



Vol. 321
February
2018

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



You're Almost There!

On January 1st, 86 runners joined the annual New Year's Day Marathon in the Teradomari District. The runners cheerfully and energetically ran through their neighborhood starting from Shirayamahime Shrine.

The 400th Anniversary of the Establishment of Nagaoka Chapter 1

The Year 2018 Celebrates the 400th Anniversary of the Establishment of Nagaoka. Let's look back on Nagaoka's 400-year-old history.

In 1618, the Makino Clan was appointed to rule the Nagaoka feudal domain by the Tokugawa Shogunate Military Government. The first lord, Tadanari Makino (1581 - 1654) held the fief of Nagaoka, which yielded 74,000 *koku*. This measure of *koku* was used to show how much each feudal domain was allowed to yield in crops of rice.

Tadanari Makino was born as the first son of the Makinos in Ushikubo Mikawa no Kuni (present-day Toyokawa City, Aichi Prefecture) in 1581. Yasunari Makino, Tadanari's father, was a lord of Ushikubo Castle. Tadanari Makino entered Echigo Nagaoka in 1618. The Makino Clan reigned over Nagaoka for 250 years by emphasizing its guiding philosophy known as 常在戦場・じょうざいせんじょう (*Jōzai Senjō*), which means "always have the spirit of being on a battlefield."



Wooden Statue of Tadanari Makino (property of Fusajji Temple)

Population and Households
As of January 1st, 2018
(compared to the previous month)

273,296 (-147)	133,412 (-89)	139,884 (-58)	106,683 (-32)

Major Features:

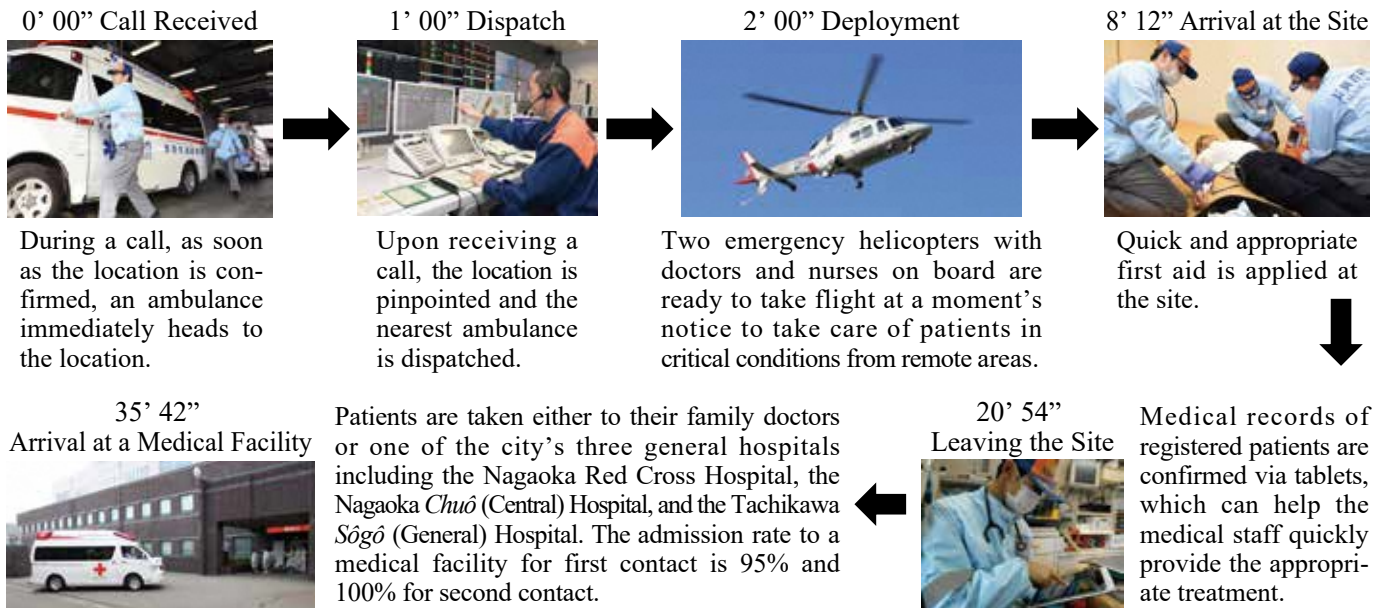
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The Nagaoka City Emergency Medical Support System at 119

In the jurisdiction of the Nagaoka City Fire Department Headquarters, ambulances were dispatched 10,094 times and took care of 9,372 patients in 2016. The city is proud of its system that can quickly respond to 119 callers as soon as possible. The statistics for 2016 below show that Nagaoka's ambulances arrived at scenes quicker than in any other municipalities of Japan.

