

**Having trouble? Handy Pamphlets for Foreign Residents!**

A new edition of the "Living in Tsukuba" pamphlet has been completed recently. It aims at providing useful information for foreign residents living in Tsukuba. For instance it explains various formalities that foreign residents have to deal with, provides information about the tax and health insurance systems, and also information about medical treatment, counseling and other things that foreigners living in Japan have to face in their everyday life. The pamphlet can be found in both English and Japanese. The Japanese version entails pronunciation in kana above the kanji. The pamphlet is distributed in the Sakura branch office next to the Alien Registration Window, as well as in the International Relations and Culture Division on the 4<sup>th</sup> floor. Apart from that, you can also download it from the English version of the Tsukuba City home page.

URL: <http://tsukubainfo.jp>

In addition, a new 2009 edition of two other pamphlets has also been prepared. (Both are in Japanese only.) One is the Shimin benrichō (Handy booklet for citizens of Tsukuba) which contains information about everyday life and aims at ordinary citizens. The other one is the *Raifupuran sukoyaka* (Healthy Life Plan), which has information about health centers and medical examinations. These are being distributed at every city hall branch office and at all community halls.

**Have you received your new health insurance card?**

The issuing of the National Health Insurance card by the means of registered mail was finished in the end of March. Persons (households) that are enrolled in the national health insurance system, but haven't received their card are asked to do so as quickly as possible.

How to get the card?

The head of the household should come and pick card up in person. If somebody else apart from the head of the household comes to get the card, they should have a letter of attorney with them.

Place of issuing: Tsukuba City Hall, Health Insurance and Pension Division, (3<sup>rd</sup> floor of the Sakura branch office)

Necessary items: one's seal (if one doesn't have it, a sign will suffice), 2008 health insurance card and an ID card (ex. Certificate of Alien Registration etc.)

Inquiries: Health Insurance and Pension Division, TEL: 029-836-1111

**Consultation center for foreigners**

The Tsukuba City Hall as well as the Ibaraki International Association provides advice to foreign residents regarding problems and troubles in everyday life.

Consultation room for foreigners living in Tsukuba (Tsukuba City Hall)

Schedule: Tuesday and Wednesday – 10:00~12:00, 13:00~16:45 (Closed on holidays)

English and Thai: Tuesday; Chinese and Korean: Wednesday

You can either call us or come in person. (If you decide to come in person be sure to make an appointment by phone on the same day.) It is free and everything said will be strictly confidential.

TEL: 029-857-1870

Consultation center for foreigners (Ibaraki International Association, Mito)

Schedule: Monday – Friday 8:30~12:00, 13:00~17:15 (Closed on holidays)

English and Japanese: Monday-Friday; Chinese: Monday (13:30~17:15) and Wednesday; Portuguese: Monday (8:30~12:15) and Thursday; Spanish: Tuesday; Korean: Tuesday; Thai: Wednesday and Friday; Tagalog: Thursday

You can either call us or come in person. It is free and everything said will be strictly confidential.

TEL: 029-244-3811

**Good News for Expectant Mothers! The Gynecological Check-up Subsidy Has Changed.**

Tsukuba City used to provide assistance up to 5 times of gynecological checkups, however from this April that number has increased to 14. People who were continuing their checkups into April, have been sent a new medical consultation form. If you have not received your new medical consultation form, please contact the Sakura Health Centre Tel: 029-857-3931. The medical consultation form distributed in March (yellow one) will not be valid from now on.

**From the Tsukuba Shiritsu Byoin (Hospital)...****Do you Have Problems with Foot Ringworms?**

The problem of foot ringworm (athlete's foot) arises every rainy season and in summer. It gets better after medicine is applied to the affected area, however, it comes back the following year. If you are having this type of problem, the following might be some of the reasons.

1. Improper application of the medicine, leaves some of the Trichophyton bacteria, and does not completely kill it
2. A person in the same household has foot ringworms
3. The Trichophyton bacteria has got into the nail, and keeps sending more bacteria to the affected area.

In addition, there is another skin disease which has similar symptoms to foot ringworm. Self medication sometimes leads to the symptoms becoming worse, so it is best to go to a dermatologist as soon as possible.

