



Vol. 296
January
2016

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/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka





Starting the New Year with New Hopes


City Hall Plaza – Aôre Nagaoka has become a mystical world of light entitled “Aollumination Under the Sea.” Approximately 40,000 LED lights and images reflecting on glass panels bring to mind the deep blue sea.




Population and Households
As of December 1, 2015
(compared to the previous month)


276,872
(- 141)


135,074
(- 38)


141,798
(- 103)


104,918
(+ 51)

Major Features:

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A Talk for the New Year ~ Connecting Younger Generations for the Future ~

In order to prevent depopulation and to encourage younger generations to continue to live in Nagaoka, return to Nagaoka, or move into Nagaoka, the city inaugurated a strategic project named the Nagaoka Rejuvenation Project. Because younger generations are expected to be responsible for rejuvenating Nagaoka, the Nagaoka Youth Employment Organization was established so that students, businesses from the industrial and financial sectors, and the administrative sector could come together to seek new potential for the future of the city.

Mayor Tamio Mori had a talk with four board members of the organization about some special features of Nagaoka and their expectations of Nagaoka. Here are some highlights from their impressive and inspiring talk:

- Our favorite things in Nagaoka are locally-grown vegetables, rice, *sake*, Nagaoka Fireworks, special seasonal features, the mountains, the ocean, Japan's longest river, the list could go on and on.
- We are proud of Nagaoka's traditions and culture based on the teaching known as the spirit of One Hundred Sacks of Rice.

- Various events and festivals in each of the city's 11 districts are all unique and interesting.
- We would like to develop Nagaoka into a place where many tourists come and visit, where mothers and fathers can enjoy child-rearing, and where younger generations are happy to live.
- We hope that we can share our glowing love for Nagaoka with other people of younger generations through promoting our activities as members of the Nagaoka Youth Employment Organization.



Mr. Masanao Ômori
Managing a construction company

Mayor Tamio Mori

Mr. Shô Suzuki
Running a restaurant

Ms. Naoko Hasegawa
A freelance announcer

Ms. Rina Abe
Representing an NPO

Enjoy Child-Rearing in Nagaoka

As one of the strategic programs for the Nagaoka Rejuvenation Project, the city is trying to provide an ideal child-rearing environment in which pregnancy, childbirth, and child-rearing are systematically and properly supported.

In addition to the five current child-rearing support facilities, more multi-generational child-rearing support facilities will open in the other eight districts of the city by April 2016.

So far, approximately 270,000 visitors enjoy various activities annually at these facilities where everyone can have a good time even on rainy or snowy days throughout the year. These community-oriented facilities provide various programs based on their local history, lifestyle, and natural environment.

*Kosodate no Eki,
Mishima Mori Mori*



The City's Child-Rearing Support Facilities

District	Nickname	Location	Since (will open)	Hours	Closed
Central Nagaoka	<i>Chibikko Hiroba</i>	Phoenix Ôte West	Oct. 2001	9:00 a.m. – 6:00 p.m.	—
Central Nagaoka	<i>Gun Gun</i>	Nagaoka Civic Disaster Prevention Center	April 2010	9:00 a.m. – 6:00 p.m.	Tuesdays
Central Nagaoka	<i>Teku Teku</i>	Senshû	May 2009	9:00 a.m. – 6:00 p.m.	Wednesdays
Tochio	<i>Suku Suku</i>	<i>Tochio Sangyô Kôryû</i> Center	July 2012	9:30 a.m. – 3:30 p.m.	Tuesdays, Wednesdays, Fridays, and Saturdays
Mishima	<i>Mori Mori</i>	Mishima Chûdô Nursery School	Dec. 2015	9:30 a.m. – 3:30 p.m.	Mondays and Sundays
Nakanoshima	<i>Nakanon Hiroba</i>	Mizuho Nursery School	Jan. 2016	10:00 a.m. – 4:00 p.m.	Wednesdays and Sundays
Oguni	<i>Tampopo</i>	Himawari Nursery School	Jan. 2016	9:30 a.m. – 3:30 p.m.	Thursdays and Sundays
Yamakoshi	<i>Yamakko</i>	Yamakoshi <i>Taiikukan</i> (Gym)	Jan. 2016	9:30 a.m. – 3:30 p.m.	Mondays and Sundays
Teradomari	<i>Niko Niko</i>	Ôkôzu Nursery School	Jan. 2016	9:00 a.m. – 3:00 p.m.	Mondays, Thursdays, and Sundays
Yoita	<i>Nijinoko Hiroba</i>	Yoita Nursery School	(April 2016)	9:30 a.m. – 3:30 p.m.	Mondays and Sundays
Kawaguchi	<i>Sukoyaka</i>	Child-Rearing Center Kawaguchi <i>Sukoyaka</i>	(April 2016)	8:30 a.m. – 5:00 p.m. 8:30 a.m. – 2:30 p.m. (Saturdays)	Sundays

