



Vol. 315  
August  
2017

*Konnichiwa!*

# NAGAOKA

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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

## Beat the Heat! Enjoy Playing Sports at Teradomari Beach



A beach sports court opened at Teradomari Central Beach, where visitors can enjoy playing volleyball, soccer, or tennis on the sand. Players have fun moving around on the sandy court and experiencing the texture of sandy beach.

Population and Households  
As of July 1<sup>st</sup>, 2017  
(compared to the previous month)

 273,826 (-55)	 133,665 (-34)	 140,161 (-21)	 106,355 (+34)
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### Major Features:

- Celebrating the 10<sup>th</sup> Anniversary of the Establishment of the Sister City Affiliation with the City of Trier ----- 2
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## Celebrating the 10<sup>th</sup> Anniversary of the Establishment of the Sister City Affiliation with the City of Trier

The Nagaoka Civic Delegation led by Mayor Tatsunobu Isoda visited the City of Trier for four days from June 23<sup>rd</sup>, 2017. The sister cities of Nagaoka and Trier have promoted successful exchange programs such as sport and cultural events including the International Sport Camp and the “German Fest.”



On June 25<sup>th</sup>, Mayor Tatsunobu Isoda and Lord Mayor Wolfram Leibe signed a document to reconfirm our sister city relationship.

We will continue to further strengthen the bonds of friendship between our cities through more enriched cultural and sport exchanges.



On June 24<sup>th</sup>, representatives from the Nagaoka Institute of Design and the Trier University of Applied Sciences agreed to establish academic ties.



Japanese and local German students interacting with each other

- ① Learning how to make Oguni's traditional *washi* paper
- ② Members of the Young Entrepreneurs' Group of the Nagaoka Chamber of Commerce and Industry interacting with local entrepreneurs
- ③ Ms. Manami Suzuki, a soprano singer from Nagaoka, performing with Mr. Thomas Kiessling, a local tenor
- ④ Live broadcast from Trier being shown at the “German Fest” held at City Hall Plaza - *Aôre* Nagaoka



### Your Photographs Are Welcome!



In order to revitalize each of the city's districts, we would like to focus on their regional charms and special features, and recognize them as the city's treasures. You can help us by sending photographs you took in various parts of the city. Applications are being accepted as follows:

- Via Instagram or Twitter

Theme: Summer Festivals, Fireworks, Summer in Nagaoka  
Award: Special Regional Products  
Deadline: Aug. 31 (Thurs.), 2017

- Via <http://chiikinotakara.jp/>

Theme: Free  
Award: Special Regional Products  
Deadline: Feb. 28 (Wed.), 2018

For further information:  
Regional Promotion Strategy  
Department  
Phone: 0258-39-2260



Terraced Rice Paddies in Yamakoshi  
(The 2016 award winning photo by tom-san)

### A Trial Open of *Jômon* Cafe

“*Jômon* Cafe” won the best award for the Nagaoka Job Creation Idea Contest held last year. “*Jômon* Cafe” will open as a trial business only on one day as follows:

Date: August 23 (Wed.) 11:00 a.m. – 2:00 p.m.

Venue: Purin Nagaoka

(First Adachi Building 2-chome Otedori)

For further information: The Nagaoka Youth Employment Organization

Phone: 0258-86-6008



The picture is only for reference.

### Volunteer Guides and Interpreters for Overseas Tourists

The Nagaoka Incorporated Association of Tourism and Conventions is accepting applications for volunteer guides and interpreters who can give guided tours and information to overseas visitors at the city's facilities and tourist spots. Applicants must be 18 years old or older and living in or around Nagaoka City.

For further information: Nagaoka *Kankô Konbenson Kyôkai* (Nagaoka Incorporated Association of Tourism and Conventions)  
Phone: 0258-32-1187



# Promoting Nagaoka to the World

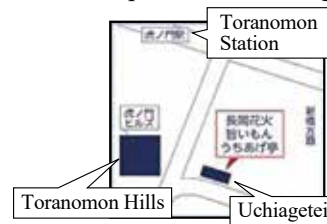
Making the best use of the opportunity of the 2020 Tokyo Olympics and Paralympics, we will promote Nagaoka to the world by introducing the various charms and special features of our city especially in the areas of culture, food, fireworks, and sports.

