



The City Newsletter

IGA



Population of Iga City	86,453
Foreign Nationals	5,680
6.57% of Population	
End of April 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.

Childcare Support in Iga City 伊賀市の子育て支援

◆ **School lunch fee has been free since April** 給食費無償化

Iga City has made school lunches free of charge for municipal elementary and junior high schools in order to promote dietary education starting in April 2023. Please use the money to enrich your family's diet. We especially ask that you create an environment that makes it easy for children to have breakfast.

【Inquiries】Gakkou-Kyouiku-ka ☎0595-22-9648



◆ **IGA-Smile School Lunch** いがスマイル給食

Once or twice a month at municipal elementary and junior high schools, school lunches are provided using vegetables, rice, beef, pork, and other ingredients grown in Iga City.

【Inquiries】Norinshinko-ka ☎0595-22-9713



◆ **Expansion of medical subsidy eligibility** 医療費助成対象者を拡大

Income restrictions on subsidies for children's medical expenses will be removed from September 2023. Payment of medical expenses at the counter will be free of charge up to junior high school students.

【Inquiries】HokenNenkin-ka ☎0595-22-9660

◆ **Expanding the subsidy system for infertility treatment expenses** 不妊治療費助成制度を拡大

Medical subsidies were expanded to couples in legal and de facto marriages undergoing infertility treatment. Iga City subsidizes a portion of the cost of "advanced medical treatment" that is not covered by insurance and is performed in conjunction with insured assisted reproductive medical treatment in order to reduce the financial burden on couples undergoing infertility treatment. In addition, Iga City subsidizes a portion of the medical expenses (co-payment) for infertility treatment started on or after April 1, 2023.

【Inquiries】KenkoSuishin-ka ☎0595-22-9653



Financial Assistance for children and schoolers 子ども・学生への支援

◆ **Scholarships in Iga City** 伊賀市奨学金

【Application period for following funds】 June 12 Mon – June 30 Fri

* **Iga City Scholarship Fund**

The program is open to students who meet all of the following conditions

- 【Eligibility】
- 1) Both the applicant and the parent/guardian have an address in Iga city.
 - 2) Students who are enrolled in high school, vocational school, university, etc.
 - 3) Those who do not have any household members who are required to pay the inhabitant tax rate on their income for the 2023 fiscal year

【Allowance】 72,000 yen a year (high school, technical college, univ. college) / 84,000 yen a year (private universities)

* **Iga Sasayuri Scholarship Fund**

This was established with the aim of awarding the scholarship funds to outstanding students who have a clear sense of ambition and are in need to financial assistance. You must fulfill all four of the conditions below.

- 【Eligibility】
- 1) Have your address in Iga, unless you live outside of Iga in order to commute to school
 - 2) First year of university or junior college or fourth year of Koutou Semmon Gakkou
 - 3) Have graduated from a junior high school or senior high school in Iga
 - 4) A member of a household with a combined annual income of less than 7,800,000 yen.

【Allowance】 240,000 yen a year

【Availability】 2 students

* **Iga City Douwa Shougakuin**

【Eligibility】 Students who identified as being related to the Dowa district

【Allowance】 96,000 yen a year (High school, Technical college etc.)
120,000 yen a year (National Univ.)
144,000 yen a year (Private Univ.)

★ Please check our website for more details.

【Inquiries】 Kyouiku-Soumu Ka ☎ 0595-22-9644



Monthly Tax Payments
今月の納税

Pay by June 30 (Fri) "Municipal & Prefectural Tax the 1st" [Shi-Kenmin Zei]

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

International Exchange Festa 2023 will be held on Oct 1st!

国際交流フェスタ 2023開催予定!

This year, we plan to have a event with food stall exhibitors being wanted.

More details will be announced through information papers, the IIFA website, flyers, etc., as soon as they are decided at the Executive Committee meeting.

