

**HEALTH****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.	Sept 5, 22
Sakura H.C.	July 21, Sept 9, 26
Oho H.C.	Sept 8

**Measles and Rubella Vaccination**

① - ③: vaccination can be received individually at any cooperating medical institutions. ④: children may receive the vaccination at their school in groups if they attend public school, however for private school students they may receive individually at any cooperating medical institutions. For ② ~ ④ the free vaccination period is until 2012 March 31. After this period it will be subject to charge.

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

Contact the Sakura Health Center for children between age 9 to age 13 who have not received the phase 1 first, second vaccinations and additional vaccinations against the Japanese encephalitis.

**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:**December 2009: Sakura H.C., July 27.January 2010: Sakura H.C, Aug 3, 10. Yatabe H.C, Aug 24.**Check-up for 3-year-old Babies Born in:**June 2008: Yatabe H.C.July 20.July 2008: Sakura H.C., Aug 4, 23. Yatabe H.C. Aug 31.**Fertility Medical Treatment Subsidy**

Tsukuba City provides partial subsidy for citizens who are receiving fertility treatment. Please contact Health Promotion Division for more information.

**Contact:** Tsukuba City Hall, Health Promotion Division.**Sukoyaka Dental Consultation**

Do you have dental problems such as bleeding gums or want to have more information on proper ways to brush your teeth? Consultation with dental hygienist is available as shown in the table.

**Content:**

Intraoral consultation with dental hygienist. **Eligibility:** Adults aged 20 and above. **Fee:** Free of charge

**Application:** Call the health center you wish to go to at least **2 days** before the date of consultation.**Contact and application:**

Sakura H.C Tel: 029-857-3931

Yatabe H.C Tel: 029-838-1100

Oho H.C Tel: 029-864-7841

Date	Place	Apply at
July 20	Oho	Oho H.C
July 26	Tsukuba	Oho H.C
Aug 8	Kukizaki	Yatabe H.C
Aug 25	Sakura	Sakura H.C
Sept 7	Yatabe	Yatabe H.C

**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.

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

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

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

Aoyagi Iin, Uenomuro 887, Tel:857-1522

July 24 Jiyugaoka Iin, Jiyugaoka 165-19, Tel: 876-0888

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

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

Kashimura Naika Shoukakika Clinic,  
Shimohirohka 744-1, Tel: 863-0606

Aug 7 Miyakawa Naika Ichoka Iin,

Ninomiya 2-2-26, Tel: 855-8777

Kano Iin, Kanamuro 860, Tel: 857-2981

Aug 14 Oono Iin, Shimana 634, Tel; 848-0888

Kurata Naika Clinic, Kurihara 3443, Tel: 857-8181

Aug 21 Sugitani Medical Clinic,

Kenkyugakuen D42-10, Tel: 879-9310

Shibuya Clinic, Konda 2029-1, Tel: 863-5252

Aug 28 Okano Seikei Geka Naika Clinic,

Nishi Ohhashi 192, Tel 856-2300

Minami Odori Clinic, Takezono 2-16-24, Tel 851-3697

**Library Information****Tsukuba Public Library****Open : Tues Thurs Fri: 9:30-17:00****Weds Sat Sun: 9:30 - 19:00**

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

**Library closed on:**

July 18, 19, 25. August 1, 8, 15, 22, 29.

**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.

**Library Carrel Use During Summer Break**

For the period between July 21- August 31, in order to ease the overcrowded condition, there will be a reshuffle of morning and afternoon schedules.

**Utilization time:** 9:30-13:00, 13:30-17:00**Reception time:** Morning session: 9:30 ~

Afternoon session: 12:30 ~

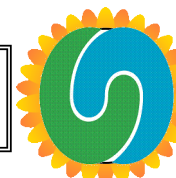
Reception can be done at Library Counter. Keep in mind that:

1. Seats can not be reserved or chosen.
2. Continuous use from morning to afternoon is prohibited.
3. After 5 pm it can be used without number tickets.
4. Need number tickets for carrel use anytime in the morning and afternoon.
5. If personal items are left at the library, it will be collected by the library staff.

\* When the carrels on the 1st floor are full, the study rooms may be opened for use (9:30-17:00) if they are not reserved for meeting purpose. First come first serve basis.

**Contact:** Tsukuba Public Library TEL: 029-856-4311.**Notice****Free Loaning of Bicycle for Car Park Users**

The free loaning service for car parking lots (Freeclle Tsukuba) has started. By utilizing the car park managed by Tsukuba city transportation center, you can borrow a bicycle at 2nd floor of Minami 1 Multi-storey Car Park for free from 10:00 to 17:00.

