



Vol. 248
January
2012

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
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E-mail: intlexchange@city.nagaoka.lg.jp
URL: <http://www.city.nagaoka.niigata.jp/dpage/kokubun/chikyuhiroba>

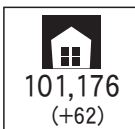
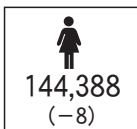
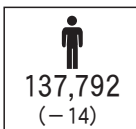
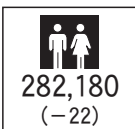
**Happy New Year!
Best Wishes to You All
for
a Very Successful 2012!**



Let's Smile and Keep Moving Along

A session to learn how to live long and healthy was held at the Nagaoka *Machinaka* Campus. In order to prevent oneself from losing physical strength or being bedridden, some preventive measures were introduced including exercises using *janken*, the game of "rock-paper-scissors."
(December 7)

Population and Households
As of December 1, 2011
(compared to the previous month)



Major Features:

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A Talk for the New Year Creating Educational Programs with Enthusiasm, Excitement, and for Building Dreams

The City of Nagaoka has promoted its educational programs with various creative projects under the motto "Creating Educational Programs with Enthusiasm, Excitement, and for Building Dreams."

Before the beginning of the New Year, Dr. Kenichirô Mogi, a neuroscientist, and Mayor Tamio Mori discussed the city's educational programs and sent their inspiring and suggestive messages to the children of Nagaoka.



Dr. Kenichirô Mogi

"Child-rearing is similar to treasure hunting. It is not necessary for you to be good at everything. The most important thing is to provide opportunities that can inspire children to further immerse themselves into the things in which they are most interested."

"We'd like to encourage children's eagerness to learn and face new challenges. I hope that they learn how to feel the joys of life and its significance."



Mayor Tamio Mori



Students learning how to protect people from disasters

"Nagaoka is blessed with a rich natural environment as well as an immense cultural heritage. I hope that the model of Nagaoka's educational commitments spread across Japan and the world."

"I want make Nagaoka a place that our children can be proud of no matter where they go in the future. I believe that people grow and mature when they have something to be proud of, something precious."



Children participating in an adventure program

A University Student Exchange Program for the Pursuit of Peace

The cities of Nagaoka and Honolulu have both experienced the misery of war. Bonds of friendship between the cities have been developed since 2007. A group of eight university students from Nagaoka visited Honolulu from December 5th to 10th, 2011. They attended the 70th Pearl Harbor Day Commemoration, visited historic sites, and had a discussion session with students from the University of Hawaii focusing on the pursuit of peace.



Visiting Mayor Peter Carlisle of the City and County of Honolulu



Listening to a guide on the Warship Missouri on which the document of Japan's surrender to the U.S.A. during the Pacific War was signed



Discussing with students from the University of Hawaii



Offering flowers at the National Memorial Cemetery of the Pacific



Attending the 70th Pearl Harbor Day Commemoration

Expressing Our Wishes for the Pursuit of Peace



In Nagaoka, white chrysanthemum-shaped fireworks were launched around 7:00 p.m. of December 8th, 2011, in memory and honor of the victims of the 1941 Pearl Harbor attack and the 1945 air raid on Nagaoka.

Representatives from Nagaoka High School, which Isoroku Yamamoto (the Commander-in-Chief of the Combined Fleet of the Japan Imperial Navy) graduated from, sent a message expressing that Nagaoka's fireworks symbolize Nagaokans' wishes for world peace.



In Tokyo, at a preview session of the film entitled "Isoroku Yamamoto," the director, the playwright, actors, and staff members all gathered and watched the white chrysanthemum memorial fireworks and the students sending the message on a live TV broadcast. The film was released across Japan on December 23rd, 2011.

Conveying Nagaoka's Proud Citizens' Strength to the World



Mayor Tamio Mori
Serving his fourth term
starting in November 2011

Over the past 12 years of my three terms, thanks to the immense support of all citizens, we were able to complete municipal consolidations and also overcome the hardships caused by a series of disasters. I have always been deeply impressed by our hard-working citizens who exert themselves for the development of this city that we are so attached to and proud of.

