



The City Newsletter

IGA



Published & Edited by: Iga-shi Kokusai KoryuKyokai (☎ 070-4455-4900) ・Iga-shi Tabunka Kyousei-ka (☎ 0595-22-9702)
Articles published in this newsletter are taken from the monthly "Koho Iga". The information can be viewed on the website.

Population of Iga City: 83,451 Foreign Nationals: 6,333 (7.59% of the population) End of November 2025



Happy New year



Information お知らせ



Let's celebrate the Lunar New Year together!

きゅうしょうがつ いっしょ いわ
旧正月を一緒に祝おう!

There will be stages featuring music and dances from Vietnam, the Philippines, and China. The venue will be decorated like the Lunar New Year. There will be games suited for the Lunar New Year. Let's all celebrate the Lunar New Year together!

【Date】 February 8, (Sunday) from 12:00 PM to 3:00 PM (doors open at 11:30 AM)

【Fee】 Free (0 yen)

【Location】 Haitopia Iga, 5th Floor Large Training Room (Address: 500 Ueno Marunouchi, Iga City)

【Parking】 are not free (fee required) ※You can park for free at Tousei no Oka Kindergarten (Address: 177-1 Ueno Marunouchi, Iga City). It's about a 9-minute walk.

【Inquiries】 Iga City International Friendship Association, Phone: 070-4455-4900 伊賀市国際交流協会

"Lunar New Year's simple present!
(For 200 people / first come, first served)"

Let's file your tax return~Easy and convenient filing on your smartphone!

ぜい しんこく かんたん べんり すまほ しんこく
税の申告をしましょう〜簡単・便利な『スマホ』で申告〜

You can file your taxes at home using your My Number Card and a smartphone or computer.

Income tax, consumption tax for sole proprietors, gift tax, joint filing venue for municipal and prefectural taxes

【Date & Time】 From February 16 (Monday) to March 16 (Monday)

※Closed on Saturdays, Sundays, and public holidays From 9:00 AM to 5:00 PM (Reception until 4:00 PM)

【Location】 Multipurpose Room, Iga City Gymnasium Management Building (Address: 920 Midorigaoka Higashi-machi, Iga City) No free shuttle bus service available.

【Information】 An "admission ticket" is required to enter the venue. Tickets can be obtained via the LINE app starting 14 days before the day you want to attend. Tickets can also be obtained at the venue on the same day. If there are many people, you may have to go on a different day.

【Who needs to file】

- ① People who run their own business, have real estate income, or sold land or a house
- ② People with two or more jobs and additional income.
- ③ People with dependents not included in year-end tax adjustment
- ④ People who want to claim medical expense deductions (money paid to the hospital)
- ⑤ People who bought a house with a mortgage loan (first-time filers) etc.

【What to bring for filing】

- ① My Number Card (If you do not have one, bring your notification card along with a driver's license, passport, or residence card)
- ② Smartphone (If you have one, please bring it. You will use your own smartphone and My Number Card to file.)
- ③ Tax returns or notice postcards from the tax office (if received)
- ④ Documents showing income for Reiwa 7 (such as withholding slips or income/expenditure statements)
- ⑤ Certificates required to claim deductions (receipts or certificates for National Health Insurance tax or long-term care insurance, deduction certificates for National Pension premiums, life insurance, earthquake insurance, medical expense deduction statement [prepared in advance], remittances, Housing loans, etc.)
- ⑥ Bank passbook (for those filing to receive income tax refunds; must be in your name)
- ⑦ Pen or other writing instruments



【Inquiries】 Income tax, consumption tax, etc. / Ueno Tax Office 上野税務署 Phone: 0595-21-0950

City and prefectural resident tax / Taxation Division 課税課 Phone: 0595-22-9613

Taxes this
month.

・National health Insurance Tax (7th period) Kokomin Kenkou Hoken・City and Prefectural Tax and Forest Environment Tax (4th Period)
Please pay before the deadline on February 2nd (Monday)【Inquiry】 Tax Collection Division 収税課 Tel.0595-22-9612

Group Cancer Screening

しゅうだんがんはしけん
集団がん検診



【Date and Time】 March 7, (Saturday) from 9:30 AM to 11:30 AM

【Location】 Yumepolis Center

【Contents】 Stomach cancer, Colon cancer,
Cervical cancer, Breast cancer

【For Reservation】 Please use the code or by phone.

【Phone】 0595-22-9653 (Weekdays from 8:30 AM to 5:15 PM)

【Who Can Participate】

- People who are registered residents of Iga City on the day of the screening
 - People who fall within the eligible age range
- (※Those who have already received the same screening this fiscal year cannot participate.)



