



Vol. 252  
May  
2012

*Konnichiwa!*

# NAGAOKA

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2-2-6 Ôte Street, Nagaoka City Phone: 0258-39-2207 Fax: 0258-39-2280  
E-mail: intlexchange@city.nagaoka.lg.jp

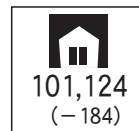
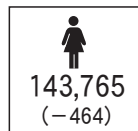
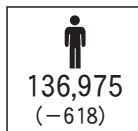
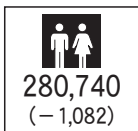
URL: <http://www.city.nagaoka.niigata.jp/> → English →  
地球広場 (International Affairs Center) → *Konnichiwa Nagaoka*

## *Aôre* Nagaoka The Perfect Place for Good Communication and Collaboration Finally Opened!



Approximately 5,000 participants joined the Citizens' Get-Together held for the inauguration of New City Hall Complex, *Aôre* Nagaoka, on Sunday, April 1<sup>st</sup>, 2012.

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



**Major Features:**

- The Inauguration of *Aôre* Nagaoka-----p. 2
- Warnings against Photochemical Smog-----p. 3
- A Guide to Japanese Proficiency Tests in 2012-----p. 4
- Seasonal Events-----pp.6-7
- Major Emergency Medical Facilities-----p. 8
- A New Resident Registration System for Foreign Residents-----p. 8

# A<sup>o</sup>re Nagaoka

## The Inaugural Event with nearly 30,000 People in Attendance on Sunday, April 1<sup>st</sup>, 2012



Mayor Mori declaring the inauguration of A<sup>o</sup>re Nagaoka

“The long-awaited completion of A<sup>o</sup>re Nagaoka is finally here today. .... A<sup>o</sup>re Nagaoka is now stepping forward into the future. Let’s come together to further develop A<sup>o</sup>re Nagaoka with our wisdom, strength, and actions.”



Visitors coming to the 3<sup>rd</sup> floor of A<sup>o</sup>re Nagaoka directly from Nagaoka Station through the “Ôte Sky Deck”

Nakadoma, the roofed plaza, and Ôte Street filled with attendees at the Citizens’ Get-Together to celebrate the inauguration of A<sup>o</sup>re Nagaoka



A group of taiko drummers from the Sekihara area performing for the opening of the Citizens’ Get-Together



The Nagaoka Citizens’ Choir and the Nagaoka Boys’ and Girls’ Choir singing together with attendees



Cultural groups’ performances



Café Riran

## Commemorative Programs for the Birth of A<sup>o</sup>re Nagaoka Drew Approximately 90,000 Visitors on Saturday, April 7<sup>th</sup> and Sunday, April 8<sup>th</sup>.



The audience having fun meeting with Mickey Mouse at the Tôkyô Disney Resort Special Show



Ôte Street crowded with many people enjoying street performances and the flea market



Mr. Obayashi (director), Ms. Yasuko Matsuyuki (actress), and Mr. Masahiro Takashima (actor) from the film entitled “Kono Sora no Hana, the Story of Nagaoka’s Fireworks” visiting Nagaoka to celebrate the birth of A<sup>o</sup>re Nagaoka



Ms. Minami Inomata (actress from the film), a world champion unicyclist, giving an excellent performance



A concert at the Arena by Ikimonogakari, a popular vocal group, drawing over 3,700 fans from in and around the city (April 14)

## ~ In the Pursuit of Everlasting Peace ~

# Nagaoka's Fireworks Attracted Many Americans during the National Cherry Blossom Festival in Washington, D.C.



The National Cherry Blossom Festival was held for five weeks from March 20<sup>th</sup> to April 27<sup>th</sup> in Washington, D.C., celebrating the 100<sup>th</sup> anniversary of the gift of cherry trees from Japan to Washington, D.C. On this special occasion, Nagaoka's fireworks (over 700 shots) were launched over the Potomac River for 18 minutes on Saturday,

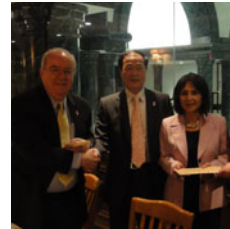
April 7<sup>th</sup> (8<sup>th</sup> in Japan) during the National Cherry Blossom Festival, which annually attracts many visitors.

