

Major Emergency Medical Facilities

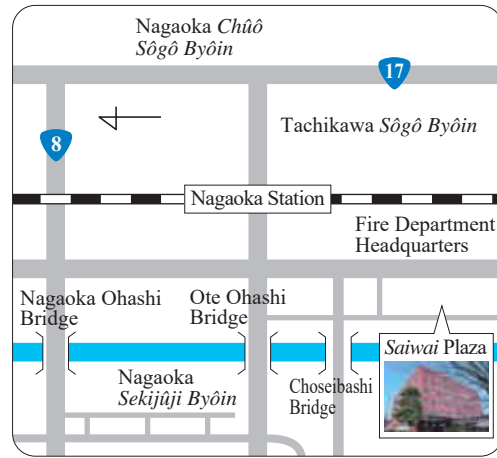


Major General Hospitals

- 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)	Internal Medicine (Naika)	(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.
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.	Pediatrics (Shônika)	(Sundays and Holidays) 9:00 a.m. - 11:30 a.m. 1:00 p.m. - 4:30 p.m.
	Surgery (Geka)	(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 (Shika)	(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 (Shônika)	(Monday - Saturday) 6:45 p.m. - 9:30 p.m.

Warnings against Photochemical Smog

Photochemical smog is a white fog that develops due to accumulated photochemical oxidants in the air, depending on certain meteorological conditions. Photochemical smog is generated when nitrogen oxide and hydrocarbons in exhaust fumes from factories or automobiles react with the strong ultraviolet rays of the sun.

Q: When are photochemical smog warnings issued?

A: Normally in May and June, the Niigata Prefectural Government issues warnings against photochemical smog when sunny days with high temperatures continue and the concentration of photochemical oxidants in the air becomes high.

Q: How can we protect ourselves when a warning is issued?

A: Here is some advice when a warning is issued.

- Outdoor sport activities should be avoided.
- Children, the elderly, and people with frail health conditions should stay indoors.

Q: Are there any specific health problems we might have?

A: Here is some advice if you have any health problems.

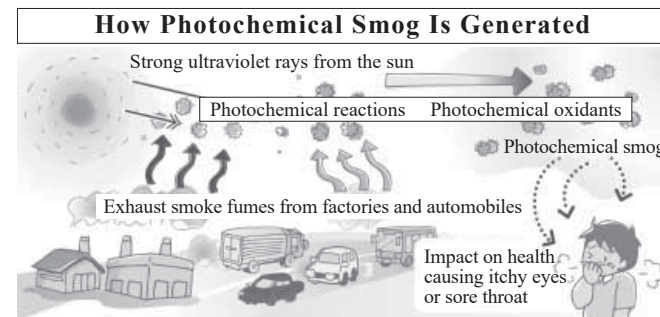
- If your eyes hurt, turn red, or become itchy, rinse them with tap water.
- If you have a sore throat or are coughing, gargling may be helpful.
- If these problems continue, you should see a doctor. However, excessive worry is not necessary because these symptoms are not likely to happen immediately even after a warning is issued.

For questions concerning health problems, please contact the Health Division of the Nagaoka City Office.

Phone: 0258-39-7508

<http://www.niigata-taiki.jp> (for PCs)

<http://www.niigata-taiki.jp/m> (for Mobile Phones)



Vol. 312
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2017

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
2-2-6 Ote Street, Nagaoka City Phone: 0258-39-2207 Fax: 0258-39-2280
E-mail: intlexchange@city.nagaoka.lg.jp

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



We're All at Hatchan!

A new regional revitalization program has started in the Hachioji Neighborhood Community (with a population of approximately 60 people in 33 households) in the Oguni District.

A vacant house was remodeled to be used as a place for locals to get together and also as a facility to accommodate visitors (including cyclists or trekkers) who are interested in life in mountainous areas. The house is named Hatchan, from Hachioji, the name of the community. Starting on Sunday, June 4th, visitors can stay at Hatchan from three to 15 days or even longer if they wish. A kitchen, a bathroom, and a washing machine are available. There will be no charge for accommodations, except for meals.

For further information: Regional Promotion Division
Oguni Branch Office
Phone: 0258-95-5905

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

273,881 (-694)	133,659 (-362)	140,222 (-332)	105,813 (+99)
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Keep Up the Great Work, ALBIREX BB!