**Football Stadium Tsukuba is Now Open!!**

The Football Stadium Tsukuba, beside the Clean Centre in Mimori, has opened from the 4th of April. This is part of the complex in the Clean Centre, the rest is planned to be opened in 2010. Other than various tournaments, the general public can make a reservation and use it. Reservation should be done at the club house counter inside the Stadium.

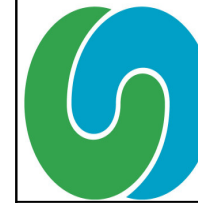
Time of Usage: 9.00~22.00

Fees: Soccer: (1hr) whole field 3000 yen, half field 2000 yen. Futsal : (1hr) 1/4 field 1000yen

\*Light usage has different fees.

Contact: Tsukuba City Hall Sports Division.

[TEL] 029-836-1111



the **tsukuba**

APRIL 2009

bulletin

**TSUKUBA CITY HALL**  
International Relations & Culture Division  
City Hall– Sakura Branch Office  
1979 Konda, Tsukuba, Ibaraki 305-0018  
TEL: 029-836-1111 (ext. 5412).  
Email: [ctz030@info.tsukuba.ibaraki.jp](mailto:ctz030@info.tsukuba.ibaraki.jp)

**Notification Regarding the Fixed Allowance**

In order to counter the serious economic recession that swept the world in the latter half of last year, the Japanese government started the provision of a fixed allowance. Since the provision of the fixed allowance aims at providing support for everyday life as well as restoring regional economies, foreign residents will also be eligible to apply for it. However, people who have a "short-term stay" status will not be eligible to apply for the fixed allowance.

The provision of the fixed allowance will be done by the local municipalities where an eligible person had a resident registration or alien registration by February 1<sup>st</sup>, 2009, the criterion date. Eligible persons in Tsukuba have been sent a notification and an application form for the allowance in the latter part of March. Eligible persons are asked to fill out the application form, and mail it together with the necessary documents to the "Fixed Allowance Office" of the Tsukuba City Hall by the appointed term. If a person fails to submit the application form, the fixed allowance will not be provided to them.

Furthermore, people born and people who came to Japan after the criterion date will not be eligible to apply for the fixed allowance. Moreover, persons who were registered at a municipality other than Tsukuba city at the point of February 1<sup>st</sup>, 2009, will have to apply for the allowance at their previous municipal office.

Allowance amount: 12,000 yen per person.

However, persons born after February 2<sup>nd</sup>, 1990 and persons born before February 2<sup>nd</sup>, 1944, will receive 20,000 yen each.

How to apply: Fill out the application form sent to the head of the household and send it back to the city hall by mail together with the necessary documents. In case of foreigners, all eligible household members have to fill out the application individually. Be sure to use the sample for reference in order not to make any omissions. In case the eligible person is a child, a person with parental rights may fill out the application and receive the allowance for the child, as the proxy.

Payment of the allowance: In principle, the allowance will be paid into a bank account previously specified in the application. The allowance is usually transferred to the bank account of the applicant, but in case of children and other eligible persons that require a proxy, it is possible to transfer the allowance to the account of the proxy.

Necessary documents: 1. copy of the recipient's Alien Registration Certificate

2. copy of the bankbook or cash card that clearly shows the name of the bank, the account number and the name of the holder in kana

Application deadline: September 24<sup>th</sup> (Tuesday)

Inquiries: Tsukuba City Hall, Fixed Allowance Office, TEL: 029-836-9811

**Don't throw away your used cooking oil! Give it to us!**

Starting from the intention to prevent global warming, the Tsukuba City Hall will begin collecting used cooking oil in April. With ideas in mind such as a more effective use of natural resources and the prevention of river pollution, the used cooking oil will be refined to create biodiesel which will be used as a substitute fuel for public vehicles.

**What kind of oil will be collected?**

Used salad oil or expired, old cooking oil will be collected. Furthermore only vegetable oil will be collected, while lard, butter, margarine or chemical oils will not. Moreover kerosene, paint, petroleum and anything else that is not used as cooking oil will not be collected.

**How to hand in the used oil?**

Remove any food bits from the used oil, cool it and put it into a PET bottle. You may hand in the expired oil in its original container. Be sure to write "Used cooking oil" on the side of the container.

