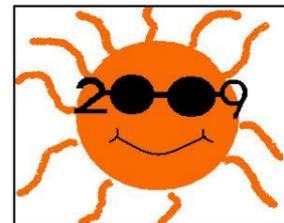


**Eco-life information: The first step towards a low carbon dioxide emitting society**  
 In Tsukuba an initiative to halve the city's CO<sub>2</sub> emission by 2030 started recently and is looking for cooperation from the citizens as well as from various local institutions. For example, the effort to participate in a movement, according to which every resident should reduce the CO<sub>2</sub> emission by 1 kg per day, will be greatly appreciated. CO<sub>2</sub> is being emitted in various everyday situations. Be sure to look through the check list in order to see what you can do in your household to reduce CO<sub>2</sub> emission.  
 (\*1:Plasma TV =31 g , LCD TV=6 g \*2:Defrosting frozen rice using a microwave=1g)

Situation	What to do daily to reduce CO <sub>2</sub> emission	Reduction amount (g)	Your action		Example	
			Check	Reduction amount(g)	Check	Reduction amount
Shower	Reducing shower time by 1 minute	74			○ 2分	148g
Power supply	Turn off the power supply of appliances that are on standby mode.	65			○	65 g
Going to work	Use public transportation or ride a bicycle	180 (2km)			○ 6km	540 g
Air cond. temp.	Raise the set temperature by 2°C (Example:from 26 to 28°C)	83			○	83 g
Driving	Shorten the idling time of a vehicle by 5 mins	63			×	—
Shopping	Use your own bags and buy vegetables that weren't previously packaged	62			○	62 g
TV	Turn off when not watching (*Braun tube TV, 1 hour)	13(*1)			○	13 g
PC	Using 1 hour less (desktop computer)	13			×	—
Electricity	Change the light bulbs to fluorescent lamps	45			○	45 g
Bathing	Family members should take baths one after another	86			×	—
Stove	Adjust the pot so the flames won't come out on the sides	5			○	5 g
Fridge	Do not overfill the refrigerator	18			○	18 g
Rice cooker	Do not use the "Keep warm" function on the rice cooker	37(*2)			○	37 g
Bedtime air conditioning	Reduce usage for 1 hour	26			○	26 g
Your total CO <sub>2</sub> emission reduction amount					g	1,042 g

**Autumn Japanese Courses:** People eligible: people working or living in Tsukuba including their family members. Course duration: September 29 ~ March 30, 2010 (1, 2, 5 on the table below, every Tuesday). October 1 ~ March 18, 2010 (3, 4, 6 on the table below, every Thursday)\*A more detailed schedule can be downloaded from the website below. Number of lessons: all courses consist of 20 lessons. Place: Tsukuba Capiro (Tsukuba, Takezono 1-10-1). Time: 18:30 ~ 20:00 Course fee: 6000 yen + textbook fee (Persons continuing their education 5000 yen). \*Course fee has to be paid when applying. Furthermore, the course fee is non-refundable. How to apply: Fill out the application form and apply at the Tsukuba Cultural Foundation. \*The application form can be downloaded from the website. Inquiries: Tsukuba Cultural Foundation (Tsukuba, Takezono 1-10-1, inside the Tsukuba International Association); TEL: 029-869-7675; FAX: 029-851-9797. E-mail: class@tsukubacity.or.jp. Website: http://www.tsukubacity.or.jp/info/modules/tinyd3/index.php?id=2  
 \*Reception time: everyday except Monday, 9:00~17:00

Class	Class level	Textbook
1.) Nihongo 1	Class for complete beginners	Nihongo 45 jikan
2.) Nihongo 2	People who took 50 hours of Japanese classes. Can do a simple introduction. Able to read hiragana and katakana.	Nihongo 45 jikan
3.) Nihongo 3	People who took 100 hours of Japanese classes. Understand the concept of noun modification. Able to write in hiragana and katakana.	Nihongo Tsugi no 45 jikan
4.) Nihongo 4	People who took 150 hours of Japanese classes. Able to express own wishes and will. Can speak in full sentences.	Nihongo Tsugi no 45 jikan
5.) Reading & writing	People who want to study hiragana, katakana and kanji.	No textbook
6.) Japanese language club	People who took 200 hours of Japanese classes and are above level 3 of the JLPT. Can express their opinion on various topics even in imperfect Japanese.	No textbook