Nagaoka's Educational Scheme Inaugurated

~ Based on the Teaching Known as the Spirit of One Hundred Sacks of Rice ~

At the Comprehensive Education Conference held on December 11th, 2015, the city inaugurated Nagaoka's Educational Scheme, which lays out the basic principle and policies of the city's educational programs for children.

Basic Principle:

To promote education where every child's potential is valued and their well-being is ensured.

Basic Policies:

- In collaboration with schools, homes, and communities, the city will foster children who respect and admire Nagaoka, their hometown.
- In order to treasure and nurture each child's potential, the city will make efforts to ensure consistent child-rearing support and education.

- The city will nurture children who are well-motivated to learn and grow by providing opportunities for beneficial experiences and educational programs.
- The city will provide an educational environment where children can have equal learning opportunities irrespective of their family's financial situation by lowering the costs for child care and education.
- The city will provide an environment where children can be safe and lead rich lives by developing proper child-rearing and educational facilities.



Pony-riding during an educational program entitled "Enthusiasm, Excitement, and for Building Dreams"

Local Snow Festivals and Seasonal Events

* Tochio Yûsetsu Matsuri

(Playing in the Snow Festival)

Feb. 6 (Sat.) 5:00 p.m. – 9:00 p.m.

Feb. 7 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki (Roadside Station) R290 Tochio

* Candle Lights in the Snow

* Fireworks: Feb. 6 (Sat.) 8:00 p.m.

* Sled Race

Information: Tochio Tourism Association

Phone: 0258-51-1195

<http://tochiokankou.jp/matsuri/yuusetsu.html>



* Snow Festival in Koshiji

Feb. 13 (Sat.) 9:00 a.m. – 2:30 p.m.

Narude Sport Park

Snow Sculpture Competition

9:30 a.m. – 2:30 p.m.

Application: By Jan. 15 (Fri.)

Information: Koshiji Branch Office

Phone: 0258-92-5903

<http://www.city.nagaoka.niigata.jp/kankou/event/kosiji-snow.html>



* "White Season"

Jan. 2 (Sat.) – Feb. 28 (Sun.)

Echigo Kyûryô Kôen (Hillside Park)

9:30 a.m. – 4:30 p.m.

Closed: Jan. 4 (Mon.), 12 (Tues.), 18 (Mon.),

25 (Mon.), Feb. 1 (Mon.), 8 (Mon.),

15 (Mon.), and 22 (Mon.)

* Skiing * Sledding

* Snowboarding

* Alpine Ski Classes

* Snowshoe Classes

Admission and Parking:

Free until the end of March

Rope Lift: Free on Saturdays, Sundays, and Holidays

10:00 a.m. – 4:00 p.m.

Information: Echigo Hillside Park Management Center

Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1194.html>



Seijin Shiki (Coming-of-Age Day Celebration)



On May 3rd, August 14th, and August 15th in the city's districts, annual Coming-of-Age Day celebrations will be held for those who were born between April 2nd, 1995 and April 1st, 1996. Detailed information will be given in the April and August issues of the City Newsletter. A letter of invitation will be sent to eligible people.

Districts	Dates
Nagaoka, Koshiji, Oguni, Tochio, and Kawaguchi	May 3 (Holiday)
Yamakoshi	August 14 (Sun.)
Nakanoshima, Mishima, Washima, Teradomari, and Yoita	August 15 (Mon.)

The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (Phone: 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.



Nagaoka City 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 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. The 2nd term of classes for the 2015 fiscal year is being offered from October 2015 to March 2016.



