

Events

1.)72nd Tsukuba Recycle Market

This recycled products' market opens 4 times a year and it usually deals in used clothes, home appliances, miscellaneous stuff. Entry is free. No smoking in the area.

Date: Nov. 29th, 10am – 2pm (cancelled in case of bad weather). **Place:** Tsukuba Central Park, Mizu no Hiroba

Parking: North 2nd Parking Lot is the Closest (¥220/h)

Inquiries: Tsukuba Recycle Promotion Association;

Tel. 029-851-7086 (Ms. Takano)

2.)Tsukuba Child-care festival 2009

Every year this event is customarily held for parents and families who have newborns and children of pre-school age living in Tsukuba. We can introduce child-care circles and nursery schools, give advices for health and healthy diet, provide first aid guidance. You will have an opportunity to talk to other families, organize panel theater, and also participate in a program to make toys. People who wish to participate should call and apply before the event.

Date and time: Nov. 21st 9:30-12:00. **Meeting place:** Sakura Gymnasium (Next to Sakura branch office)

Application, inquiries: Regional Child-care Support Center (Keyaki hiroba); TEL:029-857-9037

3.)Micromouse Competition 2009

Micromice are miniature robots that race through a maze and compete for speed and skill. Micromouse competition is historically famous worldwide. During the races you can also enjoy various kinds of robots on display.

Date: Nov. 21 – 23, (21st: 2:30pm-6pm; 22nd: 10am-5pm, 23rd: 9am-5pm). **Place:** Tsukuba Capio (Takezono 1-10-1)

Inquiries: New Technology Foundation; Tel:03-3756-8564; <http://www.robomedia.org/micromouse2009/index.html>

4.) Tsukuba challenge 2009

This autonomous robot outdoor race will be held together with the Micromouse competition. Robots will be challenged to cross around 1 km of a highway without human operation or assistance.

Date: Nov. 20 :Trial run. Nov. 21: Main race *Check the times on the website

Meeting place: Inside the Tsukuba Central Park and its surrounding roads (*Start and finish points are in front of Tsukuba EXPO Center)

Inquiries: New Technology Foundation; TEL:03-3756-8564; **URL:**<http://www.robomedia.org/challenge08/index.html>

Notice from the Tsukuba Municipal Hospital ~about children fever~

When your child starts having a fever, use the following advice as reference. In case the child has influenza, a swift check-up can lead to positive reaction 12-24 hours after the fever starts.

1.) Fever doesn't necessarily have only bad influence on the body. It also has the role to animate the body, and activate the leukocytes in the blood that then start to attack the bacteria.

2.)The degree of the fever doesn't necessarily indicate the seriousness of the disease. Be very careful in case of the following symptoms. It's very dangerous if the sick person cannot take fluids, doesn't respond to calling, doesn't urinate for more than 12 hours, and is pale. There are some parents that take their children with fever to the hospital even in the middle of the night. However taking the child out in cold weather or letting them travel in a car for a long period of time can

5.)Autumn evening hike to Mount Hokyo

Do you want to enjoy the view of Kanto Plains and Mt. Fuji under the clear wintery blue sky, walking on trails of fallen leaves? After the hike you can warm up in the bath of the People's Training Center. **Day and time:** Nov. 28, 10:00-14:30.

Quota: 40 people. **Participation fee:** 2000 yen (lunchbox, beverages, insurance fee, commemorative photo fee, bath fee are included). **Application:** Call until Nov. 26

Inquiries: People's Training Center, TEL: 029-867-1153

6.) Mt. Tsukuba autumn leaves festival

The leaves on Mt. Tsukuba start turning red at the end of October beginning with the trees closer to the summit, and then spreading further down. They are especially beautiful around the route of the cable car, the ropeway, and around the Miyawaki cable car station. On Saturdays, Sundays and national holidays during the festival, the cable cars are available and the trees are lit up (20 minute ride, 17:00-20:00).

Date: until Nov. 30.

Inquiries: Tsukuba Tourist Association; TEL: 029-869-8333,

URL:<http://www.kanko-tkb.net/hp/momiji/>

7.) Evening midair walk at Mt. Tsukuba

The Mt. Tsukuba ropeway will be working also in the evening, so you can enjoy the great panorama, the magnificent night view and the starry sky. You can see not only Tsukuba and Tsuchiura, but also far-off Tokyo, Saitama and Chiba.

