

HEALTH

Health Examination for Adults

Reception: 11:00 – 11:15 (No reservation required. Please come at your convenience.)

Eligibility: adults age 23-39 who have received the health check-up notice. For those who did not received the notice and are unable to receive health check-up elsewhere, please contact the health center for inquiries. Students and employees where health check-up is provided is not eligible.

Oho H.C. (Tel: 864-7841)	May 16, 17.
Sakura H.C. (Tel: 857-3931)	June 28, 29, 30, July 1,4.

Preventative Vaccination

Polio Vaccination

Time: 13:30 ~ (reception time: 13:00 ~ 14:20)

*No reservation required, vaccination given in order of reception. **Eligibility:** Child between 3 months - 90 months * Children over 1 who are yet to get measles and rubella vaccinations should get it first.

Things to bring: Mother & Child Health Handbook, Polio Vaccination ticket.

Yatabe H.C.	May 16, 26, June 1, 27.
Sakura H.C.	May 27, June 9, 20.
Oho H.C.	June 6

Measles and Rubella Vaccination

For ② ~ ④, the vaccination period is until 2012

March 31. (Fee will be charged after this period). *④ public junior high school students are to receive it as a group on school grounds. ①, ②, ③ and private junior high school students in ④ should receive it individually in appointed medical institutions.

Contact: Sakura H.C., Tel: 029-857-3931

Vaccination Against Cervical Cancer

Since the provision of subsidy for the vaccination has started, a shortage of vaccine has occurred and currently reservation for initial vaccination cannot be accepted at medical institutions. This is expected to continue for the time being. Base on the policy of Ministry of Health, Labour and Welfare, Tsukuba City will correspond with the following cases:

1. Teenagers born between **1994 April 2 – 1995 April 1** and could not receive vaccination by **2011 March** are eligible for the subsidy for the time being.
2. Taking the vaccine supply into account, 2nd and 3rd phase vaccination will be prioritized currently. As for initial vaccination, please wait for further notice.

Vaccination against type B strains of Hemophilus Influenza and Pneumococci for Children

Since March 4, these vaccines were temporarily suspended by the Ministry of Health, Labour and Welfare due to a report of death from simultaneously receiving both of the vaccines. But after both the vaccines were affirmed to be safe in the meeting of medical professionals on March 24, the vaccination had resumed on April 1. For those who wish to receive the vaccination, please make reservations at cooperating medical institution with full understanding of its effect and side reactions. **Vaccination venue:** Tsukuba city appointed medical cooperations (please see the list in the city homepage. <http://www.city.tsukuba.ibaraki.jp/204/000246.html>)

Vaccination received elsewhere should be paid at own expense.

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

Medical Check-up for Babies

Irrespective of residential area, babies can receive the check-ups at Sakura Health Center or Yatabe Health Center. A notification is sent in the month prior to the check-up date. Contact the health center or Tsukuba City Hall, Health Division for more information.

Reception time: 12:45-13:30; Check-up: 12:45~

Contact: Sakura Health Center, 029-857-3931

Yatabe Health Center, 029-838-1100

Check-up for 18-months-old Babies Born in:

October 2009: Sakura H.C., May 19.Yatabe H.C. May 25

November 2009: Sakura H.C, June 7, 8. Yatabe H.C, June 22.

Check-up for 3-year-old Babies Born in:

April 2008: Sakura H.C., May 17, 31. Yatabe H.C. May 18.

May 2008: Sakura H.C., June 2, 14. Yatabe H.C. June 29.



Clinics Open During Sundays and Holidays

Emergency medical institution medical examination hours are 9:00 – 17:00. The dates below may change. In case of emergency, call fire department Tel: 029-851-0119.

May 15	Yokota lin, Yatabe 2980, Tel: 836-0025 Oda Naika Clinic, Oda 2951, Tel: 867-2471
May 22	Watanabe lin, Onozaki 476, Tel: 851-0550 Ogura lin, Numata 181, Tel: 866-0108
May 29	Miyamoto Naika Clinic, Karima 1-4, Tel: 855-6565 Iimura lin, Hojyo 4326-2, Tel: 867-0068
June 5	Sunshine Clinic, Yatabe 6107-14, Tel: 839-3333 Kimura Clinic, Tsukuriya 1125, Tel: 869-1211
June 12	Tsukuba Tsuji Clinic, Kenkyugakuen C50-1 lias, Tel: 868-7170 Sakayori lin, Kunimatsu 855-2, Tel: 866-0106
June 19	Sakane M Clinic, Matsunoki 162-7, Tel: 836-6612 Tsukuba Chuo Byoin, Hojyo 5118, Tel:867-1211
June 26	Kusunose lin, Oguki 509-1, Tel: 876-2711 Hayashi lin, Hojyo 19-2, Tel: 867-0114

Multilingual Information from Tsukuba City

There are multilingual information and pamphlets available in Tsukuba City Hall, especially the newly updated “My City Tsukuba” map. Please visit the city hall to obtain these useful pamphlets.

