

**September is the Month for Disaster Prevention: Let's be prepared for any disaster!**

The Tsukuba City is distributing maps (*Tsukuba-shi bosai mappu*) that show the emergency evacuation centers and hospitals. The map shows evacuation centers in case of a disaster, emergency medical institutions, disaster prevention institutions, Fire Headquarters, fire stations, etc together with disaster prevention tips. The maps are available at the counters of all City Halls and all Community Halls.

Inquiries: Public Safety Division, Tsukuba City Hall, Tel: 029-836-1111

**Let's Memorize! When an earthquake occurs ...**

Protect yourself.

In case you are indoors:

- 1.) Cover your head
- 2.) Get under the table and hold the legs of the table to stay firm
- 3.) Open the doors and windows and make sure that there is a path to escape (the doors and windows sometime gets bent and stuck during earthquakes)

In case you are outdoors

- 1.) Cover your head with whatever you are holding, escape to open space or get into a safe building.
- 2.) Drivers should not apply sudden brakes, but move slowly to the left side of the road and stop carefully.
- 3.) In case you are near the sea, move to a high area away from the sea even without the tsunami warning.

Extinguish all fires immediately.

There are three chances to extinguish fire

- 1.) The vibration from the earthquake is small and at initial stages
- 2.) When the vibration of the earthquake stops.
- 3.) Just as the fire starts. (at initial stage fire can be extinguished by oneself)

\*In case of power failure shut down the circuit breaker.

Help your neighbors.

After making sure of your safety help your neighbors. (To be able to do this it is best to exchange greetings with your neighbors occasionally so that you know each other)

**Emergency goods for earthquakes**

Portables goods: flash light, undergarments, gloves, cotton gloves, socks, sweater, sleeping bags, cash, pocket radio, pocket knife, rope, can opener, first aid kit, triangular bandage, plastic bags etc. Things to have ready at home: water (approximately 3 liters per person per day for at least 3 days is required), food (dried bread, canned food, instant food packets, chocolate ; retort-packed food is convenient and is good for digestion), fuel (candles, matches, portable stove, batteries, gas cylinder)

**Disaster prevention drill for foreign residents**

The fire department, police, disaster prevention institutions and citizens are teaming to have disaster prevention drill where the epicenter of the earthquake will be assumed to be in Tsukuba. This includes 18 types of training such as evacuation guidance, emergency relief activity, rescue from collapsed buildings, etc. No participation fee required and there are translations (limited to some languages). About 20 people will be recruited for this event. Date and time: September 27<sup>th</sup> 8:30~12:00\* will go ahead in rainy weather, stopped in case of wild weather.

Location to gather and depart: Tsukuba Capi parking lot. (1-10-1 Takezono, Tsukuba)

Application Method: Call the Tsukuba International Association or email via the address below.

Tel: 029-869-7675

Email: [inter@tsukubacity.or.jp](mailto:inter@tsukubacity.or.jp)

**Have you paid your Prefectural and Municipal Tax?**

People who are yet to pay the Prefectural Tax (Motor Vehicle Tax, Property Acquisition Tax, Individual or Corporate Enterprise Tax, etc), Municipal Tax (Fixed Property Tax, Light Vehicles Tax, Corporate Municipal Tax, National Health Insurance Tax), may pay at any financial institution with the payment notice or, pay at the Prefectural Taxation (Prefectural Tax) Office or at the City Hall (Municipal Tax). If the payment is not made the assets (salary, savings, real estate) may be seized. The tyre of the car may also be locked. (For details contact the following places)

Inquiries: **Regarding the Prefectural Tax:** Tsuchiura Taxation Office (Payment and consultation can be done here) Tel: 029-822-7208

Tsuchiura Taxation Office Inashiki Branch (Only Payment can be done here), Tel: 029-892-6111

**Regarding the Municipal Tax:** Tsukuba City Hall Tax Division/Health Insurance and Pension Division Tel: 029-836-1111

**Daytime Japanese Courses for Beginners**

The Tsukuba Cultural Foundation is starting Japanese Language Courses for beginners to help with daily living. The content also includes basic Japanese needed for employment together with the Japanese language for beginners. In addition the evening (18:30~20:00) courses will begin as usual from the 29<sup>th</sup> of September. Check the August bulletin for more information.

