

## Clinics (C), Dental Clinics (D), Pharmacies (P) Open on Holidays (Tel 029-)

- 18 Dec (C) Sunshine Clinic, Yatabe 6107-14, Tel: 839-3333  
(C) Sakayori Iin, Kunimatsu 855-2, Tel: 866-0106
- 23 Dec (C) Tsukuba Tsuji Clinic, Kenkyugakuen C50-1, Iias Tsukuba, Tel: 868-7170  
(C) Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211
- 25 Dec (C) Kusunose Iin, Oguki 509-1, tel 876-2711  
(C) Oda Naika Clinic, Oda 2951, tel 867-0114
- 29 Dec (C)Tsukuba Icho Byoin, Takamihara 1-2-39, tel 874-3321  
(C) Tsukuba Byoin, Sasaki 1761, Tel: 855-0777  
(D) Takezono Shika, Takezono 2-7-7, tel 852-1460  
(D) Sakairi Shika Iin, Toyosato no Mori 1-18-11, tel 847-8371  
(P)Asu Yakkyoku Tsukuba Ten, Takamihara 1-2-33, tel 870-5071  
(P)Imagawa Yakkyoku, Tsukuba AmakuboTen, Amakubo 1-1-6, tel 858-2877
- 30 Dec (C)Tsukuba Icho Byoin, Takamihara 1-2-39, tel 874-3321  
(C) Tsukuba Soai Byoin, Takasaki 1008, tel 873-2511  
(C)Tsukuba Kinen Byouin, Kaname 1187-299, TEL:864-1212  
(D) Sakuragaoka Shika Center, Azuma 3-17-6, tel 852-1518  
(D) Gakuen Shika, Takezono 2-7-11, tel 863-1818  
(P)Asu Yakkyoku Tsukuba Ten, Takamihara 1-2-33, tel 870-5071  
(P)Gakuen Chozai Yakkyoku, Enokido 509-40, tel 837-2711  
(P)Tsukuba Nishi Odori Yakkyoku, Kaname 1069-5, tel 877-1333
- 31 Dec (C) Tsukuba Gakuen Byoin, Kamiyokoba 2573-1, Tel:836-1355  
(C) Tsukuba Byoin, Sasaki 1761, Tel: 855-0777  
(C) Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211  
(D) Ueno Shika Iin, Amakubo 3-14-8, tel 851-6352  
(D) Yoshimura Shika Iin, Sa 476, tel 864-2220  
(P)Imagawa Yakkyoku Tsukuba Kamiyokoba Ten, Kamiyokoba 2573-128, tel 837-2411  
(P)Gakuen Chozai Yakkyoku, Enokido 509-40, tel 837-2711  
(P)Imagawa Yakkyoku Tsukuba Hojyo Ten, Hojyo 5177, tel 850-7711
- 1 Jan (C) Tsukuba Soai Byoin, Takasaki 1008, tel 873-2511  
(C)Ichihara Byouin, Ozone 3681, tel 864-0303  
(D) Clover Shika Iin, Matsushiro 2-14-9 Sigma Box 1F, tel 875-8817  
(D) Nobori Shika Iin, Higashi Arai 24-19, tel 852-3323  
(P)Imagawa Yakkyoku Tsukuba Kamiyokoba Ten, Kamiyokoba 2573-128, tel 837-2411  
(P)Imagawa Yakkyoku Tsukuba AmakuboTen, Amakubo 1-1-6, tel 858-2877
- 2 Jan (C) Sakane M Clinic, Matsunoki 162-7, tel 836-6612  
(C)Tsukuba Kinen Byoin, Kaname 1187-299, tel 864-1212  
(C) Tsukuba Chuo Byoin, Houjou 5118, Tel: 867-1211  
(D) Nishi Shika Iin, Namiki 4-4-2, Namiki Shopping Center 2F, tel 851-3110  
(D) Funakubo Seiko Dental Office, Shimana 3657-5, tel 875-7510  
(P) Matsunoki Yakkyoku, Matsunoki 187-7, tel 850-5100  
(P)Tsukuba Nishi Odori Yakkyoku, Kaname 1069-5, tel 877-1333  
(P)Imagawa Yakkyoku Tsukuba Hojyo Ten, Hojyo 5177, tel 850-7711
- 3 Jan (C)Tsukuba Gakuen Byoin, Kamiyokoba 2573-1, tel 836-1355  
(C)Tsukuba Byouin, Sasaki 1761, tel 855-0777  
(C)Ichihara Byouin, Ozone 3681, tel 864-0303  
(D) Teshirogi Shika, Matsushiro 4-200-1, tel 852-0930  
(D) Oki Shika Iin, Onuki 1175, tel 867-2811  
(P)Imagawa Yakkyoku Tsukuba Kamiyokoba Ten, Kamiyokoba 2573-128, tel 837-2411  
(P)Gakuen Chozai Yakkyoku, Enokido 509-40, tel 837-2711  
(P)Imagawa Yakkyoku Tsukuba AmakuboTen, Amakubo 1-1-6, tel 858-2877
- 8 Jan (C) Tsukuba Soai Byoin, Takasaki 1008, tel 873-2511  
(C) Hirose Iin, Houjou 85, tel 867-0127
- 9 Jan (C)Jiyugaoka Iin, Jiyugaoka 165-19, tel 876-0888  
(C) Hirose Clinic, Kunimatsu 56-1, tel 866-0129
- 15 Jan (C)Tsukuba Icho Byoin, Takamihara 1-2-39, tel 874-3321  
(C) Aoyagi Iin, Uenomuro 887, tel 857-1522
- 22 Jan (C) Yukari Iin, Oi 1622, tel 874-1531  
(C) Iioka Iin, Sakura 3-20-2, tel 857-7526
- 29 Jan (C)Takasaki Clinic, Takasaki 772-12, Tel: 873-3733  
(C) Kashimuro Naika Shouka Kika Clinic, Shimohirooka 744-1, tel 863-0606

