

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

( 住民税 非課税世帯等に 対する 臨時特別給付金

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.



[Information envelope from the city]

#### (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.

### Temporary special benefit for Child-rearing households in FY2021, $\pm$ 100,000

(2021年度の 子育て世帯への 臨時特別給付金

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

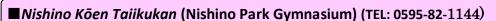
Peruvian: 75

Korean: 72

Bolivian: 72

### BACED (またり) (PACED (またり) (PA

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





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

|                                  |     |              |       |                               |                         | <b>-</b> |
|----------------------------------|-----|--------------|-------|-------------------------------|-------------------------|----------|
| Class                            | Day | No. of times | Time  | Eligible                      | Maximum<br>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   |

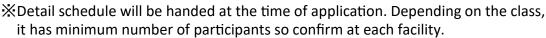
\*Experienced people of Hip hop class

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

| Class                                    | Day | No. of times | Time | Eligible                    | Maximum<br>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



XSign up for sports insurance is required if you participate the classes. Sports insurance will be valid for any classes until March 2023.

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

XSports insurance fees

(1) From 18 years old to 64 years old:  $\pm$  1,850 (2) 65 years old and over:  $\pm$  1,200 (3) Chidren:  $\pm$  800

## 

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

XDeadline 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

- XIf 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.

#### がつ やかん じかんがい きゅうじつ おうきゅうしんりょう <mark>Emer</mark>gency 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<br>March                                                                      | Medical Institution               | Address    | Phone (0595) |
|------------------------------------------------------------------------------------|-----------------------------------|------------|--------------|
| 2, 3, 4, 5, 7, 9, 10, 11, 12,<br>14, 16, 17, 18, 19, 23, 24,<br>25, 26, 28, 30, 31 | Kameyama Shiritsu<br>Iryō Center  | Kameda-chō | 83-0990      |
| 1, 8, 15, 22, 29                                                                   | Mie Kokyū Enge<br>Rihabiri Clinic | Airisu-chō | 84-3536      |

### **Sundays and Holidays**

Consultation hours: 13:00 to 19:30. Reception hours: by 19:00

| Date<br>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.

といあわせさき かめやまし せいかつぶんかぶ きょうどうか しみんきょうどう でんわ 問合先: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)