

# TSUKUBA Seasonal Newsletter

Summer 2023

English

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## Matsuri Tsukuba 2023 is here!

The festival – Matsuri Tsukuba – will be held on-site for the first time in four years! We will see a grand Mikoshi and Nebuta Parade, and a variety of local food stands, along with various events being planned. Do attend to make the end of your summer vacation memorable! Check their website for details <https://www.matsuri-tsukuba.com/>  
Date: 26<sup>th</sup> (Saturday) and 27<sup>th</sup> (Sunday) August 2023  
Location: Around Tsukuba Station



Information on tourism in Tsukuba City is available on the website “MATCHA” in multiple languages. Please refer to it when you plan your travel!

- (1) <http://matcha-jp.com/jp/tsukuba> (Japanese version)
- (2) <http://matcha-jp.com/en/tsukuba> (English version)



(1)



(2)

## “Chibikko Hakase” will be held again this year!

You can participate in exhibitions and events held at about 35 research institutes in Tsukuba City. Please check whether a reservation is required or not before participating and bring the special passport with you. The passports are distributed at elementary and junior high schools in Tsukuba City or can be picked up at Tsukuba City Hall.  
Duration: From 22<sup>nd</sup> July (Saturday) to 31<sup>st</sup> August (Thursday)



## There is a subsidy for those who buy a new helmet for children and/or a bicycle with two child seats

From 1<sup>st</sup> April, 2023, bicycle riders are urged to make effort to wear a helmet. To ride your bike safely, wear a helmet to protect your head.

● Subsidies are available to buy bicycle helmets for children up to the age of 18 who live in Tsukuba City. Applications are required before purchase.

Subsidy amount: Half of the price will be subsidized by Tsukuba City (the upper limit is 2,000 yen). Helmets must contain one of the marks indicated in the right box for the subsidy.

※ The subsidy will end as soon as the budget runs out.

● Bicycle with two child seats

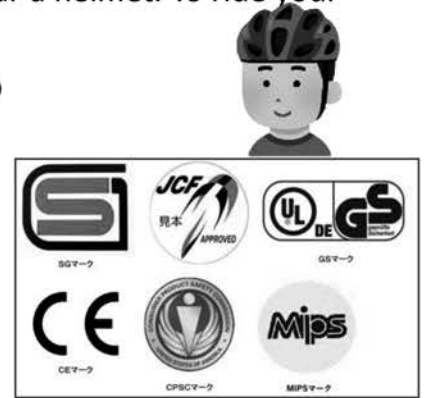
In order to reduce the economic burden on families raising children, Tsukuba City will subsidize a part of the cost of bicycles with two child seats.

**Eligibility:** Those who meet all three of the following conditions

① You are a resident of Tsukuba City ② You have two or more pre-school aged children ③ You have paid all taxes on time.

**Subsidy amount:** Half of the purchase cost (the upper limit is 20,000 yen)

**Contact:** Bikeable Tsukuba Planning Office



## July Applications for Municipal and Prefectural Housing

Application period: 4<sup>th</sup> July (Tuesday) to 14<sup>th</sup> July (Friday)

You can move in October. If the number of applications exceeds availabilities, there will be a lottery selection.

For details, inquire at Ibaraki Prefectural Housing Center (Located in Takezono Shopping Center, 3-18-3 Takezono Tsukuba, Phone: 029-853-1369)

## National Pension Payment Moratorium for Students

If the student's income is below a certain amount and it is difficult to pay the National Pension Insurance premiums, there is a special system that allows the payment of insurance premiums to be postponed. ※ Application is required every fiscal year.

**Application Method:** Please mail or bring the application form, a copy of your student ID card, or your certificate of enrollment to the Medical Welfare and Pension Division of Tsukuba City Hall.

※ If you have received a postcard application form enclosed in an envelope from the Japan Pension Service, and if there is no change in application information from the previous year, return the postcard to the Japan Pension Service. For details, refer to the Japan Pension Service Website (Japanese and English): <https://www.nenkin.go.jp/international/index.html>

## Pay your municipal tax and insurance premiums on time!

Municipal taxes and insurance premiums are calculated based on your income during the previous year. You will receive a tax notice accordingly. You can use the enclosed payment slip to pay at a convenience store. Please note that the deadline of payment varies depending on taxes and insurance premiums. Please see the website for a list of deadlines for FY2023.

Plain Japanese: <https://www.city.tsukuba.lg.jp/plainjapanese/1016178/14035.html>

English: <https://www.city.tsukuba.lg.jp/english/1015282/13992.html>



## We have reopened the open space and kids' space on the first floor of the Tsukuba City Hall Community Building for Tsukuba residents!