the **tsukuba** bulletin  
 AUGUST 2009

**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

**The 25<sup>th</sup> Tsukuba International Music Festival**  
 The Tsukuba International Music Festival is a series of concerts held every year from autumn to winter at the Nova Hall. It hosts numerous internationally renowned performers. The main genre is classical music of quality that has an established reputation. This year's festival is named the "Tsukuba Mozart Festival", because concerts based on Mozart's tune make a majority in the concert lineup. (Except for the Tsukuba Friendship concert, children that are not yet enrolled in elementary schools are unable to attend the events.) Meeting place: Nova Hall (Tsukuba, Azuma 1-10-1)  
Tickets: 2.) 1,000 yen; 10.) 5,000~9,000yen; every other concert 2,000~4,000 yen (\*The tickets will be sold at Nova Hall, Tsukuba Capiro etc.). \*For detailed information inquire at the Tsukuba Cultural Foundation.  
 TEL: 029-856-7007 (Everyday except Monday)  
 URL: http://tsukubacity.or.jp/info/  
**The 25<sup>th</sup> Tsukuba International Music Festival lineup**  
 1.) Dieter Flury (flute), Robert Nagy (Cello) & Okada Hiromi (Piano). Date & time: September 14, 19:00~  
Performers: Dieter Flury (flute), Robert Nagy (cello), and Okada Hiromi (piano). Contents: flute, cello and violin concert (Musical number: Haydn, piano trio in D major)  
 2.) Tsukuba Friendship Concert  
Date & time: September 27, 15:00~  
Performers: Roba Music Theater. Contents: Performance using middle age and fantasy instruments, family concert intended for entertainment of both parents and children (\* Children older than 3 are permitted to enter)  
 3.) Mozart: Violin sonata Vol. 1  
Date & time: September 11, 19:00~  
Performers: Werner Hink (violin), Tōyama Keiko (piano)  
Contents: Werner Hink was the concert master of the Vienna Philharmonic until 2008. At present he performs as a violin soloist. Tōyama Keiko, since her debut in 1963, performed

mainly in Europe and in the USA.  
 4.) Werner Hink & Matthias Hink duo recital  
Date & time: November 10, 19:00~  
Performers: Werner Hink (violin), Matthias Hink (viola)  
Contents: The Hink father and son have performed together in the Vienna Philharmonic. (Mozart: Duo for violin and viola)  
 5.) Werner Hink, Matthias Hink & the Tokyo Harmonia Chamber Orchestra  
Date & time: November 13, 19:00~.  
Performers: Werner Hink (violin), Matthias Hink (viola), and Tokyo Harmonia Chamber Orchestra  
Contents: Mozart, Adagio for violin and orchestra  
 6.) Vienna Philharmonic, piano trio  
Date and time: November 19, 19:00~.  
Performers: Werner Hink (violin), Jasminka Stancul (piano), Fritz Dolezal (cello) Contents: Mozart, piano trio in B flat major  
 7.) Don Friedman meets Nancy Harrow, jazz concert  
Date & time: November 23, 15:00~  
Performers: Don Friedman (piano), Nancy Harrow (vocal)  
Contents: jazz concert (musical number undecided)  
 8.) Mozart: violin sonata Vol. 2  
Date & time: November 29, 15:00~  
Performers: Werner Hink (violin), Tōyama Keiko (piano)  
Contents: Mozart, sonata for violin and piano  
 9.) Panocha quartet.  
Date & time: December 4, 19:00~. Performers: Panocha quartet. Contents: Concert by a famous Czech quartet. (Mozart: concert #17 for a string quartet in B flat major)  
 10.) Prague Symphony Orchestra & Senju Mariko  
Date and time: January 15, 2010, 19:00~  
Performers: Prague Symphony Orchestra, Senju Mariko (violin). Contents: Senju Mariko had her professional debut with 12, and performed as a solo violinist on many concerts. (Mozart: violin concerto #5)

**Lets Make Friends Through Casual Conversations!!**  
 1. Tsukuba City Promotion for Gender Equality "Oshaberi Salon". (Chatting Salon)  
 From September, the "Oshaberi Salon" will be held at the Tsukuba City Science Information Centre in the morning, on every third Thursday of the month. This event is for people to come and enjoy conversation about the family or child-raising, etc. It would be a great opportunity to meet people from different parts of the world. The first event, held on September 17 (10:00~12:00), a Coordinator for International Relations at the Tsukuba City Hall who hails from China will talk about family and school life in China. (\* Language used is mainly Japanese, but translations in Chinese is also available). No reservations needed and everyone is warmly welcome. Place: Tsukuba City Science Information Centre (Tsukuba City Azuma 1-10-1 Tsukuba Centre Building 2<sup>nd</sup> Floor). Contact: Tsukuba City Hall, Gender Equality Section. (TEL) 029-836-1111

