



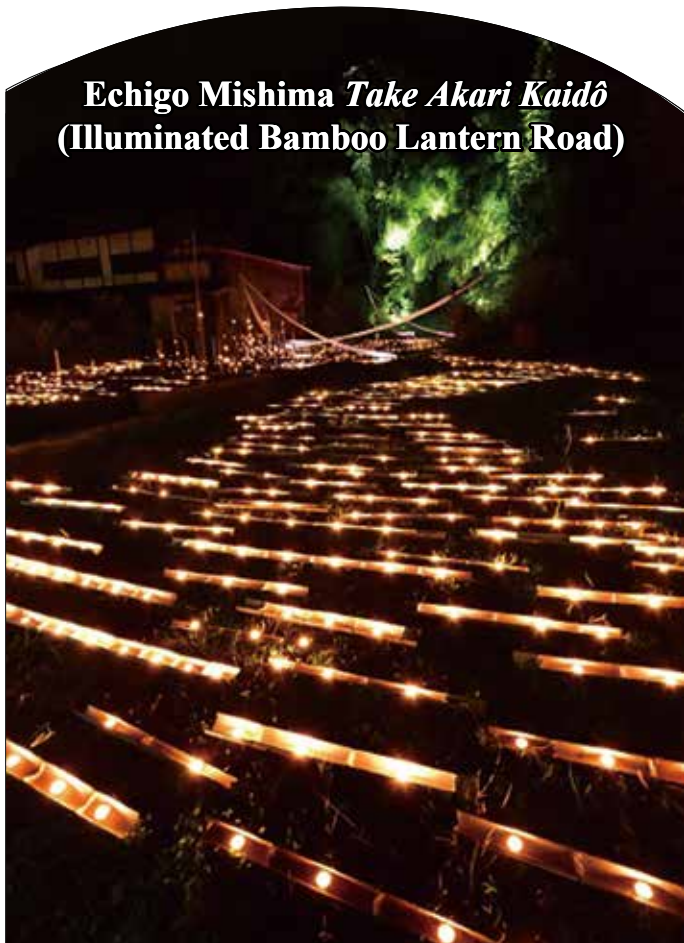
Vol. 318
November
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Konnichiwa!

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



Echigo Mishima *Take Akari Kaidô* (Illuminated Bamboo Lantern Road)

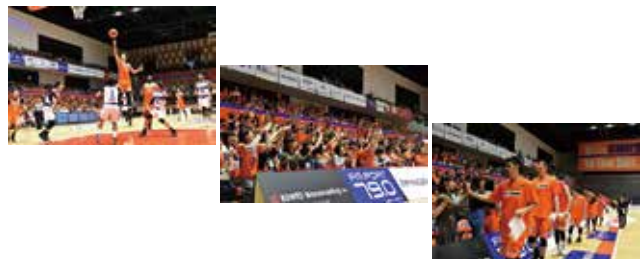
On Saturday, October 21st from 4:00 p.m. to 9:00 p.m., an approximately 800 meter-long road in the Mishima District became a mystical lighted pathway.

Let's Cheer on the Niigata ALBIREX Basketball Team

The City Hall plaza - *Aôre* Nagaoka Arena is home to the Niigata ALBIREX Basketball Club, a professional Japanese basketball team. The 2017 - 2018 games kicked off at the arena on Saturday, September 30th. The team made a great start with two wins in two games. The roar of the enthusiastic fans packing the arena pushed the team and applauded the team's superb plays.

Upcoming Home-Games

Dates		Opponents
Nov.11 (Sat.)	5:05 p.m.	Sea Horse MIKAWA
12 (Sun.)	2:05 p.m.	
Dec. 2 (Sat.)	5:05 p.m.	CHIBA JETS FUNABASHI
3 (Sun.)	2:05 p.m.	
29 (Fri.)	7:05 p.m.	TOCHIGI BREX
30 (Sat.)	2:05 p.m.	