National Cherry Blossom Festival, Inc. and the Japan-America Society of Washington, D.C. requested the City of Nagaoka to display fireworks during the National Cherry Blossom Festival. These organizations highly value our ties of friendship with Honolulu City and the recent launching of Nagaoka's fireworks in Honolulu. There is also a special historic connection between Nagaoka and Washington, D.C. because Ad-

miral Isoroku Yamamoto, whose hometown is Nagaoka, once lived in Washington, D.C. for four years.

Three shots of white chrysanthemums were presented first to the night sky of Washington, D.C. in memory of war victims from Japan and the U.S.A. as well as for the pursuit of peace. Then, fireworks in the image of cherry blossoms were shown. Mini phoenix-shaped fireworks were also launched for the finale in appreciation of the support provided by the American people for damage caused by the Great East Japan Earthquake and in expression of our wishes for a complete recovery from the devastation.

Many of the crowded spectators burst into cheers and applauded the artistic and elaborate fireworks from Japan.



Mayor Mori (center) expressed our thoughts for the pursuit of peace through launching fireworks to Ambassador John Malott (left), the President of the Japan-America Society of Washington, D.C. and Ms. Diana Mayhew (right), the President of National Cherry Blossom Festival, Inc.

## Warnings against Photochemical Smog

Photochemical smog is a white fog that develops due to accumulated photochemical oxidants in the air, depending on certain meteorological conditions. Photochemical smog is generated when nitrogen oxide and hydrocarbons in exhaust fumes from factories or automobiles react to the strong ultraviolet rays of the sun.

**Q:** When are photochemical smog warnings issued?

**A:** Normally in May and June, the Niigata Prefectural Government issues warnings against photochemical smog when sunny days with high temperatures continue and the concentration of photochemical oxidants in the air becomes high.

**Q:** How can we protect ourselves when a warning is issued?

**A:** Here is some advice when a warning is issued.

- \* Outdoor sport activities should be avoided.
- \* Children, the elderly, and people with frail health conditions should stay indoors.

**Q:** Are there any specific health problems we might have?

**A:** Here is some advice if you have any health problems.

- \* If your eyes hurt, turn red, or become itchy, rinse them with tap water.
- \* If you have a sore throat or are coughing, gargling may be helpful.

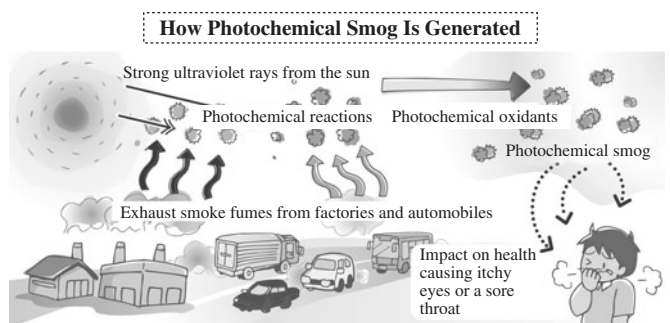
\* If these problems continue, you should see a doctor.

However, excessive worry is not necessary because these symptoms are not likely to happen immediately even after a warning is issued. For questions concerning health problems, please contact the Health Division of the Nagaoka City Office.

(Phone: 0258-32-5000)

<http://www.niigata-taiki.cm> (for PCs)

<http://www.niigata-taiki.com/m> (for Cell Phones)



# 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](mailto: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 1<sup>st</sup> 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)

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)

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 Tests in 2012



#### \* J Test

Test Dates: May 20 (Sun.), July 8 (Sun.), Sept. 9 (Sun.), and Nov. 18 (Sun.)

Test Sites: Major Cities in Japan (Niigata Prefecture in July and Nov.)

Test Fee: ¥3,600

Application Period for May 20 Test: By April 25 (Wed.)

Application and Inquiries: <http://j-test.jp/xp/>

J Test Office (03-3633-2212) E-mail: [info@jtest.org](mailto:info@jtest.org)

#### \* Business Japanese Proficiency Test (BJT)

Test Dates: June 24 (Sun.) and Nov. 18 (Sun.)

Test Sites: Major Cities in Japan

Test Fees: ¥ 7,000

Application Period for June 24 Test: By May 18 (Fri.)

