



The City Newsletter

**IGA**



Published & Edited by: Iga-shi Kokusai KoryuKyokai (☎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: 82,683 Foreign Nationals: 6,378 (7.71% of the population) End of April 2026

**Information** お知らせ

**The office hours at the Iga City Hall counters will change**

い が し や く し ょ ま ど く ち し か ん か  
 伊賀市役所の 窓口などの 時間が 変わります



Starting September 1, 2026, the hours will be from 9:00 AM to 4:30 PM.  
**The hours for Tabunka Kyousei Ka and the Haitopia Igashi Tabunka Kyousei Center will also be shortened.**

**FY2026 (Reiwa 8) City & Prefectural Resident Tax and Forest Environment Tax**

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 令和8年度 市・県民税、 森林環境税

On June 12, we will send a tax notice (a letter informing you to pay taxes to Iga City and Mie Prefecture). You can pay at banks, convenience stores, or via a smartphone. Please make sure to pay without forgetting. <<Regular Collection>> The payment deadline dates are the last day of June, August, October, and January (four times a year). (If it falls on a Saturday, Sunday, or public holiday, it will be the next day the city office is open.) For those who have payments deducted from their salary, a notice will be sent to your company.

【Inquiries】 Taxation Division (Kazei-ka) 課税課 Phone: 0595-22-9613

**Why not take advantage of a grant-type scholarship?**

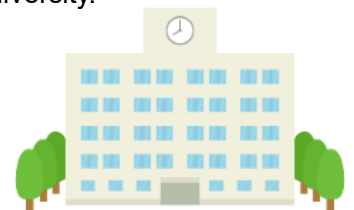
き ゅ う ふ が た し ゃ う が く し ん り ゃ う  
 給付型の 奨学金を 利用しませんか

This is money to help you attend high school, vocational school, junior college, or university. (You don't have to repay it.)

**Iga City Scholarship for Every Individual to Shine**

【Who can receive this scholarship?】 Those who meet all of the following criteria:

- The applicant and their guardian (father, mother, etc.) reside in Iga City (Those who have changed their address to attend school are also eligible.)
- Those currently attending high school, vocational school, or university
- Those who are 29 years old or younger as of April 1, 2026
- Those whose guardian's total resident tax income tax amount for fiscal year 2026 is 10,000 yen or less



【Amount you can receive】

High school, vocational school, etc.: 72,000 yen/year (You can receive 10,000 yen more in the year of enrollment.) University, junior college, vocational school, etc.: 84,000 yen/year

**Iga City Sasayuri Scholarship**

【Who can receive this scholarship?】 Those who meet all of the following criteria

- Applicants whose address is in Iga City (Those who have changed their address to attend school are also eligible.)
- First-year students of universities and junior colleges, or fourth-year students of technical colleges
- Graduates of junior high schools or high schools in Iga City
- Households whose total income in 2025 is less than 7.8 million yen

【Amount of money】 240,000 yen/year

【Number of recipients】 2 people (those who pass the document review and interview, etc.)

※This scholarship cannot be received in conjunction with other scholarships from Iga City.

【How to apply】 Submit the application form in person or send it by mail

【Application period】 June 12th to 30th

【Application / Inquiries】 Education General Affairs Division 教育総務課 Phone: 0595-22-9644

**Taxes this month.**

City & Prefectural Resident Tax / Forest Environment Tax (1st Installment)  
 Please pay by June 30 (Tuesday) 【Inquiry】 Tax Collection Division 収税課 Phone 0595-22-9612

**Make a direct reservation at the hospital for a cancer screening (Individual Cancer Screening)**

こべつ けんしん  
個別がん検診

Please make a reservation by phone with the hospital. When you make the reservation, say: “伊賀市のがん検診を受けたい。I would like to receive the Iga City cancer screening”. Please check the June issue of The Iga City newsletter “KOHOU Iga (page 6) to see which hospitals offer the screening.

Details of the screening	Stomach Cancer		Colorectal Cancer	Prostate Cancer (Men)	Uterine Cancer (Women)		Breast Cancer (Women)	Lung Cancer	
	Barium	Gastroscopy	Fecal test	Blood test	Cervical (area)	Cervical area and Uterine body	Mammography	X-ray	
Eligible Person	40year's old and above		40year's old and above	50year's old and above	20year's old and above		40year's old and above	40year's old and above	
payment	74year's old and below	3,800yen	4,500yen	1,200yen	1,000yen	1,600yen	2,400yen	2,500yen	No payment required
	75year's old and above	2,000yen	2,500yen	800yen	600yen	700yen	1,200yen	1,200yen	

**Cancer Screenings Done on the Screening Bus (Group Cancer Screenings)**

しゅうだん けんしん  
集団がん検診



**【How to make reservation】**

1. Make a reservation using the 2D code. Reservations start on June 1.
2. Make a reservation by phone. Reservations start on June 9. Phone: 0595-22-9653 (Weekdays, 8:30 AM to 5:15 PM) (The available reservation dates depend on the screening date.)