Population and Households As of October 1st, 2017

(compared to the previous month)

273,658 (-93)	133,622 (-1)	140,036 (-92)	106,582 (+89)

Major Features:

- A Special Coaching Session with World-Class Australian Swimmers -- 2
- A Historic Flag Made Its Homecoming ----- 2
- Promoting Regional Features along with A Line-Up of Japanese Sake-- 3
- Current Topics in Nagaoka----- 3
- Seasonal Events ----- 6
- Safety Tips on How to Use Space Heaters----- 7
- Major Emergency Medical Facilities----- 8

A Special Coaching Session with World-Class Australian Swimmers



Australian swimming team members (two coaches and four swimmers) visited Nagaoka, their host town for the 2020 Tokyo Olympics and Paralympics. The swimmers included two junior world record holders. On October 14th, they gave a special coaching session to about 200 local elementary and junior high school students at Daiei Probis Swimming Pool. It was part of the city's educational program entitled "Creating

Educational Programs with Enthusiasm, Excitement, and for Building Dreams."

At the Niigata Prefecture Sprint Championship held on October 15th, the Australian swimmers showed their excellent swimming skills, which greatly inspired Nagaoka's young swimmers. Up until the 2020 games, the city will welcome Australian swimmers to stay in Nagaoka to train in preparation for four upcoming international swimming championships.



A Historic Flag Made Its Homecoming



On October 6th, Mr. Michael Carr (President and CEO) and Mr. Michael Weidenbach (Curator) of the Battleship Missouri Memorial visited Nagaoka from Pearl Harbor, Honolulu, Hawaii. Their mission was to return a historic flag to the people of Japan and to the City of Nagaoka, birthplace of Admiral Isoroku Yamamoto.

At the flag presentation ceremony held in the Admiral Isoroku Yamamoto Memorial Museum, Mr. Carr stated, "The flag has been in our possession for many years but it was clear to us that our ship was not the place for this flag to rest. In war, this flag flew over the Japanese battleship NAGATO, the flagship of Admiral Yamamoto, Commander-

in-Chief of the Combined Fleet. Today it is a reminder of war's tragic consequence and a fitting symbol of our shared hope for lasting peace among nations. We are honored to share this historic flag with the City of Nagaoka, whose citizens suffered the devastation of war. Today, we continue the tradition of peace by returning this flag to its rightful home."

Mr. Carr and Mr. Weidenbach also visited the Nagaoka War Damage Exhibit Hall, which the city established to tell younger generations of the 1945 Nagaoka Air Raid.

Their mission to return the historic flag to Nagaoka was made possible by the special bonds that have developed between the two war-related museums in Nagaoka (the Nagaoka War Damage Exhibit Hall and the Admiral Isoroku Yamamoto Memorial Museum) and the three war-related museums in Pearl Harbor, Honolulu (the Battleship Missouri Memorial, the Arizona Memorial, and the Pacific Aviation Museum.)



Sending Out Our Thoughts to the World Fireworks in Memory of War Victims and for the Pursuit of World Peace Friday, December 8th 8:15 p.m.

In order to express our wishes to convert all the bombs of the world to fireworks, fireworks including three shots of White Chrysanthemums fireworks will be launched at *Suido* Park on the day the Pacific War between Japan and the U.S.A. broke out in 1941.

To Further Promote Nuclear Safety Measures



On September 27th, Mayor Tatsunobu Isoda had an inspection tour of the Fukushima Daiichi Nuclear Power Plant, which experienced an unprecedented nuclear accident six and a half years ago.

The chief executive official of the plant explained to Mayor Isoda some of their current measures for decommissioning their reactors and treating contaminated water. After that Mayor Isoda had a tour of the central control room of the No. 12 reactor, contaminated water storage tanks, and the main antiseismic building, which served as the headquarters during the critical times after the crisis first happened.

Mayor Isoda found decommissioning operations extremely difficult. He stressed, "We absolutely must protect our community from any possible nuclear accident." On October 20th, he also visited the Kashiwazaki-Kariwa Nuclear Power Plant and confirmed the current conditions of the No. 7 reactor and the newly built tide embankment.

The City of Nagaoka should put every possible effort into ensuring the safety and security of our community from any nuclear accident. Mayor Isoda's current visits to these nuclear power plants are expected to help the city to further promote its nuclear safety measures.

