



The City Newsletter

IGA



Population of Iga City 84,719
 Foreign Nationals 6,136
 7.24% of Population
 End of November, 2024



Guidebook
for
Iga life

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

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With best New Year's wishes 2025



Information

お知らせ

File your tax return early in the filing period

税金の申告は期間内に早めにごしてください

A joint declaration venue for income tax, personal and business consumption tax, gift tax, and city and prefecture resident tax.

[Date] February 17 Monday to March 17 Monday, 9am - 5pm *Reception will close at 4pm *Closed on weekends and holidays.

[Venue] Iga Shimin-Taikukan Tamokuteki-shitsu (Citizen's Gymnasium, Administration Building, Multipurpose Room)
 Address: 920, Midorigaoka Higashi-machi, Iga City.

*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. If there are many people, it will be on a different day. There is no free shuttle bus.

◆Who needs to submit a tax declaration?

- 1) Self-employed, those who have real estate income, selling land or houses.
- 2) Anyone who has received a salary from more than one company/employer during the year or others over ¥200,000.
- 3) Anyone who did not include information about their dependents in their year-end tax adjustment, etc.
- 4) Who want to receive a deduction for medical treatment expenses.
- 5) Those who bought a house with a loan (first tax declaration).
- 6) Anyone that receives a salary but did not complete their year-end tax adjustment or who left their place of work and started a new job in the same year.

◆What do you need to make a tax declaration?

- 1) Identity documents, like My number card, Tsuchi card, zairyu card, driver license, passport, etc.
- 2) The original copy of your certificate of income (genzen choshu-hyo) and withholding tax, salary slips, etc.
- 3) 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, etc.
- 4) The bank book (*tsucho*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number) and pens for write the tax declaration.



[Inquiry] About income tax, personal and business consumption tax / Ueno Tax Office: TEL 0595-21-0950
 About city and prefecture resident tax / Kazei-ka TEL 0595-22-9613

Staying Safe in the Cold Season 寒い季節を安全に過ごすために

In 2023, the number of calls for an ambulance in Iga city was 5,759. This was the highest number ever. In winter, the number of ambulance calls increases. Let's be aware of the many accidents that occur in the cold winter and take preventative measures.

Beware of heat shock! What is heat shock? When the temperature suddenly changes, your blood pressure increases. you can lose consciousness, or you can get heart or brain disease. Be careful when going from a warm room to a cold room, such as when taking a bath!

Shower room: Before taking a bath (shower), warm the bathroom. Keep the water temperature below 41°C (41°F). Take a bath (shower) for about 10 minutes.	Prevention of dehydration: Drink water frequently even when it is cold. Do not take a bath after drinking alcohol.
Toilet: Cover or warm the area where you sit. Wear a jacket and socks when going to the toilet at night.	Lifestyle habits: Do simple physical exercises. Eat a well-balanced diet. Maintain a regular lifestyle.
Learn about the most common accidents that occur in winter to avoid them	
Carbon monoxide poisoning: When using stoves, ventilate frequently.	Infectious diseases: Influenza and other infectious diseases are increasing. Wash hands, disinfect hands and fingers, and gargle.
Fell over Traffic accident: Falls due to icy or snowy roads. The darkening of the road becomes earlier, and accidents occur more frequently.	Handling of fire: Fires increase. Be careful not to forget to put out fires.



[Inquiry] Iga Shobo-sho Kanri-Ka ☎0595-24-9120

Monthly Tax
Payments
こんげつ のうぜい
今月の納税

Pay by January 31 Friday
Resident Tax and Forest Environment Tax 4th [Shikenmin-zei and Shinrin kankyo-zei]
National Health Insurance 7th [Kokumin kenko hoken-zei]
[Inquiry] Shuzei-Ka Tel: 0595-22-9612

Group Cancer Screening グループがん検診です



This is the last opportunity for group cancer screening this fiscal year.

