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## Japanese language class in Kameyama will start! ( かめやま にほんごきょうしつ 亀山日本語教室 じゅこうしゃぼしゅう 受講者募集 )

**Inquiry : Bunka-ka (TEL: 0595-96-1224)**

We will hold Japanese class for foreigners. There are three classes levels (Beginner, Intermediate, Advanced)

■Date and Time: From April to March, Every Saturdays, 7:00 p.m.- 8:30 p.m.

※First Class will be April 6<sup>th</sup> (Sat) 2024, we will give the annual schedule calendar on the day.

■Place : *Seishōnen Kenshu Center* 2F (Kameyamashi, Hawakachō 7-10)

■Eligible: Foreigners who want to learn Japanese (if you are under 15 years old, please come with a guardian.)

■Fee: ¥5,000 (No refunds if disaster or absent.) ※We will collect the fee on the first class.

■How to apply: Kameyama City Hall (No.11) or Bunka-ka (Seki branch 1F)



## Childbirth Class at *AIAI* ( にんぶきょうしつ 妊婦教室 )

**Inquiry : Kodomo Mirai-ka (AIAI TEL : 0595-98-5003)**

[ Date and time ] : March 11th (Mon) 9: 30 a.m.-11: 30 a.m.

[ Place ] : *AIAI*, 1st floor Group instruction room "(*Shūdan shidō shitsu*)"

[ Contents ] : Talk about the life after childbirth, communication among participants

[ Eligible ] : A pregnant woman and the partner who lives in Kameyama City

[ Capacity ] : 10 people (first-come-first-served)

[ Participation fee ] : Free

[ Need to bring ] : *Boshi Kenkō Techō* (Mother-Child Health Handbook)

[ Start Date for application ] : February, 20<sup>th</sup> (Tue)

[ How to apply ] : *AIAI* in person or by phone ※There is a quick questions about the status when you apply



## Breastfeeding consultation by midwife ( じょさんし 助産師による じゅにゅうそうだん 授乳相談 )

**Inquiry : Kodomo Mirai-ka (AIAI TEL : 0595-98-5003)**

A midwife will provide consultation regarding breastfeeding such as "I am worried about breastfeeding only", "I want to ask how to wean (next step of breastfeeding)" or "I want to know how to care for breasts during pregnancy".

• Date and time: March 19th (Tue), (1) 9:30~ (2) 10:00~, (3) 10:30~, (4) 11:00~

※One of times above and Consultation time is about 20 minutes per group

• Place: *AIAI*, 1st floor "*Shūdan shidō shitsu*" (Group instruction room)

• Eligible: Pregnant or maternity women who live in the city.

• Participation fee: Free










• Capacity: 4 groups (first come, first served)

• Date for Application: March 6th 2024 (Wed)

• Need to bring: Mother-Child health handbook

• How to apply: Apply to *Kodomo Mirai-ka (AIAI)* directly or phone



|  |   |   |   |   |  |   |   |   |
|--|---|---|---|---|--|---|---|---|
| <b>Population of Kameyama City</b> 49,262  |   | <b>Population of foreign citizens</b> 2,412 (Ratio 4.90%)                           |   | <b>As of February 1st, 2024</b>   |  |   |   |   |
|  |  |  |  |  |  |  |  |  |
| Brazilian: 700   | Vietnamese: 525   | Indonesian: 249   | Filipino: 205   | Chinese: 181  | Peruvian: 92   | Bolivian: 73  | Sri Lanka: 68   | Others: 319   |

## Have you applied for the subsidy of health check up yet? (けんしん ひょう じよせいきんしんせい す 健診などの費用の助成金申請はお済みですか?)

### **Inquiry: *Kodomo Mirai-ka* (AIAI TEL: 0595-98-5003)**

Apply for The subsidy of health check up etc., by the application dead line.

※Please contact us if you go to the clinic and pay on March 30th or 31st 2024.

※Keep in mind that no application will be accepted after the deadline.

