



The City Newsletter

IGA



Population of Iga City 86,976
 Foreign Nationals 5,623
 6.47% of Population
 End of January, 2023

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.

COVID-19 Updates 新型コロナウイルスに関するお知らせ

Omicron Strain-Compatible Vaccination by the End of March オミクロン株対応ワクチンの早期接種のお願い

If you are interested in receiving the COVID-19 vaccination, you have until March 31 to do so. After April, the number of vaccinations, cost, eligibility, and location will be reduced, which is under consideration by the government.

【Inquiries】 Vaccination Promotion Division Tel:0595-41-1550
 Exclusive Call Center for COVID-19 Vaccination Tel:0120-849-064 (Mon-Sat, 8:30am-5pm)
 Mie Pref COVID-19 Vaccine Consultation Desk Tel:059-224-3326 (24/7)



Self-Care to Protect your Health 健康を守るためのセルフケア

What to prepare: Thermometer, medications, test kits, food that lasts, consultation and testing centers information
 Daily life tips to keep in mind: Balanced diet, moderate exercise, adequate sleep, no smoking, appropriate drinking
 【Inquiries】 Kenkou-Suishin-ka Tel:0595-22-9653

The Concept of Wearing Masks after March 13 3月13日以降のマスク着用の考え方について

The government has announced that the wearing of masks will be left to the judgment of the individual after March 13, 2023, respecting the individual's independent choice.

No one should be discriminated against whether or not they wear a mask. Nor should you be forced to wear a mask from this day forward.

Basic Policy on Wearing Masks	- Leave it to the discretion of the individual - Do not require students to wear them in school
Situations Recommending the Wearing of Masks	- At medical institutions - During rush hour - When people at high risk of infection go to crowds
As a rule, Refrain from Going Out (However, if you must go out, wear a mask.)	- When COVID-19 positive, when symptoms are present - When family members are infected

Information お知らせ

The Childbirth/ Parenting Support Grant 出産・子育て応援給付金事業

The Ministry of Health, Labor and Welfare will start the Childbirth/ Parenting Support Grant. The purpose of this grant is to provide a safe and secure pregnancy, childbirth, and childrearing by integrating the enhancement of ongoing familiar counseling support and financial support for purchasing necessary items and childcare, especially during the period from pregnancy to 2 years of age, as the nuclear family is becoming more and more prevalent and community ties are becoming less and less. Iga City will also implement this program to enhance the accompanying consultation support and provide integrated financial support.

Grant Name	Eligibility	Details	Requirements
Childbirth Support Grant	A person who has reported a pregnancy	50,000 yen per pregnant woman	Those who has reported the pregnancy and a pregnancy interview in Iga City
Parenting Support Grant	A person who fosters a child born	5,000 yen per child born	Those who received the 8 month gestational age questionnaire and baby visits.

【Inquiries】 Kenkou-Suishin-ka Tel:0595-22-9653

Monthly Tax Payments
 今月の納税

Pay by March 31 Friday
National Health Insurance 9th [Kokumin Kenkou Hoken]
 【Inquiries】 Shuu Zei Ka Tel: 0595-22-9612

Garbage and Recycling ごみとリサイクルについて

◆Timetables for Recyclables/Garbage Collection will be Distributed 外国語ごみカレンダーについて

Timetables for recycling/garbage collection will be distributed. The timetable for collection varies from the district. If you have registered in the city, you will receive the timetable by mail. Also, you can access "the app for trash separation in Iga City" on your smartphone to find the timetable for collection or the rules for sorting of recyclables.



If you do not get the timetable, please access the City Hall or the following.

[Inquiries] Sakura Recycle Center Tel: 0595-20-9272

<Aoyama District> Aoyama Branch Tel: 0595-52-1112 / Iga Nanbu Kankyou Eisei Kumiai Tel:0595-53-1120

◆Designated garbage bags will be changed to those with handles. 指定ごみ袋の形が変わります

The designated garbage bags are equipped with handles so that they are easy to hold and the mouth of the bag can be tightly wrapped.

[Price] Unchanged for all sizes

[Sales start] April Schedule. Depends on availability at retailers.