Have you been to the community building next to the city hall? It was closed for two years due to COVID-19 restrictions but has reopened since April. On the first floor of the community building, there are conference rooms that can be booked for use. In addition, there is an open space for everyone and a kids' space for children and their parents to spend time, that can be used without reservation.

Open hours: 8:30 am to 10:00 pm

Closed from 29<sup>th</sup> December to 3<sup>rd</sup> January

\*Please also note the community building will be subject to temporary closure. Any temporary closures will be updated on the official website of Tsukuba City. Use the same parking lot as the city hall. It is free for two hours. Eating and drinking are allowed only in the open space.

However, please refrain from bringing soupy food items such as cup noodles.



### In summer, beware of heat stroke and mold

Japanese summers are extremely humid. In extreme humidity, excess heat does not escape from the body and accumulates within. Therefore, even though the temperature may not be so high, the risk of heat stroke increases. Some of the main symptoms of a heat stroke include dizziness, lightheadedness, cramps, nausea, and temporary fainting. Before summer, try to find opportunities to sweat naturally. This will make it easier for your body to regulate body temperature and prepare your body to be resistant to heatstroke. Drink water frequently, little by little. On humid days, use the ventilator, dehumidifier, and turn on the air conditioner or fan to help evaporate sweat.

During the rainy season, there is incessant rainfall. Therefore, when you hang your wet clothes indoors to dry, the humidity in the air increases, and it becomes easier for mold to grow. In closets where moisture accumulates easily, use tactics such as keeping the closet door open, or turning on the fan to let air in.

### **Beware of food poisoning too**

During the rainy season, be careful of food poisoning. Keep your utensils and kitchen clean at all times. Make it a habit to wash and disinfect your hands before cooking. Store ingredients at a low temperature and heat them thoroughly when cooking. Vinegar has a high bactericidal effect, so you can disinfect your lunchbox by quickly wiping it with vinegar before filling it with food.

### **Let's try *Ume* (plum)!**

Plums are widely known as food to help survive hot summers and recover from fatigue because it is full of citric acid and has strong antibacterial power. Plum wine and pickled plums have been used as preserved foods since ancient times. Plums are also popular in the form of sweets such as syrup and jam which are made by soaking plums in honey or rock sugar.



### **Easy recipe recommended for summer**

Ingredients: 2 tablespoons of salted kelp (*Shio-kombu*: kelp that is finely cut and seasoned), 2 cucumbers, and 1 tablespoon of sesame oil

Chop the cucumbers into edible portions. Put all of the ingredients in a bag, and knead the bag. Adding chopped pickled plums also makes it delicious!

Put it on a plate and voila! Cucumber is a vegetable that has a cooling effect on the body, so enjoy it on a hot day.



## Have you heard of the Tsukuba recycling market?

It is a recycling market held by volunteers four times a year in Tsukuba City. There are various recycled goods available such as clothing, miscellaneous goods, and electrical appliances. Admission is free. The venue is Chuo Park adjacent to Tsukuba Station and is held in March, May, September, and November every year. Pre-registration is required on the website if you wish to set up your own booth at the market. They are also looking for staff. <http://t-recyclemarket.main.jp> (Partially available in English). This recycling market won the grand prize in the "Tsukuba SDGs Category (Initiatives that Lead to Solving Local Issues)" of the Tsukuba SDGs Awards!



## The City Website has been renewed

We fully renewed the Tsukuba City website in March 2023. The pages can be translated via Google Translate in 9 languages (English, Chinese Simplified, Chinese Traditional, Korean, Spanish, Portuguese, Vietnamese, Indonesian, and Thai). Click the “translate” option on the top right as seen on left below, then the page will be translated as it is seen on the right below.



This newsletter is translated by foreign university students assigned to “foreign student CIRs”. The tasks of the foreign student CIR involve newsletter translation and conducting lectures on international understanding at elementary and junior high schools in the city. Currently, English, Korean, Thai, Portuguese, Spanish, and Indonesian language applications are open. Those who want to apply, please contact Global City Promotion Division at 029-883-1313.

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

Weekday 8:30am to 5:15pm  
Tsukuba City Hall 5F  
Phone: 029-883-1313

Consultation is available in 21 languages. (Phone consultation is available in English, Chinese and Japanese)

◇The Tsukuba City Multilingual Website can be seen in English, Chinese, Korean and plain Japanese.  
<https://www.city.tsukuba.lg.jp/english/index.html>



◇The newsletter is published in the following foreign languages: English, Chinese, Korean, Thai, Portuguese, Spanish, Indonesian, and Vietnamese  
<https://www.city.tsukuba.lg.jp/english/1015289>

