



Vol. 250
March
2012

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
2-2-6 Ôte Street, Nagaoka City Phone: 0258-39-2207 Fax: 0258-39-2280
E-mail: intlexchange@city.nagaoka.lg.jp
URL: <http://www.city.nagaoka.niigata.jp/dpage/kokubun/chikyuhiroba>



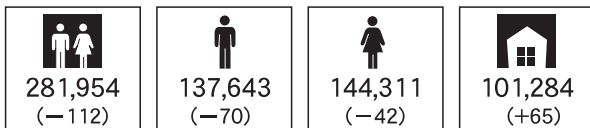
(Nakadoma, Roofed Open Plaza February 18)

City Hall Plaza - Aôre Nagaoka Will Open on April 1st, 2012!



Under the guidance of Ms. Chie Morimoto, an art director who designed the Aôre Bird logo (left), a group of people produced a promotional video for Aôre Nagaoka. They gathered in *Nakadoma*, the Roofed Open Plaza in Aôre Nagaoka, for their final workshop.

Population and Households
As of February 1, 2012
(compared to the previous month)



Major Features:

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A Guide to City Hall Plaza - Aôre Nagaoka

City Hall Plaza — Aôre Nagaoka, consisting of the City Office, Arena, the Roofed Open Plaza (*Nakadoma*), and many other facilities, will provide various spaces for citizens to come together. This unique layout is the first of its kind in Japan.

Aôre Nagaoka will open on April 1st, 2012. Various commemorative events are scheduled to be held throughout the year, including the special commemorative opening programs on Sunday, April 1st.

Location: 1-4-10 Ôte Dôri (0258-35-1122)
 Hours: 8:00 a.m. — 10:00 p.m. (except for administrative offices)
 The *Nakadoma* is open 24 hours.
 Closed: December 29 — January 3
 Underground Parking: ¥100 for 30 minutes

Facility Tour:
 April 1 (Sun.) — April 5 (Thurs.)
 11:00 p.m. — 5:00 p.m.

1 Citizens' Interaction Hall A



2 *Nakadoma* (Roofed Open Plaza)



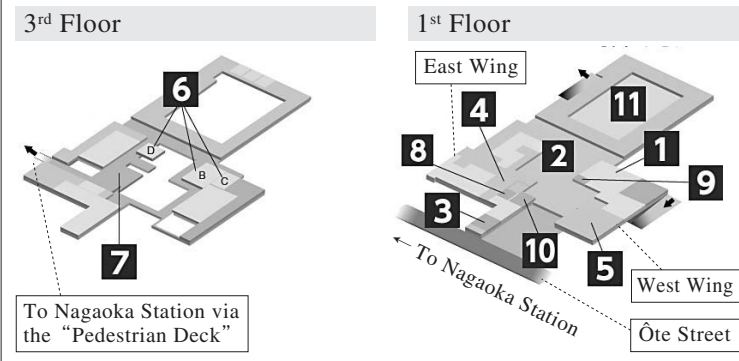
3 Theater
300-inch Monitor Screen



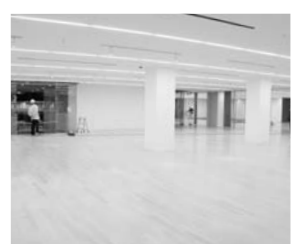
4 City Office
General Service Desks



5 City Council Hall



6 Citizens' Interaction Halls B/C/D



7 Open Terrace



8 MOS BURGER
7:30 a.m. — 8:00 p.m.

10 Seven Eleven
7:00 a.m. — 11:00 p.m.



9 Café Riran
11:30 a.m. — 1:30 a.m.



11 Arena



A Mutual Insurance Plan for Traffic Accidents

交通災害共済・こうつう さいがい きょうさい

This plan is a mutual insurance system managed by all the municipalities in Niigata Prefecture. The membership fee is ¥500 a year. A compensation payment is provided when a member is injured in a traffic accident.

The amount of the payment varies ranging from ¥30,000 to ¥1.5 million depending on the number of days that are required for treatment.

The compensation payment can be claimed even when you are injured in a bicycle accident and outpatient treatment is required for seven days or more.

The application form is available at the city's various offices including the Nagaoka Civic Center on Ôte Street or most banks. You can also get an English version of the information leaflet at the Nagaoka City International Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center.