2. International Café ( City Chat Café)  
 The Tsukuba University started the City Chat Café to promote exchange between International and Japanese people living in Tsukuba through casual conversations. Regardless of age or nationality, people can enjoy chatting in English or in Japanese, while drinking coffee. No fees or reservations needed. Next event will be held at the Lala Garden shopping Centre on the 27<sup>th</sup> of September. The dates for the following events will be posted on the website as it is decided. For more information please email to the following address: [icafe@sakura.cc.tsukuba.ac.jp](mailto:icafe@sakura.cc.tsukuba.ac.jp) or visit : <http://www.sakura.cc.tsukuba.ac.jp/~icafe/>  
 2. Chattering in English: This is a meeting for people living in or near Tsukuba who are interested in speaking in English. Regardless of the accent, everybody is warmly welcome. Participation is free of charge. It is held every Saturday from 2pm~4pm at the Azuma Community Hall( Tsukuba City, 1-10-1, Tsukuba Centre Building 4th floor) Email: xxreikoohbaxx@yahoo.co.jp (Ooba san)/ ynaitoh@hb.tp1.jp (Naitoh san)

**Tax Notice for the National Health Insurance Tax**

If one is enlisted in the National Health Insurance, they are required to pay the National health Insurance Tax. This tax helps the local and national governments to use this money on the enlisted person when they are sick, injured, there is a child-birth, death in the family, etc. The National Health Insurance Tax is the fund used for Insurance Foundation to operate and is imposed on the head of the household of the insured person.

The Tsukuba City National Health Insurance Tax is divided into 6 installments of the annual total. The first 2 periods are calculated based on the amount of the previous year and the tax notice is sent in April. From period 3~6 the tax notice is sent in August. The National Health Insurance Tax is calculated for 1 year based on the income of the person enlisted and then the tax for period 1 and 2 is deducted from it. The remainder is for periods 3~6 which is then divided into 4 installments. The Tax Notice for periods 3~6 for 2009 for ordinary collection households (Payment done using the tax notice or through account transfer payments) will be sent on the 17<sup>th</sup> of August. The tax notice for special Collection household where payments are made by deductions from the Pension will be sent on the 1<sup>st</sup> of September.

**Those who have not declared their Income Status for last year.**

The National Health Insurance Tax is calculated according to the income of the previous year; hence the calculation for those who have not filed for their income tax returns or their Municipal Tax may not be correct. Those who have not submitted the Annual Adjustments to their workplace need to declare their income status at the Taxation Office or at the Municipal Tax Division at the City Hall.

**\* Declaration of Income is also necessary for those not earning any income.**

People whose income has been reduced from last year also need to declare their income status as there may be a reduction in the amount of National Health Insurance Tax. Therefore, if one is enlisted on the National Health Insurance, it is best to declare income status even if they do not earn any income.

**\*There is reduction in tax amount for low income earners**

For households earning an income less than the standard income limit set by the State, the amount of tax to be paid decreases. For the corresponding households, the reduction is done automatically as they declare their income. However, the income amount is counted not only for the insured person but also for the head of the household.

No. enlisted	Total income of the household	Total revenue of the household	Exemption rate
1	330,000 yen	980,000 yen	60%
2	575,000 yen	1,225,000 yen	40%
3	820,000 yen	1,470,000 yen	40%
4	1,065,000 yen	1,715,000 yen	40%
5	1,310,000 yen	1,960,000 yen	40%
6	1,555,000 yen	2,205,000 yen	40%
7	1,800,000 yen	2,450,000 yen	40%

**How to pay for the National Health Insurance Tax (Ordinary Collection)**

Payment can be made in any of the following 3 ways. Moreover, one payment for the total of the 6 periods or 2 installments for the total of one year can be done.

1. Pay at any financial institutions or at the City Hall using the payment notice. 2. Pay at any convenience stores using the payment notice. 3 Payment by account transfer. (Procedures can be done at the counter of any financial institutions within the city)

**Consult before the payment deadline if you are having difficulties paying the National Health Insurance Tax.**

There are systems such as postponement, installment payment, and partial exemption of the tax for people who have difficulties paying the tax.

**\*Postponement and Installment Payment**

In some special cases the payment period may be extended (Postponement period is 1 year as a rule). There may also be payments made in installments. If the payment sum is more than 500,000 yen then as a rule a bond is necessary.

**\*Partial Exemption of Tax:** In case it gets very difficult to pay the insurance tax, if any of the following conditions are met by a household and if it is recognized that the income compared to the previous year is very low, through application there may be partial exemption on the tax amount or on the overdue tax.