Date: Every Sat., Sun. And nat. holiday until Jan. 31st 2010 (Closed from Dec.27th – Jan. 3rd, and in case of bad weather); 17:00-20:00. **Fee:** Adults-1000yen (round trip) (*free for pre-school children)

Inquiries: Tsukuba Tourist Association; TEL: 029-869-8333

8.)International Cafe (City Chat Cafe)

This event organized with the support of international students from the University of Tsukuba, aims to provide an opportunity for the foreign residents in Tsukuba regardless of age or nationality, to communicate with Japanese in a relaxed and enjoyable atmosphere. Participation is free, no reservations needed. Come alone or with family to chat about a variety of topics both in English and Japanese. This event takes place twice every month. *To prevent the spreading of new-type influenza we ask the people who have fever or cough or those who have had contact with a sick person to refrain from coming. Next meetings will be on December 6, 20; 2pm-4pm at LALA Garden (1F, LALA Club area)

Inquiries: Tsukuba University International Cafe office;

Email: icafe@sakura.cc.tsukuba.ac.jp;

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

cause the illness to get worse. Take the appropriate measures to keep your child sleeping at home through the evening.

3.) It would be best not to use antipyretics. Just by lowering the fever, the illness itself doesn't get cured. It's better to just endure through it. In a case of other symptoms such as inability to sleep, no appetite or pain you can use an antipyretic, and then once more after 6-8 hours if those symptoms appear again. However even if the fever goes down, you should come to the hospital the following day

4.) Be sure to give your child enough fluids in case of fever, cool them down with cold compresses under their arms, on the forehead, neck, base of the legs etc. Do not use too cold compresses, because it could cause the blood vessels in the skin to contract and numb the nerves. When the body temperature raises rapidly, the sick persons starts to shiver. At that point you have to try and warm up the hands and feet.



the **tsukuba**

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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

Application for Day Care Centers for Financial Year 2010

Applications for new entrance and change of day care centers for financial year 2010 will be accepted on the following dates and places. Successful applicants from the first round will be determined before applicants from the second round are screened. More details can be found in the October issue of The Tsukuba Bulletin.

Application can only be submitted at the city hall. Please do not try to submit applications directly to the Day Care Center.

First Round of Applications

Date	Area	Place & time
Nov. 30 th	Kukizaki	Tsukuba City Hall, Sakura Branch Office, 2F, Conference Room 2. 9am – 11.30am 1pm – 4pm
Dec. 1 st , 2 nd	Yatabe	
Dec. 3 rd , 4 th	Sakura	
Dec. 6 th	All	
Dec. 7 th	Oho	
Dec. 8 th	Toyosato	Back-up Days: Dec. 10, 11
Dec. 9 th	Tsukuba	

*Area refers to current area of residence. If you cannot come on the day reserved for your area, you can come on any other day.

Second Round of Applications

Date	Place	Time
Dec. 14, 2009 – Feb. 10, 2010 (except on public holidays and weekends)	Tsukuba City Hall, 2 nd floor, Children's Services Division	8:30am~ 5:15pm

–Application forms, documents are available at the following locations: Children's Services (Sakura Branch Office 2F), counters of every branch offices, Yoshinuma Community Center, and the respective day care centers.

–Incomplete applications will be rejected.

–For children currently enrolled in day care centers you need to apply again for the FY 2010 if you plan to change centers.

–Applications that cannot be satisfied at present due to lack of vacancies will be reviewed every month after the application period is over.

–Persons applying throughout the year will need to apply by the tenth of the month previous to the desired month of enrollment. Their applications will be reviewed at the same time as those waitlisted.

Things to bring when applying:

1. Application form
2. Mother and Child Health Book
3. Documents certifying that you are unable to take care of the child at home (certificate of employment, certificate of

enrollment in school, etc)

4. Bank book or card from a financial institution in the city, if you would like the day care fee to be deducted from your account.

5. For persons who have moved to Tsukuba after Jan. 2, 2009: Proof of Taxation issued by the city hall of your previous place of residence.

6. For foreigners: Alien Registration for all family members (copy); Work permit (only for persons who have a dependent or student visa and apply for day care due to employment)

7. Persons who apply because they are due to another child-birth should also bring a copy of the Mother and Child Health Book with the expected date of birth.

Inquires: Children's Services Division, Tsukuba City Hall; Tel: 029-836-1111

Child-care advice exchange spots

1.) Child-care support center "Keyaki Hiroba"

Within the Sakura branch office, parents can go with their newborns or preschool children to the "Keyaki Hiroba" and exchange advice about child-care. While your child has fun in the playroom, you can talk to other parents who are also experiencing child-care difficulties and give and receive advice.

