



The City Newsletter

IGA



Population of Iga City 84,936  
Foreign Nationals 6,109  
7.19% of Population

End of September, 2024



Guidebook for Iga life

Published & Edited by Iga-shi Kokuswai Koryu Kyokai, Iga-shi Tabunka Kyosei-Ka. Articles published in this newsletter are taken from the monthly "Koho Iga" and other publications.

Iga-shi Kokusai KoryuKyokai  
Tel:070-4455-4900



Iga-shi Tabunka Kyosei-Ka  
Tel:0595-22-9702



Information お知らせ

**No New Insurance Cards will be issued from Dec 2<sup>nd</sup>** 12月2日から新しい保険証は発行されません

New health Insurance and senior citizen's health insurance cards will be no longer issued from December 2<sup>nd</sup> by the change of Japanese law. If you register your My Number card as a MyNA insurance card, you can get the services with it.

**Your health Insurance card issued before this date still be valid until the expiration date on the card even after December 2<sup>nd</sup> cutoff.**



**After the expiration date of your insurance card**

○If you have a MyNa insurance card

➔You can use your MyNa insurance card at a medical facility which conduct online eligibility verification.

○If you do not have a MyNa Insurance Card

●If you have a My Number card

➔You need to register to use your My Number card as a MyNa insurance card.

●If you haven't got a My Number card

➔Apply for the issuance of a My Number card if you wish to have it.

➔At medical institutions show a "Shikakukakunin-sho(資格確認書) ; Eligibility Confirmation card"; a replacement will be sent to you until the expiration date of your insurance card you hold. You will be able to receive insurance benefits as before.



**About procedure for enrollment and loss of National Health Insurance**

A procedure will be needed after December 2 when you want to join National Health Insurance with "Shikakusoushitsu-shoumeisho [資格喪失証明書] Loss of eligibility certificate), etc. or stop it to join your company's social insurance with "Shikaku-Kakuninsho [資格確認書] ; Eligibility confirmation card)" or "Shikakujyoho no oshirase [資格情報のお知らせ] ; Notice of Eligibility Information"

【Inquiry】 HokenNenkin-ka 0595-22-9659 (Hoken-nenkin-kakari),  
Jyumin-ka (About the My Number card) 0595-41-2355

**Signing up for After School Club** 放課後児童クラブ利用希望者募集

After-school clubs serve as a safe place for elementary school students whose parents are not home after school due to work, have a long illness and care for a family member living together, etc.

Registration opens in November for residence hoping to make use of the service starting in April.

**【Application period】**

November 5 Tue - 29 Fri , 3pm - 6pm

**【Fee】** 8,000 yen/ month

\*Spring, summer, and winter breaks cost an additional fee.

**【Application】** Application forms are available at each clubs, Kodomo Mirai-ka or each branches. Please fill out an application and submit it to the club of your choice. \* In the event of registration reaching capacity, successful applicants will be chosen by lottery.

\* See the November issue of "Koho Iga (Public Relations IGA) " for more details. \* For private clubs, please inquire directly.

**【Inquiry】** Kodomo-Mirai-Ka ☎0595-22-9654

Monthly Tax Payments  
今月の納税

**Payment due by Monday December 2nd**  
**National Health Insurance Tax [Kokumin Kenkou Hoken] The Fifth Period**

【Inquiry】 Shuzei-ka Tel: 0595-22-9612

## What is Year-End Tax Adjustment (*Nenmatsu Chosei*)

年末調整

Income tax is deducted from your monthly salary. This is called "*Gensen choshu*"; tax deduction at source". The amount of income tax is calculated based on salary and the number of dependents. However, the accurate amount of income tax to be paid is calculated at the end of each year. If you pay over, you will get returned. If not enough, you will pay extra. This process is called "*Nenmatsu-Chosei*"; year-end tax adjustment, takes place at the end of every calendar year. Why do adjustments need to be made?

Reason 1: The tax withheld is hypothetical amount that is determined by assuming that the amount of salary remains the same throughout the year. But in fact, salaries may change in a year.

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.



## Iga Ueno City Marathon Traffic Control 伊賀上野シティマラソン交通規制

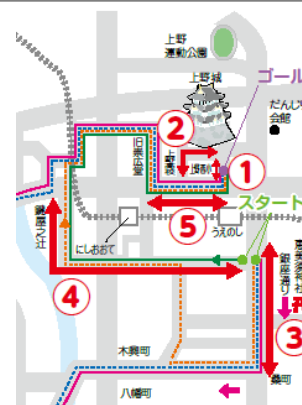
Date : November 24 Sun

◆Closure of roads ①② 7am~1pm, ③④ 9:20am~10:30am

◆Traffic Control ⑤ 9:35am~0:35pm

Traffic will be restricted as runners pass by and cars are requested follow traffic instructions and detour routes.

Please do not park in the vicinity of the course.