A Replica of Flame-Style Pottery on Display at Haneda Airport



An exhibit to promote Japanese cultural heritages entitled “The Flame-Style Pottery Unearthed in the Shinano Basin and the Culture of Snowy Regions” was held at the domestic flight lobby of Haneda Airport for three days from October 13th. Visitors were welcome to touch a replica of ancient

pottery named flame-style pottery and feel its special features first hand.

The exhibit included panel displays introducing the culture of snowy regions and a current movement campaigning for a flame-style pot design to be used for the 2020 Tokyo Olympics and Paralympics cauldron.

Many visitors also enjoyed tasting sake that Nagaoka’s 16 breweries produced with the utmost loving care.

Promoting Regional Features along with A Line-Up of Japanese Sake



A special area to promote regional features opened in CoCoLo on the second floor of Nagaoka Station building on October 5th. At a section named *Ponshukan*, visitors can enjoy tasting various brands of sake brewed by the 90 sake breweries in Niigata Prefecture including the 16 breweries in



Nagaoka. You can taste five cups of different kinds of sake out of 111 brands for ¥500.

Hanabi no Hiroba (Fireworks Plaza) has various displays introducing the Nagaoka Fireworks, the 400th Anniversary since the establishment of Nagaoka, and *Nishikigoi* (multi-colored ornamental carp). This section will continue to introduce a variety of regional features in turn.

At the opening ceremony, Deputy Mayor Shinji Takami emphasized, “We hope many people visit Downtown Nagaoka and the city’s 11 districts through this entrance. The city fully supports this great endeavor.”

Current Topics in Nagaoka



This year marks the 13th year since the 2004 Great Chuetsu Earthquake hit our city. The Gathering for Recovery was held in the Yamakoshi District. About 300 residents joined the event and flew balloons in memory of the victims, in appreciation of the support provided by many people, and with wishes for a complete recovery. (October 23)



Groups of volunteer firemen from 15 locations in the city joined a firefighting drill held on the riverbanks of the Shinano. Envisioning a deluge of fire such as the one that spread out in a dense residential area in Itoigawa City last December, about 570 volunteer firefighters and 54 firefighting vehicles joined the event. (October 8)



The snow-melting pipe system, called *shōsetsu paipu*, utilizes the natural heat energy of groundwater sprayed over the surface of roads. The first experimental snow-melting pipes were installed in Nagaoka City in 1961. Workers are busy checking the conditions of the 352-kilometer long pipe lines installed in the municipal roads before the snowy months arrive. (October 4)



Members from Regional Promotion Committees visited the Mishima District. They encountered special features of the district such as the Illuminated Bamboo Lantern Road Festival and the giant Japanese cedar tree in the Rengeji area. They proposed various ideas to create more attractive events for young generations to join. (October 3)



The national, prefectural, and municipal government offices jointly held a snow removal operation inauguration ceremony. This winter, a total of 602 vehicles from 171 companies will be dispatched for removing snow from approximately 2,400 kilometers of roadways in Niigata Prefecture. (October 18)



There was an employment opportunity promotion session with representatives from 46 colleges and universities located in and out of Niigata Prefecture and 52 business firms located in Nagaoka City. The representatives from local firms stressed the special features and advantages of the city’s working environment in the hopes that more college graduates develop an interest in working in Nagaoka. (September 28)

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 (*Chikyū 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 Kōza

The 2nd term of classes for the 2017 fiscal year is being offered from October 2017 to March 2018. A free trial lesson is offered. Please call ahead.

Weekday Classes (Tuesdays & Fridays)

* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)

* Class I

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

11:00 a.m. – 12:00 p.m. (60 minutes)



Nov.	7, 10, 14, 17, 21, 24, 28	¥1,400
Dec.	1, 5, 8, 12, 15, 19, 22, 26	¥1,600
Jan.	5, 9, 12, 16, 19, 23, 26, 30	¥1,600
Feb.	2, 6, 9, 13, 16, 20, 23, 27	¥1,600
March	2, 6, 9, 13, 16, 20, 23, 27	¥1,600

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.



