



The City Newsletter

IGA



Population of Iga City	86,790
Foreign Nationals	5,640
6.50% of Population	
End of February, 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.

### Calendar during Golden Week ゴールデンウィーク営業のお知らせ

#### Oukyuu Shinryosho (Emergency Room) Tel:0595-22-9990

【Hours】 ♦May 3, 4, 5 and 7: 9am-noon, 2pm-5pm, 8pm-11pm  
♦May 6: 8pm-11pm

- Reception will close 30 minutes before. - Flu and COVID19 tests are not available



#### Dental Clinics on Duty 【Hours】 9am- 5pm

♦May 3: Ooya Shika lin Tel:0595-23-4184

Midorigaoka Honmachi 4175

♦May 4: Okada Shika lin Tel: 0595-21-0015

Ueno Nouninmachi 385-1

♦May 5: Okamura Shika Tel: 0595-22-2555

Saimyouji 697-1

- Make a phone call in advance.

- For consultations other than those listed above, call the Emergency Medical Information Center. Tel: 059-229-1199



#### Emergency Hospitals on Duty

【Hours】 8:45am-8:45am of the following day  
Okanami: 9am -8:45am of the following day

♦May 3: Okanami

♦May 4: Nabari

♦May 5: Ueno Shimin

♦May 6: Nabari

♦May 7: Okanami and Nabari

【Inquiries】 Iryou Fukushima Seisaku-ka

Tel: 0595-22-9705

【The consulates】 Most consulates will close for several days over the holidays. Check your consulates for details.

【The City Hall or government offices】 The City Hall or government offices will close on holidays.

【Banks and post offices】 The banks and post offices will close on holidays.

【Garbage Collection】 Garbage is collected according to your district's calendar.

### Information

お知らせ

#### Iga-shi Tabunka Kyousei Center Schedule

伊賀市多文化共生センターの利用

Welcome to the Iga-shi Tabunka Kyousei Center on the 4th floor of the Haitopia Iga Building.

【Hours】 Monday to Friday 9am - 5pm, the 2<sup>nd</sup> and 4<sup>th</sup> Sunday 9am - Noon

【Address】 500 Ueno Marunouchi, Iga-shi 【Phone】 0595-22-9629

\* English-speaking advisor is available on Mondays and Tuesdays.

\* Check the website for the Sunday schedule. URL: [http:// iga-tabunkakyouseicenter.com/](http://iga-tabunkakyouseicenter.com/)

【Inquiries】 Tabunka-Kyousei-Ka Tel:0595-22-9702



#### Iga-shi Tabunka Kyousei Suishin Plan

伊賀市多文化共生推進プラン



Iga-shi Tabunka  
Kyousei Suishin  
Plan Phase1  
Japanese ver.  
only

The "Iga City's Promotion Plan for Intercultural Cohesion -Phase 1-" has been established. We aim to make Iga City a place where all residents, both international and Japanese, can feel comfortable by working together to build a community. It is a plan to achieve an intercultural society through mutual understanding and cooperation among various people, organizations, and businesses. More opportunities will be created for international residents to play an active role, and all of you are invited to help with this.

#### The Coming of Age Ceremony, "SEIJIN-SHIKI"

せいじんしき 成人式のお知らせ

"Seijin-shiki" is one of the most important Japanese ceremonies to affirm adult responsibilities and obligations. People of the relevant age will receive an invitation. People of the relevant age will receive an invitation. Those who do not receive an invitation, such as those who live outside the city, must present their ID at the reception desk on the day of the ceremony.

【Eligibility】 Those born between April 2, 2004 and April 1, 2005

【Date】 May 4, Thursday, Holiday, 1pm (Reception 12:30pm) 【Venue】 Iga-shi Bunka Kaikan (Saimyouji3240)

【Inquiries】 Shogai Gakushu-Ka Tel:0595-22-9679\* Please check the update on the ceremony on the city website.



Monthly Tax  
Payments  
今月の納税

Pay by May 1 Monday  
Fixed Assets the 1<sup>st</sup> [Kotei-Shisan Zei]

【Inquiries】 Shuu Zei Ka Tel: 0595-22-9612

## Brain Checkup(Nou Dock) / Brief Checkup(Kan'i Ningen Dock)

のうどく・かんいにんげん  
脳ドック・簡易人間ドック



These are available to all those enrolled in the Iga City National Health Insurance program.  
**【How to Apply】** (1) On a postcard with a 63 yen stamp, write that you would like to get “Nou dock” or “kan'i ningen dock” checkup along with your address, name, date of birth and phone number. One postcard per person.  
 (2) You can also access and apply online using the QR code found in the city's PR magazine.

**【Deadline】** May 1 Monday

※Lottery will be held if capacity is exceeded.