## Facility Operations During Year-End and New Year

### Main Facilities

**City Hall and General Service Counters** : Closed between December 29-January 3. \* Family registration is processed only at city hall. Contact: Tsukuba City Hall Citizens Division.

**Community Centers**: Closed 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan. \*Internet reservation closed from 28<sup>th</sup> Dec till 5<sup>th</sup> Jan. **Contact**: Respective Community Center, Tsukuba City Hall Lifelong Learning Division.

**Children's Hall**: Closed from 29<sup>th</sup> Dec till 3<sup>rd</sup> Jan. **Contact**: Respective Children's Hall, Tsukuba City Hall Children's Services Division.

**Tsukuba Public Library**: Closed 28<sup>th</sup> Dec – 4<sup>th</sup> Jan.

**Borrowing Period**: Books: 14<sup>th</sup> – 21<sup>st</sup> Dec (3 weeks special borrowing period); Audio & Video: 21<sup>st</sup> – 27<sup>th</sup> Dec (2 weeks special borrowing period) \*No changes to no. of items that can be borrowed.

**Return box**: Closed 28<sup>th</sup> Dec 17:00 – 4<sup>th</sup> Jan, 8:30. **Reading Space**: 24<sup>th</sup>, 25<sup>th</sup> – 27<sup>th</sup> Dec, 5<sup>th</sup> – 8<sup>th</sup> Jan. (All replacement basis)

Morning session: 9:30 – 13:00 (reception 9:30)

Afternoon session: 13:30 – 17:00 (reception 12:30). \*If the reading space is fully booked, the Meeting room on 2F will be opened. (on first come first serve basis). \* Please inquire for library rooms at each of the four community center respectively.

**Contact**: Tsukuba Public Library, TEL029-856-4311

Yatabe Community Center Tel: 029-836-0319

Tsukuba Community Center Tel: 029-867-3135

Onogawa Community Center Tel: 029-838-0501

Kukizaki Community Center Tel: 029-876-3311

### Garbage Collection and Sewerage

**Garbage Collection**: no collection 30<sup>th</sup> Dec – 2<sup>nd</sup> Jan. \*29<sup>th</sup> Dec & 3<sup>rd</sup> Jan are burnable garbage days for all areas.

**Contact**: Waste Management Division.

**Oversized Trash Final Collection Day**: North area: 16<sup>th</sup> Dec, East area: 21<sup>st</sup> Dec, West area: 28<sup>th</sup> Dec, South area: 23<sup>rd</sup> Dec. \*Make Phone Booking at least 2 days before, Internet Booking 5 days before. \*Phone booking closed 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan.

**Contact**: Oversized Trash Reception Center TEL029-860-2984.

**Clean Center**: Final Reception: 29<sup>th</sup> Dec, till 16:30; Start of Year Reception : 3<sup>rd</sup> Jan from 8:30.