※You cannot take the same type of cancer screening twice in the same fiscal year



Medical Screening	Details	Eligible Person	Payment (74year's old and below)	Payment (75year's old and above)
Stomach Cancer	You will drink barium and have an X-ray of your stomach.	20year's old and above	1800yen	800yen
Colorectal Cancer	Stool test (A test of the stool will be conducted.)	20year's old and above	800yen	500yen
Prostate Cancer	Blood Test (A test of your blood will be done.)	50year's old and above (Men)	800yen	500yen
Uterine Cancer	We will perform a test to take cells from the cervix and a visual examination.	20year's old and above (Women)	1400yen	500yen
Breast Cancer	We will take an X-ray of the breasts (mammography).	30year's old and above (Women)	1600yen	800yen
Young-Adult Health screening	Physical measurement, blood test, electrocardiogram, etc.	20~39year's old	3400yen	

※Individual and group colorectal cancer screenings are **free** for those aged 40 to 69 years old.

**Cancer Screenings for Women (Online reservation only) 女性のためのがん検診**

Childcare is available. It is free. (You can leave your child in care while you take the screening.)

**【Date and Time】** September 10 (Thursday) From 9:30 AM to 11:30 AM Place: Haitopia Iga, 4th Floor

**【Screenings contents】** Breast cancer ultrasound (echo)

・Cervical cancer screening ・Colorectal cancer screening

**【Location】** Haitopia Iga, 4<sup>th</sup> floor **【Payment】** Ultrasound: 1,600yen.

Please check the June issue of The Iga City newsletter “KOHOU Iga (page 4) for other payment of examination.

※Those eligible for breast cancer ultrasound screening are women born between April 2, 1987, and April 1, 1997. Also, women aged 40 and older who are currently pregnant, breastfeeding, or less than one-year post-weaning.



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

**Specific Health Checkups & Advanced Elderly Health Checkups とくていけんしん こうきこうれいしゃけんしん 特定健診と後期高齢者健診**

Those enrolled in National Health Insurance and the Advanced Elderly Medical System, please take the health checkup. Checkup vouchers and questionnaires will be sent to eligible individuals at the end of June. The fee is free (0 yen).

**【When】** From July 1st to November 30th (Days when the hospital is open)

**【Where】** Designated hospitals in Mie Prefecture

**【What to bring】** Checkup voucher, Myna Insurance Card (My Number Card) or Eligibility Certificate, and Questionnaire

**【Inquiries】** National Health Insurance-Specified Health Checkup Health Insurance & Pension Division

こくみんけんこうほけん とくていけんこうしんさ ほけんねんきんか  
国民健康保険 特定健康診査／保険年金課 Phone: 0595-41-1003

Late-Stage Elderly Health Checkup Mie Prefecture Late-Stage Elderly Medical Wide-Area Union

こうきこうれいしゃ けんこうしんさ みええけんこうきこうれいしゃいりょうこういせけんどう  
後期高齢者 健康診査／三重県後期高齢者医療広域連合 Phone: 059-221-6884



Children who have health checkups and consultations will receive a letter form 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 そだ しえんか  
健診/こどもの育ち支援課  
にゅうようじそうだん/こそだ しえんしつ  
乳幼児相談/子育て支援室

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

18months old checkups	June 18・July 16	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)	June 9・30・July 28	4th floor Haitopia	
Counseling for infants and toddlers	June 1・5・17・ July 3・6・15	You can receive consultations about physical measurements, nutrition, and childcare. For more details, please see "The Iga City newsletter "KOHOU Iga	

◆Iga-shi Emergency Clinic (Oukyu Shinryojo)

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

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

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)

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

June <<There is no Pediatrics department (Shounika)>>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Okanami	2 Nabari	3 Okanami	4 Nabari	5 Ueno	6 Nabari
7 Okanami Nabari	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 Nabari	22 Okanami	23 Ueno	24 Okanami	25 Nabari	26 Ueno	27 Ueno
28 Okanami	29 Okanami	30 Nabari	※We do not accept emergency cases when we are not on duty			

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 be able to provide a consultation)

■Iga city Hall Tabunka Kyousei Division (Iga City Shijuku Cho3184 City hall 2nd 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】 July 2 (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

You can study school learnings in Japanese.

【Participant】 grade 5 to 3rd year junior high school

【Date】 Saturday 2:00pm to 4:00pm

【Place】 Iga City Sougou Fukushi kaikan 2nd 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

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 2nd floor

【Fee】 200yen/per class

【Tel.】 Jimukyoku

☎090-3425-7099 事務局

Kanji Learning Class  
Kanji Kyoushitsu

漢字 教室

You can learn how to write Kanji.

like you studied in school. Please apply!