**Where can you hand it in?**

Collection boxes are going to be put all around the city, in all city hall branch office buildings, clean centers, community halls, supermarkets, gas stations etc. You can hand in the containers with the oil at any time. If you have problems finding the collection boxes, be sure to ask for them at the information counter.

Inquiries: Tsukuba City Hall, Recycling Division, TEL: 029-836-9811

**Do you want to take part in the spring flower bed planting?**

Every year the Tsukuba City Hall organizes a city beautification campaign to improve the sights of Tsukuba. Together with the participating citizens we make flower beds all around Tsukuba and as a memento we give the participants flower seedlings. If you would like to participate in this event apply by telephone by May 20<sup>th</sup>. (We will send you participation form either by FAX or mail.)

Inquiry and application: Tsukuba City Hall, Community Development Division

TEL: 029-836-1111; FAX: 029-857-9016

The event will be held as follows

Date and time: May 30<sup>th</sup> (Saturday) 9:00-11:00

Place: Tsukuba center square (Azuma 1-10-1), special tent will be set up.

We will plant flowers around the center square, around the TX station and the Tsukuba central park. We are heartily inviting all the residents of Tsukuba to join the event.

It is possible to come as an individual, as well as in groups. There is no participation fee, but the participants should bring along a shovel and work gloves. We will also be handing out parking tickets for the surrounding parking lots.

**Library:** Tsukuba Public Library.  
TEL: (856) 4311. Open : Tue thru Fri: 9:30-19:00, Sa/Su/PH 9:30-17:00  
Other than Tsukuba Public Library, there the library rooms at Yatabe Community hall, Tsukuba Community hall, Onogawa Community Hall and Kukizaki Community hall.(Tue - Fri: 10am - 6pm)

**Library closed on:** April: 20, 27, 29, 30. May: 6, 7, 11, 18, 25  
**When borrowing from the library...**

When borrowing books and other materials from the city libraries you will need a "Member's Card". If you are a resident in Tsukuba, you can simply apply at the central library or community center libraries after having presented some document that states your address. Even if you don't live in Tsukuba, but work or study here, you can apply for a card, but you will also need to present a work or student ID.

**Story telling:** The library organizes story telling meetings in the "Story Room" at the back of the Children's Corner. Stories are told by volunteer story tellers.

April 18, May 2, 9, 16, 30: 3.00 - 3.30pm  
April 25, May 23: 3.00 - 3.30pm; 3.30 - 4.00pm

**The Biggest Collection of Foreign Language Books in the Prefecture.**

The Tsukuba Public Library has more than 10,000 books in English, Chinese and Korean (Hangul). There are recipe books, Japan guide, Japanese novels, children's book (on the left side corner of the entrance), etc in the above languages. There are also 17 types of magazines in the above foreign languages.

**The Bicycle Parking Area at the South Side of the Tsukuba Public Library Will become Subject to Fees.**

The bicycle parking lot on the south side of the Tsukuba Public Library and the Tsukuba Cultural Hall ARS, in which the Tsukuba Museum of Art is, will become subject to fees. However, users of the Tsukuba Public Library and the Tsukuba Museum of Art, will be given a free parking ticket at the respective counters.

**Dear Readers,**

This year the editors of the Tsukuba Bulletin are Neven Stubic and Ronit Prakash We've set up an email address and welcome any feedbacks, questions or complaints. Please do not hesitate to contact us.

**Email:** [tsukubabulletin@gmail.com](mailto:tsukubabulletin@gmail.com)

**4. Tulip World and Nemophila Harmony**

Hitachi Seaside Park (*Kokuritsu Hitachi Kaihin Koen*) is famous for its flowers in every season. From the middle of April until the beginning of May there are 200 000 tulips blossoming, and from the end of April until the end of May you can enjoy the view of 4 500 000 nemophilas. The view of the hills covered with blue nemophilas especially attracts many visitors every year.