“Nagaoka Supported by Citizens’ Strength” has been the philosophy that I have consistently cherished over the past 12 years. I believe that any policy-making processes in the areas of education, welfare, security, environment, and industry should be based on citizens’ ideas that come about through daily life.

Let’s come together to make City Hall Plaza (nicknamed “Aôre Nagaoka”) a place in which citizens can be proud of and make the best use of. Let’s come together to further promote educational programs that encourage children's motivation under the motto “with

Enthusiasm, Excitement, and for Building Dreams.” Because our city is situated close to a nuclear power plant, we should come together to establish an environmentally-oriented future city by making the best use of locally available energy sources such as natural gas. Let’s come together to make the best use of the benefits of the municipal consolidations by refining the special features of each of the city’s districts and pushing citizens’ strength further step by step.

The showing of the two films entitled “*Kono Sora no Hana, the Story of Nagaoka’s Fireworks*” and “*The Commander-in-Chief of the Combined Fleet of the Japan Imperial Navy, Isoroku Yamamoto*” as well as the launching of Nagaoka’s fireworks in Honolulu and Washington D.C. will further lead us to take pride in our city.

My utmost wish is that our children someday play vital roles in the world while taking pride in their own hometown, Nagaoka. I am determined to work together with you, the citizens of Nagaoka, by making every possible effort to further develop our city, “Nagaoka Supported by Citizens’ Strength,” by continually taking steps forward.

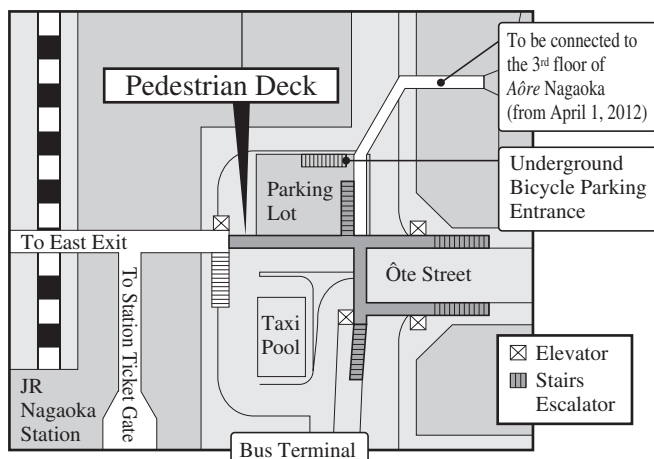
The “Pedestrian Deck” Opened

Roofed and elevated pathways called the “Pedestrian Deck” opened on December 22nd, 2011. The pathways allow pedestrians to walk between the East Exit of Nagaoka Station and the Ôte Street area without being exposed to rain or snow. The glass-walled pathways reach both sidewalks of Ôte Street, the bus terminal, and the entrance of the underground bicycle parking lot. Escalators and elevators have also been installed. The Ôte (West-Side) Exit parking lot (free of charge for 30 minutes) in front of Nagaoka Station also opened at the end of December. The

southern part of the “Pedestrian Deck” will be connected to the third floor of the New City Hall Complex, Aôre Nagaoka, on April 1st, 2012.



4-meter wide glass-walled pathways



The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (0258-39-2763)

Hours: Every Day Except for the Year-End and the New Year's Holidays

Monday – Friday 8:30 a.m. – 9:00 p.m. Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.



International Affairs Center (*Chikyû Hiroba*)(1st Floor)

Monday – Friday 8:30 a.m. – 7:00 p.m.

Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.

Phone: 0258-39-2714 Fax: 0258-39-2715

E-mail: kouryu-c@city.nagaoka.lg.jp



Consultations Offered for International Residents

Various services are provided for international residents. The center is a place where international residents can find help and support. The staff members are ready to respond to you either in English or easy Japanese. No appointment is necessary for consultations. Feel free to stop by if you have any difficulties, worries, or questions.



Japanese Learning Programs

Nihongo Kôza

A free trial lesson is being offered. Please call ahead.