【Time】 Saturday, March 8 9:30am - 11:30am 【Venue】 Yumepolis Center

【Cancers for Screenings】 Stomach cancer, Colon cancer, Uterine cancer and Breast cancer

【Application】 Please use the 2D code or call to make a reservation.

【Eligibility】 ★People who have an address in the city and are of eligible age for each health checkup.

(Important)※Those who have undergone cancer screening with the same content this fiscal year are not eligible.

【Inquiry】 Kenko Suishin-Ka Tel:0595-22-9653

Cancer	Eligible Age	Under 74	Over 75
Stomach	Over 20	1800 yen	800 yen
Colon	Over 20	800 yen	500 yen
Uterine	Over 20, Female	1400 yen	500 yen
Breast(Mammography)	Over 30, Female	1600 yen	800 yen

<<Individual Cancer Screening at Medical Institutions>>

In addition to the above four types of cancers, eligibility also includes prostate cancer at medical institutions until **February 28 Friday**. Please make a reservation at a medical institution.

Join the National Pension Plan when You Turn 20 20歳になったら国民年金に入ってください

The National Pension Plan is a system under which the working-age population supports the elderly and other needs.

In addition to **Old-age pension** that will support the old age, also there are two other pensions.

- **Disability pension**, which is received in case of disability due to illness or accident.
- **The bereaved pension**, which is received by the family whose finances were maintained by that pensioner.

When you turn 20 years old, the Japan Pension Service (Nihon Nenkin Kiko) will send you a notice of enrollment in the National Pension Plan, a payment slip excluding those who are already enrolled in an employee pension plan (Kosei Nenkin). People coming from overseas just before turning 20 must apply to join the National Pension System.

Those who have difficulty paying the National Pension Insurance premiums and wish to use the following systems need to apply. Please contact the inquiry desk.



- ◆ The Special Payment System for Students:

If you are a student and your income is below a certain amount, you can defer your pension payment.

- ◆ Under the exemption and deferment system

If the income of the person, spouse, or head of household in the previous year is below a certain amount, they will be exempted from paying part or all the insurance premiums.

- ◆ for people under 50 years old and their income is below a certain amount, you can defer your pension payment.

※If you pay several premiums at once, you will receive a discount. You can also apply for a bank direct debit.

【Inquiry】 Hoken nenkin-ka 0595-22-9659

Applications for Public Housing will be Accepted from January 公営住宅の入居者を募集します

- **Municipal Housing:** 🏠 Kine Danchi :1 unit (general/single-person household)※Single-person household is a person of more than 60 years old, with disabilities or receiving Seikatsu Hogo, etc), 🏠 Kawai Danchi: 1 unit (for families raising children), 🏠 Shimogawara Danchi: 1 unit (for families raising children), ※Families raising children refers to Parenting household with 0-15 years old children

【Application Period】 January 10 Fri. - 20 Mon., 9am-5pm (Closed on Sat, Sun & national holiday.)

*If you post your application, it must arrive by January 20 Mon.

【How to apply】 Please bring your completed application to the Jyutaku-ka (**City Hall 3F**) or City branches except Ueno branch.

【Lottery】 The lottery will take place on February 20 Thursday from 9:30am, at Iga City Hall 3F, Room 301

*If you are not present when the lottery begins, your name will be removed from the list. Please do not be late.

【Applications and Inquiries】 Jyutaku-Ka TEL 0595-22-9737※There are some conditions for apply check the web page for details.

- **Prefectural housing:**

【Application Period deadline】 By January 31

【Location and Number Available】

Please check the website of Mie Prefecture.

【Eligibility】 To apply for this housing, you must meet the following requirements:

- 1) Clearly "in need of housing."
- 2) Having a "relative who intends to live with" includes de facto and same-sex partners. (Depending on the conditions, singles may be eligible to apply.)
- 3) Must meet the income standards set forth in the Mie Prefectural Housing Ordinance.
- 4) If you have lived in public housing, must have no current unpaid rent, parking fees and etc.
- 5) Must not be in arrears of local taxes.
- 6) An emergency contact persons required.
- 7) The applicant or the person who will live with the applicant must not be a member of Boryokudan.