- **Tsukuba City Homepage** www.city.tsukuba.ibaraki.jp/
With online translation service provided.
- **Tsukuba City Information** www.tsukubainfo.jp/
English Website of Tsukuba City.
- **Tsukuba City Consultation Center for Foreigners:**
Call 029-868-7700 or go to City Hall, Globalization and Culture Division.
- **Tsukuba Newsletter in Foreign Languages:**
Leaflets available in City Hall, Library, Science Info Center and others.
- **Living in Tsukuba Guidebook, My City Tsukuba Map, Garbage Sorting guide, hand book & calendar, Travel Guidebook, Tsukuba Environmental Style Pamphlet:**
Available in the City Hall.
- **Child Support Allowance Pamphlet:**
Available in City Hall, Children Services Division Counter.
- **Procedures of Tax Declaration Pamphlet:**
Available in City Hall, Municipal Tax Division Counter.

Library Information

Tsukuba Public Library

Tel: 856-4311. Open : Tue - Wed, Fri - Sun: 9:30-17:00, Thurs: 9:30 - 19:00.

There are library rooms at Yatabe, Tsukuba, Onogawa and Kukizaki Community Center as well.(Tue - Fri: 10:00 – 18:00).

As of April 1, the names of community center in Japanese is changed from Kominkan to Koryu Senta.

Library closed on:

May 16, 23, 30. June 7, 8, 9, 13, 20, 27.

When borrowing from the library...

A “Member’s Card” is needed to borrow books and other materials from the city libraries. If you are a resident of Tsukuba, you can simply apply at the central library or community center libraries by presenting ID with your address on it. 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.



English Bulletin
May 2011



TSUKUBA CITY HALL
Globalization and Culture Division

Address: 〒305-8555 Tsukuba City, Karima 2530-2 (Kenkyugakuen D32-2) **Tel:** 029-883-1111 **Email:** ctz031@info.tsukuba.ibaraki.jp

HP: <http://www.city.tsukuba.ibaraki.jp/> **Editors:** Prakash Ronit, Yeow Li Sa

To New Foreign Residents in Japan

Here are some useful information for foreign newcomers.

Residents with Student or Dependent Visa

It is prohibited to work in Japan without an employment visa, but with student or dependent visa, foreigners are allowed to be engaged in certain degree of part-time work if the application of the ‘Permission to Engage in Activity other than that Permitted under the Status of Residence Previously Granted’ is approved by the Regional Immigration Bureau.

For Currently Employed Foreigners

Foreigners who are employed with a working visa or with permission for working part-time jobs should keep in mind of the following points in case of problems occurring during work.

- **Contract of Employment**
- **Minimum Wage**
The minimum hourly rate is fixed as 690 yen as of 2011 May.
- **Pay Slip**
- **Work Record**
- **Tax Certificate Slip**
- **Unemployment Insurance**

Employees who are subscribed to unemployment insurance and fulfill certain conditions are eligible to unemployment benefits.

Contact: Tsuchiura Labor Standards Inspection Office General Labor Counseling Corner, Tel: 029-821-5127

Workers’ Accident Compensation Insurance

This Insurance provides compensation for employees or families when accident occurs during work or while commuting to/from work. Therefore, please check the particulars on workers’ accident compensation insurance in your employment contract.

For Foreign Residents with Children

Regular Child Support Allowance (Jidou Teate)

This allowance is provided to parents who have completed their alien registration, and are raising children of middle-school age or younger, regardless of the amount of income. If a foreign resident is financially supporting a child living abroad and meets certain conditions, he is eligible to receive the allowance as well. The amount of allowance is 13,000 yen per month for each child. For application and inquiries, **contact: Tsukuba City Hall, Children Services Division.**

Special Child Support Allowance (Jidou Fuyou Teate)

This allowance is provided for children who met certain conditions. For application and inquiries, **contact: Tsukuba City Hall, Children Services Division.**

Medical Welfare Subsidy (Maru Fuku)

