



The City Newsletter

IGA



Population of Iga City	85,954
Foreign Nationals	5,970
6.95% of Population	
End of December, 2023	

Also available online at <http://www.mie-iifa.jp/> ☆この情報紙は『広報いが』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 monthly "Kouhou Iga" and other publications.

Information お知らせ

Additional benefits for price inflation support

物価高騰支援給付金の追加給付

Based on the increased burden caused by price hikes, the following additional benefits of 70,000 yen per household are provided to households fall into the following categories.

Information and confirmation letters were mailed in January to households that may be eligible. Please fill out the enclosed form and return it by March 15 (Friday).

However, those who have not filed a tax return for the year 2022 or those who moved in between January 2 and December 1, 2023 may need to apply.

\* The requirements for payment are different from the 30,000 yen per household benefit that has been in effect since July 2023.

【Eligibility】

All members of the household are exempt from the per capita inhabitant tax for the fiscal year 2023 as of the reference date (December 1, 2023).

(excluding households consisting solely of dependents, etc. of persons subject to residential tax).

【Application deadline】 March 15 (Fri.) \*Must arrive no later than March 15.

【Application and Inquiry】 Seikatsu Shien-ka ☎0595-22-9674 Fax0595-22-9661



Tax Declarations within a period of time

期間内に税の申告

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.

【Date】 February 16 - March 15 , 9am - 5pm \*Reception will close at 4pm \*Closed on weekends and holidays.

【Venue】 **Hill Hotel Sunpia**, 3F, Iga-no-ma Add: Iga-shi, Saimyouji 2756-104 Tel:0595-24-7000

\*Electronic filing (e-tax) or submission by mail is also available.

\*You will need an admission ticket which will be distributed via LINE app or at the venue on the day of the event.

◆Who needs to submit a tax declaration?

- 1) Anyone that receives a salary but did not complete their year-end tax adjustment
- 2) Anyone who has received a salary from more than one company/employer during the year
- 3) Anyone who left their place of work and started a new job in the same year
- 4) Anyone who did not include information about their dependents in their year-end tax adjustment, etc.

◆What do you need to make a tax declaration?

- 1) Identity documents; My number card
- 2) Declaration form (if you received from the tax office or City Hall)
- 3) Postcards from the tax office (if you received one)
- 4) The original copy of your certificate of income and withholding tax
- 5) Certificate for deduction; Documentation to prove that you are sending money to dependents overseas. / National health insurance certificate / National pension certificate / Proof of life insurance fee exemption
- 6) 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)



\*Municipal certifications and documents are issued upon presentation of your tax return slip. If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either.

【Inquiries】 Kazei-Ka(Tax Department) TEL 0595-22-9613

Monthly Tax Payments  
今月の納税

Pay by Februraru 29 Thursday  
Fixed Assets 4<sup>th</sup> [Kotei Shisan Zei]  
National Health Insurance 8<sup>th</sup> [Kokumin Kenkou Hoken]  
【Inquiries】 Shuu Zei Ka Tel: 0595-22-9612

## Coronavirus free vaccination until March 31, 2024

新型コロナウイルスワクチン無料接種は、2024年3月31日まで

The period during which vaccinations are free of charge (fully covered by public fund) is until March 31, 2024. If you wish to be vaccinated, please consult your medical institution as early as possible.

【Eligibility】 All people aged 6 months and older who have completed the first (1st and 2nd) immunization.

【Number of inoculations】 Only one inoculation during the period

【Type of Vaccine】 Omicron strain XBB.1.5 vaccine

【Vaccination Ticket】

Vaccination tickets have already been sent to eligible persons. If you have lost or moved to a new address and do not have the vaccination ticket, please apply for a reissue.

- \* If you have not received the third or subsequent vaccinations and currently have the tickets, please use them and will not be sent a new vaccination ticket.
- \* The first and second vaccinations are also available until March 31, 2024. If you wish to be inoculated, please consult your medical institution as soon as possible.
- \* For more details, please refer to the city website.

【Inquiries about vaccination】

Iga City New Corona Vaccine Call Center  
(except Sundays and national holidays) ☎ 0120-849-064  
(Hours of operation: 8:30 a.m. to 5:00 p.m.)

◦Mie Prefectural New Type Coronavirus Vaccine Adverse Reaction Consultation Desk  
☎ 059-224-3326

(Available 24 hours a day, including Saturdays, Sundays, and national holidays.)

【inquiries】 Health Promotion Division, Immunization Section

☎ 0595-41-1550 FAX 0595-22-9694 ✉ kenkousuishin@city.iga.lg.jp



## School Funding System for Nursing / Care Worker 看護師・介護福祉士 修学資金制度

【Number of scholarships】 A few

【Eligibility】 ●Nurse: Those who are enrolled in or attending a nursing school or college to obtain a nursing license and who will work as a nurse in a hospital after graduation.

●Care Worker: Those who are enrolled and attending a care worker training facility to obtain a care worker license, and who will work as a care worker in a hospital after graduation.