## A Promotion Shop Opened in Tokyo

A restaurant (scheduled to be open for only three months) called “*Nagaoka Hanabi Umaimon Uchiagetei* (Literally: Nagaoka Fireworks, Local Delicacies Launching Shop)” opened on July 15<sup>th</sup> at the Shintora Market on Shintora Street, Toranomom in Tokyo. This market is a hub market filled with delicacies and selected items from many parts of Japan.

Shintora Street will become an important and symbolic street because it will connect the 2020 Tokyo Olympics and Paralympics main stadium with the Olympic Village.

Nagaoka’s regional specialties and a variety of sake produced by the city’s 16 breweries are served, drawing many customers who are also expected to visit Nagaoka.



## The Jōmon Culture



In order to promote the *Jōmon* culture, an indigenous ancient culture of Japan, a group named *Jōmon* Culture Supporters (consisting of 75 municipalities and 18 cultural representatives) was established. In a general meeting held in Tokyo on July 12<sup>th</sup>, they decided to promote the *Jōmon* culture by holding various exhibits at home and abroad and finding the best use of three-dimensional data of earthenware and clay figures of the *Jōmon* period (ca 10,000 BC – ca 300 BC).

They hope that these efforts can help draw more visitors from home and abroad to *Jōmon*-related historic sites and that a design of *Jōmon* pottery be used for the 2020 Olympic cauldron.

## The Nagaoka Festival Grand Fireworks Show

The Cabinet Secretariat recognized Nagaoka as a part of the “beyond 2020 project.” The Cabinet Secretariat is issuing a certificate entitled “beyond 2020 project,” which currently promotes the charms of Japanese culture and aims to continue to the post-Olympic era, thus earning the name “beyond 2020.”

The Nagaoka Festival Grand Fireworks Show was chosen as part of the “beyond 2020 project.”



The Cabinet Secretariat recognized Nagaoka’s effort in providing special fireworks-viewing sites exclusively for people with special needs and multi-lingual signs for overseas visitors to the city during the festive event.

The city’s cross-cultural commitment with diversity in mind has been highly evaluated.

## Nagaoka Designated as a Host City for Australia for the 2020 Tokyo Olympics and Paralympics

Thanks to the city’s efforts in promoting interactions with Swimming Australia Limited, Nagaoka has been designated as a host city for Australia for the 2020 Tokyo Olympics and Paralympics. This hosting project includes sponsorship of training camp facilities prior to their participation in international competitions and interactions between Australian swimmers and the citizens of Nagaoka. Being designated as a host city allows host cities to receive financial support from the national government.

We will further promote the bonds of friendship with Australia by continuing our precious relationship through this recognition.



The Australia Queensland State Swimming Team stayed in Nagaoka in May for their training camp and offered a special training program for young local swimmers.

# The Nagaoka Civic Center

2-2-6 Ote 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*) (1<sup>st</sup> 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*

The 1<sup>st</sup> term of classes for the 2017 fiscal year is being offered from April 2017 to September 2017. A free trial lesson is being offered. Please call ahead.

#### Weekday Classes

(Tuesdays & Fridays)

##### \* Class I

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

9:30 a.m. – 10:30 a.m. (60 minutes)

##### \* Class II

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

11:00 a.m. – 12:00 p.m. (60 minutes)

Aug.	4, 8, 18, 22, 25, 29	¥1,200
Sept.	1, 5, 8, 12, 15, 19, 22, 26, 29	¥1,800



#### Sunday Classes

\* **Class I** (Lesson 1 – Lesson 12 of *Minna no Nihongo*)

9:30 a.m. – 11:30 a.m. (120 minutes)

\* **Class II** (Lesson 13 – Lesson 25 of *Minna no Nihongo*)

2:00 p.m. – 4:00 p.m. (120 minutes)

Aug.	6, 20, 27	¥1,200
Sept.	3, 10, 17	¥1,200

### Short-Term Japanese Language Class

Sundays, May 7 – Aug. 27

11:45 a.m. – 1:45 p.m.

Room 2B Nagaoka Civic Center 2<sup>nd</sup> Floor

An intensive short-term Japanese language class is being offered from Sunday, May 7<sup>th</sup> to Sunday, August 27<sup>th</sup> so that you can brush up on your Japanese skills. International residents who have completed the Japanese Language Class II at the Civic Center or who have mastered a basic level of the Japanese language are recommended to join this intensive class.

Aug.	6, 20, 27	¥1,200
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### *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.
- Mondays 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.



