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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**







A Huge Rainwater Storage Pipe

In order to reduce the overflow of rainwater during heavy rains, the city has installed underground storm water storage pipes. 334-meter-long and 830-meter-long pipes were installed in Omotemachi and Higashi Aramachi respectively. The two new rainwater storage pipes (2.6 meters in diameter) can store a total of approximately 4.8 million liters of rainwater. They will start operating in March 2018. Rainwater in the storage pipes will be pumped up and flow back into city's drainage pipes after the rain stops.

Children from Aramachi Elementary School were invited to visit the inside of the pipe. They were amazed to see the internal width of the huge pipe.



Population and Households
As of November 1st, 2017
(compared to the previous month)

 273,575 (-83)	 133,569 (-53)	 140,006 (-30)	 106,652 (+70)
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Developing Nagaoka into a Sport-Promoting City

In commemoration of the 2020 Tokyo Olympics, the City of Nagaoka is encouraging citizens to participate in various sport activities. On November 1st, 2017, Mayor Tatsunobu Isoda appointed Ms. Mai Nakamura (a 2000 Sydney Olympic silver medalist in swimming) the city's Goodwill Sport Ambassador. She will share many special features of Nagaoka with the world, join various local sport-related events, and help promote interactions with Australian swimming teams.

The city also appointed Ms. Mai Nakamura the Head of the Nagaoka Citizens' Sport Cheering Group. On November 1st, 2017, a cheering group named "Road to Tokyo 2020" was established. Nearly 260 people, including sponsoring firms and general members, attended the inauguration ceremony. Ms. Nakamura stressed, "Many citizens of



Nagaoka helped me grow into an Olympic medalist. Let's support our athletes in the hopes that there will be more Olympic medalists from Nagaoka."

The Japanese government has officially registered our cooperation project with Australian swimming teams into its Host Town Project for the 2020 Olympics. Therefore, the City of Nagaoka is ready to give its full support to Australian swimming teams.

Up until the year 2020, Australian swimmers will occasionally stay in Nagaoka and train in preparation for four international championships. For five days from November 8th, an Australian swimming team stayed in Nagaoka for their training in preparation for the FINA (International Swimming Federation) Swimming World Cup 2017.

This training session was our third opportunity to welcome Australian swimmers to Nagaoka and facilitate their training since the city and Australian Swimming Limited signed the Deed of Cooperation in March 2017.



An Australian swimmer giving some advice to some young swimmers in Nagaoka during a training session that was open to the general public as an exchange program. (November 9)

Celebrating the 30th Anniversary of Our Sister City Affiliation

The year 2017 marks the 30th anniversary of the Cities of Nagaoka and Fort Worth, Texas, U.S.A. establishing our sister city affiliation in 1987. Through various exchange programs over the past 30 years, a total of approximately 4,200 people have visited our respective cities.

For five days from October 27th, the Nagaoka Civic Delegation led by Mayor Tatsunobu Isoda visited Fort Worth to celebrate the 30-year-long sister city affiliation. Mayor Betsy Price and Mayor Isoda reconfirmed the commitment to further strengthen the bonds of friendship between our cities.

During their stay in Fort Worth, representatives from Nagaoka's firms made presentations to introduce some special features of their current innovative projects. Meanwhile, educators from both cities also discussed various topics regarding their educational environments including discipline, counseling, cross-cultural understanding, and ICT.

For 10 days from October 21st, 30 2nd-year junior high school students from Nagaoka stayed with American host families and attended classes at local schools. We will continue to work together to further strengthen the ties of friendship by making the best use of the special features of our cities in educational and business exchanges.



- ① Mayor Isoda (left) and Mayor Price (right) reconfirming the commitment to continue friendly relations between our cities.
- ② Junior high school students from Nagaoka mingled with local people during a culture presentation party.
- ③ A business representative from Nagaoka explained to Fort Worth city officials about his company's remote information system to sensor flood water levels of rivers during disasters.

A Design of *Jōmon* Pottery for the 2020 Olympic Cauldron



In order to promote the *Jōmon* culture (ca 10,000 BC – ca 300 BC) while celebrating the 2020 Tokyo Olympic Games, a group named *Jōmon* Culture Supporters (consisting of 75 municipalities and 17 cultural representatives) was established in July 2017.