Average Arrival Time from Initial 119 Call to Scenes and Medical Facilities (2016)

	Average Arrival Time to a Scene	Average Arrival Time to a Medical Facility
Nagaoka	8' 12"	35' 42"
Niigata Prefecture	8' 54"	44' 12"
Nationwide	8' 30"	39' 18"



Individual Number (*Kojin Bangō*) or "My Number"

A 12-digit *kojin bangō* (individual number) is issued to every registered individual living in Japan. Starting in November 2015, notice cards called *tsūchi kâdo* with *kojin bangō* (individual number) have been sent to residential addresses via registered mail. Your individual number is necessary for various procedures at public offices and other related places. Please make sure to keep your notice card secure and do not lose it. Also do not unnecessarily give out your individual number to other people.

You can also apply for *Kojin Bangō Kâdo*, an Individual

Number Card, at the city office. This plastic card will have your individual number and your facial photo on it. You can use this card as an ID card.

By using your *Kojin Bangō Kâdo* (Individual Number Card), you can get a copy of your residence certificate (*jūminhyō*), seal registration certificate (*inkan tôrokusho*), family register certificate (*koseki shômeisho*), and income and taxation certificate (*shotoku kazei shômeisho*) at around 110 convenience stores in Nagaoka, starting on February 1st, 2018.



The Nagaoka Institute of Design Stepping into A New Phase



The Nagaoka Institute of Design (NID) was established as a publicly-built and privately-operated college in 1994. It has been four years since NID was reborn as a municipal university corporation in 2014.

The design-oriented institute has enthusiastically promoted and strengthened bonds with the local community and business sector. A variety of unique educational programs have attracted students from many parts of Japan. Since becoming a public college, there are five times as many applicants as there are open enrollment slots.

Teikyo Nagaoka High School Finished Third in the Winter Cup 2017



The National High School Basketball Winter Cup 2017 was held at the Tokyo Metropolitan Gymnasium at the end of December, 2017. The Teikyo Nagaoka team finished third by defeating Fukuoka Daiichi High School (the 2016 champion team), 69 to 58. This is the first time for a high school in Nagaoka to place third. After placing fourth in the previous Winter Cup, the Teikyo Nagaoka High School team also became one of the top four teams in the Summer National Inter-High School Tournament in 2017.

Important Information about Annual Income Reports ~Tax Withholding Slips and Filing Final Tax Returns~



If you are a registered resident in Nagaoka City as of January 1st, 2018, you are required to report your annual income to the City Office by Thursday, March 15th 2018.

If you do not report your income by submitting a final income tax return form, various documents might not be issued including income verification certificates, which are necessary when applying for children's enrollment in nursery school, public housing, or business fund loans. Premiums for your National Health Insurance or Nursing Care Insurance and nursery school fees might not be calculated either.

In Japan, income earners are required to pay income tax (*shotokuzei* しょとくぜい・所得税) and residential tax (*juminzei* じゅうみんぜい・住民税). The income tax is customarily deducted from your earnings when a payment is made by your employer. Then, the deducted amount for the income tax is paid to the government's tax office (*zeimusho* ぜいむしょ・税務署). This custom of prior deduction of income tax from your earnings is called *gensen choshu* (げんせん ちょうしゅう・源泉徴収).

The appropriate annual amount of income tax to be paid is finally computed when all the earnings of the year are determined at the end of the year to find out whether you have paid too much or too little.

You are required to file a final income tax return if you have received payments from multiple employers. This filing is called *kakutei shinkoku* (かくてい しんこく・確定申告). For your earnings in 2017, you can file a final income tax return from Friday, February 16th to Thursday, March 15th, 2018.

Tax withholding slips (*gensen choshuhyo* げんせん ちょうしゅうひょう・源泉徴収票) that were sent to you from your employer(s) are needed when you file a final income tax return. In addition to this, due to the introduction of the Individual Number (*Kojin Bangô* / My Number) System, your individual number and personal identification documents (such as your residence card) are needed when you submit your final income tax return form and other necessary documents. These requirements started with income for 2016.

