

英語

Nagano Living Guide

For New Foreign Residents

Welcome to Nagano!



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1. First Thing You Need to Do After Moving In

- **Municipal Office:** Within 14 days of moving in, please file your change of address at the municipal office of the city/town/village you moved in (Present your Resident (Zairyu) Card, Certificate of Moving Out (Tenshutsu Shomeisho), etc.)
 - ※If your previous residence is in Japan, you will need to submit a Notification of Moving Out to the municipal office of your previous residence, and receive a Certificate of Moving Out from them. Please contact your municipal office for details about moving in from another municipality in Japan.
- **Electricity:** Contact the electric power company.
- **Water:** Contact the Water Works Department of your municipality.
- **Gas:** Make an appointment with the gas company before moving in, and ask them to open the main tap. They also need to do a gas safety inspection.
- **School:** Submit an application for enrollment permission to the board of education of your municipality.



Electric Power Company	☎
Water Works Department	☎
Gas Company	☎

2. At the Time of Emergency

1 1 0 (Police)

Call 110 to reach the police if you should have an accident or become a crime victim.

1 1 9 (Fire and Ambulance)

Call 119 to reach the fire station at the time of a fire, sudden illness or injury.



★ **Helpful Reminders for Emergency Calls** (Please answer questions using this list.)



Address, Apartment Name	
Your Name	
Phone Number	

3. Protecting Yourself from Earthquakes

? There are many earthquakes in Japan. What should you do when an earthquake occurs?

1. Go under a table or a desk to protect your head and body.
2. Turn off the stove and heater immediately.
3. Open doors to secure an evacuation route.
4. When you go outside, pay attention not to step on broken glass pieces.
5. Go to the nearest evacuation site with your neighbors (Your evacuation site is usually at the closest school campus).
6. Evacuate with only what you can carry.



Evacuation Site in Your Area	
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4. Living in Harmony with Your Neighbors

Please try to get to know your neighbors, and maintain good relationships.

- After you move in, visit your neighbors to greet them and introduce yourself.

- All municipalities in Japan have self-governing neighborhood associations called “Jichikai” or “Chonaikai.” They are in charge of various community events, including cleaning. You may be asked to pay a membership fee when you move in.

- Household garbage.

Sort your garbage into “Burnable,” “Unburnable,” “Plastics,” etc. and put them in plastic bags designated by your municipality. These garbage bags are sold at supermarkets and convenience stores.

Each area has its own days and garbage stations for garbage collection. Please ask your municipal office or neighbors about them.



5. Introducing Nagano Prefecture

Nagano Prefecture (also known as “Shinshu”)

Nagano is blessed with rich nature, history and culture. We were ranked No.1 in the fields of “Health,” “Culture,” “Career,” “Daily Living” and “Education” in all of the prefectures in Japan, and were chosen the best prefecture in Japan in the overall evaluation (※).

※*The Best Prefectures in Japan: Ranking Prefectures by Happiness Measures* (edited by the Japan Research Institute, published by Toyo Keizai Inc., December 20, 2012)

Nature

Nagano has the largest number of mountains rising above 3,000m in Japan. The Japan Alps are a good example of the many mountains well-known for their beauty. About 80% of the land is covered by forests.

Tourism

Nagano has the second largest number of hot spring resorts in Japan. Mountains and highlands in summer and ski resorts in winter attract many tourists to Nagano.

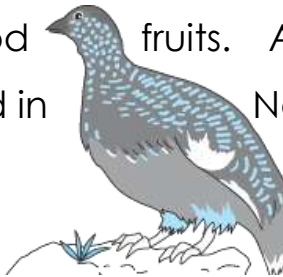
5. Introducing Nagano Prefecture

Industries

Before WW II , a silk industry thrived in Nagano. After the war, a precision machinery industry took over the silk industry, and produced high quality cameras, watches and clocks. Now computer-related electronic devices are the main products of our precision industry.

Agriculture

Nagano is especially famous for producing delicious apples. We also produce many “Kyoho” grapes, prunes, apricots and blueberries among other good fruits. A large amount of vegetables are also produced in Nagano, including lettuce, celery, asparagus and wasabi.



