

### Tsukuba Wellness Park

The Tsukuba Wellness Park is made up of three facilities: 1. "Health Plaza" contains hot bath, heated pool and training gym, 2. "Sekisho Challenge Stadium" can be used for playing Futsal, 3. "Sports field" can be used for soccer, rugby, ground golf and more.

#### Health Plaza

The hot bath and the heated pool use the heat from the neighbouring Clean Center. The indoor training gym and the heated pools offer various lessons (subject to fees). Also there are training rooms (subject to fees), rest rooms, Japanese style restaurants and more to enjoy.

#### Fees Chart

	1 time ticket	Multiple ticket (11 times)	Membership Ticket (6 months)	Membership Ticket (1 year)
Adult (Junior High or above)	700 yen	7,000 yen	37,800 yen	67,200 yen
Child (over 3years)				
65 and over	400 yen	4000 yen	21,600 yen	38,400 yen
People with disabilities (adult)				

\* Children with disabilities and children below three may use

free of charge. Children must accompany adults. This facility is open from 10:00-22:00 from Monday to Friday and from 9:00-22:00 on weekends and public holidays. Closed every first and third Thursday of the month, and on the 31st of December and January 1st.

#### Sekisho Challenge Stadium

Equipped with night lighting and artificial grass, this soccer and futsal court can be used in all weather conditions. There are also club houses and spectator seats. Hourly fee for using the whole field is 3000 yen. (another 3000yen for using night lights). Open from 9:00-22:00, closed on December 31st and January 1st.

#### Sports Field

This is a multipurpose field with natural grass and can be used for soccer, rugby, ground golf and other sports. Costs 2000yen per hour and is open from 9:00-17:00, closed on December 31st and January 1st. \* Due to the natural grass the ground may not be used on some days due to maintenance, so please check in advance.

#### Running Tracks

There is a 1 km running course inside the Tsukuba Wellness Park which can be used free of charge.

#### Dog Run

The field is available for dogs to play freely, free of charge.

#### Contact:

Tsukuba Wellness Park 〒300-434, Yamaki 1562

Tel: 029-867-5210 Fax: 029-867-5230

### Urban Parks 2010 Term 3 (October-December) Sports Classes

Lesson	Class	Day	Time	Place	Frequency	Lesson fee	Max No.	Instructor
Soccer	Kindergarten Students	Friday	15:00-16:00	Katsuragi Park	9	7,200yen	12 people	NPO Tsukuba Football Club
	Primary School Students	Friday	16:00-17:00	Katsuragi Park	9	7,200yen		
	Kindergarten and Primary (1~3 graders)	Monday	15:45-16:45	Ninomiya Park	9	7,200yen		
		Monday	16:00-17:00	Kukizaki Undo Park	9	7,200yen		
Tennis	Primary School students (1~6 graders)	Thursday	17:15-18:45	Tsukuba Hokubu Park	9	6,300yen		Tsukuba University Tennis Research Lab. Tsukuba Tennis Science Center
		Friday	17:15-18:45	Tsukuba Hokubu Park	9	6,300yen		
	General	Monday	11:00-13:00	Banpaku Kinen Koen	9	6,300yen		
	Beginners and basic	Friday	19:00-21:00	Tsukuba Hokubu Park	9	6,300yen		
	General intermediate	Monday	9:00-11:00	Banpaku Kinen	9	6,300yen		
	Thursday	19:00-21:00	Tsukuba Hokubu	9	6,300yen			

#### Application:

Write name in "furigana", postal code, address, gender, age, Telephone number and preferred class and submit by post or in person to the Park Office and it should reach before September 19. \* Insurance fee is not included in the Lesson fees. Continuing students will be given priority so there may be selection based on lottery. If the number of students are well below the maximum number the class may be cancelled.

