



I G A



Population of Iga City
92,377

Foreign nationals
5,181

5.61% of population

30th September 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

Signing up for After School Club

ほうかご じどうくらぶの りようきぼうしゃ ぼしゅう

After School Club	Address	Available Places
After School Club Kids Ueno	Ueno Tokuicho 3276	40
After School Club Futaba	Ueno Konyamachi 3181	70
After School Club Friends Ueno	Midorigaoka Nakamachi 4354	40
After School Club Friends Ueno #2	Midorigaoka Honmachi 4153	60
After School Club Wing Ueno	Nishijo 114	40
After School Club Kaze no Oka	Yumegaoka 2-11	60
After School Club Kaze no Oka #2	Yumagaoka 6-6	60
Nakase After School Club Neverland	Saimyoji 105	30
After School Club Genki Club	Kirigaoka 2-266	55
Oyamada After School Club At Home	Hirata 25	30
Ayama After School Club Popcorn	Baba 1045	50
Mibunno After School Club	Kawahigashi 1659-5	40
Tsuge After School Club	Tsugemachi 2407-10	20
Shimagahara After School Club	Shimagahara 4696-9	20
Nii After School Club	Higashitakura 2055	30
Miwa After School Club	Mita 986-1	25
Nishitsuge After School Club	Shindo 160	20
Seiwa Nishi After School Club	Oouchi 748	20
Seiwa Higashi After School Club	Ida 1350	30

The After School club is for children whose parents are not yet at home after school ends. Instead, they can join the after school club where professional staff look after them.

【Application period】 9th November-30th November, 15:00~18:00(weekdays only)

【Eligibility】 Elementary school students

【Fee】 8,000 yen a month. For longer periods of time such as the winter or summer vacations, prices will change.

*If there is a large number of applicants, your child may not be guaranteed a place.

Apply to: The After School Clubs directly.

【Enquiries】 Kodomo Mirai Ka Tel:22-9677

Since April 2019, a new private after school club will open.

【Venue】 Kume-cho 872-1, Iga Sogo Care Center, Silver Care Houjuen

【Eligibility】 Ueno Nishi Elementary School and Ueno Higashi Elementary School (If you are not at these schools, please feel free to contact us.)

【Capacity】 20 students
【Fee】 It is different from the others since this is a private club. Please contact us for more details.

【Inquires】 Senshin Fukushi Kai, Iga Sogo Care Center, Silver Care Houjuen
Tel: 0595-23-6587 1:00pm-5:00pm ex. Sat. Sun. & holidays

The New City Hall will Open on January 4, 2019

2019ねん1がつ しんちょうしゃががいかいちょうします

The new office building of Iga City Hall will open on January 4, 2019. The service at the current government building ends on December 28. The address of the new building is: 3184 Shijuuku-cho, Iga-shi 〒518-0823. It is located near the Shijuuku Station of Iga Tetsudo Line.

From the beginning of the New Year, we will start service to the citizens at the new office building. The details of the new office, like a floor plan, telephone number of each section and a flow of service, will be noticed at the next Newspaper in December

Please be careful! The number of patients infected with German Measles/Rubella is increasing

ごちゅういください!!ふうしんかんじゃがぞうかしています

From July 2018, reports on the number of patients that are infected have increased, mainly in the Kanto region, and in Mie prefecture, they are increasing year after year. If a woman is infected with Rubella virus until around 20 weeks of pregnancy which is not yet sufficiently immunized against rubella virus, the fetus may be infected and the baby may be born with a disorder in the eyes, heart, ears, etc. (congenital rubella syndrome). Women who are already pregnant can not receive vaccination against rubella, so it is most effective to receive vaccination before pregnancy. Also, it is better to make sure that people around pregnant woman are vaccinated to eliminate the risk of infection.

What is Rubella: It is an acute eruptive infection caused by rubella virus. It infects by inhaling the virus that spreads through coughing or sneezing. When infected, symptoms such as fever, rash, lymph node swelling occur after 2 to 3 weeks. Often mild symptoms are experienced by children who are infected, but for adults, the symptoms may continue for a long time or become severe.

Method of treatment: There is no special treatment. For fever, arthritis, etc., symptomatic treatment to relieve symptoms are done. **Prevention method:** Rubella vaccination is the most effective preventive method. -----From Mieinfo

<MONTHLY TAX PAYMENTS>

11がつのうぜい Pay by November 30th

National Health Insurance(The fifth period) [Kokumin Kenkou Hoken] , Shuu Zei Ka TEL 0595-22-9612

What is Year-End Tax Adjustment (nenmatsu chousei)

ねんまつ ちょうせい に ついて

When companies calculate the monthly salaries of their employees, they calculate the amount of income tax that should be levied based on salary, social insurance payments and the number of dependents. This income tax is then deducted when the salary is paid. This is called 'tax deduction at source' (*gensen choushuu*).

However, the amount of income tax deducted each month is only a temporary figure, and the actual amount of income tax that is due to be paid is calculated at the end of each year. This means that you may actually have to pay more in tax than based on your monthly salary, or it might be the case that based on your monthly salary calculations you have been paying too much, and so are due a tax refund. This process, called 'year-end tax adjustment', takes place at the end of every calendar year. Why do adjustments need to be made?

Reason 1: Your 'tax deduction at source' (*gensen choushuu hyou*) certificate is calculated on the assumption that your monthly salary does not change throughout the year, but in reality your salary might have changed throughout the course of the year, especially if you have switched jobs. The tax deduction at source system is the deduction of income tax from your salary, and this is the system used to pay tax in Japan.

Reason 2: Throughout the course of the year, there may have been changes in the number of dependents, in which cases the amount of income tax you need to pay will also change.

