



Vol. 331
December
2018

Konnichiwa!

NAGAOKA

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English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka

Nagaoka Has Started Dancing!



In collaboration with the Nagaoka Youth Employment Organization, the Nagaoka Junior Chamber is producing a promotion video, entitled NGOK (from NaGaOKa).

Against the backdrop of Chosei Bridge over the Shinano River, nearly 100 participants danced to a song by Hinata, a duo of musicians from Nagaoka. They introduced various special features of Nagaoka through dancing. The video is scheduled to be completed in December 2018.



The 400th Anniversary of the Establishment of Nagaoka Chapter 9 (The Final Chapter) The Spirit of One Hundred Sacks of Rice

長岡開府400年
ROOTS
400

In 1868, the *Boshin* Civil War broke out across Japan. Nagaoka was defeated and reduced to rubble. After the fall of Nagaoka Castle, there was no food and little hope of survival.

In 1870, the Mineyama Domain, an allied province, sent a relief package of one hundred sacks (6 tons) of rice to the war-devastated Nagaoka Domain. However, the rice was not distributed to the starving clansmen. Against hostile opposition, Torasaburo Kobayashi (the Grand Councilor) persuaded the clansmen to sell the rice to raise funds to establish a school named *Kokkan Gakkô* in order to foster young people who would all be responsible for the future. Emphasizing the essential role of education, Kobayashi suggested that we think not only of the present, but also act for the future.

This historic incident was widely introduced by the drama entitled “*Kome Hyappyô* (One Hundred Sacks of Rice)” written by a well-known Japanese playwright, Yuzo Yamamoto.


The Spirit of One Hundred Sacks of Rice, a guiding principle developed from this historic incident, has been continually handed down from generation to generation and plays an essential role in guiding the people of Nagaoka.


Celebrating the 400th anniversary of the establishment of Nagaoka, the City has developed an action plan for the next 100 years in order to move forward with a renewed Spirit of One Hundred Sacks of Rice.





An artist's conceptual painting of *Kokkan Gakkô* (in the lower left portion of the painting) printed in a periodical published in 1879. There is a stone monument at the former site of *Kokkan Gakkô* in front of NadeC BASE on Ote Street.

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


271,308
(-136)


132,562
(-71)


138,746
(-65)


107,429
(+55)

Major Features:

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Many Happenings in Nagaoka in 2018



January 14th

Gymnastics Exhibition

Mr. Kenzo Shirai (2016 Rio de Janeiro Olympics gymnastics gold medalist) demonstrated his excellent techniques during the Nippon Sport Science University Competition Gymnastics Exhibition held at the arena of City Hall Plaza – *Aôre* Nagaoka.



January 27th

A Basketball Game Celebrating the 400th Anniversary of the Establishment of Nagaoka

Players of the Niigata ALBIREX Basketball Club played against SEA HORSE MIKAWA, wearing special uniforms with the family crest of the Makinos, a three-oak-leave pattern. Old Nagaoka flourished as a castle town under the reign of the Makinos for 250 years, starting in 1618.



April 9th

A New Elementary School Opened

The newly-formed Konan Elementary School started its school year by integrating the 139-year old Muikaichi and Yamayazawa elementary schools.



May 27th

The 400th Anniversary Commemoration Ceremony

Nearly 20,000 citizens attended the commemoration ceremony to mark the 400th anniversary of the establishment of Nagaoka, expressing their hopes for the next 100 years in order to move forward with a renewed Spirit of One Hundred Sacks of Rice.



June 2nd

NaDeC BASE Opened

Connecting academia, businesses, and entrepreneurs, a variety of programs and events have been organized at a facility named NaDeC BASE. They include academic classes, seminars for entrepreneurs, research presentations, panel displays, discussions on how to best use IoT, and many others.



July 1st

The Kawaguchi Fish Trap Weir Reopened

School children 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. The weir is one of the treasures of our community.