*Aoyama area is excluded.

* Previous garbage bags can be used from April onward.

*The previous bag cannot be exchanged for a new one with a handle.



◆Please Remember the Basic Rules! ごみの基本ルール

- * The "time" to dispose of garbage is between 7:00 and 8:00am on the days set in the calendar. Do not put out your garbage the night before.
- * "Burnable garbage" must be disposed of in garbage bags designated by Iga City. You can purchase them at supermarkets and convenience stores for 350 yen for 10 bags.
- * Wash and dispose "Plastic containers/ Packaging". Do not mix dirty items. If it gets dirty, it cannot be used effectively as a resource.
- * For PET (plastic) bottles, please remove the label. Caps and labels are "Plastic containers/ Packaging". Please rinse plastic bottles before disposing of them.
- * Small home appliances that contain lithium-ion batteries, etc, should be placed in "KOGATA KADEN BOX (the small home appliance box) located at SHIMIN center in each district.



In order for everyone to live comfortably and to maintain our beautiful city, thank you for your cooperation!

Paperwork for Yellow-plate Vehicles and Mopeds 軽自動車・原動機付自転車 などの手続き

◆Complete necessary paperwork within the month of March

Annual yellow-plate vehicle tax is charged to the person who is registered as the owner of the vehicle as of April 1st. Due to this, even if you take your car off the road or transfer ownership to someone else after April 2nd, you will be the owner registered as responsible for paying the vehicle's tax for that fiscal year.

Many people therefore rush to complete paperwork to take their car off the road or change ownership at the end of March every year. If you need to complete such paperwork, make sure you do so early with plenty of time to have it processed before the new fiscal year starts. This is also the case for white-plate vehicles, so please leave plenty of time to complete this paperwork, too.

Also, if you have asked to a car dealership to complete this paperwork on your behalf (both the vehicle and the number plate), be sure to check once again with the dealership that the paperwork has been completed.

[What you need to complete the paperwork]

- Taking a car off the road: *Inkan*, number plate, number plate issuing certificate (*hyoshiki koufu shomeisho*)

- Changing ownership: *Inkan* of both the previous and new owner, number plate issuing certificate

* You will need to bring personal ID to complete all paperwork.

* The type of paperwork and documents required to complete said paperwork differ depending on the type of vehicle, so be sure to check what exactly you need in advance.

[Inquiries regarding three and four-wheeled vehicles]

Yellow-plate Vehicle Inspection Association Mie (*Keijidousha kensa kyokai Mie*) Tel: 050-3816-1779

[Inquiries regarding small, two-wheeled vehicles]

Chubu Transportation Dept. Mie Office Tel: 050-5540-2055

[Inquiries regarding mopeds, special small vehicles and farming vehicles]

Tax Department Tel: 0595-22-9613 FAX 0595-22-9618

◆To be exempt from a light vehicle tax, it is required to apply every year

This is for those who have a Physical Disability Certificate or a Nursing Certificate. Regarding "Family Driving", the purpose was limited to going hospital, school or elsewhere, but from this year, it will be expanded to general social activities to support the social activities of people with disabilities or else.

◆The tax rate for light vehicles

It varies depending on the type. Check the city website for details.

<https://www.city.iga.lg.jp/category/10-10-8-0-0.html>



Infant Health Checkups and Consultation

あか げんしん そうだん
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	March 14	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	March 9 and 23	1pm to 2:30pm	Haitopia Iga 4F

Medical Emergencies & Assistance

きゅうきゅういりょう
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】 General treatment 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.		

March						
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	

※Please contact the hospital before visiting.

Advice & Consulting

そうなんまどぐち
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】 Apr 6 Thu
1:30pm - 4pm

Tips for Everyday Life

せいかつ
生活のヒント



March 3 is Hinamatsuri (Doll Festival)

がつ 3日
3月3日はひなまつり


We celebrate Hinamatsuri to wish for the growth and health of girls. Boys' celebration is called Tango-no-Sekku, which falls on May 5. Hinamatsuri is also called "Momo no Sekku" (Peach Festival), because peaches bloom at this time of the year, and peaches have the meaning of repelling evil spirits. Hina Dolls are displayed and the standard menu (hishimochi, hina arare, amazake, clam soup, chirashizushi, etc.) is eaten. The seven-tiered Hina Dolls represent the wedding ceremony of the Emperor and Empress in the Heian period (794-1185).

