

Many workplaces and schools start their year in April. There are many who graduate in March and start a new chapter of their life in April. Therefore, the Spring Issue of 2023 is a simple guide to living in Tsukuba City.

## 119 (One hundred and nineteen)

### This is the emergency phone number for calling firetrucks and ambulances.

It's okay if you do not speak Japanese. Please do not cut the call and wait until an interpreter gets on the call. Three-way simultaneous interpretation is available in 21 languages for 24 hours a day, 365 days a year.

Supported languages: English, Chinese (Mandarin), Korean, Thai, Vietnamese, Indonesian, Malay, Filipino, Nepali, Burmese, Khmer, Mongolian, Sinhalese, Hindi, Bengali, Portuguese, Spanish, German, French, Italian, Russian (21 languages as of January 2023)

#### Upon dialing 119, tell the operator what is happening

- ① Is it a "fire" or an "emergency"? If possible, speak in Japanese (kasai/kyuukyuu respectively) or in English - fire/medical emergencies.
- ② **[Your language]** (If possible, convey your desired language in Japanese)

<When the interpreter is on the call, tell them;>

- ③ **[Location]** Where is the fire situated or where do you require the ambulance to arrive?  
※If you are unable to understand the address, tell them what you see (for example, a nearby building or intersection).
- ④ **[Situation]** (In case of fire) What is burning and for how long, whether a person has been unable to escape or is injured  
(In case of medical emergencies) Who requires help, and why? Since when are they in such a state? Where are they hurt?
- ⑤ **[About yourself]** The name of the person who called and the phone number where they can be contacted after the emergency call



※Anyone can use an ambulance in case of medical emergency※

Ambulance Guide for Foreign Visitors to Japan: <https://www.fdma.go.jp/publication/portal/post1.html>

## 110 (One hundred and ten)

### This is the emergency phone number for calling the police

In case of a crime or incident, dial 110. Within Ibaraki prefecture, simple English will be understood at this number.

For languages other than English, you may speak with the help of an interpreter. Convey which language you wish to speak.

#### Upon dialing 110, tell the operator:

- ① Whether it is a crime or accident
- ② **[Location]** The location of the crime or accident, or the place where you require the police to arrive.
- ③ **[Situation]** What has happened at the above location?
- ④ **[When]** Date and time of occurrence
- ⑤ Did you see a person who may have committed a crime or the license plate of the car?
- ⑥ **[About yourself]** Name, nationality, the language of the person calling, and the phone number you can be reached after the emergency call

#### ● Consultation number for the police #9110 (available in Japanese only)

If it is not urgent but you want to contact the police, please call this number.

Try not to use 110 for non-emergency matters, as it may interfere with emergency calls.



# Regarding Pensions

## **【National Pension】**

It is mandatory by law for those who are living in Japan and aged 20 to 60 years, including foreign nationals to enroll in the National Pension and pay National Pension Insurance premiums. As a general rule, the insurance premium is the same amount for everyone. Those who join the pension system and pay for it can receive a pension when they reach old age or when their body becomes disabled due to illness or injury. In some cases, if the person who has enrolled passes away, family members can receive pensions. For details, please contact the Japan Pension Service or the Medical Welfare and Pension Division of Tsukuba City Hall.

## **【Employees' Pension】**

People who work for a company and meet certain conditions join the "Employees' Pension" at their workplace instead of National Pension. Insurance premiums vary according to income and are deducted from your salary.

### **Special Payment System for Students**

There is a special payment system for students to postpone the payment of insurance premiums by application. This is called the Special Payment System for Students. For details, please contact the Medical Welfare and Pension Division on the 1st floor of Tsukuba City Hall or the Consultation Desk for Foreigners on the 5th floor (029-883-1313).

### **Lump-sum withdrawal payment**

Those who leave Japan, and do not plan to return can receive money when they withdraw from the pension. They would receive money if they have paid premiums for more than a certain period of time. Please check with the Japan Pension Service for conditions and the method of application.

