2012 Tsukuba Hikari no Mori Illumination

The 8th Tsukuba City Illumination at Pedestrian Deck near Tsukuba Station will be Held with the Theme “Light of Gratitude” to Extend Gratitude for Relief for Victims of the Tornado Disaster in May 6th

Date: 2012 Nov 17 – 2013 Jan 14
Light-up ceremony: Nov 17, 16:00~
Place: Center Square within Pedestrian Deck, Tsukuba Center District.

Illuminations:
- Keyaki Tree Illumination (at pedestrian deck)
- Central Park Christmas Tree
- Merry-go round of Lights (Tsukuba Creo Square)
- Right-on (Lighting Art)
- Tsukuba Milky way (Daytown Tsukuba)
- Big Forest Tree (North 1 parking lot)

Lighting Ceremony Events:
Lighting Countdown, Artist concert, Tsukuba Hikari no Mori’s Mascot name Announcement

Contact: Tsukuba Hikari no Mori Committees,
Tel: 080-6660-0298, HP: http://hikarinomori.info/

Lantern Art 2012
Original Lantern Contest Artworks

Candle Lantern Artworks are wanted for the Lantern Art Contest held on December 15,16 (Sat & Sun).
Application Period: Nov 1 – Dec 10 (Mon).
Artworks will be displayed for 2 days at the Center Square. Visitors will vote for the 1st and 2nd prize. The prize for 1st place is a shopping voucher worth 30,000yen and 2nd place 10,000yen.
For more information, visit: http://www.tsukucen.net
For application and inquiries,
Contact: Tsukuba Center District Revitalization Council Office,
(305-0032, Takezono 1-2-1), Tel: 029-883-0251, Fax: 029-855-6626, Email: info@tsukucen.net

The 32nd Tsukuba Marathon

Traffic Regulation Notice for November 25(Sunday):
- All roads within Tsukuba University:
  Closed to traffic 6:30 – 15:30.
- Sarukabe Jujio to Kuchinohori-Rikkyoshita:
  Closed to traffic 9:30 – 14:30.
- Kuchinohori-Rikkyoshita to Nishi-Odori Entrance:
  Closed to traffic on one side (towards north) 9:30 – 11:00,
  One way traffic towards north between 11:00 – 14:00.
- Nishi-Odori Entrance to Clean Center Entrance:
  One way traffic towards north between 9:30 – 14:00
- Clean Center Entrance to Wadaihara:
  Closed to traffic 9:30 – 13:30.
- Wadaihara to Oosuna:
  Closed to traffic 10:00 – 13:30.
- Oosuna to Toyosato Community Center:
  Closed to traffic 10:00 – 13:30.
*the regulation period may change according to the race event.
*Please follow the directions of the staff. Heavy traffic is expected on the day of the event, so please cooperate with the detours.

FM84.2 Radio Tsukuba
Traffic updates and race progress reports will be aired real-time! People living outside of the broadcast area can tune in through the internet as well.

Contact: Tsukuba City Hall, Sports Division, ext. 2360
Competition Office, Tel: 03-5166-0287 (until day before the race)
General Information Office, Tel: 029-855-0496 (on the day of the race)

Tsukuba Marathon Festival 2012
This year marks the 32nd Tsukuba Marathon to be held with 16,000 runners dashing through roads in Tsukuba. This year Tsukuba Marathon Festival, the pre-event will also be held in IIAS Tsukuba to cheer for the runners! This is a fun event for both supporters and runners welcoming the Sports DJ, Yamamoto Yuji as the event MC.

