

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 22, Oct 18
Sakura H.C.	Sept 9, 26 Oct 3, 21
Oho H.C.	Oct 13

Measles and Rubella Vaccination

② - ⑤ vaccination period is until 2012 March 31.

⑤ is applicable to those who are required to go abroad on school excursions or school related events. Others may receive the vaccination during 3rd year of high school.

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

Born in /Age
① Over age 1 below age 2
② 2005 April 2-2006 April 1
③ 1998 April 2-1999 April 1
④ 1993 April 2-1994 April 1
⑤ 1994 April 2-1995 April 1

Vaccination for Prevention of Cervical Cancer

The initial vaccination had been withheld due to insufficient supply of vaccine but now it has been resumed as the vaccine supply is assured. If you wish to receive the vaccination, please make a reservation at appointed medical centers.

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:

February 2010: Sakura H.C., Sept 28.

March 2010: Sakura H.C., Oct 5, 12. Yatabe H.C., Oct

19.

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

August 2008: Yatabe H.C., Sept 21. Sakura H.C., Sept 27.

September 2008: Sakura H.C., Oct 6, 11. Yatabe H.C. Oct 20.



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.

Notice

Deadline for Tax Payment is September 30 (Friday)National Health Insurance Tax (3rd Installment)

Contact: Tsukuba City hall, Health Insurance and Pension Division

Cigarette Lighter Sales Restriction Has Started

To prevent fire accidents due to children playing with lighters, sales

Autumn Health Check-up

Regardless of subscription of insurance, this check up is for citizens who are unable to receive check-up for lung cancer, stomach cancer, intestine cancer, prostate gland cancer and pneumonia virus. Note that pneumonia virus check-up is for those who had never received it before.

Special Check-up: National health insurance subscriber age 40 and above who have not received check-up since April 2011 are eligible.

Basic Check-up: Adults age 20-39 who have not received check-up since April 2011 are eligible (exclude students and employees who have check-up provided at workplace).

Schedule for Check-up (Reservation based)

Yatabe H.C.: Sept 29,30, Oct 1, 4, 5.

Kukizaki H.C.: Oct 27.

Contact: Yatabe H.C. Tel: 029-838-1100**Sakura H.C.:** Oct 28,30,31, Nov 1,2.**Contact:** Sakura H.C. Tel: 029-857-3931

For more details and application, **Contact:** Yatabe H.C., Sakura H.C., Tsukuba City Hall, **Health Insurance & Pension Division and Health Promotion Division**

Do you know about the Ombudsman System in Tsukuba?**Ombudsman System**

It is a system which carries out investigation on complaints by an external party against the government in a fair and neutral stand.

What does Ombudsman do?

As a representative of the public, the ombudsman helps in improvement and monitoring of the government by investigating complaints against the government.

Who is eligible to file a complaint?

Citizens, people from outside of the town, foreigners, corporations, anyone is eligible. *language assistance is not provided. For more information,

Contact: Tsukuba City Ombudsman Office, Tsukuho 1-10-4, Oho Counter Service Center 3F. Tel: 029-864-1980

Radio Tsukuba – Voices of Tsukuba

“Voices of Tsukuba” is a radio program which features multilingual information from the Globalization and Culture Division, Tsukuba City Hall. This program will be aired until **end of September**. Regarding future broadcasting of this program, please send your feedbacks and suggestions to us.

Broadcasting day and time: every Monday, 19:15 - 19:30

Channel: FM84.2MHz Radio Tsukuba

Broadcasting Language: Easy Japanese, English, Chinese, and Portuguese.

Contact: Tsukuba City Hall, **Globalization and Culture Division, Email:** ctz031@info.tsukuba.ibaraki.jp

of lighters without PSC mark will be prohibited starting **September 27 (Tuesday)**. Lighters including ones with PSC mark must be kept out of reach of children and should be degassed or used up completely before disposal.

Contact:

Prefecture Living and Cultural Department, Tel: 029-301-2828; City Consumer and Living Center, Tel: 029-861-1329.



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

Disaster and Crime Prevention

Disaster Prevention

Disaster strikes anytime, anywhere without notice. In order to be prepared, let's confirm the location of shelters nearby and have emergency packs ready. Meanwhile, let's inspect our home and surroundings for unstable furniture and dangerous items once again!

Tsukuba City Disaster Prevention Map

This is a map for distribution, which marks all the shelters and hospitals in the city. For more information,

Contact: Tsukuba City Hall, Public Safety Division

Flood Hazard Map (Kokai River & Sakura River Version)

During heavy downpour, the expected flooded area and flood depth, and the corresponding shelters are stated in this map.