**Contact:** Car Park Management Center, Tel: 029-855-5383,  
Tsukuba City Hall, Transportation Policy Division.English Bulletin  
July 2011

tsukuba

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

**Reasonable and Economical Power Saving!  
Developing a "Simple Life", "Simple Energy" City****Tsukuba Environmental Style**

A cluster of universities and research institutes in Tsukuba City have been accumulating innovative technologies and knowledge of CO2 reduction contributing to the fight against global warming. Tsukuba City sets up the "Tsukuba Environmental City Steering Committee" to promote the building of a low-carbon Society and in 2008 the committee has proposed "Tsukuba Environmental Style", putting up a slogan of "50% reduction of CO2 emission per-capita by 2030". Now, the committee is working on power saving measures for this summer through reduction of CO2 emission and energy saving methods.

**Green Curtain Campaign in Progress!**

Households and offices in the city are now carrying out the green curtain campaign, which refers to preventing indoor temperature rise by cutting direct sunlight and utilizing the transpiration from leaves using curtain-like vines to cover windows and walls of buildings. Not only is it pleasing to the eye, you can also take pleasure in the harvest! The growing process of goya, bitter melon at households and offices will be introduced in the website soon, and Eco cooking classes utilizing the goyas will be organized as well.

**Distribution of Power Saving Check Sheets**

In order to tackle power saving easily and reasonably, power saving check sheets are being distributed at the city hall, all Counter Service Center and Community Centers. Find out how much energy you can save in your home. In addition, when you submit the postcard attached to the power saving check sheet you will have a chance to win eco-friendly products.

**Robot Street Tsukuba****Tsukuba Mobility Robot Test Zone**

Being designated as a Robot Zone, Tsukuba City and the Association for Promoting Special District for Robot Demonstration Experiments have commenced public road robot experiments at Tsukuba Center Station and surrounding walkway on June 2nd. Segway Japan, AIST, Hitachi Ltd. will carry out robot testing at a pace of 1-2 times in a week. Cooperation and understanding of citizens are much appreciated in order to promote development and commercialization of practical mobility and civilian robots.

**Robot Development in Tsukuba**

There are many robotics researches in AIST and University of Tsukuba, and in recent years, many robot related venture companies have been created. Cyberdyne is one of the venture enterprises from University of Tsukuba, which developed the robot suit HAL and is showered in lime light throughout the world. In addition, a Robot Safety Center was newly built, which is the first safety certification center for civilian robotics. The contribution of robot zone and safety certification center is highly anticipated in the development in robotics field in the near future.

**Contact:** Tsukuba City Hall, Industrial Promotion Division.**Homepage:**

Robot Street Tsukuba: http://www.rt-tsukuba.jp

Association for Promoting special District for Robot Demonstrate Experiments: http://www.rt-tsukuba.jp/council/

**Daytime Power Saving**

As the need of air-conditioning on weekdays increases from July until September, power consumption as a whole peaks at two in the afternoon. Let's be conscious of power saving all day long and work on power-saving especially during the daytime (9:00 - 20:00).

**Which Home Appliances Consumes the Most Energy?**

Air-conditioner, refrigerator, television and lighting fixtures contribute to 70% of the power consumption in our households. In summer (July - September), the power consumption peaks at two in the afternoon due to the scorching heat. When people are at home during this time, about 1200W of power is consumed, of which 50% is contributed by air conditioning. Even when people are out, refrigerator, "Washlet" toilets and stand-by power consume an average of 340W power. Let's utilize the power saving measures menu for households and make your own power saving measures!

**Examples of Power Saving Measures from the Menu:**

- Set the air conditioner temperature to 28°C. 10% of power consumption can be reduced by raising the temperature setting by 2°C, amounting to 130W power saved.
- Set the cooler setting in your fridge from 'high' to 'medium', avoid over-stuffing the fridge and refrain from opening/closing it frequently. It will save 2% (25W) of power.
- Pull out the plug for appliances which are not used frequently to reduce the stand-by power consumed. This saves 2% of power.

**Let's save at least 15% of power consumption starting today!****Full Transition to Terrestrial Digital Broadcasting on July 24!**

Analog broadcasting will end on July 24. TV programs cannot be received if you have not prepared for terrestrial digital broadcasting.

**Opening of Terrestrial Digital Broadcasting Temporary Consultation Booth**

A temporary consulting booth for digital broadcasting is set up providing basic information as well as answering questions on receiving terrestrial digital broadcasting in detail, however sales of receivers and equipments will not be provided. Consultation with professional digital support staff is available. No reservation is required so please come directly to the venue.

**Venue:** Tsukuba City Hall, 1F**Operating Day:** Thursday, Friday, Saturday, (also Sundays in July)**Reception time:** 10:00 - 16:00**Contact:**

- Ibaraki Branch Digital Support Center Consultation Group  
Tel: 029-303-2601. (About Temporary Consultation Booth)
- Ibaraki Branch Digital Support Center  
Tel: 029-307-0101 (Information on Terrestrial Digital Broadcast)
- Tsukuba City Hall, IT Strategy Office, 9:00 - 18:00, weekdays only.