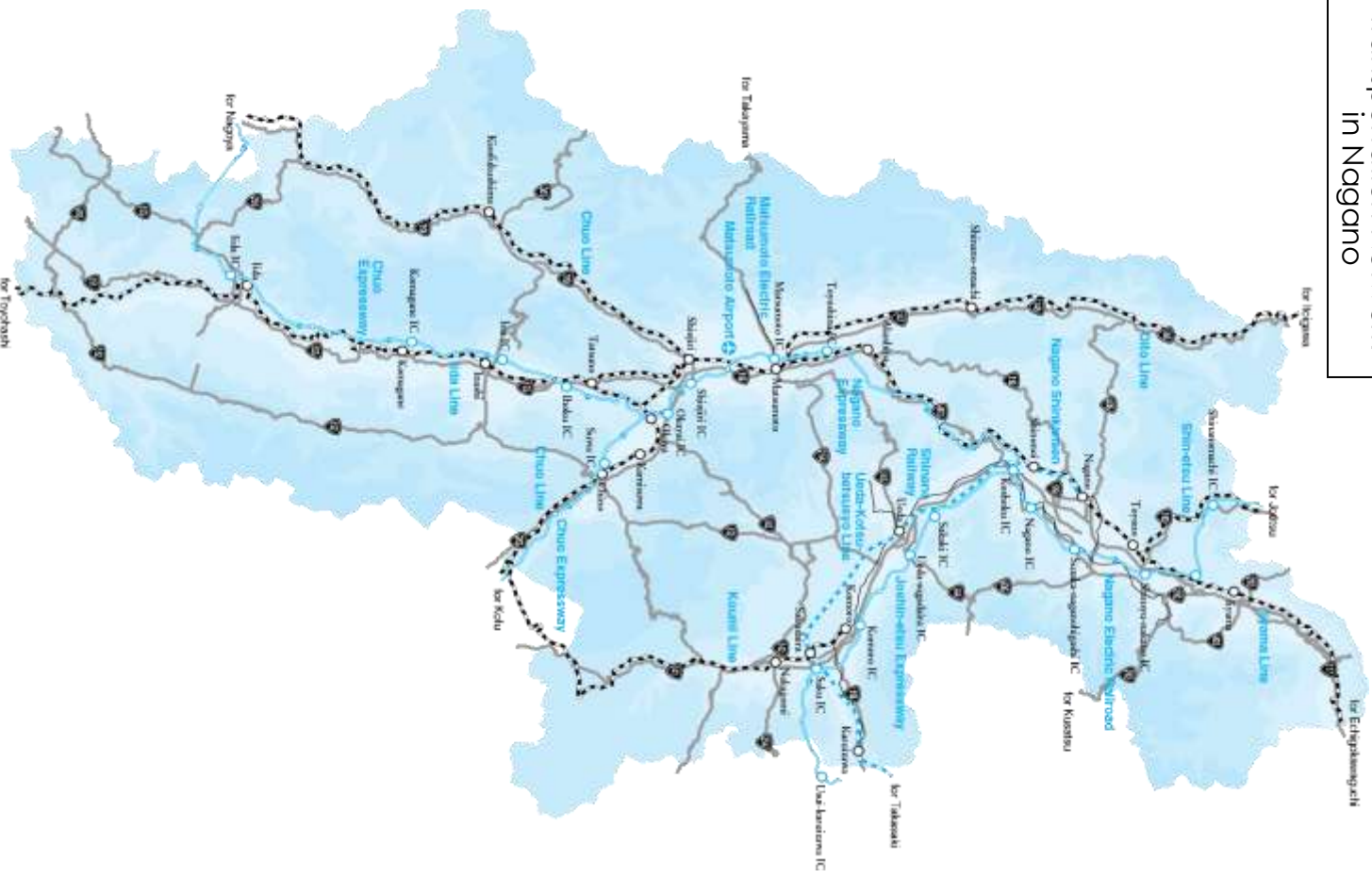
Prefectural Bird: Ptarmigan

Nagano's Symbols



Prefectural Animal: Japanese serow

Transportation Network in Nagano



6. Telephone Directory

(1) Consultation in Foreign Languages

(1) Consultation in Foreign Languages

■ Supporters for International Residents

ANPI (Association of Nagano Prefecture for Internationalization)

☎ 026-235-7186 【in English, Chinese, Portuguese, Tagalog and Thai】

9:30am~5:30pm, Monday through Friday

■ Regional Communicators for a Symbiotic Society

These communicators are volunteers who live in your community and help you with translation and necessary information in 27 languages (as of September, 2013).

