



The City Newsletter

IGA



Population of Iga City	85,225
Foreign Nationals	6,003
7.04% of Population	
End of May 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 "Kouhou Iga" and other publications.

Information お知らせ

Life Guidebook for Foreign residents 生活ガイドブック

Iga City has published an English version of the Living Guide for Foreign Residents. This guide was created so that foreign residents living in Iga City can live with peace of mind. The guidebook contains information on what you need to do in your life and what you need to know to protect your life.

Please be sure to utilize <https://www.city.iga.lg.jp/0000011976.html> and share it with friends who need it.

Inquiry: Tabunka kyosei-ka (Multicultural Affairs Division Tel: 0595-22-9702)



Please use the personal identification card マイナ保険証をご利用ください。

For those who are enrolled in the National Health Insurance or the Medical Insurance for the Aged, please note that paper certificates of insurance will no longer be issued as of December 2nd.

Insured cards with an expiration date of December 2, 2024 or later can be used until the expiration date. (It can't be used if you join a new social insurance program, such as through employment, or change your address.)

If you do not have a **My Numbered Insurance Card**, you do not need to apply for a "Confirmation of Eligibility" before your card expires. As of December 2, you can continue to receive medical services with the Certificate of Eligibility.

*Advantages of using the **My Numbered Insurance Card**.

- ① You can save money on medical expenses. 6 yen less than using a paper card (for those with a 30% co-payment ratio).
- ② You can receive better medical care. Medical institutions and pharmacies can check past medication information and health check results, which allows them to speculate on health conditions and other illnesses and helps with treatment. It is also possible to adjust the mix and dosage of medication.
- ③ No formalities are required, and the burden of monthly expenses paid at medical institutions can be lowered. No need to present a certificate of recognition of limit application, etc. at medical institutions, and window payments (insurance-applicable portion) will be limited to the limit of the individual's burden.

*Do you currently have a personal number card?

- ➡ No. Please apply for a My Number Card online, by mail, by using a photo ID machine, or at the counter of Jyumin-ka or branch office. If you are unable to go to the counter, Staff visit application service is also available.
- ➡ If you have a My Number card but have not registered it, please register it at the front desk of a medical institution or pharmacy, at the My Number Portal, at Seven Bank ATMs, or at the counter of the Jumin-ka (Residents' Affairs Division) or any branch office.

【Inquiry】 About the Number Card, please contact the Jyumin-ka 0595-41-2355.

Iga Fireworks Display 伊賀市民花火大会

【Date】 July 21 Sun 8:15pm. – 8:45 pm.

*Postponed to July 28 in case of inclement weather. Cancellation decision will be made at 9am.

【Venue】 Around Ueno Sports Park, Hattori River riverbed

【Traffic Control】

Cars are not allowed to pass from the south end of Igaueno-Ohashi to the south end of the sports park from 17:00~21:30 and not allowed to park on the road from the south end of the sports park to the Ogawa Seibi North intersection.

【Inquiry】 Executive committee Tel: 0595-21-0527



Monthly Tax Payments
今月の納税

Pay by July 31 Wednesday
National Health Insurance Tax [Kokumin Kenkou Hoken] **The First Period**
Fixed Assets [Kotei Shisan Zei] **The Second Period** 【Inquiries】 Shuu Zei Ka Tel 0595-22-9612

Prevent the Water Accidents

水の事故を防止しよう

It is the season to enjoy playing in the water. As children enjoy playing in the sea or rivers, water accidents are increasing rapidly. Make sure to prevent children from water accidents as following.

- Check the weather forecast!
- Put on your life jacket!
- Never go alone with children
- Don't panic, Stay afloat and wait for help
- Don't jump in and call for help

◆ **To prevent outdoor accidents**

When children are absorbed in play, they are blind to their surroundings. Always have an adult accompany the child.

◆ **To prevent accidents in daily life**

- Teach children the risk of drowning even in shallow water like a bathtub, a washing machine, a toilet, a plastic pool, etc.
- Don't let children be in a bath alone
- Family members should speak up to prevent accidents while the Elderly are bathing and pay attention to the time of bathing.



【Inquiry】 Iga Fire Department Management Division
Tel: 0595-24-9120

The Pool Schedule 2024

市営プール

Name of facility	Oyamada B&G Kaiyo Centre Ayama B&G Kaiyo Centre
Hours of use	July 6 Saturday – Sep 8 Sunday 9:00~12:00, 13:00~16:00, 17:00~22:00
Closed on	Mondays (Oyamada) Tuesdays (Ayama)
Fee	Adults: ¥310 Junior high school students and under: ¥160 Infants and toddlers: ¥50

When each session ends, the number of visitors will be changed.

* Children under 2nd grade of elementary school must be accompanied by a parent or guardian and must enter the pool together.

