

HEALTH**Preventative Vaccination****Polio Vaccination**

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

*No reservation required, vaccination given in order of reception. **Eligibility:** Children between 3 months ~ 90 months
* Children approaching 12 months and children between age 1 and 2 who are yet to get measles and rubella vaccinations should get these two vaccination as a priority. **Things to bring:** Mother and Child Health Handbook, Polio Vaccination ticket
Date: Yatabe H.C.: June 27. July 11. Sakura H.C.: June 20, July 8, 21. Oho H.C.: July 5.

Measles and Rubella Vaccination

These vaccinations are given as described below:

1-3 vaccination can be received individually at any of the cooperating medical institutions. 4 children may receive the vaccination at their school in groups if they attend a public school,

Phase	born in /Age
1	Over age 1 below age 2
2	2005 April 2-2006 April 1
3	1993 April 2-1994 April 1
4	1998 April 2-1999 April 1

however students who attend private schools may get individually at any cooperating medical institutions. For 2 ~ 4, the free vaccination period is until March 31st 2012, after this period it will be subject to charge.

Contact: Sakura Health Centre 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 respectively or Tsukuba City Hall, Health Division for more information.

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

Contact: Sakura Health Center [TEL] 029-857-3931, Yatabe Health Center [TEL] 029-838-1100

Check-up for 18 months Babies Born in:

November 2009 : Yatabe H.C. June 22

December 2009: Sakura H.C. July 13, 27. Yatabe H.C. July 6

Check-up for Age 3 Babies Born in:

May 2008: Yatabe H.C. June 29.

June 2008: Sakura H.C. July 12, 14. Yatabe H.C. July 20

Japanese Encephalitis

Contact the Sakura Health Center for children between age 9 to age 13 to get the Period 1 first 2 vaccinations and Period 1 additional vaccination against the Japanese encephalitis.

AIDS & Health Consultation in Tsukuba Health Care Center for Foreigners

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, and inquires for reservation is accepted in Japanese.

Place: Tsukuba Matsushiro 4-27 [Tel] 029-851-4920

[Email] tsuho@pref.ibaraki.lg.jp

Ibaraki Prefecture Emergency Medical Information System

The following website provided information regarding medical institutions within the prefecture, names of medical departments and more in English. Click on "Search for a doctor who speaks my language"

<http://www.qq.pref.ibaraki.jp/>

Clinics Open During Sundays and Holidays

Emergency medical institution check up times 9am-5pm.

The dates below may change, in case of emergency call the fire department Tel: 029-851-0119. Dial 029 at the beginning of the phone numbers below.

June 19 Sakane M Clinic, Matsunoki 162-7, Tel: 836-6612

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

June 26 Kusenose Iin, Oguki 509-1, Tel: 876-2711

Hayashi Iin, Houjou 19-2, Tel: 867-0114

July 3 Sakai Iin, Wakakuri 1283-6, Tel: 876-3831

Hirose Iin, Houjou 85, Tel 867-0127

July 10 Jiyugaoka Iin, Jiyugaoka 165-19, Tel: 876-0888

Hirose Clinic, Kunimatsu 56-1, Tel: 866-0129

July 17 Takasaki Clinic, Takasaki 772-12, Tel: 873-3733

Tsukuba Kinen Byoin, Kaname 1187-299,

Tel: 864-1212

July 18 Tsukuba Souai Byoin, Takasaki 1008, Tel: 873-2511

Aoyagi Iin, Uenomuro 887, Tel: 857-1522

July 24 Ohta Iin, Teshirogi 309-4, Tel: 838-5333

Iioka Iin, Sakura 3-20-2, Tel: 857-7526

July 31 Yukari Iin, Ohi 1622, Tel: 874-1531

Kashimura Naika Shoukakika Clinic,

Shimohirohka 744-1, Tel: 863-0606

Nationwide "Children's Rights 110" Awareness Week

The Ministry of Justice and the National Federation of Consultative Assemblies of Civil Liberties Commissioners, with the aim of combating the bullying and abuse of children, are organizing a Nationwide "Children's Rights 110" awareness week. Consultation is available for children and guardian of children who are suffering from bullying or any other type of abuse. All consultations are strictly confidential. Consultation will be available between June 27- July 3, from 8:30-19:00 on weekdays and 10:00-17:00 during weekends.

For Consultation TEL: 0120-007-110 (Free dial from anywhere within Japan). The event is organized by Mito District Legal Affairs Bureau and Ibaraki Prefecture Federation of Consultative Assemblies of Civil Liberties Commissioners. Consultants are staff of Legal Affairs Bureau and Federation of Consultative Assemblies of Civil Liberties Commissioners.

For questions contact : Community Development Division, Tsukuba City Hall TEL: 029-883-1111

Hitokoto Nihongo

This month we will introduce two very important Japanese terms used daily.