**Contact**: Clean Center TEL029-867-1379

**Sewerage Disposal**: Closed 30<sup>th</sup> Dec – 3<sup>rd</sup> Jan, **Contact**: Cleaning Center, Sewerage Disposal Facility TEL029-867-4321, South branch TEL029-876-2615

**Water Service Customer Center**: Closed 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan.

**Contact**: Water Service Customer Center TEL029-851-2811

### Transportation and Tourism

**Tsukubus**: Operating as usual. **Contact**: Transportation Policy Div.

**Tsukutaku**: Not operating between 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan, reservation unavailable in this period, reservations for Jan 4 must be made by Dec 28. **Contact**: Tsukutaku Reservation Center Tel: 029-877-1239

**Tsukuba City General Information Center**: Closed 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan. **Contact**: Tsukuba City General Information Center TEL029-855-8155 \*8:30 – 18:30.

**Mt. Tsukuba Tourist Information Center**: Operating as usual. **Contact**: Mount Tsukuba Tourist Information Center TEL029-866-1616 \*8:30 – 17:15

**Hirasawa Kanga Heritage Square, Sakura History & Cultural Museum**: Closed 28<sup>th</sup> Dec – 4<sup>th</sup> Jan.

**Archaeological Cultural Properties Management Center**: Closed 29<sup>th</sup> Dec – 3<sup>rd</sup> Jan. **Contact**: Educational General Affairs Division Cultural Properties Office. Tel: 029-883-1111

### Emergency Medical Services

When searching for Emergency Medical Institutions

**Contact**: **Emergency Medical Control Center** TEL029-241-4199. Operates all year round, 24 hours/day.

### Ibaraki Children Emergency Call Consultation

**Contact**: Landline/Cell phone with Push Line: no area code TEL #8000. Other: TEL029-254-9900 \*No fee for service but call charges imposed on caller. **Consultation**: Day: 9:00 – 17:00 (Sun, National Holidays, 29 Dec – 3<sup>rd</sup> Jan). Night: 18:30 – 23:30 (All year round)

English Bulletin  
December 2011



# tsukuba

TSUKUBA CITY HALL

Globalization and

Culture Division

🏠 **Address**: 〒305-8555 Karima 2530-2 (Kenkyugakuen D32-2), Tsukuba City 📞 **Tel**: 029-883-1111 📧 **Email**: ctz031@info.tsukuba.ibaraki.jp 🌐 **HP**: http://www.city.tsukuba.ibaraki.jp/005511.html, http://www.tsukubainfo.jp 🗒️ **Editors**: Prakash Ronit, Yeow Li Sa

## Countermeasures against Radiation in Tsukuba City

Tsukuba City is undertaking measures to handle the issue of radiation from the TEPCO Fukushima Dai Ichi Nuclear Plant accident, and also to relieve anxieties of Tsukuba citizens. Below are information of radiation measurements currently conducted by the city.

### \* Air Radiation Measurements

Radiation measurements are done twice a month at 151 public facilities such as schools, day-care centers, kindergartens and parks in Tsukuba. On November 11, 2011, radiation level at 1 meter above the ground measured showed 0.066-0.287 microsieverts/hour.

### \* Measurements on Radiation Level of Food

Tsukuba City has started independent measurements on food products.

### 1. Measuring Radiation Levels of Ingredients for School Meals

Using the Radiation measurement system newly bought by Tsukuba City, radiation levels of ingredients for meals at schools, day-care centers and kindergartens are being measured. The ingredients are measured one day before they are to be served at schools, and the results are posted on the homepage.

**Contact**: Schools and Kindergartens → Health & Education Division. Day-care centers → Children's Division

### 2. Measuring Radiation Levels of Agricultural Products (Reservation needed)

Reservations for measuring the radiation levels of agricultural products grown in Tsukuba (Including home grown, excluding commercially sold products) are currently being accepted. For more information and for reservations call the Agriculture Division. One sample a day /household.

### \* Map of Regional Radiation Levels of Public Kindergartens, Day-care Centers, Primary and Junior High Schools, and Decontamination Activities

Maps made from the radiation level measurements done at public kindergartens, day-care centers, primary and junior high schools is posted on the homepage. Considering the long hours children spend in these areas, if the radiation level is above 1 microsievert/hour near ground level the city undertakes decontamination measures. Other decontamination activities are also being undertaken with the help of parents and guardians.

