



The City Newsletter

**IGA**



Published & Edited by: Iga-shi Kokusai KoryuKyoukai (☎070-4455-4900) ・Iga-shi Tabunka Kyousei-ka (☎0595-22-9702)  
 Articles published in this newsletter are taken from the monthly "Koho Iga". The information can be viewed on the website.

Population of Iga City: 82,997 Foreign Nationals: 6,335 (7.63% of the population) End of February 2026

**Information お知らせ**

**Dentist open during Golden Week**

ゴールデンウィークに開いている歯医者



Opening Hours: 9:00 AM to 5:00 PM

- Please call before you coming
- Please bring your My Number health insurance card, eligibility confirmation document, medicine notebook, etc. with you.

May 3 (Sunday)	SPT Yatani Dental and Oral Clinic	2590-3 Ueno Shinobicho, Iga City	☎0595-21-0834
May 4 (Monday)	Wakuda Dental Clinic	113 Hirano-Johoku-cho, Iga City	☎0595-21-8241
May 5 (Tuesday)	Inahama Dental Clinic	2773 Ueno Katahara-machi, Iga City	☎0595-21-0383

For anything other than what is written above, please call the Emergency Medical Information Center at 059-229-1199  
**【Inquiries】**Medical and Welfare Policy Division Phone: 0595-22-9705

救急医療情報センター  
 医療福祉政策課

**About using the Iga City Multicultural Coexistence Center**



伊賀市多文化共生センターの利用について

The center is open from Monday to Friday, 9:00 AM to 5:00 PM. (It is closed on Saturdays, Sundays, and public holidays.)  
 There is always someone who can speak easy Japanese on any day.

**【Inquiries】** Iga City Multicultural Coexistence Center Phone : 0595-22-9629 伊賀市多文化共生センター

Monday	Tuesday	Wednesday	Thursday	Friday
Chinese, Spanish, Portuguese	Portuguese, Spanish	Portuguese, Spanish	English, Tagalog	Vietnamese

**Senior High School Tuition Support Subsidy, etc.**

高等学校等就学支援金等

This is a system in which the national government etc. helps pay high school tuition fees. There is no income (salary) restriction.

**【Maximum support amount】**

Public senior high schools: ¥118,800 per year  
 Private senior high schools: ¥457,200 per year

※The amount may vary depending on the type of school and conditions.



**【Eligible persons】**

Children who are registered residents in Japan and have a valid residence status. (Short-term stays are not eligible.)

**【How to apply】**

The school will provide guidance. Procedures are required, so please check with the school.

**【Inquiries】** Your child's school, or Mie Prefectural Board of Education Phone: 059-224-2940 三重県教育委員会

**School Expense Subsidy Program**

就学援助制度

For people who have trouble paying for school supplies or other items used at school, Iga City will help by covering part of the money paid to the school. Those who want assistance should apply. Applications must be submitted every year.

**【Eligible persons】**

Parents of children attending public elementary or public junior high schools in Iga City.

※There are income limits.

※People receiving public assistance cannot receive the same type of support.

**【Where to apply】** Your child's school

**【Inquiries】** Your child's school, or

School Education Division – Phone: 0595-22-9648 学校教育課

**Taxes this month.** Fixed Asset Tax (1st Term) Koteishisan Zei Please pay by April 30 Thursday. **【Inquiry】** Tax Collection Division 収税課 Tel.0595-22-9612

## Vaccination Notice

よぼうせっしゅ し  
予防接種 お知らせ



【Date】 From April 1, 2026 to March 31, 2027 【Place】 The hospitals located in Iga City

【How to apply】 Vaccinations are available at hospitals in Iga City. Please make a reservation at the hospital.

※If you plan to receive vaccinations in another city or prefecture,

please call the Health Promotion Division at least two weeks before the vaccination date.

【Inquiries】 Health Promotion Division Phone: 0595-22-9653 けんこうすいしんか 健康推進課

### Children Routine Vaccination こども(定期接種)

The age at which vaccinations should be received, the number of doses, and the intervals between doses are determined by law. Vaccinations can be received for free (at no cost). By getting vaccinated, you can prevent infectious diseases (such as those caused by viruses or bacteria) and reduce the severity if you do become infected.

【Items to bring】 Maternal and Child Health Handbook, pre-examination form, etc.