【Amount】 ●Nurse: 50,000yen or 80,000yen / month

●Care Worker: 50,000yen / month

【Exemption from Repayment】

If the student obtains the respective qualifications promptly after graduation and works at Ueno Sogo Municipal Hospital for a specified period, the student will be exempted from repayment of the training fund.

【Selection Process】 Application Screening Process、Essay Writing、Interview

【Applications & Inquiries】 Byoin Soumu-ka ☎0595-41-0065



Nurse

Care Manager



## Reduce waste with the 4 R's 4つのRでゴミを減らしましょう。

The 4R are initial letters of "Refuse, Reduce, Reuse and Recycle"

In order to reduce waste, it is important for each and every one of us to keep the 4Rs in mind and practice them.

【Refuse】

- Carry your own bag and refuse plastic bags.
- If you don't need plastic bags or wrapping paper at the cashier.

【Reduce】 Reduce the amount of things that become garbage!

- Buy groceries systematically and use them up so that you don't have any leftover.
- Don't throw away vegetable peels and cores and eat them up.
- Do not buy detergent and shampoo in containers every time you use them; choose refills.

【Reuse】

Reuse items over and over again!

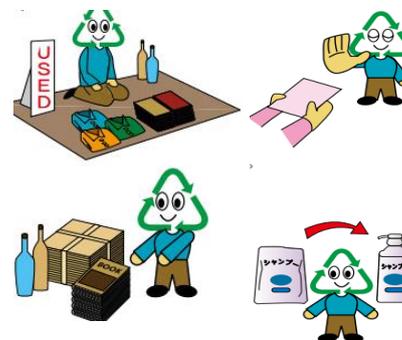
- Choose products with containers that can be used over and over again.
- Give used items to those who need them.
- Purchase food products in recyclable containers, such as glass bottles, and return the containers.

【Recycle】

Recycle as a resource!

- Sort properly and dispose of them as resources.
- Separate bottles, cans, PET bottles, paper, etc., and dispose of them properly.
- Choose and purchase eco-marked products.

【Inquiries】 Haikibutsu-Taisaku-ka (Waste Management Division) ☎0595-20-1050 Fax 0595-20-2575



## Infant Health Checkups and Consultation

赤ちゃん健診と相談



In Iga, checkup examinations are available at 18 months and 3 years. Notifications will be sent out to homes with children eligible for the checkups. Please bring your "Mother-Child passbook (*Boshi techo*)" with you.  
**[Inquiries]** Kenkou Suishin-Ka Tel:0595-22-9653

18 months	February 20, March 5 and 19	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	February 15, 29 and March 21	1pm to 2:30pm	Haitopia Iga 4F

## Medical Emergencies & Assistance

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]** General treatment and pediatrics  
**[Address]** Iga-shi Kaminoshō 1700-1 (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 Kyuukyū Iryō Jōhō Center*) / TEL: 059-229-1199

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

### ◆24 Hours Iga-shi Emergency Call (*24 Iga-shi Kyuukyū Kenkou Soudan Dial*) / TEL: 0120-4199-22

This is a toll-free consultation about health and medical issue 24/7. You can ask anything about physical and mental health, medical issue, child care, nursing service and so on anytime.

### ◆Three medical emergency facilities on duty

Hospital Name	Schedule		
<b>Ueno Shimin Hospital</b> TEL: 0595-24-1111	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
<b>Nabari Hospital</b> TEL: 0595-61-1100	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
<b>Okanami Hospital</b> 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.

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

※Please contact the hospital before visiting.

## Advice & Consulting

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  
 Sun(2<sup>nd</sup> & 4<sup>th</sup>) 9:00~12:00  
**[Venue]** Haitopia Iga 4F, 500 Ueno Marunouchi, Iga-shi  
**[URL]** <http://iga-tabunkakyouseicenter.com>



Website



Facebook

### ■Private Consultation

Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei -shoshi*, an administrative scrivener. Reservation required.  
**[Date]** Mar 10 Sun 9:30am -

## Tips for Everyday Life

生活のヒント

### Consumer Affairs Consultation Service

消費生活相談窓口

If you have any problems related to consumer affairs (contracts, malicious business practices, mail order problems, multiple debts, etc.) Please do not worry alone, but contact your local municipal consumer affairs office or the Mie Prefectural Consumer Affairs Center for advice.

#### < Points to keep in mind when consulting with the Consumer Affairs Center

- If you think you are in trouble, consult with the Consumer Affairs Center immediately.
- If possible, the person who made the contract should consult with the Consumer Affairs Center.
- Prepare documents such as a contract.

#### <Consultation >

○Jinken Seikatsu Kankyo-bu (Human Rights, Life and Environment Department), Jyumin-ka(Resident Division), Iga City Hall ☎0595-22-9626

○Consumer Hotline TEL: 188 (no area code)

When you call 188, an announcement will be made and you will be connected to the Consumer Affairs Consultation Center of your city, town or village, or to the Mie Prefectural Consumer Affairs Center,

○Mie Prefectural Consumer Affairs Center Consultation Line TEL: 059-228-2212

Hours: Weekdays 9:00 a.m. – noon / 1:00 p.m. - 4:00 p.m.