If the total amount of your earnings is relatively small, there is a possibility that you will be able to have some of your income tax returned. This practice is called *kampu* (かんぷ・還付).

On the contrary, you may be required to pay additional income tax if income taxes have not been deducted from relatively large amounts of your other additional earnings.

As for the residential tax, no prior deduction is made. A bill (*nozei tsuchisho* のうぜい つうちしょ・納税通知書) for the residential tax will be sent to you in June (in June 2018 for earnings in 2017) when your total amount of earnings is determined. If your total amount of income for the year is relatively small, you will not be required to pay the residential tax. In such a case, a residential tax bill will not be sent to you.

Every individual working in Japan is required to pay the residential tax, regardless of his or her nationality. In principle, it is imposed on your total annual income beginning on January 1st of every year.

The residential tax must be paid to the municipality where you were registered as a resident on January 1st of that year. There are two ways of paying the tax. It may be deducted from your monthly wages, or you can pay directly to the city at a financial institution.

When paying at a financial institution, you have the choice of a one-time payment or a four-time installment payment.

The residential tax for this year, 2018, is calculated based on your total annual income for the year 2017. If you do not report your income by submitting a final income tax return form, the residential tax for the year cannot be determined. Please be sure to report your annual income of the previous year to the Citizens' Tax Division of the Nagaoka City Office or the Tax Division of each district office by Thursday, March 15th, 2018.

For further information: Nagaoka Tax Office/Nagaoka Zeimusho ながおか ぜいむしょ・長岡税務署

Phone: 0258-35-2070

Citizens' Tax Division, Nagaoka City Office/Nagaoka Shiyakusho Shiminzei Ka

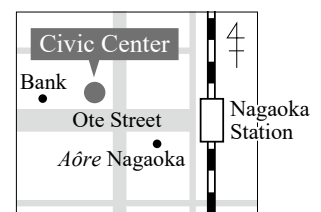
ながおか しゃくしょ しみんぜいか・長岡市役所市民税課

Phone: 0258-39-2212

National Tax Agency's Web Site:

Japanese: <http://www.nta.go.jp/index.htm>

English: http://www.nta.go.jp/foreign_language/index.htm



Consultations are being offered at: Basement of the Nagaoka Civic Center on Ote Street

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)

February	2, 6, 9, 13, 16, 20, 23, 27	¥1,600
March	2, 6, 9, 13, 16, 20, 23, 27	¥1,600

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)

February	4, 11, 18, 25	¥1,600
March	4, 11, 18	¥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.
- 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.



A Relaxing World Tour to Mexico

~ The Kingdom of the Sun ~



Feb. 24 (Sat.) 10:30 a.m. – 12:00 p.m.

Chikyū Hiroba

Limited to: 30 participants, registration is required.

Application Deadline: Feb. 19 (Mon.)

Mr. Israel from Mexico will introduce Mexican traditions and culture.

A Relaxing World Tour to Uzbekistan

~ An Oasis along the Silk Road ~



Feb. 25 (Sun.) 10:30 a.m. – 12:00 p.m.

Chikyū Hiroba

Limited to: 30 participants, registration is required.

Application Deadline: Feb. 20 (Tues.)

Ms. Yui Kobayashi, an overseas cooperation volunteer for JICA (Japan International Cooperation Agency), will introduce traditions and culture of Uzbekistan.

For further information:

Nagaoka City International Affairs Center, *Chikyū Hiroba*

Phone: 0258-39-2714

Recent Events

Cross-Cultural New Year Get-Together

Over 85 participants (including international residents from 15 countries and Nagaokans) joined the Cross-Cultural New Year Get-Together on Saturday, January 20th. The event was held at Machinaka Campus Nagaoka in the Phoenix Ote East Building on Ote Street. They enjoyed a hands-on experience of rice-cake pounding and tasting, and playing traditional games.



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** Feb. 12 (Mon./Holiday)
- * **Happy Birthday Party** Feb. 19 (Mon.) 
- * **Cooking Time with Kuruma-fu (wheel-shaped wheat gluten)** Feb. 26 (Mon.)
- * **Child-Rearing Salon:**
Child-Rearing with Your Mother-in-Law
11:00 a.m. – 12:00 p.m. Feb. 8 (Thurs.)
- * **Mini-Lecture: How to Make Soup Stock for Baby Food**
11:00 a.m. – 12:00 p.m. Feb. 10 (Sat.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Feb. 14 (Wed.)
- * **Mini-Library** 10:45 a.m. – 11:45 a.m. Feb. 14 (Wed.)
- * **Handicraftwork Cafe**
10:00 a.m. – 11:30 a.m. Feb. 15 (Thurs.)
- * **Child-Rearing Salon: Fathers on “Child-Rearing Leave”**
11:00 a.m. – 12:00 p.m. Feb. 24 (Sat.) 

