



Vol. 327  
August  
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

## Have A Great Summer!



Fourth graders from Kawaguchi Elementary School enjoyed catching fish with their hands at the Kawaguchi fish trap weir. The weir reopened for the first time in seven years after it was closed due to the damage caused by the 2011 Niigata-Fukushima downpour.

Hours: 10:00 a.m. – 4:00 p.m.

Every Day until November 30 (Fri.)

For further information:  
Industrial and Construction Division  
Kawaguchi Branch Office  
Phone: 0258-89-3113

長岡開府400年

ROOTS  
400

## The 400<sup>th</sup> Anniversary of the Establishment of Nagaoka Chapter 5

Nagaoka's fireworks display began in the Edo period (1603 – 1867). According to an old record of events, 3-inch to 7-inch fireworks shells were launched in 1821 as signal fires. They were named "Innumerable Stars in the Sky" and "Stars in the Galaxy."



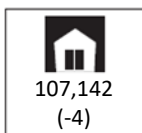
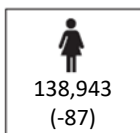
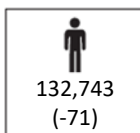
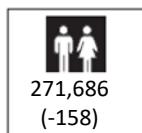
A chronicle compiled in 1879 by a former clansman of the Nagaoka feudal domain has a painting depicting fireworks launched in the daytime. In the painting there are a couple of *samurai* warriors on a street and construction workers watching

the fireworks. Fireworks have been admired by many citizens on various occasions in Nagaoka since the Edo period.

During the 2018 Nagaoka Peace Festival on August 1<sup>st</sup>, pyrotechnicians from Toyokawa in Aichi Prefecture, the home of the Makinos (lords of the Nagaoka feudal domain) shot up fireworks from big hand-held bamboo launching tubes on Ote Street. It was truly amazing to watch big pillars of flames reaching for the sky.



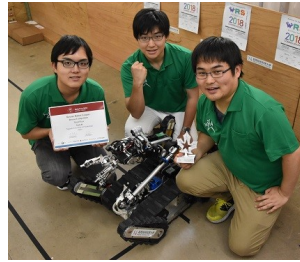
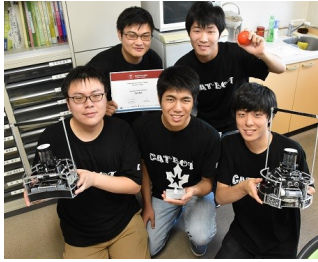
Population and Households  
As of July 1<sup>st</sup>, 2018  
(compared to the previous month)



### Major Features:

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## The 2018 RoboCup International Competition



An international competition for robot operating skills was held in Montreal, Canada in June.

The Cat-Bot (a group of students from the National Institute of Technology, Nagaoka College) finished second in the RoboCup Junior Soccer Open League, in which 28 teams from 20 countries competed.

The Nexis-R (a joint group of local firms and students from the Nagaoka University of Technology) finished third in the RoboCup Rescue League in which 22 teams from ten countries participated.

Mayor Isoda highly praised their success by hoping that their efforts help Nagaoka's younger generations and future entrepreneurs explore the possibilities of developing new business opportunities in the field of technology.



The group demonstrating their skills to Mayor Isoda (July 12)

## Nagaoka Youth Challenge Shop



There is a system named "Nagaoka Youth Challenge Shop" to support people who are willing to start their own businesses. This system will help future entrepreneurs under 40 years old experience opening their own shops and offer them individual

business consultations at the Nagaoka Youth Employment Organization office.

This hands-on-experience of opening your own shop will help future entrepreneurs acquire the necessary knowledge and business skills useful for welcoming customers. Budding shop-owners will be able to set up their own shops at *Go To no Ichi*, the open-air market held every five days in Sakanoue-machi and other areas.

During the individual business consultations, experts will give financial plans, advertising strategies, and many other ideas to start new businesses. These consultations are at NaDeC BASE on Ote Street. There will be no charge for opening shops and consultations.