Professor Emeritus Tatsuo Kobayashi of Kokugakuin University and eight representatives from the group including Mayor Tatsunobu Isoda of Nagaoka City visited with Mr. Toshiaki Endo, the deputy chairman of the Olympic Organ-

izing Committee on November 7th, 2017 and proposed that a design of *Jōmon* pottery be used for the 2020 Olympic cauldron.

Mayor Isoda stressed, "The people of Japan take pride in the *Jōmon* culture, an indigenous ancient culture of Japan."

Mr. Endo responded, "The 2020 Tokyo Olympics will give us the perfect opportunity to share the Japanese culture with the world. We would like to think of and discuss the possibility of using a design of *Jōmon* pottery, a precious Japanese cultural asset, for the 2020 Olympic cauldron."

Office Hours during the Year-End and the New Year's Holidays



Offices	Dates	Dec. 29 (Fri.) Dec. 30 (Sat.)	Dec. 31 (Sun.) Jan. 2 (Tues.)	Jan. 3 (Wed.)
	General Information Desks 1 st Floor, East Wing City Hall Plaza – <i>Aôre</i> Nagaoka		9:00 a.m. - 5:00 p.m.	Closed
West Service Center (Riverside Senshu)		10:00 a.m. - 5:00 p.m.	Closed	10:00 a.m. - 5:00 p.m.
East Service Center (Across Plaza Nagaoka)				
Nagaoka Civic Center		Closed		



Trash Collection Days during the Year-End and the New Year's Holidays

Trash will not be collected from Dec. 31st (Sun.) to Jan. 3rd (Wed.). Trash cannot be put out during this period.

Please note that the trash collection schedule during the Year-End and the New Year's Holiday is different from the usual schedule. Trash will be collected until Saturday, December 30th. Trash collection will start again from Thursday, January 4th according to the Calendar of Collection Days. Copies of the calendar in Chinese, English, Japanese and Portuguese are available at the Nagaoka City International Affairs Center,

Chikyû Hiroba in the Nagaoka Civic Center on Ote Street. Trash can be put out only on the designated days for your neighborhood.

Twigs, leaves, and grass will not be collected in January and February. Used clothing and pieces of cloth will not be collected January, February, and March.

The Year-End Income Tax Adjustment for Salaried Workers

Kyûyo Shotokusha Shotokuzei Nenmatsu Chôsei

(給与所得者所得税年末調整・きゅうよ しょとくしゃ しょとくぜい ねんまつ ちょうせい)



If you are employed, your income tax is customarily collected from your monthly wages. However, the total amount of income tax you have paid in a year does not always correspond to the exact amount of income tax that should be imposed.

The reason for this inconsistency is that the taxable amount of your income has been calculated, on a pro-forma basis, without deducting tax exemption amounts. Various insurance premiums and the number of dependent family members are deciding factors of tax exemptions.

Therefore, all salaried workers are requested to submit declaration forms for the amount of insurance premiums they have paid for the year and the number of their dependent

family members for the year. Then the exact amount of their income tax will be adjusted at the end of the year. Around the end of each year, your employer will give you two forms of declaration on which you should fill in necessary information about your insurance premiums and dependent family members.

If you have paid an excessive amount of income tax, the refund will be made to your final paycheck of the year. On the contrary, the insufficient amount will be collected from your final paycheck of the year.

For further information, please contact the staff in charge at your workplace or the Nagaoka Tax Office / *Zeimusho*. (1-3-88 Senzai Phone: 0258-35-2070)

Current Topics in Nagaoka



The Nagaoka Business Succession Support Working Team was established to help local businesses to continue based on ties between government, industry, and academia. (November 16)



The Nagaoka Business Creation Idea Competition was held, where young people shared their ideas about how to promote attractive city development and how to start new businesses as entrepreneurs. (November 11)



The Student Information and Communication Technology (ICT) Business Idea Competition was held, where six student teams made presentations about their innovative projects. (November 3)



Mr. Nobuhiko Obayashi (a film director and a visiting professor of the Nagaoka Institute of Design) commented on some films produced by students and gave them some constructive advice. (November 1)



Construction of a new waste disposal facility in the Kaki area has been started. Equipped with cutting-edge technology, the roofed facility prevents huge amounts of waste from scattering around. (October 25)

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)



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)

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, Oct. 1st to Sunday, Jan. 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.

Dec.	3, 17, 24	¥1,200
Jan.	7, 14, 21, 28	¥1,600



Cross-Cultural New Year Get-Together



International residents and Nagaokans are welcome to enjoy many fun programs. Come and join us!