※If members of your household are behind with national health insurance payments, it will not be possible for anyone in that household to use the service.

**【Inquiries】** Hoken-nenkin Ka Tel:0595-22-9659

	Brain Checkup (Nou Dock)	Brief Checkup (Kan-i Ningen Dock)
Eligibility	Enrolled in national health insurance, born between 2 June 1948 and 1 June 1983	Enrolled in national health insurance, born between 2 June 1948 and 1 June 1993
Period	Between 1 Jun 2023 and 29 Feb 2024	Between 1 Jun and 30 Nov 2023
Details	Body measurements, blood pressure, blood test, urine test, liver test, kidneys test, body fat, blood sugar, uric acid, electrocardiogram, MRI, MRA etc	Body measurements, chest examination, blood pressure, blood test, urine test, stool test, liver test, kidneys test, body fat, blood sugar, uric acid, electrocardiogram, chest, abdominal x-ray
Locations	Okanami Hospital, Ueno Shimin Hospital, Kanamaru Nou Sekitsui Geka Clinic	Designated medical institutions in the city
Cost	9,500yen (Out of 37,100yen)	8,700yen (Out of 35,800yen)

## Notification of Immunizations for FY2023

よぼうせつしゅ  
予防接種のお知らせ

Vaccinations	Eligible Age	Doses	Notes
Rota	1(Rotaix) 6-24 wks 5(Rotatec) 6-32 wks	2 3	Take 2 <sup>nd</sup> dose 4 wks after 1 <sup>st</sup> dose Take 3 doses, 4 wks after the previous dose
Hibbs Streptococcus Pneumoniae	2 mths - 5 yrs 2 mths - 5 yrs	1-4 1-4	Number of doses may change based on when immunisation begins. Speak to the doctor for confirmation.
Hepatitis B	Under 12 mths	3	Take 2 <sup>nd</sup> dose 4 wks after 1 <sup>st</sup> dose, take 3 <sup>rd</sup> dose 20 wks after 1 <sup>st</sup> dose.
Combined Shot -Diphtheria -WhoopingCough -Tetanus -Polio	1 <sup>st</sup> dose in first stage Additional dose in first stage	2 mths - 7.5 yrs 12-18 mths after 1 <sup>st</sup> dose until 7.5 yrs of age	3 1
BCG	Under 12 mths	1	Take between 5 - 8 mths after birth.
Measles Rubella (MR)	First stage Second stage	1 - 2 yrs of age Born between April 2 2017 and April 1 2018	1 1
Varicella	1 - 3 yrs of age	2	2 shots spread over 6 mths after first birthday.
Japanese Encephalitis	1 <sup>st</sup> dose first stage Additional dose in first stage Second stage	3 - 7.5 yrs Take 1yr after first dose before 7.5yrs of age. 9 - 13 yrs of age	2 1 1
	*Those born between April 2, 1995~ April 1, 2007 who have not completed the stages 1&2 can receive any outstanding shots by 20yrs of age.		
DT	Between 11 - 13 yrs of age	1	Take as soon after 11 <sup>th</sup> birthday as possible.
Cervical Cancer	Girls aged 12 ( 6 <sup>th</sup> grade) to 16 yrs old *Girls born between April 2, 1997 and April 1, 2007	2 or 3	In addition to bivalent(2) and quadrivalent(4) vaccines, routine vaccination with the 9-valent vaccine will be available from April 2023. (In principle, the same vaccine is administered)
	*They are not being actively vaccinated according to government policy and can receive a catch-up vaccination. Please see the city's website for more information.		

※Make a reservation for your vaccination in advance. ※Immunizations are free of charge only at eligible ages.

**Mumps Vaccination** is also subsidized. Eligible ages: 1 to under 4 years old / Subsidy limit: 2,500 yen x 1 time

※It is recommended to be vaccinated before the age of 3 years old, the age at which the disease is most likely to occur.

## ■Pneumococcal Vaccination for the Elderly 高齢者肺炎球菌の予防接種

こうれいしやはいえんきゅうきん よぼうせつしゅ

Those who turn 65 this year are eligible for pneumococcal vaccination. The cost of the vaccination is 3,000 yen. After receiving the notice, please make an appointment directly with the respective medical institution.

**【Inquires】** Kenko Suishin-Ka Tel:0595-22-9653



## 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	April 11, 25 and May 23	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	April 20 and May 11	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.

April						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Except pediatrics						1 Nabari
2 Okanami/Nabari	3 Okanami	4 Nabari	5 Okanami	6 Nabari	7 Ueno	8 Ueno
9 Okanami	10 Okanami	11 Ueno	12 Okanami	13 Nabari	14 Ueno	15 Nabari
16 Okanami/Nabari	17 Okanami	18 Nabari	19 Okanami	20 Nabari	21 Ueno	22 Ueno
23 Okanami	24 Okanami	25 Ueno	26 Okanami	27 Nabari	28 Ueno	29 Ueno
30 Okanami/Nabari	※ Please contact the hospital before visiting.					