For further information:  
Nagaoka Youth Employment Organization Office  
Phone: 0258-86-6008

## Come and Meet *Toki*, the Japanese Crested Ibis!

"Toki Mi~Te" (literally meaning "take a look at *toki*") is the name of an observation cage set up at the Learning Center for Japanese Crested Ibis and Nature in the Teradomari district. The facility is also known as the Nagaoka City *Toki* Breeding Center. The *toki*, with its beautiful *toki*-colored (light pink) wings, is an internationally protected bird.

In order to help *toki* reinhabit the natural environment on Sado Island, the city has been part of a project to breed and raise *toki* since October 2011. A total of 39 chicks were born so far at this facility. The center will open to the public starting on Saturday, August 18<sup>th</sup>. Visitors can enjoy observing *toki* from as close as 2 meters.

Hours: 9:00 a.m. – 5:00 p.m.

Closed: Mondays

Admission: ¥100 for adults, free for junior high school students and younger



## The Downtown Summer Festival (*Machinaka Natsu Matsuri*)



### Beer Festa on Ote Street

**August 25 (Sat.) 3:00 p.m. to 8:30 p.m.**

There will be many food and drink stalls. A cup of beer is ¥500. If you wear a *yukata*, a Japanese traditional summer cotton *kimono*, you can get one cup free!

### A Haunted House in the Art and Culture Hall

1<sup>st</sup> floor, Nagaoka Chamber of Commerce and Industry building

Admission: ¥500 for junior high school students and older  
¥200 for elementary school children and younger

For further information:

Nagaoka City Shopping Mall Association Office.

Phone: 0258-32-7002

## The Glory of the Tokugawa Shogunate ~ An Exhibit of Treasures of the Tokugawas and the Makinos ~

Approximately 160 items including nationally designated important cultural assets related to the Tokugawas and the Makinos (the lords of the Nagaoka feudal domain) will be on display.

Niigata Prefectural Museum of History  
(1-chome, Sekihara)

Sept. 15 (Sat.) – Nov. 4 (Sun.)

Admission: ¥1,020/adults

¥700/high school and college students

Free for junior high school students and younger





## How to Ride a Bus in Nagaoka

Bus Line Display



Exit Door  
Pay when you get off.

Entrance Door  
Please use the rear door.

### How to Ride a Bus

Get on the bus via the rear door. When getting on, take a riding ticket from the ticket machine. It has a number indicating the point of the bus route. Riding tickets are not given out at the starting point of the bus route. When you want to get off, press one of the buttons near the windows or seats after the name of your bus stop is announced.



### Stop Button

Press this button before getting off. Fares are displayed on a fare display board at the front of the bus. To find out how much your fare is, match the number on your ticket with the number on the board.

### Fare box/Money Changer

Put your fare and your riding ticket into the fare box beside the driver and get out of the bus via the exit door. If you don't have exact change, use the money changer beside the driver. However, you are always advised to have exact change.

#### Notes:

- If you accidentally put in too much money into the fare box, you will not get a refund in the bus. However, if you tell the driver about it, the driver will fill out an excessive fare claim slip and give you a copy. Take the copy to an Echigo Kotsu information office (located on either side of Nagaoka Station) to get a refund.
- The money changer only accepts ¥1,000 bills.
- You are advised to refrain from using the money changer while the bus is in motion.
- Commuter pass users are required to show their pass clearly to the driver.
- Credit cards are not accepted.
- You can also use fare coupons (*kaisûken*), which are economical because they are sold at a discount price.

For further information: *Echigo Kôtsu Co.*

Phone: 0258-29-1110

(excluding Saturdays, Sundays, and National Holidays)

## Choinori Bus Service with Special Discount Tickets for Local College Students

This service is named "Choinori Bus (a casual bus ride)," and is specially for the students of the three universities, one technical college, and 15 vocational schools in Nagaoka. The bus fare from the bus stop nearest each campus to Nagaoka Station is just ¥100 per trip.