Morning Classes (¥300 per lesson)

Tuesdays & Fridays

* **Class I** (Lesson 1 – Lesson 12 of *Minna no Nihongo*)
10:45 a.m. – 11:45 a.m. (60 minutes)

* **Class II** (Lesson 13 – Lesson 25 of *Minna no Nihongo*)
9:30 a.m. – 10:30 a.m. (60 minutes)

Jan.	6, 10, 13, 17, 20, 24, 27, 31
Feb.	3, 7, 10, 14, 17, 21, 24, 28
Mar.	2, 6, 9, 13, 16, 23, 27, 30

Sunday Classes (¥400 per lesson)

* **Class I** (Lesson 1 – Lesson 13 of *Minna no Nihongo*)
2:45 p.m. – 4:15 p.m. (90 minutes)

* **Class II** (Lesson 14 – Lesson 25 of *Minna no Nihongo*)
1:00 p.m. – 2:30 p.m. (90 minutes)

Jan.	8, 15, 22, 29
Feb.	5, 12, 19, 26
Mar.	4, 11, 18, 25



Hiragana-Katakana Class

(¥1,500 for six lessons or ¥300 per lesson)

Sunday 1:00 p.m. – 2:30 p.m. (90 minutes)

* February–March Class

Feb.	19, 26
Mar.	4, 11, 18, 25

Nihongo Hiroba

Volunteers help international residents learn Japanese at this free program during the following sessions:

- Sundays 2:00 p.m. – 4:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



Recycling Corner

There are collection boxes for recycling materials such as used ink cartridges and postcards that were written on but not sent, which can be turned in for a small refund. Benefits from these postcards and ink cartridges will be used to support children in Bangladesh and mine removal operations in Cambodia, respectively.



Two Internet Connected Computers



Free of charge for 30 minutes for each user after registering

Multilingual Broadcast on FM Nagaoka (80.7 MHz)

6:30 p.m. – 7:00 p.m.

Chinese and Easy Japanese: 1st and 3rd Wednesdays
English and Easy Japanese: 2nd and 4th Wednesdays
These programs are being rebroadcast on the following Sundays from 5:00 p.m. to 5:30 p.m. They provide information about various projects, events, and Japanese learning programs offered at the Nagaoka City International Affairs Center, *Chikyû Hiroba*.





Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1st Floor, 1-3-85 Senzai

Phone: 0258-30-1025 Hours: 9:00 a.m. - 6:00 p.m.

Every Day Except for Tuesdays (Open on Tuesday if it is a national holiday)

* Fureai Time	10:45 a.m. – 11:00 a.m.	Every Day
* Picture Storybook Reading Time	2:00 p.m. – 2:15 p.m.	Every Day
* Gun Gun “Spot Time”	10:45 a.m. – 11:15 a.m.	Every Monday
* Healthy Tea Time	1:30 p.m. – 2:30 p.m.	Jan. 5 (Thurs.) and Feb. 2 (Thurs.)
* Child-Rearing Salon		
Let’s Sing Classic Children’s Songs	10:30 a.m. – 11:30 a.m.	Jan. 19 (Thurs.)
* Happy Birthday Party	10:45 a.m. – 11:15 a.m.	Jan. 23 (Mon.)
* New Year Rice Cake Pounding	11:30 a.m.	Jan. 25 (Wed.)
* Craftwork Cafe	10:00 a.m. – 11:30 a.m.	Jan. 26 (Thurs.)
* Mini-Lecture on How to Start Baby Food	10:30 a.m. – 11:30 a.m.	Jan. 27 (Fri.)
* Bean-Throwing Time	10:45 a.m. – 11:15 a.m.	Feb. 3 (Fri.)
Free Child-Rearing Counseling	10:30 a.m. – 11:30 a.m.	Jan. 11 (Wed.) Child-Rearing Advisor Jan. 18 (Wed.) Nursery School Teacher Feb. 8 (Wed.) Child-Rearing Advisor



Child-Rearing Support Facilities

Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m.

