



Population of Iga City 92,855  
 Foreign nationals 4,697  
 5.06% of population  
 31st December 2017

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

**Tax Declarations** ぜいきんのしんこく

【Time】16<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

◆What do you need to make a tax declaration?

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



◆Free Shuttle Bus Service to Tax Returns Venue: There will be a free shuttle bus service running between city hall, city hall's regional branch offices, local community centers (in the Ueno area) and Yume Dome Ueno.

Services between City Hall and Yume Dome :

Date	Departure from City Hall			Departure from Yume Dome		
February 20, 22, 27	9:00	10:00	11:00	9:30	10:30	11:30
March 1, 6, 8, 13, 15	13:00	14:00	15:00	13:30	14:30	16:15



Services between Community Centers, City Hall Branch Offices and Yume Dome :

Pick Up and Arrival Point		Date
Community Center	City Hall Branch Office	
Kanbe, Hijiki, Inako	Aoyama Branch Office	February 23, March 2
Fuchuu, Nakase	Ayama Branch Office	February 16, March 9
Nagata, Ota	Shimagahara Branch Office	February 21, March 8
Tomono	Iga / Oyamada Branch Office	March 7, 13
Kijigadai, Furuyama, Ida	-----	February 21, March 6
Suwa, Nii, Mita	-----	February 16, 27
Hanagaki, Hananoki, Kume	-----	February 20, March 14

\* Depending on the location, there may be some differences in the arrival and departure times of some bus services from community centers and branch offices. Please check times with your local branch office.

\*\* Due to unexpected circumstances there may be changes or cancellations to the bus services.

【Enquiries】Ueno Zeimusho TEL 0595-21-0950, Kazei ka Shimin zei gakari TEL 0595-22-9613

**Information for those Enrolled in National Health Insurance** こくみんけんこうほけんにはいっているみなさんへ

Did you know that the amount you are required to pay may decrease, based on your income?

~ File your Municipal and Prefectural tax Returns ~

The national health insurance fee you are required to pay may decrease, based on your income. When the health insurance fee is assessed under Iga's National Health Insurance plan, households which have an income lower than that stipulated by the law may be eligible for a 20%, 50% or even 70% reduction in the national health insurance costs.

To pay the reduced amount, you must file your municipal and prefectural tax returns. Whether or not you are eligible to pay only the reduced rate or not is based on a calculation of the combined income of all household members. If you cannot clearly prove all your sources of income, then you will not be eligible to pay the reduced amount. Those who had absolutely no income in the previous year, those whose only income was from non-taxable sources such as disability pension or bereaved family pension and those residing in Iga who were not being financially supported by anyone else may be eligible for this reduction. Please file your tax returns between February 16th and March 15th.

【Enquiries】Hoken Nenkin Ka TEL 0595-22-9659

<MONTHLY TAX PAYMENTS> National Health Insurance (8<sup>th</sup> installment) Kokumin Kenkou Hoken  
 ~ Pay by February 28<sup>th</sup>~ Fixed Assets (4<sup>th</sup> Installment) Kotei Shisan Zei  
 こんげつのうぜい Enquiries: Shuuzei-ka Tel. 0595-22-9612

## Combined Expenses System for high-cost Medical and Nursing Care こうがくいりょうとこうがくかいごをたすことができます

Under this system, if the combined personal costs(1) covered by members of the same household in one year (August 2016 to July 2017) exceeds the upper limit for personal costs (differs according the household. See chart below), then the amount(2) in excess of the upper limit will be covered on their behalf.

\*1: This refers to the amount of money paid to a medical facility for health care costs. If you are under 70 years of age and enrolled in a health insurance programme, such high-cost care is defined as payments in excess of 21,000 yen within one month. Since this is a combined expenses system, if costs were incurred for medical care but not nursing care (or vice versa), then no expenses incurred will be classed as high-cost and therefore eligible for cover under this system.

\*2: If health insurance costs are calculated as being under 500 yen, they will not be eligible for cover.

Upper Limits Chart :

	① Combined Amount for both the Health Care System for the Elderly Aged 75 and Older and Nursing Care Insurance	② Combined Amount for National Health Insurance and Nursing Care Insurance(households with member aged 70~74)	③ Combined Amount for National Health Insurance and Nursing Care Insurance* Households in neither ①nor②.	
			Income (yen)	
Earner above certain amount	670,000 yen		Up 9,010,000 yen	2,120,000 yen
			6,000,000 yen~ 9,010,000 yen	1,410,000 yen
Regular (pays municipal tax)	560,000 yen		2,100,000 yen~ 6,000,000 yen	670,000 yen
			under 2,100,000 yen	600,000 yen
Low-income (does not pay municipal tax)	310,000 yen (190,000 yen for those under (3))		340,000 yen	

\*3: Members of a household who have not paid municipal tax and which, after all necessary expenses have been deducted from their income, are left with no money in excess (calculated as those with an annual salary of under 800,000 yen).

\* If you are enrolled in a health insurance programme through your place of work, please contact them for further details.