〈Inquiry〉 Iga-Ueno City Marathon Executive Committee Office  
 ☎0595-22-9635 fax0595-22-9694 ✉sports@city.iga.lg.jp

## November is Child Abuse Prevention Month

児童虐待防止月間

Child abuse is harmful to the child's mind and body. It is strictly prohibited by the Law for the Prevention of Child Abuse in Japan.

- Physical abuse; beating, choking, drowning and locking them in a room.
  - Sexual abuse; playing sexual pranks, taking sexual videos, peeping while bathing, touching their private areas.
  - Neglect or refusal of protection; stay them dirty for a long time, not giving them enough food, keeping them in the car, not to stopping the abuse of the people living with you to your children.
  - Psychological abuse; No responding, denying what a child talks about, saying hurtful words to a child.
- They are all abuse and harmful to the child's development and growth.

### ◆ Differences between Discipline and Abuse

Discipline is a way for caregivers to help children develop the ability to live in society. Abuse on the other hand, is the use of force to subdue a child, and there is no element of nurturing the child's autonomy.

If you are struggling with your childcare or have seen abuse, please call "**189**" Abuse Hotline.

### 【Inquiry】

- Kodomo KateiShien-Ka Tel: 0595-22-9609
- Iga Child Consultation Center Tel: 0595-24-8060
- Iga Police Department Tel: 0595-21-0110



## Campaign to End Violence against Women

女性に対する暴力をなくす運動

November 25th is the International Day of the Elimination of Violence against Women. The period from November 12 through November 25th is the call to action.

Violence is a violation of women's rights. This includes violence in the home from partners or relatives, sexual violence, prostitution, sexual harassments, stalking and any other form of harassment.

You are not alone. Please feel free to consult with us at any time.

- Kodomo-Katei-Shien-Ka  
Tel: 0595-22-9609
- Iga Police Department  
Tel: 0595-21-0110
- Nabari Police Department  
Tel: 0595-62-0110
- DV Consultation Navi  
Tel: #8008



## Infant Health Checkups and Consultation あかちゃん健診と相談

In Iga, checkup examinations are available for children at 18 months and 3 years of age. You will receive a notification when your children are eligible. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.

【Inquiry】 About checkups / Kodomo KateiShien-Ka ☎0595-41-1556



18 months	November 5 and December 10	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and a half years)	November 21 and December 19	1pm to 2:30pm	Haitopia Iga 4F
Infant counseling	November 8, 11, 20, December 2, 6, 18	You can consult your child's physical measurements, nutrition, and childcare. Please refer to the monthly "Koho Iga".	

## Medical Emergencies & Assistance きゅうきゅういりょう 救急医療

When you need medical treatments, see your family doctor during your clinic's opening hours. If you fall sick when the clinic is closed, refer to the following options. Make an appointment before your visit and bring your health insurance certificate.



### ◆Iga-shi Emergency Clinic (*Oukyu Shinryojō*)

TEL: 0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 1700-1, Kaminoshō, Iga-shi (Next to Okanami Hospital)

Mon to Sat	8pm-11pm
Sun and Holidays	9am- noon, 2pm- 5pm and 8pm-11pm

### ◆The Mie Medical Information Center (*Mie ken Kyuukyuu Iryou Jouhou Center*)

☎ 059-229-1199

This center can give you information about which hospitals are available in your area.

### ◆24 Hours Iga-shi Emergency Call (*Iga-shi Kyuukyuu Kenkou Soudan Dial*)

☎ 0120-4199-22

This is a toll-free 24/7 hotline for consultation about health and medical issues. You can ask about physical and mental health, other medical issues, childcare, nursing services and others.

Hospital Name	Schedule		
Ueno Shimin Hospital TEL: 0595-24-1111	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Nabari Hospital TEL: 0595-61-1100	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Okanami Hospital TEL: 0595-21-3135	Mon	Wed	Sun, Holidays
	5pm- 9am	5pm- 8:45am	9am-8:45am
	※The closing time is the time of the following day.		

※Please contact the hospital before visiting.

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

## Advice & Consulting そうだんまどぐち 相談窓口

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 or Tabunka Kyousei Center for reliable, professional advice.

### ■Tabunka Kyousei-Ka

【Tel】 0595-22-9702

【Open】 Mon-Fri, 8:30-17:00

【Venue】 3184 Shijuku cho, Iga-shi  
City Hall 2F

### ■Iga-shi Tabunka Kyousei Center

【Tel】 0595-22-9629

【Open】 Mon-Fri 9:00~17:00, and  
Sun(2<sup>nd</sup> & 4<sup>th</sup>) 9:00-12:00

【Venue】 Haitopia Iga 4F, 500 Ueno Marunouchi,  
Iga-shi



Facebook

\* Closed on Nov. 24 Sunday

### ■Private Consultation

【Date】 Sun Dec.8,  
9:30-noon

【Venue】 Haitopia Iga 4F  
Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei -shoshi*, an administrative scrivener. Reservation required till Dec.4

## Tips for Everyday Life せいかつ 生活のヒント



### For all foreign residents who have a My (Individual) Number Card



マイナンバーカードを持っている外国人住民の皆様へ



If you have extended your stay, you must also extend the validity of your My Number card.