Every Day Except for Wednesdays

(Open on Wednesday if it is a national holiday)

- * **Picture Storybook Reading Time**
Every Monday 2:30 p.m. – 3:00 p.m.
- * **Nakayoshi Time**
Every Friday 10:45 a.m. – 11:00 a.m.
- * **Teku Teku Mini Concert**
Every Friday 1:00 p.m. – 1:30 p.m.
- * **A Week for Playing New Year’s Games**
Jan. 3 (Tues.) – Jan. 9 (Holiday)
- * **Birthday Party** 10:45 a.m. – 11:15 a.m.
Jan. 6 (Fri.) and Feb. 9 (Thurs.)
- * **New Year Taiko Drumming Concert**
10:00 a.m. – 11:00 a.m. Jan. 8 (Sun.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m.
Jan. 12 (Thurs.), Jan. 26 (Thurs.), and Feb. 9 (Thurs.)
- * **Picture Storybook Reading Time**
10:30 a.m. – 11:00 a.m. Jan. 16 (Mon.)
- * **Playing in the Snow**
10:30 a.m. – 11:15 a.m.
Jan. 17 (Tues.) and Jan. 24 (Tues.)
- * **Day for One-Year-Old Kids** 10:00 a.m. -11:30 a.m.
Jan. 19 (Thurs.)
- * **Kingdom of Snow, Cross-Cultural Program with help offered by a Swiss resident**
10:00 a.m. – 4:00 p.m. Jan. 29 (Sun.)
- * **Bean-Throwing Time**
10:30 a.m. – 11:00 a.m. Feb. 3 (Fri.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Feb. 6 (Mon.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Jan. 10 (Tues.) Nutritionist
Jan. 17 (Tues.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour



Kids’ Plaza (Chibikko Hiroba)

Phoenix Ôte West 2nd Floor and 3rd Floor

2-5 Ôte Street Phone: 0258-39-2775

Hours 9:00 a.m. – 6:00 p.m. Every Day

- * **Story Telling Time**
Every Day 10:45 a.m. – 11:05 a.m.
Kamishibai (Giant Picture Card Story)
Jan. 6 (Fri.) and Jan.28 (Sat.)
- * **A Week for Playing New Year’s Games**
Jan. 2 (Mon.) – Jan. 8 (Sun.)
Jan. 4 (Wed.) 10:30 a.m. – 11:10 a.m.
Jan. 8 (Sun.) 10:30 a.m. – 11:10 a.m.
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Jan. 10 (Tues.), Jan. 24 (Tues.), and Feb. 7 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:30 a.m.
Jan. 11 (Wed.), 18 (Wed.), 25 (Wed.), and Feb. 8 (Wed.)
Birthday Party: Jan. 25 (Wed.)
- * **Waku Waku Day for 2-Year-Old Kids**
10:00 a.m. – 11:30 a.m.
Jan. 12 (Thurs.) and Feb. 2 (Thurs.)
- * **Baby Weighing and Measuring and Child-Rearing Consultations**
10:00 a.m. – 11:30 a.m. Jan 17 (Tues.)
- * **Let’s Play with Blocks**
10:30 a.m. – 12:00 p.m. Jan. 22 (Sun.)
- * **Bean-Throwing Time**
11:00 a.m. – 11:40 a.m. Feb. 1 (Wed.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Jan. 5 (Thurs.) Child-Rearing Advisor
Jan. 19 (Thurs.) Nursery School Teacher
Feb. 3 (Fri.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour



Local Snow Festivals and Seasonal Events

“White Season” (Jan. 2 - Feb. 26)

Echigo Kyûryô Kôen (Hillside Park)

9:30 a.m. – 4:30 p.m.

Closed: Jan. 10, 16, 23, 30, Feb. 6, 13, 20, and 29

* Trampolines * Skiing * Sledding * Snowboarding

* Alpine Ski Classes * Craft Classes * Games

Admission and Parking: Free until March 30 (Fri.)

Rope Lift: Free until Feb. 26

Information: Echigo Hillside Park Management Center
0258-47-8001

Tochio Yûsetsu Matsuri

(Playing with Snow Festival)

Feb. 11 (Sat.) 5:00 p.m. – 9:00 p.m.