Weekday Classes (Tuesdays & Fridays)

* Class I

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

11:00 a.m. – 12:00 p.m. (60 minutes)

* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)



Jan.	5, 8, 12, 15, 19, 22, 26, 29	¥1,600
Feb.	2, 5, 9, 12, 16, 19, 23, 26	¥1,600
Mar.	1, 4, 8, 11, 15, 18, 25	¥1,400

Sunday Classes

* Class I

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

2:00 p.m. – 4:00 p.m. (120 minutes)

* Class II

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

9:30 a.m. – 11:30 a.m. (120 minutes)

Jan.	10, 24, 31	¥1,200
Feb.	7, 14, 21, 28	¥1,600
Mar.	6, 13, 20	¥1,200

Nihongo Hiroba

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

- Sundays 1:00 p.m. – 3:00 p.m.
- Monday 9:15 a.m. – 10:15 a.m. (intermediate level)
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



こく さい こう り ゅ う 国際交流のつどい

Kokusai Kôryû no Tsudoi

The 13th Cross-Cultural Get-Together for Nagaokans and International Residents

Saturday, February 20 7:00 p.m. – 9:00 p.m.

Registration: 6:30 p.m.

Venue: Hotel New Otani Nagaoka

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

- * Performance by a soprano singer
- * Tasting cuisine from Nagaoka's sister cities including, Hawaiian, German, Swiss, and Texan dishes
- * Raffles

Admission:

¥2,500 for adult members (including international residents)

¥1,000 for student members (including international students)

¥5,000 for adult visitors

¥3,000 for student visitors

¥500 for elementary school children

You can register for annual membership

(¥1,500/students and ¥2,000/adults) at the door

Registration: By Feb. 15 (Mon.)

Limited to 150 participants

(on a first-come, first-served basis)

Nagaoka International

Exchange Association

1st 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 Relaxing World Tour to Canada ~ Let's Get to Know about Pancake Day ~

Date: Saturday, February 27

2:00 p.m. – 3:00 p.m.

Limited to: 30 participants

Registration is required.

Application Deadline: Feb. 13 (Sat.)

Mr. Morgan Salvesen from Canada will introduce Canadian traditions, culture, and Pancake Day.



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**
3:00 p.m. – 3:15 p.m. Every Day
- * **“Spot Time”** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Helpful Tips for Times of Disaster**
10:45 a.m. – 11:00 a.m. Jan. 11 (Mon.) and Feb. 8 (Mon.)
- * **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. Jan. 14 (Thurs.)
- * **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. Jan. 15 (Fri.)
- * **Mini-Library** 11:00 a.m. – 12:00 p.m. Jan. 18 (Mon.)
- * **Mini-Lecture: Dental Care and Oral Care for Babies**
10:30 a.m. – 11:30 a.m. Jan. 20 (Wed.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Jan. 21 (Thurs.)
- * **Recreational Time** 10:45 a.m. – 11:15 a.m. Jan. 25 (Mon.)
- * **Mini-Lecture: Dancing with Babies and Kids**
10:30 a.m. – 11:10 a.m. Jan. 28 (Thurs.)
- * **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. Jan. 28 (Thurs.)
- * **Bean-Throwing Time** 10:45 a.m. – 11:15 a.m. Feb. 1 (Mon.)
- * **Learning about Local Cuisine**
11:00 a.m. – 11:30 a.m. Feb. 3 (Wed.)
- * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Feb. 5 (Fri.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Feb. 10 (Wed.)

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

Jan. 13 (Wed.) Child-Rearing Advisor

Jan. 23 (Sat.) Nutritionist

Feb. 10 (Wed.) Child-Rearing Advisor



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** 11:00 a.m. – 11:15 a.m. Every Day
- * **Kamishibai (Large Picture-Card Story)** Jan. 21 (Thurs.)
- * **A Week for Playing New Year’s Games**
Jan. 2 (Sat.) – Jan. 11 (Mon./Holiday)
- * **Time for Chibikko Kids’ and Birthday Party**
11:00 a.m. – 11:15 a.m. Jan. 13 (Wed.), 20 (Wed.), and 27 (Wed.)
- * **Birthday Party:** Jan. 27 (Wed.)
- * **Let’s Play to the Rhythms**
11:00 a.m. – 11:15 a.m. Jan. 12 (Tues.)
- * **Lecture for Mothers by Nutritionist and It’s Fathers’ Turn for Talking with Babies**
10:30 a.m. – 12:00 p.m. Jan. 16 (Sat.) and Feb. 13 (Sat.)
- * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Jan. 18 (Mon.) and Feb. 8 (Mon.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Jan. 19 (Tues.), 26 (Tues.), and Feb. 2 (Tues.)
- * **Making Your Own Picture Storybook for Adult**
11:00 a.m. – 12:00 p.m. Jan. 24 (Sun.)
- * **Baby Clover Club Get-Together**
Baby Weighing-Measuring and Child-Rearing Consultations
10:00 a.m. – 11:00 a.m. Jan. 26 (Tues.)
- * **Bean-Throwing Time** 11:00 a.m. – 11:40 a.m. Jan. 29 (Fri.)
- * **Let’s Play with Grandmothers**
11:00 a.m. – 11:30 a.m. Feb. 1 (Mon.)
- * **Reading Picture Storybook and Playing Time (Ehon no Tobira)** 11:00 a.m. – 11:30 a.m. Feb. 9 (Tues.)