"*Itadakimasu*" is a greeting said right before eating and is used to thank the plants and animals which gave their lives to feed us and also to thank people who have helped in providing the food we are about to eat.

"*Gochisousama*" on the other hand is said right after finishing the meal, to thank the lives of plants and animals and also for the wonderful meal just had.

These two greetings are very important for Japanese food culture. Examples of usage:

A: Today's breakfast is fried eggs!

B: Awesome! *Itadakimasu!*

B: It was really delicious. *Gochisousamadeshita!*

A: *Osomatsusamadeshita!*

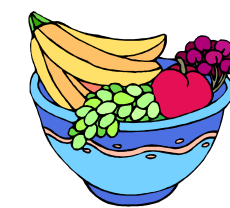
"*Osomatsusamadeshita*" is a humble expression said by the person who prepared the food.

English Bulletin
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TSUKUBA CITY HALL
Globalization and
Culture Division

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HP: <http://www.city.tsukuba.ibaraki.jp/005511.html>, <http://www.tsukubainfor.jp> Editors: Prakash Ronit, Yeow Li Sa

June: Food Education Month**19th of every month is Food Education Day**

Food education can be practiced in our daily lives. Lets begin today!
The Japanese word for "Fun" is "*ta·no·shi·i·yo*" which can be used to remember the following healthy habits:

"ta" for *taisetsu* which means "important".

It is important to start the day off with a proper breakfast. It is also very important to wake up early and have a balanced lifestyle.

"no" for *nosakubutsu* which means "agricultural crops". Let's enjoy Tsukuba grown products and also learn about the traditional and modern methods of farming in the region.

"shi" for *shikkari* which means "firmly". We must be firm on eating fruits and vegetables every day.

"i" for *itadakimasu* which means "thank you for the food". We must be grateful for the food we receive.

"yo" for *yoku kande* which means "chew properly". It is unhealthy to swallow food without chewing properly. Let's remember to chew the food at least 30 times.

Contact: Health Division, Tsukuba City Hall TEL: 029-883-1111

Saving the Environment – Lets Start Now!

The "World Environment Day" held on the 5th of June every year, is a day established by the United Nations to encourage environmental awareness. The theme for 2011 was "Forests-Nature at Your Service" and it reminds us of the importance of forests to our survival. Although most of us do realize the necessity of conserving forests, most of us do not help as best as we can. However, starting out with little things such as reducing electricity usage, reducing use of motor vehicles and taking an ECO bag for shopping, really does help to reduce the damage we are already doing. So let's switch off the light when leaving the room, switch to bicycles from cars, and most importantly switch the mindset from waiting for the environment to heal itself to taking action NOW to save it. Saving the environment is just one switch away!

Notice**Deadline for Paying Municipal Tax**

The Payment deadline for the first instalment of Municipal Tax and the Prefectural Tax is June 30th.

Contact: Municipal Tax Division or Tax Division, Tsukuba City Hall TEL: 029-883-1111

Tsukuba Wellness Park will be Temporarily Closed

Tsukuba Wellness Park will be closed from June 11- June 30; however the Sekisho Challenge Stadium will operate as usual.

Contact: Tsukuba Wellness Park (Yamaki 1562) (beside Clean Centre) TEL: 029-867-5210

Use Water Wisely**Where does the water for Tsukuba City come from?**

Tsukuba City uses water from Kasumigaura Lake, which is purified by the Ibaraki Ken Kigyoukyoku Kennan Suido Jimusho, with processes such as biotreatment, rapid filtering and high speed sedimentation and more. After these processes the water is transferred to Tsukuba City water distribution facilities where the chlorine level is adjusted before it is let into the taps.

Effects of the Nuclear Disaster at the Fukushima Daichi Power Plant**Tap Water**

Ibaraki prefecture is regularly inspecting the water from many different regions within the prefecture, and so far the Tap water in Tsukuba is considered safe for drinking even for infants.

The inspection also showed that the water from deep wells and private water supplies are safe.

For more information visit the Tsukuba City Homepage> Multilingual Service>English>Information Related to Great Eastern Japan Earthquake> About Influence of Radiation to Water

Some frequently asked questions

Q: What to do for setting up or cancelling tap water/sewerage services?

A: Call the Tsukuba City Water Services Customer Care Centre or fill out and submit the Starting/Cancelling of Water Services form.

Q: How to make payments of water and sewerage services?