* To avoid crowding in the changing rooms, please wear your swimsuit from home as much as possible.

* The opening times and hours are subject to change depending on the weather and other factors.

* Swim caps must be worn when entering the pool.

【Inquiry】 Oyamada B&G Kaiyo Center

☎0595-47-0551

Ayama

☎0595-43-1380



Do you know what nursing care insurance is?

介護保険制度について

The nursing care insurance system is designed to support society as a whole so that everyone can live an independent life with peace of mind. If a person needs a certain level of nursing care, he or she can receive the services after receiving certification from the city.

◆ **An insured person's card (pink) will be sent to those who turn 65 years old.**

This is necessary for applying for nursing care certification and for using nursing care services. Please keep it in a safe place when you receive it.

◆ **Those who are 65 or older will receive a notice of nursing care insurance payment after July 12.**

The premium amount is calculated based on your income and tax status of the previous year.

Nursing care insurance premiums are deducted from your pension.

*The premiums for those aged 40 to 64 are paid in a lump sum with the medical insurance premiums they are enrolled in.

*Depending on the situation, you may be eligible for a reduction, exemption or a deferment of payments. Please consult with us.

【Inquiries】 Kaigo Kourei Fukushi-ka TEL 0595-26-3939



Prefectural Housing Applications

けんえいじゆうたく けんえいじゆうたく
県営住宅 入居者募集

【Application Period】

July 1 Mon to July 31 Wed

*Lottery date early Aug.

*Move-in starts Oct 1



【Application】 You can receive an application form from the prefectural building in Iga (Mie-Ken chosha 6F), and fill in it and post it by each deadline.

【Eligibility】

1. Be in difficulty with your living conditions.
2. Have family members who will be living with you, or plan to do so.
3. Have a salary within the standard range designated by the Municipal Residence Law.
4. Must have no outstanding bills in rent, car parking etc. if you already live in the prefectural housing.
5. Not be behind in any tax payments
6. An emergency contact persons required.
7. You and cohabitant are not a member of *Boryokudan*

【Inquiry】

Iga Nanbu Fudosan Jigyo Kyodo Kumiai :Tel: 059-221-6171

Municipal Housing Applications

けんえいじゆうたく けんえいじゆうたく
市営住宅 入居者募集

【Application Period】

Jul 10 Wed to Jul 17 Wed

(Weekdays / 9am to 5pm)

【Municipal Housing】

Kine 1(Single household available, too)

Kawai 2(Childcare support)

*Priority Resident 1

【Public Lottery date】

August 19, 9:30am

【Lottery Venue】

Iga City Hall 3F, Meeting Room 301

*If you are not present at the start of the lottery, you will be disqualified.



【Inquiry】

Jutaku-Ka

Tel:0595-22-9737

Tabunka Kyosei-Ka

Tel: 0595-22-9702

Infant Health Checkups and Consultation 赤ちゃんの健診と相談

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】 Kodomo Katei Shien-Ka Tel:0595-22-9653



18 months	July 2, 23 and Aug 20	13:00 ~ 14:30 Haitopia Iga 4F Iga City Health Center
3 years (3 and half years)	July 11, Aug 1 and 22	[Items to bring] Mother and child handbook, consultation ticket, questionnaire, etc.
Infant Counseling	July 1,17,19, Aug 5, 21 and 23	【Inquiries】 Kosodate Shien-shitsu 0595-22-9665 Please refer to the city website for information on body measurements and dietitians.

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】 Internal Medicine and pediatrics

【Address】 Iga-shi Ueno Kaminoshō 1700 (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 Kyukyu Iryo Joho 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 Kyukyu Kenko Sodan 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.

※Be sure to call before you visit the hospital.

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.		

July						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Okanami	2 Nabari	3 Okanami	4 Nabari	5 Ueno	6 Nabari
7 Okanami/Nabar	8 Okanami	9 Ueno	10 Okanami	11 Nabari	12 Ueno	13 Ueno
14 Okanami	15 Okanami	16 Nabari	17 Okanami	18 Nabari	19 Ueno	20 Nabari
21 Okanami/Naba	22 Okanami	23 Ueno	24 Okanami	25 Nabari	26 Ueno	27 Ueno
28 Okanami i	29 Okanami	30 Nabari	31 Okanam	Except pediatrics		

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 Kyosei-Ka

【Tel】 0595-22-9702

【Open】 Mon-Fri, 8:30-17:00

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

■Iga-shi Tabunka Kyosei Center

【Tel】 0595-22-9629

【Open】 Mon-Fri, and 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] Aug 1, Thu, 1:30-4pm

Tips for Everyday Life 生活のヒント



Iga City Emergency Health Consultation Dial 24 伊賀市救急健康相談ダイヤル24

If you or your family members are injured or feel unwell, you can use the "Telephone Consultation Service" as follows, and from April 1, 2024, you can use English, Portuguese, and Vietnamese to consult with us, so please let us know what language you would like to talk, at first.