Ninomiya Park Administrative Office, 〒305-0051 Ninomiya 1-15, Tel: 029-851-4439

Katsuragi Park Administrative Office, 〒305-0821 Kasuga 2-39-3, Tel: 029-851-1788

Tsukuba Hokubu Park Administrative Office, 〒300-3266 Kitahara 1, Tel: 029-864-4582

Kukizaki Undo Park Administrative Office, 〒300-1273 Shimo Iwasaki 2160-10, Tel: 029-876-6600

Kagaku Banpaku Kinen Koen Administrative Office, 〒305-0841 Miyukigaoka 6, Tel: 029-856-1005



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### TSUKUBA CITY HALL

#### International Affairs Division

Karima 2530-2, Tsukuba, Ibaraki, 305-8555

(Kenkyugakuen D32 Block 2) TEL: 029-883-1111

Email: ctz031@info.tsukuba.ibaraki.jp

\*HP <http://www.tsukubainfo.jp/>

<http://www.city.tsukuba.ibaraki.jp/005511.html>

**\*There will be a power shutdown at the Tsukuba City Hall on September 23. We appreciate your understanding.**

#### Disaster Prevention

September 1<sup>st</sup> was the "Disaster Prevention Day" and the "Disaster Prevention Week" was from August 30<sup>th</sup> to September 5<sup>th</sup>. To be prepared for unforeseen disasters, check the evacuation centers, prepare the emergency packs and check the inside and surrounding of the house for any safety hazards.

#### Call-out Cases for the Fire Department in 2009

Fire 128 cases Wind and Flood Damage : 21 cases

Central Fire Station :23 cases Toyozato Branch 17,

Sakura Branch 16, Namiki Branch 15

North Fire Station : 31cases Tsukuba Branch 20

South Fire Station : 13 cases Kukizaki Branch 14

#### Tsukuba City Disaster Prevention Map

The City Hall is distributing maps with the following information: designated and backup evacuation centers, Emergency Notified Medical Institutions, Disaster Prevention related institutions, Main Fire Stations and all Branches, information on Disasters and Disaster prevention, emergency numbers and more. Contact: Tsukuba City Hall Public Safety Division Tel: 029-883-1111

#### Flood Hazard Map (Kokai and Sakura River Edition)

The Flood Hazard Map shows areas that may submerge under water in case the Tone River, Kokai River or the Sakura River overflows due to heavy rainfall. It has flood and evacuation information, indication from the intensity of rain, dangerous places during evacuation, mechanism of water damage, things to carry in case of emergency, and more. Contact: Tsukuba City Hall Road Division Tel: 029-883-1111

#### Disaster Notification Email Service

<http://www1.city.tsukuba.ibaraki.jp/MailSys/disaster>

The Tsukuba City Fire Station notifies by email 24 hours a day everyday about fire, accidents, floods and more.

Contact: Tsukuba City Hall Information Systems Division

#### Disaster prevention drill for foreign residents

The fire department, police, disaster prevention institutions and citizens are teaming to have a disaster prevention drill where the epicenter of the earthquake will be assumed to be in Tsukuba. There are 18 types of training, of which the public can participate in some depending on the contents. A siren will be sounded at the training location at 9 am on the day of the drill, so please do not confuse it for a real fire. No participation fee required and there will be interpreters (limited to some languages). Maximum of 30 foreign residents will be recruited for this event.

**Date and time:** September 26<sup>th</sup> 8:30-12:00\* will go ahead in rainy weather, stopped in case of wild weather. (To confirm on the day of the event call 0180-99-2984\*only on the day of the event)

**Location to gather and depart:** Park in front of Kenkyu Gakuen Station.

**Destination:** Tsukuba City Hall

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

Tel: 029-869-7675 Email: inter@tsukubacity.or.jp

Tel: 029-883-1111

#### Disaster Prevention Email

<http://www.pref.ibaraki.jp/bousai/mail/bousai.html>  
Ibaraki Prefecture provides disaster prevention information through email. Information provided are as follows: Weather related Information (such as weather warnings, sediment disasters, earthquakes, tsunamis and more), Evacuation related information (such as evacuation preparation, evacuation advice, evacuation directives and more).