Date: 2012 November 24 (Sat), 11:00 – 18:00
Place: Center Court, IIAS Tsukuba (Nearest station: TX Kenkyugakue Station), free of charge

Event Schedule:
11:00 ~ Running Conference:
- “Running Advice for Beginners”
- “Learn from the Top Runner”, Advice for Runners living in Tsukuba
and other seminars for runners held by a Professor in Physical Education from Tsukuba University.
14:00~ Tsukuba All Star Cheer:
- Cheer Performance
- Fudanjuku Special Live
15:00~ Yosakoi Performance
by Tsukuba University Kirikirimai
16:00~ Guest runner Special Talk Show
17:30~ Runners Special Lucky Draw
Contact: Tsukuba City Hall, Sports Division, ext 2360.
Welcome to Mt. Tsukuba in Autumn!
Enjoy great autumn color viewing at Mt. Tsukuba from the beginning till mid of November via ropeway and cable car! In addition, the cable car will be operated at night during this period, on which you can enjoy viewing light-up in the deep autumn night.

1. 10th Tsukuba Momiji (Maple) Festival
   **Date:** Nov 1 (Thurs) – Dec 2 (Sun)
   Nov 17 (Sat): Outdoor tea party, fresh products sales and gifts.
   Nov 14 (Sat): “Gama no Abura” sales performance, memorial gifts for first 50 persons at ropeway and cable car stations.
   Dec 1 (Sat): Charity Rice Cake Pouding, pounded mochi tasting.

2. Cable Car at night with Momiji Light-up
   **Date:** every Sat, Sun and Holidays during Nov 3 – Dec 2 (closed during stormy weather).
   **Operation Time:** 17:00 – 20:00 (20 minutes interval)
   **Fee:** Adult round trip 1000yen (Free for elementary school children and under)
   **Contact:** 029-866-0611 (Miyawaki Station)

3. Ropeway at Night “Stardust Cruising”
   From the ropeway, take a look at the breath taking starry night and Tokyo nightscape wide-spreading over the Skytree too.
   **Date:** Nov: every Sat, Sun & holidays, Dec – 2013 Feb: Every Fri, Sat, Sun & Holiday except Dec 28 – Jan 3 and stormy weather, as well as maintenance day, Feb 8.
   **Operation Time:** 17:00 – 21:00 (20 mins interval)
   **Fee:** Adult round trip 1000yen (Free for elementary school children and under)
   **Contact:** Tsutsujigara Station, Tel: 029-866-0945

Tsukuba Shuttle Bus Temporary Operating Schedule
   **Period:** Nov – 2013 Jan: every Sat, Sun and Holiday except Dec 28 – Jan 3.
   **Time:** From Tsukuba Center: 16:00, 16:30.
   **Contact:** (Weekdays) Tsukuba Tourism Convention Association, Tel: 029-869-8333, Email: info@ttca.jp HP: http://ttca.jp (Weekends) Mt. Tsukuba Tourism Information Center, Tel: 029-866-1616.

Yukari no Mori Illumination Lighting Event
There will be illumination, outdoor Christmas concert and also refreshment booths.
   **Date & Time:** Dec 1(Sat) 11:00 - 17:30.
   **Illustration light-up:** 17:00. **Venue:** Yukari no Mori
   **Fee:** free of charge. **Contact:** Yukari no Mori Management Building, Tel: 029-847-7575

Sneak Preview of the University of Tsukuba Hospital New Building
There will be a sneak preview of the University of Tsukuba Hospital new building which will open on Dec 26. Advanced medical equipment, fully-equipped operation rooms and Intensive Care Unit, viewing lounge on the 12th floor and others are viewable during the preview.
   **Date & Time:** Dec 2 (Sun), 9:30 ~ 17:00 (Last entrance: 16:00)
   **Eligibility:** Tsukuba residents. **Capacity:** First 500 entries
   **Application:** Submit a return postcard with your address, name and number of visitors (maximum 3 per postcard), telephone no, preferred session (morning/afternoon) written.
   **For application and inquiries:** University of Tsukuba Hospital General Affairs Division (305-8576 Amakubo 2-1-1), Tel: 029-853-3519