An application form, entitled "Ken'ei jyutaku moushikomi sho," is available at the Kencho-sha 6F.

【Applications and Inquiry】 Iga Nanbu Fudosan Jigyo Kyodo kumiai TEL 059-221-6171

Infant Health Checkups and Consultation

赤ちゃんの健診と相談



Notifications will be sent out to homes with children eligible for the checkups. Please bring your "Mother-Child passbook(Boshi techo)" with you.

[Inquiry] Checkup/Kodomo Katei Shien-ka ☎0595-41-1556, Infant counseling/ KosodateShien-shitsu ☎0595-22-9665

1 year and 6 months	January 14 and February 18	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 years and 6 months)	January 9, 30 and February 13, 27	1pm to 2:30pm	Haitopia Iga 4F
Infant counseling	January 6, 15, 17 and February 3, 19, 21	You can consult your child's physical measurements, nutrition, and childcare. Please refer to the monthly "Koho Iga".	

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 Kaminosho 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 Kyuukyuu Iryou Jouhou 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 Kyuukyuu 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.

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.

January						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Except pediatrics			1 Okanami	2 Nabari	3 Ueno	4 Nabari
5 Okanami/Nabari	6 Okanami	7 Nabari	8 Okanami	9 Nabari	10 Ueno	11 Ueno
12 Okanami	13 Okanami	14 Ueno	15 Okanami	16 Nabari	17 Ueno	18 Nabari
19 Okanami/Nabari	20 Okanami	21 Nabari	22 Okanami	23 Nabari	24 Ueno	25 Ueno
26 Okanami	27 Okanami	28 Ueno	29 Okanami	30 Nabari	31 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. (Depending on the content we may not be able to consult.)

■Tabunka Kyosei-Ka

【Open】 Mon-Fri, 8:30-17:00

【Tel】 0595-22-9702

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

■Iga-shi Tabunka Kyosei Center

【Open】 Mon-Fri 9:00~17:00

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

【Tel】 0595-22-9629

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

Facebook



■Private Consultation

by Gyousei -shoshi; an administrative scrivener is available. Reservation must be made.

Tabunka Kyosei-ka

☎0595-22-9702

【Date】 Feb 6 Thu

1:30-4:00pm

【Venue】 Tabunka Kyosei Center

Tips for Everyday Life

生活のヒント

Don't Bring Meat into Japan!

海外からの肉製品は持込禁止

Animal quarantine information for travelers to Japan.

Meat is not allowed to be brought into Japan from overseas to prevent the introduction of animal diseases. Processed and prepared foods such as meatballs and dumplings, vacuum packed foods, in-flight meals, and foods purchased at duty-free stores are also prohibited.

If you bring meat to Japan in violation of the law, you may be fined up to 3 million yen (50 million yen for companies) or imprisoned for up to 3 years.

▶You cannot bring meat products, such as meat, ham, sausages and bacon, into Japan from most countries without inspection certificate.

▶Please inform your family and acquaintances overseas not to send meat products while you are staying in Japan.

▶If by any chance you have received meat products that was not inspected, you need to notify your nearest Animal Quarantine Service immediately.

【Inquiry】 Animal Quarantine Service, Ministry of Agriculture, Forestry and Fisheries

<https://www.maff.go.jp/aqs/languages/info.html>



**Learning Support Class
Sasayuri Kyoshitsu**

ささゆり 教室

No Class on January 4

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】 ¥200 / class

【Tel】 0595-23-0912

Cell: 080-3590-7612

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

伊賀 日本語の会

No class on January

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】 ¥200 / class

【Tel】 090-3425-7099(Office)

**Kanji Learning Class
Kanji Kyoshitsu**

小学生 漢字教室

No Class on January 1 and 8

1st to 4th Elementary school students can learn Kanji.