You can also consult about your problem with the people working there. Both fathers and mothers are welcome.

Working hours: Mon-Fri, 1st and 3rd Sat.: 9:00-12:00, 13:00-16:00 (You can come and go freely within that time)

Consultation: Mon-Fri, 9:00-16:00

Inquiries: Tsukuba City Hall, Children's Services Division, Office of Childcare Support Services, TEL: 029-857-9075

Tsukuba City regional child-care support center "Keyaki Hiroba", TEL:029-857-9037

2.)"Local child-care plaza" at community centers

"Keyaki Hiroba" in cooperation with the Katsuragi kindergarten, Sakura Gakuen kindergarten, and several community centers are organizing local child-care plazas. Wouldn't you like to find friends with children in the neighborhood? Experienced staff prepared with fun toys are waiting for you. Bring your child and come play.

Time: 10:00-13:00

Place: Tue: Kasuga community center, Wed: Shimana community center, Thu: Oho community center, Fri: Ninomiya community center

3.)Ozone child center (Nakayoshi-kan)

At the Ozone child center, mothers can come exchange child-care advice at the "Nobi nobi hiroba". Every week the staff organize games, and the parents and their children play and talk. Foreign mothers and children are also very welcome.

Let's have a good time together.

Date and time: Every Thursday, 10:30-12:00

Content: Parent and children games, tea times etc.

Place, inquiries: Ozone child center (Tsukuba, Ozone 447), TEL: 029-864-0181, URL: <http://nakayoshikan.com/index.php>

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1. Nature experience program from parents and children "Bonfires and Christmas crafts"

While you play nature games, you will gather materials for Christmas crafting. Also we will make bread on the bonfire, and eat stew together for lunch. Date and time: Dec. 5th ; 10:00-15:00. Place: Tsukuba Fureai no Sato. Eligible: Parents and children. Quota: 60 people.

Participation fee: preschoolers: 700 yen, elem. school children and above: 900 yen

How to apply: Call and receive a reception number. After that send a mail or fax with the following information: reception number, name, child's age (school year), address, phone number. Inquiries: Tsukuba Fureai no Sato (Tsukuba, Usui 2090-20); TEL: 029-866-1519 (9:00-17:00, closed on Tue.); FAX:029-866-1513

2. Malaysia week

We will organize an exhibition of photos of Malaysia, and sales of Malaysian specialties to give you a chance to experience this county's charm. For more details check the website.

Date and time: Dec. 8th – Dec. 13th ; 9:00-17:00

Place: Tsukuba Fureai Plaza (Tsukuba, Shimoiwasaki 2164-1). Inquiries: TEL: 029-876-2311

URL: <http://www.fureai-plaza.jp/>

Attention! Prevent Sudden Infant Death Syndrome!

This illness can kill a healthy infant suddenly while the infant is asleep. In Japan, about 1 in 4000 babies die between 2~6 month after birth every year. Although the frequency of this illness is decreasing every year, in 2007 about 158 infants died due to this illness. The actual causes of this illness is unknown, however the following 3 adjustments to the environment of the infant reduces the risk of this illness.

1. When putting the baby to sleep, let the baby sleep with face upward. However, if the doctor advises otherwise, follow the instruction of the doctor.
2. During pregnancy, stay as far away as possible from cigarettes and smokers, and keep babies away from cigarette smoke at all times.
3. Although breastfeeding depends on mothers individually, its is highly advised that mothers feed their breast milk to their baby as much as possible.

Taking the above as reference, improve daily child-caring methods. Do not worry about child-caring too much.

Relax and raise the child with hope.

Contact: Sakura Health Center Tel: 029-857-3931

Counseling Services for Foreigners

1. Counseling service provided by the City Hall in your preferred language, via phone or in person. Consultations will be kept confidential. (*closed on national holidays)

Phone: 029-857-1870. **Hours:**10am-12pm, 1pm-4:45pm

Tue: Japanese, English, Thai.Wed: Japanese, Chinese, Korean

2. Counseling service provided by the Ibaraki International Association, via phone or interview. The consultations will be kept confidential and are free of charge.