The first tier represents the Emperor and the Empress.
The second tier, three female maids "San-nin Kanjijo" are taking care of the princess and have specific roles.
The five musicians "Go-nin-bayashi" on the third tier are those who play musical instruments at the wedding.
The two men at the fourth tier are bodyguards, called "Udaijin" (right minister) and "Sadaijin" (left minister).
The sixth and seventh tiers are the princess's bridal accessories, and the three men on the fifth tier are responsible for carrying them. Since the princess will be the Empress, she will carry a large number of wedding implements.



In Iga City, we have an annual event called "Ohina-san in Iga-Ueno, Castle Town. You can see Hina Dolls displayed in stores and enjoy special Hinamatsuri menus. Enjoy the atmosphere of Hinamatsuri while strolling around the town. (The year 2023 ends on March 6.)

**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 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 Kyousitsu**

小学生 漢字教室 

No Class on Mar 22 and 29

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 新しい し お知らせ

How Formal for Graduation and Matriculation Ceremonies?

そつぎょうしき 卒業式と にゅうがくしき 入学式の ふくそう 服装

In Japan, graduation and entrance ceremonies take place in March and April. These are formal, celebratory occasions and there are certain rules of etiquette when attending as a parent or guardian.

- For the ceremonies, be sure to turn your phone off or put it in silent mode before the ceremony begins.
- Do not wear clothing that is too flashy.



The ceremony is for the children, so the parents should not show off.

Children should wear uniforms, or if they don't have uniforms, suits that are not too fancy.

Regardless of gender, it is common for guardians to wear dark-colored suits (e.g., black, gray, navy blue, etc.) It is a good idea to dress as formally as possible. Avoiding excessive jewelry is also recommended and wearing only necessary rings (e.g. wedding rings) is seen as the most fashionable.



Attending these milestone ceremonies and warmly witnessing the growth of children will be one of the most wonderful memories!

Make the most of your Medication Record "Okusuri Techou"

おくすり手帳 の活用 かつよう

The city is in the process of establishing a system in which doctors, dentists, pharmacists, visiting nurses, care managers, home rehabilitation, social welfare, and other professionals, as well as patients and their families, work in a circle to manage medications for patients at home.



- ◆Keep a record of medications, allergies, and side effects of medications in one integrated "Okusuri Techou" and carry it with you at all times.
- ◆The "Okusuri Techou" contains not only a record of medications, but also professional advice. This can be shared among medical, welfare, and nursing care professionals to provide better support. When visiting a hospital, clinic, or pharmacy, please present your "Okusuri Techou".
- ◆Medical care, welfare, and nursing care must work together to establish a system to manage medications for patients at home. Doctors, dentists, pharmacists, visiting nurses, care managers, and nursing care offices will share your information with the information cards created by professional organizations via your "Okusuri Techou".

The Original Cover of Iga City for "Okusuri Techou" is also available. It has an illustration of a ninja or Basho on it and many pockets which is very convenient. Please try to get it.

【Inquiries】 Iryou-Fukushi-Seisaku Ka Tel: 0595-22-9705

Painting Class: Let's Paint Cherry Blossoms

さくらを描こう

- 【Date】 April 1 Saturday 10 a.m. - noon *Reception starts at 9:30 a.m. *Rain or shine
- 【Venue】 Iwakurakyou Park (Nisi-takakura 6358-1)
- 【Eligibility】 Elementary school students and under
- 【Instructor】 Matsunaga Shin, Maeda Kazuko
- 【Bring】 Colors(Enogu), brushes, drawing board, bucket and picnic sheet
- 【Capacity】 First 25
- 【Deadline】 March 24 Friday 5:15 p.m.
- 【Application】 Call the following for an appointment and provide your name, address, and phone number
- 【Inquiries】 Toshi-keikaku-ka Tel:0595-41-0290