1. Livelihood of Households has become difficult due to fire, damage by wind or flood, natural disasters, robbery, etc.
2. The payment of tax within the payment period is difficult due to a considerable decrease in income compared to the previous year as a result of unemployment, suspension of operation of business, closing down of business, illness, etc. (\*however, if you lost job due to resignation or personal reasons, there will not be any exemption of tax).

**\*Applying for the Exemption on Health Insurance Tax**

As a rule the application form and required documents for exemption on Health Insurance Tax should be submitted until 7 days before the end of the payment period. The deadline for exemption of the tax for the 3<sup>rd</sup> period of 2009 is 24<sup>th</sup> August.

**Retirees can choose for Health Insurance after Retiring**

If a person was enlisted on the Health Insurance of the Company they were working for, they need to return it to the company upon retirement, and get a new health insurance.

First, the person needs to check if a member of the household is enlisted in the Health Insurance and if they can become a non-working dependent without extra costs. If not, then they can choose voluntary continuation of the health insurance which they have been using until now or they can choose the National Health Insurance. Change from voluntary continuation to National Health Insurance can be done at any time. The City Hall assists, by phone, in telling people which is more reasonable between voluntary continuation or the National Health Insurance.

**Clinics open on Holidays**

- Aug 16 Tsukuba Tsuji Clinic, Iias Tsukuba, Tel: 868-7170  
Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211
- Aug 23 Hirose Iin, Houjou 85, Tel: 867-0127  
Tsukuba Gakuen Byoin, Kamiyokoba 2573-1, Tel: 836-1355
- Aug 30 Kusunose Iin, Oguki 509-1, Tel: 876-2711  
Hirose Clinic, Kunimatsu 56-1, Tel: 866-0129
- Sept 6 Sakai Iin, Wakaguri 1283-6, Tel: 876-3831  
Kanou Iin, Hanamuro 860, Tel: 857-2981
- Sep 13 Jiyu-gaoka Iin, Jiyu-gaoka 165-19, Tel: 876-0888  
Kurata Naika Clinic, Kurihara 3443, Tel: 857-8181
- Sept 20 Takasaki Clinic, Takasaki 772-12, Tel: 873-3733  
Kashimura Naika Shokaki-ka Clinic, Shimohirooka 744-1, Tel: 863-0606
- Sep 21 Yuukari Iin, Ooi 1622, Tel: 874-1531  
Tsukuba Byoin, Sasaki 1761, Tel: 857-0777
- Sep 22 Onomura Clinic, Takano 1155-2, Tel: 847-0071  
Iioka Iin, Sakura 3-20-2, Tel: 857-7526
- Sep 23 Kushida Iin, Kamigou 2783-1, Tel: 847-2355  
Tsukuba Shiritsu Byoin, Houjou 5022, Tel: 867-1196

**Event information**

**1.)Hirasawa kanga ruins light up** (Tsukuba, Ibaraki):

The Hirasawa kanga ruins are more than 1000 year old remains of a government office, and are a renowned historical landmark of Japan. At present, a part of the raised-floor-style storehouse is restored on the vast green premises. The buildings on the premises will be lit up, and the surrounding paths will be decorated with lanterns for just one evening. Enjoy the charm of old amidst fantastic scenery. **Date & time:** August 22, 18:00~21:00 (\*Will be postponed to the 23rd in case of rain). **Place:** Hirasawa kangai ruins (Hirasawa 353, Tsukuba)\*You can visit the ruins freely. (No charge) Due to the lack of parking space, try to share a vehicle. **Inquiries:** Board of Education of Tsukuba Office of Cultural Properties Office; TEL: 029-836-1111

**2.) Sunflower festival** (Ibaraki, Chikusei-shi): You can enjoy 120 thousand blooming sunflower on premises as wide as the Tokyo Dome. For a fee you can even take some flowers home. Visiting is free of charge. **Date :** August 22 ~ 30. **Place:** Himawari no sato \*Miyayama furusato fureai kōen (Ibaraki-ken, Chikusei-shi, Miyayama 504). **Inquiries:** Chikusei City Hall, Tourist Division (TEL: 029-620-1160)

**3.) Amateur pottery exhibition, “Big prize of Kasama 2009”** (Kasama-shi, Ibaraki-ken): It is an amateur and semi-professional pottery exhibition that will be held in the town that produces the famous Kasama-yaki. Works from every corner of Japan will be displayed at this well-known high level exhibition, and they will be sorted out into these 3 categories: “Tableware”, “Flower vases”, and “Beer cups”. There will be around 1000 pieces of pottery displayed. Entrance is free of charge. **Date & time:** August 22 ~ September 6 (The building is closed on August 24, 31), 9:30~17:00 (\*Entry until 16:30). **Place:** Ibaraki-ken, Pottery museum, 2nd floor of the prefectural gallery Ibaraki Ceramic Art Museum (Kasama-shi, Kasama 2345). **Inquiries:** Kasama craft hills, Amateur Pottery Exhibition Office (TEL: 029-670-1313)