Contents	Eligible people	Out of pocket money	
		Up to 74 years old	75 years old and above
Stomach cancer	20 years old and above	1,800yen	800yen
Colon cancer	20 years old and above	800yen	500yen
Cervical cancer	20 years old and above, women	1,400yen	500yen
Breast cancer (mammography)	30 years old and above, women	1,600yen	800yen

【Inquiries】 Health Promotion Division 健康推進課 Phone: 0595-22-9653

Cancer Screening at the Hospital

【Date】 Until February 28, (Saturday)

【Contents】 Stomach cancer, colorectal cancer, prostate cancer, cervical cancer, breast cancer
Please make a reservation by calling the hospital.

Please enroll in the National Pension System when you turn 20

さい 20歳になったら国民年金に入ってください
こくみんねんきん はい

"The National Pension" is a system that supports everyone's livelihood when they grow old or are unable to work due to illness. It includes the 'Old-age Pension' for when you get older, the 'Disability Pension' received if illness or an accident leaves you disabled, and the 'Survivors' Pension' received by the family left behind when a member passes away. People who turn 20 receive a notification from the Japan Pension Service asking them to enroll in the National Pension. Please complete the procedure. This notice does not reach those who are already working and enrolled in the Employees' Pension Insurance. Those coming from overseas just before turning 20 should complete the procedures to join the National Pension.

If you cannot pay the National Pension premiums and fall under the categories below, please apply:

- ◆ If you are a student and your income (salary) is below a certain amount, your premium payments can be deferred.
- ◆ If your family's income from last year was below a certain amount, your premiums may be fully or partially exempted.
- ◆ If you are under 50 years old, and both you and your spouse's income from last year was below a certain amount, your premium payments can be deferred.

Premiums can be discounted if paid in advance. If you wish to pay in advance via bank account transfer (automatic withdrawal), please apply.

【Inquiries】 Insurance and Pension Division, 保険年金課 Phone: 0595-22-9659

Tsu Pension Office, National Pension Division, 津年金事務所 国民年金課 Phone: 059-228-9112



Be careful of heat shock! ひーとしよっく きをつけて！ ヒートショックに気を付けて！

【What is Heat Shock】

When the temperature changes suddenly, blood pressure can rise or fall sharply. This can cause health problems such as fainting or heart conditions. Heat shock is often triggered by sudden temperature changes, such as moving from a warm room to a cold place or going outside after taking a bath.

【People Who Should Be Especially Careful】

Elderly people, people with high blood pressure, those with diabetes, or lipid disorders.

【Ways to Prevent Heat Shock】

◀◆ **Bath**▶ Warm the bathroom before taking a bath. Keep the water temperature below 41°C.

Limit bath time to around 10 minutes. Avoid standing up quickly in the bath.

Do not bathe right after meals or after drinking alcohol.

◀◆ **Toilet**▶ Warm the toilet seat or use a cover. When you go to the bathroom at night, make sure to keep yourself warm.

◀◆ **Prevent Dehydration (to avoid losing water in the body)** ▶ Drink water frequently even in cold weather.

◀◆ **Lifestyle Habits**▶ Do light exercise. Eat a healthy diet. Maintain a regular daily routine.

【Inquiries】 Iga Fire Department Management Division, 伊賀消防署管理課 Tel: 0595-24-9120



Children who have health checkups 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
子どもの健診(健康診断)と相談



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

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

18months old checkups	Jan. 29 th ・ Feb.19 th	1:00pm to 2:30pm	【Things to bring】 Maternal and Child Health Handbook and medical questionnaire, etc.
3 years old checkups (3 and half year old)	Jan. 13 th ・ Feb.3 rd ・ 24 th	4 th floor Haitopia	
Counseling for infants and toddlers	Jan. 5 th ・ 9 th ・ 21 st ・ Feb.2 nd ・ 6 th ・ 18 th	We can provide advice on physical fitness, nutrition, and childcare. ※for locations details, Please see the Iga City Newsletter page 26	

◆Iga-shi Emergency Clinic (Oukyu Shinryojo)

い が し おうきゅうしんりょうじょう
Tel: 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 kaminoshio 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

み え け ん きゅうきゅういりょうじょうほう せ ん た ー
Tel: 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

こ いりょうだ い や る
Tel: #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 languages



◆24 Hours Iga-shi Emergency Call

(Iga-shi Kyuukyuu Kenkou Soudan Dial24)

い が し きゅうきゅう けんこうそうだん だ い や る
Tel: 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 Tel: 0595-24-1111	Monday to Friday	Saturday, Sundays and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am	
Nabari shiritsu byoin Tel: 0595-61-1100	Monday to Friday	Saturday, Sunday and Holidays	
	5:00pm to 8:45am	8:45am to 8:45am	
Okanami sougou byoin Tel: 0595-21-3135	Monday	Wednesday	Sunday, Holidays
	5:00pm to 9:00am	5:00pm to 8:45am	9:00am to 8:45am

Secondary emergency hospitals in January

<<There is no Pediatrics department (Shounikal)>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
※We do not accept emergency cases when we are not on duty.				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	31 Nabari

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

☎ (0595-22-9702) for reservation

【Date】 February 5 (Thursday) 1:30pm to 4:00pm
【Place】 Iga Shi Tabunka Kyousei Center

Japanese learning information べんきょう あんない
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

January 3rd is a holiday.