## Recent Events

### The International Folk Dance Parade

On the evening of August 1<sup>st</sup>, during the *Zenyasai* celebration of the Nagaoka Festival, members of the *Chikyû Hiroba* Group took part in the folk dance parade. A total of 63 dancers from 10 countries participated in this year's folk dance parade. The participants previously made preparations for the performances by joining practice sessions, which were held eight times in the Nagaoka Civic Center.

Everyone, in a uniform *yukata* cotton *kimono*, enjoyed the dancing that lasted for a rather long time of one hour and 20 minutes without intervals. The dance music was entitled Nagaoka *Jinku* and *Ôhanabi Ondo*.

The *Chikyû Hiroba* Group is looking forward to joining the folk dance parade next year as well. We hope that there will be more participants for next year's event.



## Let's Get to Know More about Mongolia

Aug. 19 (Sat.) 2:00 p.m. - 3:30 p.m.

*Chikyû Hiroba*, Nagaoka Civic Center

Niigata Prefecture is designated as the host for Mongolia for the 2020 Tokyo Olympics and Paralympics, so we have organized an interaction program to get to know more about Mongolia.

Ms. Myagmardulam Bilguunmaa, an international student from Mongolia, will introduce Mongolian traditions and culture.

Participants: 30 Registration is required.

Application Deadline: Aug. 14 (Mon.)

For further information: *Chikyû Hiroba*

Phone: 0258-39-2714



# Child-Rearing Support Facilities



## 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)

- \* **Fureai Time** 10:30 a.m. – 10:45 a.m. Every Day
- \* **Picture Storybook Reading Time**  
3:00 p.m. – 3:15 p.m. Every Day
- \* **“Spot Time”** 10:30 a.m. – 11:00 a.m. Every Monday
- Let’s Blow Soap Bubbles** Aug. 14 (Mon.)
- Happy Birthday Party** Aug. 21 (Mon.)
- Gun Gun English Time** Aug. 28 (Mon.)
- Let’s Sing Nursery Rhymes** Sept. 4 (Mon.)
- \* **Playing with Water** 10:20 a.m. – 11:20 a.m.  
Aug. 2 (Wed.) – Aug. 25 (Fri.), Monday – Friday
- \* **Mini-Lecture: First Childbirth for Expecting Parents**  
11:00 a.m. – 12:00 p.m. Aug. 30 (Wed.)
- \* **Exploring the Fire Department Headquarters and Disaster Prevention Center** 11:00 a.m. – 12:00 p.m. Aug. 31 (Thurs.)
- \* **Information on Enrollment in Preschools**  
1:30 p.m. – 3:30 p.m. Aug. 26 (Sat.)  
1:30 p.m. – 3:30 p.m. Aug. 30 (Wed.)
- \* **Basic Tips on How to Start Baby Food**  
2:30 p.m. – 3:30 p.m. Sept. 6 (Wed.)



## Kids’ Plaza (Chibikko Hiroba)

Phoenix Ote West 2<sup>nd</sup> Floor and 3<sup>rd</sup> Floor 2-5 Ote 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
- \* **Display of Tatsuhide Matsuoka’s Picture Storybook Original Images**  
9:00 a.m. – 6:00 p.m. Aug. 5 (Sat.) – Aug. 18 (Fri.)
- \* **Let’s Play with Blocks**  
11:00 a.m. – 12:00 p.m. Aug. 19 (Sat.)
- \* **Mothers’ Chat Cafe**  
11:00 a.m. – 12:00 p.m. Aug. 21 (Mon.)
- \* **Summer Holiday Special Week**  
9:00 a.m. – 6:00 p.m. Aug. 24 (Thurs.) – Aug. 31 (Thurs.)
- \* **Birthday Party**  
11:00 a.m. – 11:15 a.m. Aug. 28 (Mon.)
- \* **Making Your Own Picture Storybook (Ehon no Tane)**  
11:00 a.m. – 12:00 p.m. Sept. 3 (Sun.)
- \* **Enjoy Playing to the Rhythms**  
11:00 a.m. – 11:15 a.m. Sept. 6 (Wed.)