Names of Vaccinations	Number of doses	Age for receiving the vaccination
Rotavirus	2-3 doses	Monovalent (Rotarix): from 6 weeks to 24 weeks of age Pentavalent (RotaTeq): from 6 weeks to 32 weeks of age
Pneumococcal (vaccine)	1-4 doses	From 2 months to under 5 years old
Hepatitis B	3 doses	Under 1 year old
5-in-1 combination vaccine (Diphtheria, whooping cough, tetanus, polio, Hib)	4 doses	From 2 months after birth to under 7 years and 6 months old
BCG vaccine	1 dose	Under 1 year old
Measles-Rubella (MR) combined vaccine	1 dose	1st period: From 1 year old to under 2 years old
	1 dose	2nd period: Born from April 2, 2020 to April 1, 2021
Varicella (Chickenpox) vaccine	2 doses	From 1 year old to under 3 years old ※Do not vaccinate if the person has already had chickenpox.
Japanese Encephalitis (JE) vaccine	3 doses	1st period: From 3 years old to under 7 years and 6 months old
	1 dose	2nd period: From 9 years old to under 13 years old
2-in-1 combination vaccine (DT)	1 dose	From 11 years old to under 13 years old
RS Virus (Respiratory Syncytial Virus, RSV)	1 dose	Between 28 weeks and 37 weeks of pregnancy



### Vaccinations for the elderly: shingles and pneumococcal vaccines

こうらいしや たいじょうほうしん はいえんきゅうきん よぼうせっしゅ  
高齢者の 帯状疱疹と 肺炎球菌の 予防接種

Financial assistance is available for shingles and pneumococcal vaccinations for the elderly.

Eligible individuals will receive a notification. For more details, please see page 12 of the April issue of Iga City Newsletter.



## National Health Insurance – Brain Checkup (Brain dock)

こくみんけんこうほけん のうどつく  
国民健康保険 脳ドック

People who can receive it / Eligible people	People enrolled in Iga City National Health Insurance People born between September 1, 1951 and March 31, 1986 ※ At the time of the examination, the person must be between 40 and 74 years old.		
Date	From June 1 to February 27, 2027	Number of people / Participants	300 people
Place	Okanami General Hospital, Ueno General Civic Hospital, Kanamaru Neurosurgery and Spine Clinic		
Contents of the examination	Physical measurement / Body measurement, Blood pressure measurement, Blood test Urine test, Liver function test, Kidney function test, Lipid (cholesterol/fat) test Blood sugar test, Uric acid test, Electrocardiogram (ECG), Imaging diagnosis (MRI / MRA)		
Fees	9,500 yen (Out of the total examination cost of 37,100 yen, 27,600 yen will be subsidized.)		
Application Method	Postcard or application form * Deadline: April 24th (Friday) * If using a postcard, it must have a stamp indicating it was received by April 24th.		

※You cannot receive the brain checkup (Brain Dock) unless you are enrolled in the Iga City National Health Insurance at the time of the examination.

※People who receive the Brain Dock cannot take the Specific Health Checkup, which starts on July 1.

※People who had a Brain Dock between April 2024 and March 2026 cannot apply.

※If there are too many applicants, a lottery will be held to decide who can receive it.

【Inquiries】 Insurance and Pension Division Phone: 0595-22-9659 ぼけんねんきんか 保険年金課



Application form

Children who have health checkups and Consultations will receive a letter from the city hall with information.

こ けんしん けんこうしんだん そうだん  
子どもの健診(健康診断)と相談



Health Checkup/ Child Development Support Division Phone: 0595-41-1556

けんしん こどもの ぞく しえんか  
健診/こどもの育ち支援課

Infant and Child Consultation/Childcare Support Room Phone: 0595-22-9665

にゅうようじそうだん/こぞだ しえんしつ  
乳幼児相談/子育て支援室

18months old checkups	April 16・May 21	1:00pm to 2:30pm	【Things to bring】 Maternal and Child Health Handbook and medical questionnaire, etc.
3 years old checkups (3 and half year old)	April 21・May 12	4 <sup>th</sup> floor Haitopia	
Counseling for infants and toddlers	April 6・10・15 May 8・11・20	We can provide advice on physical fitness, nutrition, and childcare. ※for locations details, Please see the Iga City Newsletter page 26.	