January 14, 2017

Saturday, January 20 1:00 p.m. – 3:00 p.m.

“*Kiokumirai*”, *Machinaka Campus 2nd Floor*

Admission: Free

Reservations are required.

Programs:

- Hands-on Experience of Rice Cake Pounding and Tasting
- Many Other Fun Programs

Registration Period: Dec. 20 (Wed.) – Jan. 14 (Sun.)

Please sign up with your name, phone number, and nationality at *Chikyū Hiroba*.

http://www.city.nagaoka.niigata.jp/kurashi/cate13/chikyuhiroba_en/index.html





Child-Rearing Support Facilities



December

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)
 Closed: Dec. 30 (Sat.) – Jan. 1 (Mon.)



- * **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
 - Happy Birthday Party** Dec. 18 (Mon.)
 - Gun Gun English Time** Dec. 25 (Mon.)
 - * **Mini Library** 10:45 a.m. – 11:45 a.m. Dec. 13 (Wed.)
 - * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m. Dec. 14 (Thurs.)
 - * **Child-Rearing Salon:**
Let's Share Joyful Child-Rearing Experiences
11:00 a.m. – 12:00 p.m. Dec. 21 (Thurs.)
 - * **Happy ★ Christmas Party**
10:30 a.m. – 11:30 a.m. Dec. 22 (Fri.)
 - * **Making Konnyaku (arum root starch cake)**
1:30 p.m. – 2:30 p.m. Dec. 23 (Sat./holiday)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Dec. 13 (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
 Closed: Dec. 30 (Sat.) – Jan. 1 (Mon.)

- * **Story Telling Time**
11:00 a.m. – 11:15 a.m. Every Day
 - Kamishibai (Large Picture-Card Story)** Dec. 19 (Tues.)
 - * **Mothers' Chat Cafe** Mother-Child Healthcare Advisor
11:00 a.m. – 12:00 p.m. Dec. 11 (Mon.)
 - * **Let's Enjoy Nursery Rhymes and Picture Storybooks**
11:00 a.m. – 11:15 a.m. Dec. 12 (Tues.)
 - * **Disaster Prevention Mini-Lecture**
11:00 a.m. – 11:40 a.m. Dec. 13 (Wed.)
 - * **Smiley Kids' Day**
10:00 a.m. – 12:00 p.m. Dec. 15 (Fri.)
 - * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Dec. 16 (Sat.)
 - * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. Dec. 18 (Mon.) and 25 (Mon.)
 - Birthday Party:** Dec. 18 (Mon.)
 - * **Christmas Party**
11:00 a.m. – 11:40 a.m. Dec. 22 (Fri.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Dec. 7 (Thurs.) Child-Rearing Advisor



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)
 Closed: Dec. 30 (Sat.) – Jan. 1 (Mon.)

- * **Let's Enjoy Singing Together** 10:45 a.m. – 11:15 a.m.
Dec. 18 (Mon.) and 25 (Mon.)
- * **Mothers' Chat Cafe** Mothers-Child Healthcare Advisor
10:30 a.m. – 11:30 a.m. Dec. 12 (Tues.)
- * **Let's Make Decoupage Soap Bars and Handkerchiefs**
10:30 a.m. – 11:30 a.m. Dec. 14 (Thurs.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 15 (Fri.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. Dec. 17 (Sun.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Dec. 21 (Thurs.)
- * **Santa Claus Is Coming to Teku Teku!**
10:30 a.m. – 11:00 a.m. Dec. 22 (Fri.)
- * **Christmas Concert**
2:00 p.m. – 2:30 p.m. Dec. 23 (Sat./holiday)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. Dec. 26 (Tues.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Dec. 7 (Thurs.) Experienced Mothers
Dec. 19 (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.
 Wednesdays, Fridays, and Saturdays
 Closed: Dec. 28 (Thurs.) – Jan. 4 (Thurs.)

- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Dec. 12 (Tues.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Dec. 20 (Wed.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Dec. 20 (Wed.)



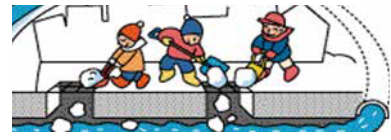
Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Dec. 6 (Wed.) Maternity Nurse
Dec. 15 (Fri.) Public Health Nurse



Things You Should Keep in Mind during Winter Months

(*Fuyu no Seikatsu de Ki o Tsukerukoto* / 冬の生活で気をつけること)

In Nagaoka, it gets very chilly and cold usually from the beginning of December to the end of March. We will also have a lot of snow. Here is some advice to keep in mind during snowy months.