For more information,

Contact: Tsukuba City Hall, Road Division

Radio Tsukuba FM 84.2MHz

When disaster occurs, disaster information within the city will be broadcasted.

Basic Measures in Response to Radiation

In response to the accident at Fukushima First Nuclear Power Station, the amount of radiation is being measured in 151 facilities to observe the radiation level in the city. Based on the overview of the city's current radiation level, basic measures to be taken by the city in response to radiation are as follows.

- Monitoring of radiation level will be carried out continuously every **2nd and 4th Monday** of each month at daycare centers, kindergartens, elementary and junior high schools, and parks in the city of Tsukuba. The results are posted in Tsukuba City Homepage on **Wednesdays** of the week the tests are carried out.
- Deal with soil decontamination and curfew of outdoor activities
- Based on the document 'In response to the radiation level in kindergarten, elementary and junior high schools of Tsukuba City' dated 2011 July 11, more detailed measures will be taken in correspondence to daycare centers, child welfare facilities in addition to kindergartens, elementary and junior high schools.
- In order to dispel the anxiety of the public regarding radiation, information will be broadcasted.
- To assure the safety of food such as agriculture products and drinking water, efforts will be made to collect data on the radiation level in these consumables.
- Independent examination and monitoring of radiation material in burned ash will be carried out by the city.

For more information,

Contact: Tsukuba City Hall, Radiation Countermeasure Division

Disaster Notification Mail Service

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

City disaster information regarding fire, accidents, flood and others will be delivered to your email from the fire department 24 hours a day, 365 days a year. For more information,

Contact: Tsukuba City Hall, IT Strategy Office

Disaster Prevention Mail

<http://www.pref.ibaraki.jp/bousai/mail/bousai.html>

In Ibaraki, information about disaster prevention is delivered to all by email. For more information,

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

Crime Prevention

In order to prevent your bicycle from being stolen:

- Register your bicycle.
- Don't leave your bicycle on the street.
- Use multiple and sturdy locks.

For more information,

Contact: Tsukuba Central Police Station, Tel: 029-851-0110

Tsukuba City Emergency Drill Notice

The fire department, police, disaster prevention institutions and citizens are collaborating to have an emergency drill under the assumption that the epicenter of an earthquake is in Tsukuba city.

Residents around the city hall will hear a **siren at 9:00** on the day of the drill, so please make sure not to mistaken it for a real fire.

Date and time: September 26, 9:00-11:30

Location: Tsukuba City Hall Disaster Prevention Space (West of the City Hall)

Contact: Tsukuba City Hall, Public Safety Division.

Foreign Residents Wanted for**Emergency Drill**

An emergency drill will be carried out where the epicenter of an earthquake is assumed to be in Tsukuba. There are 18 types of training, some of which the public can partake. No participation fee required and there will be interpreters (limited to some languages). Maximum of **30 foreign residents** can participate in this event.

Date and time: September 26th 8:30-12:00

*will go ahead in rainy weather, stopped in case of rough weather. (To confirm call 0180-99-2984 *7:00~ on the day of the event)

Parking Area: City Hall parking lot.

Application: Call or email **Tsukuba International Association** Tel: 029-869-7675 Email: inter@tsukubacity.or.jp

EVENTS

Sweet Potato Harvesting and Harvest Festival

How about experiencing sweet potato digging and cosmos picking this month?

Date: October 1 (Sat), cancelled only in case of heavy rain

Place: the field south of Kukizaki 2nd Elementary school

Event: Harvest Festival, sweet potato harvesting, cosmos picking, sales of agriculture products.

Fee: Free of charge.

Things to bring: work gloves, rubber boots, clothes which are okay even if being soiled, bag or sack for sweet potato and cosmos.

Contact & Application: Agriculture Committee Office,

Tel: 029-883-1111, HP: <http://www.city.tsukuba.ibaraki.jp>

Sweet Potato Digging Experience

At "Tsukuba Furusato Farm", a private farmland, families can come for a sweet potato digging experience, and enjoy a free serving of roasted sweet potato with drinks!

Date & Time: October 2 (Sunday), 10:00~.

(If it rains, postponed to October 9)

Place: Tsukuba Furosato Farm

(Near Hojyo Oike Lake. Parking available.)