A: It is calculated every 2 months and can be paid at banks, post offices, convenience stores and Tsukuba City Water Services customer care centre with the payment slip. For more details contact the Tsukuba City Water Department Customer

Interest Subsidy and Consolatory Payment Benefits for Houses Damaged by the Great East Japan Earthquake

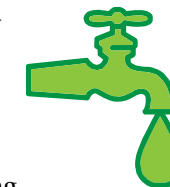
Tsukuba City offers Interest Subsidy and Consolatory Payment Benefits for houses damaged by the Great East Japan Earthquake. For more details contact Social Welfare Division, Tsukuba City Hall TEL: 029-883-1111

Psychological Consultation Counter for Children Affected by the Earthquake

The Ibaraki Prefecture Social Welfare Consultation Centre provides psychological consultation by experts via phone for children affected by the earthquake. If you have concerns about your child, call the Psychological Consultation Centre between 9am-5pm (except for weekends and public holidays) until end of March 2012.

For Consultation contact: Ibaraki Prefecture Social Welfare Consultation Centre TEL: 029-221-4992

For questions regarding services: Disability Services Division, Tsukuba City Hall TEL: 029-883-1111



EVENTS

Experience Traditional Arts and Martial Arts

You can watch and experience Japanese culture and martial arts such as Shorinji Kempo, Naginata (Japanese martial arts resembling a mixture of Kendo and Fencing), and Wadaiko in this event. It will be held at Tsukuba Capio on August 8th from 13:00-16:30 (reception from 12:45 Tsukuba Capio Lobby). People living, working and studying in Tsukuba can participate, however only 100 seats available so apply fast. Participants should bring gym shoes, drinks and wear comfortable clothing. To apply send an email, postcard or fax with name of event (Experience Traditional Arts and Martial Arts), your name, address, gender, age and phone number to the address below. (You will only be contacted if there are changes). Application deadline is on the 14th of July. *Participation is free, you can park your vehicle at the Tsukuba Capio parking lot for which you have to pay by yourself.



Application and Contact: Tsukuba Amateur Sports Association
〒305-8555 Tsukuba City, Karima 2530-2, In Tsukuba City Hall
TEL: 029-854-8511 FAX: 029-854-8531
EMAIL: tukubashitaikyoi@bz01.plala.or.jp

Kigaru ni Oshaberi Salon

This event will be held on July 21st from 10:00-12:00 at the Disaster Prevention Meeting Room 3 on the 2nd floor of City Hall. The guest speaker Totsuka Reiko will talk about "struggles of raising 9 kids". Participation is free of charge and you are also very welcome to attend on the day of the event even without prior sign up.

Contact: Gender Equality Section, Tsukuba City Hall
TEL: 029-883-1111

Potato Digging Event

Parents and children can share the experience of digging out potatoes grown at Yukari no Mori. This event will be held on the 25th of June from 10:00 at Toyosato Yukari no Mori Insectarium (Tou Higashi 661). Maximum of 30 groups of parents and children of grade six or below. Participation fee is 30 yen per potato (maximum of 30 potatoes per family). Apply by phone from June 3rd 8:30 to Toyosato Yukari no Mori Insectarium TEL: 029-847-5061

Korean Cooking Classes for International Exchange

This event will be held on the 25th of June between 10:00-14:00 at Namiki Koryu Center (Namiki 4-2-1). The menus are as follows: Imperial Topokki, Oinengguk, "ikakanhwe", fruit and vegetable salad. The event is for people living or working in Tsukuba. Maximum of 25 people and it is on first come first serve basis with a participation fee of 1300yen. Application can be done by phone from the 2nd of June.

Application and Contact: Tsukuba Cultural Foundation (Takezono 1-10-1)
TEL: 029-869-7675
Homepage: Tsukuba Cultural Foundation

**Let's Support Tsukuba Grown Agricultural Products**

This event will be held every month until September. Let's buy the fresh agricultural products of Tsukuba.

Due to the fear of radiation from the Nuclear Disaster, agricultural products from Tsukuba are still being devalued and consumers are still hesitant on buying local food. With the aim of promoting the safety of Tsukuba grown products, this event will support the local agricultural sector by helping with selling of local agricultural products. Please keep in mind that agricultural products and livestock from Ibaraki have been confirmed to be safe. Be reassured of the safety of local products when consuming them.

This event will be held at the lawn of the South Parking lot of Tsukuba City Hall (in front of the main parking lot). Parking is free for 2 hours. It will be held on July 11, August 8 and September 12 from 11:00~15:00 (may end earlier if products are sold out)

Contact: Agriculture Division, Tsukuba City Hall
TEL: 029-883-1111

Tsukuba International Festival 2011

The festival was held on the 14th and 15th of May this year with the slogan of "Gambarou Nippon, Tsukuridasou Nippon" which means work hard Japan, we will make it. This International fair offered food and products from many different countries combined with the festive atmosphere which many enjoyed. It is scheduled to be held every year, so please join us again next year.

