



The City Newsletter

IGA



Population of Iga City	85,301
Foreign Nationals	5,969
7.00% of Population	
End of April 2024	

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 "Koho Iga" and other publications.

Information お知らせ

Please confirm the FY2024 city and county civil tax れいわねんど しけんみんぜい かくにん 令和6年度の市県民税をご確認ください

This year's municipal and prefectural civil tax notices began to be mailed on June 10, and can be delivered at financial institutions, 24-hour convenience stores, or via smartphones. In the case of ordinary levies, the due date (delivery period) is divided into four installments: June, August, October, and until the end of the month in January of next year (extended to the next day if the end of the month falls on a Saturday, Sunday, or holiday). Please confirm that if you are collecting your salary (special collection method), your employer will send you a "Notice of Decision on Special Levy for Citizens' Tax and Prefectural Citizens' Tax on Income (Notice of Decision on Special Levy for Citizens' Tax and Prefectural Citizens' Tax on Income from Salary)". For details of the fixed tax reduction for June, please refer to the city's website or contact your local tax office.

【Inquiries】 Taxation Division 0595-22-9613

Iga City's Scholarship Program ししょうがくきん りよう 市の奨学金を利用しませんか

【Application period for following funds】 June 10 – June 28

*** Iga City Scholarship** いがししょうがくきん 伊賀市奨学金

The program is open to students who meet all of the following conditions.

- 【Eligibility】 1) Both the applicant and the parent/guardian have an address in Iga city.
- 2) Students who are enrolled in high school, vocational school, university, etc.
- 3) Those who do not have any household members who are required to pay the inhabitant tax rate on their income for the 2023 fiscal year

【Allowance】 72,000 yen a year (high school, technical college, univ. college)
84,000 yen a year (private universities)

*** Iga Sasayuri Scholarship** ささゆりしょうがくきん ささゆり奨学金

This was established with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need to financial assistance. You must fulfill all four of the conditions below.

- 【Eligibility】 1) Have your address in Iga, unless you live outside of Iga in order to commute to school
- 2) First year of university or junior college or fourth year of Koutou SemmonGakko
- 3) Have graduated from a junior high school or senior high school in Iga
- 4) A member of a household with a combined annual income of less than 7,800,000 yen

【Allowance】 240,000 yen a year

【Availability】 2 students - There will be a selection process.

Inquiries: Education and General Affairs Division Tel: 0595-22-9644



Pay attention to preventing heatstroke! ねっちゅうしゅうちゆうい 熱中症注意

Necchu-sho; Heatstroke is a major issue for prevention.

Causes: Heatstroke is a disease caused by stagnant heat in the body due to prolonged exposure to high temperatures and high humidity, where the balance of water and salt in the body is disrupted and the thermoregulatory function does not work properly. The elderly and children should pay special attention.

Symptoms: Dizziness, tingling in the hands and feet, headache, nausea, etc., impaired consciousness, seizures, etc.

* In the worst case, death can result.

Preventive measures

- 1) Take care of your health, eat a well-balanced diet, and get enough rest.
- 2) Stay hydrated.
- 3) Use a hat and umbrella when going out.
- 4) Use a fan or air conditioner indoors to maintain a comfortable room temperature.
- 5) Please note that children should not be left in the car when the temperature is high.

What to do in case of heatstroke: Please move to a cool place quickly, loosen your clothes to cool down your body and replenish water and salt. If you are unable to drink on your own go to a medical institution immediately. If a person loses consciousness, such as not responding to a call, do not hesitate to call 119.

Inquiries: Iga Fire Department Administration Division Tel: 0595-24-9120



Monthly Tax Payments

こんげつ のうぜい
今月の納税

Pay by July 1 (Mon)

“Municipal & Prefectural Tax the 1st” [Shi-Kenmin Zei]

“Forest environmental tax” [Shinrin Kankyo-zei]

【Inquiries】 Shuu Zei Ka Tel 0595-22-9612

Medical Check-ups Information けんしん 健診のお知らせ

Cancer Screenings, Medical Check-ups for Youth (First round)

けんしん がん検診 ・ じやくねんしゃけんしん 若年者健診

Cancer screenings and medical checkups are offered twice a year. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms, please go and see your medical practitioner directly.