Sunday Classes

* **Class II** (Lesson 13 – Lesson 25 of *Minna no Nihongo*)
9:30 a.m. – 11:30 a.m. (120 minutes)

* **Class I** (Lesson 1 – Lesson 12 of *Minna no Nihongo*)
2:00 p.m. – 4:00 p.m. (120 minutes)

Nov.	5, 12, 19, 26	¥1,600
Dec.	3, 17, 24	¥1,200
Jan.	7, 14, 21, 28	¥1,600
Feb.	4, 11, 18, 25	¥1,600
March	4, 11, 18	¥1,200

Short-Term Japanese Language Class

Sundays, Oct. 1 – Jan. 28 11:45 a.m. – 1:45 p.m.

Room 2A Nagaoka Civic Center 2nd Floor

An intensive short-term Japanese language class is being offered from Sunday, October 1st to Sunday, January 28th 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.

Nov.	5, 12, 19, 26	¥1,600
Dec.	3, 17, 24	¥1,200
Jan.	7, 14, 21, 28	¥1,600



Recent Events

The 12th Annual International Athletic Meet



The Nagaoka City International Affairs Center, *Chikyū Hiroba*, held their annual athletic meet with international residents and Nagaokans on Saturday, October 14th. Many participants from 13 countries had a great time making the event very exciting. Blessed with balmy autumnal weather, approximately 71 participants in two teams competed against each other in a variety of games such as tossing bean-bags in baskets, a ball passing race, a long rope jumping, and many others.

The athletic meet will be organized again next year. We hope there will be more participants including returnees and those who missed this year's event.



Child-Rearing Support Facilities

November

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** 10:30 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
 - Helpful Tips for Times of Disaster** Nov. 13 (Mon.)
 - Happy Birthday Party** Nov. 20 (Mon.)
 - Gun Gun Kitchen Time** Nov. 27 (Mon.)
 - * **Mini Lecture: Enjoy Child-Rearing with Smiles** 11:00 a.m. – 12:00 p.m. Nov. 15 (Wed.)
 - * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Nov. 16 (Thurs.)
 - * **Mini Lecture: Basic Tips for Communicating with Children** 11:00 a.m. – 12:00 p.m. Nov. 17 (Fri.)
 - * **Mini Lecture: Fully-Clothed Baby Massage** 11:00 a.m. – 12:00 p.m. Nov. 24 (Fri.)
 - * **Child-Rearing Salon: “My Way of Raising My Kids”** 11:00 a.m. – 12:00 p.m. Nov. 26 (Sun.)
 - * **Mothers’ Chat Cafe** Mother-Child Healthcare Advisor 10:45 a.m. – 11:45 a.m. Nov. 10 (Fri.) and Dec. 1 (Fri.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m. Nov.8 (Wed.) Child-Rearing Advisor



Kids’ Plaza (Chibikko Hiroba)

Phoenix Ote West 2nd Floor and 3rd 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
- Kamishibai (Large Picture-Card Story)** Nov. 21 (Tues.)
- * **Time for Chibikko Kids & Birthday Party** 11:00 a.m. – 11:15 a.m. Nov. 13 (Mon.) and 27 (Mon.)
- Birthday Party** Nov. 27 (Mon.)
- * **Smiley Kids’ Day** 10:00 a.m. – 12:00 p.m. Nov. 10 (Fri.), 17 (Fri.), and 24 (Fri.)
- * **Enjoy Picture Storybooks with Your Babies** 11:00 a.m. – 11:40 a.m. Nov. 11 (Sat.)
- * **Wai Wai Chatting Time** 11:00 a.m. – 12:00 p.m. Nov. 14 (Tues.)
- * **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Nov. 18 (Sat.)
- * **Mothers’ Chat Cafe** Mother-Child Health-Care Advisor 11:00 a.m. – 12:00 p.m. Nov. 20 (Mon.)
- * **Chatting Time for Expecting Mothers** 2:00 p.m. – 3:00 p.m. Nov. 24 (Fri.)
- * **It’s Dad’s Turn for Talking with Babies** 11:00 a.m. – 12:00 p.m. Nov. 25 (Sat.)
- * **Workout Time with Parents and Children** 11:00 a.m. – 11:40 a.m. Nov. 30 (Thurs.)