Marufuku is a government subsidy system for infants, single parents, expectant and nursing mothers as well as severely handicapped people to aid medical expenses so they can receive necessary medical care. For application and inquiries, **contact: Tsukuba City Hall, Health Insurance & Pension Division.**

Education System in Japan

The education system is consisted of 6 years elementary school, 3 years junior high school, 3 years high school and 4 years university education. Enrollment in elementary and junior high schools are compulsory. It is common to enroll children in day care center or kindergarten before entering elementary school. Children of foreign residents can enroll into any kindergarten, elementary and junior high school. The school year starts on April 1 and ends on March 31. **Contact: Tsukuba City Hall, School Affairs Division.**

Day Care Center

Day Care Center is a place where children are taken care of for certain hours for guardians, who may be working in the day or have fallen ill. For application and inquiries, **contact: Tsukuba City Hall, Children Services Division.**

Revision on National Health Insurance Premiums

Notification on Revision of Tax Rate and Payment

National health insurance premiums are calculated by the annual sum of income tax reduction, Kinto-wari (均等割) and Byodo-wari (平等割). The tax rate is divided into medical expenses, support portion and nursing portion respectively.

Tax Rate for Fiscal Year 2011

Applicable Age Range	Medical Expenses	Support	Nursing
	All subscribers		Age 40-64
Kinto-wari (均等割) (Amount per Person)	28000yen	7200yen	13800yen
Byodo-wari (平等割) (Amount per Household)	25000yen	6000yen	Null
Income Reduction (Amount Subject to Taxation * Tax Rate)	7.00%	1.60%	1.55%
Upper Limit of Taxation	510,000yen	140,000yen	120,000yen

National Health Insurance Premium Tax Payment Notice

For Payment via Account Transfer and Payment Statement

After the amount of annual premium is calculated, a notice on the Premium tax payment will be mailed in the middle of July. There are 9 installments of payment from July till March of the following year.

Head of Household is Obligated to Make Tax Payment

The subscription of National health insurance is per household unit, so the head of the household is obligated to pay the premium.

Tax reduction for Household with Low Income

If the total income of the head of the household and all the members is less than a certain amount, the household is eligible for tax reduction. *Declaration of income is compulsory for eligibility of tax reduction.

Frequently Asked Questions about National Health Insurance:

Q: What are the conditions to subscribe for National Health Insurance?

A: Foreign citizens who have completed Alien Registration and plans to stay in Japan for at least one year are eligible to subscribe for it.

Q: How do you make payments for the premiums?

A: Payment can be made by Payment Statement at banks, post offices and convenient stores, or by account transfer.

Q: What are the procedures to withdraw from National Health Insurance (due to returning to home country or moving-out)?

A: before returning to home country or moving out, please come to the National health Insurance and Pension Division of Tsukuba City Hall for the withdrawal procedures.

For more information, contact: Tsukuba City Hall, National Health Insurance and Pension Division.

Dear Readers,
Continuing from the previous year, this year the editors are Yeow Li Sa and Ronit Prakash. We appreciate your feedbacks, questions or suggestions to improve the quality of the bulletin. Therefore please do not hesitate to contact us via this email address:
tsukubabulletin@gmail.com

Sports City Tsukuba -Meet Friends and Get Fit through Sports-

Sports Events in Tsukuba City in Year 2011

Sports Classes:

◆ Soft Aerobics and Tube Training

Raise stamina and maintain good health with soft aerobics and tube training, eligible for people above age 18 living /working in Tsukuba. There are 7 lessons held every Saturday from June 4 onwards (except July 2) at Oho Gymnasium.

◆ Golf

The level of golf lessons will be adjusted to suit beginners as well as experienced players. For people above age 18 living/working in Tsukuba. 8 lessons in total, held every Sunday from June 5 at local golf range.

◆ Original Yoga

Obtain health and flexibility of your body though yoga. For people above age 18 living/working in Tsukuba. 7 lessons in total, held every Tuesday from September 6 onwards at Oho Gymnasium.

◆ Badminton

Guidance from badminton racket gripping up till game play is provided for people above age 18 living /working in Tsukuba. Lesson time and venue is to be confirmed soon.

◆ Tennis

Guidance from tennis racket gripping up till game play (hard ball type) is provided for people above age 18 living /working in Tsukuba. 5 Lessons in total, held every Saturday from October 15 onwards at Yatabe Tennis Court.

◆ Jogging and Swimming

Details to be confirmed soon.

◆ Skiing for children

For local elementary year 6 students to experience and polish up their skills in skiing while interacting with other participants. Held in end of March 2012 for 3 days 2 nights in Gunma Prefecture.