### \* Radiation Related Lectures

Lectures related to radiation are being offered by the city for the citizens, and experts will provide information on this topic.

### \* Tsukuba City Forum on Countermeasures to Radiation

Radiation experts from research institutions and universities in Tsukuba will discuss in a forum, countermeasures to radiation.

### \* Some Simple Countermeasures Against Radiation

Radiation levels in Tsukuba are not at a level to cause any problems in daily life, however if you wish to be more careful, the following can be effective: Wash hands and gargle after coming from outside. Clean and remove dust inside the room. Do not let small children ingest soil. (If your child swallows a little amount, it will not cause any harm). Do not leave windows wide open on windy days (It is ok to dry laundry and blankets outside). **Contact**: Office of Countermeasures Against Radiation. Tel: 029-883-1111

### \* Demand to TEPCO and the Nation

Through the Ibaraki Prefecture Mayors Conference, we are demanding the nation to a prompt correspondence to the safety standards and internal exposure of radiation. We are also demanding TEPCO to provide full compensation for the countermeasures being undertaken and to provide more information of the situation as soon as possible.

### \*Lending of Radiation Dosimeters (Reservation needed)

10 Environmental radiation dosimeters, PA-1000 (Horiba), are available for lending. This device is of scintillation type which measures gamma rays with a relative error of ±10%.

Application for these dosimeters is between 8:30-17:15 (weekdays). Lending begins from December 6, 2011 (except for holidays and between December 29-January 3) Lending hours:

(1) 9:00 lending– 12:00 return, (2) 13:30 lending - 16:30 return

**Reservation**: Visit or call the Radiation Countermeasures Office *hoshasen taisaku shitsu*. \* Note: Please understand that you may not be able to reserve o requested date to large number of reservations. One household will be lent one monitor at a time and only one reservation can be made at a time. After the return of the monitors, another reservation may be made.

**Contact**: Radiation Countermeasures Office

Tel: 029-883-1345 (for reservations)

### Power Saving

The power saving during summer this year has brought about many changes to our lifestyle. Lets continue with the power saving efforts in winter as well. With your efforts , we can reach the “Tsukuba Environmental Style” by reducing carbon dioxide emission. **Results of Power Saving During Summer**:

In Tsukuba the theme for power saving was “Power Saving Switch : ON”. In comparison to last year, in the Tsukuba region, there was a 21.7% power saving for July (14.9% for TEPCO areas) and 24.5% for August (16.8% for TEPCO areas). Thank you all for your efforts to help achieve this milestone in power saving. **Contact**: Environmental Management Division

### Urban Planning Tax will be Levied in Some Regions from 2012

Due to the expansion of water and sewerage systems in some areas, urban planning tax will be levied from Fiscal year 2012 to part of Midorigaoka, Shimana, Nishioka, Nishi Onuma, Yoshinuma, Kamigo and the regions that have newly gained access to using public water and sewerage services.

**Contact**: Property Tax Division, *Shinzeika Fuka Dai ni Gakari* . Tel: 029-883-1111

### Municipal Tax Payment Deadline: December 26

\* Fixed Asset Tax and Urban Planning Tax: (3rd Instalment)

**Contact**: Property Tax Division and Income Tax Division, Tsukuba City Hall TEL: 029-883-1111

\* National Health Insurance Tax (6th Instalment)

**Contact**: Health Insurance and Pensions Division, Tsukuba City Hall TEL: 029-883-1111

### Counselling on Municipal, Prefectural Tax and Income Tax Returns

Consultations on income tax returns for the income of 2011 will be done at the City Hall (from February 16– March 15 2012). The following consultation and service will also be available:

1. Consultation on Municipal and Prefectural Tax  
Place: Tsukuba City Hall 2F, Tax Returns Consultation Venue  
Period: February 1– 15, 2012 except for weekends (11 days)
2. Temporary Office for Tax Returns Counselling  
Place: Kukizaki Koryu Center 2F, Large Meeting Room  
Period: February 1-8, 2012 except for weekends (6 days)  
Place: Citizens Hall Tsukubane 2F, Meeting Room  
Period: February 7-14, 2012 except for weekends (6 days)
3. Computerized Self-compilation of Tax Returns Application  
Place: Tsukuba City Hall 2F, Training Room. Period: February 1-March 15, 2012 except for weekends (32 days)

## Events

### 1) 2012 Coming of Age Ceremony

Date: January 8, 2012. 13:30- (reception at 12:45). Place: Tsukuba Capio (Tsukuba City, Takezono 1-10-1). For: Those born between April 2, 1991– April 1, 1992. \* An invitation card will be sent to people registered with Residents Registration or the Alien Registration in Tsukuba as of November 1. People who do not receive this card and families may also participate.