Phone: 029-244-3811. **Hours:** 8.30am-12pm; 1pm– 5.15pm

Japanese/English: Mon thru Fri; Chinese: Mon (afternoon), Wed; Portuguese: Mon (morning), Thu; Spanish: Tue; Korean: Tue; Thai: Wed, Fri; Tagalog: thu

2010 School Enrollment Guide

In Tsukuba the Primary and Junior High School Districts are designated by the School Board and the schools are decided according to the certificate of residence (Alien Registration Card). A “School Enrollment Notice”(就学通知) will be sent at the end of November to the households where children will be beginning School from next year April.

Primary School Enrollment

For: Children born between 2nd April 2003~ 1st April 2004.

Application: In the case of enrollment in the designated school, fill out the “School Enrollment Registration” (就学届) which is at the back of the School Enrollment Notice, and submit it to the designated School by December 10.

Junior High School Enrollment

For: Children born between 2nd April 1997~ 1st April 1998

Application: In the case of enrollment in the designated school, fill out the “School Enrollment Registration” (就学届) which is at the back of the School Enrollment Notice, and submit it to the designated School by December 10.

Enrollment into Private or Prefectural Schools

For: Students who will enter Primary or Junior High School as 1st grader and are in the age group as stated above, who are planning to enter a Private or Prefectural School.

Application: Fill out the necessary information at the back of the “School Enrollment Notice” and submit it to the designated School by December 10. After entering, take the Acceptance Letter or Admission Letter with your name seal to the Office of Board of Education or follow the “Extramural School Enrollment” 「区域外就学」 procedures at the enrollment school.

Procedures Necessary in case the Child Cannot be Enrolled in the Designated Schools

For: 1. Those who are planning to move out of the city, including out of the country before April 2010

2. Those who are planning to move to another school within the city before April 2010.

3. Residents of the area where changing of schools are permitted and wish to change schools.

4. Those who are applying to schools out of the designated school district.

Application: Take the School Enrollment Notice and your name seal to the Office of the Board of Education by December 17 and complete the procedures. (Reception hours: 8:30~17:15, except for weekends and public holidays). For 1. and 2. take School Enrollment Notice, for 3. take the School enrollment notice and the Change of School Notice “変更届”(変更届 is available on the website of the school) or post it to the Academic Division.

Prevention of Illegal Enrollment in Schools outside designated Areas (Cross-boarder Enrollment)

Cross-boarder enrollment is prohibited even in the case of change in residential certificated or change in livelihood. Even after a child begins school, if illegal cross-boarder enrollment is noticed the child will be transferred to a school in the designated region.

Contact: Tsukuba City Board of Education Academic Division 〒 300-2642 Tsukuba City, Kouya 1197-20, Tsukuba City Hall, Toyosato Branch, 1st floor .
Tel: 029-836-1111

Clinics open on Holidays : 9:00~17:00

Nov15 Komatsu Naika Clinic, Kamiyokoba 1178, Tel: 838-2400

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

Nov 22 Shojisan Fujinka Shonika Iin, Yatabe 1562, Tel: 836-0405

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

Nov 23 Hayashi Clinic, Inarimae 5-6, Tel: 859-0550

Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211

Nov 29 Tsukuba Hakua Clinic, Mase 918-1, Tel: 837-0208

Houjou Iin, Hanabatake 3-28-8, Tel: 864-0006

Dec 6 Tougou Iin, Tateno 636, 837-1785

Minano Clinic Naika Kokyukika, Nishi Hiratsuka 318-1

Tel: 850-4159

Dec 13 Jinai Naika Iin, Onozaki 785-1, Tel: 855-4577

Hilltop Clinic, Sa 1004, Tel: 877-3130

Dec 20 Higashi Geka Naika Iin, Higashi 2-26-16, Tel: 856-7070

Otsushi Clinic, Tamizuyama 975, Tel: 850-7878

Dec 23 Narushima Clinic, Tateno 363, Tel: 839-2170

Iida Iin, Numata 85, Tel: 866-0025

Dec 27 Nemoto Clinic, Onigakubo 1108, Tel: 847-0550

Ogura Iin, Numata 181, Tel: 866-0108

Dec 29 Tsukuba Icho Byoin, Takamihara1-2-39, Tel: 874-3321

Tsukuba Byoin, Sasaki 1761, Tel: 857-0777

Ichihara Byoin, Ozone 3681, Tel: 864-0303

Dec 30 Tsukuba Icho Byoin, Takamihara1-2-39, Tel: 874-3321

Tsukuba Gakuen Byoin, Kamiyokoba 2573-1, Tel: 836-1355

Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211

Dec 31 Tsukuba Byoin, Sasaki 1761, Tel: 857-0777

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

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

Tsukuba Citizens Day : November 30

The Tsukuba City was founded through the merger of 3 towns and 1 village on the 30th of November 1987. To celebrate this occasion the following municipal facilities which usually charge fees will be free on the 28th and 29th of November.