City Chat Café

This is an event for foreigners and locals to engage in light conversation. There is no restriction on age or nationality as long as you can speak English or Japanese, so please come over for a chat! It will be held on June 26 (Sun) from 14:00 - 16:00. *The date may be changed. Please check the homepage for latest updates. Venue: Lala Club, 1st floor of Lala Garden Tsukuba Shopping Center. No reservation, fees required. Contact: Tsukuba International Café Office,

[E-mail] icafe@sakura.cc.tsukuba.ac.jp

[URL]

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

**Maru Maru Café**

Enjoy various music and guest talk session with people from all around the world associated with international relations!

Broadcasting on Saturdays, 20:00 - 20:30,
Repeat broadcast on Sundays, 12:30 - 13:00.

Channel: FM84.2MHz, Radio Tsukuba.

Contact: Tsukuba International Association, Takezono 1-10-1,
[TEL]029-869-7675

E-mail: inter@tsukubacity.or.jp

**Tsukuba Health Mileage Project**

Get healthy and win health products, souvenirs and other fancy prizes!!!

What is Tsukuba Health Mileage?

It is a project designed to promote good health for all citizens of the city. If you clear 3 or more of the 5 health goals, you can participate and receive souvenirs. Moreover, participants will be entered into a drawing where you have the chance to win luxurious prizes. Come and join the Tsukuba Health Mileage Project. The event will be held until February 15, 2012 and is open to people over the age of 20 with a residential address in Tsukuba.

Application Method:

1. Get a Health Mileage pamphlet and card
Available at: Health Division, Health Centres, Iki Iki Plaza, regional exchange centres (former community halls)
2. Clear at least 3 out of the 5 health goals
3. Apply with the health mileage card

Contact: Health Division, Tsukuba City Hall

TEL: 029-883-1111

Multilingual Living Information

The Council of Local Authorities for International Relations (CLAIR) provides important information regarding medical care, education, emergency and natural disasters in 13 languages. Below is the website for the information in various languages.

<http://www.clair.or.jp/tagengo/index.html>

Free Consultation Service For Foreigners**1. Tsukuba City Consultation Centre for Foreigners**

(Tsukuba City Hall Globalization and Culture Division, 2nd floor)

Consultation in English and Thai every Tuesdays, Chinese and Korean on Wednesdays (except on national holidays) from 10:00~12:00, 13:00~16:45.

Consult in person or by phone. Ph: 029-868-7700

* All consultation will be strictly confidential.

2. Consultation Centre for Foreigners

(Ibaraki International Association, Mito City)

Consultation in English or Japanese from Monday to Friday from 8:30~12:00, 13:00~17:00 (except on national holidays). Chinese: Mon (13:30 - 17:00), Wed., Portuguese : Mon (8:30 - 12:00), Thur. Spanish, Korean: Tue. Thai: Wed, Fri. Tagalog: Thur. Consult in person or by phone.

TEL: 029-244-3811

Tsukuba Science Information Center

The Tsukuba Science Information Center provides information on the history of Tsukuba Science City 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

**Library Information****Tsukuba Public Library**

Tel: 029-856- 4311. Open : Tue ,Wed, Fri, Sat, Sun: 9:30-17:00, Thu 9:30-19:00

There are also library rooms at Yatabe, Tsukuba, Onogawa and Kukizaki Community Halls.(Tue - Fri: 10:00 - 18:00).

Library closed on: June 20, 27. July 4, 11, 18, 19, 25

When borrowing from the library...

When borrowing books and other materials from the city libraries you will need a "Membership Card". 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.

**Accepting Students for Tsukuba Kankyo Meister Who is Tsukuba Kankyo Meister?**

A person qualified to be a leader in environmental activities with the background knowledge in environmental studies, regional societies and appropriate knowledge and skills pertaining to the environment.

Person who has received 1st year of taking class, 2 points for 2nd year, 3 points for 3rd year, 4 points for 4th year, and will be reviewed and approved by an official to become a certified Meister.

Dates:

June 26: Water Cycle and aquatic environment-
Introduction to Water Environment

July 3: Aquatic environment of lakes

July 10: Aquatic environment of rivers

September 4: Aquatic environment and Law

September 11: Aquatic environment of forests-Sustainable relationship between human and water

Theme: Aquatic Environment of Tsukuba

A report must be submitted after the end of each class

Location: University of Tsukuba

Lecturers: Professors from University of Tsukuba

For people living or working in Tsukuba * Applicants must be able to attend all the classes. Number of seats are limited and is on a first come first serve basis.

Application and Contact: Environmental Management Division TEL: 029-883-1111

Population Facts about Tsukuba City

The population of Tsukuba as of May 1, 2011 is as follows:
Total Registered Population 214,468. Households: 88,578.
The total number of registered Foreign nationals in Tsukuba as of April 30, 2011 is 7,625, with Chinese nationals at 2,941, Korean nationals at 1,176, Philippine nationals at 336 followed by Brazilian nationals at 302.