Feb. 12 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki (Roadside Station) R 290

* Candle lights on the snow

* Fireworks (Feb. 11 8:00 p.m.)

Information: Tochio Tourism Association
0258-51-1195



Snow Festival in Koshiji

Feb. 11 (Sat.) 10:00 a.m. – 6:00 p.m.

Naride Sport Park

Snow Sculpture Competition (10:00 a.m. – 2:30 p.m.)

Application: By Jan. 20 (Fri.)

Fireworks (5:30 p.m.)

Information: Koshiji Branch Office
0258-92-5903



International Snowball Fight

Feb. 12 (Sun.) 8:45 a.m. – 3:30 p.m.

Yuki no Koroshiamu in Koide

* 1-minute drive from Kan-Etsu Expressway Koide IC
to Hibiki no Mori Kôen Yuki no Koroshiamu (Colosseum)

* Shuttle bus services from JR Koide Station

Information: Tourism Division, Uonuma City Office
025-792-9754

<http://seinenbu.uonumakoide.com/yuki/>
(Applications are available at this site.)

Tôkamachi Yuki Matsuri

Feb. 17 (Fri.) 6:00 p.m. – 19 (Sun.) 4:00 p.m.

Carnival: Feb. 18 (Sat.) 5:00 p.m. – 6:30 p.m.

Various Sites (Jôgaoka Pure Land) in Tôkamachi City

20-minute walk from JR Tôkamachi Station

25-minute drive from Echigo Kawaguchi IC

Information: Tôkamachi Tourism Association
025-757-3345

Nagaoka Yukishika Matsuri

“Yukishika” was the name of a store that used to preserve snow in a pyramid-like structure throughout the year. They sold this snow for refrigeration up until 1950s.

Feb. 18 (Sat.) 10:00 a.m. – 7:00 p.m.

Feb. 19 (Sun.) 10:00 a.m. – 4:00 p.m.

Senshûgahara Furusato no Mori and

the Hive Nagaoka Area

* Jumbo Snow Slide * Snow Wall Climbing

* Helicopter Rides (tentative)

Feb. 18 (Sat.) 1:00 p.m. – 4:00 p.m.

Feb. 19 (Sun.) 10:00 a.m. – 4:00 p.m.

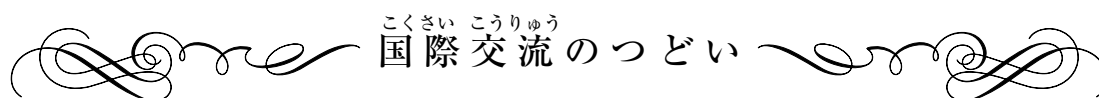
* Illumination and Fireworks (Feb. 18 6:10 p.m.)

* Making Snowmen * Stage Shows

* Food, Drinks, and Regional Products

* Many Fun Programs

Information: Tourism Division, Nagaoka City
0258-39-2221



Kokusai Kôryû no Tsudoï

The 9th Cross-Cultural Get-Together with the Honolulu Civic Delegation

Saturday, February 18 5:30 p.m. – 8:30 p.m.
Nagaoka Bernard

You can enjoy taking part in fun and interesting programs such as:

* Viewing Yukishika Festival fireworks

* Cultural introductions by international students

* Tasting cuisine from Nagaoka’s sister/friend cities including, Hawaiian, German, Swiss, Tahitian, and Texan dishes

* Raffles



Admission: ¥1,000 for international visitors

¥3,000 for adult members

¥1,000 for student members

¥6,000 for adult visitors

¥3,000 for student visitors

Registration for membership (¥2,000/year) is welcome.