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



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)

- * **Let’s Enjoy Singing Together** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Nov. 21 (Tues.)
- * **“Toy Hospital” for Fixing Broken Toys** 10:00 a.m. – 2:00 p.m. Nov. 10 (Fri.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m. Nov. 10 (Fri.) and 24 (Fri.)
- * **Let’s Enjoy Drawing Pictures** 2:00 p.m. – 3:00 p.m. Nov. 13 (Mon.)
- * **Mothers’ Chat Cafe** Mothers-Child Healthcare Advisor 10:30 a.m. – 11:30 a.m. Nov. 14 (Tues.)
- * **Mini Lecture: Tips on How to Enjoy Baby Food** 10:30 a.m. – 11:30 a.m. Nov. 16 (Thurs.)
- * **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Nov. 17 (Fri.)
- * **Sunday Toy Box** 10:45 a.m. – 11:45 a.m. Nov. 19 (Sun.)
- * **Lecture for Grandparents: Enjoy Grandchild-Rearing with Smiles** 11:00 a.m. – 12:00 p.m. Nov. 24 (Fri.)
- * **Let’s Play at the Kids’ Land** 10:30 a.m. – 11:30 a.m. Nov. 28 (Tues.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m. Nov. 21 (Tues.) Child-Rearing Advisor

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

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyō Kōryū Center, 2nd 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. Nov. 22 (Wed.) and Dec. 1 (Fri.)
- * **Let’s Play with Pla-Rail Toy Trains** 10:00 a.m. – 2:00 p.m. Nov. 11 (Sat.)
- * **Baby Massage** 1:30 p.m. – 2:30 p.m. Nov. 14 (Tues.)
- * **Dietary Talks** 10:30 a.m. – 11:30 a.m. Nov. 22 (Wed.)
- * **Let’s Play in the Temari Hall** 10:30 a.m. – 11:30 a.m. Nov. 24 (Fri.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Nov. 29 (Wed.)
- * **Mini Christmas Concert** 11:00 a.m. – 11:30 a.m. Dec. 2 (Sat.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m. Nov. 17 (Fri.) Public Health Nurse



Seasonal Events

Movie

Nagaoka Central Library, 2nd Floor Gakko-cho

CiVAS (2014 Turkey and Germany)
Nov. 19 (Sun.) 2:00 p.m. - 3:45 p.m.

Admission: Free

For further information: Nagaoka Central Library
Phone: 0258-32-0658



Cooking Class for Osechi Ryôri
Special Dishes for the New Year Holidays
Dec. 16 (Sat.) 10:00 a.m. – 12:00 p.m.
Dec. 20 (Wed.) 10:00 a.m. – 12:00 p.m.
Aguratte Nagaoka, Suyoshi-machi
(Hometown Experience Agricultural Center)

Registration is required.

Fee: ¥1,500

For further information: Aguratte Nagaoka

Phone: 0258-34-5360



A Relaxing World Tour to Vietnam
Dec. 9 (Sat.) 10:30 a.m. – 12:00 p.m.
Chikyû Hiroba

Ms. Luu Thi Phuong Thao will introduce Vietnamese traditions and culture.

Registration is required.

Limited to: 30 participants

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

Application Deadline: Dec. 4 (Mon.)

For further information:

Nagaoka City International Affairs Center, Chikyû Hiroba

Phone: 0258-39-2714



The Cross-Cultural Citizens Club Winter Party
Dec. 23 (Sat./Holiday) 1:30 p.m. – 4:00 p.m.
Machinaka Campus

Let's have a good time with Nagaokans and many friends from around the world. There will be a lot of fun programs.

Registration is required.

Limited to: 30 participants

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

Application Deadline: Dec. 16 (Sat.)

For further information:

Nagaoka City International Affairs Center, Chikyû Hiroba

Phone: 0258-39-2714



Traffic Rules for Cyclists

Cyclists should always observe and follow traffic lights and signs.

Cyclists who repeatedly commit these hazardous acts two or more times within a span of three years are required to attend a cyclist safety lecture session. Cyclists who refuse to attend the lecture session will be fined up to ¥50,000.