### How to Ride the Choinori Bus

- Fill out an application form, available at each campus bookstore/office or the Nagaoka-Wakamono-Shigoto Kiko office (2-3-1 Ote Dori, 0258-86-6008), with your name, address, phone number, and the purpose of your ride. Submit your application form there and purchase a booklet of tickets with 11 ¥100 tickets for ¥1,000 there at the same time.
- Register your digital user certificate (*riyôshô*/利用証・りょうしょう) via QR code or go to <https://www.choinori-bus.net> and log in with your device. You are required to renew your registration in April every year.

#### Notes:

- Hours for Choinori bus service  
Weekdays: 10:00 a.m. – Final bus  
Saturdays, Sundays, and National Holidays: All day long
- You cannot use this bus service to commute to school.
- You cannot get on or off the bus at other stops.
- You can only ride a bus via the route indicated on your individual Choinori bus ticket.

- Use any regular bus service provided by Echigo Kotsu Co. from the nearest bus stop of your campus to Nagaoka Station.
- When getting on the bus, please make sure to take a riding ticket (*seiriken*/整理券・せいりけん) if it is necessary.
- When getting off the bus, show your digital user certificate (*riyôshô*/利用証・りょうしょう) to the driver, who will check its date of validity and its flashing image. (Please prepare to show your device well in advance before getting off the bus.) Then put your riding ticket (*seiriken*/整理券・せいりけん) and a ¥100 bus ticket into the fare box beside the driver.

For further information:

Nagaoka Wakamono Shigoto Kikô

(The Nagaoka Youth Employment Organization)

2-3-1 Ote Dori, Nagaoka City (in former Carnation Plaza)

Phone: 0258-86-6008

E-mail: [wakamonokikou@city.nagaoka.lg.jp](mailto:wakamonokikou@city.nagaoka.lg.jp)

## Health Checkups for Children Enrolling in Elementary School



There will be a health checkup for children to enroll in elementary school in April, 2019. 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 3<sup>rd</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

# 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 (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](mailto: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 Program

### Nihongo Kôza

The 1<sup>st</sup> term of classes for the 2018 fiscal year is being offered from April 2018 to September 2018. A free trial lesson will be offered. Please call ahead.



Level Vol.I



Level Vol.II



### Sunday Classes

#### Basic Level I - Class 1

Minna no Nihongo Basic Level Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 11:30 a.m. (120 minutes)

#### Basic Level I - Class 2

Minna no Nihongo Basic Level Vol. I

(Lesson 13 – Lesson 25)

2:00 p.m. – 4:00 p.m. (120 minutes)

#### Basic Level II - Class 1

Minna no Nihongo Basic Level Vol. II

(Lesson 26 – Lesson 36)

11:45 a.m. – 1:45 p.m. (120 minutes)

Aug.	5, 12, 19, 26	¥1,600
Sept.	I-1 II-1	2, 9, 16, 30
	I-2	2, 16, 23, 30
		¥1,600

### Weekday Classes (Tuesdays & Fridays)

#### Basic Level I - Class 1

Minna no Nihongo Basic Level Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 10:30 a.m. (60 minutes)

#### Basic Level I - Class 2

Minna no Nihongo Basic Level Vol. I

(Lesson 13 – Lesson 25)

11:00 a.m. – 12:00 p.m. (60 minutes)

Aug.	7, 10, 17, 21, 24, 28, 31	¥1,400
Sept.	4, 7, 11, 14, 18, 21, 25	¥1,800

### 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 Heiwasai Peace Celebration of the Nagaoka Festival, members of the Chikyû Hiroba Group took part in the folk dance parade. A total of 82 dancers from 16 countries participated in this year's folk dance parade.

The participants previously made preparations for the performances by joining practice sessions, which were held five 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 with intervals. The dance music was entitled Nagaoka Jinku and Ohanabi 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.

### A Relaxing World Tour of Romania A Land Filled with Happy Faces

An international resident from Romania will introduce Romanian traditions and culture.

August 25<sup>th</sup> (Sat.) 2:00 p.m. - 3:30 p.m.



Nagaoka City International Affairs Center, Chikyû Hiroba

1<sup>st</sup> floor in the Nagaoka Civic Center on Ote Street

Participants: 30 on a first-come, first-served basis

Please sign up by Monday, August 20<sup>th</sup>.