July 1st

The Nagaoka Municipal Auditorium Renovated and Reopened

The main hall, with improved acoustics, has earthquake-resistant ceilings that are strong enough to withstand a seismic intensity of 6 on the Japanese scale. An elevator was added to the main entrance. The Tokyo Philharmonic Orchestra gave a special concert.



July 29th – August 6th

Australian Swimmers Stayed in Nagaoka

The Australian Swimming Team (58 members) held their training camp in Nagaoka, their host town, to prepare for the 2018 Pan Pacific Championships. Some of their training sessions were open to the public. Rio de Janeiro Olympics gold medalists had a special coaching session with local junior swimmers.



August 1st

The First Peace Festival

The Nagaoka Festival was held for three days starting from August 1st. The celebration of the first night of the festival has been renamed as the Peace Festival. This year's festival was filled with a variety of events especially celebrating the 400th anniversary. The citizens of Nagaoka deepened their thoughts of the festival in memory of the Nagaoka-Air Raid victims, in appreciation of our predecessors for their efforts in postwar restoration, and with our prayers for the pursuit of everlasting peace, while marking the year 2018 as a year to step forward to the next 100 years. At the opening ceremony of the Peace Festival, children released pigeon-shaped balloons in expression of their wishes for peace.



August 2nd and 3rd

Niagara Falls and Super Grand Star Mine Fireworks Were Launched

As the opening of the 400th anniversary of the establishment of Nagaoka, special fireworks were presented with our thoughts focused on the next 100 years so that we move forward with a renewed Spirit of One Hundred Sacks of Rice.



August 18th

The Learning Center for the Japanese Crested Ibis and Nature Opened

The facility is also known as the Nagaoka City *Toki* Breeding Center. The *toki*, with its beautiful 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*.



October 6th and 7th

The Nagaoka Kome Hyappyô Music-Fest

At Higashiyama Family Land, a total of 24 singers and groups attracted about 11,000 fans from in and around Niigata Prefecture for two days. As soon as the concert started, the audience got into the music, jumping and clapping to the rhythm.



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)

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



<div><div>Dates</div><div>Offices</div></div>	<div>Dec. 29 (Sat.) Dec. 30 (Sun.)</div>	<div>Dec. 31 (Mon.) Jan. 2 (Wed.)</div>	<div>Jan. 3 (Thurs.)</div>
General Information Desks 1 st Floor, East Wing City Hall Plaza – <i>Aôre</i> Nagaoka	9:00 a.m. - 5:00 p.m.	Closed	9:00 a.m. - 5:00 p.m.
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. 30th (Sun.) to Jan. 3rd (Thurs.). 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 29th. Trash collection will start again from Friday, 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

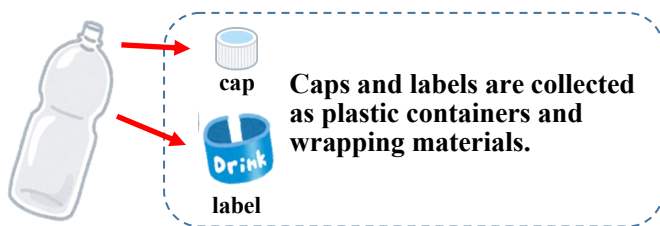
Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center on Ote Street. Trash can be put out only on the designated days for your neighborhood.

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.



A Guide about Trash Collection

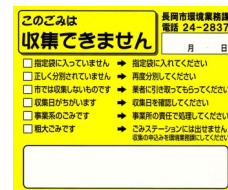
How to Put Out Plastic Bottles



Caps and labels of PET plastic bottles should be removed. PET plastic bottles are collected once a week. They can be put out with cans and glass bottles in transparent or translucent bags.

Labels and caps are collected once a week as plastic containers and wrapping materials. They should be also put out in transparent or translucent bags.

What To Do with Uncollected Trash



Yellow stickers are put on uncollected trash and describe why the city cannot collect it. The stickers read, "We cannot collect this trash. (*Kono gomi wa shûshû dekimasen. このごみは収集できません。*)" The sticker also explains why it cannot be collected. You are advised to take it back and try to put it out in the proper manner.