<https://www.nenkin.go.jp/international/japanese-system/withdrawalpayment/payment.html>



# Regarding Health Insurance

## **National Health Insurance**

In Japan, everyone is required by law to join the National Health Insurance or employee's health insurance, so that they can receive hassle-free healthcare. National Health Insurance is one of the public health insurance programs and is operated by the prefecture and municipality where we live.

## **Foreign nationals who need to join the National Health Insurance**

National Health Insurance includes people who do not have health insurance at their employer. Foreign nationals, except for those who stay for a short period of time for sightseeing, etc., must also enroll in the National Health Insurance if they are registered residents and do not have health insurance at their place of work. In addition, even if the period of stay in Japan you planned at the time of entry is less than 3 months, and later on, you are allowed to stay for more than 3 months, you must join the National Health Insurance. If you have stayed in Japan for more than 3 months, please consult with the National Health Insurance Division on the 1st floor of City Hall. If you want to enroll in the National Health Insurance when you get sick, you will need to pay insurance premiums retroactively from the date you registered as a resident.

## **※Those who have Health Insurance at their workplace do not need to join the National Health Insurance**

### **What is a fiscal year!?**

A calendar year starts on January 1<sup>st</sup> and ends on December 31<sup>st</sup>.







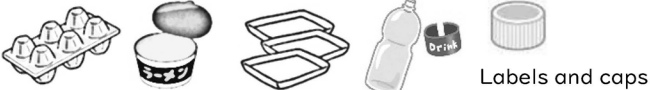


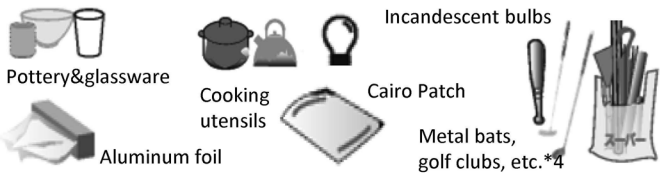
However, a fiscal year differs from a calendar year and is defined by a different period, i.e. from April 1<sup>st</sup> to March 31<sup>st</sup> of the next year. Please note that the national government, local bodies, schools, etc. carry out their procedures according to the fiscal year.

**Please contact us for details on the actual procedures.**



## Regarding Garbage Disposal Methods

The method of disposal depends on the type of garbage. Please check the "Tsukuba City Garbage Disposal Calendar" of your district, put it in the designated bag, and take it out at the garbage collection point by 8 a.m. on the day of collection.

Types of Garbage	Method of Disposal	Examples
<b>Burnable garbage</b> 	Dispose in designated bags for combustible garbage. Designated bags can be purchased at supermarkets and drugstores. * Drain water from food waste and dispose. * Long wooden objects such as wooden bats and brooms can be sticking out from the designated bag as long as they are less than 150 cm long.	 <p>Food waste* Rubber products Plastic Products Paper waste Leather goods Wooden bats, brooms, etc.*</p>
<b>Cans</b>	Put it in a transparent or translucent bag (up to about 45 liters)	
<b>Bottles</b>	Dispose in transparent or translucent bags	
<b>Spray containers</b>	Empty the container outdoors, make a hole, and dispose of in a transparent or translucent bag (Up to about 45 liters)	
<b>Plastic Containers and Packaging</b>  Pura Mark	<u>Things marked with the "Pura" mark and are not dirty.</u> Put it in a transparent or translucent bag (up to about 45 liters)	 <p>Labels and caps</p> <p>About items that are dirty, they can be simply washed and disposed. Items that are oily or smelly should be disposed as burnable garbage.</p>
<b>PET bottles</b>	Empty the contents, remove the labels and caps, and then put them in a transparent or translucent bag (up to about 45 liters)	
<b>Waste paper and old cloth</b>	Tie with a string and dispose * Milk Cartons - Open, dry completely, and tie up	 <p>Paper carton*3</p>
<b>Non-burnable garbage</b>	Put it in a transparent or translucent bag (up to about 45 liters). * Long metal objects such as metal bats and golf clubs can be sticking out from the bag as long as they are less than 150 cm long.	 <p>Pottery&amp;glassware Aluminum foil Cooking utensils Incandescent bulbs Cairo Patch Metal bats, golf clubs, etc.*4</p>
<b>Oversized Garbage</b>	A collection fee will be charged. Please call the city hall and make a reservation at least 2 days before you wish to dispose	<p>The maximum dimension is 50 cm or more (Air conditioners, TVs, refrigerators, washing machines and computers are not collected by the city.)            &lt;Tsukuba City Oversized Garbage Collection Center&gt;Tel: 029-860-2984            Monday - Friday (including national holidays) *Excluding year-end and New Year holidays            8:30 a.m. - 5:15 p.m.</p>