Application and Inquiries: Japan Kanji Aptitude Testing Foundation

(03-5205-0333)

e-mail: [bjt@kanken.or.jp](mailto:bjt@kanken.or.jp)

#### \* Japanese Language Proficiency Test (JLPT)

Test Dates: July 1 (Sun.) for Levels N1 – N5

Dec. 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 and Inquiries: JPLT Application Center

(03-6686-2974)

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



## Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1<sup>st</sup> 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)



* <b>Fureai Time</b>	10:45 a.m. – 11:00 a.m.	Every Day	
* <b>Picture Storybook Reading Time</b>	3:00 p.m. – 3:15 p.m.	Every Day	
* <b>Gun Gun “Spot Time”</b>	10:45 a.m. – 11:15 a.m.	Every Monday	
* <b>Mini-Athletic Meet</b>	10:30 a.m. – 11:30 a.m.	May 7 (Mon.)	
* <b>Healthy Tea Time</b>	1:30 p.m. – 2:30 p.m.	May 10 (Thurs.) and June 7 (Thurs.)	
* <b>Helpful Tips for Times of Disaster</b>	10:45 a.m. – 11:00 a.m.	May 14 (Mon.)	
* <b>Exploring the Fire Department Headquarters</b>	10:45 a.m. – 11:45 a.m.	May 16 (Wed.)	
* <b>Craftwork Cafe</b>	10:00 a.m. – 11:30 a.m.	May 17 (Thurs.) and 31 (Thurs.)	
* <b>Happy Birthday Party</b>	10:45 a.m. – 11:15 a.m.	May 18 (Fri.)	
* <b>Making Sasadango</b> (traditional Japanese cake wrapped in <i>sasa</i> leaves)	1:30 p.m. – 2:30 p.m.	May 20 (Sun.)	
* <b>Child-Rearing Salon Let’s Make Friends</b>	10:30 a.m. – 11:30 a.m.	May 24 (Thurs.)	
* <b>Helpful Tips for Starting Baby Food</b>	1:30 p.m. – 2:30 p.m.	May 25 (Fri.)	
<b>Free Child-Rearing Counseling</b>	10:30 a.m. – 11:30 a.m.	May 9 (Wed.) Child-Rearing Advisor May 30 (Wed.) Mother-Child Health Care 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 1:00 p.m. – 1:30 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.
- \* **3<sup>rd</sup> Anniversary Celebration and Concert**  
10:30 a.m. – 11:00 a.m. May 5 (Sat.)
- \* **Playing Games from the Old Days**  
10:30 a.m. – 11:30 a.m. May 7 (Mon.) and June 4 (Mon.)
- \* **Birthday Party**  
10:45 a.m. – 11:15 a.m. May 8 (Tues.) and June 8 (Fri.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. May 10 (Thurs.) and 24 (Thurs.)
- \* **Helpful Tips for Taking Photos**  
10:30 a.m. – 11:15 a.m. May 12 (Sat.)
- \* **Planting Sweet Potato Seedlings**  
10:30 a.m. – 11:00 a.m. May 17 (Thurs.)
- \* **Helpful Tips for Breast Feeding**  
10:30 a.m. – 11:30 a.m. May 22 (Tues.)
- \* **Kome Hyappyô Bookmobile**  
2:30 p.m. – 3:00 p.m. May 22 (Tues.)
- \* **Let’s Play with Big Brothers and Sisters**  
10:30 a.m. – 11:30 a.m. May 29 (Tues.)
- \* **Lecture for Mothers – Dental Care**  
10:30 a.m. – 11:30 a.m. June 5 (Tues.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
May 15 (Tues.) Child-Rearing Advisor  
May 24 (Thurs.) Nurse  
Temporary Day-Care for Preschool-Aged Children:  
¥300/hour