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

# August

## Kosodate no Eki, Senshu (Teku Teku)

1-99-6 Senshu 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)

- \* **“Toy Hospital” for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. Aug. 11 (Fri.)
- \* **Waku Waku Picture Storybook Reading Time**  
10:45 a.m. – 11:15 a.m. Aug. 14 (Mon.)
- \* **Let’s Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. Aug. 14 (Mon.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. Aug. 18 (Fri.)
- \* **Sunday Toy Box** 10:45 a.m. – 11:45 a.m. Aug. 20 (Sun.)
- \* **Let’s Enjoy Singing** 10:45 a.m. – 11:15 a.m.  
Aug. 21 (Mon.) and Aug. 28 (Mon.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
Aug. 24 (Thurs.)
- \* **Nakayoshi Time**  
10:45 a.m. – 11:00 a.m. Aug. 25 (Fri.)
- \* **Let’s Play at the Kids’ Land**  
10:30 a.m. – 11:30 a.m. Aug. 29 (Tues.)
- \* **Information on Enrollment in Preschools**  
1:30 p.m. – 3:30 p.m. Aug. 29 (Tues.)
- \* **Playing Games from the Old Days**  
10:30 a.m. – 11:30 a.m. Sept. 2 (Sat.)



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

## Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyō Kōryū Center, 2<sup>nd</sup> Floor 1765 Miyazawa, Tochio  
 Phone: 0258-51-1022 Hours: 9:30 a.m. – 3:30 p.m.  
 Tuesdays, Wednesdays, Fridays, and Saturdays

- \* **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m.  
Aug. 16 (Wed.), and Sept. 1 (Fri.)
- \* **Birthday Party**  
11:00 a.m. – 11:30 a.m. Aug. 23 (Wed.)
- \* **Making Toys**  
10:30 a.m. – 11:30 a.m. Aug. 25 (Fri.)
- \* **Enjoy the Last Day for Playing with Water**  
11:00 a.m. – 11:30 a.m. Aug. 30 (Wed.)
- \* **Let’s Play in the Temari Hall**  
10:30 a.m. – 11:30 a.m. Sept. 8 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Aug. 18 (Fri.) Public Health Nurse  
 Sept. 6 (Wed.) Maternity Nurse



# Seasonal Events

## Summer in Nagaoka is a Summer of Festivals

### ***Furusato Washima Matsuri***

**Aug. 14 (Mon.) — Aug. 16 (Wed.)**

Roadside Station “*Ryokan no Sato Washima*” and Hachisuba St.

*Bon* Dances, Fireworks Show, 3,000 Bamboo Lanterns, School Band Music, Stage Shows, Traditional *Yumi Odori* (Bow Dance) Parade and many other fun programs



For further information:  
Washima Branch Office  
Phone: 0258-74-3114

<http://www.city.nagaoka.niigata.jp/kankou/event/wasima-ma.html>

### ***Mochihito Matsuri***

**Aug. 20 (Sun.)**

In front of Oguni Branch of Kashiwazaki Farmers’ Cooperative’s Silo

Celebrating the historic legend of Prince Mochihito from the *Heian* Period (794-1185)

Stalls, Stage Shows, *Heian* Costume Procession, Portable Shrines, Torchlight Parade, *Kagura* Sacred Dances, Fireworks Show, and many other fun programs



For further information:  
Oguni Branch Office  
Phone: 0258-95-5906

<http://www.city.nagaoka.niigata.jp/kankou/event/o-motihito.html>

### **Summer Night Presents at Echigo Hillside Park Summer Illumination**

**Aug. 11 (Fri.) – 16 (Wed.), 19(Sat), 20 (Sun.),  
26 (Sat.), and 27 (Sun.) 6:30 p.m. – 9:00 p.m.**



<http://echigo-park.jp/event/news/1484.html>

### ***Mishima Matsuri***

**Aug. 15 (Tues.) — Aug. 16 (Wed.)**

Mishima Gymnasium Parking Area

Portable Shrines by Children, Stage Shows, *Bon* Dances, Log Sawing Competition, Portable Shrines, Bamboo Lanterns, Fireworks Show, Stalls, and many other fun programs



For further information:  
Mishima Branch Office  
Phone: 0258-42-2249

<http://www.city.nagaoka.niigata.jp/kankou/event/m-matsuri.html>

### ***Tochio Matsuri***

**Aug. 26 (Sat.) — Aug. 27 (Sun.)**

Tochio Gymnasium, Central Park, and Yachi St.