The City Hall Plaza - Aôre Nagaoka Arena is home to the Niigata ALBIREX Basketball Club, a professional Japanese basketball team. Many home-games and away-games are scheduled to be held during the season until May 2017. There will be a lot of opportunities for us to watch games here in Nagaoka. Getting to know more about the team members may make you feel closer to the players when supporting the team during games.

Mr. Davante Gardner (Center)



From: Virginia, U.S.A.
Date of Birth: September 2, 1991
(25 years old)
Height: 203 centimeters
Weight: 132 kilograms
Transferred from:
Nishinomiya Storks



Gardner: I think everything is going well so far, aside from my shoulder injury. I would like to work hard in the rest of the season. I am especially excited when I go up against leading players and high scorers. One of the greatest things about my team is that we can closely communicate with each other because they all have nice and admirable characters. Before games, I often listen to R & B (rhythm and blues) or other music with a good beat to pump myself up. When I have free time, I enjoy playing video games and I also make sure I get good rest. I started playing basketball when I was about three years old, but it was during my high school days that I seriously wanted to become a professional basketball player. I like Nagaoka's all-you-can-eat *yakiniku* restaurants. I look forward to having many fans come to watch our games, which will tremendously support and encourage us.

Major Features:

- The Training Camp Base for the Australian Swimming Team in Nagaoka --- p. 2
- Nagaoka's Cross-Cultural Programs ----- p. 2
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The Signing Ceremony for the Establishment of the Training Camp Base for the Australian Swimming Team in Nagaoka

The powerful Australian Swimming Team, which won 10 medals during the Rio de Janeiro Olympics, will use the Daiei Probis Phoenix Pool to train for these four upcoming international swimming championships:

- From July 25 – August 5, 2018 for the 2018 Pan Pacific Championships in Tokyo (August 9 – 13)
 - From July 6 – 17, 2019 for the 2019 World Championships in South Korea (July 21 – 28)
 - From July 8 – 20, 2020 for the 2020 Olympic Games in Tokyo (July 24 – August 9)
 - From August 8 – 20, 2020 for the 2020 Paralympic Games in Tokyo (August 26 – September 5)
- Up to 70 people including swimmers and staffers are expected to stay in Nagaoka for up to 12 days during their training camp prior to each international event.



Young swimmers from Nagaoka welcoming Mr. Mark Anderson at the entrance hall of the Daiei Probis Phoenix Pool

On March 28, 2017, the City of Nagaoka and Swimming Australia Limited signed a Deed of Cooperation, which insures that both parties will cooperate with each other. The city will provide the Australian team with the use of its training facilities, while the swimming team will offer opportunities for the citizens of Nagaoka to interact with world-class swimmers.

Mr. Mark Anderson (CEO of Swimming Australia) stressed, “Nagaoka is ideal both geographically and strategically. Team members can conveniently access Nagaoka from Tokyo Station and concentrate on practicing in the city’s comfortable and naturally-blessed environment. I’m also moved that the city has a strong determination to help sports grow.”



Mr. Anderson (left) and Mayor Isoda (right) shaking hands after signing the Deed of Cooperation

Nagaoka’s Cross-Cultural Programs

The Nagaoka “Glocal (Global + Local)” Educational Project Based on the Spirit of One Hundred Sacks of Rice

Ten students from the Nagaoka University of Technology and the Nagaoka National College of Technology who were chosen for the 2016 Glocal Educational Project recently returned to Nagaoka from seven countries including Spain, Thailand, and the U.K.



On March 29th, 2017, upon returning to Nagaoka after completing their 1 – 5-month assignments, they gave reports about their overseas experiences in a conference room at Aôre Nagaoka.

In this overseas learning project, they learned and worked at overseas research institutions and firms. They also promoted Nagaoka’s culture, traditions, and industries there as Japanese cultural ambassadors from Nagaoka.

Prior to their overseas assignments, the students learned about various aspects of local businesses and industries during internship programs at local firms. On July 27th, 2016, an appointment ceremony was held for the students by representatives of the

supporting organizations.

They resumed their internships at the same local firms where they had previously interned and proposed ideas based on their overseas experiences in order to solve various issues that the firms are currently facing.