ANPI (Association of Nagano Prefecture for Internationalization)

☎ 026-235-7186

6. Telephone Directory

(1) Consultation in Foreign Languages

■ Consultation Contacts at Municipal Offices (In Foreign Languages)

Municipality	Language/Day/Time	Phone Number
Nagano City	English Monday ~ Friday, 8:30am~5:15pm Chinese Monday ~ Friday, 10:00am~7:00pm Korean 1st Tuesday, 2:00~5:00pm Tagalog 2nd Tuesday, 1:00~4:00pm Thai 4th Tuesday, 2:00~5:00pm	026-226-4911 (Ex. 2139) 026-224-5447
Matsumoto City	English Monday ~ Friday, 8:30am~5:15pm, Portuguese Monday ~ Wednesday, 9:30am~3:30pm	0263-34-3000 (Ex. 1141) 0263-34-3271
Matsumoto City (Multicultural Plaza)	Chinese Monday, 4:00~6:00pm Thursday, 6:00~8:00pm Portuguese Tuesday, 5:00~8:00pm Tagalog 2nd & 4th Saturdays, 3:00~5:00pm Thai Saturday, 1:00~3:00pm	0263-34-3000 (Ex. 1333) 0263-39-1106
Ueda City	Chinese Friday, 1:00~5:00pm Portuguese Monday ~ Friday, 8:30am~5:15pm	0268-22-4100 (Ex. 1308)

(1) Consultation in Foreign Languages

Municipality	Language/Day/Time	Phone Number
Okaya City (Okaya Int'l Center)	English Monday ~ Friday, 8:30am~5:15pm Chinese Tuesday, 8:30am~3:30pm Thursday, 9:00am~3:00pm Portuguese Wednesday, 9:00am~3:00pm	0266-23-4811 (Ex. 1145) 0266-24-3226
Iida City	English Thursday & Friday, 1:00~5:00pm Chinese Monday, Tuesday, Thursday & Friday, 1:00~5:00pm, Portuguese Tuesday & Thursday, 1:00~5:00pm, Tagalog Thursday, Friday, 1:00~5:00pm,	0265-22-4511 (Ex. 5420) 0265-22-4553
Suwa City	Portuguese Monday & Friday, 9:00am~2:00pm	0266-52-4141 (Ex. 204)
Komoro City	English Tuesday, 9:00am~12:00pm Chinese Monday, 9:00am~12:00pm Tagalog Tuesday, 9:00am~12:00pm Thai Thursday, 9:00am~12:00pm	0267-23-5521
Ina City	Portuguese Monday ~ Friday, 8:30am~5:15pm	0265-78-4111 (Ex. 2224) 0265-96-8132

(1) Consultation in Foreign Languages

Municipality	Language/Day/Time	Phone Number
Ina City (Ina Int'l Fellowship Association)	Mainly Portuguese M, Th, F 9:30am~12:30pm	0265-72-7706
Komagane City	English Any time as requested Chinese Any time as requested (appointment needed) Portuguese Monday & Thursday, 1:00~5:00pm Wednesday, 9:00am~12:00pm	0265-83-2111 (Ex. 666)
Chino City	English } Chinese } Portuguese } Tagalog } 3rd Thursday, 10:00am~5:00pm	0266-72-2101 (Ex. 256)
Shiojiri City	Portuguese Monday ~ Friday, 8:30am~5:15pm	0263-52-0280 (Ex. 1196)
Saku City	Chinese Monday, 1:00~4:00pm Friday, 9:00am~12:00pm Portuguese Monday & Thursday, 1:00~4:00pm Tagalog Wednesday & Thursday, 1:00~4:00pm Thai Tuesday, Friday 1:00~4:00pm	0267-62-2111 (Ex. 454) 0267-62-3283

(1) Consultation in Foreign Languages

Municipality	Language/Day/Time	Phone Number
Chikuma City	Japanese Monday ~ Friday, 8:30am~5:15pm	026-275-0004 (Ex. 6351)
Tomi City	English Monday ~ Friday, 9:00am~4:00pm Portuguese Monday ~ Friday, 9:00am~4:00pm Spanish Monday ~ Friday, 9:00am~4:00pm	0268-62-1111 (Ex. 1221/1222) 0268-64-5896
Azumino City	Portuguese Monday ~ Friday, 8:30am~5:15pm Spanish Monday ~ Friday, 8:30am~5:15pm	0263-82-3131 (Ex. 148)
Shimo-Suwa Town	Chinese Monday ~ Friday, 8:30am~5:15pm (Advanced appointment required) Portuguese Monday ~ Friday, 8:30am~5:15pm (Advanced appointment required) Tagalog Monday ~ Friday, 8:30am~5:15pm (Advanced appointment required)	0266-27-1111 (Ex. 143)
Minowa Town	Portuguese Monday ~ Friday, 9:00am~4:00pm	0265-79-3111 (Ex. 199)
Achi Village	Chinese Tuesday, 11:00am~2:00pm Wednesday, 6:00~8:00pm	0265-43-2220 (Ex. 242)

(2) Government Offices

■ Prefectural Offices

The following are each office's main switchboard numbers. Tell the operator the name or extension number of the section you want.