Contact: Lifelong Learning Division Tel: 029-883-1111

### 2) Takarakuji Cultural Performance: Warabiza Musical “Atom”

Date: February 19, 2012. Doors open at 14:30. Place: Tsukuba Capio Hall. Ticket: 2000 yen (all seats). \* Price of this event is special due to the sponsorship from Takarakuji. Preschool children not allowed to enter, however child care service available (subject to fee).

Application: Call or go directly to the counter.

Application place: Tsukuba Cultural Foundation (Tsukuba City, Takezono 1-10-1) Tel: 029-856-7007

Tsukuba Capio (Tsukuba City, Takezono 1-10-1) Tel: 029-851-2886

**Contact:** Tsukuba Cultural Foundation (Tsukuba City, Takezono 1-10-1) Tel: 029-856-7007. Tsukuba City Hall, Globalization and Culture Division

### 3) Fourth “Nihongo de Hanaso! Tsukuba challenge”

This is an event where foreigners studying Japanese can enjoy Japanese language through quizzes, games and conversations.

**Date & time:** February 12<sup>th</sup>, 2012, 10:00 – 15:30 at Tsukuba Science and Information Center. **For:** Foreigners studying Japanese (beginner to advance). Participation is free of charge. **Application:** Call in advance. \* You may also apply on the day of the event

#### \* Event Volunteers Needed

You are eligible if you are at or above Junior High School level. Volunteers are requested to assist in reception and operation of event.

#### Application/Contact:

Tsukuba International Association ☎029-869-7675

Tsukuba City Hall, Globalization and Culture Division

### 4) Tsukuba Sanroku Nature School:

#### Parents and Children Nature Experience Program “Make Rice in Bamboo and Flower Charcoal”

Date: January 21, 2012. 10:00-15:00

Event: Learn how to cook rice inside of bamboo on an open fire. Also, make flower charcoal from flowers collected from the forest. A maximum of 60 parents and children can participate in this event. Participation fees is 900 yen for children at or above primary school level and 700 yen for those below primary school level (includes lunch and insurance). Application: Get a number by phone and post or fax that number, name, address, grade of the child and phone number to the contact below:

**Contact:** Tsukuba Fureai no Sato [〒300-4211 Tsukuba City Usui 2090-20] Tel: 029-866-1519 \* 9:00-17:00 (closed on Tuesdays)  
Fax: 029-866-1513

### 5) 21st Chibbiko Ski School

Date: March 24-26, 2012. \*3 days 2 nights stay

Destination: Ozeiwakura Ski Area (Gunma Prefecture, Katashinamura). Meeting Place: Sakura Sougou Gymnasium

For: 6 graders of primary schools within the city.

Participant number: 200 \* Lottery selection if number exceeds 200

Participation fees: 27,000 yen (money will be collected during the orientation). (Includes course fees, accommodation fees, meal expenses, insurance, expenses related to the lesson, souvenir pictures, lift tickets for 3 days ). Rental of Ski’s are available at 3000 yen/ item. At the back of the card write:

1. Name (furigana). 2. Sex. 3. Primary school name.4. Postal code and address. 5. Phone number 6. Seal of the guardian 7. Level of participation desired (beginner, if you can ski on your own) 8. Height, weight. 9. Request for ski rental (shoe size) 10. Request for Ski wear.

**Application Deadline:** January 11, 2012

**Contact:** 〒305-8555, Tsukuba city, Karima 2530-2, Sports Division. Tel: 029-883-1173

### Application for International Student Coordinators 2012

**Details:** Translating, editing and printing of monthly foreign language newsletters, and if needed, interpreting or translating for the City Hall. **Languages:** English, Chinese, Korean, Thai, Portuguese and Spanish. (2 people for each language).

**Method of Selection:** 1<sup>st</sup> Document screening. 2<sup>nd</sup> Translation test and interview. **Application:** Fill in the application form [Ryugakusei Koryuin moshikomisho] obtained from the city hall homepage, and attach necessary documents. Submit in person or by post to the city hall by **23<sup>rd</sup> January 2012**. \*Check the homepage for more details or inquiries .