Portable Shrines, Tug-of-War Competitions, Fireworks Show, Folk Dance Parade, and many other fun programs



For further information:  
Tochio Tourism Association  
Phone: 0258-51-1195

<http://www.city.nagaoka.niigata.jp/kankou/event/tochiomatsuri.html>

### **Hands-on Experience of Tree Climbing**

**Aug. 13 (Sun.) 10:00 a.m. - 3:00 p.m.**

Join a safe and fun tree climbing lesson using ropes!

Participants: Elementary school children and older

Fee: ¥500

Application:

Echigo Kyuryo Hillside Park

Phone: 0258-47-8001



### **Nagaoka City Fire Department First-Aid Fair on Ote Street**

**Sept. 9 (Sat.) 11:30 a.m. – 4:00 p.m.**

An ambulance (high standard HIMEDIC), a ladder truck, and an earthquake simulation vehicle will be on display.

You can board these vehicle or experience earthquake simulations. There will be a section for experiencing how to use first-aid treatment using CPR (Cardio-Pulmonary Resuscitation) or an AED (Automated External Defibrillator).

The fire brigade band will play music. Come and enjoy learning about what to do in case of an emergency.



## Echigo Nagaoka Two-Day March

① Sept. 9 (Sat.) 9:30 a.m.

Meet at Yamakoshi Branch Office

② Sept. 10 (Sun.) 8:00 a.m.

Meet at *Aôre* Nagaoka

Course: ① 16 km, 11 km, and 3 km

② 20 km and 16 km (along the Shinano River)

Fee: ¥2,000 for high school student and above

Application Deadline: Aug. 31 (Thurs.)

For further information:

*Chiiki Shinkô Senryaku Bu*

(Regional Promotion Strategy  
Department)

Phone: 0258-39-2260



## Applications for Runners of the *Kome Hyappyô* (One Hundred Sacks of Rice) Relay Oct. 7 (Sat.)



Course: 35.6 km (14 sections)

Nishikan Ward, Niigata City (former Maki Town)

→Yahiko→Nakanoshima→Yoita→Ote Street

① For General Runners

Assigned Distance for Each Runner: An average of 3 km

Eligibility: Anyone living, working, or studying in Nagaoka  
City and able to run 1 kilometer in about 6 minutes  
and 30 seconds.

Participants: 35

② For Pairs of Children and Parents

Application Deadline: Sept. 1 (Fri.)

Application forms are available at the city's website,  
*Aôre* Nagaoka, or branch offices.

For further information:

*Kome Hyappyô* Festival Organizing Committee

Phone: 0258-39-2221

## The 22<sup>nd</sup> Nagaoka Film Festival

Sept. 15 (Fri.) – 17 (Sun.)



Nagaoka Lyric Hall (3-1356-6 Senshu)

Phone: 0258-29-7711

Tickets: ¥3,500 for all films in advance or at the door

¥1,000 for one film in advance

¥1,200 for one film at the door

Ticket Outlets: Bunshindo Bookstore (CoCoLo), Aeon  
Nagaoka, Nagaoka Lyric Hall, etc.

If an international resident shows his or her resident  
card, admission is free.

A total of 13 films from Pakistan, Austria, Bosnia and  
Herzegovina, China, and Japan will be shown. There will  
be talk sessions by guests and international students. The  
detailed program information is available at the Nagaoka  
City International Affairs Center, *Chikyû Hiroba*, in the  
Nagaoka Civic Center on Ote Street. (see p. 4)

For further information: Community Cinema Nagaoka

Phone: 0258-37-3512

<http://nagaokafilmfes.jp/n.org/>

## Teradomari Seaside Marathon Race

Oct. 15 (Sun.) 8:45 a.m.

Venue: Teradomari Port Park

Course: There will be 31 different events for various age  
and gender groups, including 2km, 5km, 10km, and  
half marathon (21.095km) courses.

Fees:

¥4,000 for adults

¥2,000 for high school students

¥1,500 for junior high school students

¥2,000 for pairs with elementary school children with  
parents

¥1,000 for elementary school children



Guest Runners: Ms. Chiemi Takahashi  
Mr. Tetsuhiko Kin



Application Deadline: Aug. 25 (Fri.)