The My Number card issued to foreign residents is valid until the expiration date of their visa.

The expiration date of the My Number card is not automatically extended, even if the visa period is extended.


If you do not renew your My Number card at the City Hall, it will expire.

If you are unable to renew your My Number card due to the time required for the residency renewal inspection:

You can extend the validity of your My Number Card for up to two months by presenting a Zairyu Card stamped "Request for extension of period of stay(Zairyu Kikan Koushin Shinsei- chu - 「在留期間更新申請中」)" at the City Hall counter when requesting the extension. If you lost your My Number card, it will cost 1,000 yen to have it reissued.

■My Number Call Center : 0120-0178-27 (regarding the card)  
0120-0178-26 (for the system)

**Learning Support Class**  
**Sasayuri Kyousitsu**

ささゆり 教室 

\* No class on Nov 23

Students can find support to reinforce material learned in school in Japanese, for the 5<sup>th</sup> to the 9<sup>th</sup> grader.

【Date】 Sat. 2pm - 4pm

【Venue】 Sogo-Fukushi-Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912

(Iga no Tsutamaru)

**Japanese Language Class**  
**Iga Nihongo-no-Kai**

伊賀 日本語の会 

\* No class on Nov 23

Japanese or Japanese Language Proficiency Test (JLPT) can be studied.

【Date】 Wed. 7:30pm - 8:40pm


Sat. 7pm - 8:30pm

【Venue】 Sogo Fukushi Kaikan 2F

【Fee】 200yen / class

【Tel】 090-3425-7099

**Kanji Learning Class**  
**Kanji Kyousitsu**

小学生 漢字教室 

\* No class on Nov.27

1<sup>st</sup> to 4<sup>th</sup> Elementary school students can learn Kanji.

(Application required.)

【Date】 Wed. 3:30pm - 4:30pm

【Venue】 Haitopia 4F

【Fee】 ¥200 / month

【Tel】 070-4455-4900

(Iga International Friendship Association)

For more information, please call or visit on our Facebook or homepage.

**Information** し お知らせ

**Welcome Baby Class** ウエルカムベビー教室

【Date】 **Sunday, December 15th**

① 9:10am~10:30am

② 11:00am~0:20pm

【Venue】 4F Haitopia Iga

【Eligibility】 **Pregnant women & their family**

【Capacity】 First 8 pairs for each session

【Contents】

- \* Baby bathing experience,
- \* Pregnancy exercises,
- \* Exhibition of childcare goods,
- \* Pregnancy and childcare consultation

【What to bring with you】

Maternal and Child Health Handbook

【Application】 Call following number below from November 19

【Application and Inquiry】

Kodomo-Katei-Shien-ka

Tel 0595-41-1556

\*No interpreter available

\*There is a playroom in Haitopia 4F.



**Consultation on Anything in Life**

暮らし なんでも相談

Specialists such as a lawyer or a tax accountant are available for your consultation.



【Date】 **Saturday December 7, 1:30pm - 6pm**

【Venue】 Yumepolis Center

【Consultation】 Non-payment of wages, unfair dismissal, pension, tax, loans, review of insurance guarantees, repayment of scholarship, new housing, rebuilding, remodeling, housing trouble or more.

【Capacity】 First 15 pairs

(Telephone reservation required)

【Application Period】 November 12 to December 3

【Inquiry】

Kurashi Hotto Station Iga Tel:0595-24-7198

(9am - 5pm / Tue. and Thu. only)

**World Cooking Class** 世界の料理教室



Co-sponsored by Iga International Friendship Association! Participants will listen to a lecture about Peruvian life and cook Peruvian home style meal.

•Lomo saltado(stir-fried meat)

•Papa a lahuancaina

(Boiled potatoes with spicy creamy sauce)

【Date】 **Saturday December 14 10:00~14:00**

【Venue】 Aoyama Harmony Forest

3137-1, Tanao, Iga city

【Eligibility】 High school students and above

【Fee】 ¥1000 per participant (including material costs)

【Capacity】 First 20 applicants

【What to bring】

Apron, bandana or hair net and mask.

【How to apply】 Please call the following number or use the QR code

【Application period】 **Nov. 7 to Dec.6**

\* Closing as soon as capacity reached

【Application & Inquiry】

Aoyama Harmony Forest

TEL: 0595-55-2255



**Pottery workshop** 陶芸教室

◆Workshop for children and guardians

【Date】 December 7 (Sat) 10:00am to noon

【Venue】 Igayaki Dento Sangyo Kaikan

Adress: 169-2, Marubashira Igashi

【Eligibility】 Elementary students and their guardians living in Iga

【Capacity】 20 pairs

\* Lottery will be held if lots of applicants

【Fee】 ¥800 / a person

【How to apply】 Please contact us phone, e-mail or apply through Iga City's website.

【Period to apply】 **November 19**

【Inquiry】

ShogaiGakushu-ka Tel: 0595-22-9679

Fax: 0595-22-9692

✉gakushuu@city.iga.lg.jp