Places which will be Free of Charge

★Municipal Tennis Court (The facilities below will be free of charge however Night time is subject to fees)

Ninomiya Koen, Teshirogi Koen, Sakura Undo Koen, Kagaku Bannaku Kinen Koen, Katsuragi Koen, Kokaigawa Sports Koen, Hanare Koen, Toukoudai Undo Koen, Ounan Sports Koen, Tsukuba Hokubu Koen, Takezono Higashi Koen, Daiyama Koen, Ooike Koen, Sakura Koen, Yatabe Tennis Court, Toyosato Tennis Court, Yukari no Mori Tennis Court, Family Sports Koen.

* Doho Koen Tennis Court is Prefectural establishment thus will not be free of charge. * Reservations needed. Contact the Office of the facility you wish to use or make reservations via internet.

★ Sakura Koutsu Koen

Tel: 029-851-6323/ Opening hours 10:00~ 16:00

* Foot operated go-kart and bicycles would be rented for free

★ Yukari no Mori Konchukan (Insectarium)

Tel: 029-87-5061/ Opening Hours: 9:00~17:00 (entrance until 16:30). * Over 5000 samples of insects from around the world can be viewed.

★Matsumi Park Observation Tower

Tel: 029-851-5705/ Opening hours 9:00~17:00

At an altitude of 45m, people can see from the streets of Kenkyugakuentoshi to Mount Tsukuba.

Facilities with discounts

★ Tsukuba Expo Center

Tel: 029-858-1100/ Opening hours 9:50~17:00

* Exhibition Ticket: Adult 300 →150 yen, Child 150→80 yen

* Planetarium: Adult 700 →350 yen, Child 350→280 yen

* Planetarium special program: Adult 800 →650 yen,

Child 400→330 yen

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 are library rooms at Yatabe Community hall, Tsukuba, Onogawa and Kukizaki Community Halls.(Tue - Fri: 10am - 6pm). **Library closed on:** Nov: 16,23,24, 27, 30. Dec: 7, 14, 21, 23, 28,29,30,31

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.

Nov. 21, 28, Dec 5, 12, 19, 26: 15:00 – 15:30

Nov 28, Dec 26 : 3.00 – 3.30pm; 3.30 – 4.00pm

Visiting Infants at Home

In Tsukuba City there is free visiting of infants at their homes by health nurse, maternity nurse or clinical nurse.

For: basically until 4 months old babies

Contents: Consultation regarding the weight of the baby, vaccinations, child rearing, mothers health, etc.

Contact: Sakura Health Center : (TEL) 029-857-3931

Yatabe Health Center: (TEL) 029-838-1100

Oho Health Center: (TEL) 029-864-7841

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.

Nov: babies born in April 2008: Sakura Health Center: Nov 25

Dec: babies born in May 2008: Sakura Health Center: Dec 1 Yatabe Health Center: Dec 2, 9

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.

Nov: babies born in Oct 2006 : Yatabe Health Center: Nov 18

Dec: babies born in Nov 2006: Yatabe Health Center: Dec: 3 Sakura Health Center: Dec 8, 10

Polio Vaccinations (Group Vaccination)

For siblings who have not yet been vaccinated against polio it is best to get it together. (Children between 3months~90 months)

No reservations needed, vaccinations will be given in the order of reception. It is advised that children over 1 who are yet to get the measles and rubella vaccinations should get it as a priority.

Nov 19 : Yatabe Health Center, Nov 24 Sakura Health Center

Dec 4 : Oho Health Center, Dec 7: Yatabe Health Center

Dec 14 Sakura Health Center

One Day Free Legal Advice for Foreigners from Lawyers in Chikusei

: On the 29th of November from 11:00~16:00 (reception until 15:30), there will be free legal consultation available with a lawyer. Consultation regarding visa, work, marriage, etc will be available in English, Japanese, Spanish, Portuguese, Thai, Indonesian, Korean . **TEL:** 090-2645-6448(Can only be used on Nov 29th). **Contact:** Foreigners Consultation Center, Ibaraki International Association TEL: 029-244-3811