## Kids’ Plaza (Chibikko Hiroba)

Phoenix Ôte West 2<sup>nd</sup> Floor and 3<sup>rd</sup> 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 11:00 a.m. – 11:15 a.m.  
*Kamishibai* (Giant Picture Card Story) May 14 (Mon.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
May 1 (Tues.), 15 (Tues.), and June 5 (Tues.)
- \* **Making Koinobori (Carp-Shaped Streamers)**  
9:00 a.m. – 6:00 p.m. May 2 (Wed.) – 5 (Sat.)
- \* **Smiley Kids’ Day**  
9:00 a.m. – 12:00 p.m.  
May 2 (Wed.), 12 (Sat.), and 22 (Tues.)
- \* **Celebrating Children’s Day**  
10:45 a.m. – 11:25 a.m. May 5 (Sat.)
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:30 a.m.  
May 9 (Wed.), 16 (Wed.), 23 (Wed.), 30 (Wed.),  
and June 6 (Wed.)  
Birthday Party: May 30 (Wed.)
- \* **Baby Clover Club Get-Together**  
10:00 a.m. – 11:30 a.m. May 15 (Tues.)
- \* **Child Growth and Speech Development**  
11:00 a.m. – 12:00 p.m. May 17 (Thurs.)
- \* **Books for Expecting Mothers**  
2:00 p.m. – 3:00 p.m. May 18 (Fri.)
- \* **Let’s Play with Blocks**  
11:00 a.m. – 12:00 p.m. May 19 (Sat.)
- \* **Smiley Kids’ Day Special**  
11:00 a.m. – 11:40 a.m. June 2 (Sat.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
May 10 (Thurs.) Child-Rearing Advisor  
May 24 (Thurs.) Childcare Committee Chief  
June 7 (Thurs.) Child-Rearing Advisor  
Temporary Day-Care for Preschool-Aged Children:  
¥300/hour

# Seasonal Events

## The 20<sup>th</sup> Annual Nagaoka City Full-of-Flowers Fair



- \* **Nagaoka Civic Disaster Prevention Park**  
1-chôme Senzai (near Minami Junior High School)  
May 26 (Sat.) 10:00 a.m. – 5:00 p.m.  
May 27 (Sun.) 10:00 a.m. – 4:00 p.m.
- \* **Koshiji Disaster Prevention Plaza**  
(near Koshiji Sport Gym)  
May 27 (Sun.) 10:00 a.m. – 4:00 p.m.
- \* **Nagaoka Hana Marushe**  
Aôre Nagaoka  
May 20 (Sun.) 10:00 a.m. – 2:00 p.m.

## Giant Kite Battles (*Ôtako Gassen*)



The annual giant kite battles with over 360 years of history behind them will be held at three locations in and around Nagaoka City. In the kite battles, huge kites are flown from both riverbanks, crossing over the rivers. The people on both sides of the rivers try to tangle their opponents' kite ropes with their own kite ropes high above the ground and try to pull down each other's kites until the ropes snap and break. They use huge kites that are 4.3 meters high and 3.2 meters wide (equivalent to 10 *tatami* mats), and are made of nearly 100 sheets of paper.

- (1) **Shirone Ôtako Gassen**  
Shirone and Ajikata, Niigata City  
June 7 (Thurs.) - June 11 (Mon.) 1:00 p.m. – 6:00 p.m.  
Between Shirone Bridge and Takomi Bridge  
Nakanokuchi Riverbanks  
30-minute drive from Tsubame Sanjô Station  
15-minute drive from Maki Kata Higashi IC  
Information: Minami-Ku *Shôkô Kankô Ka*  
(025-372-6505)

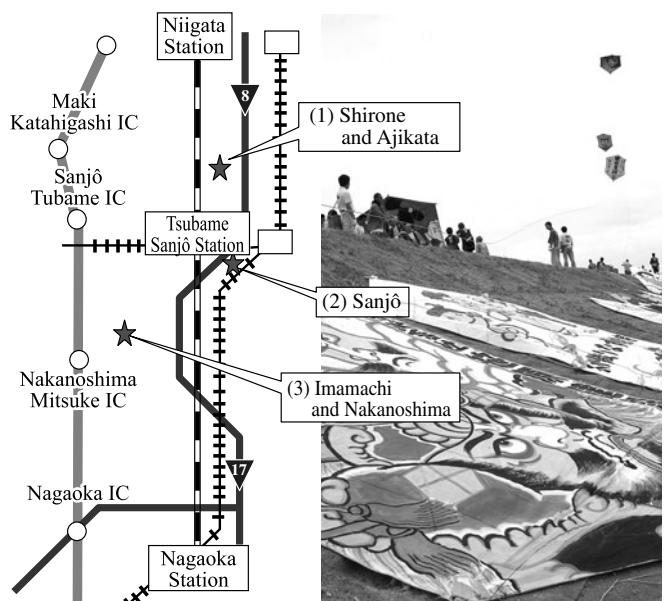
## The Rose Festival



- June 2 (Sat.) – June 17 (Sun.)  
Echigo Kyûryô Kôen (Echigo Hillside Park)  
(0258-47-8001)  
Enjoy the sweet fragrance of the 574 different species of gorgeous roses blooming on 2,200 plants.