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Feb. 14 (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)** Feb. 21 (Wed.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. Feb. 5 (Mon.)
Birthday Party: Feb. 26 (Mon.)
- * **Smiley Kids' Day** 10:00 a.m. – 12:00 p.m.
Feb. 9 (Fri.), 16 (Fri.), and 23 (Fri.)
- * **It's Dad's Turn for Talking with Babies**
11:00 a.m. – 12:00 p.m. Feb. 11 (Sun.)
- * **“Picture Storybook Therapy” for Adults**
10:30 a.m. – 12:30 p.m. Feb. 14 (Wed.) 
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Feb. 17 (Sat.)
- * **Mothers' Chat Cafe**
11:00 a.m. – 12:00 p.m. Feb. 19 (Mon.)
- * **Playing with Picture Stories (Ehon no Tobira)**
11:00 a.m. – 11:30 a.m. Feb. 20 (Tues.)
- * **Baby Food and Children Eating with Their Hands**
11:00 a.m. – 11:40 a.m. Feb. 22 (Thurs.)
- * **Let's Play with Pla-Rail Toy Trains**
11:00 a.m. – 3:00 p.m. Feb. 25 (Sun.) 
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Feb. 27 (Tues.)
- * **Chibikko Hina Doll Festival**
11:00 a.m. – 11:30 a.m. Feb. 28 (Wed.)
- * **Let's Play with Grandmothers**
11:00 a.m. – 11:30 a.m. March 6 (Tues.)

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Feb. 1 (Thurs.) Child-Rearing Advisor

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

Child-Rearing Support Facilities

February

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** Every Monday
10:45 a.m. – 11:15 a.m. Feb. 12, 19, and 26
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Feb. 8 (Thurs.) and Feb. 22 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Feb. 9 (Fri.)
- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Feb. 9 (Fri.) and 23 (Fri.)
- * **Let's Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Feb. 12 (Mon./Holiday)
- * **Mothers' Chat Cafe**
10:30 a.m. – 11:30 a.m. Feb. 13 (Tues.) 
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Feb. 16 (Fri.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. Feb. 18 (Sun.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. Feb. 27 (Tues.)
- * **Hina Doll Festival**
10:30 a.m. – 11:00 a.m. March 2 (Fri.) 
- * **Lecture for Expecting Mothers: Refreshing with “Maternity-bics”**
2:00 p.m. – 3:00 p.m. Mar. 15 (Thurs.)


Free Child-Rearing Counseling 10:30 a.m. – 11:30 p.m.
 Feb. 20 (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
Special Event Day: Feb. 4 (Sun.) 10:00 a.m.-3:00 p.m.

- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Feb. 13 (Tues.) 
- * **Making and Playing with Hand-Made Toys**
11:00 a.m. – 11:30 a.m. Feb. 14 (Wed.)
- * **Let's Make Hina (Girls' Day) Doll Festival Decorations**
11:00 a.m. – 11:30 a.m. Feb. 20 (Tues.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Feb. 21 (Wed.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Feb. 28 (Wed.)
- * **Hina Doll Festival**
10:30 a.m. – 11:15 a.m. March 1 (Thurs.)

Free Child-Rearing Counseling
 10:30 a.m. – 11:30 a.m.
 Feb. 16 (Fri.) Public Health Nurse 

Local Snow Festivals and Seasonal Events

Nagaoka Yukishika Matsuri

Feb. 17 (Sat.) 10:00 a.m. – 6:30 p.m.

Feb. 18 (Sun.) 10:00 a.m. – 4:00 p.m.

Senshûgahara Furusato no Mori and the Hive Nagaoka Area “Yukishika” was the name of a store that used to preserve snow in a pyramid-like structure throughout the year. They sold this snow for refrigeration up until 1950s.

- Making 100 Snowmen

Registration: 10:00 a.m. – 3:00 p.m.

- *Wampaku* (Wild Kids) Plaza

Feb. 17 (Sat.) and 18 (Sun.)