Contact: Emergency Management Division, Living Conditions Department, Ibaraki Prefecture Tel: 029-301-2885

#### Seismic Diagnosis on Wooden Houses

Tsukuba City dispatches certified inspectors, free of charge to inspect earthquake resistance of wooden houses. Stand-alone wooden houses built before May 31<sup>st</sup> 1981 are subject to the inspection. (max 50 houses first come first serve basis). As a general rule it is an external visual inspection and the inspectors are certified by the governor of Ibaraki Prefecture. The inspection will decide if an aseismic reinforcement is necessary. Contact: Tsukuba City Hall Development Advisory Office Tel: 029-883-1111

#### Crime Prevention

Tsukuba city is taking measures to reduce crime and create a safe environment. If all citizens upgrade their knowledge on crime prevention then there would be a safer environment.

#### 2009 Criminal Cases 4159

Bicycle theft about 20%, car and motor bike theft 13%, car break-ins 10%, sneak thieves 4%. \*Bicycle theft frequency is very high.

#### Prevent Bicycles from getting stolen

Register the bicycles; bicycle registration is mandatory by law. Do not leave bicycles on the street. Use multiple locks. Contact: Tsukuba Central Police Station Tel: 029-851-0110

#### 2010 Population Census

Irrespective of Nationality, the Population Census applies to all the people living in Japan as of 1st October, and a response is required by Law. The Census Takers will distribute and collect the survey forms between the end of September to middle of October. Due to the Private Information Law, and the increase in number of people unavailable during day time, the census this time will be different from the one done five years ago.

#### Survey Forms will be in envelopes

The survey forms would be closed in an envelope and it would not be open until it reaches the City Hall, hence the Census Takers will not be able to see the contents of the survey form.

#### Introduction of submitting forms by Post

The survey forms can be submitted through the Census Takers or posted to the City Hall. The contents from the collected survey forms will only be used for analytical purposes. Every effort will be made to protect your personal information. The information from the survey forms will not be disclosed, so please do not worry. Please cooperate with the Population Census. Contact: Tsukuba City Hall Planning Division