## Cherry blossom viewing in the park!



Spring is the season of cherry blossoms. Cherry Blossoms can be seen in Tsukuba from late March to early April. On clear days, do look at Cherry blossoms and experience spring in Japan in its true sense. Here are a few parks where you can enjoy Cherry Blossoms.

Park name	Address	
Science Expo Memorial Park	Miyukigaoka 6, Tsukuba	You can spend time and relax on the lawn, just like a picnic.
(Chuo) Central Park	Azuma 2-7-5, Tsukuba	It is a short walk from TX Tsukuba Station, and access is easy.
Matsumi Park	Amakubo 1-4, Tsukuba	Very close to the University of Tsukuba and Tsukuba Medical Center Hospital.
Sorimachinomori Park	Sakura 1-3, Tsukuba	During the period of full bloom, there will be pink arches on the banks
Oike Park	Hojo 1477-1, Tsukuba	Cherry blossom trees surround Hojo Oike (pond) and you can see Mt. Tsukuba in the background.
Kenkyu Gakuen Ekimae Park	Gakuen Minami 2-1, Tsukuba	A short walk from TX Kenkyu Gakuen Station. The row of cherry blossom trees on the east side of the park is beautiful.

### Tsukuba Festival

Will be held for the first time in four years at this venue. There will be food stalls serving snacks, cuisines and drinks from Japan and beyond, as well as events that can be enjoyed by children and adults alike. Do join us!

Date and Time: Saturday, May 13, 2023, and Sunday, May 14, 2023, 11:00 am to 5:00 pm

Location: Tsukuba Center Square, Oshimizu Park



### Tsukuba One-Stop Inquiry Desk for Foreign Residents

Consultation is available in various languages for problems related to daily living.

Your information will be safe with us. Interpretation services are not available for outside the city hall.

- Languages spoken by city hall employees: Japanese, English, Chinese
- Remote Interpretation Service is available in the following languages: 16 languages (English, Chinese, Korean, Portuguese, Spanish, Filipino, Vietnamese, Thai, French, Nepali, Hindi, Russian, Indonesian, Burmese, Sinhalese, Mongolian) As of January 1, 2023.
- Days and times for consultation: Weekdays 8:30 am to 12 pm, 1 pm to 5:15 pm
- Location: Tsukuba City Hall, 5<sup>th</sup> Floor Global City Promotion Division
- Contact number: 029-883-1313 (Japanese, English, Chinese)
- Email: [ctz035@city.tsukuba.lg.jp](mailto:ctz035@city.tsukuba.lg.jp)



© Interpretation is available at any counter at the City Hall.

### LEARN VIA ZOOM! Japanese Language courses for Foreigners

The Tsukuba International Association offers online Japanese language courses for adults. These courses are specially designed for daily living. Courses are held twice a year, from April to July, and October to February. Please refer to the website for details.

- Application Period: From March 1 (April to July Course); From September 1 (October to February Course) ※ First come, first served
- Time: Daytime Course 10:00 am to 11:00 am; Evening Course 7:00 pm to 8:00 pm
- Frequency: 15 lessons (for each class)
- Classes: Japanese 1, Japanese 2, Japanese 3, Japanese club (Divided into levels)
- Number of students: 10 students per class
- Cost: 2,000 yen
- Target: Foreigners living or working in the city and their families

If there are vacancies, you may be able to join in between. For details, please contact [japanese@inter.or.jp](mailto:japanese@inter.or.jp)