- Do not ride a bicycle when it snows. Icy and snow-packed roads are very slippery.
- Waterproof and skid-proof boots or shoes are recommended because snow in Nagaoka is heavy and wet. In addition, the city's roads are mostly wet all the time during snowy months because of water from snow-melting pipes.
- Wear shoes with skid-proof soles and keep your hands out of your pockets when walking, which will help to prevent you from falling down.
- Be careful not to fall into roadside snow-dumping ditches or gutters as they can be very hazardous.



- When we have a lot of snow, watch out for lumps of snow sliding down from roofs.
- Keep a shovel and a brush in your car to remove any snow accumulated on or around your car before starting to drive.
- When it gets very cold and icy, the rubber parts of your windshield wipers may adhere to the windshield and they are likely to be torn apart. It may be a good idea to keep your windshield wipers up when your car is parked.
- You are advised to leave your emergency brake off because it may freeze during winter months.
- Make sure your winter tires have enough treads. These grooves help prevent skidding.
- Drive carefully by accelerating, braking, and steering slowly.

Three Hazards in Winter Months



すべります (滑ります)
Suberimasu.

The pavement is slippery.



せまくなります (狭くなります)
Semaku narimasu.

Roads become narrower.



見えなくなります (見えなくなります)
Mienaku narimasu.

You cannot see well.



Safety Tips for Snowy Months

Warning against Traffic Accidents for Drivers



Driving between December and March in Nagaoka requires special precautions because snow-packed roads are 4-5 times as slippery as dry pavement. Here are some preparations and precautions to take:

- **Replace regular tires with studless snow tires.**
However, neither chains nor snow tires make it safe for you to drive on icy or snow-covered roadways at normal speeds.
- **Keep a safe distance.**
The space needed between your car and the cars in front of and behind you is much greater when driving on ice and packed snow than on dry pavement.
- **Be watchful for pedestrians.**
Drive at an appropriate speed and start slowing down long before you come to an intersection or before you turn.
- **Try not to splash the water** flowing out of the snow-melting devices called “*shōsetsu paipu*” while you are driving.
- **If you keep a shovel in your vehicle**, it will be helpful in case your vehicle gets stuck in the snow.



Echigo Kyûryô Kôen (Echigo Hillside Park) Winter Illumination



Winter Illumination

- About 400,000 LED lights illuminate a huge zelkova tree.
- A six-meter high champagne-glass tree

**Dec. 2 (Sat.), 3 (Sun), 9 (Sat.),
10 (Sun.), and 16(Sat.) – 25(Mon.)**
Hours: 4:00 p.m. – 9:00 p.m.



Winter Fireworks

Dec. 9 (Sat.), 16 (Sat.), 23 (Sat./holiday), and 24 (Sun.)
Hours: 7:30 p.m. – (About 3 minutes)

Stage Shows

(concerts, dances, and many other fun programs)

Dec. 2 (Sat.), 3 (Sun), 9 (Sat.), 10 (Sun.), and 16 (Sat.) – 25 (Mon.)

Hands-on Experience of Rice Cake Pounding and Tasting

Jan.2 (Tues.) and 3 (Wed.)
Hours: 12:00 p.m. – 1:00 p.m.



Admission and Parking: Free (December – March)

Hours: 9:30 a.m. – 4:30 p.m.

9:30 a.m. – 9:00 p.m. (Winter Illumination Days)

Closed: Dec. 4 (Mon.) – 6 (Wed.),

Dec. 11 (Mon.) – 13 (Wed.), 26 (Tues.)

Dec. 29 (Fri.) – Jan. 1 (Mon./holiday), and 9 (Tues.)

For further information:

Echigo Hillside Park Management Center

Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1171.html>

A Spectacular World of Lights “Aollumination” 2017- 2018

Dec. 9 (Sat.) – Feb. 14 (Wed.) 4:00 p.m. – 10:00 p.m.
(except for Jan. 1 – 3)

Approximately 70,000 LED lights create a huge tree of lights.
City Hall Plaza – Aôre Nagaoka

Lighting Ceremony for Illumination in the Downtown Area

City Hall Plaza – Aôre Nagaoka,
Nakadoma (roofed plaza)

Dec. 9 (Sat.) 5:00 p.m. –

For further information: Niigata Future Creation Network
Phone: 0258-39-2500

Movies

Nagaoka Central Library, 2nd Floor Gakko-cho

Kohaku ga Umareta Hi (2014 Japan)

Dec. 13 (Wed.) 2:00 p.m. - 3:20 p.m.