**Schedule:** Tulip World April 18th~April 29th

**Nemophila Harmony:** May 2nd~May 24th

**Opening hours:** 9:30~17:00

**Place:** Hitachi Seaside Park (Hitachinaka-shi, Mawatari Aza Oonuma 605-4)

**Closed:** Mondays, but open everyday in May

**Entrance fee:** 400 yen

**Contact:** Hitachi Park Administration Center, Tel. 029-265-9001

[URL] <http://www.ktr.mlit.go.jp/kaihin/index.htm>

**Clinics Open During Holidays**

**April 19** Ohno Iin, Shimana 634 Ph: 848-0888

Tsukuba Chuo Byoin, Houjou 5118 Ph: 867-1211

**April 26** Okano Seikei-geka Naika Clinic, Nishi Ohhashi 192 Ph: 856-2300

Watanabe Naika Clinic, Namiki 3-11-9 Ph: 851-5901

**April 29** Ogura Clinic, Higashi 2-4-14 Ph: 852-0777

Tsukuba Centre Clinic, Takezono 1-6-1, 4th Floor

Tsukuba Mitsui Building Ph: 851-9001

**May 3** Katsuragi Clinic, Karima 196-1 Ph: 852-1105

Namiki Naika Clinic, Namiki 4-4-2-203 Ph: 869-6969

**May 4** Shoji San-fujin-ka Shoni-ka Iin, Yatabe 1562,

Ph: 836-0405

**May 5** Ichihara Byoin, Ohzone 3681, Ph: 864-0303

Kikuchi Naika Clinic, Yatabe 5915 Ph: 839-5070

Tsukuba Kinen Byoin, Kaname 1187-299 Ph: 864-1212

**May 6** Komatsu Naika Clinic, Kamiyokoba 1178

Ph: 838-2400

Tsukuba Shiritsu Byoin, Houjou 5022, Ph: 867-1196

**May 10** Kawai Clinic, Higashi Hiratsuka 715-1, Ph: 854-1881

Shibahara Iin, Yoshinuma 1151, Ph: 865-0511

**May 17** Jin-ai Naika Iin, Onozaki 785-1, Ph: 855-4577

Terasaki Clinic, Yoshinuma 1437-1, Ph: 865-0034

**May 24** Tsukuba Hakua Clinic, Mase 918-1, Ph: 837-0208

Nakagawa Iin, Shinozaki 2272-1, Ph: 864-7760

**May 31** Togo Iin, Tateno 636, Ph: 837-1785

Hojo Iin, Hanabatake 3-28-8, Ph: 864-0006

**EVENTS THIS MONTH**

**1. Tsukuba Pedestrian Deck Music Festival**

This festival aims at building the city through music, as musicians would perform on the pedestrian decks, in front of the station and nearby areas. The road side will be made into a stage where one can enjoy performance in various genre of music.

Date and Time: April 26th 10:00~18:00

Place: Around Tsukuba Capio (Tsukuba, Takezono 1-11-0)

\* The pedestrian deck on the west side of Capio will have a special stage. Other than that there will be various performances nearby Dayz Town.

Contact: The committee of the Tsukuba Pedestrian Deck Music Festival.

Email: [uketuke001@pedeon.jp](mailto:uketuke001@pedeon.jp)

**2. Ceramics Festival**

The Ceramics festival is held every year at Kasuma City which is famous for 'Kasamayaki'(ceramics). This festival gathers many ceramicists and attracts many visitors. Visitors can enjoy events such as a live concert and pottery making and afterwards they can also buy some of the ceramic items.

Date: April 29th~May 5th, 9:00-17:00 (\*May 3rd, 9:00-21:00)

Place: Event Plaza, Kasama Geijutsu-no-Mori Park (2345 Kasama, Kasama City)

◆ A shuttle bus from Tomobe station (JR Joban line) and Kasama (JR Mito line) to the venue will be available.

◆ Inquiries: Kasamayaki Association (TEL:029-673-0058)

URL:<http://www.himatsuri.net/>

**3. Tsukuba Festival 2009**

As usual the topics of this year is science and international exchange. There will be scientific shows, sale of local products and an International Exchange Fair, where you can see dance performances and enjoy international food stalls.

**Schedule:** May 9th, 12:00 ~ 18:00 May 10th, 10:00 ~ 17:00

**Place:** Tsukuba Center Square (Tsukuba, Azuma 1)

**Contact:** Tsukuba City Hall, Tourism Division, 029-836-1111

**Medical Check-ups**

Irrespective of residence area you can receive the check-ups at the Sakura Health Center or Yatabe Health Center. A notification will be sent to you in the month prior to when the check-up is supposed to be administered. For more information, please inquire at either of the health centers or the City Hall, Health Division.