Tsukuba World Futsal - Recruiting Futsal Player!!
How about interaction across national boundary through Futsal? Individual or team participations are both welcomed. We are recruiting volunteers too.
   **Date:** 2012 December 1st (Saturday), 9:00-16:00
   **Place:** Tsukuba Wellness Park, Sekisho Challenge stadium
   **Participants:** 200 persons (first come first serve basis)
   **Game:** 5 persons per team, 10 minutes per game, league match. **Class:** Family, Enjoy (for elementary school students and adults), Open (adults)
   **Participation Fees:** adult 500yen, elementary school student 300yen *Includes sports insurance. **How to Apply:** email or fax the application form by November 22 (Thursday)
   **Contact:** Tsukuba World Futsal Committee (Globalization and Cultural Division), Tel: 029-883-1167, Fax: 029-868-7545, Email: ctz031@info.tsukuba.ibaraki.jp

Hitokoto Nihongo
In this section, words which are very useful in daily life or uniquely Japanese are introduced every month. Let’s master the Japanese Language starting today!
In November, the words of cheering will be introduced, in conjunction with the Tsukuba Marathon held in this month. It is great to participate in the marathon, or just be there to support the runners too!
You can use these cheering words in your daily life as well.
The basic words are:
   - **Ganbatte!** (Do your best!)
   - **Kimi nara dekiru!** (You can do it!)
   - **Akiramenaide!** (Don't give up!)
   - **Mo sukoshi!** (Just a little bit more!)

Example at Tsukuba Marathon:
   **Runner:** Mada 20 kiro mo aru. Mo, tsukaretayo.
   (20km more to go. I’m exhausted.)
   **Supporter:** Ganbatte! Kimi nara dekiruyo!
   (Do your best! You can do it!)
   **Runner:** Damedo. Ashiga ugodanai.
   (I can’t. My legs won’t move anymore.)
   **Supporter:** Akiramenaide! Mo sukoshi!
   (Don't give up! Just a little bit more to go!)
5th “Nihongo de Asobo!” Participants Wanted!
Date & Time: December 9 (Sunday), 10:00 – 15:30 (reception from 9:30) Place: Tsukuba Science Information Center
*Please park at nearby pay parking lot.
Fees: Free of charge Eligibility: Foreigner, and Japanese who are interested in international exchange. *registration is required.
Program:
10:00 - 12:00  Fun event, quiz, cultural workshop etc.
10:30 - 12:00  International Discussion for junior and high school students
12:00 - 13:00  International exchange session
13:30 - 15:00  Round table discussion for 7-8 adults
For more information, please check the homepage.
Application: Apply through phone.
Volunteers wanted: anyone above age of junior high school student is eligible. Recruiting about 10 persons.
Contact: Tsukuba International Association, Tel: 029-869-7675, (Homepage: Search for “Tsukuba International Association”)

0120-279-338 Helpline for Foreigners
Please call the toll-free number and after the Japanese guidance, press 2. Consultation in seven languages is scheduled as follows, with Session 1: 10am-4pm, Session 2: 4pm-10pm.
Please visit the homepage at http://279338.jp

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Free One Day Legal and Medical Consultation in Chikusei for Foreigners
Consultation Time & Date: 2012 December 2 (Sunday)
Tel: 090-2645-6448 (valid on Dec 2 only)
Legal Consultation: 10:00 - 15:00 (Reception ends at 14:30)
Visa, labor, marriage, tax, insurance, and other general issues related to daily living.
Medical Consultation: 10:30 - 12:30 (Reception ends at 12:20)
Consultation with doctor regarding illness and health.
*All consultations are free and kept confidential.
Language: Japanese, English, Chinese, Thai, Tagalog, Portuguese, Korean, Spanish, Indonesian.
Place: Shimodate Community Center, Arterio 2F(Chikusei City, Hei 372) Contact: Ibaraki International Association, Tel: 029-244-3811

Tsukuba City Consultation for Foreigners
Consultation for Foreigners in Tsukuba City Hall
Reception: 10:00 - 12:00, 13:00 - 16:45.
Tuesday & Wednesday (except holidays and New Year Holiday)
Place: Tsukuba City Hall 2F, Counter 39
Tel: 029-868-7770 (Call only during on reception day)
Consultation Method: by phone or in person. Please call before you come on the day. Consultation is free of charge and privacy is kept confidential.