\*Both classes are once a week

Nihongo 1: For absolute beginners

Nihongo 2: People who have studied Japanese language for more 50 hours and are able to introduce themselves, and read hiragana and katakana.

Text Book for both courses is "Nihongo 45 Jikan"

The courses are for people residing or working in Tsukuba and their families, who wish to learn Japanese.

Period and number of classes: Every Wednesday from 04/11/2009 ~3/3/2010 (Total of 16 classes)

\*For detailed dates download the schedule from the homepage.

Time: 10am ~ 12 noon.

Place: Tsukuba Science Information Centre (Formerly: Tsukuba Information Centre/ Azuma 1-10-1, Tsukuba)

Number of students: 10 students per class

Course Fee: 6000 yen (for newcomers)/ 5000yen (for continuing students)/ 3000yen for those who have applied for 9 times or more.

\* The fees must be paid when applying. The fee is non-refundable.

Course materials cost: The cost of the course materials must be paid on the first day of the course.

Application Method: Fill the necessary information in the application form and apply to the Tsukuba Cultural Foundation. The application period starts from the 1<sup>st</sup> of October (\* 9:00~17:00/Closed on Monday). The application form can be downloaded from the homepage.

Inquiries: Tsukuba Cultural Foundation

〒305-0032 1-10-1 Takezono Tsukuba, , inside the

Tsukuba International Association

TEL: 029-869-7675; FAX: 029-851-9797

E-mail: [class@tsukubacity.or.jp](mailto:class@tsukubacity.or.jp)

Website:(English) <http://www.tsukubacity.or.jp/info/english/modules/tinyd3/index.php?id=1>

or Japanese: <http://www.tsukubacity.or.jp/info/modules/tinyd3/index.php?id=2>



the **tsukuba**

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**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)

**EVENTS**

**Tsuchiura All Japan Fireworks Competition**

This competition, taking place in October, brings together fireworks craftsmen from all over Japan in an impressive display famous across the country. Every year more than 20000 batches of fireworks brighten the skies above Sakura-gawa, and more than 800000 people come to admire them. On the day of the competition, traffic is bound to be jammed, so we recommend that you arrive at the place early, park your car far away and then walk, or try to use the shuttle bus from Tsuchiura station.

Date: October 3; 6pm -8.30pm (in case of bad weather it will be rescheduled on either of these dates:October 4<sup>th</sup>,10<sup>th</sup>,11<sup>th</sup>,12<sup>th</sup>)

Place: Tsuchiura City, Gakuen Oohashi area (on the banks of Sakura-gawa)

Inquiries: Tsuchiura City Hall, Commerce, Industry and Tourism Division

Tel: 029-826-1111 ; URL: <http://tsuchiura-hanabi.jp/>

**71<sup>st</sup> Tsukuba Recycle Market**

The recycle market takes place a few times every year. There will be various used goods on sale such as clothes, home appliances, miscellaneous. Entry is free. Also there is a non-smoking policy on the premise.

Date: September 27; 10am – 2pm (cancelled in case on rain)

Place: Tsukuba Central Park, Water Plaza (*mizu no hiroba*) (2-7-5 Azuma, Tsukuba/ in front of the Suijou Rest House)

Parking: the closest parking is the North Second Parking (¥220/hour)

**Autumn Rose Festival**

The best season for roses at the Ibaraki Flower Park is end of September to November. During this period a series of events will take place, especially during the weekends.

Period: September 26<sup>th</sup>~November 13<sup>th</sup>

Place, Inquiries: Ishioka Shimoaoyagi 200

Tel: 0299-42-4111

Entrance fee: 740 yen within the period stated above.