Sports Tournament:

◆ Tsukuba Gakuen Walk Rally

Solve questions while walking on a designated course in a group. Open for all, application is required to join in this event. The date and course will be confirmed soon.

◆ Tsukuba Marathon

Held on November 27 (Sunday), it is consisted of full marathon and 10 km marathon. The course recognized by Japan Association of Athletics Federations starts and ends in Tsukuba University and it is open to all high school students and above.

◆ Tsukuba Kenkou Marathon

Held on 2012 January 28 (Saturday) in Tsukuba University Athletic Field and along the loop road in the university, there are 12 categories ranging from family to junior participants, open for local people and those who live or work in neighbouring towns.

◆ Soft Mini Volley Ball

Held on 2012 February 12, at badminton court of Yatabe General Gymnasium, it is consisted of men's, women's and mixed matches with special rules applied. This is open to local residents and people working in Tsukuba.

Toyosato Yukari no Mori Craft Center Workshops

Workshops available:

- ◇ **Ceramic Arts**
Every 2nd and 4th Sundays, 10:00 – 15:00, 20 persons.
- ◇ **Balancing Exercise**
Every 2nd and 4th Weds, 10:00 – 12:00, 20 persons.
- ◇ **Gardening**
Every 3rd Sundays, 13:00~, 20 persons.
- ◇ **Weaving for Beginners**
Every Weds, 10:00 – 12:00, a few persons.
- ◇ **Handmade Soba**
Every 1st and 3rd Saturday, 10:00 – 13:00, 30 persons.

Fees: 510yen for each participation for local residents, 1020yen for non-locals (Material fees for each classroom is to be paid on own expenses). Performance and Selling of handmade Soba (400yen) is held every Sunday, 11:30 - 13:00.

For application and inquiries, contact: Toyosato Yukari no Mori, Tel: 029:847-5122.

Change of Venue for 52nd Speech Contest by Foreign Residents

Due to the earthquake in Tohoku area, the venue of the Speech Contest by Foreign Residents which was originally to be held in Nova Hall, Tsukuba City will be changed to **Obirin University in Machida City, Tokyo. For more information, contact:** International Education Center

Homepage: <http://www.iec-nichibei.or.jp>

Address: 160-0004, Tokyo, Shinjyuku-kum Yotsuya 1-21.

Tel: 03-3359-9620 Fax: 03-3353-8908

Email: benron@iec-nichibei.or.jp

Operating Hours: Monday-Friday (9:00 – 17:00)

70 Days More Until the End of Analog Broadcasting!

All analog broadcasting will end on **July 24**. TV programs will be aired with terrestrial digital broadcasting thereafter, so please be prepared to receive the broadcasting. BS analog will be ending as well too, therefore please switch over to BS digital broadcasting to continue watching the TV programs.

Q: How do I prepare for the terrestrial digital broadcasting? What should I do if I can't receive the signals with a TV supporting terrestrial digital broadcasting?

A: Please contact Ibaraki Branch Digital Support Center.

Q: What happens if a household could not receive digital terrestrial broadcasts due to financial reasons?

A: A free simple digital terrestrial broadcast tuner will be provided.

For more information, contact:

Ibaraki Branch Digital Support Center, Tel: 029-307-0101.

Ministry of Internal Affairs and Communications Digital Terrestrial Tuner Support Center, Tel: 0570-033840.

Support for Households with Municipal Tax Exemption, Tel: 0570-023724.

Please Cooperate in Power Saving

Due to the earthquake, the balance of electricity supply is in an extremely strained condition. Therefore, the effort of power saving in home and office leads to a steady supply of electricity and recovery in the future. The electricity demand pattern in spring has 2 peak hours a day, morning and evening. Power saving measures is most needed within this period, therefore your cooperation in power saving during this time period especially is much appreciated.

Contact: Tsukuba Prefecture Environment Management Division, Tel: 029-301-2939

Useful Information for Foreigners Newcomers Free Consultation Service For Foreigners

1. Tsukuba City Consultation Centre for Foreigners (Tsukuba City Hall, 2nd Floor)

Consultation Hours: Every Tuesdays and Wednesdays (Except on national holidays) from 10:00-12:00, 13:00-16:45.

Consultation Method: in person (call in for confirmation before consultation) or by phone, Tel: 029-868-7700. * Privacy will be strictly protected.

