



The City Newsletter

IGA



Population of Iga City 87,265
 Foreign Nationals 5,631
 6.45% of Population
 End of November, 2022

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.



With best New Year's wishes 2023

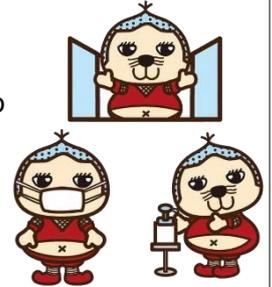


COVID-19 Updates 新型コロナウイルスに関するお知らせ

Infection Preventive Measures 感染防止を徹底してください

The number of people infected with the coronavirus is increasing dramatically. If the number of infected people continues to grow, there is a possibility that they will not be able to receive medical care. In order to avoid such a situation and protect everyone's health, the Mie government asks for your cooperation regarding infection preventive measures.

1. **Protect yourself from infection with the vaccine against the omicron variant**
2. **Follow the basic infection preventive measures**
 Ensure wearing a mask, disinfecting hands, ventilation (occasional ventilation even when using air conditioning) and dine with a mask or have "quiet meals".
3. **Measures to prevent the spread of covid among elderly people at high risk of becoming seriously ill**
4. **Preparing in case of poor physical condition**
 Have COVID antigen test kits ready (*), antipyretic analgesics, thermometer, 5-7 days of food ration, and other basic essentials.



* Please use in vitro diagnostic antibody test kits and category 1 drugs (Dai 1-ryu Iryo-hin) that have received regulatory approval.

If you are having difficulties due to the new coronavirus:

Call MieCo, Consultation Center for Overseas Residents in Mie TEL: 080-3300-8077

Information お知らせ

Tax Declarations 税金の申告

By submitting your tax return, you may be eligible for a reimbursement of some of the money you paid in tax.
 [Date] February 16 - March 15, 9am - 5pm *Reception will close at 4pm *Closed on weekends and holidays.

[Venue] **Hill Hotel Sunpia**, 3F, Iga-no-ma Add: Iga-shi, Saimyouji 2756-104 Tel:0595-24-7000

*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.

*At the venue, please cooperate in wearing a mask and taking your temperature.

◆Who needs to submit a tax declaration?

- 1) Anyone that receives a salary but did not complete their year-end tax adjustment
- 2) Anyone who has received a salary from more than one company/employer during the year
- 3) Anyone who left their place of work and started a new job in the same year
- 4) Anyone who did not include information about their dependents in their year-end tax adjustment, etc.

◆What do you need to make a tax declaration?

- 1) Identity documents, My number card
- 2) Declaration form (if you received from the tax office or City Hall)
- 3) Postcards from the tax office (if you received one)
- 4) The original copy of your certificate of income and withholding tax
- 5) 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
- 6) A copy of the bank book (*tsuchou*) for the bank account you would like your tax reimbursement to be sent to (the page which shows your name and account number)



※Municipal certifications and documents are issued upon presentation of your tax return slip. If those who are required to pay income tax, municipal and prefectural tax do not file their tax returns, they cannot be issued the relevant documents (proof of income, proof of taxes paid) that are needed in order to apply for changes in residency status, child benefit, educational support, public housing etc. They may not be able to access other public services, either.

[Inquiries] Kazei-Ka(Tax Department) TEL 0595-22-9613

Pay by January 31 Tuesday

Resident Tax 4rd [Shi-Kenmin Zei]
National Health Insurance 7th [Kokumin Kenkou Hoken]

[Inquiries] Shuu Zei Ka Tel: 0595-22-9612

Monthly Tax Payments
今月の納税

Cancer Screenings

がん健診

<<Group Cancer Screening>>

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

【Time】 March 11 Sat. 9:30am - 11:30am

【Venue】 Yumeporis Center

【Cancers for Screenings】

Stomach cancer, Colon cancer,
Uterine cancer and Breast cancer

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

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. Please make an application at a medical

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



Join the National Pension Plan when You Turn 20

20歳(はたち) になったら 国民年金

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 Kikou) will send you a notice of enrollment in the National Pension Plan, a payment slip and your pension book (Nenkin Techou), excluding those who are already enrolled in an employee pension plan (Kousei Nenkin).

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 of the insurance premiums.

【Inquiries】 Hoken-Nenkin-Ka 0595-22-9659



Applications for Public Housing will be Accepted from January

公営住宅の 申込み

■ Municipal Housing

【Application Period】 January 10 Tue - 17 Tue, 9am-5pm

*If you post your application, it must arrive by January 17 Tue.

【Location and Number of Available】

Araki Danchi	1
Kine Danchi	1
Kawai Danchi	1 (Parenting household)

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

【Lottery】 The lottery will take place on February 17 Friday 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】 Juutaku-Ka TEL 0595-22-9737



■ Prefectural housing

【Application Period】 By the end of January

【Location and Number Available】

Please check the website of Mie Prefecture or ask Tabunka-Kyousei-ka at Tel. 0595-22-9702.

【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) Must have two co-signers *Exemption conditions apply.
- 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 juutaku moushikomi sho," is available at the municipal office.

【Applications and Inquiries】 Iga Nanbu Fudousan Jigyou Kyoudoukumiai TEL 059-221-6171

Infant Health Checkups and Consultation

赤ちゃんの検診と相談



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] Kenkou Suishin-Ka Tel:0595-22-9653

18 months	January 10, 31 and February 21	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	January 12 and February 2 and 16	1pm to 2:30pm	Haitopia Iga 4F

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 Kaminoshō 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.