Opening hours: 9:00~17:00 within the period as stated above (Weekends and holidays until the 1<sup>st</sup> of July open from 9:00~18:00)

Closed on Mondays (if Monday is a holiday then open on Monday and closed on the following day)

**Collaboration Concert of Chinese Singing and Dancing with Chinese Sweets**

Date: October 3<sup>rd</sup> 16:30~19:00

Place: Tsukuba City Fureai Plaza (2164-1 Shimo Iwasaki)

Number of people: 300

Participation fee: 500yen

Inquiries: Tsukuba City Fureai Plaza Tel: 029-876-2311

**Nature School at the foot of Mount Tsukuba Program for parents and children to experience nature "Observing the moon and listening to insects"**

Date: October 3<sup>rd</sup> 16:00~20:00

Place: Tsukuba Fureai no Sato

For: Parents and children (60 people)

Participation fee: elementary school children or above 900 yen, infants 700 yen (\* food and insurance fee)

Application method: Get the reception number by phone

and use it to fill in the application form and post or fax it. Inquiries, application place: Tsukuba Fureai no Sato (2090-20 Usui, Tsukuba) ; (TEL) 029-866-1519 (FAX) 029-866-1513 (※9:00~17:00, closed on Tuesdays)

**Brazilian Cooking Classroom for International Exchange**  
People can enjoy Brazilian food made from "carne seca"(dried beef), pumpkin, rice and quiche with salad. People who wish to take part in this event need to apply by phone by the 12<sup>th</sup> of October.

Date: 17<sup>th</sup> October 10:00~14:00

Place: Namiki Community Hall Cooking Room (4-2-1 Namiki, Tsukuba)

Participation fee: 1200yen per person

Number of people: 25 (first come first served basis)

Inquiries, application: Tsukuba Cultural Foundation (Closed on Mondays)

(TEL) 029-869-7675 (FAX) 029-851-9797

(Email) [class@tsukubacity.or.jp](mailto:class@tsukubacity.or.jp)

(URL) <http://www.tsukubacity.or.jp/info>

**City Chat Cafe**

International Café (City Chat Café)

The Tsukuba University, with the aim of promoting exchange between International and Japanese people living in Tsukuba through casual conversations, is organizing this event called the City Chat Café. Regardless of age or nationality, people can enjoy chatting in English or Japanese. No fees or reservations needed. The event is held at the La La Club on the 1<sup>st</sup> floor of La La Garden shopping centre twice a month. The dates for October and after will be posted on the website as it is decided.

Date for September: September 27<sup>th</sup> (14:00~16:00)

Inquiries : Tsukuba University International Café Bureau

Email: [icafe@sakura.cc.tsukuba.ac.jp](mailto:icafe@sakura.cc.tsukuba.ac.jp)

URL : <http://www.sakura.cc.tsukuba.ac.jp/~icafe/>

**Tsukuichi**

This is a morning fair with the concept of meeting of the producers and consumers. To reduce the amount of garbage it is asked that you take your own cup and eco bag, or come by bicycle or walk to the event.

Place: Central Park (Chuo Koen) (2-7-5 Azuma, Tsukuba/ Close to the TX A2 exit)

Date: As a rule it is held on the 1<sup>st</sup> Sunday of every month, however for October there is another event on the first Sunday so this event has been shifted to 11<sup>th</sup> of October.

URL: <http://tsukuba-kusanone.com/tsukuichi.htm>

**9. Tsukuba Industrial Fair**

The event introduces products, technologies, and specialties made in Tsukuba. There will be many attractions such as a robot display and demonstration, so it's a perfect opportunity for a family outing. An agricultural products fair, where you can taste a variety of fresh fruits and vegetables produced in the Tsukuba area, takes place at the same time.

Date: October 24, 25; 10am – 4pm

Place: Tsukuba Capio(1-10-1Takezono,Tsukuba)