Registration: Please sign up by Friday, Feb. 10

Nagaoka International Exchange Association

5th Floor, Nagaoka Civic Center on Ôte Street

Phone: 0258-39-2207 Fax: 0258-39-2280

E-mail: intlexchange@city.nagaoka.lg.jp

(Sat. & Sun.: Nagaoka International Affairs Center)

(1st Floor, Nagaoka Civic Center on Ôte Street)

(Phone: 0258-39-2714)



A Guide to Ski Areas (Ski Jô)

(1) Nagaoka Shiei (Municipal) Ski Jô

3300 Suyoshi (Phone: 0258-34-2225)
 Open: Saturdays, Sundays, National Holidays, and
 Weekdays for Children's Ski School
 Hours for Chair-Lift 9:00 a.m. – 5:00 p.m.
 Ski Rentals are available.

* Snowboard Classes:

Jan. 21 (Sat.) and 28 (Sat.)
 9:00 a.m. – 11:00 a.m.

Fee: ¥4,000
 (including snowboard rental fee and insurance)
 Registration: Jan. 5 (Thurs.) – Jan. 17 (Tues.)

* Ski Classes

Saturdays, Sundays, and National Holidays
 Hours and Fees: 10:00 a.m. – 12:00 p.m. ¥2,500
 1:30 p.m. – 3:30 p.m. ¥2,500

(2) Oguni Undô Kôen (Sport Park) Ski Jô

909-4 Ara-machi, Oguni-machi (Phone: 0258-95-5905)
 Open: Every Day
 Middle of January – Middle of March
 There will be no attendants or rope lift.

(3) Tochio Family Ski Jô

6044 Tochibori, Tochio (Phone: 0120-33-0773)
 Open: Every Day
 Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.
 Fridays and Saturdays
 9:00 a.m. – 9:00 p.m.

* Ski Classes for Beginners:

Sundays (Jan. 8 – March 11)
 10:30 a.m. – 12:00 p.m. ¥1,500
 2:00 p.m. – 3:30 p.m. ¥1,500

* Civic Ski Classes:

Jan. 14 (Sat.) and Jan. 15 (Sun.) or
 Jan. 28 (Sat.) and Jan. 29 (Sun.)
 10:00 a.m. – 3:30 p.m. ¥1,000
 ¥1,000 for one day
 ¥1,500 for two days

Information: Tochio Branch Office
 0258-52-1117

(4) Koshi Kôgen Ski Jô

910 Takezawa, Yamakoshi (Phone: 0258-59-3500)
 Open: Fridays, Saturdays, Sundays, National
 Holidays, and Weekdays for Children's
 Ski School
 Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.
 9:00 a.m. – 9:00 p.m.
 (Fridays and Saturdays)

(5) Echigo Kyûryô Kôen (Hillside Park)

1921-2 Nakayama, Higashikata-machi, Miyamoto
 (Phone: 0258-47-8001)
 Open: Jan. 2 (Mon) – Feb. 26 (Sun.)
 Hours for Rope Lift: 10:00 a.m. – 4:00 p.m.
 Free on Saturdays, Sundays, and National Holidays

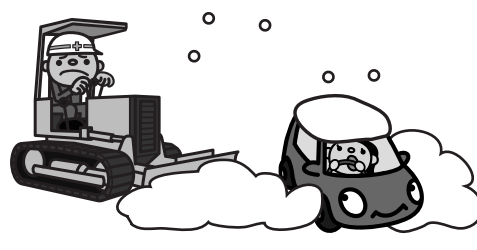


Snow-Removal Operations

Your kind understanding and cooperation are most appreciated.



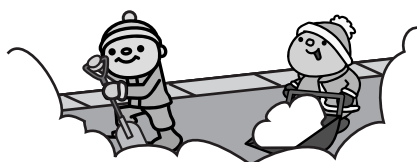
* Snow-removal operations on roads are conducted in the daytime, the middle of the night, and early in the morning. Some noise is expected when removal operations are carried out.



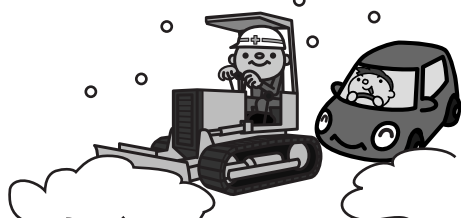
* Vehicles parked on the street make it difficult for snow-removal operations. Please do not park your vehicles on the street.