Ibaraki Prefecture Emergency Medical Information System
In the homepage of Ibaraki Prefecture, there is a English site for searching medical institutions which support foreign languages. Search can be conducted with conditions such as medical treatment type, language, region and others.
URL: http://www.qq.pref.ibaraki.jp/
Click on the option [Search for a doctor who speaks my language] on the site.

Clinics Open During Sundays and Holidays
Emergency medical institution check up time: 9:00 – 17:00. The dates below may change. In case of emergency, call the fire department Tel: 029-851-0119 (Add 029 in the beginning of Tel no. below)
Nov 18 Sunrise Clinic, Yatabe 6107-14, Tel: 839-3333
Ogura lin, Numata 181, Tel: 866-0108
Nov 23 Tsukuba Tsuji Clinic, Kenkyugakuen C50-1 lias
Tsukuba, Tel: 868-7170
Oda Naika Clinic, Oda 2951, Tel: 867-2471
Nov 25 Sakane M Clinic,
Matsunoki 162-7, Tel: 836-6612
Kimura Clinic, Tsukuriya 1125, Tel: 869-1211
Dec 2 Midorino Clinic, Kamiyokobadaimachi
Tochikukaku Seirichi 22-1, Tel: 839-5523
Sakayori lin, Kinumatsu 855-2, Tel: 866-0106
Dec 9 Kushida lin, Kamigo 2783-1, Tel: 847-2355
Tsukuba Chuo Byoin, Hojo 5118, Tel: 867-1211
Dec 16 Tokodai Naika Ichoka Clinic, Tokodai 4-19-4, Tel: 847-8468
Hayashi lin, Hojo 19-2, Tel: 867-0114
Dec 23 Kusunose lin, Oguki 509-1, Tel: 876-2711
Hirose lin, Hojo 85, Tel: 867-0127
Dec 24 Jiyugaoka lin, Jiyugaoka 165-19, Tel: 876-0888
Hirose Clinic, Kinumatsu 56-1, Tel: 866-0129

Staying Healthy in Autumn
Let’s Walk
Autumn view is beautiful so grab a friend and find some local parks or trails to walk, run or ride a bike and take in the view of changing leaves.

Dress for the Weather
When weather gets cool, people may dread going outside to workout. This can be mitigated by wearing wind-shielding clothing and dressing in layers. Proper attire and accessories makes outdoors more enjoyable.

Drink Water
Stay hydrated even when the temperatures cool down. People often feel less thirsty when it is not hot, but staying hydrated is just as important in autumn to help with both exercise recovery and appetite control.

Drink Tea
Drinking tea not only warms your body, but Green tea and black tea contain antioxidants that help ward off diseases during flu season so you can remain healthy and active as the season shifts.
Recruitment for Assistant English Teacher (AET)
This is a recruitment for Assistant English Teacher to teach at elementary and junior high schools in the city of Tsukuba for FY 2013.
Term: 2013 April 1st – 2014 March 31st.
Place of Employment: Elementary school or junior high school within Tsukuba city, 5 days/week, full-time.
Requirements:
- Non-Japanese national who is able to teach at elementary and junior high schools
- Graduate from a 4-year university or higher
- Level N4 of the Japanese Language Proficiency Test or higher
- Valid Japanese driver's license
- Resident Card (with Working Visa)
Positions: 18
Salary: Based on the City AET Wage Regulation.
Application Method: Submit application (can be downloaded from the city homepage) written by yourself in Japanese to Tsukuba City Hall in person or by mail by 2012 December 10 (Monday).
Attachment: Copy of Resident Card (or document that certifies status of residence in Japan) and a copy of Japanese driver’s license (front and back).
Recruitment Examination: From late December 2012 – early January 2013
For more details, contact:
Tsukuba City Hall, Educational General Affairs Division, ext. 4630