- ・ Application period : March 29th (Fri) 2024
- ・ Eligible person: Prenatal health checkup costs, maternal health checkup costs, newborn hearing screening test costs, Kameyama City Infertility Treatment Expenses Subsidy (Stork Support)
- ・ Subsidy period: April 1st, 2023 (Sat) to March 31st, 2024 (Sun)

\*Not applicable if tested through insurance medical treatment

\*Please contact *Kodomo Mirai-ka* (AIAI) for details on how to apply.

## Have you applied for the subsidy of vaccination yet? (よぼうせつしゅ ひょう じよせいきん しんせい す 予防接種費用の助成金の申請は済みましたか)

### **Inquiry: *Kenkō Seisaku-ka* (AIAI TEL: 0595-84-3316) *Kodomo Mirai-ka* (AIAI TEL: 0595-98-5003)**

You can apply for the subsidy of vaccination by the application deadline.

Application Deadline: March 29th, 2024 (Fri)

※Keep in mind that no application will be accepted after the deadline.

※If you have any questions, please feel free to contact *Kenkō Seisaku-ka* (AIAI)

### **The fee that you can apply for subsidy:**

When you are vaccinated outside Kameyama, April 1st, 2023 (Sat) to March, 29th, 2024 (Fri) (except periodic vaccination)

**Eligible vaccine:** Influenza, Pneumococcus for adults, Herpes zoster, Chickenpox, Mumps, Measles and Rubella, DPT

## Have Measles and Rubella (MR) Vaccine (ましん・ふうしん(MR) の よぼうせつしゅ う 予防接種を受けましょう)

### **Inquiry: *Kodomo mirai-ka* (AIAI TEL: 0595-98-5003)**

Measles and Rubella are a highly contagious disease. Please get vaccinated if you are eligible as below.

Eligible children of FY 2023

- ・ First time: 1 year old (Before become 2 years old)
- ・ Second time: Children who were born from April 2nd, 2017 to April 1st, 2018

※Deadline for vaccination : March 31st ,2024 (Sun)

●How to apply: Please make an appointment at each medical institution in Mie Prefecture.

※If you get vaccinated outside Mie Prefecture, consult with *Kodomo Mirai-ka*(AIAI).

●**Vaccination fee:** Free

●**What to bring:** *Boshi Kenkō Techō* (Mother-Child Health Handbook),  
*Yoshinhyō* (Pre-examination sheet), Health insurance card, *Zairyū* card (Residence card)

※If you don't have *Yoshinhyō*, visit *Kodomo Mirai-ka* (AIAI) with *Boshi Kenkō Techō*.

※For more details, see the personal notification or the guidelines, "*Akachan Suku Suku*".

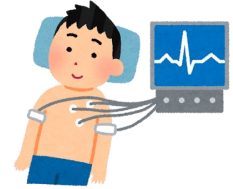


**Those who got the result "Detailed examination required" in the 2023 health checkup should get detailed examination.** (2023年度の検診で「要精密検査」と判定された人は詳しい検査を受けましょう)

**Inquiry: Kenkō Seisaku-ka (AIAI TEL: 0595-84-3316)**

After getting Health check, it is important to maintain your good health with proper actions.

If the result of Health check says "Detailed examination required", get detailed examination to find out the reasons.



**Investigation of Setting up the residential fire alarm** (じゅうたくようかさいけいほうき せっち とう ちょうさ) (住宅用火災警報器の設置等について調査をします)

**Inquiry: Shōbō Honbu Yobō-ka (TEL: 0595-82-9492)**

Kameyama City Fire department headquarters will investigate your residential fire alarm until the end of March.

How to investigate: Fire department staff member will visit your place or make a call in person.

They will ask you some questions about it. Thank you very much for your kind cooperation.

【A main survey】 : If you have set it up or not, the location, the inspection status, the elapsed years



**Mie Consultation Center for foreign residents** (がいこくじん) (みえ外国人サポートセンター)

There is a Support Center for foreigners who live in Mie prefecture.