Phone number 0120-4199-22 (free consultation)

□ Please use this counseling service in the following cases

■Minor injuries ■Colds ■Child-rearing problems ■Caregivers ■Worries and troubles

□ Consultation Hours

■Japanese, English, Portuguese 24 hours/365 days

■Vietnamese 8:30 a.m. to 8:00 p.m. every day



Information on each classroom

かくしゅきょうしつ あんない
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

伊賀日本語の会

Who wants to speak Japanese, come and join us! Also you can prepare for Nihongo Kentei test here.

【Date】 Wed. 7:30pm - 8:40pm

Sat. 7pm - 8:30pm

【Venue】 Sogo-Fukushi-Kaikan 2F

【Fee】 200yen / class

【Tel】 0595-23-0912

*The summer break starts on July 11

Kanji Learning Class

Kanji Kyousitsu 小学生漢字教室

No class on July 31

For children up to the 1st to 4th grades of Elementary school

【Date】 Wed. 3:30pm - 4:30pm

(Jul 24 10:00-11:30pm)

【Venue】 Haitopia 4F Tamokutekishitsu

【Fee】 200yen / month

【Registration & Inquiry】 IIFA

【Tel】 070-4455-4900

Information お知らせ

National Health Insurance Tax

こくみんけんこうほけんぜい
国民健康保険税

- ◆ Delivery of tax payment notice: If the head of the household is not a subscriber, but there is someone in the household who is, a tax notice will be sent to the head of the household. Normally, the collection is divided into nine periods per year. For those with special taxation, it is three times.
- ◆ The following people should apply for the exemption with the employment insurance card and My Number Card.
- People who leave their jobs for reasons of their employer, not for personal reasons
- ◆ Complete the procedure within 14 days : Enrollment and withdrawal procedures must be completed within 14 days from the date you move in from another municipality or withdraw from your employer's social insurance.

Renewal of National Health Insurance Card

こくみんけんこうほけんしょう こうしん
国民健康保険証の更新

The insured cards, which can be used from August 1, will be mailed in registered envelopes sequentially in mid-July.
【Inquiry】 Hoken Nenkin-ka Tel: 0595-22-9659

Disaster Prevention Leaders Training for foreign nationals

がいこくじんぼうさい けんしゅう
外国人防災リーダー研修

Japan is a country where disasters such as earthquakes, heavy rains and typhoons occur frequently. In order to survive and protect lives of yourself, your family, your work mates and the people in your community in the event of a real disaster. It is important to prepare and help each other in case of disaster. Please join us to learn more about this.

- ★ Schedule: July 28 Sun 9:00~12:00, We will learn "Basic Knowledge of Disasters" and "First aid, firefighting experience, and tour of vehicles at Iga City Fire Department
- August 24 Sat 9:45~17:00, A special bus trip to visit "the Human and Disaster Prevention Future Center" In Kobe City, Hyogo prefecture
- October 13 Sun 10:00~12:00 Information literacy in disaster prevention activities
NPO Mie Citizens' Council for Disaster Reduction

★ Eligibility: 30 foreign residents who live or work in Iga City and know easy Japanese
【Inquiry and Application】 Iga City Saigai Volunteer Center ☎0595-33-0064



Children Haiku Class こども俳句教室

What is Haiku, 5 letters, 7 letters, and 5 letters.
A total of 17 letters are used to create this short poem with a seasonal word, such as "cherry blossom" or "snow". The teacher will teach you how to make haiku.

【Date】 Aug 2, 2024 Fri. From 10:30 to 11:30

【Venue】 Haitopia Iga 5th Floor, Study Room 2

【Eligibility】 Elementary school students with foreign connections

【Fee】 Free

【Number of participants】 First 20

【What to bring】 Writing utensils

【Application】 Please apply by phone or e-mail.

【Application deadline】 Friday, July 26

【Information & inquiry】 Iga-shi Kokusai Koryu Kyokai
TEL: 070-4455-4900 E-Mail: mie-ifa@ict.jp

Garbage Collection during Typhoons

Suspension 台風時のごみ収集中止について

If a storm warning has been issued or is certain to be issued for Iga City due to a typhoon, etc. as of 6:00 a.m. on the day of garbage collection, collection of general waste (garbage, human waste, etc.) and delivery to the Sakura Recycling Center and Purification Center will be suspended throughout Iga City. Collection will resume on the collection day following the day the warning is lifted, and delivery to each center will begin on the opening day following the day the warning is lifted.

For details, please refer to the city website.

【Inquiry】 -Sakura Recycling Center

☎ 0595-20-9272 FAX 0595-20-2575

-Jyoka (Purification) Center

☎ 0595-23-1179 FAX 0595-21-8704