For further information:
Shimin Katsudô Suishin Ka
(Citizens' Affairs Promotion Division
Nagaoka City Office (0258-39-2206))



What to Do in Case of a Traffic Accident

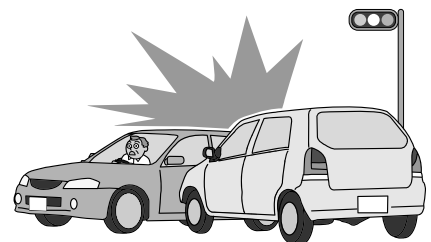
You never know when you might encounter a traffic accident. Here is some advice for you if you are the victim of a traffic accident or you cause a traffic accident.

If you are driving and become a victim of a traffic accident:

1. Confirm the other driver's name, address, telephone number, and the vehicle registration number. Also give the driver your name, address, and telephone number.
2. Report the accident to the police as soon as possible and have them confirm the details of the accident. An official certificate of the traffic accident is necessary for claiming compensation.
3. If you are injured, immediately go to a hospital to get treatment and have a medical certificate issued. If you were not able to have the driver or an insurance company pay for the medical expenses, be sure to keep receipts of the payment you have made.
4. If you cannot work because of your injuries, notify your employer about the traffic accident that made you unable to work. Have an employment certificate (confirming 3-month-long employment prior to the accident) issued, which may be necessary for you to claim the loss caused by the temporary suspension of work.
5. If you predict that long-term treatment is necessary or you might have after-effects from the accident, you are advised to consult a civic supportive organization, your labor union, or a lawyer.

If you are responsible for causing a traffic accident:

1. Immediately call 119 for an ambulance, if necessary, and also call 110 to report to the police and have them confirm the details of the accident including the location of the accident.
2. Persuade the victims to receive proper treatment at a hospital.
3. You are advised to call on victims at home or the hospital in order to show your concern.
4. Immediately report the accident to your insurance company (within 60 days of the accident), otherwise you may not be able to receive compensation from the insurance company.
5. It is advisable to have a voluntary insurance policy and also carry your driver's license with you.



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

The 1st term of classes for the 2012 fiscal year will be offered from April 2012 to September 2012. A trial lesson is being offered. Please call ahead.

Morning Classes

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

Tuesdays & Fridays 9:30 a.m. - 10:30 a.m. (60 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

Tuesdays & Fridays 10:45 a.m. - 11:45 a.m. (60 minutes)

April	3, 6, 10, 13, 17, 20, 24, 27	¥1,800
May	1, 8, 11, 15, 18, 22, 25, 29	¥1,800
June	1, 5, 8, 12, 15, 19, 22, 26, 29	¥2,100
July	3, 6, 10, 13, 14, 20, 24, 27, 31	¥1,800
Aug.	7, 10, 17, 21, 24, 28, 31	¥1,800
Sept.	4, 7, 11, 14, 21, 25, 28	¥1,500

Sunday Classes

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

10:00 p.m. – 12:00 p.m. (120 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

1:00 p.m. – 3:00 p.m. (120 minutes)

April	1, 8, 15, 22	¥1,200
May	6, 13, 20, 27	¥1,200
June	3, 10, 17, 24	¥1,200
July	1, 8, 22, 29	¥1,200
Aug.	5, 12, 19, 26	¥1,200
Sept.	2, 9, 23, 30	¥1,200

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.



A Guide to Japanese Proficiency Test

* Japanese Language Proficiency Test (JLPT)

Test Dates in 2012:

July 1 (Sun.) for Levels N1 - N5

December 2 (Sun.) for Levels N1 - N5

Test Sites: Major Cities in Japan

Application Period for July 1 Test:

April 2 (Mon.) – May 2 (Wed.)

Test Fee: ¥5,500

Application Guide with an application form: ¥500

Application forms are available at major bookstores

in Japan, the Nagaoka Branch of Toda Shôten

Bookstore (33-1 Sakai-machi Urata 0258-22-5911),

or online at the Bonjinsha Bookstore (www.bonjinsha.com)

List of Bookstores: www.jees.or.jp

Application will be accepted from the middle of March.