◆Three medical emergency facilities on duty

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.		

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

※Please contact the hospital before visiting.

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

[Tel] 0595-22-9702
[Open] Mon-Fri, 8:30-17:00
[Venue] 3184 Shijuku cho, Iga-shi
 City Hall 2F

■Iga-shi Tabunka Kyousei Center

[Tel] 0595-22-9629
[Open] Mon-Fri, and Sun(2nd & 4th) 9:00-17:00
[Venue] Haitopia Iga 4F, 500 Ueno Marunouchi, Iga-shi
[URL] <http://iga-tabunkakyouseicenter.com>



■Private Consultation

Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei-shoshi*, an administrative scrivener. Reservation required.
[Date] Feb 2 Thu
 1:30pm - 4pm

Tips for Everyday Life

生活のヒント



Preparing for Emergencies under the Corona Crisis

コロナ禍の非常時の備え

Disaster may happen tomorrow. Prepare food and daily necessities in your house so that you will not be in trouble after a sudden disaster.

- 1) Stock up on water and food. Have at least three days' rations, preferably a week's stock.
- 2) When the water is cut off, even the water in the toilets cannot be used. Be prepared with water and wet wipes for daily use.
- 3) When electricity is not available, there are no "lights" either. Since TV and smart phones cannot be used, "information" is unavailable. Be prepared with flashlights, chargers, batteries, etc.
- 4) Check the usual route to the evacuation site.



It is important to be prepared on a daily basis in case of coronavirus infection. Ensure adequate water and food, medications, masks, medically approved antigen test kits and other basic essentials. Make sure you know in advance what to do if you are infected with coronavirus, where to find a hospital, etc.

**Learning Support Class
Sasayuri Kyouitsutsu**

ささゆり 教室 

Students can find support to reinforce material learned in school in Japanese, for the 3rd 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 

It is currently on winter break.
The resumption schedule will be announced 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 Kyouitsutsu**

小学生 漢字教室 

No Class on Jan 4

Elementary school students, let's have fun learning how to write kanji and what they mean!

- 【Date】 Wed. 3:30pm - 4:30pm
- 【Venue】 Haitopia 4F Tamokutekishitsu
- 【Fee】 Free (0 yen)
- 【Tel】 070-4455-4900

The status of the classes will depend on the pandemic situation. Please check with the contacts for each class.



Hot Topics あたら し
新しい お知らせ



Medical Expenses under National Health Insurance

いりょうひ の し
医療費のお知らせ

A notice of National Health Insurance medical expenses “国民健康保険 医療費のお知らせ” will be sent to those who have received medical treatment at the Iga City National Health Insurance. Please do not lose this notice, as it can be used as a statement of medical expense deductions.



*It cannot be reissued.

If there are expenses that are not listed in this notice, you need to prepare a "Statement of Deductible Medical Expenses" based on the receipts issued by the medical institution and attach it to your tax return. Keep receipts for five years after the tax filing deadline.

- 【Issue Date】 Early February: Expenses for medical treatment from January to November 2022
- Early March: Expenses for medical treatment in December 2022

【Inquiry】 Hoken Nenkin-ka Tel:0595-22-9659

Save on Issuing Certificates with your My Number Card

しやうめいしゅばんこう どく
マイナンバーカードで証明書発行がお得

For a limited period, the regular 300yen fee will be reduced to 10 yen when a certificate is issued using your My Number Card.

<<Delivery at Convenience Stores>>

- 【Period】 January 4 Wednesday - June 30 Friday
- 【Applicable Documents】 Copy of certificate of residence and Certificate of seal registration.

<<Online Application>>

- 【Period】 January 1 Sunday - June 30 Friday
- *Documents will be issued from January 4.
- 【Applicable Documents】 Copy of certificate of residence, Certificate of seal registration, Taxation certificate, income certificate, tax payment certificate and certificate of full payment
- 【Inquiry】 Juumin-ka Tel:0595-22-9645



Rental Housing Consultation

しやんたいじやうたくさうだんかい
賃貸住宅相談会

Social Welfare Council staff, real estate clerks, and prefectural and city government officials are available to help you find housing.

- 【Date】 February 17 Friday 1pm - 4pm
- 【Venue】 City Hall 2F Room#202 and #203
- 【Eligibility】

Elderly, disabled, international residents, households raising children, and people with low income who are looking for rental housing in the city.

- 【Application Deadline】 February 14 Tuesday
- 【Application and Inquiry】 Juutaku-ka Tel:0595-22-9737



Free COVID Testing is Available

しんかた せりやうびんま の し
新型コロナウイルス無料検査のお知らせ

People who are worried about whether they have the New Coronavirus and are asymptomatic can take advantage of Mie Prefecture's free COVID screening (Mie residents only), which is currently extended until January 31, 2023. The examination is not related to the number of vaccinations.

If you'd like to be tested, please make an appointment in advance for the examination.

The Iga City website lists the free examination facilities in the city.

【Inquiry】 Mie Prefectural Health Care Department, Inspection Promotion Section Tel: 059-224-2062

Iga's Premium Shopping Coupons Expire on January 31

いかりりつ ぷ かいりゅうのびん
伊賀流プレミアム付きお買物券

Not available after January 31st. Please use them before the expiration date.
【Inquiry】 Ueno Chamber of Commerce & Industry Tel:0595-21-0527