Sister City Exchange Programs

Over the years, the City of Nagaoka has developed sister city exchange programs with five overseas cities focusing on youth educational programs. So far, nearly 1,700 students from Nagaoka have gone to participate in these programs. Thanks to their overseas learning experiences, many of them enjoy careers in which they work for overseas business firms or teach Japanese. The city’s major overseas learning programs include:

- Junior High School Student Overseas Learning Program in Fort Worth
- Junior High School Student Overseas Learning Program in Honolulu
- Harashin Summer Scholarship Program (for senior high school students) in Fort Worth and Nagaoka
- International Leadership Academy (for senior high school students) in Fort Worth

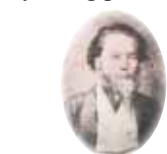
The 2017 Kome Hyappyô (One Hundred Sacks of Rice) Award

After the end of the Boshin Civil War of 1868, one hundred sacks (6 tons) of rice were donated as emergency relief to the war-devastated Nagaoka Han (a feudal domain) in 1870.

Torasaburo Kobayashi, the Grand Councilor of Nagaoka Han, convinced starving clansmen that the rice should not be distributed among them. Against their hostile opposition, he insisted that the rice be sold and that the funds raised be used to establish a school in order to foster promising young people who would play leading roles in the city’s future development.

The citizens of Nagaoka take pride in and draw courage from this guiding principle known as the Spirit of *Kome Hyappyô* that was derived from this historic incident. This principle is the origin of Nagaoka’s commitment to education.

In commemoration of the city’s 90th anniversary, the city of Nagaoka has designated June 15th as “*Kome Hyappyô* Day” in the hope that the well-known story about the one hundred sacks of rice will be remembered and handed down to future generations.



Torasaburo Kobayashi (1828-1877)



A training session for the volunteers



A staffer of MCP helping a hearing-impaired student

Giant Kite Battles (*Ôtako Gassen*)

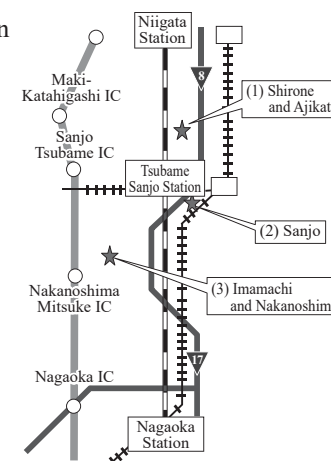
The annual giant kite battles with over 360 years of history behind them will be held at three locations in and around Nagaoka City. In the kite battles, huge kites are flown from both riverbanks, crossing over the rivers. The people on both sides of the rivers try to tangle their opponents’ kite ropes with their own kite ropes high above the ground and try to pull down each other’s kites until the ropes snap and break. The huge kites, brilliantly painted with figures of warrior heroes of legends or dramas, are the size of 8 tatami mats and made of nearly 100 sheets of paper.

(1) Shirone *Ôtako Gassen*

Shirone and Ajikata, Niigata City
June 1 (Thurs.) – June 5 (Mon.) 1:00 p.m. – 6:00 p.m.
Between Shirone Bridge and Takomi Bridge
Nakanokuchi Riverbanks
30-minute drive from Tsubame Sanjo Station
15-minute drive from Maki-Katahigashi IC
Information: Minami-Ku *Sangyô Shinkô Ka*
Niigata City Office
Phone: 025-372-6505
<http://www.shironekankou.jp/tako>

(2) Sanjo *Ika Gassen*

June 3 (Sat.) 9:00 a.m. – 4:00 p.m.
June 4 (Sun.) 1:00 p.m. – 4:00 p.m.
Near Sanjo Ohashi Bridge, Ikarashi Riverbanks
5-minute drive from Tsubame Sanjo Station
5-minute drive from Sanjo Tsubame IC
Information: Sanjo City *Kankôgakari*
Phone: 0256-34-5511
<http://www.city.sanjo.niigata.jp/eigy/page00089.html>



(3) Imamachi (Mitsuke City) and Nakanoshima (Nagaoka City) *Ôtako Gassen*

June 3 (Sat.) – June 5 (Mon.) 1:00 p.m. – 5:00 p.m.
Near Nakanoshima Ohashi Bridge, Kariyata Riverbanks
7-minute drive from Mitsuke Station
5-minute drive from Nakanoshima IC
Information: *Sangyô Kensetsu Ka*
Nakanoshima Branch Office
Phone: 0258-61-2013
<http://www.city.nagaoka.niigata.jp/kankou/event/oodakogasen.html>



The 2017 Nagaoka City Full-of-Flowers Fair Nagaoka Civic Disaster Prevention Park

1-chome Senzai (near Minami Junior High School)
May 27 (Sat.) 10:00 a.m. – 4:00 p.m.
May 28 (Sun.) 10:00 a.m. – 4:00 p.m.
* **Koshiji Disaster Prevention Plaza** (near Koshiji Sport Gym)
May 27 (Sun.) 10:00 a.m. – 4:00 p.m.
* **Nagaoka Hana Marushe**
Aôre Nagaoka
May 20th (Sun.) 10:00 a.m. – 2:00 p.m.



