



The City Newsletter

IGA



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Articles published in this newsletter are taken from the monthly "Koho Iga"

Population of Iga City: 84,022 Foreign Nationals: 6,173 ( 7.35 % of population)

End of April 2025

## Information お知らせ

## Notice on City, Prefectural, and Forest Environment Taxes 2025 市・県民税・森林環境税

Tax notices will be issued on Friday June 13<sup>th</sup> 2025. Regarding Prefectural, and Forest Environmental Taxes  
 Payment methods: payments can be made at financial institutions, convenience stores, or through smartphone apps.  
**Payment Schedule (Ordinary Collection):** Tax payment due 4x a year: June, August, October, and January.  
 \*If the deadline falls on a weekend or national holidays, it will be extended to the next business day.  
 If you have taxes deducted from your company's tax account, a notice will be sent to your company.

【Inquiries】Taxation Division ☎0595-22-9613

課税課

## Support learning opportunities "Would you like to take advantage of a Scholarship"

## Iga City's Scholarship Program 市の奨学金を利用しませんか

\*Iga City Scholarship 伊賀市奨学金 a place for everyone to shine.

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

- 【Eligibility】1) Both the student and guardian must live within the city  
 (Excluding those who have changed their address due to studying abroad).  
 2) Students enrolled in high school, vocational school, university, etc.  
 3) Person under 30 years old as of April 1<sup>st</sup>, 2025  
 4) The total amount of the guardian's resident tax income tax for the fiscal year 2025 is 10,000yen or less.
- 【Allowance】72,000 yen a year (High School, Vocational school, etc.)  
 (10,000yen/year is added as an admission scholarship for the 1<sup>st</sup> year)  
 84,000 yen a year (university, Junior college, or equivalent vocational school, etc.)

\*Iga City Sasayuri Scholarship ささゆり奨学給

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

- 【Eligibility】1) Person who have their address within the city.  
 (Excluding cases where the address has changed due to study abroad)  
 2) First year of university or junior college or 4th year student at a technical college.  
 3) Have graduated from a junior high school or senior high school in Iga City.  
 4) A member of a household with a combined annual income of less than 7,800,000 yen of year 2024.

【Allowance】240,000 yen a year 【Number of recipients】2

【Selection Method】1<sup>st</sup>: Document screening 2<sup>nd</sup>: Interview, etc. 【How to apply】send it by mail or hand it in person  
 【Application period】June 13<sup>th</sup> (Friday) to June 30<sup>th</sup> (Monday)

【Inquiries】Education and General Affairs Division ☎ 0595-22-9644

教育総務課



## Be careful of heat stroke!! 熱中症に気をつけましょう

When temperatures and humidity are high, the balance of water and salt in the body is disrupted. Be regulated to avoid heat stroke. Heat stroke can occur not only outside but also inside the home.

Symptoms: Dizziness, tingling in the hands and feet, headache, nausea, etc., impaired consciousness, seizures, etc. ※In the worst case, death can result.

【Preventive measures to avoid heat stroke】

- 1) Take care of your health, eat a well-balanced diet, and get enough rest. 2) Stay hydrated.  
 3) Use a hat and umbrella when going out. 4) Use a fan or air conditioner indoors to maintain a comfortable room temperature. 5) Please note that children should not be left in the car when the temperature is high.

**What to do in case of heatstroke:** Please move to a cool place quickly, loosen your clothes to cool down your body and replenish water and salt. If you are unable to drink on your own go to a medical institution immediately. If a person loses consciousness, such as not responding to a call, do not hesitate to call 119.

【Inquiries】Iga Fire Station Management Division ☎ 0595-24-9120

伊賀消防署管理課



## This month's tax

こんげつ ぜいきん  
今月の税金Pay by June 30th (Mon) "Municipal & Prefectural Tax the 1<sup>st</sup>" [Shi-Kenmin Zei]

"Forest environmental tax" [Shinrin Kankyo-zei] 【Inquiries】Shuu Zei Ka

しゅうぜいか  
収税課

☎ 0595-22-9612

## Cancer Screenings, Medical Check-ups at the designated hospital(Individual) 個別がん検診

Please call the hospital to make an appointment, for a list of hospitals where you can receive the checkup.  
For more Information see the JUNE edition of IGA NEWSLETTER page12.

	Stomach Cancer		Colon Cancer	Prostate Cancer	Cervical Cancer		Breast Cancer
	Gastro fiberscope	Intragastric X-ray			Uterine Cervix	Uterine Corpus	
Eligible person	above 40		above 40	Males above 50	Females above 20		Females above 40
payment	Under 74	4500 yen	3800 yen	1200 yen	1000 yen	1600 yen	2400 yen
	Above 75	2500 yen	2000 yen	800 yen	600 yen	700 yen	1200 yen
Period	Jul 1 <sup>st</sup> to Feb 28, 2026 (During clinic hours)						

## Group cancer screening 集団がん検診

### 【How to apply】

- ◆ Make a reservation using square code. Reservations can be made from June 2<sup>nd</sup>.
  - ◆ Make a reservation by phone. Reservation can be made from June 9<sup>th</sup>.
- (The application date varies depending on the date of the examination.) ☎0595-22-9653(weekdays 8:30am to 5:15pm)

【Eligible participants】 who are registered as residents of Iga City on the day of the checkup.