### Assistant English Teachers (AET) Recruitment

**Term:** 1<sup>st</sup> April 2012 – 31<sup>st</sup> March 2013. **Place:** Primary and junior high schools in Tsukuba city. **Details:** Assistance in English language teaching. **Eligibility:** Applicants must fulfill the following requirements: Must be a non Japanese citizen, have university degree or higher level of education, have languages skills above Japanese Language Proficiency Test Level 3, have a valid Japanese driving license, have an Alien Registration Card (with employment permit). **Recruitment:** about 15 people. \*Interview in beginning of February. **Salary:** the salary is based on the established provisions of Tsukuba city. **Application:** Fill in application form obtained from the city homepage or write a resume in Japanese, submit in person or by post to the city hall by **20<sup>th</sup> January 2012**. **Contact:** Tsukuba City Hall Educational Genaral Affairs Division [〒305-8555 Karima 2530-2] ☎029-883-1111. ext 4610 or 4630

### Have you Applied for Child Allowance?

Amendments have been made to the child allowance system from October 2011, thereby all parents or guardians must apply, including those who had been receiving child allowance until September. Monthly allowance for the period October 2011– March 2012 is as follows:

Child between 0-3 years : 15,000 yen (for all children)

Child over 3 years to before completion of primary school: 10,000 yen (15,000 yen for the 3rd child and onwards)

Junior High level children: 10,000 yen (for all children)

#### Changes to the Conditions for the Allowance

If the child/children are overseas, except for studying abroad, they do not qualify for the child allowance. If the child/children are in children’s orphanage, only the person in charge of that orphanage may receive the child allowance. If there is a default in payment of childcare services, it may be deducted from the child allowance. Application method: Apply by mail or in person at the Children’s Division or any Service Counter before end of March 2012. Contact: Children’s Division Tel: 029-883-1111

#### Application for Enrolling in Children’s Club

**Day/Hours:** Regular Weekdays: after school – 18:00 Spring, Summer, Winter Holidays: 8:30 – 18:00 (Closed on weekends, national holidays and between December 29– January 3).

**Eligibility:** Elementary School Children: Grades 1-3 whose parents cannot look after them during the day due to work/study.

**Monthly Fee:** 4000yen/child. \*Some may qualify for reduction or exemption of fees. **Application:** Obtain the application form from Children’s Services Division, Children Center, Children’s Hall respectively or city homepage and submit to the desired facility directly between 12 December 2011 – 13 January 2012.

#### \*Private Children’s Club:

Please contact the clubs directly as the fees, terms and application procedures may differ from club to club. \*Entrance is decided by document screening. Some applications may not be accepted due to limited capacity.

\* For Sakuoka Primary School Club contact Children’s Division.

\* For Kasuga Primary School Club application can be made at the Children’s Division. **Contact:** Tsukuba City Hall Children’s Services *Kodomoka, Jidoka tanto*

## 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 these two vaccination as a priority.

**Things to bring:** Mother and Child Health Handbook, Polio Vaccination ticket . **Date:** Yatabe H.C.: December 15, January 16. Sakura H.C.: December 16, January 13, 30

Oho H.C: January 18

#### Measles and Rubella Vaccination

These vaccinations are given as described below. ②-⑤ vaccination period is until 31 March 2012. ⑤ applies to only those who are required to go abroad on school excursions or school related events. Others may wait until the 3rd year of high school to receive vaccination.

**Contact:** Sakura Health Center ☎029-857-3931

#### Cervical Cancer Vaccination

Due to insufficient supply of vaccines, there was withholding of vaccination for the first period. However, due to sufficient supply, vaccination for cervical cancer has restarted. If you wish to get this vaccination, make a reservation at a cooperating medical institution.