The Nutcracker (2014 Japan)

Dec. 24 (Sun.) 10:00 a.m. - 11:25 a.m.

Christmas Carol (1938 U.S.A.)

Dec. 24 (Sun.) 2:00 p.m. - 3:15 p.m.



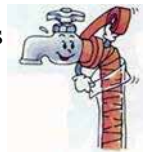
Admission: Free

For further information: Nagaoka Central Library

Phone: 0258-32-0658

❄️ Preventing Tap Water from Freezing ❄️

- Wrap water pipes with thermal insulation and wrap that with plastic tape. It is also helpful to cover pipes with cardboard.
- Drain water out of household water-heaters when it gets extremely cold at night.
- It also helps to keep water dripping from a faucet in a thin flow.
- When water does not run because it is frozen, cover the faucet with a towel and pour warm water slowly over it. Do not use extremely hot or boiling water, which is not safe because you might get burned if it splashes on you or the water pipe may crack.
- If water pipes break, close the stopcock installed near the water gauge box and contact the city’s designated water supply installation service providers (construction companies), which are listed on the following webpage.
http://www.city.nagaoka.niigata.jp/kurashi/cate05/jyousui/gyousha_1.html



Warnings against Fires

People seem to become busier especially during the Year-End and New Year’s Holiday season and pay less attention to preventing fires. Here are some helpful tips to protect your life and property from fires.



•Do not leave flammable materials near space heaters.



•Do not leave a cooking stove unattended while it is on.



•Do not smoke in bed.

Major Emergency Medical Facilities

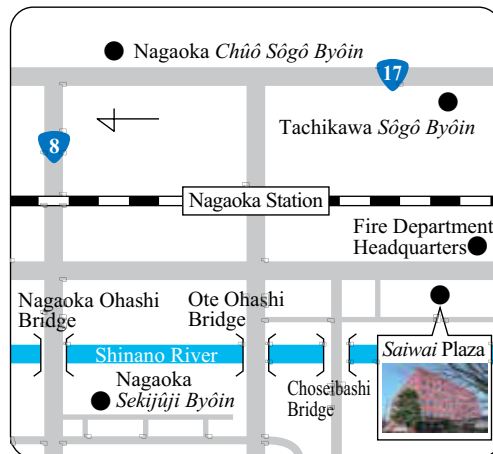


Major General Hospitals

- 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. Closed: Dec. 29 (Fri.) to Jan. 3 (Wed.) (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. Closed: Dec. 29 (Fri.) to Jan. 3 (Wed.)

Emergency Treatment

From Dec. 31 (Sun.) to Jan. 3 (Wed.) at the Civic Health Center (*Saiwai Plaza* – 1F)

Departments	Hours
Internal Medicine Pediatrics & Surgery	Dec. 31 (Sun.) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
	Jan. 1 (Mon./Holiday) – Jan. 3 (Wed.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
Dentistry	Dec. 31 (Sun.) – Jan. 3 (Wed.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.

<http://www.city.nagaoka.niigata.jp/fukushi/cate01/isya.html>

A Guide to School Enrollment



Enrollment in elementary school and junior high school is compulsory in the Japanese educational system. While school enrollment for children of foreign nationals is not compulsory in Japan, they are welcome to apply for it.

A guardian whose child was born during the following period can apply for the child’s first-year school enrollment which will start in April, 2018.

Elementary School

For a child born between April 2, 2011 and April 1, 2012

Junior High School

For a child born between April 2, 2005 and April 1, 2006

A guardian whose child has enrolled in a Nagaoka City public elementary school will receive a Notice of Admission to a city junior high school in the mid-December.

Enrollment in elementary schools and junior high schools is free of charge. Guardians are responsible for paying for school supplies (except for textbooks), school trips, school lunch, and other necessary things.

The School Attendance Support System provides subsidies for elementary and junior high school students from households whose total income for the previous year is lower than the standardized amount.

For application and further information, please contact: *Gakumu Ka* (School Affairs Division) Phone: 0258-39-2239

If you need any language assistance, please contact the staff at the Nagaoka International Affairs Center, *Chikyû Hiroba*, in the Nagaoka Civic Center on Ote Street. (refer to p.4)