* It is appreciated if you remove snow from pedestrian crossings.



* Lumps of snow left by snowplows in front of houses should be removed by each household.



* Please drive slowly and carefully when driving behind snowplows.



* Please do not dump snow on the roads.

Warnings against Drunk Driving

You are advised to never drive if you have drunk any alcoholic beverages and you should never let anyone who has drunk drive a vehicle. Drunk driving is prohibited by law. Violators are severely punished by law.

If you need to drive after drinking, you are

encouraged to use a service called *daikô unten*, which is provided by taxi companies. Two taxi drivers come to pick you up and one of them drives your car to your house while the other one takes you home in a taxi.



Major Emergency Medical Facilities

Major General Hospitals

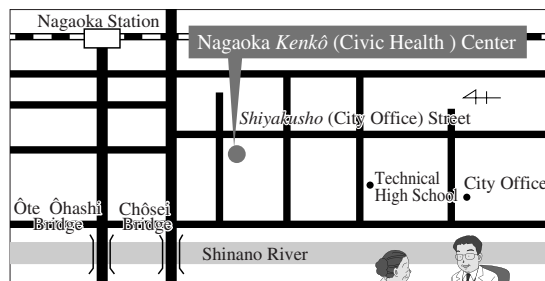
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

Nagaoka *Sekijûji Byôin* (Red Cross Hospital) 0258-28-3600

Tachikawa *Sôgô Byôin* (General Hospital) 0258-33-3111

Nagaoka *Kenkô* (Civic Health) Center 0258-32-5000

2-5-1 Nishi Senju



Nagaoka *Kenkô* (Civic Health) Center

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199) For obstetrics and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Internal Medicine (<i>Naika</i>)	(Monday — Friday) 6:45 p.m. — 9:30 p.m. (Sundays and Holidays) 9:00 a.m. — 11:30 a.m. 1:00 p.m. — 5:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. — 11:30 a.m. 1:00 p.m. — 5:30 p.m.
	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. — 11:30 a.m. 1:00 p.m. — 5:30 p.m.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. — 11:30 a.m. 1:00 p.m. — 3:30 p.m.
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday — Saturday) 6:45 p.m. — 9:30 p.m.

Warnings against Norovirus

Norovirus causes food contamination or infectious diseases that usually spread in winter months. The virus multiplies only in human intestines, not in foodstuffs. Once affected, patients may have symptoms such as severe nausea, diarrhea, and a fever.

Norovirus can be destroyed at a temperature of 85 degrees Celsius for at least one minute. The virus is transmitted via contaminated foodstuffs, cooking utensils, and other virus carriers.

You are advised to wash your hands thoroughly, gargle, and use clean and decontaminated utensils.

Do not use the same utensils for raw seafood and raw vegetables.



Information from the Niigata Labor Bureau

Consultation Hours:

Thursdays 8:30 a.m. — 4:30 p.m. (English and Japanese)
(Please call us in advance to make sure the consultants are available.)

Department of Inspection (*Kantoku Ka*), Labor Bureau 3F

1-56 Kawagishi-chô, Niigata City 951-8588

Phone: 025-234-5922

Fax: 025-234-3151

(Please write, "Attention to *Kantoku Ka*".)

Q&A for resolving conflicts between employers and non-Japanese employees from abroad

Q: I have been working at my company since last year with a one-year contract. When I tendered my resignation to my company as of the end of this week because of some personal urgent reasons, it was suggested that it would be regarded as a breach of contract and I might be required to pay a penalty. If I were to be charged by the company after resigning, would I be obliged to pay the penalty?

A: A one-sided offer of a worker's resignation means a declaration that the worker voluntarily cancels the present labor contract. Therefore, it is not necessary for the worker to get approval of resignation from the company. However, in a fixed term employment contract, it is possible for the company to ask for damages resulting from the worker's one-sided resignation without fulfilling the terms of the contract. In that case, if it is clear that there is a causal relationship between the worker's resignation and the loss to the company, the company could claim damages from the worker equivalent to the actual amount it lost. Please ask us for further information.