(Application must be made.)

【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 each class or visit our Facebook page or homepage.

Information お知らせ

Let's have a bonfire together! みんなで焚火をしよう!

Let's try making a bonfire together! Collecting branches from the forest and try to light them with matches! Let's have fun playing together with Japanese and foreign families!

【Date】 Sunday, January 26 1:30 pm - 3:30 pm (Reception from 1:20 pm)

【Venue】 Mie-ken Ueno Shinrin Koen (Forest Park) Visitor Cottage. Address: 1 Shimotomono, Iga-shi

【Fee】 ¥300 per child. *Guardians are required to participate.

【Eligibility】 Elementary school students and older living in Iga City and their guardians.

【Capacity】 First 20 applicants (10 Japanese children and 10 children with foreign connections)

【Application period】 January 6 - January 20 ※use warm clothes that you don't mind getting dirty.

【Apply】 By phone or reading the QR code.

Iga International Friendship Association Tel:070-4455-4900 E-mail: mie-iifa@ict.jp

【Inquiry】 Mie Ken Ueno Forest Park ☎0595-22-2150

Organized by Ueno Shinrin Koen, IIFA and JICA



Baby food Class 離乳食教室

【Date】 Tuesday, February 4. Baby's first foods early period (1 to 2 meals in a day) 1:30 to 3:00p.m.
Baby's first foods late period (3 meals in a day) 10:00 to 11:30a.m.

【Venue】 Haitopia Iga 4F, Tamokuteki-shitsu

【Contents】 Explanation and method of cooking baby foods

【Capacity】 First 6 people for each session

【How to apply】 Please inform us by phone your address, names of the guardian and the child, date of birth of your child, phone number and *whether or not you wish to provide childcare to the following.*

【Application period will begin】 Wednesday, January 22

【Application and Inquiry】 Kosodate Shien Shitsu ☎0595-22-9665



Regular First Aid Course

定例応急手当講習会

◇Life Saving Course I

【Date】 Tuesday, February 4
9:00 a.m. - 12:00 noon

【Contents】 CPR for adults, AED handling, foreign body removal method, and hemostasis.

◇Life Saving Course III

【Date】 Tuesday, February 18
1:30 p.m. - 4:30 p.m.

【Contents】 CPR for infants (under 1 year old) and children (1 year old to under 16 years old), AED handling, foreign body removal method, and hemostasis.

【Venue】 at Fire Department Headquarter 3F

【Capacity】 First 30 applicants for each course

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

【Application Method】 Application form or phone

【Application deadline】 1 week prior to the course date 【Application and Inquiries】

Iga Fire Station Administration Division

☎0595-24-9106 FAX 0595-24-3544



Emergency Call 110

緊急通報110番

When you are involved in or witness an incident or accident and you want a police officer to come to the scene of the incident or accident as soon as possible, you can call 110. The 110 call is a special phone for emergency calls. The police officer will ask you the following questions. Please answer calmly.

- JIKEN DESU-KA (Is it an incident)? JIKO DESU-KA (Is it an accident)? NANI GA ARIMASHITA-KA (What happened)?
- KEGA WA ARIMASU-KA (Are you injured)?
- BASHO WA DOKO DESU-KA (Where is the location)?
- ITSU OKIMASHITA-KA (When did it happen)?
- HANNIN WO MIMASHITA-KA (Did you see the culprit)?
- IMA DOUNATTE IMASU-KA (What is happening now)?
- ANATA NO NAMA E WO OSHIETE KUDASAI (What is your name)?

If you call 110 to report a non-emergency matter, it may delay our response to an urgent incident or accident. If you have a non-urgent advice or an inquiry, please contact at the following number.

【Inquiry】

●Iga Police Station ☎0595-21-0110

●Nabari Police Station ☎0595-62-0110

●Police Safety Consultation ☎#9110