- (2) **Sanjô Ôtako Gassen**  
June 2 (Sat.) 9:00 a.m. – 4:00 p.m.  
June 3 (Sun.) 9:00 a.m. – 4:00 p.m.  
Near Sanjô Ôhashi Bridge, Ikarashi Riverbanks  
5-minute drive from Tsubame Sanjô Station  
5-minute drive from Sanjô Tsubame IC  
Information: Sanjô City *Kankôgakari* (0256-34-5511)

- (3) **Imamachi (Mitsuke City) and Nakanoshima (Nagaoka City) Ôtako Gassen**  
June 2 (Sat.) – June 4 (Mon.) 1:00 p.m. – 5:00 p.m.  
Near Imamachi Ôhashi Bridge, Kariyata Riverbanks  
7-minute drive from Mitsuke Station  
5-minute drive from Nakanoshima IC  
Information: *Sangyô Ka*, Nakanoshima Branch Office  
(0258-61-2011)



## The Nagaoka Rice Seedling Planting Festival

May 20 (Sun.) 10:30 a.m. – 2:00 p.m.

“Aguratte Nagaoka,” a rice paddy in Suyoshi-machi

Have you ever planted rice seedlings in rice paddies? How would you like to get into a rice paddy and plant rice seedlings by hand? The rice paddy, named “Aguratte Nagaoka,” is located near the municipal ski area. If you want to know how to get to the rice paddy, please contact the staff at the Nagaoka City International Affairs Center, *Chikyû Hiroba* (0258-39-2714) on the 1<sup>st</sup> floor of the Nagaoka Civic Center on Ôte Street.

No registration is necessary. The fee is ¥200 for adults and ¥100 for elementary school children and younger. You are advised to wear beach sandals, cotton work gloves, and work clothes. Local products will be on sale and some homemade pork soup will be served.



## Nagaoka Hokoten (Hokôsha Tengoku) (Vehicle-Free Pedestrians' Paradise)

May 6 (Sun.), June 3 (Sun.), July 7 (Sat.),  
Sept. 8 (Sat.), Oct. 6 (Sat.), and Nov. 4 (Sun.)  
11:30 a.m. – 4:15 p.m.

(also 5:30 p.m. – 9:00 p.m. on July 7)

Flea Market, Open Air Café, Street Performances,  
Exhibit of Cars from the Shôwa Era (1926 – 1988) on June  
3, and many fun programs

Information: *Shôtengai* Association  
0258-32-7002

## Nicknamed “The Ôte Sky Deck”

Among 409 entries, “The Ôte Sky Deck” was chosen as its nickname for the roofed and elevated pathways (formally called the “Pedestrian Deck”) which opened on December 22<sup>nd</sup>, 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, the entrance of the underground bicycle parking lot, and the 3<sup>rd</sup> floor of *Aôre* Nagaoka, the City Hall complex.



## The Traffic Information Monitor

A touch-panel style traffic information monitor has been set up on the first floor of *Aôre* Nagaoka and at the Information Desk on the second floor of Nagaoka Station. By simply touching the panel, you can easily get information about timetables for public transportation systems including railways, buses, and ferries/ hydrofoils bound for Sado Island.



## International Goodwill Concerts

### \* US Air Force Band of the Pacific Pacific Trends Concert

Monday, June 11 6:30 p.m. – 8:30 p.m.

Nagaoka Lyric Hall .

Seats: 440 (on a first-come, first-served basis)

### \* Joint Concert

**Fort Worth Youth Orchestra and Nagaoka Youth Musicians**

Thursday, June 14 6:30 p.m. – 7:30 p.m.

Nagaoka Lyric Hall

Seats: 700 (on a first-come, first-served basis)

For further information:

Nagaoka International Exchange  
Association

Phone: 0258-39-2207

Fax: 0258-2280

E-mail:

intelexchange@city.nagaoka.lg.jp



## The Sailboat “Akogare” Will Visit Teradomari Port

Illumination:

Sunset – 10:00 p.m.