JPLT Application Center

03-6686-2974

Internet application will be started on Thursday, March 1, 2012

<http://www.jees.or.jp>





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. | March 1 (Thurs.) |
| * Hina Doll Festival | 10:45 a.m. – 11:15 a.m. | March 2 (Fri.) |
| * Craftwork Cafe | 10:00 a.m. – 11:30 a.m. | March 8 (Thurs.) and 22 (Thurs.) |
| * Lecture and Workshop: Beginning of Child’s Self-Awareness | 1:30 p.m. - 3:30 p.m. | March 11 (Sun.) |
| * Child-Rearing Salon | 10:30 a.m. – 11:30 a.m. | March 15 (Thurs.) |
| * Happy Birthday Party | 10:45 a.m. – 11:15 a.m. | March 16 (Fri.) |
| * Getting Together for the Arrival of Spring | 10:45 a.m. – 11:15 a.m. | March 19 (Mon.) and 26 (Mon.) |
-
- | | | |
|--------------------------------------|---------------------------|--|
| Free Child-Rearing Counseling | 10:30 a.m. – 11:30 a.m. . | March 7 (Wed.) Nutritionist
March 14 (Wed.) Child-Rearing Advisor |
|--------------------------------------|---------------------------|--|



Child-Rearing Support Facilities

Kosodate no Eki, Senshû (Teku Teku)

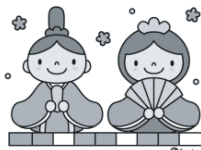
1-99-6 Senshû Phone: 0258-21-3860

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.
- * **Hina Doll Festival**
10:30 a.m. – 11:00 a.m. March 2 (Fri.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m.
March 5 (Mon.) and April 10 (Tues.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m.
March 8 (Thurs.) and 22 (Thurs.)
- * **Birthday Party**
10:45 a.m. – 11:15 a.m.
March 9 (Fri.) and April 9 (Fri.)
- * **Mini-Lecture for Expecting Mothers:
Physical and Mental Preparation for Childbirth**
March 13 (Tues.)
- * **Day for One-Year-Old Kids**
10:00 a.m. -11:30 a.m. March 15 (Thurs.)



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)
March 28 (Wed.)
- * **Hina Doll Festival**
11:00 a.m. – 11:40 a.m.
March 1 (Thurs.)
- * **Waku Waku Day for 2-Year-Old Kids**
10:00 a.m. – 11:30 a.m.
March 2 (Fri.), 12 (Mon.), and 22 (Thurs.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:30 a.m.
March 7 (Wed.), 21 (Wed.), and April 4 (Wed.)
Birthday Party: March 21 (Wed.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m.
March 13 (Tues.), 19 (Mon.), and April 10 (Tues.)
- * **Playing Shop**
March 14 (Wed.) – 16 (Fri.)
- * **Let’s Play with Blocks**
10:45 a.m. – 11:45 a.m.
March 17 (Sat.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.

March 8 (Thurs.) Experienced Mothers
March 12 (Mon.) Nutritionist
March 19 (Mon.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.

March 8 (Thurs.) Child-Rearing Advisor
March 15 (Thurs.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour

Just a Minute! Aren't They Recyclable?

The following materials are being collected free of charge at five locations in the city on Saturdays and Sundays.

Glass Bottles, Cans, and PET Plastic Bottles

Waste Paper, Newspapers, Magazines, Flyers, and Cardboard

Used Cooking Oil



This sign shows that recyclable items are being collected.

Reusable Glass Bottles

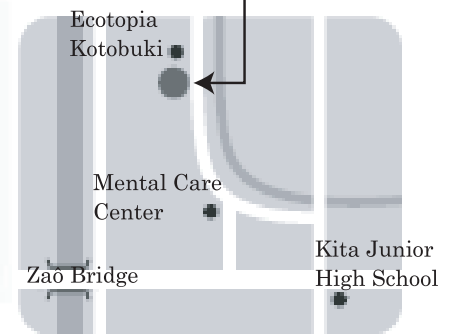
Brown or green sake or beer bottles with this mark.

They should be rinsed out with water and put out in bags or cardboard boxes.