【Participant】 grade 1 to grade 4

【Date】 Wednesday, 3:30pm to 4:30pm

【Place】 Haitopia 4th floor

【Fee】 300yen/per month

【Tel.】 International Friendship Association

☎070-4455-4900 国際交流協会



**“Let’s prepare water in case of disaster!”** さいがい そな みず じゅんび 災害に備えて水を準備しましょう！



Let's prepare water to get ready for disasters! In Japan, there are many rainy days from around June through summer. This is called the rainy season (Tsuyu). When it rains heavily, there is a danger of floods and landslides. Stay away from rivers and steep slopes and evacuate early if you feel it is dangerous. When a disaster occurs, the water supply may cut off. To prepare for water outages, please keep drinking water ready at home. The standard guideline is 3 liters per person per day, for 3 days or more. Keep plastic-bottled water in a cool, dark place. Please also check the expiration date. It is good practice to restock only the amount you have used.



You should also prepare containers for holding water (such as plastic water tanks or empty plastic bottles).

**[Inquiries]** Disaster Prevention and Crisis management Bureau ぼうさい き き たいさくきょく 防災危機対策局 Phone: 0595-22-9640

**Information** し お知らせ

**How to Prevent Heatstroke** ねっちゅうしやう き 熱中症に 気をつけましょう

When temperature and humidity are high, the balance of water and salt inside the body is disrupted. Then, the body becomes unable to regulate its temperature, and heatstroke occurs. Heatstroke can happen not only outside the house but also inside the house.

**[Things to be careful of to avoid heatstroke]**

- Eat well-balanced meals. Rest well. • Drink water frequently, even if you are not thirsty.
- When going outside, wear cool clothes and use an umbrella or hat. Avoid direct sunlight.
- Use air conditioners or electric fans. • Do not leave children alone inside a car, even for a short time



**[If there is someone who got heatstroke]**

- Move them to a cool place or shade. • Loosen their clothes and let them lie down.
- Cool their body. • Have them take water and salt.
- If they do not respond when you call out to them, call an ambulance immediately (dial 119).

**[Inquiries]** Iga Fire Department – Management Division いがしやうぼうしや かんりか 伊賀消防署 管理課 Phone: 0595-24-9120

**When disposing of bulky waste (fees required)** そだい す としき ゆうりやう かね ほら 粗大ごみを 捨てる時 (有料(お金を 払います))

Bulky waste includes large items such as furniture, futons, bicycles, fan heaters, and home appliances. People who live in Iga City are allowed to dispose of bulky waste. Bulky waste will be collected from a designated location. To dispose of bulky waste, you need a Bulky Waste Disposal Ticket (200 yen per item). You can dispose of up to five (5) bulky waste items per pickup. ※Some items cannot be disposed of as bulky waste.

**[How to Dispose of Bulky Waste]**

- ① Call the Bulky Waste Reception Center to make a reservation.
  - ② Purchase a disposal ticket (200 yen per ticket) at supermarkets or the city hall.
- ※The disposal tickets are different for the Northern Area (Ueno, Iga, Shimagahara, Ayama, Oyamada) and the Southern Area (Aoyama).
- ③ Attach one disposal ticket to each bulky waste item, and place the items at the designated location by 9:00 AM on the reserved day. (For Aoyama, place them by 8:30 AM.)

**[Application Hours]**

8:30 AM – 5:00 PM (Closed on Saturdays, Sundays, national holidays, and from December 29 to January 3.)

**[Application Contact]**

•(For Ueno, Iga, Shimagahara, Ayama, and Oyamada areas) Iga Northern Area Bulky Waste Reception

い が ほくぶそだい うけつけせんたー 伊賀北部粗大ごみ 受付センター Phone: 0595-20-1255

•(For Aoyama Area) Iga Southern Area Bulky Waste Reception Center

い が なんぶそだい うけつけせんたー 伊賀南部粗大ごみ 受付センター Phone: 0595-64-8700



**Let's dispose of garbage correctly** ただ す ごみは 正しく 捨てましょう

There are many people who illegally dump (throwing away garbage in places where it is forbidden to do so) home appliances, tires, and other items in places where people are not watching. If you commit illegal dumping, you will face imprisonment for up to 5 years (going to prison), a fine of up to 10 million yen (paying money), or both.

**[Inquiries]** Sakura Recycling Center さくらリサイクルセンター Phone: 0595-20-9272

**Please Submit the Child Allowance Status Report**

じどうてあて げんきやうとどけ だ 児童手当の 現況届を 出してください

We sent a letter at the end of May to everyone who needs to submit this report. Please submit the required documents by June 30.

**[Inquiries:]** Child Policy Division

せいさくか こども政策課 Phone: 0595-22-9677

**Ayama B&G Marine Center – Pool Opening**

あやま かいやうせんたーの プールが 開きます

**[Date]** June 27 to September 23 (Closed on Tuesdays)

**[Hours]** AM 9:00–12:00, PM 1:30–4:30, PM 6:00–9:00

**[Fees]** ・Adults: 300 yen ・Junior high school students and younger: 150 yen ・Infants: 50 yen

**[Inquiries]** Ayama B&G Marine Center

あやま かいやうせんたー 阿山B&G海洋センター Phone: 0595-43-1380