The Beer Garden at Tachibana Park in Yoita

A beer garden has been set up under a large tent at Tachibana Park in Yoita, where visitors can enjoy beer, soft drinks, and barbecued food. Yoita is the birthplace of Mr. Seiei Nakagawa, who is known as the father of Japanese beer and who promoted the basic technology of brewing beer in Japan. To honor this son of Yoita, a beer garden, which drew over 6,000 visitors in three months, was first set up last July.

This year, local farmers and store owners came together to establish a company to run the beer garden, which opened on Saturday, April 22nd.

Period: April 22 (Sat.) – October 21 (Sat.)
Hours: 11:00 a.m. – 3:00 p.m. and 5:00 p.m. – 9:00 p.m.
Transportation:

- Local bus for Yoita: Bus stops No. 2, 3, 6, and 12 at the Ote (West) Exit Side of Nagaoka Station
- Chartered bus: For groups of 10 or more
Booking at *Kankô Kikaku Ka* (Tourism Planning Division)
0258-39-2344



Reservations: 050-5835-0493
<http://herofield.com/bbq/nakagawaseibeeren>

A Guide to Special Events at Rakuzan-En in Yoita

Completed as a villa for a wealthy merchant in 1892, the illuminated *Rakuzantei* Cottage and azalea blossoms in the Japanese-style landscape garden attract many visitors.
Illumination: May 12 (Fri.) – May 21 (Sun.) 6:30 p.m. – 9:30 p.m.
Gagaku (Ancient Court Music) Concert: May 13 (Sat.) 7:30 p.m. – 8:30 p.m.
Wafuku (Traditional Japanese Clothing) Day: May 14 (Sun.)
Jazz Mini-Concert: May 14 (Sun.) 7:30 p.m. – 8:30 p.m.
Hands-on-Experience of *Kôdô* (the Traditional Japanese Art of Appreciating Incense): May 17 (Wed.) 7:00 p.m. – 8:00 p.m.
Tea Ceremony: May 20 (Sat.) 5:40 p.m. – 8:00 p.m.
Koto (Japanese Zither) and *Shakuhachi* (Bamboo Flute) Concert: May 20 (Sat.) 7:00 p.m. – 8:00 p.m.
Information: Yoita Tourist Information Office
Phone: 0258-72-4161



Echigo Kyûryô Kôen (Echigo Hillside Park)

<http://echigo-park.jp/en/> Phone: 0258-47-8001

• The Rose Festival with About 2,400 Rose plants of nearly 700 species

May 20 (Sat.) – June 18 (Sun.) 9:30 a.m. – 6:00 p.m.
May 4 (Thurs. and Holiday), May 28 (Sun.): Admission Free
May 5 (Fri. and Holiday): Admission Free for Children

• Tree Climbing

May 14 (Sun.) and June 18 (Sun.)
10:00 a.m., 11:00 a.m., 1:00 p.m.,
2:00 p.m., and 3:00 p.m.
Participants: 10 (on a first-come, first-served basis)
for each program
Fee: ¥1,000
(Elementary school children and above)



Seasonal Events

Nagaoka Hokoten (Hokôsha Tengoku) on Ote Street (Vehicle-Free Pedestrians' Paradise) 11:30 a.m. – 4:00 p.m.