**4.) Tsukuba festival 2009** (Tsukuba, Ibaraki)

The Tsukuba festival is the biggest festival held every summer. Song, dance and street performances make just some of the fun events that will be held for your entertainment. *Nebutas*, portable shrines from various regions of the city and floats will appear in the parade. (Nebutas are a type of festival floats traditionally paraded at the summer festival in Aomori prefecture.) Also around the city center there will be many stands. **Date & time:** August 29, 12:00~21:00, August 30, 10:00~21:00. **Place:** Tsukuba center surroundings. \*For the purposes of the parade the road section Tsuchiura Gakuen-sen, located between the Nishi Ōdōri and Higashi Ōdōri intersections will be closed for traffic on August 29, 15:00~21:00 and August 30, 13:00~21:00. \*On the day of the festival temporary parking lots will be arranged in the vicinity of city center (**Parking will be free of charge**): 1. Kasuga temporary parking lot (around 600 vehicles): 1.5km until city center, 20 min by foot. 2. Banpaku kinen kōen station temporary parking lot (around 100 vehicles): 5 min by foot to the Tsukuba express station (fare to Tsukuba 240 yen, children 120 yen). **Main events:** Fureai square: bazaar and pony riding organized by welfare and volunteer organizations (will be cancelled in case of rain). **Place:** Central park. Art town Tsukuba 2009 (street performance festival): street performances, portrait corner, face painting, art market, food from around the globe etc. **Place:** pedestrian deck walkway from the Central Library to EXPO center. **URL:** <http://www.tsukuba-cci.or.jp/arttown/>  
**Stage events:** Japanese drum performance, hula dancing, various performances by local organizations, show with special guests. **Place:** Center square stage (both days 12:00~20:00).  
Festival parade: a parade of local portable shrines, a Japanese orchestra, floats, nebutas etc. **Place:** Tsuchiura Gakuen-sen. **Time:** August 29, 15:00~21:00 and August 30, 13:00~21:00. **URL:** <http://www.matsuritsukuba.jp/>

**Library: Tsukuba Public Library.** PH: (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:** Aug: 17,24,31. Sept: 7, 14, 23, 24,28,30

**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.

August 15, 29, September 5, 12, 19, 26: 3.00 – 3.30pm

August 22: 3.00 – 3.30pm; 3.30 – 4.00pm

**Book Talks for Grown-ups :** A place for people to meet and talk about books. Newcomers are also warmly welcome. Please bring a book you would like to talk about.(No participation fees). **Date:** August 22<sup>nd</sup> 10:00~12:00. **Place:** Conference Room, 2<sup>nd</sup> floor of the Library. **No. of People:** 20 people (no need to apply in advance). This event is mostly held once a month and the dates for the next event will be posted on the website as it is decided.

**URL:** <http://www.city.tsukuba.ibaraki.jp/lib/>

**Medical Check-up for Babies**

Irrespective of residential area babies 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 Promotion Division. Sakura Health Center: 029-857-3931.

Yatabe Health Center: 029-838-1100

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

In case the vaccination could not be done on the assigned dates, it can be done before the child becomes 2 years old.

**August:** babies born in Jan 2008: Sakura Health Center: Aug 26

**September:** babies born in February 2008

Sakura Health Center: Sept 9,15. Yatabe Health Center: Sept 2

**Check up at 3years of age**

In case the vaccination could not be done on the assigned dates, it can be done before the child becomes 4 years old.

**August:** babies born in July 2006 : Yatabe Health Center: August 19, Sakura Health Center: August 25

**September:** babies born in August 2006

Sakura Health Center: September 3, 8.

Yatabe Health Center: September 16

**Vaccinations for Infants**

The vaccination centers established in Tsukuba offers two ways of getting a vaccination. One can make an appointment and get an “individual vaccination” or can go on the appropriate day to the Health Center and get a group vaccination which is free of charge for certain age groups.

**Polio Vaccination: Qualifying age:** from 3 months ~ 90 months.

**Reception hours:** 13:00~14:20

\*Children between the age of 1 and 2, who haven't been vaccinated, need to get vaccination for measles and rubella as a priority. **August:** No group vaccinations available in August.

**September:** Sakura Health Center: September 10,28

Oho Health Center: Sept 1: Yatabe Health Center: Sept 7, 25