【Inquiries】Iga International friendship Association ☎070-4455-4900



Medical Check-ups Information 健診のお知らせ

Cancer Screenings, Medical Check-ups for Youth (First round) がん検診・若年者健診

Cancer screenings and medical checkups are offered twice a year. Please check the dates and times of the screening or checkup which you would like before making an appointment. These are only available to those who meet the requirements below and are residents in Iga. It is not possible to take the same screening twice in the same fiscal year. Also, if you have any symptoms, please go and see your medical practitioner directly.



【For Appointment】Kenkou Suishin-ka ☎0595-22-9653 (8:30am – 5:15pm on weekdays)

Screening	Eligible Age	Copayment		Details	
		Under 74	Above 75		
Stomach Cancer	Born on or before April 1, 2004	1800yen	800yen	X-ray of your abdominal region will be taken after you drink barium. DO NOT EAT OR DRINK AFTER 10PM THE DAY BEFORE. You are not eligible if you are pregnant or have previously had abdominal surgery.	
Colon Cancer	Born on or before April 1, 2004	800yen	500yen	You will be given a container in advance. Please collect stool samples over two days. Not eligible to women during their period.	
Prostate Cancer	Males born on or before April 1, 1974	800yen	500yen	Blood test	
Cervical Cancer	Females born on or before April 1, 2004	1400yen	500yen	Tissue swab of the cervix and examination. Not eligible to women during their period. If you have had surgery on your womb before, please consult your doctor. ※Free for those born between April 2, 2002 and April 1, 1983	
Breast Cancer * Free at 40 years old	Mammography	Females born on and before April 1, 1994	1600yen	800yen	An explanation of how to perform self examination and an x-ray (mammography). Not eligible to pregnant or breast feeding women.
	Ultrasound(Echo)	Females born between April 2, 1984 and April 1, 1994	1600yen		An explanation of how to perform self examination and an echo examination. If you are pregnant or breastfeeding, the result may be "follow-up". ※Free for those born between April 2, 1982 and April 1, 1983
Youth Checkup	Born between April 1, 1984 and April 1, 2004	3400yen		Measurements of height, urine sample, blood pressure, blood test, ECG, medical examination etc. Please come on an empty stomach for the sake of the blood test.	

Individual Cancer Screenings 個別がん検診

You can also have cancer screenings through your regular hospital or clinic individually. Contact the clinic at which you would like to have your screening directly in advance to make an appointment.

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

Cancers	Stomach Cancer		Colon Cancer	Prostate Cancer	Cervical Cancer		Breast Cancer	
	gastrofiberscope	Intragastric X-ray			Uterine Cervix	Uterine Corpus		
Eligibility	above 40		above 40	Males above 50	Females above 20 * Uterine Corpus requires physician approval		Females above 40	
You pay	Under 74	4500 yen	3800 yen	1200 yen	1000 yen	1600 yen	2400 yen	2500yen
	Above 75	2500 yen	2000 yen	800 yen	600 yen	700 yen	1200 yen	1200 yen
Free on welfare								
Period	Jul 1 - Feb 29, 2024 (During clinic hours)							

Special Health Check-ups 特定健康診査

Details for special health check-ups during this fiscal year will be as follows. Those eligible will receive their voucher and health questionnaire at the end of June.

	Special Health Check-Ups	Check-Ups for the Elderly
Eligibility	40~74 (Born between September 1, 1948 and March 31, 1984), Enrolled in Iga National Health Insurance	75 and above Enrolled in elderly health insurance (kouki koureisha iryou seido) and by August 31 will become a policy holder (above 65 with a recognized disability)
Details	Oral examination, measurement of height, weight, waist etc, blood pressure, urine test, blood test (fat, kidney function, liver function, metabolism, uric acid etc) *No waist measurements taken for the elderly. In-depth testing (where deemed necessary by a doctor based on predetermined standards), eye examinations	
Time Period	July 1- November 30 (During clinic hours)	
Location	Designated clinic in Iga or any clinic in Mie cooperating with the scheme	Any clinic in Mie cooperating with the scheme
You pay	0 yen	
Please bring	Voucher, health insurance certificate, health questionnaire	
Inquiries	Hoken Nenkin-Ka Tel:0595-22-9659	Mieken Kouki Koureisha Iryou Kouiki Rengou Tel: 059-221-6884