#### 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 centers 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 month old Babies Born in:

June 2010: Sakura H.C. January 11, 17. Yatabe H.C. January 25

#### Check-up for Age 3 Babies Born in:

November 2008: Yatabe H.C. December 21

December 2008: Sakura H.C. January 10, 12

Yatabe H.C January 19

#### Assistance for Fertility Treatments

Tsukuba City provides assistance for part of the cost of fertility treatments. Treatments that qualify for this assistance are in vitro fertilization and micro insemination. 50,000 yen per treatment, maximum of two treatments/year and maximum of 5 years of assistance may be given. For more information contact the Health Division, Tsukuba City Hall. TEL: 029-883-1111

#### Medical Institution Examination Voucher for Uterine Cancer

If you wish to have a medical examination for uterine cancer at a medical institution, you will need a Medical Institution Examination voucher. Please apply for this voucher before going for the medical examination. Moreover, you will also be required to have vouchers for breast cancer checkups. For breast cancer examination apply at the respective medical institution. Application place: Tsukuba City Hall, Health Promotion Division, Oho, Sakura or Yatabe Health Centers, Kukizaki, Tsukuba and Toyosato Service Counters. Age criteria: Over 20 years (as of March 31, 2012). Co-payment: 2,200 yen (free for people over 70 ). Issuing of vouchers and the examination period: Until January 31, 2012.

**Contact:** Health Promotion Division

### 2011 City Sukoyaka Assistance Program

This year, to reduce the financial stress of raising children, the prefecture will be assisting for part of the childcare costs for households with 2 or more children who are yet to start school. With respect to this, the City will also support part of the childcare cost between April 2011– March 2012. However, there are limits for eligibility. People who fulfil all of the following conditions may be eligible: 1. The child is below 3 years of age (Childcare cost need to have been decided as a “under 3 year old”. If the child enrolled in the middle of the year, the child must be below 3 years old as of April 1 of that year ). 2. Two or more children from the same household are attending a childcare center , and currently receiving a 1/2 deduction. 3. The household falls in the levels 2-4 in the childcare standard table. 4. Must not have default in childcare payments for the year 2011 and prior. **Application:** Fill the application form (available at childcare centers within the city, Children’s Division, City homepage) and submit directly before February 29, 2012. \* In case the child has already left childcare centers, please contact the City Hall, and the form will be sent to you. **Payment:** After confirmation of the fact that the childcare cost has not been paid for 2011 or the recent years, the assistance will be deposited to the account that was stated in the application form. **Contact:** Children’s Services Tel: 029-883-1111

### Hitokoto Nihongo

This month we will introduce important Japanese words used during year end and new year.

\* Oomisoka 大晦日: Last day of the year, December 31.

\* Kingashinnen 謹賀新年: Showing the happiness for the coming year, it is often used on new year post cards.

\* Hatsu no hi no de 初日の出: First sunrise of the year. The gradual appearance of the sun in the horizon on the 1st of January.

\* Nengajo 年賀状: Post card used for new year greetings.

\* Hatsumoude 初詣: First visit of the year to a shrine or temple

\* Kadomatsu 門松: traditional Japanese decoration made of pine or bamboo, put in front of the house during new year.

\* Kagamimochi 鏡餅: literally means mirror-rice cakes, is a traditional Japanese decoration used as an offering to Shinto and Buddhist Gods during new year.

New Years Greeting example:

A: *akemashite omedetou! Kotoshi mo yoroshikune.* (Happy new year, all the best for the new year)

B: *akemashite omedetou gozaimasu. Kotoshi mo yoroshiku onegai shimasu* (\*more polite way of saying the above)

### Winter Tradition “Tsukuba: Forest of Lights”

#### Connecting Hope of Recovery with Light

The showcase of illumination on display at the moment around Tsukuba Station, has been named “Tsukuba: Forest of Lights” from this year. With the cooperation of businesses around the area, there will be many events held for a limited time, and all are welcome to enjoy these events. Moreover, with the use of LED’s and candles, various types of lights will signify the seasonal traditions of this region. Date: Until January 9, 2012. Time: Between 17:00-24:00 Place: Around Tsukuba Station (Tsukuba Center). Contact: Ekimae Nigiwai Planning Committee Tel: 080-6660-0298

Tsukuba Center Chiku Kasseika Kyougikai Tel: 029-883-0251

Parking: Paid parking (parking areas in the area)

**Illuminations will be put in front of 3 TX stations** in Tsukuba City until February 3,2012 (until February 29, 2012). Place: In front of Midorino Station, Bampaku Kinen Koen Station and Kenkyu Gakuen Station. Contact: Tsukuba Express Urban Development Division Parking: Pay parking (parking areas in the area).

#### Yukari no Mori Illumination

Date: Until December 31, 2011. Time: 17:00-22:00. Place: Yukari no Mori (Tsukuba City, Touhigashi 676). **Contact:** Yukari no Mori Tel: 029-847-7575. Parking: Free parking