Major Hazardous Acts

- Disregarding traffic lights
- Ignoring stop signs
- Violating riding rules in walkways
- Riding while intoxicated
- Entering a railroad crossing after the crossing bars have lowered
- Riding a bicycle that is not equipped with properly-functioning brakes
- Riding while using a cell phone or holding an umbrella/parasol



This Month's Useful Japanese Expressions

Kuruma no Taiya Kôkan (くるま の タイヤ こうかん・^{くるま}車のタイヤ交換^{こうかん})

In this section you can learn Japanese expressions and get information useful for your daily life in Japan.

Before the snowy months arrive, you are advised to replace regular tires with special tires for winter. Tires you use in winter are called studless tires or snow tires.

Snow-covered and icy roadways are very slippery and you cannot easily stop your car on such roadways. Therefore, you need to replace regular tires with special tires before the arrival of winter.

Kuruma no Taiya Kôkan (tire replacing) services are available at car dealers, repair shops, service stations, or gas stations. When snow starts falling, these places will be

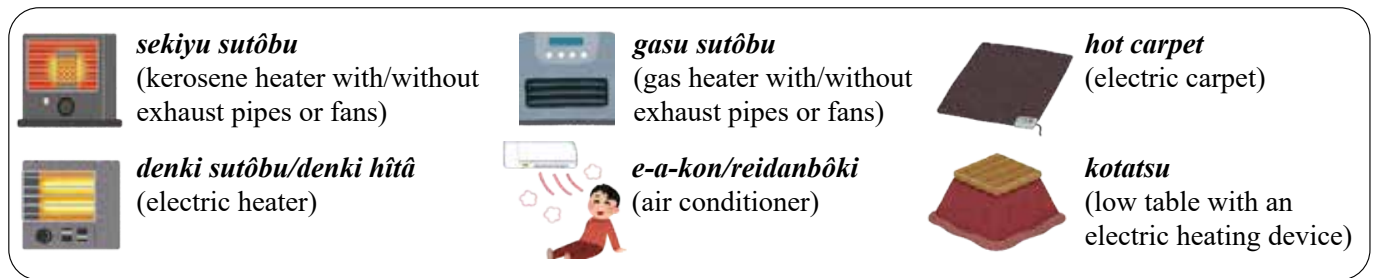
crowded with many drivers who rush to have their tires replaced all at once. We recommend you finish *taiya kôkan* as early as possible.

If you keep a snow brush in your car, it will be useful to remove any snow accumulated on the windshield, windows, and the roof of your car because the snow may obstruct your front view, which is very hazardous. Please drive very carefully on slippery snow-covered and icy roadways.



Safety Tips on How to Use Space Heaters

Most Japanese houses are not centrally heated. Space heaters and room air conditioners are widely used. Typical heating devices usually used in Japanese houses are:



Here are some safety tips on how to use space heaters.

- Do not place any flammable objects around space heaters.
- Do not place heaters near doors or curtains.
- Do not dry your laundry using space heaters.
- Do not move space heaters while they are on.
- Stay a proper distance away from space heaters.
- Be sure to ventilate your room.
- Turn off kerosene heaters when refilling their kerosene tanks.
- Make sure to close the lid of the tank tightly after refilling it.
- Fill kerosene tanks in a safe place away from any flames or burning materials.
- Turn off space heaters before you go to bed.
- Check and maintain the safety of space heaters before using them.



Some Useful Tips for Protecting Yourself from Catching Influenza



We are more likely to come down with a cold when it gets chilly. This is also the season in which many people catch the flu. The common cold virus and influenza virus are different. When you have a cold, you may have some symptoms in your throat or nose. Influenza usually brings about high fevers ranging from 38 to 40 degrees Celsius (100.4 – 104 degrees Fahrenheit) and affects your whole body with symptoms such as headaches, joint pains, or muscle pains. Here are some useful tips for preventing the flu.

- Wash your hands and gargle when you return home.
- Sufficient sleep and nutrition will help you resist diseases.
- Avoid crowds.

The flu season is usually from November to April. You are advised to get a vaccination against influenza prior to the flu season. Please contact a clinic for an appointment.

Here is a useful Japanese expression. If you want to get a vaccination against the flu, you can say “Influenza *no yobô sesshu o uketai desu* (I want to get a vaccination against the flu).”