**Notice****Deadline for Tax Payment is August 1st (Monday)****National Health Insurance Tax (1st Installment)**

Contact: Tsukuba City Hall, Health Insurance and Pension Division.

**Multilingual Information Broadcast**

Radio Tsukuba is broadcasting multi-lingual information from 19:15 to 19:30 every Monday.



**EVENTS**

**Announcement of Matsuri Tsukuba 2011**

This year's Matsuri Tsukuba will be held to support the restoration after the Great East Japan Earthquake in March, as well as to regain liveliness in Tsukuba City.

**Date & Time: 2011 August 27 & 28 (12:00 - 20:00)**

**Venue: Around Tsukuba Center**

**Events:**

**1. Festive Parade**

Held on Tsuchiura-Gakuen line between Higashi Odori and Nishi Odori. Traffic is closed on Aug 27th (15:00 – 20:00) and 28th (13:00 – 20:00), clean up starts from 19:30.

**2. Bazaar in Tsukuba Center Square**

**3. Stage Event in Tsukuba Center Square**

**4. Fureai Square in Central Park**

**5. Art Town Tsukuba 2011 Street Performance Festival**

Held at pedestrian deck between ARS and Expo Center.

**6. Creo Square Wakuwaku Square**

Held in front of Q't and Seibu.

**For more information, Contact:** Tsukuba Festival Organizing Committee (Tsukuba City Hall, Tourism Division).

**Participants Wanted for Matsuri Tsukuba 2011**

**1. Nebuta Parade:**

How about participating in the Nebuta Parade? Anyone can participate by applying via fax or e-mail by August 22 (Monday). **Inquiries:** Nebuta Office

**TEL:** 090-8891-4578 (ask for Mr.Gokita);

**FAX:** 029-856-6880;

**E-mail:** info@tsukubanebuta.com

**URL:**http://www.tsukubanebuta.com



**2. The Bampaku Float:**

1985 EXPO commemorative floats will also appear in the festival. Organizers are looking for elementary school children willing to parade the float. (Children must be accompanied by a guardian or parent.)

Apply via fax or email before **July 29 (Friday)**.

**Inquiries:** Matsuri Tsukuba Planning Committee

(Tsukuba City Hall, Tourism Division)

**3. Tsukuba performance stage participants on August 28**

the Tsuchiura Gakuen-sen (Between Higashi Ōdōri and Nishi Ōdōri) will be turned into a pedestrian paradise and dance performances will be held on the street.

Apply via fax or email by **July 22 (Friday)**.

**Inquiries:** Tsukuba Festival Planning Committee (Tsukuba City Hall, Tourism Division)



**Tsukuba Chibikko Hakase 2011: July 23~ August 31**

This is a stamp rally for participating in events and exhibition organized by many research facilities in Tsukuba.

**“Most Outstanding Tsukuba Chibikko Hakase”**

Visit and get stamps from more than 18 places and write impression in about 400 words.

**“Excellent Tsukuba Chibikko Hakase”**

visit and get stamps from more than 12 places

**“Tsukuba Chibikko Hakase”**

visit and get stamps from more than 6 places.

The Tsukuba Chibikko passport and pamphlets are distributed at the following locations:

1. Tsukuba City Hall General Information Desk.
2. All Counter Service Center.
3. Yukari No Mori Insect Museum
4. Tsukuba City General Information Center (TX Tsukuba Station pathway)
5. Tsukuba Science Information Center.
6. Tsukuba Community Support Center
7. Tsukuba International Conference Hall.
8. Tsukuba City Tokyo Office (8th floor Dai Building Akihabara).



**Eligibility:** Primary and Junior High School students.

Younger children may also participate however they will not be certified. **Fee:** Free, but certain facilities require admission fee for parents. **NOTE:** Do not visit the same facility twice on the same day.

After the period of collecting stamps is over, submit your passport to the office. The passports will be sent back with the certificate in December. However, participant may not get certified depending on the contents of the passport. **Contact:** Tsukuba City Hall, Education Guidance Division, Tsukuba Chibikko Hakase Office. **TEL:**029-883-1111

**Special Summer Bus Schedule for Science Tour**

The ‘Science Tour Bus’ visits all research facilities offering exhibits and tours. Usually only operating on weekends and holidays, this bus will operate every day from July 21 till August 31 except Mondays. With the one-day pass, unlimited number of rides per day is possible. (Adults 500yen , Elem. School student 250yen ).The bus leaves from Tsukuba Bus Terminal No. 8.