【For Appointment】 KenkoSuishin-ka ☎0595-22-9653 (8:30am – 5:15pm on weekdays)

Screening		Eligible Age	Copayment		Details
			Under 74	Above75	
Stomach Cancer		Born on or before April 1,2005	1800yen	800yen	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		Born on or before April 1,2005	800yen	500yen	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 born on or before April 1,1975	800yen	500yen	Blood test
Cervical Cancer		Females born on or before April 1,2005	1400yen	500yen	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. ※Free for those born between April 2,2003 and April 1,2004
Breast Cancer * Free at 40 years old	Mammography	Females born on and before April 1,1995	1600yen	800yen	An explanation of how to perform self-examination and an x-ray (mammography).
	Ultrasound(Echo)	Females born between April 2,1985 and April 1,1995	1600yen		An explanation of how to perform self-examination and an echo examination. Pregnant or breastfeeding Less than one year or after weaning at age 40 or older ". ※Free for those born between April 2,1983 and April 1,1984
Youth Checkup		Born between April 1,1985 and April 1,2005	3400yen		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.

Individual Cancer Screenings こべつ けんしん 個別がん検診

You can also have cancer screenings through your regular hospital or clinic individually. Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

【Inquiries】 KenkoSuishin-Ka Tel:0595-22-9653

Cancers	Stomach Cancer		Colon Cancer	Prostate Cancer	Cervical Cancer		Breast Cancer	
	gastrofiberscope	Intragastric X-ray			Uterine Cervix	Uterine Corpus		
Eligibility	above 40		above 40	Males above 50	Females above 20 * Uterine Corpus requires physician approval		Females above 40	
You pay	Under 74	4500 yen	3800 yen	1200 yen	1000 yen	1600 yen	2400 yen	2500yen
	Above 75	2500 yen	2000 yen	800 yen	600 yen	700 yen	1200 yen	1200 yen
Period	Jul 1 - Feb 28, 2025 (During clinic hours)							

Special Health & Elderly Check-ups とくていけんしん 後期高齢者健診

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly
Eligibility	40~74 (Born between September 1,1949 and March 31,1985), Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance (<i>kouki koureisha iryou seido</i>) and by August 31 will become a policy holder (above 65 with a recognized disability)
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly. In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations	
Time Period	July 1- November 30 (During clinic hours)	
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme
You pay	0 yen	
Please bring	Voucher, health insurance certificate, health questionnaire	
Inquiries	Hoken Nenkin-Ka Tel:0595-22-9659	Mieken Kouki Koureisha Iryou Kouiki Rengou Tel: 059-221-6884

Health and Medical Information

医療・健康の情報

Infant Health Checkups and Consultation

赤ちゃんの健診と乳幼児相談

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.



18 months	June 11, July 2 and 23	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	June 20, July 11	1pm to 2:30pm	Haitopia Iga 4F
Counseling for infants and toddlers	6/3, 6/14, 6/19, 7/1, 7/17, 7/19 body measurements, health, nutritionists, etc. Please refer to the city website on counseling of health workers and nutritionist, etc.		

【Inquiry】Health checkup—KodomoKateiShien-ka(Child Family Support Division) 0595-41-1556
Nyuyoji-sodan—KosodateShien-shitsu(Child Rearing Support Office) 0595-22-9665

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*) / ☎0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics
【Address】 Iga-shi kaminoshō 1700-1

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 (24 Iga-shi Kyuukyuu Kenkou Soudan Dial) / ☎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, childcare, nursing service and so on anytime.

◆Three medical emergency facilities on duty

Hospital Name	Schedule		
Ueno Shimin Hospital ☎0595-24-1111	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Nabari Hospital ☎0595-61-1100	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Okanami Hospital ☎0595-21-3135	Mon	Wed	Sun, Holidays
	5pm- 9am	5pm- 8:45am	9am-8:45am
	※Be sure to call before you visit the hospital.		

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

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

☎0595-22-9702

【Open】

Mon-Fri, 8:30-17:00

【Venue】 City Hall 2F

3184 Shijuku cho, Iga

■Iga-shi Tabunka Kyousei Center

【Tel】 0595-22-9629

【Open】 Mon-Fri 9:00-17:00

Sun (2nd & 4th) 9:00-12:00

【Venue】 Haitopia Iga 4F, 500 Ueno

Marunouchi, Iga-shi



Facebook

■Private Consultation

Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei-shoshi*, an administrative scrivener.

*Reservation required.

【Date】 July 4, Thu 1:30pm - 4pm

Tips for Everyday Life

せいかつのはんと
生活のヒント



Disaster Prevention

風水害に備えよう

★Keep food and drinks for one week and daily necessities in an emergency bag.

★Check the hazard map for hazardous points in your area.

★Participate in local disaster drills on a regular basis.

★Upon registering your area, Chubu Electric Power Company's application will inform you of power outages.