Tel: 029-883-11 11

<p><b>Tsukuba Marathon Poster</b> Make a poster about the natural scenery of the city and the figures of the runners. Size and form regulations: 1. Draw on an 8 cut size (271mm x 391mm) drawing paper with water color or crayons. 2. In case of computer graphics, print out in A3 size paper and attach a CD-ROM with the data. People living, working, studying (including preschools and nursery centers) in Tsukuba may participate. The best Posters will be displayed at the Tsukuba City Hall and at Iias Tsukuba from the 19th~29th of November. * Please keep in mind that the participants name and the schools name will also be displayed. Best Poster Award prize will be given on 27th November during the Tsukuba Marathon Opening Ceremony. To apply, please write your name, address, age, school name (in case you are a student) and phone number and submit to the following address by post or in person by September 24th. Contact: Sports Division Tsukuba City Hall 2nd Floor, 〒 305-855 Karima 2530-2, Tel: 029-883-1111</p>	<p><b>Kin Chan League Golden Challenge 2010: Final Match in Tsukuba on September 25th . Former Yakult “Furuta” will be guest participant.</b> Since the retirement of Hagimoto Coach, the Golden Challenge has been taking place for the last 5 years, however this year is the final year of this event. This years event will be special with the exciting MC performance of Kin-chan and the game against Furuta. Held on the 25th of September, the first game starts at 10am between Yokohama Babe Ruth and Tokyo Gold Gym Baseball Club. The match from 2pm is between Ibaraki Golden Golds and Ikkyu Saitama Club. The games will be held at Sakura Undo Park Baseball Field. Advanced Purchase Ticket S(1st base and behind the back net) for 1500yen, A ticket (3rd base) 1000 yen, purchasing ticket on the day of the event will cost: S ticket=1800 yen and A ticket=1300 yen. <u>Tsukuba Fan Festival “Goodbye KinChan” by Ibaraki Golden Golds.</u> This event will be held on the 20th of November at the Sakura Undo Park Baseball Field. Contact: Ibaraki Golden Golds Tsukuba Cheering Squad (Tsukuba Capió) Tel: 029-851-2886. Tsukuba City Hall Policy Office Tel: 029-883-1111</p>	<p><b>37th Japanese Courses for Beginners</b> Japanese Language Courses for foreigners living or working in Tsukuba to help with daily living will begin soon . Class: Every Tuesday Class. 18:30-20:00 Nihongo 1: For absolute beginners Nihongo 2: Those who have studied Japanese language for more than 50 hours and are able to introduce themselves, read hiragana and katakana. Yomikaki: Those who wish to learn hiragana, katakana and kanji Every Thursday Class . 18:30-20:00 Nihongo 3:Those who have studied Japanese for more than 100 hours and can write hiragana and katakana. Nihongo 4: Those who have studied Japanese for more than 150 hours and can say their intentions in full sentences. Nihongo no kai: Those who have studied Japanese for more than 200 hours, are above level 3 in Japanese Level Proficiency Test and can speak on various topics in Japanese. Period: Tuesday: 5th October,2010-29th March,2011 (20 classes) Thursday: 30th September, 2010-31st March, 2011 (20 classes) Number of students: 15 students per class Course Fee: 6000 yen (for newcomers)/ 5000yen (for continuing students. Course materials cost: The cost of the course materials must be paid on the first day of the course. Application period started from September 1st *For detailed dates download the schedule from the homepage. Place: Tsukuba Capió (Tsukuba City, Takezono 1-10-1) Application Method: Fill the necessary information in the application form and apply to the Tsukuba Cultural Foundation between 9:00-17:00/Closed on Monday). The application form can be downloaded from the homepage. Inquiries: Tsukuba International Association 〒305-0032 Tsukuba City, Takezono1-10-1 TEL: 029-869-7675; E-mail: inter@tsukubacity.or.jp Website: http://www.tsukubacity.or.jp</p>	<p><b>Tsukuba Public Library.</b> Tel: 029 -856- 4311. Open : Tue - Fri: 9:30-19:00, Sat/Sun/Public Holidays 9:30-17:00 There are library rooms at Yatabe, Tsukuba, Onogawa and Kukizaki Community Halls as well.(Tue - Fri: 10:00- 18:00). <b>Library closed on:</b> September 6,13,22,23,27,30, October 4,11,12,18,25,28 <b>When borrowing from the library...</b> When borrowing books and other materials from the city libraries you will need a “Member’s Card”. If you are a resident of Tsukuba, you can simply apply at the central library or community center libraries by presenting some documents that state your address. Even if you do not 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.</p>