Dates	Events
June 11 (Sun.)	Exhibit of Cars with Illustrated Anime Characters, Romping Kids' Plaza, and Flea Market
Aug. 26 (Sat.)	Beer Festa, Standing-Bar Alley, and Romping Kids' Plaza
Sept. 9 (Sat.)	Emergency Fair, Bus Thanksgiving Day, Romping Kids' Plaza, and Flea Market
Oct. 7 (Sat.)	One Hundred Sacks of Rice Festival, Kids' Plaza, and Flea Market
Oct. 28 (Sat.)	Halloween Party, Romping Kids' Plaza, and Flea Market

Applications for the Flea Market:

Plots: 100 (on a first-come, first-served basis)
Hours: 11:30 a.m. – 4:00 p.m.
Sites: Covered Sidewalks on Ote Street
Fee: ¥500 per plot (2m × 2m)
Deadline: By 3:00 p.m. on the Friday before each event



Shôtengai Association (Phone: 0258-32-7002)
Monday – Friday, 10:00 a.m. – 5:00 p.m.
Registration: 10:00 a.m. – 10:45 a.m. on the event day
In front of the Nagaoka Chamber of Commerce and Industry Building (Across the street from Hokuetsu Bank, behind Carnation Plaza on Ote Street)

The Nagaoka Rice Seedling Planting Festival

May 21 (Sun.)
10:30 a.m. – 2:00 p.m.
“Aguratte Nagaoka,”
a rice paddy in Suyoshi-machi



Have you ever planted rice seedlings in rice paddies? How would you like to get into a rice paddy and plant rice seedlings by hand? The rice paddy, named “Aguratte Nagaoka,” is located near the municipal ski area. If you want to know how to get to the rice paddy, please contact the staff at the Nagaoka City International Affairs Center, *Chikyû Hiroba* (Phone: 0258-39-2714) on the 1st floor of the Nagaoka Civic Center on Ote Street. (See p. 4)

No registration is necessary. The fee is ¥200 for adults and ¥100 for elementary school children and younger. You are advised to wear beach sandals, cotton work gloves, and work clothes. Local products will be on sale and some homemade pork soup will be served.

Outdoor Activities in Higashiyama Family Land

Higashiyama Family Land, Municipal Ski Area
Phone: 0258-34-2225
<http://www.city.nagaoka.niigata.jp/shisetsu/sports/higasiyamafamilyland>

Higashiyama Spring Festival

Higashiyama Event Plaza
May 21 (Sun.) 10:00 a.m. – 3:00 p.m.
Many fun games



Mountainbike Course

April 29 (Sat./Holiday) - Early November
You are required to wear a helmet and gloves.

Pony Plaza

Saturdays, Sundays, and National Holidays

Sale of Recycled Items

Discarded recyclable items such as bicycles and furniture will be repaired and put on display for sale at reasonable prices. As there are usually many applicants, purchases will be decided by lottery. Lottery winners can pick up their items at a later date. Only residents of Nagaoka City can apply for the lottery.



May 29 (Mon.) – June 2 (Fri.) 9:00 a.m. – 4:00 p.m.
Recycling Plaza, Environmental Sanitary Center
Environmental Management Division 3-chome Kotobuki
Phone: 0258-24-2837
Bus: A 20-minute ride from Nagaoka Station Ote (West-Side) Exit Terminal No. 13 to Ecotopia Kotobuki
Leaves at: 10:00 a.m., 12:00 p.m., and 2:40 p.m.

Bullfighting

May 21 (Sun.) 1:00 p.m.
Yamakoshi Bullfighting Ground
Fee: ¥2,000 for high school students and above
Additional Schedule: June 18 (Sun.), July 16 (Sun.), Aug. 2 (Wed.), Aug. 12 (Sat.), Sep. 17 (Sat.), Sep.23 (Sat./Holiday), Oct. 8 (Sun.), Oct. 22 (Sun.), and Nov. 3 (Fri./Holiday)
<http://www.city.nagaoka.niigata.jp/kankou/miru/tougyu>



Teradomari Tourism and Yosakoi Dance Festival

May 21 (Sun.) 9:30 a.m. – 4:30 p.m.
Teradomari *Minato Kôen* (Port Park)
Enjoy *yosakoi* dances, a dance contest for kids, stalls full of food and regional products, a flea market, and many other fun programs.
Industrial Construction Division, Teradomari Branch Office
Phone: 0258-75-3105
<http://www.city.nagaoka.niigata.jp/kankou/event/kankoumaturi>



Tickets for the 2017 Nagaoka Festival Grand Fireworks Show

Possibilities of Getting Tickets for Prepaid Areas

1. The Phoenix Area Exclusively for Contributors to the Phoenix Fireworks

- From May 7 (Sun.): Tickets can be purchased at convenience stores (Seven-Eleven or Lawson) on a first-come, first-served basis.
- Aug. 2 (Wed.) and Aug. 3 (Thurs.): Unsold/canceled tickets can be purchased at the designated site.