For further information:

Nagaoka City International Affairs Center, Chikyû Hiroba

Phone: 0258-39-2714

# Child-Rearing Support Facilities

## August

### 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
- \* **Playing with Water** 10:20 a.m. – 11:20 a.m. Aug. 1 (Wed.) – Aug. 24 (Fri.), Monday – Friday
- \* **Mini-Library** 10:45 a.m. – 11:45 a.m. Aug. 8 (Wed.)
- \* **Information on Enrollment in Preschools** 1:30 p.m. – 3:30 p.m. Aug. 18 (Sat.)
- \* **Happy Birthday Party** 10:30 a.m. – 11:00 a.m. Aug. 20 (Mon.)
- \* **Play-Day with Dad:**  
How your kids learn and gain confidence  
11:00 a.m. – 12:00 p.m. Aug. 25 (Sat.)



### 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
- \* **Time for Chibikko Kids and Birthday Party** 11:00 a.m. – 11:15 a.m. Aug. 6 (Mon.)  
Birthday Party Aug. 27 (Mon.)
- \* **The Beginning of A Child's Self-Awareness** 11:00 a.m. – 11:40 a.m. Aug. 8 (Wed.)
- \* **Let's Start Reading Books** 10:00 a.m. – 10:40 a.m. Aug. 11 (Sat.) and 19 (Sun.)
- \* **Mothers' Chat Cafe** 11:00 a.m. – 12:00 p.m. Aug. 20 (Mon.)
- \* **Summer Holiday Special Week** 9:00 a.m. – 6:00 p.m. Aug. 24 (Fri.) – Aug. 31 (Fri.)
- \* **Making Your Own Picture Storybook (Ehon no Tane)** 11:00 a.m. – 12:00 p.m. Aug. 26 (Sun.)



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



### Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays

(Open on Wednesday if it is a national holiday)

Closed at 3:00 p.m. on August 2<sup>nd</sup> (Thurs.) and 3<sup>rd</sup> (Fri.)  
due to Nagaoka Fireworks Show.

- \* **Nakayoshi Time** 10:45 a.m. – 11:00 a.m. Aug. 3 (Fri.), 24 (Fri.) and 31 (Fri.)
- \* **Week for Enjoying Festive Events in Summer** 9:00 a.m. – 6:00 p.m. Aug. 5 (Sun.) – Aug. 11 (Sat.)
- \* **Ennichi Fair** 10:45 a.m. – 11:30 a.m. Aug. 6 (Mon.)
- \* **Operetta for Children**  
"Omusubi Kororin" (A Rolling Rice Ball)  
10:30 a.m. – 11:30 a.m. Aug. 7 (Tues.)
- \* **Playing with Water** 10:30 a.m. – 11:30 a.m. and 2:00 p.m. – 3:00 p.m. Aug. 9 (Thurs.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Aug. 9 (Thurs.) and 23 (Thurs.)
- \* **"Toy Hospital" for Fixing Broken Toys** 10:00 a.m. – 2:00 p.m. Aug. 10 (Fri.)
- \* **Nakayoshi Time Special** 10:45 a.m. – 11:15 a.m. Aug. 10 (Fri.)
- \* **Lecture for Families: Make Your Own Picture Storybooks** 10:00 a.m. – 11:30 a.m. Aug. 11 (Sat.)
- \* **Let's Enjoy Singing Together** 10:45 a.m. – 11:15 a.m. Aug. 13 (Mon.), 20 (Mon.), and 27 (Mon.)
- \* **Let's Enjoy Drawing Pictures** 2:00 p.m. – 3:00 p.m. Aug. 13 (Mon.)
- \* **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Aug. 17 (Fri.)
- \* **Sunday Toy Box** 10:45 a.m. – 11:45 a.m. Aug. 19 (Sun.)
- \* **Let's Play at the Kids' Land** 10:30 a.m. – 11:30 a.m. Aug. 28 (Tues.)
- \* **Information on Enrollment in Preschools** 1:30 p.m. – 3:30 p.m. Aug. 30 (Thurs.)