**Learning Support Class  
Sasayuri Kyousitsu**

ささゆり 教室

Students can find support to reinforce material learned in school in Japanese, for the 3<sup>rd</sup> to the 9<sup>th</sup> grader.

【Date】 Sat. 2pm - 4pm  
【Venue】 Sogo-Fukushi-Kaikan 2F  
【Fee】 200yen / class  
【Tel】 0595-23-0912  
Call: 080-3590-7612

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

伊賀 日本語の会

It is currently on winter break.  
The resumption schedule will be announced on Facebook.

【Date】 Wed. 7:30pm - 8:40pm  
Sat. 7pm - 8:30pm  
【Venue】 Sogo Fukushi Kaikan 2F  
【Fee】 200yen / class  
【Tel】 0595-23-0912

**Kanji Learning Class  
Kanji Kyousitsu**

小学生 漢字教室

No class on Feb.7

Elementary school students, let's have fun learning how to write kanji and what they mean!

【Date】 Wed. 3:30pm - 4:30pm  
【Venue】 Haitopia 4F Tamokutekishitsu  
【Fee】 Free (0 yen)  
【Tel】 070-4455-4900

Please check with the contacts for each class.



**Hot Topics**

あたら しい お知らせ



**Photo Exhibition Connecting to the world**

~India Edition

世界とつながる写真展~インド編~

Photographs showing the people and landscapes of India will be exhibited.

【Date】 March 8, Friday noon to March 20, Wednesday 5:00 p.m.

【Venue】 Haitopia Iga 5F Exhibition Gallery  
【inquiry】 IIFA(Iga International Friendship Association) ☎070-4455-4900



**Welcome Baby Class**

ウエルカムベビー教室

【Date】 March 3, Sunday

○9:30 a.m. - 10:30 a.m.

○11:00 a.m. - 12:00 noon

【Venue】 Haitopia Iga, 4F, Tamokuteki-shitsu  
【Contents】 Experience of bathing a newborn baby, pregnancy experience, childcare goods on display, consultation for pregnancy and childcare

【Capacity】 First 8 pairs for each session

【What to bring】 Maternal and child health handbook

【Application period】 February 7, Wednesday



**Baby food Class**

離乳食教室

【Date】 March 13, Wednesday  
1:30 p.m.~3:00 p.m.

【Venue】 Haitopia Iga 4F, Tamokuteki-shitsu

【Contents】

Explanation and method of cooking baby foods at 5~8 months age -1~2 meals in a day

【Capacity】 First 6 people for each session

【What to bring】

Maternal and child health handbook, writing tools, apron, bandana, towel to wipe hands, and toys and diapers necessary for your child care.

【How to apply】 Call the following number and tell us your address, names of the guardian and the child, date of birth of your child, phone number and whether or not you wish to be provided childcare services.

【Application will be accepted from】

February 15, Thursday

【Application and Inquiry】 Kenkou Suishin-ka Health Promotion Division

☎0595-22-9653 Fax0595-22-9666

**Regular First Aid Training**

定例応急手当講習会

◆General lifesaving course I

【Date】 March 5, Tuesday 9:00 a.m. - noon  
CPR for adults, AED handling, foreign body removal, hemostasis

【Eligibility】 Elementary school 4th graders and up who live, work, or go school in Iga city.

◆General Lifesaving Course III

【Date】 March 16, Saturday 9:00 a.m. - noon  
【Contents】

Cardiopulmonary resuscitation for infants (up to 1 year old) and children (up to junior high school students), AED handling, foreign body removal, hemostasis

【Eligibility】

Junior high school students and older who live, work or study in Iga city.

【Venue】 Fire Department Headquarters

【Capacity】 The first 30 for each session

【Application Methods】

Read QR code and apply from the form, or call following number

\* Please call in advance if you wish to apply as a group.

【Application Deadline】

1 week prior to each course date

【Application and Inquiries】

Iga Shobosho Kanri-ka (Iga Fire Station Administration Division)

☎0595-24-9106 FAX 0595-24-9111



**Cashless Payment at Iga City Hall**

市役所でもキャッシュレス

Cashless payment is now available at the following counters of the City Hall.

A variety of payment methods such as credit cards, e-money, and 2D codes are available.

Please use them.

【Support counter】

○At the Main Office Building of the City Hall Kazei-ka(Taxation Division), Shuzei-ka(Tax Collection Division), and Jyumin-ka (Residents' Division)

○At the branch offices (Iga, Shimagahara, Ayama, Oyamada and Aoyama)

【Inquiries】 About Cashless Payment Digital Jichi Suishin-kyoku

☎0595-22-9622 FAX 0595-22-9672