10:00 a.m. – 4:00 p.m.

- Jumbo Snow Slide
- Snow Wall Climbing
- Rice-Cake Pounding
- Alpaca Farm

- Food, Drinks, and Regional Products

- Stage Shows

- Fireworks

Feb. 17 (Sat.) 6:00 p.m.

- Snow Queen Contest

Feb. 18 (Sun.) 1:30 p.m. – 3:00 p.m.



For further information: Nagaoka Chamber of Commerce and Industry
Phone: 0258-32-4500

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

Oguni Yuki Matsuri and Free Style Motocross Show

Feb. 24 (Sun.) 5:30 p.m. –

Yukibotaru (Firefly in the Snow)

Feb. 25 (Sun.) 8:15 a.m. – 4:00 p.m.



Oguni Sport Park

- Illumination in the Snow

Feb. 24 (Sat.) 5:30 p.m. –

- Enduro *Taikai* Feb. 25 (Sun) 8:15 a.m. – 4:00 p.m.

- Motorcycle Race in the Snow

Feb. 25 (Sun) 11:20 a.m. and 2:40 p.m.

25-minute bus ride from JR Tsukayama Station

15-minute drive from Ojiya IC

For further information: Oguni Branch Office

Phone: 0258-95-5906

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

Echigo Kawaguchi Setsudô (snow hut)

Hibotarusai (Firefly Festival)

Feb. 24 (Sat.) 12:00 p.m. – 7:30 p.m.

Kawaguchi Sport Park

- * Snow Piling Contest

- * Recreational activities in the Snow

- * Stalls serving food with locally grown ingredients

- * Illumination in the Snow 4:00 p.m. –

After sunset, approximately 10,000 candles in the snow will create a mystical world of lights.

- * Fireworks: 6:50 p.m. –

15-minute drive from Echigo Kawaguchi IC

5-minute taxi-ride from JR Echigo Kawaguchi Station

For further information: Kawaguchi Branch Office

Phone: 0258-89-3113

<http://www.city.nagaoka.niigata.jp/kankou/event/kawa-winter.html>



Koshi no Himatsuri

(Bonfire Festival)

March 10 (Sat.)

11:00 a.m. – 6:30 p.m.



Tanesuhara, Yamakoshi District

- Alpaca Farm
- Stage Shows
- Little Kids Plaza (tubing down a snowy slope)
11:00 a.m. – 4:00 p.m.

- Bullfighting in the Snow: 1:00 p.m. – 2:00 p.m.

- Kindling *Sai no Kami* (a 25-meter-high bonfire) 6:00 p.m.
Sai no Kami is a traditional event to pray for good health and bumper crops by making a bonfire of straw and thatched grass in a tall conical pile.

- Fireworks: 6:00 p.m.

- Food, Drinks, and Local Products

For further information: Yamakoshi Branch Office

Phone: 0258-59-2343

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

Tochio Hodare Matsuri

March 11 (Sun.)

9:30 a.m. – 4:00 p.m.



Shimoraiden Area, Tochio

“Hodare” literally means rice plants drooping with heavy heads of grain. During this unique festival, people carry around a 600-kilogram 2.2-meter-long wooden object of worship, which is believed to ensure a safe childbirth and good fortune for people.

<http://tochiokankou.jp/hodare/>

A Day Trip to Tochio by Bus for the Hodare Festival

March 11 (Sun.) 9:30 a.m. – 4:00 p.m.

Meet at the East Exit area of Nagaoka Station or in front of Municipal Auditorium in Saiwai-cho

Fee: ¥4,500 (including lunch)

Registration: By Feb. 23 (Fri.)



Tochio Tourism Association

Phone: 0258-51-1195 Fax: 0258-51-1190

If you need any assistance for registration, please contact the staff of the International Affairs Center, *Chikyû Hiroba*. (refer to p.4)



Time-Honored *Hina* Dolls on Display Feb. 18 (Sun.) – March 7 (Wed.)



Approximately 500 *Hina* dolls and pieces of their miniature furniture that have been carefully preserved and cherished for many years by the

Makino Family (Lords of Nagaoka *Han*-Feudal Domain) will be on display at the Municipal Museum of Science. The dolls' elegant ancient *kimonos* and elaborately-made pieces of furniture are the highlights of the display.