They will be reused at sake breweries

The Five Collection Sites
Saturdays and Sundays
9:00 a.m. – 12:00 p.m.
(Except for National Holidays and the Year End and New Year's Holidays)

- Environmental Sanitary Center
(3-6-1 Kotobuki)



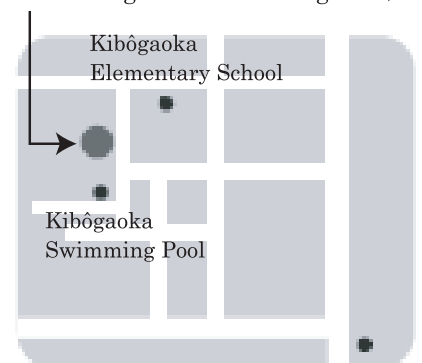
Clean Used Clothing

Stockings, socks, hats, caps, underwear, and *Kimono* will also be collected.

They should be put out in transparent or translucent bags.

They will be reused in countries where they are needed.

- Kibōgaoka Recyclable Item Station
(2227-7 Nishizu-machi)
(Near Kibōgaoka Swimming Pool)



Used Tableware

They should be wrapped with paper and put out in bags or cardboard boxes.

They will be reused in countries where they are needed.

- Nakanoshima Recyclable Item Storage
(565-110 Nakanoshima)

- Tochio Kane-machi Garage
(2-3-13 Kane-machi)
(Closed from December to March)

- Koshiji Branch Office Parking Lot
(715 Ura)

Small-Sized Electrical Appliances

Their length, width, and height should be a maximum of 50 centimeters each, including digital cameras, video cameras, CD/DVD players, mobile phones, game machines, etc.

They will be dismantled and recycled as rare metals, plastic materials, etc.

Shoku no Jin (Regional Specialty Festival)



Teradomari Shoku no Jin

Sunday, March 11 10:00 a.m. – 3:00 p.m.

Venue: Teradomari *Taiikukan* (Gym)

- Eight cuisine booths full of regional specialties

- Stage Shows

- Sale of Local Products

Ticket: ¥1,800

(need to purchase in advance at an accommodation facility in Teradomari)

For further information:

Teradomari Tourism Association (0258-75-3363)

Sado Shoku no Jin

March 17 (Sat.) – 20 (Holiday) 10:00 a.m. – 2:00 p.m.

Venue: Ibuki 21 (691 Mano, Sado City)

- A variety of seafood soup (¥100 per bowl)

- Making soba noodles - *Taiko* drumming - Stalls

For further information: Sado Tourism Association (0259-24-1955)

The 28th Annual Mishima Mountain Range Marathon Race

Sunday, May 27, 2012



Courses: 2km, 3km, 5km, 11km, and Half Marathon (21.0975km)

Registration: By April 13 (Fri.)

Application forms are available at the city's various offices including the Nagaoka Civic Center on Ôte Street.

For further information: Mishima District Office (0258-42-2221)

Trash Collection

A Calendar of Collection Days for Household Trash and Recyclable Materials

Details about how to sort and dispose of trash and recyclable materials are given in an information booklet in Chinese, English, Japanese, and Portuguese.

Copies of A Calendar of Collection Days for Household Trash and Recyclable Materials (2012 version) are also available in Chinese, English, Japanese, and Portuguese. Each neighborhood has its own collection sites, times, and days.

The booklet and the calendar showing up-dated information about collection days from April are available at the Nagaoka City International Affairs Center, *Chikyû Hiroba* on Ôte Street.

Your trash should be separated properly and put out in the appropriate bags at your assigned collection site, by 8:30 a.m. on the designated days in your neighborhood. Otherwise, your trash will not be

collected and will be left out at the “*gomi station*,” the trash collection sites. If you put out some materials that cannot be collected by the city, they will also be left out at the collection sites.

Please be sure to check the collection sites and days for your neighborhood by referring to the city's trash disposal rules described in the information booklet. Your cooperation in reducing and recycling trash is most appreciated.