Tsukuba Citizens Day: November 30th
The Tsukuba City was founded on the 30th of November 1987. To celebrate this occasion the following municipal facilities which usually charge fees will be free on the 24th and 25th of November.
Places which will be Free of Charge:
1. Municipal Tennis Court
*Doho Koen Tennis Court is Prefectural establishment thus will not be free of charge.
*Night time lightings is subject to fees
*Reservations needed. Contact the office of the facility you wish to use or reservations via internet.
2. Sakura Koutsu Koen (pedal-type go-cart, bicycle rental)
Park hours: 10:00 - 16:30, Tel: 029-851-6323.
3. Yukari no Mori Konchukan
Insectariums with over 5000 samples of insects around the world
Park Hours: 9:00 - 17:00 (entrance until 16:30), Tel: 029-847-5061.

Tsukuba Wellness Park Entrance Fee Discount on Nov 30
* Entrance: Adult 700 →500 yen, Child, seniors 65 and above, and disabled persons 400→300 yen
* book tickets (Kaisuken): 700yen →200yen refund, 400yen →100yen refund.
* Members: Free entrance coupons for Studio and Pool Lesson. 100yen discount voucher as door gifts if you come on Nov 30!
Contact: Tsukuba City Hall, Planning Division, ext. 5251

Library Information
Tsukuba Public Library
Tel: 029-856-4311.
Open: Sat, Sun: 9:30 – 17:00; Tue, Wed, Thu, Fri 9:30 – 19:00. There are library rooms at Yatabe, Tsukuba, Onogawa and Kukizaki Community Centers as well. (Tue – Sun: 10:00 – 18:00)
Library closed on: Nov 19, 23, 26, 29; Dec 3, 10

Tsukuba Public Library: Story Telling
“Ohanashi no Mori” Nov 24 (Sat) 15:00 – 15:30, 16:00 – 16:30
“Kukizaki Ohanashikai” Dec 1 (Sat) 15:00 – 15:30
“Ohanashi no Izumi” Dec 8 (Sat) 15:00 – 15:30
“Ohanashi Matsubokkuri” Nov 17 (Sat) 15:00 – 15:30
Place: ARS Hall, Tsukuba Public Library 2F.
Contact: Tsukuba Public Library, Tel: 029-856-4311

Useful Information about Insurance System
Lump-sum Birth Allowance
Financial aid is provided for subscribers of National Health Insurance and his dependent when childbirth.
Amount of aid: 420,000yen. For childbirth process which is excluded from the maternity medical security system, the aid will amount to 390,000yen. (Stillbirth or miscarriage with pregnancy period more than 12 weeks (85 days) is eligible as well)
Effective period: 2 years starting from the day after childbirth. (aid will be provided only by application)

Direct Payment System
The application and reception of the lump-sum birth allowance is carried out by medical institutions. The payment will be made directly to the medical institution; therefore no payment is required to be made at the counter when one discharges from hospital.
*This system is not applicable for overseas medical institutions so please apply for the aid after the childbirth.
Contact: Tsukuba City Hall, Health Insurance and Pension Division, ext. 1420

Disposal of Spray Can
Recently, fire outbreaks in garbage collection vehicles happen very frequently. The fire sparks from the gas leakage of lighters and spray cans with combustible gas as they are being compressed in the vehicles. Therefore, safe disposal of these waste products should be practiced. For gas lighters, please finish using the content thoroughly before disposal. For spray cans, use up completely, puncture the can in a fireless space, and drain off the gas before throwing them away.
Contact: Fire Prevention Division, Tel: 029-851-2633

November Tax Payment Deadline:
November 30 (Fri)
5th Installment of National Health Insurance Tax
Contact: Tsukuba City Hall, Health Insurance and Pension Division, ext. 1460