The Municipal Museum of Science

1st Floor, Saiwai Plaza

2-1-1 Saiwai-cho

Phone: 0258-32-0546

Hours: 9:00 a.m. – 5:00 p.m.

Closed: February 19 (Mon.) and
March 5 (Mon.)



Echigo Nagaoka *Hina* Doll Displays Feb. 15 (Thurs.) – March 7 (Wed.)

Time-honored *hina* dolls, which have been preciousely kept and cherished for many years by their owners, will be displayed at approximately 50 locations including the Nagaoka Grand Hotel, *Aôre* Nagaoka, and store windows around the Ote Street area.



Current Topics in Nagaoka



At Nagaoka *Mirai Juku* (a learning program for the future), 37 junior high school students expressed their future ambitions. During this learning program, instructors, experts, and professionals from various fields of interest talked about their experiences. The students discussed what they learned from these professionals before making their own presentations. (January 21, 2018)



As a part of the movement campaigning for an ancient flame-style pottery design for the 2020 Tokyo Olympic and Paralympic Cauldron, a replica of the pottery is on display at the Kokugakuin University Museum in Tokyo until February 25th. Visitors can appreciate the beauty of the pottery by touching and holding it. (January 16, 2018)



The number of people who committed suicide in Nagaoka is around 80 every year. In order to establish countermeasures against these tragedies, a committee was formed consisting of 16 organizations from the areas of medicine, welfare, and education. (December 27, 2017)



The Nagaoka Youth Employment Organization hosted a casual get-together for students, newly-hired employees, and recruitment staff from local firms. They discussed the current employment situation in Nagaoka and some special features and benefits of working in Nagaoka. (December 27, 2017)

Major Emergency Medical Facilities

Major General Hospitals

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

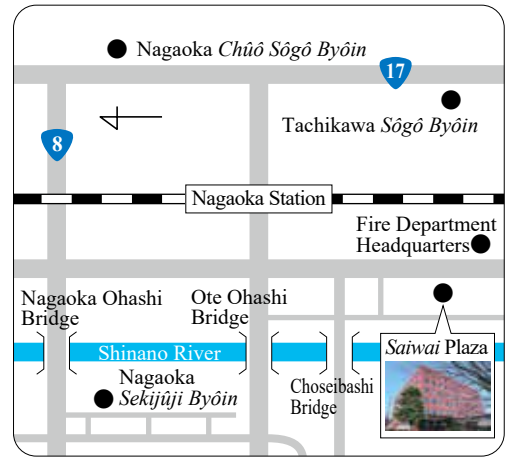
Nagaoka *Sekijûji Byôin* (Red Cross Hospital) 0258-28-3600

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 – Saturday) 6:45 p.m. – 9:30 p.m.

Warnings against PM2.5

Atmospheric particles less than 2.5 micrometers in diameter are referred to as PM 2.5, which are air pollutants. Because of their small size, the fine particles can enter deeply into the lungs, which can cause health problems such as asthma and bronchitis. The atmospheric concentration of PM 2.5 is constantly checked at 12 monitoring stations in Niigata Prefecture including Jôoka Monitoring Station in Nagaoka City.

If PM 2.5 levels become elevated:

- The Niigata Prefectural Government Office will issue warning information.
- Information will be distributed via radio and TV broadcast.
- Nagaoka City will distribute information via its website and information vans as well as to schools and welfare facilities.

If PM 2.5 warnings are issued:

- Refrain from going outside and avoid intense physical activities.
- Wear a surgical mask when going outside.
- Avoid opening windows or using ventilation unless absolutely necessary.
- Children, the elderly, and patients with respiratory or circulatory problems are advised to be careful when moving around by carefully considering their health condition.

For PM 2.5 Warning Information:

Prefectural Website <http://www.niigata-taiki.jp/>
 Mobile Phone <http://www.niigata-taiki.jp/m/>
 Telephone Service 025-280-5104



Telephone Consultation Service for Overseas Workers



Languages	*1 Days	Hours	*2 Phone Numbers
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.

Human Rights Bureau, Ministry of Justice Multilingual Human Rights Hotline

This telephone consultation service is available in different languages including Chinese, English, Korean, Filipino, Portuguese, and Vietnamese. If you have any difficulties due to cultural differences, we recommend you use this telephone consultation service. Please dial 0570-090911 on weekdays from 9:00 a.m. to 5:00 p.m. Call rates to the call center will be charged. Internet consultation service is also available in Chinese and English.