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

Feb. 4 (Thurs.) Child-Rearing Advisor

Temporary Day-Care for Preschool-Aged Children: ¥300/hour

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)



- * **Story Telling Time and Mini-Concert**
10:45 a.m. – 11:15 a.m. Every Monday
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m.
Jan. 14 (Thurs.) and 28 (Thurs.)
- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Jan. 15 (Fri.), 22 (Fri.), and 29 (Fri.)
- * **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Jan. 17 (Sun.)
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Jan. 18 (Mon.)
- * **A Kingdom for Snow Country Kids**
10:30 a.m. – 3:30 p.m. Jan. 24 (Sun.)
- * **Playing in the Snow**
10:30 a.m. – 11:30 a.m. Jan. 26 (Tues.) and 28 (Thurs.)
- * **Let’s Take a Walk** 10:30 a.m. – 11:00 a.m. Jan. 26 (Tues.)
- * **Bean-Throwing Time**
10:30 a.m. – 11:00 a.m. Feb. 2 (Tues.)
- * **Mothers’ Chat Cafe** 10:30 a.m. – 11:30 a.m. Feb. 4 (Thurs.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Feb. 6 (Sat.)



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

Jan. 12 (Tues.) Child-Rearing Advisor

Jan. 21 (Thurs.) Nutritionist

Feb. 4 (Thurs.) Nursery School Teacher



Temporary Day-Care for Preschool-Aged Children: ¥300/hour

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû Center, 2nd Floor 1765 Miyazawa, Tochio

Phone: 0258-51-1022 Hours: 9:30 a.m. – 3:30 p.m.

Tuesdays, Wednesdays, Fridays, and Saturdays

- * **Making Mayudama (cocoon-shaped rice cakes for New Year’s decorations)**
10:30 a.m. – 11:30 a.m. Jan. 13 (Wed.)
- * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Jan. 20 (Wed.)
- * **Learning about Local Cuisine**
11:00 a.m. – 11:30 a.m. Jan. 20 (Wed.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m.
Jan. 20 (Wed.) and Feb. 5 (Fri.)
- * **Let’s Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Jan. 22 (Fri.) and Feb. 9 (Tues.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Jan. 27 (Wed.)
- * **Bean Throwing to Drive Away Devils**
10:30 a.m. – 11:30 a.m. Feb. 2 (Tues.)
- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Feb. 3 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Feb. 5 (Fri.)



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

Jan. 15 (Fri.) Public Health Nurse

Feb. 3 (Wed.) Maternity Nurse

Evacuation Plan in Case of Nuclear Accidents

The city established an evacuation plan in case of serious nuclear accidents at the Kashiwazaki-Kariwa Nuclear Power Plant. Vital points suggested by the plan for residents within the 5 – 30-kilometer-radius areas are:

Take Shelter Indoors

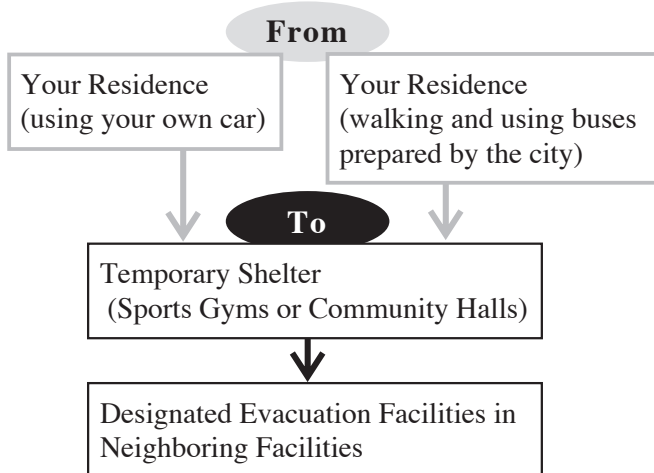
Immediately after any serious nuclear accident, residents in the 5 – 30-kilometer-radius areas should take shelter indoors to protect themselves from radiation by remaining inside a building such as their own home. Ventilators and air conditioners should be turned off and doors and windows should be closed. If you cannot return to your own home immediately after a nuclear power accident, take shelter in a building such as the nearest public facility.