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



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 2nd term of classes for the 2018 fiscal year is being offered from October 2018 to March 2019. A free trial lesson will be offered. Please call ahead.



Basic Level I Vol. I



Basic Level I Vol. II

Weekday Classes (Tuesdays & Fridays)

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I

(Lesson 13 – Lesson 25)

9:30 a.m. – 10:30 a.m. (60 minutes)

Dec.	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Jan.	8, 11, 15, 18, 22, 25, 29	¥1,400
Feb.	1, 5, 8, 12, 15, 19, 22, 26	¥1,600
March	1, 5, 8, 12, 15, 19, 22, 26	¥1,600

Sunday Classes

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I

(Lesson 13 – Lesson 25)

9:30 a.m. – 11:30 a.m. (120 minutes)

Basic Level I - Class 1

Minna no Nihongo Basic Level I Vol. I

(Lesson 1 – Lesson 12)

2:00 p.m. – 4:00 p.m. (120 minutes)

Basic Level II - Class 2

Minna no Nihongo Basic Level I Vol. II

(Lesson 37 – Lesson 50)

11:45 a.m. – 1:45 p.m. (120 minutes)

Dec.	2, 16, 23	¥1,200
Jan.	6, 13, 20, 27	¥1,600
Feb.	3, 10, 17, 24	¥1,600
March	3, 10, 17, 24	¥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.



Cross-Cultural New Year Get-Together

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

Saturday, January 26 2:00 p.m. – 4:00 p.m.

Nagaoka Civic Center Basement Hall

Admission: Free

Participants: 70 on a first-come, first-served bases

Reservations are required.

Programs:

• Hands-on Experience of Rice Cake Pounding and Tasting

• Many Other Fun Programs

Registration Period: Dec. 17 (Mon.) – Jan. 20 (Sun.)

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

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



January 20, 2018





Child-Rearing Support Facilities

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 (Sun.) – Jan. 1 (Tues.)



- * **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
- * **Lecture: How To Look After Your Child's Appetite**
11:00 a.m. – 12:00 p.m. Dec. 3 (Mon.)
- * **Lecture: Children's Growth with Tender Loving Care**
11:00 a.m. – 12:00 p.m. Dec. 6 (Thurs.)
- * **My Relaxing Time: KEG cafe**
10:45 a.m. – 11:45 a.m. Dec. 10 (Mon.)
- * **Mini Library** 10:45 a.m. – 11:45 a.m. Dec. 12 (Wed.)
- * **Handicraft Cafe**
10:00 a.m. – 11:30 a.m. Dec. 13 (Thurs.)
- * **Happy Birthday Party**
10:30 a.m. – 11:00 a.m. Dec. 17 (Mon.)
- * **Mini-Lecture: Is My Child Overactive?**
10:00 a.m. – 12:00 p.m. Dec. 19 (Wed.)
- * **Happy ★ Christmas Party**
10:30 a.m. – 11:30 a.m. Dec. 20 (Thurs.)
- * **Safety Tips for Protecting Children in Case of a Disaster** 10:45 a.m. – 11:15 a.m. Dec. 21 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Dec. 12 (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 (Sun.) – Jan. 1 (Tues.)