Tue	Weds
English Thai	Chinese Korean
Japanese	

2. International Consultation Centre (Ibaraki International Association, Mito City)

Mon	Tue	Weds	Thurs	Fri
English, Japanese				
Portuguese 8:30 - 12:00	Spain Korean	Thai Chinese	Tagalog Portuguese	Thai Indonesian
Chinese 13.30 - 17:00				

Consultation Hours: Monday - Friday (Except on national holidays) from 8:30 - 12:00, 13:00 - 17:00. Consult in person or by phone. Tel: 029-244-3811. *Privacy will be strictly protected.

International Café (City Chat Café)

Organized by the Tsukuba University, this is a place where people from different cultural backgrounds can mingle with each other. It is held twice a month at the Lala Club on the 1st floor of Lala Garden. No reservations or fees required. The dates for the next gathering will be posted on the website below. The schedule for May and June are as follows.

Date: May 15, 29; June 12, 26 (Sundays). **Time:** 14:00 - 16:00

The dates may change so please check at the website.

Contact: Tsukuba University International Café Office.

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

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

Maru Maru Café

This is a radio channel which broadcasts music and talk sessions of guests from various countries and people who are related to international relations.

Broadcast: Every Saturday, 20:00 - 20:30;
Repeat every Sunday, 12:30 - 13:00.

Channel: FM84.2MHz Radio Tsukuba

Contact: Tsukuba International Association,
Tsukuba City, Takezono 1-10-1.

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



Tsukuba Science Information Center

The Tsukuba Science Information Center provides information and displays the research successes of the various research institutes within Tsukuba Science City. It also distributes pamphlets for foreign residents, and provides display rooms and international exchange salons for free, while the conference room can be rented for a fee.

Contact: Tsukuba Science Information Center, Tel: 029-852-6789.

Ibaraki Emergency Medical Information System

In the Ibaraki Prefecture homepage, medical institutions which provide foreign language services can be searched by field of medical treatment, language type, region and others. The webpage is in English as well. URL: <http://www.qq.pref.ibaraki.jp/> in this website, click on the option "Search for a doctor who speaks my language".

Hitokoto Nihongo!

In this section, words which are very useful in daily life or uniquely Japanese will be introduced every month. Let's master Japanese Language starting today!

The word for May is "Mottainai"

It is generally used to describe a state where something is not being fully utilized. It is also used to warn or admonish the action which leads to a wasteful state.

Example 1:

- A: Mo, taberarenai. (Gosh, I can't eat anymore.)
- B: Mottainai. Kawarini taberu yo. (It's a shame to waste food! I'll finish it up for you.)

Example 2:

- A: Tsugi no Densha wa 30 pungo da. (30 minutes until the next train comes.)
- B: Jikan ga mottainai. Takushi wo tsukao. (What a waste of time! Let's take the taxi instead.)

Due to the earthquake, energy saving measures have become necessary. Let's cut down wastage of electricity 'denryoku no mottainai' by minimizing electricity usage and plugging off electric appliances while not in use!

Communicating with Japanese People

Once a newcomer in Tsukuba City, most of us who were not quite familiar with the language might have had difficulty understanding what the person behind the cash register said after scanning the bento (lunch box) in our cart. Eventually, learning Japanese becomes next to natural as you face these situation daily. Besides, taking Japanese classes to learn the basics is good to pave your way to understand the language and enable you to learn more by speaking with the locals using the language. With that, it is a pity to let the chance to talk to the locals slip away if you want to fully experience or to become accustomed to the new life here.

In reality, Japanese people are a wee bit shy to talk to you on their own initiative, but once you voice out, they are very polite and willing to hear you out even if you are speaking broken Japanese. It's the effort and spirit of never giving up that counts! Armed with an electronic dictionary, make a short conversation after greeting your neighbors, workmates, classmates and friends today!

Population of Tsukuba City

The population of Tsukuba as of 2011 April 1 is as follows:

Total Population: 214,541. **Households:** 88,563.

The total number of registered **foreign residents** in Tsukuba as of March 31 is at **7,817**. Chinese nationals leads at 2,978, followed by Korean nationals at 1,198 and Philippine nationals at 340.

Tsukuba Healthcare Center: AIDS & Health Consultation for Foreigners

In Tsukuba Healthcare Center, consultation in person or by phone (English and Thai), as well as check-up for AIDS, Chlamydia, Syphilis and Hepatitis can be received anonymously and free of charge. Reservation is required for both consultation and check-up. Please try to make reservation in Japanese. For Reservation and Consultation: 029-851-4920.

Location: Tsukuba City, Matsushiro 4-27.

Email: tsuho@pref.ibaraki.lg.jp