◆Iga-shi Emergency Clinic (Oukyu Shinryojo)

い が し おうきゅうしんりょうじょ

Phone: 0595-22-9990 伊賀市応急診療所

You can go there when the nearby hospital is closed, etc. When you arrive at the parking lot, please call and tell us your symptoms.

【Address】 Iga-shi kaminosho 1700-1

(next to Okanami General Hospital)

【Schedule】 Monday to Saturday 8:00pm to 11:00pm  
Sundays and Holidays 9:00am to 12:00pm  
2:00pm to 5:00pm ・ 8:00pm to 11:00pm

◆MieKen Emergency Medical Information Center

みえけんきゅうきゅういりょうじょうほうせんたー

Phone: 059-229-1199 三重県救急医療情報センター

You can ask which hospital you should go to(24Hours)

◆Mie Children's Medical Hotline

こ いりょうだいやる

Phone: #8000 みえ子ども医療ダイヤル



【Schedule】 Monday to weekdays 7:00pm to 8:00am of the following day ・ It is available in Japanese and 22 other languages

◆24 Hours Iga-shi Emergency Call (Iga-shi Kyuukyuu Kenkou Soudan Dial24)

い が し きゅうきゅう けんこうそうだん だいやる 24

Phone: 0120-4199-22 伊賀市救急・健康相談ダイヤル24  
This is a tollfree 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. (Oyen)

◆Emergency Hospital	Schedule (All closing hour are the following day)		
Ueno shimin byouin Phone: 0595-24-1111	Monday to Friday	Saturday, Sundays and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am	
Nabari shiritsu byoin Phone: 0595-61-1100	Monday to Friday	Saturday, Sunday and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am	
Okanami sougou byoin Phone: 0595-21-3135	Monday	Wednesday	Sunday, Holidays
	5:00pm to 9:00am	5:00pm to 8:45am	9:00am to 8:45am

Secondary emergency hospitals in April

<<There is no Pediatrics department (Shounikal)>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
※We do not accept emergency cases when we are not on duty			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		

For Advice and Consultation 相談 窓口

If you have a concern or problem and need to consult or an advice about (work, school, nursery school, health insurance, pension, tax, visas etc.) Please contact us. The consultation is free (Oyen).

(Please note \*It may depend to the content, we may not able to provide a consultation)

■Iga city Hall Tabunka Kyousei Division (Iga City Shijuku Cho3184 City hall 2<sup>nd</sup> floor)

Monday to Friday 8:30am to 5:00pm ☎0595-22-9702

伊賀市役所 多文化共生課

■Iga City Tabunka Kyousei Center (Iga City Marunouchi500 Haitopia Iga 4th Floor)

Monday to Friday 9:00am to 5:00pm ☎0595-22-9629

伊賀市 多文化 共生 センター

Gyousei shoshi (Expert in administrative scrivener) regarding visas and international marriage

☎ (0595-22-9702) for reservation

【Date】 May 7 (Thursday) 1:30pm to 4:00pm

【Place】 Iga Shi Tabunka Kyousei Center Haitopia 4F

Japanese learning information 勉強のご案内

※For more details, please call each class or visit Face Book page or homepage

Learning support class  
Sasayuri kyoushitsu

ささゆり 教室

No class on April 4.

You can study school learnings in Japanese.

【Participant】 grade 5 to 3<sup>rd</sup> year junior high school

【Date】 Saturday 2:00pm to 4:00pm

【Place】 Iga City Sougou Fukushi kaikan 2<sup>nd</sup> floor

【Fee】 200yen/per class

【Tel.】 Iga no Tsutamaru 伊賀の伝丸

☎0595-23-0912 ・ 080-3590-7612

Japanese Language Class  
Iga Nihongo-Kai

伊賀 日本語の会

No class on April 29. May 2 and 6

You can study Japanese or Japanese Language Proficiency Test (JLPT)

【Date】 Wednesday 7:30pm to 8:40pm

Saturday 7:00pm to 8:30pm

【Place】 Iga City Sougou Fukushi kaikan 2<sup>nd</sup> floor

【Fee】 200yen/per class

【Tel.】 Jimukyoku

☎ 090-3425-7099 事務局

Kanji Learning Class  
Kanji Kyoushitsu

漢字 教室

No classes in April. Registration opens April 13.

You can learn how to write calligraphy like you studied in school. Please apply!