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 い が つ た ま る
【Tel.】 Iga no Tsutamaru 伊賀の伝丸

☎0595-23-0912 ・ 080-3590-7612

Japanese Language Class
Iga Nihongo-Kai

い が に ほ ん ご か い
伊賀 日本語の会

It's winter vacation.

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

かんじ きょうしつ
漢字 教室

January 7th is a holiday

You can learn how to write calligraphy like you studied in school. Please apply!

【Participant】 grade 1 to grade 4
【Date】 Wednesday, 3:30pm to 4:30pm
【Place】 Haitopia 4th floor
【Fee】 200yen/per month
【Tel.】 International Friendship Association

☎070-4455-4900 国際交流協会



"Here's a Quiz for everyone!"

みな 皆さまに クイズです！

<Question>

How often should you check the food and water in your emergency supplies?

- A. Every month
- B. Every year
- C. Once every 10 years



January is the start of a new year—an ideal time to check and update your emergency supplies for peace of mind. Review the expiration dates on food and water (the period during which they remain safe and tasty to consume) and replace anything that's expired. Key supplies include non-perishable food, water, flashlights, batteries, and medicine. Be sure to check each year to ensure everything is still in good condition. Store your supplies near the entrance or bedroom so they're easy to grab in an emergency. Go through your supplies with your family to ensure everyone is prepared for any disaster.

[Inquiries] Disaster Prevention and Crisis management Bureau 防災危機対策局 Tel: 0595-22-9640

The answer is **"B". Every year.**

Information お知らせ

"Prepare your water pipes for winter!"

すいどうかん ふゆ じゅんび
水道管の冬の準備をしましょう！



When the temperature drops below minus 4°C, the water inside the pipes may freeze.

To prevent the water pipes from freezing: Wrap the exposed water pipes and faucets with insulation material, old towels, or cloth. Then cover them with a plastic bag or similar material to keep the insulation from getting wet. Secure everything with tape. If the water pipes freeze and no water comes out:

Place a towel over the frozen pipes and slowly pour warm water over it. Be careful not to use hot water suddenly, as this can damage the pipes or faucets. If the water pipes or faucets are damaged:

Turn off the water shutoff valve, which is usually located near the meter. If you can't find the valve, wrap the broken area with cloth or tape and contact the designated repair company in your area to request repairs.

Note: If you will be away from home for a long period during cold weather, make sure to turn off the water shutoff valve.

[Inquiries] For plumbing repairs / Waterworks Division - 水道工務課 Phone: 0595-24-0002

For meter reading, opening/closing valves (procedures for starting/stopping water use), billing, etc. / Waterworks

Customer Center - 上下水道お客様センター Phone: 0595-24-0013

For water service applications, leaks, cloudy water, water meter replacement, etc. / Waterworks Customer Center -

上下水道お客様センター Phone: 0595-24-3969

"We are looking for tenants for public housing!" 公営住宅の入居者を募集します！

<Municipal Housing>

- Kine Housing Complex: 1 unit (general/ single-person household)
- ※Single-person household: 60 years and older, disabled, recipients of public assistance(Seikatsu hogo), etc.
- Kawai Housing Complex: 1 unit (household with children)
- Shimogawara Housing Complex: 1 unit (household with children) ※Household with children: Families living with and raising children from 0 years old until the end of compulsory education (elementary and junior high school).

[Who Can Apply] There are certain eligibility requirements. Please refer to the Iga City website for detailed conditions.

[How to Apply] Fill out the application form available at the Housing Division or branch offices (not available at Ueno) and submit it by mail or bring it in person.

[Application Period] January 5 (Monday) to January 16 (Friday) from 9:00 AM to 5:00 PM

※Closed on Saturdays, Sundays, and public holidays. ※If sending by mail, it must arrive by January 16.(Friday)

[Public Lottery] Date: February 20, (Friday) at 9:30 AM Location: Iga City Hall, 3rd Floor, Meeting Room 301

※If you are not present at the lottery, your application will be disqualified.

[Inquiries] Housing Division 住宅課 Tel: 0595-22-9737

<Prefectural Housing>

[For available housing applications]

Please check the Mie Prefecture website and other related sources for more information.

[Eligibility] There are certain conditions. Please confirm the details.

[Application deadline] January 31.

[Lottery date] Early February.

[How to apply] Write on the application form available at the Mie Prefecture Iga Construction Office (6th floor, Mie Prefecture Iga Government Building), and send it by mail.

[Application / Inquiries] Iga Southern Real Estate Cooperative Association, Prefectural Housing Management

Department, Tsu Office 伊賀南部不動産事業協同組合 県営住宅管理部 津事務所 Tel: 059-221-6171