If you have any problems, consult with MieCo (Mie Consultation Center for Foreign Residents) (TEL: 080-3300-8077).

Also we have some consultation days for you with lawyer, Nagoya Regional Immigration Services Bureau, Psychotherapist, as well as consultation of daily life.

※Make a reservation call more than 5 days before if you like to have an interpreter.

You can have a consultation in person or by phone for free.

• Available days and time: From Monday to Friday, from 9:00a.m. to 5:00p.m.  
(Except Saturdays, Sundays, National Holidays, Year-end and New Year Holidays)

• Available languages: Japanese, English, Portuguese, Spanish, Filipino, Chinese, Korean, Vietnamese, Nepalese, Indonesian and Thai

Feel free to contact MieCo for more details.



## Tax due date in March (3月の納税)

Please pay the following taxes and premiums.  
Deadline: April 1 (Mon)2024



- The 9 th payment: *Kokumin Kenkō Hoken-zei* (National Health Insurance Tax)
- The 9 th payment: *Kōkikōreisha Iryōhoken-ryō* (Latter-stage Elderly Healthcare Insurance Premium)

※We recommend direct debit for payment of tax, etc. which is convenient and reliable.

## Emergency medical care in March

(3月の夜間・時間外・休日の 応急診療)

**The doctor on duty for the day may be changed.**

**Please confirm by phone before going to the doctor's office.**

※Regarding the emergency case, call Mie Pref. *Kyūkyū Iryō Jōhō center* (TEL: 059-229-1199) or Kameyama City office (TEL: 0595-82-1111)

※Make sure to bring your health insurance certificate, medical care certificate (such as infant medical care), medical consultation fee and medicine notebook (or actual medicine being taken).

※In case of child's emergency, call "Mie Child Medical Care Dial."

TEL: #8000 or 059-232-9955, from 19:30 to 8:00 (next morning) (Only Japanese)



| Night-Time (Except Sundays and Holidays)                                    |                                |            |              | Sundays and Holidays  |                                      |             |              |
|---|--------------------------------|------------|--------------|---|--------------------------------------|-------------|--------------|
| Consultation hours: 19:30 to 22:00, Reception hours: 19:00 to 21:30         |                                |            |              | Consultation hours: 13:00 to 19:30, Reception hours: by 19:00 |                                      |             |              |
| Date (March)  | Medical Institution            | Address    | Phone (0595) | Date (March)  | Name of Medical Institution          | Address     | Phone (0595) |
| 1, 2, 4, 6, 7, 8, 9, 11, 13, 14, 15, 16, 18, 21, 22, 23, 25, 27, 28, 29, 30 | Kameyama Shiritsu Iryō Center  | Kameda-chō | 83-0990      | 3 Sun   | Sakae Seikei Geka                    | Sakae-machi | 97-3335      |
| 10 Sun  |                                |            |              | Kameyama Shiritsu Iryō Center                                 | Kameda-chō                           | 83-0990     |              |
| 17 Sun  |                                |            |              | Mitsui Jibi Inkōka  | Sakae-machi                          | 82-4133     |              |
| 20 Holi   |                                |            |              | Seki Clinic   | Seki-chō Shinjo                      | 96-2220     |              |
| 5, 12, 19, 26   | Mie Kokyū Enge Rihabiri Clinic | Airisu-chō | 84-3536      | 24 Sun  | Kobayashi Naika/Kokyūki Naika Clinic | Kameda-chō  | 83-2121      |
| 31 Sun  |                                |            |              | Kawaguchi Seikei Geka   | Nomura 4 chōme                       | 82-8721     |              |

Issued by: Kameyama City *Shiminbunka-bu Bunka-ka*

*Jinken Diversity group* (TEL: 0595-96-1224)

If you have any questions, call the above phone number.

Portuguese and English interpreters are available at the City office.

New information from the city  
(Kameyama City website)



問い合わせ先：亀山市 市民文化部 文化課 人権・ダイバーシティグループ(電話0595-96-1224)