igabura 2018

いがぶら 2018

Over two months from September 22<sup>th</sup> to November 25<sup>th</sup> you can enjoy 'Igabura' or strolling around Iga. There can enjoy different types of strolls based around 6 different themes.

- 1.Stroll Around Town
- 2.History & Culture,Traditional Crafts
- 3.Iga's technique
- 4.Iga Cuisine
5. Health & Beauty
- 6.Ninja & Matsuo Basho.

There are 127 different courses available this year, and each of the businesses and individuals involved have planned many exciting events accordingly. Don't miss this opportunity. For more information, see <http://igabura.com/> A catalogue is also available at the Tourism Information Booth on 1F of the Haitopia Bldg.

### Try Kimono and Walk around Tenjin Matsuri Festival!

おやこであるこう！きものをたいけんしよう！

Let your child try Kimono and enjoy walking around Tenjin Matsuri Festival with a guide together.

【Date】 October 20, Sat, 9:00am to 0:30pm

【Venue】 Meeting at Haitopia 4<sup>th</sup> floor the meeting room,

\*Walking around Eiraku-kan

【Target】 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade students in Iga-shi and the parents.

**Only children can try Kimono. No kimonos for adults.**

【Bring】 A water bottle, writing implements, shorts and short sleeve T-shirt

【Capacity】 10 pairs of parent and child \*In case of a large number of applications there will be a drawing.

【Application Period】 September 4, Tue – 18, Tue.

【Application and Inquiries】 Shogai Gakushu – Ka at Haitopia 5F Tel: 0595-22-9637 \*Call 0595-22-9801 on Saturdays, Sundays and Holidays

### Be Kind to Animal Week

#### Moku Moku Farm Animal Welfare Day

どうぶつ あいご しゅうかん/もくもくどうぶつあいごのひ

“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

\*Moku Moku Farm will have an animal welfare event on September 22. They have a lot of fun events like; animal welfare workshop, experience a veterinarian, making a name tag of your own pet, making a thousand paper cranes and so on.

### The Rules of Garbage Collection Point

しゅうせきじょうでのごみだしるーる

Garbage that comes out of the house must be put into the garbage collection point according to the Garbage Collection Calendar or the Garbage Collection Guidebook issued by Iga city.

◇ Put out the garbage by the fixed time.

◇ Put out the garbage into the fixed point.

◇ Put out the specified kinds of garbage on the fixed day.

◇ Put out the garbage according to the fixed way, like with a correct garbage bag and tying the garbage bags mouth.

\* We attach a warning sticker to garbage violating the rules and do not collect it

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