【Inquiries】 Bosaikiki-Taisakukyoku ☎0595-22-9640

HAZARDON



警戒等级	最新避难信息
5 已发出特别警报 灾情即将到达	紧急安全措施 #1 请务必在达到警戒等级4前进行避难！
4 灾情风险高	避难指示 #2 老年人等进行避难
3 灾情的风险	暴雨、洪水或暴潮注意报 (日本气象厅)
2 天气恶化	预警概率 (日本气象厅)
1 天气恶化的风险	

Classes 各種教室のご案内

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 5th to the 9th grader.

【Date】 Sat. 2pm - 4pm

【Venue】 Sogo-Fukushi-Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912

Cell: 080-3590-7612

Japanese Language Class Iga Nihongo-no-Kai

伊賀 日本語の会

For who want to study Japanese, a detail will be posted 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 June 26th.
For children up to the first to fourth grades of elementary school.

【Date】 Wed. 3:30pm - 4:30pm

【Venue】 Haitopia 4F

Tamokutekishitsu

【Fee】 (200 yen /month

【Registration & inquiry】 IIFA

【Tel】 070-4455-4900

Information お知らせ

Oversize Garbage Individual Collection Service

粗大ごみ戸別収集事業

For all citizens living in Iga City, we pick up gross garbage such as furniture, bedding, home appliances, heaters, bicycles, and other items that are ready to be disposed of at your home at a designated location (in front of your house, etc.) (fee-based service). You will need a 200yen ticket for each piece of bulky garbage collected, up to 5 pieces at a time.

*Air conditioners, televisions, refrigerators, freezers, washing machines, and dryers are not eligible for pickup.

【How to apply】

- Call the Gross Garbage Reception Center to apply.
- Purchase a gross garbage disposal coupon at one of the city's designated gross garbage disposal coupon outlets (for outlets, please refer to the Iga City Garbage Separation Application or the city's official website; there are no refunds for unused gross garbage disposal coupons, so be sure to check the number of pieces of gross garbage to be disposed of before purchasing). Put the coupon on your garbage and throw it out at the designated place by 9:00 a.m. (8:30 a.m. for those under the control of the Aoyama Branch Office) on the day of your appointment.

【Inquiries & Application】

〈Within the boundaries of the Ueno, Iga, Shimagahara, Ayama, and Oyamada Branch Offices〉

Iga Northern Bulky Waste Reception Center
0595-20-1255

〈Within the Aoyama Branch Office〉

Iga sothern Bulky Waste Reception Center
0595-64-8700

【Acceptable time】 8:30-17:00

(except holidays, Saturdays and Sundays)



Utilization of the Vacant Housing Bank

伊賀市空き家バンクの利用について

Iga City's vacant house bank system, which began in 2016, has been well received by over 1,800 registered utilizers, and the number of contracts has reached 219 (as of the end of March 2024), and has been well received by everyone. In order to continue this program and make it more convenient for you to use the system, please refer to the following items when using the system.

1) Please register in advance (registration is valid for 2 years).

2) To visit a property (house) that you

are interested in using.

Please contact the Vacant House Countermeasures Office to register. We will act as an intermediary real estate agency when you visit a vacant house.

3) About newly released properties

New properties will be disclosed in random order, so if you are interested, please contact the Vacant House Countermeasures Office.

If you are interested, please contact the Vacant House Countermeasures Office.

4) Confirmation of property information

Please refer to the official website iga-akiyabank.com for property information.

QR code for user registration

Inquiries →

【Inquiries】 AkiyaTaisakushitsu (Vacant House Countermeasures Office)
Tel 0595-22-9676



Baby food classes 離乳食教室

【Time】 July 9 (Japanese workshop, no interpreter) 1:30pm-3:00pm

【Location】 Haitopia Iga 4F Tamokutekishitsu

【Contents】 baby food classes (1 or 2 servings) instruction and lactation food preparation

【Capacity】 First 6 (in order of registration)

【Required Items】 Mother and child health handbook, notebooks, , bandanas, hand towels, toys and diapers if you are a childcare provider.

【How to register】 Please contact the following department and tell them your address, names of parents and children, birthdays, phone numbers, and whether you need childcare.

【Application start date】 June 19th

【Application and Inquiries】 Kosodate Shienshitsu Tel: 0595-22-9665 Fax: 0595-22-9666

令和6年度離乳食教室日程											
令和6年度	4月16日	5月14日	6月18日	7月9日	8月8日	9月3日	10月8日	11月19日	12月17日		
10時00分～11時30分	後期				後期		後期		後期		
13時30分～15時00分	前期	前期	前期	前期	前期	前期	前期	前期	前期		
申込開始日	3月14日	4月17日	5月15日	6月19日	7月10日	8月7日	9月4日	10月9日	11月20日		