



Due to COVID-19, some events may be cancelled or postponed.  
 Please contact to the section in charge for more details.  
 Call *Machizukuri Kyōdō-ka* (TEL:0595-84-5008) for interpreter.

### Temporary special benefit for Resident tax exempt households, ¥100,000

じゅうみんぜい ひかぜいせたい など たい りんじとくべつ きゅうふきん まんえん  
 (住民税 非課税世帯等に 対する 臨時特別給付金 10万円)

Inquiry: *AIAI* (Toll free dial for Temporary special benefit) :TEL: 0800-200-1857

Kameyama city provide Temporary special benefit, ¥100,000 for the following

(1) and (2) households.

#### 【(1) Resident tax exempt households】

Households which live in Kameyama city as of December 10th, 2021, and all members in the same household are exempt from resident tax in 2021.

City office will send the information to you, so submit application immediately when you will get it.

#### 【(2) Sudden income reduced households】

Households that the income has reduced due to COVID-19 after January 2021.

You need to apply by yourself since City office does not send the information.

Ask *AIAI* by phone if you think you may be eligible.

• Application deadline: April 28th (Thu), 2022.

**【Information envelope from the city】**



### Temporary special benefit for Child-rearing households in FY2021, ¥100,000

ねんど こそだ せたい りんじとくべつ きゅうふきん まんえん  
 (2021年度の 子育て世帯への 臨時特別給付金 10万円)

Inquiry: *Shimin-ka* (TEL: 0595-84-5005)

The benefits (¥100,000) have been transferred to the parent who is receiving a child allowance from the city for the children living together.

The parent who is not receiving a child allowance from the city and has children such as high school students (born in April 2nd, 2003 to April 1st, 2006) need to apply for the temporary special benefit.

If those children born between April 2nd, 2003 and April 1st, 2006, and are married, their parent can not receive this benefit.

How to fill the application form is posted on the Kameyama city website.

If you have any questions, ask *Shimin-ka* by phone.

• Application deadline: March 31st (Thu), 2022.



Population of Kameyama City 49,453 Population of foreign citizens 1,981 (Ratio 4.0%)

As of February 1st, 2022



Brazilian: 659



Vietnamese: 428



Chinese: 187



Filipino: 160



Indonesian: 119



Peruvian: 75



Korean: 72



Bolivian: 72



Other: 209

2022 year, Information of Sports health classes (スポーツ健康教室のご案内)

けんこうきょうしつ あんない



These are information of Sports health classes which will start from April.

■ Nishino Kōen Taiikukan (Nishino Park Gymnasium) (TEL: 0595-82-1144)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Tennis lesson (Adults)	Tue	10	A.M.	18 years old and over	25	¥ 5,500
Tennis lesson (Step-up)	Thu	10	A.M.	18 years old and over	8	¥ 6,000
Tennis lesson night class (Adults)	Thu	10	Night	18 years old and over	8	¥ 10,000
Tennis lesson for Kids	Thu	10	P.M.	6 years old to 8 years old	10	¥ 6,000
Tennis lesson for Junior	Thu	10	P.M.	9 years old to 12 years old	10	¥ 6,000
Wai wai ! New sports	Wed	15	A.M.	18 years old and over	20	¥ 6,000
Taikyoku-ken (Tai Chi)	Thu	20	P.M.	18 years old and over	25	¥ 8,000



■ Higashino Kōen Taiikukan (Higashino Park Gymnasium) (TEL: 0595-83-1888)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Enjoy! aerobics	Tue	20	A.M.	18 years old and over	15	¥ 8,000
Exercise for posture improvement	Tue	20	P.M.	18 years old and over	20	¥ 8,000
Exercise for Straighten body	Tue	20	P.M.	18 years old and over	20	¥ 8,000
Core exercise	Wed	20	A.M.	18 years old and over	15	¥ 8,000
Stretch with a foam roller	Thu	20	A.M.	18 years old and over	15	¥ 8,000
Movement care & aerobics	Thu	12	Night	18 years old and over	15	¥ 5,400
Yoga for being healthy	Fri	18	A.M.	18 years old and over	20	¥ 8,100
Core balance ball & stretch	Fri	18	Night	18 years old and over	15	¥ 8,100
Hip hop little, kids (Basic)	Sat	18	A.M.	6 years old to 8 years old	15	¥ 8,100
Hip hop junior (Basic)	Sat	18	A.M.	9 years old to 12 years old	15	¥ 8,100
Hip hop Step Up	Sat	18	A.M.	9 years old to 12 years old *	15	¥ 8,100

\*Experienced people of Hip hop class



■ Seki B&G Kaiyō Center (TEL: 0595-96-1010)

Class	Day	No. of times	Time	Eligible	Maximum Participants	Fee
Swimming class for preschooler	Mon	12	P.M.	3 years old to 6 years old	15	¥ 13,500
Swimming class for preschooler	Fri	12	P.M.	3 years old to 6 years old	15	¥ 13,500
Swimming class for kids	Mon	12	P.M.	5 years old to 8 years old	15	¥ 13,500
Swimming class for kids	Fri	12	P.M.	5 years old to 8 years old	15	¥ 13,500
Swimming class for junior	Mon	12	P.M.	7 years old to 12 years old	15	¥ 13,500
Swimming class for junior	Fri	12	P.M.	7 years old to 12 years old	15	¥ 13,500
Walking in the water	Thu	15	A.M.	18 years old and over	35	¥ 7,500
Exercise for posture improvement in pool	Mon	15	A.M.	18 years old and over	30	¥ 7,500
Water enjoying class for adults	Thu	10	A.M.	18 years old and over	10	¥ 5,000
Conditioning Yoga	Thu	17	P.M.	18 years old and over	30	¥ 6,800
Self-pelvic correction	Tue	12	P.M.	18 years old and over	30	¥ 4,800

●How to apply : Bring your participation fee and sports insurance premium and apply directly to each facility.