- * **Story Telling Time**
11:00 a.m. – 11:15 a.m. Every Day
- * **Kamishibai (Large Picture-Card Story)** Dec. 19 (Wed.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. Dec. 3 (Mon.) and 10 (Mon.)
Birthday Party: Dec. 10 (Mon.)
- * **Smiley Kids' Day** 10:00 a.m. – 12:00 p.m.
Dec. 7 (Fri.), 14 (Fri.), and 21 (Fri.)
- * **Let's Start Reading Books**
10:00 a.m. – 10:40 a.m. Dec. 8 (Sat.) and 16 (Sun.)
- * **Picture Storybook Reading Time for Babies**
11:00 a.m. – 11:40 a.m. Dec. 8 (Sat.)
- * **Enjoy Playing to the Rhythms**
11:00 a.m. – 11:15 a.m. Dec. 12 (Wed.)
- * **Oral Care to Prevent Cavities in Children**
11:00 a.m. – 11:40 a.m. Dec. 13 (Thurs.)
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Dec. 15 (Sat.)
- * **Mothers' Chat Cafe** Mother-Child Healthcare Advisor
11:00 a.m. – 12:00 p.m. Dec. 17 (Mon.)
- * **Christmas Party**
11:00 a.m. – 11:30 a.m. Dec. 20 (Thurs.)
- * **Let's Enjoy Nursery Rhymes and Picture Storybooks**
11:00 a.m. – 11:15 a.m. Dec. 23 (Sun.)
- * **A Week for Playing New Year's Games**
Jan. 5 (Sat.) – 11 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Dec. 6 (Thurs.) Child-Rearing Advisor

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



Kosodate no Eki, Senshu (Teku Teku)

1-99-6 Senshū 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 (Sun.) – Jan. 1 (Tues.)

- * **Let's Enjoy Singing Together** 10:45 a.m. – 11:15 a.m.
Dec. 3 (Mon.), 10 (Mon.), 17 (Mon.) and 24 (Mon.)
- * **"Toy Hospital" for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Dec. 7 (Fri.)
- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Dec. 7 (Fri.), 14 (Fri.) and 28 (Fri.)
- * **Let's Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Dec. 10 (Mon.)
- * **Mothers' Chat Cafe** Mothers-Child Healthcare Advisor
10:30 a.m. – 11:30 a.m. Dec. 11 (Tues.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Dec. 13 (Thurs.) and 27 (Thurs.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. Dec. 16 (Sun.)
- * **Christmas Party**
10:30 a.m. – 11:15 a.m. Dec. 20 (Thurs.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Dec. 21 (Fri.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. Dec. 25 (Tues.)
- * **A Week for Playing New Year's Games**
Jan. 4 (Fri.) – 8 (Tues.)



Free Child-Rearing Counseling

11:00 a.m. – 12:00 p.m. Dec. 13 (Thurs.)
Experienced Mothers
10:30 a.m. – 11:30 a.m. Dec. 18 (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. 29 (Sat.) – Jan. 3 (Thurs.)

- * **Christmas Mini-Concert**
11:00 a.m. – 11:30 a.m. Dec. 1 (Sat.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Dec. 7 (Fri.) and 19 (Wed.)
- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Dec. 11 (Tues.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Dec. 19 (Wed.)
- * **Making Mayudama (cocoon-shaped rice cakes for New Year's decorations) and Pounding Rice Cake**
10:30 a.m. – 11:30 a.m. Jan. 11 (Fri.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Dec. 5 (Wed.) Maternity Nurse
Dec. 21 (Fri.) Public Health Nurse



Seasonal Events

Echigo Kyûryô Kôen (Hillside Park)

Winter Illumination

Dec. 7 (Fri.) - 9 (Sun.), 14 (Fri.) - 16 (Sun.),
and 21 (Fri.) - 25 (Tues.)

Hours: 4:30 p.m. - 9:00 p.m.

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

Winter Fireworks

Dec. 8 (Sat.), 15 (Sat.), 22 (Sat.) - 24 (Mon./holiday)

6:30 p.m. -

For further information: Echigo Hillside Park
Phone: 0258-47-8001



Uonuma International Snowball Fight

Feb. 10 (Sun.) 8:45 a.m. - 3:30 p.m.

Yuki no Koroshiamu in Koide

- * 1-minute drive from Kan-Etsu Expressway Koide IC to *Hibiki no Mori Kôen Yuki no Koroshiamu* (Colosseum)
- * Shuttle bus services from JR Koide Station

Information: Tourism Division, Uonuma City Office

Phone: 025-792-9754

<http://seinenbu.uonumakoido.com/yuki/index.html>

(Applications are available at this site until Dec. 21 (Fri.))