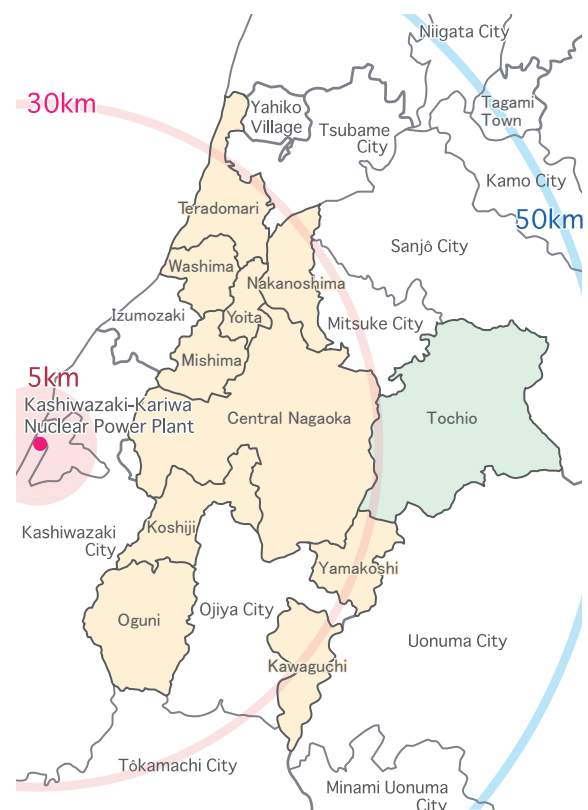
Evacuation Orders

According to radiation levels monitored and announced by the government, the city will order residents in the affected areas to evacuate to areas that are less affected.

Where to and How to Evacuate



On July 28th, 2015, the Nuclear Safety Countermeasures Study Group, which is organized by all the municipalities of Niigata Prefecture, agreed upon the partnering municipalities for accepting evacuees.



Locations of Evacuation Facilities in Neighboring Municipalities

The City's Areas and Districts		Neighboring Municipalities
Areas	Senju, Sakanoue, Omote-machi, and Nakajima	Gosen City
Area	Shirômaru	Kamo City and Tagami Town
Areas	Kanda and Kawasaki	Agano City
Areas	Aramachi, Ôjima, Fusoki, Yamamoto, Shingumi, Kurojô, Shimokawanishi, Kamikawanishi, Fukuto, Ôjigawa, and Sekihara	Niigata City
Districts	Nakanoshima, Mishima, Washima, Teradomari, and Yoita	
Areas	Kibôgaoka, Higoshi, Miyamoto, Ôzumi, Shinsai, and Aobadai	Tsubame City and Yahiko Village
Area	Miyauchi	Sanjô City
Area	Suyoshi	Aga Town
Districts	Koshiji, Yamakoshi, Oguni, and Kawaguchi	Uonuma City
Areas	Toyoda, Tôkamachi, Muikaichi, Ôta, and Yamadôri	Nagaoka City Tochio District

A Guide to Ski Areas (Ski Jô) (depending on snow conditions)

(1) Nagaoka Shiei (Municipal) Ski Jô

3300 Suyoshi
Phone: 0258-34-2225
Open: Dec. 26 (Sat.) – Mar. 6 (Sun.)
Closed: Jan. 4 (Mon.) – 8 (Fri.), Feb. 22 (Mon.) –
26 (Fri.), and Mar. 1 (Tues.) – 4 (Fri.)
Hours for Chair-Lift 9:00 a.m. – 5:00 p.m.

Ski Rentals are available.

* Snowboard Classes:

Jan. 16 (Sat.) and 23 (Sat.)
10:00 a.m. – 12:00 p.m.
Fee: ¥4,000

(including snowboard rental fee, chair-lift, and insurance)

Registration: Jan. 4 (Mon.) – Jan. 13 (Wed.)

* 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

<http://www.city.nagaoka.niigata.jp/shisetsu/sports/sieiskijou.html>



(2) 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.
9:00 a.m. – 9:00 p.m.
(Fridays and Saturdays)

* Ski Classes for Beginners:

Sundays (Jan. 10 – Mar. 6)
10:30 a.m. – 12:00 p.m. ¥1,500
2:00 p.m. – 3:30 p.m. ¥1,500

* Civic Ski Classes:

Jan. 23 (Sat.) and 24 (Sun.)
10:00 a.m. – 3:30 p.m.
¥1,000 for one day
¥1,500 for two days

Registration: From Jan. 6 (Wed.)