Sakura Health Center: 029-857-3931.

Yatabe Health Center: 029-838-1100

**Check-up at 1 year and 6 months**

**April:** babies born in September 2007

Sakura Health Center: April 7, 8, Yatabe Health Center: April 22

**May:** babies born in October 2007

Yatabe Health Center: May 13, Sakura Health Center: May 20, 22.

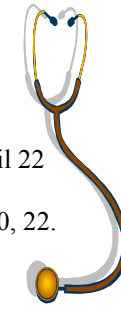
**Check up at 3 years of age**

**April:** babies born in March 2006:

Yatabe Health Center: April 23.

**May:** babies born in April 2006

Sakura Health Center: May 7, 19 Yatabe Health Center: May 14



**Table for Individual Vaccination**

\*The table below shows information about vaccination for children, which could be done for free at the respective Cooperating Medical Institutions in Tsukuba. (Reservations needed). In case of getting a vaccination, take the maternity passbook with you. Without the maternity passbook there will be no vaccination given. While observing the required intervals and vaccinations according to age, learn about the side effects as well, before getting the vaccination.

Type	For	Standard Vaccination period	Method (Vaccination intervals · frequency)	Remarks
BCG	Less than 6 months infant	—————	once	Get it 3 months after birth
DPT { Diphtheria Pertussis Tetanus	Period I First vaccination 3months ~less than 90 months (less than 7 years 6 months) old	3 months ~ over 1 year old	Between 20~56 days intervals 3 times	Take as soon as possible 3 months after birth. Observe the vaccination interval for Period I first vaccination.
	Period I addition 3months ~less than 90 months (less than 7 years 6 months)	After completion of Period I first vacci- nation, between 12~18 months	After 3 times of Period I first vaccination (3times) after vaccina- tion, once after 6 months	
Measles Rubella	Period I (1 year~less than 2 years) old	—————	As a rule, the measles and rubella (MR vaccine) should be taken once each for period I and period II (total twice) People who are in the age category of period III and period IV should take the MR vaccine once.	The due date for the peo- ple who fall into the pe- riod II, III and IV is March 31 <sup>st</sup> , 2010. (※It will be charged after this period)
	Period II (over 5 years, under 7 years) old			
	※Between 1 year before enter- ing elementary school to 1 day before entering			
	Period III (born between April 2, 1996~April 1, 1997)			
Japanese cephalitis J.E	Period I first vaccination 6 months after birth ~below 90 months (less than 7 years 6 months)old	3 years of age	twice 6~28 days in- tervals	※Currently, due to the recommendation by the State, the vaccination is being withheld. However it is possible for people who wish to get it to be vaccinated.
	Period I addition (~less than 90 months/ under 7 years 6 months) old	4 years of age	Period I first vaccina- tion (twice ) after vac- cination, once after about 1 year	

**Preventative Vaccination for Infants**

Preventative vaccination for infants carried out by the Tsukuba City, is a fixed term preventative vaccination complied with the Preventative Vaccination Act. There are two ways to get the vaccination. The "Individual Vaccination", for which one needs to make a reservation at the cooperating medical institutions. The other is "Group Vaccination" which one can get at the Health Centre on the days specified by the Health Centers. Certain age groups may get the vaccination free of charge. The Group Vaccination is only for Polio vaccinations, while other vaccinations are as Individual Vaccination.

**Polio Vaccination "Group Vaccinations"**

It is best for siblings who have not yet been vaccinated to get it on the same day to prevent infection in the family. Please select a suitable date and place to get the vaccination.

**Qualifying age:** from 3 months ~ 90 months. **Reception hours:** 13:00 ~ 14:20. \*No reservations and vaccination will be done in the order of reception.

\*Children over the age of 1, who haven't been vaccinated, need to get vaccination for measles and rubella as a priority.

**April:** Sakura Health Center: April 21,28

**May:** Oho Health Center: May 8. Sakura Health Center: May 18, 26. Yatabe Health Centre: May 11, 29