Three Hazards in Winter Months



すべります (滑ります)

Suberimasu.

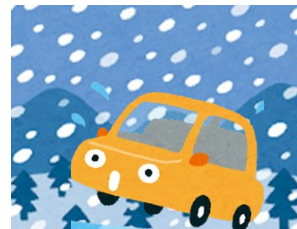
The pavement is slippery.



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.

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.



- Keep a shovel and a brush in your car to remove any snow accumulated on or around your car before starting to drive.



- 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.



- 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.



- 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.



- Make sure your winter tires have enough treads. These grooves help prevent skidding.



- Be careful not to fall into roadside snow-dumping ditches or gutters as they can be very hazardous.



- You are advised to leave your emergency brake off because it may freeze during winter months.

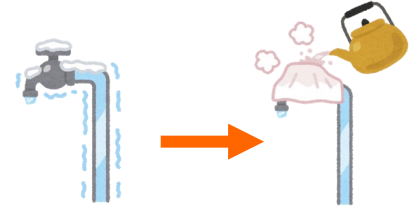
- When we have a lot of snow, watch out for lumps of snow sliding down from roofs.

- Drive carefully by accelerating, braking, and steering slowly.



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



This Month's Useful Japanese Expressions

yukikaki and shôsetsu paipu

(ゆきかき・しょうせつパイプ/雪かき・消雪パイプ)

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



In Nagaoka, we have a lot of snow in winter. To move accumulated snow with a scoop or a shovel to other areas is called *yukikaki*. Before starting *yukikaki*, you are advised to warm up first. When doing *yukikaki*, please take it easy and do not work too hard. Take a break from time to time. Please do not dump snow on roads. Snow accumulated around your house should not be dumped to other neighboring areas.



Shôsetsu paipu are sprinklers for melting snow, which spray groundwater from little holes in circular plates installed in the center of many of the city's roads. It is said that this snow-melting system originated in Nagaoka.



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 "*shôsetsu 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.

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)

Nagaoka *Sekijûji Byôin* (Red Cross Hospital)

Tachikawa *Sôgô Byôin* (General Hospital)

Civic Health Center (*Saiwai Plaza*)

Information about clinics in charge of specific Sundays or holidays:

- Clinic for Sundays, Holidays, and Nights (in *Saiwai Plaza*)
- Nagaoka Medical Society
- Nagaoka Fire Department Headquarters

0258-35-3700

0258-28-3600

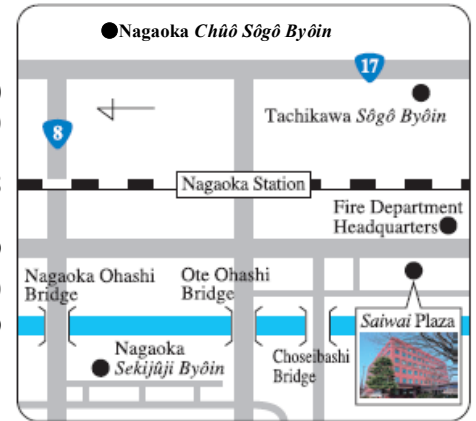
0258-33-3111

0258-39-7508

0258-37-1199

0258-22-5600

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. Closed: Dec. 29 (Sat.) – Jan. 3 (Thurs.) (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. Closed: Dec. 29 (Sat.) – Jan. 3 (Thurs.)

Emergency Treatment

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

Departments	Hours
Internal Medicine Pediatrics & Surgery	Dec. 31 (Mon.) - Jan. 3 (Thurs.) 10:00 a.m. – 11:30 a.m. 1:00 p.m. – 2:30 p.m.
Dentistry	Dec. 31 (Mon.) – Jan. 3 (Thurs.) 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, 2019.

Elementary School

For a child born between April 2, 2012 and April 1, 2013

Junior High School

For a child born between April 2, 2006 and April 1, 2007

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 further information:

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)