Inquiries: Tsukuba Industrial Fair Organizing Committee: 029-864-3263



**Clinics Open During Sundays and Holidays**  
**September 20:** Takasaki Clinic, Takasaki 772-12, TEL: 873-3733  
 Kashimura Naika Shokaki-ka Clinic, Shimohirooka 744-1, TEL: 863-0606  
**September 21:** Yūkari Iin, Ōi 1622, TEL:874-1531  
 Tsukuba Byōin, Sasagi 1761, TEL: 855-0777  
**September 22:** Onomura Clinic, Takano 1155-2, TEL: 847-0071  
 Iioka Iin, Sakura 3-20-2, TEL: 857-7526  
**September 23:** Tsukuba Shiritsu Byōin, Hōjō 5022, TEL: 867-1196  
 Kushida Iin, Kamigō 2783-1, TEL: 847-2355  
**September 27:** Shibuya Clinic, Konda 2029-1, TEL:863-5252  
 Toukou-dai Naika Ichō-ka Clinic, Tōkōdai 4-19-4, TEL: 847-8468  
**October 4:** Katsuragi Clinic, Karima 196-1, TEL: 852-1105  
 Tsukuba Kinen Byōin, Kaname, 1187-299, TEL: 864-1212  
**October 11:** Miyagawa Naika Ichō-ka Iin, Ninomiya 2-2-26, TEL: 855-8777  
 Minami Ōdori Clinic, Takezono 2-16-24, TEL: 851-3697  
**October 12:** Ōno Iin, Shimana 634, TEL: 848-0888  
 Tsukuba Byōin, Sasagi 1761, TEL: 855-0777  
**October 18:** Watanabe naika Clinic, Namiki 3-11-9, TEL:851-5901  
 Okano Seikei geka naika Clinic, Nishi Ōhashi 192, TEL: 856-2300  
**October 25:** Ogura naika, Higashi 2-4-14, TEL: 852-0777  
 Tsukuba Center Clinic, Takezono 1-6-1, Tsukuba Mitsui building 4F, TEL: 851-9001

**Library information:**

**Tsukuba Public Library**

TEL: (856) 4311. Open : Tue thru Fri: 9:30-19:00, Sa/Su/holyday 9:30-17:00

Other than Tsukuba Public Library, there are library rooms at Yatabe Community Hall, Tsukuba Community hall, Onogawa Community Hall and Kukizaki Community hall.(Tue - Fri: 10:00 - 18:00)

**Library closed on:** September: 23,24, 28, 30 ;  
 October:5, 12, 13, 19, 26

**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.

September: 19th, 26th (3pm-3:30pm),  
 October: 3rd, 10th, 17th, 31st (3pm-3:30pm)  
 24th (3pm-3:30pm; 3:30pm-4pm)



**Book talk for adults**

Read books and meet new people. A group of book lovers gathers and chats. Newcomers are always welcome to join. Please take the introduced book with you to the meeting. (participation is free)

Date and time: September 19<sup>th</sup>, 10:00-12:00  
 Meeting place: Library, meeting room on the 2<sup>nd</sup> floor  
 Number of participants: 20 (No prior application necessary)  
 \*Book talk for adults is held generally once a month. The scheduled date and time will always be posted on the library's homepage  
 URL: <http://www.city.tsukuba.ibaraki.jp/lib/>

**Medical examination for infants**

Health check-ups for 18 months old and 3 year old infants will be held at the city's health centers. Regardless of your address, you may take your child for the medical examination at either the Sakura Health Center or the Yatabe Health Center. The eligible persons will be notified by the end of the month prior to the check-up.

**Inquiries:** Sakura Health Center Tel: 029-857-3931  
 Yatabe Health Center Tel: 029-838-1100

**Check-up for 18 month old infants**

\*If you cannot come by the designated date, please do so before the child becomes 2 years old.

September (born in Feb. 2008):Sakura Health Center:15<sup>th</sup>  
 October (born in Mar.2008): Yatabe Health Center: 7<sup>th</sup>  
 Sakura Health Center:16<sup>th</sup>, 21<sup>st</sup>

**Check-up for 3 year old infants**

\*If you cannot come by the designated date, please do so before the child becomes 4 years old.

September(born in Aug.2006):Yatabe Health Center: 16<sup>th</sup>  
 October(born in Sep. 2006):Sakura Health Center: 1<sup>st</sup>, 6<sup>th</sup>  
 Yatabe Health Center: 14<sup>th</sup>

**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.

**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.  
 Sakura Health Center: September 28<sup>th</sup>, October 13<sup>th</sup>, 26<sup>th</sup>  
 Yatabe Health Centre: September 25<sup>th</sup>, October 19<sup>th</sup>  
 Oho Health Center: October 8<sup>th</sup>

**Application Deadline for Fixed Allowance is Here!**

The application deadline for the Fixed Allowance is September 24<sup>th</sup> (Post mark on the day is valid). If one has not applied by the deadline it will be assumed that they have forgone the Fixed Allowance.

\* The application form has been posted on the 23<sup>rd</sup> of March. Those who did not receive it need to contact the City Hall as soon as possible.