<p><b>Keyaki no Kai Japanese Language Classes</b> The Keyaki no kai, not just only offers Japanese language classes but also aims to understand the cultural differences. Anyone who wishes to learn Japanese Language is welcome. <u>Introductory Class:</u> For absolute beginners, text book: “Shin Nihongo a i u e o” Alc, 1200yen <u>Beginner 1:</u> For those who can read and write hiragana and katakana and can engage in simple conversations. Text book: “Shokyū gogaku ryūgakusei no tame no nihongo 1” 1500yen. <u>Beginners 2:</u> For those who have studied Japanese language for more than 6 months and can understand verbs and adjective changes. Text book: “Shokyū gogaku ryūgakusei no tame no nihongo 2” 1500yen. <u>Period:</u> 7th October,2010~24th February, 2011. Every Thursday (except for public holidays and during year-end and New Year) 12:30-14:30 (Total 17 times). Place: Tsukuba Gakuin University (Tsukuba City Azuma 3-1). Fees: 3000 yen (Text books costs separate). Application: The reception at the Café space beside the entrance Hall at Tsukuba Gakuin University at 12:00 on October 7th. Contact: Keyaki no kai email:keyakinokai@gmail.com [URL] http://yaplog.jp/keyakinokai/ * Please do not contact the Tsukuba Gakuin University</p>	<p><b>Career Guidance for Foreign Students</b> A career guidance will be held to help foreign students who will graduate in March, September 2011 or a March 2012 from Universities, National College of Technology, and Specialized Training Colleges. This event provides an opportunity for foreign students to learn about the job hunting and other requirements when deciding to work in Japan. It will be held on the 28th of September from 10:00-12:00 (reception from 9:50) at the Hello Work Shinagawa, Tokyo Employment Service Center for Foreigners (Tokyo-to, Minato-ku, Roppongi 3-2-21, Roppongi Job Park). The program is as follows: Job hunting techniques in Japan, change of residential status, how to choose type of job, manners of job hunting, the utilization of Tokyo Employment Service Center for Foreigners, and more. (Please bring your student card, Alien Registration Card and writing materials if you wish to register). Make reservation via phone or at the reception desk at Tokyo Employment Service Center for Foreigners. First come first serve basis. Tel: 03-3588-8639</p>	<p><b>The 26th Tsukuba International Music Festival</b> 1. <u>“La Bohème” Vienna Woods Municipal Theatre of Baden</u> September 25, performed by Mozartide orchestra and others. Tickets: S for 9000yen, A for 7000yen, B for 5000 yen. 2. <u>Sanrio Family Classic “Concert of the Ribbon Nation”</u> Performed by Hello Kitty, Daniel and others on the 26th of September at 13:00 and 16:00. 1000yen for tickets. 3. <u>Wolfgang Schulz (Flute) and Satou Mika (piano) duo recital</u> Held on 24th October from 15:00, the tickets cost S 3000yen, A 2500yen, Student ticket 1000yen. 4. <u>Wolfgang Schulz and Mathias Schulz Duo Recital</u> Held on the 26th of October from 19:00, tickets cost S 2500yen, A 2000yen, Student ticket 1000yen. 5. <u>Wolfgang Schulz and Mathias Schulz and Tokyo Harmonia Chamber Orchestra</u> Held on the 28th of October from 19:00, tickets cost S 3000yen, A 2500yen, Student ticket 1000yen. Please check the Tsukuba International Music Festival website for the tickets and more information. Contact: Tsukuba Cultural Foundation Tel: 029-856-7007 Tsukuba City Hall Continuing Education Division Tel: 029-883-1111</p>	<p><b>Medical Check-up for Babies</b> Regardless of residential zone, please attend the medical check-ups for babies at the Sakura or Yatabe Health Centers. A notification will be sent to you in the month prior to the check-up day. For more information, contact the health centers or the Tsukuba City Hall, Health Promotion Division. Sakura Health Center: 029-857-3931.Yatabe Health Center: 029-838-1100 <b>Check-up at 18 months</b> <u>Sept:</u> babies born in February 2009: Sept 15 Yatabe Health Center, Sept 22 Sakura Health Center <u>Oct:</u> babies born in March 2009. Oct 5, 20 Sakura Health Center, Oct 6 Yatabe Health Center. <b>Check up at 3years of age</b> <u>Sept:</u> babies born in Aug 2007: Sept 29 Yatabe Health Centre <u>October:</u> babies born in Sept 2007: Oct 7,19 Sakura Health Center. Oct 13 Yatabe Health Centre <b>Vaccinations for Infants</b> In Tsukuba, immunization for infants are scheduled and regulated by law. Individual immunization can be inoculated at any participating medical institution with reservation. There are scheduled group immunization at health centers. These immunization are free for qualifying age. <b>Polio Vaccinations (Group Vaccination)</b> For siblings who are yet to be vaccinated against polio it is best to get it together. (Children between 3months~90 months).