May 17 (Thurs.) – May 19 (Sat.)

Welcoming Ceremony:

May 20 (Sun.) 10:00 a.m.

Open to the Public:

After the Ceremony – 4:00 p.m.

(except for 12:00 p.m. – 1:00 p.m.)

For further information: Teradomari Branch Office

0258-75-3105



## “Nagaoka Bus i”

If you wonder how soon your bus will arrive, “Nagaoka Bus i” is very helpful. You can get information about the locations of buses in the city and their timetables via the Internet.



<http://bus-vision.jp/nagaoka> (for PCs)

<http://bus-vision.jp/nagaoka/mobile>

(for Cell Phones)

## A Guide to an Emergency E-Mail Service

In case of an emergency, this service promptly provides information about earthquakes, tsunami, or floods to cell phone users all at once. This service is available through NTT docomo, au, and SoftBank. If you are in the Nagaoka city area receiving zone, you can automatically receive emergency information without prior registration or paying any extra charges. The service is provided only in Japanese and only in the Nagaoka city area. For further information about applicable phone types and adjustments, please visit cell phone company websites or shops.

## Major Emergency Medical Facilities

### Major General Hospitals

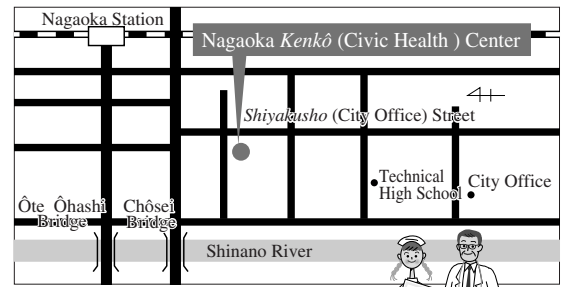
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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.

## Making Appointments for Health Checkups

Appointments can be made via the city’s website for the following group health checkups being offered at the Nagaoka *Kenkô* (Civic Health) Center or community centers:

- \* Stomach/colon/uterus/breast cancer
- \* Preventive checkups for osteoporosis

If you need any language assistance, please contact the International Affairs Center, *Chikyû Hiroba* (0258-39-2714), in the Nagaoka Civic Center on Ôte Street.

## A New Resident Registration System for Foreign Residents Will Begin on July 9<sup>th</sup>, 2012

The law regarding foreign residents has been changed. From July 9<sup>th</sup>, 2012, foreign residents will be subject to the Basic Resident Registration System, which currently only applies to Japanese nationals. In accordance with this new system, resident records for foreign residents will be made in the same way as for Japanese people.

Notification of Information Recorded in Your Provisional Resident Record was sent to you on May 7<sup>th</sup>. Since the contents described in the notification will be entered in your official resident record from the date of enforcement of the new system (July 9<sup>th</sup>, 2012), please check the details of the contents. If you find any errors to be corrected, please contact the Citizens’ Affairs Division of the Nagaoka City Office. (Phone: 0258-39-7514)

### Atmospheric Radiation Monitoring Information

<http://www.kishou.city.nagaoka.niigata.jp/Radiation>

## 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*)

Niigata Labor Bureau

Gôdôchôsha No. 2 (3F)

1-2-1 Misaki-chô, Chûô-Ku, Niigata City 950-8625

Phone: 025-288-3503

Fax: 025-288-3515

(Please write, “Attention to *Kantoku Ka*.”)

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

Q: I work from 9:00 a.m. to 5:00 p.m. with a one-hour lunch break every day. The other day I accepted a request from my boss to work an extra hour and worked the additional hour. But I found that I haven’t received any increased overtime wages for that. I think that the Labor Standards Law stipulates increased wages for overtime work.

A: The Labor Standards Law stipulates increased wages for overtime work when it exceeds legal working hours, which is usually 8 hours a day or 40 hours a week.

In your case, you worked an extra hour but ended up working 8 hours in total that day. (Lunch break is unpaid.) You should be paid the wages for all the hours you actually worked, but there is no need to be paid increased overtime wages because your working hours didn’t exceed 8 hours.

If the rules of employment in your company provide increased overtime wages saying, “Workers who work beyond fixed working hours of the company shall be paid increased wages,” then you are entitled to be paid overtime wages from the company.