**Inquiries:** Tsukuba City Hall Fixed Allowance Room Tel: 029-836-9811

**Changes regarding the influenza A(H1N1) consultation system in Tsukuba**

If you experience fever, cough, throat ache etc., and you're suspecting that you might have the novel H1N1 influenza contact your family doctor or the nearest medical facility in order to receive medical examination. This system is in power since the 1<sup>st</sup> of September in Tsukuba. \*Be sure to contact the medical facility via phone in advance in order to prevent further spreading of the virus. The doctor shall then inform you on your examination time and way the examination is done. Do not forget to wear a mask and avoid using public transport. The necessary medicine can be picked up at the pharmacy by any family members.

In case you are looking for a nearby medical facility you can phone the Ibaraki Prefecture Tsukuba Health Center or the Ibaraki Prefectural Office, or you can check the Ibaraki Prefecture Emergency Medical Information homepage (<http://www.qq.pref.ibaraki.jp/>) on your PC or on your cell phone (<http://www.qq.pref.ibaraki.jp/kt/>).

In case you require a doctor in the night or during holidays call the Ibaraki Prefecture Emergency Medical Information Control Center, 029-241-4199. For emergencies regarding children call the Ibaraki Children Emergency Consultation hotline, 029-254-9900. \*No dentist info.

**Influenza A(H1N1) consultation hotlines:**

Mon-Fri: Ibaraki Prefecture Tsukuba Health Center (8:30-17:30), TEL:029-851-9287  
 Tsukuba City Health Division (8:30-17:00), TEL: 029-836-1111

Sakura Health Center (8:30-17:00), TEL: 029-857-3931  
 Yatabe Health Center (8:30-17:00), TEL: 029-838-1100  
 Oho Health Center (8:30-17:00), TEL: 029-864-7841

Weekends and holidays: Ibaraki Prefectural Office (8:30-17:30), TEL: 029-301-4001

**Prevent the infection by having the correct knowledge**

Even after the rainy season and summer gone, this influenza strain didn't get weaker, only stronger.

**Infection prevention**

- 1.Health care in daily life (especially people with a previous condition)
2. Cough etiquette, frequent and thorough hand washing, gargling etc.
- 3.When someone in your family got infected, rest at home and refrain from going out. (the infected member should take plenty of nutrition and water, and get enough sleep in a private room; other members should be careful not to get infected; sterilize doorknobs that the sick person touched)
- 4.Have unwoven cloth masks for autumn and winter.

**Cough Etiquette**

When coughing or sneezing, cover the mouth and the nose with a tissue or cloth and get about 2 meters away from the nearest person. If you do not have tissue, etc, cover your mouth with your hands or sleeves and then wash them as soon as possible.

Throw away a used tissue straight after usage into a garbage box with a lid. People that have a fever, cough or sneeze symptoms should wear a mask.

**Regarding Mask Usage**

\*Masks made of unwoven fabric are best at preventing infection.

- 1.) Cover the nose, mouth and chin, bend the wire in the mask to cover the nose properly so that there is no space between the mask and the mouth.
- 2.) When taking off masks, hold it at the ends, near the ear, and not at the central part near the mouth. Put it into a plastic bag, seal it and throw away.

**Washing Hands**

The virus enters the body through the nose and mouth, often via hands. Be sure to soap well your wrists, palms, the back of the hand, between the fingers and underneath your nails. Scrub your hands for more than 15 seconds, after which you can rinse then with water and dry them with towel.

**Consultation center for foreigners**

The Tsukuba City Hall as well as the Ibaraki International Association provides advice to foreign residents regarding problems in their livelihood.

**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. Direct line: 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. Direct line: 029-244-3811

**Share yours and learn new skills!**

"I want to study in my spare time." "I want to try new things in my free time." "I want to teach others what I do best!" – These are just a few thoughts and hopes of numerous residents, that would like to engage in a new activity. The Continuing Education Division inside the Tsukuba City Hall is coordinating people that wish to learn and those willing to teach them. We will introduce instructors of all sorts of skills to people looking for a leader of a hobby club or a circle. Moreover, people willing to teach their skill can get registered. (\*One cannot register for political, religious or profit-making purposes.) For more information, please check the Tsukuba city homepage (in Japanese):

<http://www.city.tsukuba.ibaraki.jp/53/001837.html>  
 Inquiries: Tsukuba City Hall, Continuing Education Division, TEL: 029-836-1111