* No prior reservations needed, vaccination will be given in the order of application. Choose a date and a location that suits you best. If a child is yet to be vaccinated against Measles and Rubella, the child should get the Measles and Rubella Vaccination as a priority. Sept 21, Oct 15 Yatabe Health Center Sept 27, Oct 12, 25 Sakura Health Center. Oct 14 Oho Health Centre <b>Infertility Consultation and Medical Treatment Assistance</b> <u>Infertility Consultation Center</u> Free consultation regarding infertility is provided by obstetrician, gynecologist, urologist and counselors. Make a reservation by phone and have the consultation as a private interview. Location: Ibaraki Prefecture Sannomaru Branch (Mito City Sannomaru 1-5-38). Every 2nd and 3rd Thursday from 17:00-20:00, and every 1st and 4th Sunday from 14:00-17:00 Ibaraki Prefecture Kennan Shogai Gakushu Center (Tsuchiura City Yamato-cho 9-1, Urara Building 5th floor) every 1st and 3rd Thursday from 18:00-21:00 and every 2nd and 4th Sunday from 9:00~12:00. To make a reservation call Ibaraki Prefecture Sanfujinkaikai Tel: 029-241-1130 .Contact Tsukuba City Hall Health Division Tel: 029-883-1111. There is partial assistance for the medical fee for Infertility Medical Treatment. Contact Tsukuba City Hall Health Division, or Tsukuba Health Center Tel: 029-851-9287</p>
<p><b>Payment of Municipal Tax</b> The payment date for the 3rd term of National Health Insurance is the 30th of September. Please pay at any financial institutions, post offices, or convenience stores. Contact: Tsukuba City Hall Health Insurance and Pensions Division Tel: 029-883-111 <b>Have you already applied for kodomo teate</b> If you are taking care of a child who is attending Junior High School or younger, 13,000 yen subsidy is available for the nurturing of this child in the form of <i>kodomo teate</i>. People who need to apply have been notified in April. The deadline for submitting the forms is September 30th. Contact: Tsukuba City Hall Childrens Division Tel: 029-883-1111 <b>The maru fuku benefits will change</b> From October 1st the <i>maru fuku</i> benefit will change. Children who are up to age 9 will be eligible to receive this benefit. Once the child reaches 9, the <i>maru fuku</i> payment will end on the following March 31. However, application is necessary for receiving and there is also an income limit. Please inquire at the Health Insurance and Pensions Division at Tsukuba City Hall . Tel: 029-883-111</p>	<p><b>70th Anniversary of Tsuchiura City: 79th Tsuchiura All Japan Fireworks Competition</b> This competition, being held since 1929 is one of the three biggest fireworks competitions in Japan with the winner getting the “Prime Ministers Award”. It will take place on October 2nd from 18:00-20:30 near the Gakuen Oohashi area on the banks on Sakura River, Tsuchiura City. In case of bad weather it may be postponed to one of the following dates October 3rd, 9th, 10th, 11th. 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. Inquiries: Tsuchiura All Japan Fireworks Competition Organizing Committee, Tsuchiura City Hall, Commerce, Industry and Tourism Division Tel: 029-826-1111, Tsuchiura Tourism Association Tel: 029-824-2810</p> <p><b>Medical Interpreters Volunteer Training Course</b> <u>Course 1</u> October 16th 10:00-15:00. Problems relating to Foreign Patients, consultation regarding medical interpretation. <u>Course 2</u> October 30th 9:30-15:55. Preparation for interpreting, role play. <u>Course 3</u> November 14th 10:00-16:00. Role play and trial. 1. General Course (Only Course 1, class in Japanese). For people interested in medical interpreting, medical personnel, public servant. Max of 20 people. 2. Interpreting Course: For people who can take all the 3 courses, and able to volunteer as a medical interpreter after passing the test. Max of 20 people for each of the following languages: English, Chinese, Portuguese, Spanish. Location: Tsukuba Gakuin University (Azuma 3-1).No fees required. Apply by phone or email to the Tsukuba International Association Tel: 029-869-7675 Email: inter@tsukubacity.or.jp</p>	<p><b>Speech Contest by Foreigners</b> Only 9 months left for the speech contest by foreigners to be held in Tsukuba. People from around the globe will express their opinions in Japanese. This contest is being held since 1960, and apart from the Broadcasting on NHK, the contents of this contest will also be added to the text books of Junior High and High Schools. The 52nd contest will be held in Tsukuba City on the 11th of June. Lets participate!</p>	