You are advised to get proper treatment within two days after being infected by the flu. If you have symptoms such as high fever, muscle pains, joint pains, etc., immediately visit a clinic and get treatment as soon as possible.

For further information: *Kenkô Ka* (Health Division)

Phone: 0258-32-5000



Important Information about Tax Deductible Social Insurance Premiums

Your premiums or payments for the National Health Insurance, the Medical Insurance System for the Elderly Aged 75 or Over, the Public Nursing-Care Insurance System, and the National Pension Plan are all deductible on your tax return. You need to follow the proper procedures to claim your payments as a tax deduction.

Tax deductible social insurance premiums include:

- National Health Insurance
(国民健康保険・こくみんけんこうほけん/*Kokumin Kenkô Hoken*)
- National Pension
(国民年金・こくみんねんきん/*Kokumin Nenkin*)
- Medical Insurance for the Elderly
- Nursing Insurance for the Elderly

At the beginning of November, the Japan Pension Service will send out the Social Insurance Premium Deduction Certificates(社会保険料控除証明書・しゃかいほけんりょうこうじょしょうめいしょ/*Shakai Hokenryô Kôjo Shômeisho*).

When applying for a tax deduction, attach the certificate to the application form (Return Form for Insurance Premium Deduction/保険料控除申告書・ほけんりょうこうじょしんこくしょ/*Hokenryô Kôjo Shinkokusho*).

For further information: *Nagaoka Nenkin Jimusho*

(Nagaoka Pension Office)

Phone: 0258-88-0003

If you need any assistance, please contact the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (See p. 4)

Major Emergency Medical Facilities

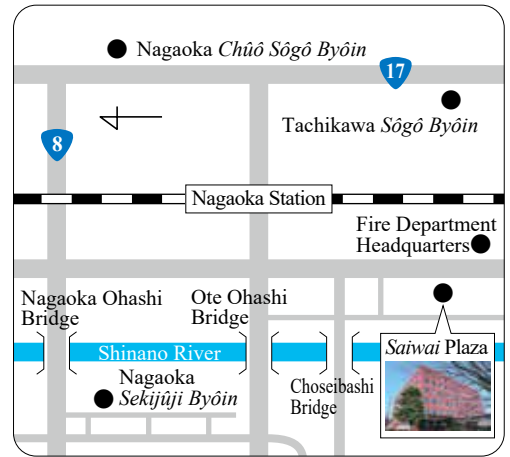


Major General Hospitals

- 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 which clinic is assigned for a particular 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.
Chuetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Friday) 6:45 p.m. – 9:30 p.m.

Telephone Consultation Service for Overseas Workers



The Ministry of Health, Labour and Welfare has been offering a telephone consultation service in five languages for overseas workers since June 1st, 2015.

The service provides information about laws related to working conditions and also introduces organizations that can help workers solve various labor-related problems.

Languages	Days ^{*1}	Hours	Phone Numbers ^{*2}
English	Mon.– Fri.	10:00 a.m. – 12:00 p.m. 1:00 p.m. – 3:00 p.m.	0570-001701
Chinese			0570-001702
Portuguese			0570-001703
Spanish	Tues., Thurs., & Fri.		0570-001704
Tagalog	Tues. & Wed.		0570-001705
Vietnamese	Wed. & Fri.		0570-001706

*1 Except for national holidays and December 28 – January 3

*2 Callers will be responsible for applicable telephone charges.

Please Pay Your Taxes by the Due Date

Taxes in Japan are classified into two categories. One is the national tax that is collected by the national government and the other is the local tax that is collected by the local governments. Foreign nationals working in Japan are also required to pay income tax (the national government tax) and the residential tax (the local government tax).

If you forget to pay your taxes, a reminder or a demand notification will be sent. Late charges are continually added until your payment is completed.

If you leave your taxes unpaid:

- ① Your assets will be investigated at financial institutions, insurance companies, and your workplace.
- ② Your property and assets may be subject to seizure.

If you have some reasons for being unable to pay your taxes, please contact the Receipt Division (*Shûnô Ka*).
Phone: 0258-39-2214