## Advice & Consulting

そうだんまどぐち  
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, 8:30am-5pm

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

### ■Iga-shi Tabunka Kyousei Center

【Tel】 0595-22-9629

【Open】 Mon-Fri 9am - 5pm

Sun(2<sup>nd</sup> & 4<sup>th</sup>) 9am - Noon

【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】 May 11 Thu  
1:30pm - 4pm

## Tips for Everyday Life

せいかつ  
生活のヒント

### Don't Bring Meat into Japan!

にく もちこみきんし  
肉の持ち込み禁止

Animal quarantine information for travelers to Japan.

Several people have been arrested on suspicion of illegally importing livestock products using international parcels. (March 1, 2022)

Those who illegally bring in livestock products are subject to imprisonment for up to three years or a fine of up to 3 million yen (up to 50 million yen for corporations).

Violators would be punishable with imprisonment or fine.

▶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.

【Inquiries】

Chubu Airport Branch Office, Animal Quarantine Service, Ministry of Agriculture, Forestry and Fisheries

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





### Learning Support Class Sasayuri Kyousitsu

ささゆり 教室

No Class on April 1 and 29

Students can find support to reinforce material learned in school in Japanese, for the 3<sup>rd</sup> to the 9<sup>th</sup> 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

For those who want to study Japanese, a detailed schedule will be posted 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 April 5.

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 新しい お知らせ

### Financial Support for Taxi etc Services for the Severely Disabled

じゅうどしやう しやこうつうり じよせい  
重度障がい者交通費の助成

Financial support is available for the transport costs of the severely disabled in order to ensure that they can fully contribute to society and also have easy access to hospital. This is available for either taxi fares, gasoline costs or for moped usage costs.

【Eligibility】 Anyone with one of the following certificates:shintai shougaisha techou 1kyuu, 2kyuu; ryouiku techou A1, A2; seishinshougaisha hoken fukushi techou 1kyuu.

【How to apply】 Bring the disability certificate and visitor's ID to the following or the city hall branch offices.

【Applications or Inquiries】 Shougai-fukushi Ka TEL0595-22-9656



### Reading Day for Children

こども読書の日

April 23 is a day to deepen children's interest in and understanding of reading activities and to motivate children to read actively and independently.

During the "Reading week for Children" between April 23 and May 12, why don't you enjoy reading with children?

【Inquiries】 Shogai-gakushu Ka  
Tel:0595-22-9679

### Mask Policy after March 13

がつ にちいこう ちゃくよう かんが かつ  
3月13日以降のマスク着用の考え方

The use of masks is now left to the discretion of the individual. Even so, in the following cases, it is recommended to use a mask.

- When visiting a medical institution
- When in the presence of people at high risk of infection or the elderly
- When using crowded traffic

Please continue to take basic infection prevention measures such as ventilating indoor areas. Also, be proactive about vaccinations.



### Financial Support for School-goers

じやうがくえんじよせいど  
就学援助制度

Iga City can provide some financial support to those who have difficulties with school-related costs such as school meal fees, school materials.

If you wish to access this support, you must apply every year. The support is only offered on an annual basis, so if you receive the support this year, you do not automatically receive it again next year.

\* Support will not be available where it coincides with support available under welfare support.

【Eligibility】 Guardians of students enrolled in a municipal elementary or junior high school.

\*Income thresholds apply.

【Apply to】 The school your child is enrolled in

【Payments】 3 times a year (Jul, Dec and Mar)

【Inquiries】 Gakkou-kyouiku Ka

Tel: 0595-22-9648 or each elementary schools and junior high schools



### Prefectural Housing Applications

けんえいじゅうたく ぼしやう  
県営住宅の募集

【Application Period】 4 times a fiscal year

- April: by the end of April
- July: by the end of July
- October: by the end of October
- January: by the end of January of the following year

【Application】 You can receive an application form from the prefectural office in Iga (Mie-Ken chousha 6F), and fill in it and post it by each deadline.

- 【Eligibility】
1. Be in difficulty with your living conditions.
  2. Have family members living with you, or plan to do so
  3. Have a salary within the standard range designated by the Municipal Residence Law.
  4. Must have no outstanding bills in rent, car parking etc if you already live in the prefectural housing.
  5. Not be behind in any tax payments
  6. You must have two guarantors
  7. You and cohabitant are not a member of Boryokudan.

【Inquiries】 Iga Nanbu Fudousan Jigyuu Kyoudou Kumiai  
Tel: 059-221-6171