You cannot take the same type of medical examination in the same fiscal year. Medical examinations are held on July to September. For more Information see the JUNE edition of IGA NEWS LETTER page.13 or call.

Screening	Details	Eligible Age	payment	
			Under 74	Above75
Stomach Cancer	X-ray of your abdominal part will be taken after you drink barium.	20 years old above	1800yen	800yen
Colon Cancer	Please collect stool samples over two days	20 years old above	800yen	500yen
Prostate Cancer	Blood test	Male 50 years old above	800yen	500yen
Cervical Cancer	Tissue swab of the cervix for examination will be performed and visual examination	Female 20 years old above	1400yen	500yen
Breast Cancer	Mammography (X-ray)	Female 30 years old above	1600yen	800yen
	A mammogram will be performed			
	Ultrasound (Echo)	Female between 30 to 39 years old	1600yen	
Medical checkup for young adults	A breast ultrasound will be performed			
	Physical examination blood test, ECG, etc.	Between 20 to 39 years old	3400yen	

## Women's Health Checkups 女性のための検診

\* Childcare is available. (You can leave your children with us during the checkup.)

【How to apply】 Make a reservation using the square code. 【Date】 September 10<sup>th</sup> (Wednesday)

【Place】 Haitopia Iga, 4<sup>th</sup> floor 【Checkup contents】 colon cancer, uterine cancer, breast cancer, (ultrasound)

【Inquiries】Health promotion Division ☎0595-22-9653 健康推進課

Square code→

## National Health Insurance Specific Health Checkups and Health Checkups for the Elderly

こくみんけんこうほけんとくいていけんしん 国民健康保険特定健診  
こうきこうれいしゃけんしん 後期高齢者健診

Eligible participants will receive a medical examination voucher and questionnaire at the end of June.  
There is no charge(0yen)



	Special Health Check-Ups	Check-Ups for the Elderly
Eligible person	Those aged 40~74years old who covered by National Health Insurance	75years old and above who are covered by Medical Care System for the Elderly
Date	July 1st- November 30th (During clinic hours)	
Place	Designated clinic or hospital in Mie prefecture	
Content	Interview, physical examination, blood pressure, urine test, blood test, ECG. Etc. (if necessary Fundus examination (gan-tei kensa))	
Please bring	Voucher, health insurance certificate (my number card include health insurance), health questionnaire	
Inquiries	Hoken Nenkin-Ka ☎0595-22-9659 保険年金課	Mieken Kouki Koureissha Iryou Kouiki Rengou ☎059-221-6884 三重県後期高齢者医療広域連合

Children who have health checkups (health examinations) and Consultations will receive a letter from the city hall with information.

こ けんしん けんこうしんだん そうだん  
子の検診 (健康診断) と相談

Health Checkup/ Child Development Support Division ☎ 0595-41-1556 こどもの育ち支援課

Infant and Child Consultation/Childcare Support Room ☎ 0595-22-9665 乳幼児相談/子育て支援室



18 months old checkups	June 26th, July 10th and July 31st	1:00pm to 2:30pm	【Things to bring】 Maternal and Child Health Handbook and medical questionnaire, etc.
3 years old checkups (3 and half years)	June 10th, July 8th	4 <sup>th</sup> floor Haitopia	
Counseling for infants and toddlers	June 2 <sup>nd</sup> , 6 <sup>th</sup> , 18 <sup>th</sup> , July 4 <sup>th</sup> , 7 <sup>th</sup> , 16 <sup>th</sup>	We can provide advice on physical fitness, nutrition, and childcare. ※for locations details, Please see the Iga City News letter	

◆Iga-shi Emergency Clinic (Oukyu Shinryojo)

☎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

☎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

☎#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 international languages

◆24 Hours Iga-shi Emergency Call

(24 Iga-shi Kyuukyuu Kenkou Soudan Dial)

☎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. (0yen)

◆Emergency Hospital	Schedule (All closing hour are the following day)		
Ueno shimin byouin ☎ 0595-24-1111	Monday to Friday	Saturday, Sundays and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am y	
Nabari shi byoin ☎ 0595-61-1100	Monday to Friday	Saturday, Sunday and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am	
Okanami sougou byoin ☎ 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 (children's hospital)>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Okanami・Nabari	2 Okanami	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	※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 (0yen).