For further information: Teradomari Branch Office

Phone: 0258-75-3111

<http://teradomariseaside-marathon.jp/>



## Health Checkups for Children Enrolling in Elementary School



There will be a health checkup for children to enroll in  
elementary school in April, 2018. The checkup will be offered  
at each elementary school of the city sometime in October.  
An information postcard regarding a notice of a health  
checkup will be mailed to guardians in late August. If you  
don't receive a postcard by Monday, September 4<sup>th</sup>, please  
contact the School Affairs Division (Phone: 0258-39-2239).  
In principle, a health checkup will be offered at a school  
situated in the school district where a child's residence is

registered as of the date of the checkup. However, if a child is  
expected to move to another district, a health checkup will be  
possible at a school in the district.

If you do not understand the content of the postcard and  
need some help, please contact the staff of the Nagaoka City  
International Affairs Center, *Chikyû Hiroba*. (See p.4)

For further information: *Gakumuka* (School Affairs Division)

Phone: 0258-39-2239

# Major Emergency Medical Facilities

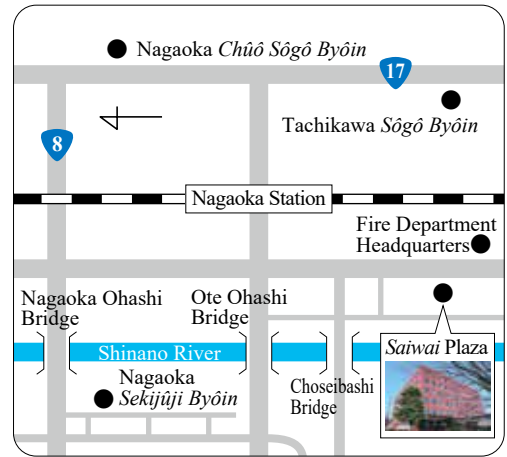


## Major General Hospitals

- 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)** 0258-39-7508

### Information about clinics in charge of specific Sundays or holidays:

- Clinic for Sundays, Holidays, and Nights (Phone: 0258-37-1199) (in Saiwai Plaza)
- Nagaoka Medical Society (Phone: 0258-22-5600)
- Nagaoka Fire Department Headquarters (Phone: 0258-36-0119)



## Civic Health Center (Saiwai Plaza - 1F)

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199)  For obstetric and gynecology ( <i>san fujin ka</i> ), the staff at this facility will give information about clinics in charge of specific Sundays or holidays.	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.
Chuetsu Center for Children’s Emergency Treatment (0258-86-5099)	Pediatrics ( <i>Shônika</i> )	(Monday – Friday) 6:45 p.m. – 9:30 p.m.

### School Enrollment for Children of Foreign Nationals

**Aug. 26 (Sat.) 2:00 p.m. - 4:00 p.m.**  
**Chikyû Hiroba, Nagaoka Civic Center**

An information session about Japanese schools will be held for children originally from overseas and their parents. The session will cover information about the education system, high school enrollment, and school life in Japan. Students who wish to enroll in a Japanese school are welcome to join this session along with their parents. If you or your children have had any difficulties or worries at school, you are also welcome to join this program.

For further information:  
 Nagaoka City International Affairs Center, *Chikyû Hiroba*, in the Nagaoka Civic Center on Ote Street.

Phone: 0258-39-2714

### How to Enroll in High Schools in Japan



The Niigata Prefecture International Association gives detailed multi-lingual information about the Japanese school system including how to enroll in high schools in Japan.

The English site entitled “The Japanese School System – Going to High School” is at:

[http://www.niigata-ia.or.jp/jp/ct/004\\_siryou/001\\_siryou/gakusyu-sien/01/english-2016.pdf](http://www.niigata-ia.or.jp/jp/ct/004_siryou/001_siryou/gakusyu-sien/01/english-2016.pdf)

### Warnings against Typhoons



Many typhoons often develop and approach Japan during the typhoon season from summer to autumn, causing tremendous damage every year. Approaching typhoons often cause strong winds and heavy downpours, so you are advised to stay inside. During a typhoon, do not leave things like your laundry or trash outside, because strong winds easily pick them up.

As a gust of wind may break windows, you are advised to stay away from windows. Typhoons often bring heavy rain, so you are advised to stay away from rivers and bridges. Please try to get information about typhoons via TV or radio broadcasts. When evacuating, carefully check the conditions around you and do not evacuate by yourself, if possible.



Find us on Facebook



The Nagaoka International Affairs Center, *Chikyû Hiroba*, has pages on Facebook. You can find useful information about disaster prevention and various events held in Nagaoka in Chinese, easy Japanese, and English. We are looking forward to communicating with you on Facebook.