Reason 3: Life insurance and earthquake insurance are deducted in the year-end tax adjustment. However, this deduction means that there is an upper limit on the amount that can be deducted from income.

National Pension

こくみんねんきん の はなし

When you declare the residence tax and income tax, the full amount of your national pension premiums is subject to social insurance premium deduction (the premium payments you made from January 1st to December 31st of that particular year). In order to receive this social insurance premium deduction, you must attach proof that you have paid. For this reason, those who have paid national pension premiums between January 1st to October 1st will receive a 'social insurance (pension insurance) deduction certificate' from the Japan Pension Fund in early November. When filing tax returns or making year-end adjustments, this certificate (or receipt) must be attached.

Also, this same certificate will be sent to those who paid national pension insurance for the first time this year between October 2nd and December 31st in early February of next year. It should be noted that if you paid national pension insurance fees for any family members, the same members can be added to your social insurance premium deduction. In order to do this, be sure to attach their deduction certificates, too. For queries regarding the 'social insurance (national pension insurance) deduction certificate' please call the number written on the deduction certificate postcard.

【Enquiries】 Hoken Nenkin Ka ☎ 0595-22-9659 Tsu Pension Office ☎ 059-228-9112

The notification system for the individual concerned

ほんにんつうちせいどに とうろく しましょう

When granting copies of residence certificate and others by a request from an agent or a third person to the way registered beforehand for the city office, the city office will notify of a granted thing in mail later.

◇The one possible to register : The one recorded on basic resident register of this city or supplementary family register.

The one indicated on family registration, including excluded family register, of this city.

◇Registration period : Three Years

◇The certificates to be notified : - Copy of residence certificate (Eliminated one is included.) - Entry certificate of residence certificate - Family register and abridgment (Removed one is included.) - Copy of supplementary family register (Eliminated one is included.)

◇The contents of notice :- Issue date of certificate - Classification of a granted certificate - Number of copies of the granted certificate- Classification of issue claimant. It's not possible to notify about the name and the address of the person of claimant.

◇Way of registration application :

Apply for and update registration for the city office or branch offices with identical person confirmation document. Do not forget to renew your registration if you continue registering.

【Inquiries】 Jumin-ka Tel:0595-22-9645

November is Child Abuse Awareness Month

11がつ は じどうぎやくたい ぼうし すいしん げっかん

Although "to intend to provide discipline", it can be "abuse for child" if it will be viewed as detrimental for their healthy development and growth. It is a citizen's duty to report abuse. It does not have to be proven before being reported. Furthermore, all reports are received in full confidentiality and the person making the report will remain totally anonymous. By reporting abuse, you are making the first step to make sure the child receives help.

Child abuse can be any of the following:

▲ Physical Abuse : Beating, kicking, throwing, shaking violently, burning, drowning etc.

▲ Sexual Abuse : Engaging in sexual acts, exposing a child to sexual acts, taking pornographic pictures etc

▲ Neglect : Shutting a child inside at home, not feeding, not maintaining hygiene, leaving alone in a car, not seeking medical attention even when seriously ill etc.

▲ Psychological Abuse : Verbal threatening, ignoring a child, showing preferential treatment among siblings, committing domestic violence on the other family members in front of a child etc.

◇To nurture child in healthy:

・ Not to have corporal punishment and insult

If a child feels a sense of fear for parents, he or she can not convey a signal or message that he/she is in danger and needs help.

・ Let cool down an explosive frustration

・ Parents themselves shall send out a signal to ask for help when necessary

・ Regard the emotion and action of child separately, and support healthy growth

【Inquiries】 Kodomo Mirai Ka Tel:0595-22-9609

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】

27th November, 18th December 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】

29th November, 20th December 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

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

Cooking class & Culture Introduction

“Brazil”

「ぶらじる」りょうりきょうしつ&ぶんかしょうかい

【Date】 2nd December(Sunday) 10:00~14:00

【Place】 Fureai Plaza 4F Cooking training room

【Menu】 Roast Chicken, Brazilian gnocchi, Salad, Passion fruit mousse.

【Teacher】 Nhilsa Souza

【Capacity】 20 persons

【Fee】 Member 700yen, Non-member 1,000yen
Children 500(Elementary to middle school students)

【Bring】 Apron, Sling width, Mask

【Application】 Telephone, E-mail

From November 15th to 30th

※ You will have to write your Name, Address
Phone number, Member or not or Children

【Inquiries】 Iga International Friendship Association

TEL : 0595-22-9629

E-mail : mie-iifa@ict.jp

Let's enjoy cooking and the introduction of Brazilian culture

The Medical Diary into One Volume

「おくすりてちょう1さつうんどう」すすんでいます

“The Medical Diary” keeps record of your prescribed medicines and need to be aggregate into one volume.

In the city, from 2016, the professionals, such as doctors, dentists, pharmacists, home-visiting nurses, care managers and social welfare corporations and the city administration are working in alliance on the project “supporting a home-care patient with the medical diary” that is confirming a daily dose of medicine and giving an advice for healthy living. Since they are making an appeal for having the medical diary in one volume for your health management these two years, it is progressing steadily.

At the time of the Great East Japan Earthquake, it became clearly beneficial the availability of the medical diaries, so some municipalities are promoting to use the medical diaries more effective to make this experience useful for the future.

Bring your medical diary in one volume and always take it with you when you visit a medical institution.

The Service Counter at Haitopia will open

まちなかサービスカウンターかいせつ

Along with the relocation of the government office, we will set up a service counter on the second floor at Haitopia Building that will issue a variety of certificates such as copies of resident cards since January 4, 2019.

【Inquiries】 Ueno Shisho Shinko-Ka Tel: 0595-22-9633

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