(Please note \*It may depend to the content, we may not 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

Tel. no ☎ (0595-22-9702) for reservation

【Date】 July 3rd (Thursday) 1:30pm to 4:00pm

【Place】 Iga Shi Tabunka Kyousei Center

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

☎0595-23-0912

080-3590-7612

伊賀の伝丸

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 calligraphy like you studied in school

【Participant】 grade 1 to grade 4 Please apply

【Date】 Wednesday 3:30pm to 4:30pm

【Place】 Haitopia 4th floor

【Fee】 200yen/per class

【Tel】 International Friendship Association

☎070-4455-4900

国際交流協会



Here's a Quiz for everyone! 皆さんにクイズです!

**<Question>** Are there a map at Iga City Hall that shows where disasters are likely to occur?

- A. There are maps available to purchase B. There are free maps. C. There is no such convenient map.



In June, use a hazard map to check the dangers around your home, Hazard maps tell you where is dangerous in the event of a disaster such as earthquake or flood. You can look at Iga City Hall or online. Check the hazard map to find evacuation shelters and safe routers. It is important to talk with your family and decide what to do before a disaster occurs.

【Inquiries】 Disaster Prevention and Crisis management Bureau ☎ 0595-22-9640 防災危機対策局 The answer is **B**, There are free maps.

Information お知らせ

Oversize Garbage Individual Collection Service 粗大ごみを捨てる時

For all citizens living in Iga City, we pick up gross garbage such as furniture, bedding, home appliances, heaters, bicycles, and other items that are ready to be disposed of at your home at a designated location (in front of your house, etc.) (fee-based service). You will need a 200yen ticket for each piece of bulky garbage collected, up to 5 pieces at a time.

※ Base on the Home Appliance Recycling Law, Air conditioners, televisions, refrigerators, freezers, washing machines, and dryers are not eligible for pickup.

【How to apply】

- Call the Gross Garbage Reception Center to apply.
  - Purchase a gross garbage disposal coupon at one of the city's designated gross garbage disposal coupon outlets (for outlets, please refer to the Iga City Garbage Separation Application or the city's official website; there are no refunds for unused gross garbage disposal coupons, so be sure to check the number of pieces of gross garbage to be disposed of before purchasing).
- Put the coupon on your garbage and throw it out at the designated place by 9:00 a.m.

(8:30 a.m. for those under the control of the Aoyama Branch Office) on the day of your appointment.

【Inquiries & Application】

〈Within the boundaries of the Ueno, Iga, Shimagahara, Ayama, and Oyamada Branch Offices〉

Iga Northern Bulky Waste Reception Center ☎0595-20-1255 伊賀北部粗大ごみ受付センター

〈Within the Aoyama Branch Office〉

Iga southern Bulky Waste Reception Center ☎0595-64-8700 伊賀南部粗大ごみ受付センター

【Acceptable time】 8:30am to 5:00pm(except holidays, Saturdays and Sundays・Dec.29th to Jan.23rd)



Consultation Services at the Children's Family Center

こども 家庭センター なんでも相談ダイヤルが 始まります。



(will be launching a hotline for any enquiries starting June 1st!)

- ◇ Eligible Person: ・ Pregnant people ・ People who have given birth ・ Families with children aged 0 to 18 ・ Children themselves
- ◇ Contact Information: ・ Children's Family Center Consultation Line: ☎0595-41-0932
- ・ Operating Hours: Weekdays, 9:00am to 5:00pm
- ◇ Additional Contacts: ・ Child Care Support Division: ☎0595-22-9609 こどもの育ち支援課

Medical Expense Assistance Program for Children in Iga City

こどもの医療費 助成は 18歳まで 受けることができました。

As of September 2025, the "Welfare medical Expense Assistance Program" in Iga City has been expended to cover children up to the age of 18. This program provides financial assistance for medical expenses incurred at hospitals and clinics. It is available to individuals with disabilities, children, and single-parent households, among others. The assistance covers a portion of the medical costs that are not reimbursed by health insurance.

【Eligibility】

- **Children:** Starting from September 2025, children up to the age of 18 are eligible for assistance.(until the first March after turning 18).
- **Single-Parent Households:** Single parents will automatically receive a new eligibility certificate by the end of June. No application needed.
- **Individuals with Disabilities:** Those with disabilities who wish to switch to the children's assistance program must apply.

【Benefits】

- **Free Medical Care:** For children aged 0 to 18, medical expenses covered by health insurance are fully reimbursed at participating hospitals and clinics in Mie Prefecture.
- **No Application Needed for Some:** Single-parent households will receive a new eligibility certificate without the need to apply.

【How to Apply】

- **For Children:** New eligible individuals will receive an information packet by the end of June. Please follow the instructions to apply.
- **For Individuals with Disabilities:** Those wishing to switch to the children's program must submit an application.

【Contact Information】

- **For more details:** Please visit the Iga City official website or contact the Health and Pension Division ☎ 0595-22-9660 保険年金課