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

### Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû 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. 3 (Fri.), 22 (Wed.), and Sept. 7 (Fri.)
- \* **Let's Play in the Temari Hall** 10:30 a.m. – 11:30 a.m. Aug. 7 (Tues.)
- \* **Making Toys** 11:00 a.m. – 11:30 a.m. Aug. 24 (Fri.)
- \* **Birthday Party** 11:00 a.m. – 11:30 a.m. Aug. 29 (Wed.)
- \* **Playing with Water** 11:00 a.m. – 11:30 a.m. Every Tuesdays, Wednesdays, and Fridays. Except for Aug. 14 (Tue.), 15 (Wed.), and 17 (Fri.)
- \* **Enjoy the Last Day for Playing with Water** 11:00 a.m. – 11:30 a.m. Aug. 31 (Fri.)



### Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Aug. 24 (Fri.) Public Health Nurse



# Seasonal Events

## Summer in Nagaoka is a Summer of Festivals

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

Aug. 11 (Sat.) – 19 (Sun.), 25 (Sat), and 26 (Sun.)

6:30 p.m. – 9:00 p.m.

Fireworks Show Aug. 12 (Sun.) 8:00 p.m.



For further information:

Echigo Kyûryô Kôen (Echigo Hillside Park)

Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1654.html>

### Mishima Matsuri

Aug. 15 (Wed.) – Aug. 16 (Thurs.)

Mishima Gymnasium Parking Area



Aug. 15 (Wed.) 2:00 p.m. – 9:00 p.m.

Portable Shrines by Children, Stage Shows,  
Bon Dances, Bamboo Lanterns, Stalls

Aug. 16 (Thurs.) 9:00 a.m. – 9:00 p.m.

Log Sawing Competition, Portable Shrines,  
Bamboo Lanterns, Fireworks Show, Stalls,  
and many other fun programs

For further information: *Sangyô Kensetsu Ka*

(Industrial Construction Division) Mishima Branch Office

Phone: 0258-42-2249

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

### Mochihito Matsuri

Aug. 26 (Sun.)

In front of Oguni Branch Office 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 (7:30 p.m. – 9:00 p.m. ), and many other  
fun programs

For further information: *Sangyô Kensetsu Ka*

(Industrial Construction Division) Oguni Branch Office

Phone: 0258-95-5906

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

### Furusato Washima Matsuri

Aug. 14 (Tues.) – Aug. 16 (Thurs.)



Roadside Station

“*Ryokan no Sato* Washima” and Hachisuba Avenue

Aug. 14 (Tues.) *Bon* Dances (6:30 p.m. – 9:30 p.m. )

Fireworks Show (7:45 p.m. – 8:30 p.m.)

Aug. 15 (Wed.) 3,000 Bamboo Lanterns, School Band  
Music, Stage Shows  
(3:00 p.m. – 8:30 p.m. )

Aug. 16 (Thurs.) Traditional *Yumi Odori* (Bow Dance)  
Parade (8:00 p.m. – 9:30 p.m. ) and many  
other fun programs

For further information: *Sangyô Kensetsu Ka*

(Industrial Construction Division) Washima Branch Office

Phone: 0258-74-3114

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

### Tochio Matsuri

Aug. 25 (Sat.) and Aug. 26 (Sun.)



Tochio Gymnasium,

Central Park, and Yachi St.

Aug. 25 (Sat.) Stage Shows, Tug-of-War Competitions  
for children, Folk Dance Parade, Portable  
Shrines, and many other fun programs

Aug. 26 (Sun.) Tug-of-War Competitions, Stage Shows,  
Fireworks Show (7:30 p.m. – 8:45 p.m.)

For further information: Tochio Tourism Association

Phone: 0258-51-1195

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

### Nagaoka City Fire Department

#### First-Aid Fair

Sept. 8 (Sat.)

11:00 a.m. – 4:00 p.m.

Aeon Nagaoka Parking Area



An ambulance (high standard HIMEDIC), a ladder truck,  
and an earthquake simulation vehicles will be on display.  
You can board these vehicles 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 Defibril-  
lator). The fire brigade band will play music. Come and  
enjoy learning about what to do in case of an emergency.