Participants: 100 persons (First come first serve basis)

Fee: Adults 500 yen, elementary school student and under 300 yen. (Maximum 3 sweet potatoes each)

Contact & Application: Tsukuba Furusato Farm,
Tel • Fax: 029-867-0688

Contact: Tsukuba City Hall, Agriculture Division

Why not register with the city to lend or borrow farm land?

Those who are interested to lend out farm land and those who want to extend their land area for agriculture can register with Green Bank. With the registered information, the city acts as an agent providing service for lending and borrowing of farmland. For more details or application,

Contact: Tsukuba City Hall, Agriculture Division

Tsukuba Walking Day

In Tsukuba, the first Sunday of every month is Tsukuba Walking Day. Let's enjoy a leisure walk and rediscover the charms of Tsukuba. There are 2 courses in October open for participation. A souvenir pin badge will be given to participants.

Date & Time: October 2, 10:00 – 12:00 (Gather at 9:40).

This event will be cancelled if it rains, no application needed beforehand; participants can join on the day itself.

Fee: Free of charge.

Course A: Gather at Douhou Park (in front of the Memorial Hall), toll parking lot. Walk with Segway (a 2 wheeled personal transporter) for about 7km, lottery prize session.

Course B: Gather at Kukizaki Health Center, parking at Kukizaki Counter Service Center/ Kukizaki Health Center. About 7km walk, with lottery prize session, mini physical assessment, food sample tasting from healthmate.

Things to bring: drinks for rehydration, rainwear.

Contact & Application: Iki iki Plaza, Tel:029-864-5089

Tsukuba World Futsal 2011

Date: 2011 November 19 (Saturday), 9:00 ~

Place: Sekisho Challenge Stadium

Event: Futsal Tournament, World Restaurant & Market

Recruitment:

• Participants of Futsal Tournament

Fee: Adults —1000 yen, Junior High School student and under— 500 yen. (Sports insurance included, register as an individual or as a team)

• Participants of World Restaurant & Market

For more information and application,

Contact: World Futsal Committee Office,
Tel: 029-854-1223, Fax: 029-828-7575,
Email: futsal@radio-tsukuba.net



Kigaru ni Oshaberi Saloon

Theme: 25 Years of Korea and Japan from My Point of View

Guest Speaker: Satake Innam (From Korea)

Date and Time: October 20 (Thursday) 10:00 – 12:00

Venue: Tsukuba City Hall, 6F, All Staff Meeting Room.

Contact & Application: Tsukuba City Hall, Gender Equality Office.

Nihongo Café

Let's Have Fun with Japanese Language!

Date & Time: October 22 (Saturday), 10:00 – 12:00

Place: Tsukuba Gakuin University, classroom 2208 (2F)

Content: International exchange with games and quizzes.

Fee: Free of charge. **Participants:** 30 persons (Elementary school children and below must be accompanied by guardian)

Contact & Application:

Tsukuba International Association, Tel: 029-869-7675

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 September is "Yoroshiku"

"Yoroshiku" is often used in daily conversation to show favor to people and also as a greeting when one asks for a favor. In addition, it also means a sign of consent with "Yoroshii". There are a lot more meanings than the ones explained here. Hope you will learn some of the usages of "Yoroshiku"!

Example 1:

A: Hajimemashite. (Nice to meet you.)

B: Hajimemashite. Yoroshiku onegaishimasu.
(Nice to meet you. Please be good with me.)

Example 2:

A: Ashita wa 7 ji shuugou da ne?

(The gathering tomorrow is at 7 right?)

B: so da yo. Yoroshiku ne! (Yeah. Be sure to come!)

Example 3:

A: Ko-hi- kudasai. (Coffee, please.)

B: Hotto ko-hi- de yoroshii deshouka?
(Would you like hot coffee?)

Example 4:

Gokazoku no mina-san ni yoroshiku otsutae kudasai.
(Please send my regards to your family.)