Health and Medical Information

医療・健康の情報

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 ☎0595-22-9653



18 months	June 13, July 4 and 25	1pm to 2:30pm	Haitopia Iga 4F
3 years (3 and half years)	June 1,22, July 13	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*) / ☎0595-22-9990

【Clinical Department】 Internal Medicine and pediatrics

【Address】 Iga-shi kaminosho 1700-1

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*) / ☎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) / ☎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 ☎0595-24-1111	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Nabari Hospital ☎0595-61-1100	Mon to Fri:	Sat, Sun and Holidays	
	5pm - 8:45am	8:45am- 8:45am	
Okanami Hospital ☎0595-21-3135	Mon	Wed	Sun, Holidays
	5pm- 9am	5pm- 8:45am	9am-8:45am
	※Be sure to call before you visit the hospital..		

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

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

☎0595-22-9702

【Open】 Mon-Fri, 8:30-17:00

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

■Iga-shi Tabunka Kyousei Center

☎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>



Website



Facebook

■Private Consultation

Regarding the Visas, international marriage, nationalization and etc, you can consult *Gyousei-shoshi*, an administrative scrivener.

Reservation required. 【Date】 July 6, Thu 1:30pm - 4pm



Tips for Everyday Life 生活のヒント

Disaster Prevention

ふうすいがい そな 風水害に備えよう

- ★Keep food and drinks for one week and daily necessities in an emergency bag.
- ★Check the hazard map for hazardous points in your area.
- ★Participate in local disaster drills on a regular basis.
- ★Upon registering your area, Chubu Electric Power Company's application will inform you of power outages.

【Inquiries】 Bosaikik-iTaisakukyoku ☎0595-22-9640



アップストア



グーグルプレイ



**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

Who wants to speak Japanese, come and join us! Also you can prepare for Nihongo Kentei test here.

【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

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

* Not open on June 21

The availability of the classes will change depending on COVID-19. Please check with the contacts for each class.

Hot Topics 新しいお知らせ

Events at Iga City Multicultural Center



多文化共生センターのイベント

	★Play Experience of the World	★Let's learn Hiragana and Katakana	★Vietnamese Language Salon
Date	Sunday, June 25	Sunday, July 9	Sunday, July 23
	9:30~11:30 (Reception from 9:00 a.m)	9:30~11:30 (Reception from 9:00 a.m)	10:00~11:00 (Reception from 9:30 a.m)
Venue	Haitopia Iga 4F, Tamokutekishitu		
Contents	*Play in various countries ◇ Free of charge ◇ Please bring your own beverage.	*self-introduction *Hiragana and Katakana Introduction *Games with Hiragana and Katakana ◇ Free of charge ◇ Please bring your own beverage.	*Exchange of information and interaction among parents *Refresh yourself by having fun and chatting in Vietnamese with children. ◇ Free of charge
Eligibility	Elementary school students living in Iga city	Children of Highest grade in kindergarten and 1 st grade in Elementary school, and their parents	Families with children a pregnant woman and her family
Application Period	June 7~June 20	June 5~July 3	June26~July 14
Capacity	First 20 applicants	First 15 pairs	10 families

【Application and inquiries】

★【Application】Please send your name, address and phone number to the following e-mail or fax
Tabunkayousei-ka ☎0595-22-9702 fax:0595-22-9641 ✉tabunka@city.iga.lg.jp



More procedures available for online application オンライン申請できる手続きが増えました

In addition to applications for issuance of various certificates that can be processed online, 19 administrative procedures have been added.

【How to apply】

You can apply online with your smartphone and your My Number card. After downloading the grapher application from the application form on the city website, enter your application details, scan your My Number Card, and submit your application details.

【Inquiries】 Dejitaru Jichi Suishinkyoku ☎0595-22-9622



Please confirm your municipal tax. 市・県民税をご確認ください。

【Date of Tax Notice Dispatch】 June 12 Monday

You can easily make your payments at any banks, convenience stores or Apps on your smartphone.

【Deadline for Payment】 The end of June, August, October and January (4 times annually)

【Inquiries】 Kazei-ka ☎0595-22-9613