How to Apply via Postal Mail
Send in the designated postcard which is attached to 長岡まつり大花火大会有料観覧席チケット販売パンフレット (Nagaoka Festival Grand Fireworks Ticket Sale Pamphlet). A copy of this pamphlet was distributed to each household along with the May Issue of the Japanese version of the 市政だより (City Newsletter). Copies of this pamphlet are also available at the Nagaoka Civic Center on Ote Street. If you need any language assistance, please contact the staff of the International Affairs Center, *Chikyû Hiroba*. (Refer to p.4)

2. Other Prepaid Areas except for the Phoenix Area

(70% of all tickets are reserved for the citizens of Nagaoka.)

- May 15 (Mon.) – May 26 (Fri.): Applications will be accepted via postal mail or the Internet.
- June 1 (Thurs.) and June 2 (Fri.): All applications will be decided by lottery.
- By June 16 (Fri.): Winning notices will be sent to successful applicants.
- July 1 (Sat.) – July 9 (Sun.): Internet purchases for unsold/canceled tickets will be available on a first-come, first-served basis.
- July 15 (Sat.) – July 30 (Sun.): Unsold/canceled tickets can be purchased at *Machinaka Kanko Plaza* on Ote Street
- Aug. 2 (Wed.) and Aug. 3 (Thurs.): Unsold/canceled tickets can be purchased at the designated sites on a first-come, first-served basis.



The Nagaoka Festival Fireworks Show held annually in honor of war victims and with our prayers for peace draws over 1million spectators during the two-night show.

長岡花火 検索
(Nagaoka Hanabi) (Search)

For further information: Nagaoka Hanabi Ticket Center
Phone: 0258-35-9244
<http://www.nagaokahanabi.jp/>

Nagaoka Hanabi Zaidan
Phone: 0258-39-0823
<http://nagaokamatsuri.com/>

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 1st term of classes for the 2017 fiscal year is being offered from April 2017 to September 2017. A free trial lesson is being offered. Please call ahead.

Weekday Classes (Tuesdays & Fridays)

- * **Class I**
(Lesson 1 – Lesson 12 of *Minna no Nihongo*)
9:30 a.m. – 10:30 a.m. (60 minutes)
- * **Class II**
(Lesson 13 – Lesson 25 of *Minna no Nihongo*)
11:00 a.m. – 12:00 p.m. (60 minutes)



May	2, 9, 12, 16, 19, 23, 26, 30	¥1,600
June	2, 6, 9, 13, 16, 20, 23, 27, 30	¥1,800
July	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Aug.	4, 8, 18, 22, 25, 29	¥1,200
Sept.	1, 5, 8, 12, 15, 19, 22, 26, 29	¥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.
- Monday 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.



Upcoming Events Enjoy the World Cafe

- Presentations by International Students
May 13 (Sat.) 2:00 p.m. – 4:00 p.m.
May 26 (Fri.) 5:00 p.m. – 7:00 p.m.



Multilingual Broadcast on FM Nagaoka (80.7 MHz)

- 6:30 p.m. – 7:00 p.m. Wednesdays
Chinese and Easy Japanese: 1st and 3rd Wednesdays
English and Easy Japanese: 2nd and 4th Wednesdays

Sunday Classes

- * **Class I**
(Lesson 1 – Lesson 12 of *Minna no Nihongo*)
9:30 a.m. – 11:30 a.m. (120 minutes)
- * **Class II**
(Lesson 13 – Lesson 25 of *Minna no Nihongo*)
2:00 p.m. – 4:00 p.m. (120 minutes)

May	7, 14, 21, 28	¥1,600	Aug.	6, 20, 27	¥1,200
June	4, 11, 18, 25	¥1,600	Sept.	3, 10, 17	¥1,200
July	2, 9, 16, 23, 30	¥2,000			

Short-Term Japanese Language Class

Sundays, May 7 – Aug. 27
11:45 a.m. – 1:45 p.m.

Room 2B Nagaoka Civic Center 2nd Floor

An intensive short-term Japanese language class will be offered from Sunday, May 7th to Sunday, August 27th 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.