**Guided Tour available on:** Saturdays from 9:40~ .

**Bus Route:** Geospatial Authority of Japan → Tsukuba Botanical Garden → AIST → JAXA.

Maximum of 40 people per day. Reservations must be made by phone a day before the tour.

**Contact and Application:**

Tsukuba science Tour Office,

**Tel:** 029-863-6868



**NIE AIST Free Loop Bus**

A free loop bus stops at NIES and AIST on **July 23** (Saturday), the Open House day of these Institutions. The bus operates every 10 minutes from 9:00~16:20. **Bus Route:** Tsukuba Center →NIES→AIST→Tsukuba Center.

**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, come see it for yourselves to know more about it!), and Wadaiko in this event. It will be held at **Tsukuba Capio on August 6** (Saturday) 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** are available so do apply soon. 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).

\*Participation is free of charge. You can park your vehicle at the Tsukuba Capio parking lot at your own expenses.

**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:** tukubashitaiky01@bz01.plala.or.jp



**Kigaru ni Oshaberi Saloon**

**Theme: Rakufamu's Fun Rakugo (Comic Story)**

This is a Rakugo for adults but it is ok to bring along your children too! One of its themes is on how to make daily child-raising easier by putting some laughter in it. Participation is free of charge; participation on the day itself is welcomed too. **Date and Time:** August 18 (Thursday) 10:00 – 12:00 **Venue:** Tsukuba City Hall, Disaster Prevention Meeting Room 3

**Parent-Child Cooking Class**

**Date and Time:** August 6 (Saturday) 9:30 – 13:00

**Venue:** Toyosato Community Center

**Eligibility:**

Elementary school students and guardians residing in the city

**Capacity:** 20 groups, first come first serve basis.

**Fee:** Free of charge. **Things to bring:** Half cup of rice per person, apron, bandana, dish cloth, towel, indoor shoes (for elementary students).

**Application:** Call by July 29 (Friday)

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

**Takasaki Natural Forest Blueberry Fair**

As a promotion for Tsukuba's specialty product, blueberry, there are blueberry events organized ranging from blueberry picking and berry products such as blueberry ice cream, daifuku, jam and large blue berries for sale too.

**Date & Time:** Every Saturday until August 13, 9:30 – 14:00 (cancellation without notice on rainy day)

**Venue:** Takasaki Natural Forest Honobono Square(Takasaki 1078-1)

**Blueberry Picking:** 10:00 – 10:30, 11:00 – 11:30

**Capacity:** 30 persons, first come first serve basis.

**Contact:** Tsukuba City Hall Agriculture Division **Tel:** 029-883-1269

**Notice of Free Consultation Service (English) For Foreigners on Hiatus**

The English consultation service provided on every Tuesday will be on hiatus for the following days, but the other languages are available as usual.

**English service unavailable on: July 19, 26; August 2, 9 (Tuesdays)**

**Consultation Hours:**

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

Tuesday	Wednesday
English Thai	Chinese Korean
Japanese	

**Consultation Method:**

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

**Venue:** Globalization and Cultural Division, Counter 39, Tsukuba City Hall 2F.

**Hitokoto Nihongo!**

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

**The word for July is “ATSUI”**

“With summer drawing near, it's so hot [atsui 暑い] every day.

Recently I sweat just by drinking hot [atsui 熱い] soup!

We can't even wear thick [atsui 厚い] clothes anymore. “

As seen above, “Atsui” has a lot of meanings. The one used most frequently in Summer is “暑い” which describes the scorching weather. “熱い” is used to describe the high temperature state of object or feeling of burning passion. The last meaning, “厚い” describes something that is thick. There are still many other meanings for “Atsui” so please look it up in the dictionary!

Example 1:

A: Kyou no Saikou Kion wa 32°C datte.

(The high for today is 32°C )

B: Sorewa, atsui (暑い)!! (That's hot!!)

Example 2:

A: Konya wa Ajia Kappu sen ga aru yo. (Asia Cup is up tonight.)

B: Sorewa, atsui (熱い)!! (That's exciting!!)

Example 3:

A: Kono hon wa 1000 peji mo aru. (This book has about 1000 pages.)

B: Sorewa, atsui (厚い)!! (That's thick!!)

**Katakana Anyone?**

For a foreigner, it may take a tad longer to fathom what those angular strokes mean while shopping for goods. Katakana, another set of Japanese's alphabets, are actually fragments which are derived from more complex kanji. At a glance, they seem difficult, because it is only used for certain words and we get less practice in reading it compared to hiragana. They are mainly used for words representing sound (Onomatopoeia) and foreign loan words, such as English words. Since foreign words are pronounced with only 50 phonetic sounds, in most cases the katakana-spelled words do not sound quite like English anymore. So it is better learnt as a new Japanese word and forget about the word's original pronunciation completely.