【Participant】 grade 1 to grade 4

【Date】 Wednesday, 3:30pm to 4:30pm

【Place】 Haitopia 4<sup>th</sup> floor

【Fee】 300yen/per month

【Tel.】 International Friendship Association

☎070-4455-4900 国際交流協会



## Check the routes you will take for new school or work

“新しく 始まる 学校や 仕事で 通る 道を 確認しましょう”



April is the season when new schools and jobs begin. It's fun to discover interesting places or delicious restaurants along the routes you will take. At the same time, identify dangerous places, such as rivers, cliffs, or narrow roads. Also, check parks and schools that can be used as evacuation sites in case of disasters.

Always inform your family about the routes you normally take. Decide on a meeting place in case of emergency to feel secure. The condition of the roads can differ between day and night, so walk and check them at both times for extra safety.

**[Inquiries]** Disaster Prevention and Crisis management Bureau Phone: 0595-22-9640 防災危機対策局

## Information お知らせ

### Subsidy for Transportation Costs (for people with severe disabilities)

交通費を 助成します(助けます) (重い 障がいがある人が 対象)

**[Eligible persons]** Must have a resident record in Iga City, and hold one of the following certificates:

- ① Physical Disability Certificate – grade1 or 2
- ② Developmental disability certificate (A1/A2)
- ③ Mental Disability Health and Welfare Certificate – grade1

※ People who already receive commuting cost subsidies for training facilities for children or persons with disabilities in Iga City are not eligible.

**[Subsidy amount (value of voucher you can receive)]** ●Taxi and other transportation tickets, automobile fuel (gasoline) vouchers, Iga Railway tickets: 14,400 yen/year ●Motorized bicycle fuel voucher: 7,200 yen / year ※You can choose only one type from the four available vouchers.

**[How to apply]** Bring your disability certificate and a document that proves your identity (driver's license, residence card, etc.)

**[Where to apply / Inquiries]** Disability Welfare Division –Phone: 0595-22-9656 障がい福祉課

### Recruitment for applicants for prefectural rental housing

県営住宅 (県から 借りる 家)の 申し込み者 募集

**[Application periods]** April, July, October, January 2027 (4 times a year)

**[Who can apply]**

1. People who have trouble finding a place to live
2. People who have family living with them
3. People whose income meets the set conditions
4. People who have paid rent properly when living in prefectural housing in the past (no arrears)
5. People who pay local taxes (no arrears)
6. People who have someone to contact in case of emergency
7. People who are not members of violent organizations



**[How to apply]** Fill out the application form available at the Mie Prefecture Iga Construction Office (6th floor of Iga Prefectural Government Building) and send it by mail.

**[Where to apply /Inquiries]** Iga Southern Real Estate Business Cooperative, Prefectural Housing Management Division, Tsu Office – Phone: 059-221-6171 伊賀南部不動産事業協同組合 県営住宅管理部 津事務所



### Posting on the Internet

インターネットへの 書き込み



You can learn many things and meet people by looking at information on the Internet. Some people find it convenient and fun.

However, sometimes looking at Internet information can make you feel anxious, hurt, or sad. In some cases, it can even threaten someone's life or livelihood.

When you view or share information online, please carefully consider:

Could this hurt someone?

Is this information trustworthy?

If you are experiencing discrimination or bullying online, do not struggle alone—please seek advice.

**[Inquiries]**

Human Rights Policy Division –  
Phone: 0595-22-9683

じんけんせいさくか  
人権政策課



Application Form

### Parent-and-child soccer class connected with the world.

世界と つながる 親子サッカー教室

A ticket for the Kunoichi game on the day of the event will be given as a gift

Play soccer together with the players of “Iga FC Kunoichi Mie”!

**[When]** Sunday, May 3 – 10:00 AM to 11:30 AM

**[Where]** Ueno Undo Park Stadium

**[Number of participants]** About 20 families

**[Who can participate]** Children from 5 years old (Kindergarten) to 6th grade of elementary school and their parents/guardians

**[Fee]** Free (0 yen) **[Application deadline]** By April 29

**[How to apply]** Apply using the 2D code  
When applying, provide the names, addresses, phone numbers, and ages of all participants

**[Application / Inquiries]** Iga City International Friendship Association – Phone: 070-4455-4900 伊賀市国際交流協会



From April 1, the municipal Johoku Parking Lot is free (0 yen)

**[Inquiries]** Property Management Division Phone: 0595-22-9610 管財課