For further information: Nagaoka City Fire Department

Phone: 0258-35-2193



## Applications for Runners of the *Kome Hyappyô* (One Hundred Sacks of Rice) Relay Oct. 6 (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: Aug. 31 (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 23<sup>rd</sup> Nagaoka Film Festival Sept. 15 (Sat.) – 17 (Mon./Holiday) Nagaoka Lyric Hall

A total of 12 films from Japan, State of Qatar and Vietnam 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)

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.

For further information: Community Cinema Nagaoka

Phone: 0258-37-3512

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

## Echigo Nagaoka Two-Day March

① Sept. 8 (Sat.) 9:30 a.m.

Meet at Yamakoshi Branch Office

② Sept. 9 (Sun.) 8:00 a.m.

Meet at *Aôre* Nagaoka



Course: ① 16 km, 11 km, and 3 km

② 20 km, 16 km, 7 km (along the Shinano River)

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

Application: By Aug. 24 (Fri.)

For further information: *Chiiki Shinkô Senryaku Bu*  
(Regional Promotion Strategy Department)

Phone: 0258-39-2260

## Teradomari Seaside Marathon Race

Oct. 21 (Sun.) 8:45 a.m.

Venue: Teradomari Port Park

Course: There will be 31 different events for various age and gender groups, including 2 km, 5 km, 10 km, 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. Yu Nakamura

Mr. Tetsuhiko Kin



Application: Aug. 17 (Fri.)

Aug. 24 (Fri.) via website

For further information: Teradomari Branch Office

Phone: 0258-75-3111

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

## Warnings against Sun-Stroke or Heat-Stroke (*Necchûshô*/ねっちゅうしょう/熱中症)

You are likely to suffer from sun-stroke or heat-stroke during hot summer days with high temperatures. Here is some important advice on how to protect yourself from sun-stroke or heat-stroke.

### Some Precautions to Reduce the Risk of Sun-Stroke or Heat-Stroke:

- Use a sunshade, such as a parasol or a hat.
- Wear light, loose-fitting clothing.
- Drink plenty of liquids from time to time.
- Rest in the shade from time to time.



### If You Feel Symptoms of Sun-Stroke or Heat-Stroke:

- drink plenty of liquids.
- loosen up your clothing.
- evacuate to a cool, shaded area.



Liquids for sports activities are advisable. Supplements of salt will be helpful as you may have lost salt when perspiring. Putting a wet towel on your hands, legs, and feet will cool down your body temperature.

If a patient seems to be fading in and out of consciousness or is not able to respond clearly, immediately call an ambulance. You may suffer from sun-stroke or heat-stroke again, even if you feel you have recovered from it. Please make sure to seek medical treatment even if you feel you have recovered.

# 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 (in *Saiwai Plaza*) 0258-37-1199
- Nagaoka Medical Society 0258-22-5600
- Nagaoka Fire Department Headquarters 0258-36-0119



## Civic Health Center (*Saiwai Plaza* – 1F)

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199)  For obstetrics and gynecology ( <i>san fujin ka</i> ), the staff at this facility will give information about 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.

## This Month's Useful Japanese Expressions

In this section you can get some useful information for daily living and learn related Japanese expressions.

**110** (*hyaku tô ban*/ひゃく とう ばん)

**119** (*hyaku jûkyû ban*/ひゃく じゅうきゅう ばん)

110 and 119 are emergency telephone numbers in Japan. In case of a crime, theft, robbery, or a traffic accident, dial 110 to contact the police. In case of a fire, dial 119 to reach the fire department. If you need an ambulance for the sick or the injured, also dial 119. If you have dialed 119, tell the operator whether a fire (*kaji*) has broken out or you need an ambulance (*kyûkyûsha*).

The operator will ask you what, where, and when the incident has happened. The operator will also ask your name and phone number. Please stay calm when you respond to the operator. These emergency calls are free of charge. You can also call 110 and 119 free of charge from your mobile phone.



## 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.

## 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/en/ct/004\\_siryô/001\\_siryô/001\\_siryô.html](http://www.niigata-ia.or.jp/en/ct/004_siryô/001_siryô/001_siryô.html)