**【Enquiries】 Hoken Nenkin Ka TEL 0595-22-9660,0595-22-9659, Kaigo Kourei Fukushi Ka TEL 0595-26-3939**

## Food and Cultural Exchange: Republic of the Philippines

フィリピンきょうわこく りょうり と ぶんかのこうりゅうかい

**【Date】** March 11, Sunday

**【Venue】** Aoyama Harmony Forest

**【Contents】** Session I : 10:00 – 13:00 Philippine home cooking lesson and lunch party

<Menu> Sinigang: A sour soup with tomato, pork and vegetables

Ginataang Bilobilo: A sweet snacks of sticky rice balls, sweet potato and tapioca pearls in a coconut milk

Session II : 13:00 – 15:00 Introduction of the culture and daily life in Philippines

**【Fee】** 1,000yen (for food expenses)

**【Capacity】** first 30 people

**【Application】** You can apply by telephone from February 13, Tuesday

If you participate only in Session II , you do not need to sign up.

**【Inquiries】** Aoyama-shisho, Shinko-ka Tel:0595-52-1112

## Have a gastric screening test いのけんしんもうけましよう

◆ Helicobacter pylori cause gastritis.

Helicobacter pylori cause not only gastric ulcer and duodenal ulcer, more likely to develop gastric cancer.

◆ A study to reduce medical costs

In Iga City, a study was conducted to reduce medical costs for treating stomach and duodenal diseases by removing H. pylori beforehand before sickness.

The findings of study is now under analyzing at Nagoya University graduate school.

◆ Have a gastric cancer screening once a year

Japanese have a high rate of gastric cancer and the prevention is very important.

By removing H. pylori, it is considered to reduce the risk of gastric cancer to less than half.

The Iga-shi Medical Examination Center carries out H. pylori antibody tests as well as general checkup.

For prevention of gastric cancer, take a complete medical checkup including a stomach screening.

**【Inquiries】** Iryo Fukushi Seisaku Ka Tel:0595-22-9705

## 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】

20<sup>th</sup> February, 13<sup>th</sup> March 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】

22<sup>nd</sup> February, 15<sup>th</sup> March 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
Sunday, 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)

We 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

February						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				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	* 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センター

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 (From 24 <sup>th</sup> Feb)	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>

### Disaster Emergency Message Dial 171

さいがいいでんごんだいやる 171

In the wake of a severe such as an earthquake or flooding, the number of telephone calls increase dramatically, resulting in difficulties in connection (telephone traffic jams).

To mitigate such a situation, Disaster Emergency Message Dial 171 is put into service. This is a voice mail service that stores information on safety, etc., records and plays back messages using telephone numbers, mobile phone numbers, etc. such as for people in a disaster-stricken area as the key code to access the service.

#### How to use Disaster Emergency Message Dial

<How to record your message>

- 1) Dial "171" => Listen Guidance
- 2) Push "1" => Listen Guidance
- 3) Enter the telephone number of a person in the disaster-stricken area. => Listen Guidance
- 4) After "Beep", record your message within 30 seconds.

<How to play back the message>

- 1) Dial "171" => Listen Guidance
- 2) Push "2" => Listen Guidance
- 3) Enter the telephone number of a person in the disaster-stricken area. => Listen Guidance
- 4) Play back a message.

【Inquiries】 Sogo-Kiki-Kanri-Ka Tel:0595-22-9640

### 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.



### Scholarship System for Nursing Students

かんごがくせい しゅうがくしきんせいど

Eligibility: Anyone who wishes to become a qualified nurse that is either already in medical school or planning to enter medical school, and who will work at Ueno Hospital upon completion of their studies.

No. of scholarships: A few Amount: 50,000 or 80,000 / month.

Exemption from repayment: Upon completion of your studies if you receive your nursing certification within 1 year and plan to continue working at Ueno Hospital for the next term, you will be exempt from repayment.

Necessary documents: 1) Nursing Scholarship application form; 2) Proof of enrollment or proof of confirmed, future enrollment in a nursing course; 3) Your resume (with photo attached). Please contact the hospital for further details.

Selection process: Assessment of written application, interview and essay.

Applications & Enquiries to:

Ueno Hospital's Management & Planning Division TEL 24-1111

### The Dolls' Festival of Castletown Iga Ueno

いがうえの・じょうかまちのおひなさん

This year, the festival will mark the 10<sup>th</sup> anniversary and be formed under the following three themes.

1□ to visit: There will be many Hina dolls on display in the traditional town houses and shops centered around the area of Honmachi Dori in the heart of the city. What is special about the exhibition is that there would be more than 200 dolls made with Iga-yaki ware at the former Suko-do.

2□ to eat: In restaurants, cafes and Japanese sweet shops, you can find Hina doll-themed dishes and sweets.

3□ to experience: There are so many programs called "Hina-Bura" which you can try to make various types of Hina dolls or experience the festival such as the popular program "Hina Dolls costume for children and photo session for family". Please check out "Hina-Bura" brochure for more details.

【Date】 Feb 17, Sat. — Mar 3, Sat.

【Venue】 Area around Honmachi-dori

【Inquiries】 Executive Committee of the Dolls' Festival of Castletown Iga Ueno Tel:0595-22-9670

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