For Further Information:

Kankyô Gyômu Ka

Phone: 0258-24-2837

(Environmental Management Division)

TUES 火曜日 TER	WED 水曜日 QUAR	THUR 木曜日 QUIN	FRI 金曜日 SEXTA	SAT 土曜日 SAB
3 休 休 休	4 休 休 休	5 休 休 休	6 休 休 休	7 休 休 休
10 休 休 休	11 休 休 休	12 休 休 休	13 休 休 休	14 休 休 休
17 休 休 休	18 休 休 休	19 休 休 休	20 休 休 休	21 休 休 休
24 休 休 休	25 休 休 休	26 休 休 休	27 休 休 休	28 休 休 休
31 休 休 休				

A Calendar of Collection Days

The School Attendance Support System for Compulsory Education

The City of Nagaoka is providing subsidies for elementary and junior high school students from households whose total income is lower than the standardized amount in 2011. The subsidies are offered for school supplies, things used for commuting to school, materials for physical education, school trips, lunch, and other necessary things.

Application forms will be distributed at school. Fill out the form with the necessary information. Submit the application form to:

School Affairs Division (0258-39-2239)

Nagaoka City Board of Education

2nd Floor, Saiwai-chô Branch Office

Application Period: April 2 (Mon.) – May 1 (Tues.)

Monday – Friday 8:30 a.m. – 7:00 p.m.

For detailed information about this system, please contact:

- Your child's homeroom teacher
- School Affairs Division of the Nagaoka City Board of Education
- Nagaoka City International Affairs Center, *Chikyû Hiroba* (see p.4)

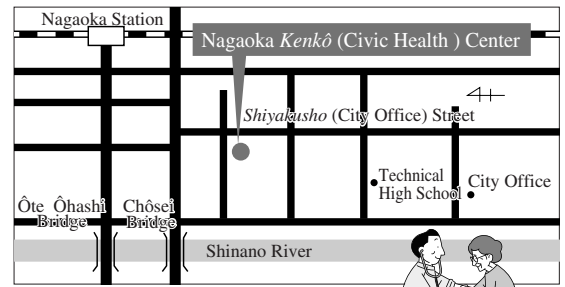


Major Emergency Medical Facilities

Major General Hospitals

Nagaoka <i>Chûô Sôgô Byôin</i> (Central General Hospital)	0258-35-3700
Nagaoka <i>Sekijûji Byôin</i> (Red Cross Hospital)	0258-28-3600
Tachikawa <i>Sôgô Byôin</i> (General Hospital)	0258-33-3111
Nagaoka <i>Kenkô</i> (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)	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.
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.	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.

Q&As about the City's Tap Water

Q: How long can you preserve the city's tap water?

A: Tap water kept in a tightly-closed clean plastic bottle can be preserved for one week if it is stored in a refrigerator.

Q: Why does the city's tap water sometimes look whitish and cloudy?

A: It sometimes looks whitish and cloudy when air gets into water pipes. However, this phenomenon is not harmful to your health at all. If you leave tap water unused for a period of time, it may also look whitish and cloudy. If you put whitish and cloudy water in a glass and let it sit for a while, it will naturally revert to transparent water. If your tap water continues to look whitish and cloudy for a couple of days, please contact:

Nagaoka City Bureau of Waterworks (*Suidôkyoku*).
0258-34-1412

Useful Japanese Expressions:

Uchi no suidô no mizu ga ni san nichi mae kara shiroku nigotte imasu.

(My tap water has been whitish and cloudy for a couple of days.)

Free Vaccinations for Infants and Young Children

Haemophilus Influenzae Type b (Hib) Vaccine and Pneumococcal Conjugate Vaccine (PCV)

Hib vaccine and PCV are used to protect infants and young children against meningitis (an infection affecting the brain and spinal cord), pneumonia (a severe lung infection), and other serious infectious diseases. Free vaccinations are being offered until March 31st, 2013 to children from 2-month-olds to those under 5 years of age. Vaccinations are available by making an appointment at designated medical institutions in the city.

For further information: *Kodomo Katei Ka* 0258-39-2300
(Child and Family Affairs Division)

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.



In Appreciation of Our Readers' Continued Support

In March 2012, *Konnichiwa Nagaoka* celebrates the publication of its 250th issue (since the first issue of May 1991) of the English Version of the City Newsletter. The City of Nagaoka has welcomed an increasing number of residents from overseas. We hope that this English publication continues to provide assistance and useful information for our international residents. We also hope that this newsletter helps them learn more about Nagaoka, lead safe and comfortable lives here, and have every opportunity to take part in our numerous programs, strengthening cross-cultural participation in the community.