Japanese Classes for Foreigners

Class	Level	Day/ Time/ Lessons	
		Daytime Course	Night Course
Nihongo1	Beginner course	Wednesday Oct 5 - Feb 15 16 lessons 10:00 - 12:00	Tuesday Oct 4 - Mar 27 20 lessons 18:30 - 20:00
Nihongo2	For those who have studied Japanese for more than 50 hours. Able to give brief self-introduction and are able to read Hiragana and Katakana.	-	-
Yomikaki	For those who would like to learn Hiragana, Katakana and Kanji.	-	-
Nihongo3	For those who have studied Japanese for more than 100 hours. Understands noun modifier (meishishushokugo). Able to write Hiragana and Katakana.	Wednesday Oct 5 - Feb 15 16 lessons 10:00 - 12:00	Thursday Sept 29 - Mar 29 20 lessons 18:30 - 20:00
Nihongo4	For those who have studied Japanese for more than 150 hours. Able to express themselves. Able to speak in full sentence.	-	-
Nihongo no Kai	For those who have studied Japanese for more than 200 hours. JLPT Level 3 and higher. Able to express opinions on various top-	Thursday Oct 6 - Feb 16 16 lessons	-

Library Information

Tsukuba Public Library

Open : Tues Thurs Fri: 9:30 - 19:00

Weds Sat Sun: 9:30 - 17:00

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

Library closed on:

Sept 5, 12-30. Oct 1-3, 10, 11, 17, 24, 31.

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. For those who 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.



Special Holiday Notice

Tsukuba Public Library and the library rooms in community center will be **closed from September 12 to October 3** for change in library information system. During this period you will not be able to reserve books by phone or the homepage. The vehicle library will also be closed, while the book post will still operate as usual.

Contact: Tsukuba Public Library, Tel: 029-836-0139

Yatabe Community Center, Tel: 029-867-3135

Onogawa Community Center, Tel: 029-838-0501

Kukizaki Community Center, Tel: 029-876-3311

Matsuri Fever

With summer coming to an end, the weather began to cool down gradually each day in September. Those who had gone out of Japan for travelling or back to their country for the summer holiday might have missed out on Matsuri Tsukuba in August, but you are still in time for one of the biggest festivals in the Kanto region, the great Ishioka Festival (Ishioka No Omatsuri). It is held on 17-19 (Sat-Mon) this month in Ishioka City, 10 mins by train from Tsuchiura station! The usually quite town bursts with energy and vigor, with floats (Dashi), portable shrines (Omikoshi) and shops selling festival wear and goods. The event may get a little rowdy but it's worth watching or even trying out the feature event, Shi Shi Mai, the lion dance!

Eligibility: Foreigners who live or work in Tsukuba, and their family.

Place:

Daytime Course:

Tsukuba Science Information Center
(Azuma 1-10-1)

Night Course:

Tsukuba Capio (Takezono 1-10-1)

Participants: 15 persons per class

Course Fee:

6,000yen (new applicant),
5,000yen (returning student).
*course material fees not included.

Contact & Application Method:

Fill in the required information on the application form and submit to:

Tsukuba International Association,
305-0032 Takezono 1-10-1.

Tel: 029-869-7675 (available 9:00 – 17:00,
Tuesday - Saturday)

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.

- Sept 18 Komatsu Naika Clinic,
Kamiyokoba 1178, Tel: 838-2400
Tsukuba Center Clinic, Takezono 1-6-1
Tsukuba Mitsui, Building 4F, Tel: 851-9001
- Sept 19 Kikuchi Naika Clinic, Yatabe 5915, Tel: 839-5070
Ichihara Byoin, Oozono 3681, Tel: 864-0303
- Sept 23 Shouji Sanfujinka Shounika lin,
Yatabe 1562, Tel: 836-0405
Tsukuba Byouin, Sasagi 1761, Tel: 855-0777
- Sept 25 Ohta lin, Teshirogi 309-4, Tel: 838-5333
Namiki Naika Clinic, Namiki 4-4-2-203, Tel: 869-6969
- Oct 2 Jinai Naika lin, Onozaki 785-1, Tel:855-4577
Shibahara lin, Yoshinuma 1151, Tel: 865-0511
- Oct 9 Kushida lin, Kamigou 2783-1, Tel: 847-2355
Terasaki Clinic, Yoshinuma 1437-1, Tel:865-0034
- Oct 10 Toukoudai Naika Ichoka,
Toukoudai 4-19-4, Tel: 847-8468
Nakagawa lin, Shinozaki 2272-1, Tel: 864-7760
- Oct 16 Hayashi Clinic, Inarimae 5-6, Tel:859-0550
Tsukuba Kinen Byoin,
Kaname 1187-299, Tel: 864-1212
- Oct 23 Tsukuba Hakua Clinic, Mase 918-1, TEL:837-0208
Hojyou lin, Hanabatake 3-28-8, Tel:864-0006
- Oct 30 Tougou lin, Tateno 636, Tel:837-1785
Minano Clinic Naika Kokyukika,
Nishihiratsuka 318-1, Tel:850-4159