●Date for application : From March 4th (Fri)

●Others

※Detail schedule will be handed at the time of application. Depending on the class, it has minimum number of participants so confirm at each facility.

※Sign up for sports insurance is required if you participate the classes.

Sports insurance will be valid for any classes until March 2023.

※If you have membership card for these three facilities, you need not re-sign up for sports insurance.

※Sports insurance fees

(1) From 18 years old to 64 years old : ¥ 1,850 (2) 65 years old and over: ¥ 1,200 (3) Children : ¥ 800



## Have vaccinations of measles and rubella (MR) (麻しん・風しん(MR)の予防接種を受けましょう)

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

Measles and rubella are highly infectious diseases. Make sure the eligible children get vaccination.

●Eligible children of FY2021:

• 1st time: 1 year old (Before being 2 years old)

• 2nd time: Children who were born from April 2nd, 2015 to April 1st, 2016

※Deadline for vaccination is March 31st, 2022

●Application: Make an appointment at each medical institution in Mie Prefecture.

※If you get vaccination out of Mie Prefecture, consult with Chōju Kenkō-ka.

●Vaccination fee: Free

●Required documents : Boshi kenkō techō (Mother-Child health handbook),

Yoshinhyō (Pre-examination sheet),

Health insurance card, Zairyū card for foreign citizen

※If you don't have Yoshinhyō, visit Chōju Kenkō-ka (AIAI) with Boshi kenkō techō.

※For details, see the personal notification or the information of vaccination in "Akachan Suku Suku" that you received on delivery.



## Continue the infection prevention measures even after receiving COVID-19 vaccine

(ワクチン接種後も 感染予防対策を 続けてください)



**Inquiry: Mie Prefecture Medical and Health Department  
Infectious Disease Control Division (TEL: 059-224-2352)**

Vaccination is expected to prevent the infection of COVID-19, however it still hasn't been established as perfect prevention.

So, continue the infection prevention measures such as wearing a mask, avoiding "Three Cs" and disinfecting your hands.

## COVID-19 Consultation Service (新型コロナウイルス 感染症 相談窓口)

If you have any problems with COVID-19, consult with "Mie Consultation Center for Foreign Residents (MieCo)". (TEL: 080-3300-8077).

• Available days and time: From Monday to Friday, from 9:00 to 17:00  
(except National Holiday)

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



# Information from Library (図書館からの お知らせ)



**Inquiry: Kameyama city Library (TEL: 0595 82-0542)**

A recommended book : "Little women (*Wakakusa-Monogatari*)"  
 <English book for children>

The father, a chaplain of the March family has gone to the battlefield. Beautiful Meg, lively Joe, gentle Beth, and awkward Amy and their loving mother spent cheerful and enjoyable days.

This book is a masterpiece of American children's literature for 5th or 6th grade of elementary school and above.

Kameyama city Library has variety of books written in foreign languages not only for kids. Also accepts book requests (Not always available). Please feel free to visit our library.

## Tax due date in March (3月の納税)

Due date of the payment including direct debit: March 31st (Thu)  
 Pay the following taxes and premiums.



- *Kokumin Kenkō Hoken-zei* (National health insurance tax) : the 9th payment
- *Kōkikōreisha Iryōhoken-ryō* (Latter-stage elderly insurance premium) : the 9th payment

※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 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, 19:30 to 8:00 (next morning)



Night-Time (Except Sundays and Holidays)			
Consultation hours: 19:30 to 22:00, Reception hours: 19:00 to 21:30			
Date March	Medical Institution	Address	Phone (0595)
2, 3, 4, 5, 7, 9, 10, 11, 12, 14, 16, 17, 18, 19, 23, 24, 25, 26, 28, 30, 31	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
1, 8, 15, 22, 29	Mie Kokyū Enge Rihabiri Clinic	Airisu-chō	84-3536

Sundays and Holidays			
Consultation hours: 13:00 to 19:30, Reception hours: by 19:00			
Date March	Name of Medical Institution	Address	Phone (0595)
6 Sun	Hifuka Nouchi Clinic	Minamizaki-chō	98-4112
13 Sun	Nobono Clinic	Nobono-chō	85-3636
20 Sun	Matsuba Jibi Inkōka	Higashidai-chō	83-0087
21 Holi	Kameyama Shiritsu Iryō Center	Kameda-chō	83-0990
27 Sun	Mitsui Jibi Inkōka	Sakae-machi	82-4133

**Issued by: Machizukuri Kyōdō-ka Shimin Kyōdō group (TEL: 0595-84-5008)**  
**Inquiry: If you have any questions, call above phone number.**  
**Portuguese and English interpreters are available.**  
 問い合わせ先: 亀山市 生活文化部 まちづくり協働課 市民協働グループ (電話: 0595-84-5008)



New information from the city (City website)