May	7, 14, 21, 28	¥1,600	July	2, 9, 16, 23, 30	¥2,000
June	4, 11, 18, 25	¥1,600	Aug.	6, 20, 27	¥1,200

Telephone Consultation Service for Overseas Workers The Ministry of Health, Labor and Welfare

Languages	Days *1	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

- *1 Except for national holidays and December 28 – January 3
- *2 Callers will be responsible for applicable telephone charges.

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)

- * **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** May 15 (Mon.)
- * **Cooking Time** May 22 (Mon.)
- * **Tips for Protecting Children from Common Hazards** May 29 (Mon.)
- * **Mini-Lecture: Tips on How to Prepare Baby Food**
1:30 p.m. – 2:30 p.m. May 11 (Thurs.)
- * **Mothers' Chat Cafe**
10:45 a.m. – 11:45 a.m. May 12 (Fri.) and June 2 (Fri.)
- * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m. May 18 (Thurs.)
- * **Disaster Prevention Workshop: Useful Goods for Times of Disaster**
1:30 p.m. – 2:30 p.m. May 25 (Thurs.)
- * **Mini-Lecture: Fully-Clothed Baby Massage**
11:00 a.m. – 12:00 p.m. May 24 (Wed.)
- * **Exploring the Fire Department Headquarters and the Disaster Prevention Center**
11:00 a.m. – 12:00 p.m. May 31 (Wed.)
- * **Let's Enjoy Eurhythmics**
11:00 a.m. – 12:00 p.m. June 1 (Thurs.)
- * **Talking about Nursing for Babies and Mothers**
11:00 a.m. – 12:00 p.m. June 8 (Thurs.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 10 (Wed.) Child-Rearing Adviser



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)** May 16 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. May 22 (Mon.)
- * **Birthday Party:** May 29 (Mon.)
- * **Smiley Kids Day** 10:00 a.m. – 12:00 p.m.
May 19 (Fri.) and 26 (Fri.)
- * **Mothers' Chat Cafe**
11:00 a.m. – 12:00 p.m. May 15 (Mon.)
- * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. May 19 (Fri.)
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. May 20 (Sat.)
- * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 11:30 a.m. May 21 (Sun.)
- * **It's Dad's Turn for Talking with Babies**
11:00 a.m. – 12:00 p.m. May 27 (Sat.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. May 30 (Tues.)
- * **Picture Storybook Reading Time**
11:00 a.m. – 11:15 a.m. June 6 (Tues.)
- * **Enjoy Playing to the Rhythm**
11:00 a.m. – 11:15 a.m. June 7 (Wed.)



- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 11 (Thurs.), June 1 (Thurs.), and 8 (Thurs.) Child-Rearing Adviser
- * **Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



Kosodate no Eki, Senshu (Teku Teku)

1-99-6 Senshu Phone: 0258-21-3860
Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays
(Open on Wednesday if it is a national holiday)

- * **Let's Enjoy Singing** 10:45 a.m. – 11:15 a.m.
May 15 (Mon.) and 22 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. May 25 (Thurs.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m. May 26 (Fri.)
- * **Dental Care for Children**
10:30 a.m. – 11:30 a.m. May 18 (Thurs.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. May 19 (Fri.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. May 21 (Sun.)
- * **Let's Plant Flowers**
10:30 a.m. – 11:00 a.m. May 23 (Tues.)
- * **Photography Class**
10:30 a.m. – 12:00 p.m. May 27 (Sat.)
- * **Let's Plant Sweet Potatoes**
10:30 a.m. – 11:30 a.m. May 29 (Mon.)
If it rains: June 1 (Thurs.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. May 30 (Tues.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. June 3 (Sat.)



- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 16 (Tues.) Child-Rearing Adviser
- * **Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyō Kōryū Center, 2nd Floor 1765 Miyazawa, Tochio
Phone: 0258-51-1022 Hours: 9:30 a.m. – 3:30 p.m.
Tuesdays, Wednesdays, Fridays, and Saturdays

- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. May 24 (Wed.) and June 2 (Fri.)
- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. May 26 (Fri.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. May 31 (Wed.)
- * **Let's Make Triangular Chimaki (rice dumplings wrapped in sasa bamboo grass)**
10:00 a.m. – 1:00 p.m. June 24 (Sat.)

- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
May 19 (Fri.) Public Health Nurse
June 7 (Wed.) Maternity Nurse