Information: Tochio Taiikukan

Phone: 0258-52-5571

<http://www.tochio.net/ski/>



(3) Koshi Kôgen Ski Jô

910 Takezawa, Yamakoshi
Phone: 0258-59-3500
Open: Wednesdays, Thursdays,
Fridays, Saturdays, Sundays,
and National Holidays
Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.
9:00 a.m. – 9:00 p.m.
(Wednesdays, Fridays, and Saturdays)

<http://www.city.nagaoka.niigata.jp/shisetsu/sports/koshi-ski.html>



(4) Echigo Kyûryô Kôen (Hillside Park)

1921-2 Nakayama, Higashikata-machi, Miyamoto
Phone: 0258-47-8001

Open: Jan. 2 (Sat.) – Feb. 28 (Sun.)

Hours for Rope Lift:
10:00 a.m. – 4:00 p.m.

Free on Saturdays, Sundays,
and National Holidays

<http://echigo-park.jp/event/news/1194.html>

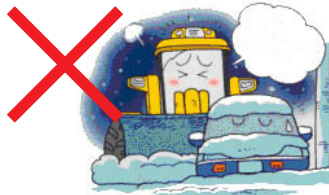


Snow-Removal Operations

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.



* Please do not dump snow on the roads.



* 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.



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

Major Emergency Medical Facilities

Major General Hospitals

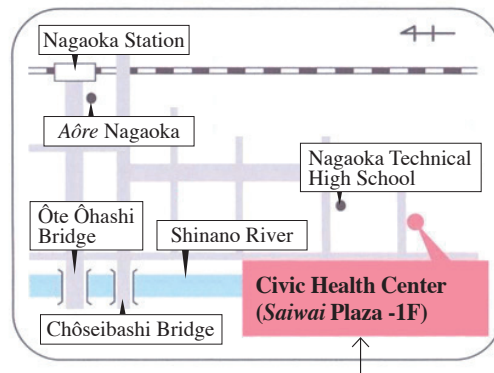
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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

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

Civic Health Center (Saiwai Plaza -1F)

2-1-1 Saiwai-chô (0258-39-7508)



Civic Health Center (Saiwai Plaza - 1F)

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. – 4:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 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.

Promoting *Nishikigoi* (Multi-Colored Ornamental Carp) around the World

Being the original birthplace of *Nishikigoi*, the Cities of Nagaoka and Ojiya designated *Nishikigoi* as their respective City Fish in October 2014. Both cities established the Committee to Promote the *Nishikigoi* Industry in the hopes that our communities be rejuvenated through the breeding and marketing of *Nishikigoi* around the world. The committee also aims for the *Nishikigoi* industry to be certified as a Globally Important Agricultural Heritage System.



On November 27th, 2015, a 2.5-meter-wide aquarium was set up on the first floor of the East Wing of City Hall Plaza – Aôre Nagaoka. Visitors can enjoy watching 12 *Nishikigoi* (approximately 40 centimeters long) with different colors and patterns swimming gracefully.

There is another aquarium of *Nishikigoi* at *Orataru*, the Yamakoshi Recovery Exhibit Hall in the Yamakoshi District, which has attracted 50,000 visitors so far for the two years since its establishment. The city presented Nagaoka's *Nishikigoi* to the Embassies of Albania, Armenia, Canada, Egypt, and Saudi Arabia.

The Yamakoshi District enjoys welcoming many overseas admirers and buyers of *Nishikigoi*. Japan's annual export of fishery products accounts for about 3 billion yen, most of which is *Nishikigoi* from Niigata Prefecture. About 70% - 80% of the *Nishikigoi* being raised in Niigata Prefecture are exported to over 30 countries.

Online information about Nagaoka's *Nishikigoi* is available on the city's Facebook page (<https://www.facebook.com/nagaoka.kouhounamainiti/>). Overseas visitors and buyers can access a free WiFi network in the Yamakoshi district provided by the Yamakoshi Association of Commerce and Industry.



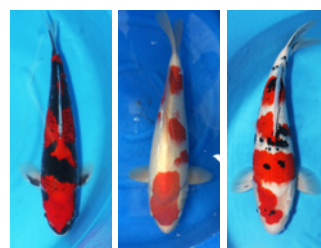
Orataru



Embassy of Albania
(April 3, 2015)



Overseas *Nishikigoi* admirers
visiting Yamakoshi



Yamakoshi's swimming jewels