(Monday ~ Friday, 8:30am~5:15pm)

- Nagano Prefectural Government (Kencho) ☎026-232-0111
- Regional Offices (General prefectural offices in 10 regions in Nagano)
 - Saku Regional Office ☎0267-63-3111
 - Josho Regional Office ☎0268-23-1260
 - Suwa Regional Office ☎0266-53-6000
 - Kami-Ina Regional Office ☎0265-78-2111
 - Shimo-Ina Regional Office ☎0265-23-1111
 - Kiso Regional Office ☎0264-24-2211
 - Matsumoto Regional Office ☎0263-47-7800
 - Kita-Azumi Regional Office ☎0261-22-5111
 - Nagano Regional Office ☎026-233-5151
 - Hokushin Regional Office ☎0269-22-3111

(2) Government Offices

■ Municipal Offices (Alphabetical)

A	Achi Village	0265-43-2220	
	Agematsu Town	0264-52-2001	
	Anan Town	0260-22-2141	
	Aoki Village	0268-49-0111	
	Asahi Village	0263-99-2001	
	Azumino City	0263-71-2000	
	Chi	Chikuhoku Village	0263-66-2211
		Chikuma City (Koshoku Office)	026-273-1111
		Chikuma City (Togura Office)	026-275-0004
		Chikuma City (Kami-Yamada Office)	026-275-1050
Chino City		0266-72-2101	

F	Fujimi Town	0266-62-2250
	Hara Village	0266-79-2111
H	Hakuba Village	0261-72-5000
	Hiraya Village	0265-48-2211
	Iida City	0265-22-4511
I	Iijima Town	0265-86-3111
	Iiyama City	0269-62-3111
	Iizuna Town	026-253-2511
	Ikedate Town	0261-62-3131
	Ikusaka Village	0263-69-3111
	Ina City	0265-78-4111

(2) Government Offices

K	Karuizawa Town	0267-45-8111	
	Kawakami Village	0267-97-2121	
	Kijimadaira Village	0269-82-3111	
	Kiso Town	0264-22-3000	
	Kiso Village	0264-36-2001	
	Kita Aiki Village	0267-77-2111	
	Komagane City	0265-83-2111	
	Komoro City	0267-22-1700	
	M	Koumi Town	0267-92-2525
		Matsumoto City	0263-34-3000
Matsukawa Town		0265-36-3111	
Matsukawa Villaae		0261-62-3111	

N	Minami Aiki Village	0267-78-2121
	Minami Maki Village	0267-96-2211
	Minami Minowa Village	0265-72-2104
	Minowa Town	0265-79-3111
	Miyada Village	0265-85-3181
	Miyota Town	0267-32-3111
	Nagano City	026 - 226-4911
	Nagawa Town	0268-68-3111
	Nagiso Village	0264-57-2001
	Nakagawa Village	0265-88-3001
N	Nakano City	0269-22-2111
	Neba Village	0265-49-2111

O	Nozawa Onsen Village	0269-85-3111
	Obuse Town	026-247-3111
	Ogawa Villages	026-269-2323
	Okaya City	0266-23-4811
	Omi Village	0263-67-3001
	Okuwa Village	0264-55-3080
	Omachi City	0261-22-0420
	Oshika Village	0265-39-2001
	Otari Village	0261-82-2001
	Otaki Village	0264-48-2001
S	Sakuho Town (Saku Office)	0267-86-2525
	Sakuho Town (Yachiho Office)	0267-88-2525

(2) Government Offices

T	Sakae Village	0269-87-3111
	Sakaki Town	0268-82-3111
	Saku City	0267-62-2111
	Shimojo Village	0260-27-2311
	Shimo-Suwa Town	0266-27-1111
	Shinano Town	026-255-3111
	Shiojiri City	0263-52-0280
	Suwa City	0266-52-4141
	Suzaka City	026-245-1400
	Takamori Town	0265-35-3111
	Takagi Village	0265-33-2001
	Takayama Village	026-245-1100
	Tateshina Town	0267-56-2311

U	Tatsuno Town	0266-41-1111
	Tenryu Village	0260-32-2001
	Tomi City	0268-62-1111
	Toyooka Village	0265-35-3311
	Ueda City	0268-22-4100
	Urugi Village	0260-28-2311
Y	Yamagata Village	0263-98-3111
	Yamanouchi Town	0269-33-3111
	Yasuoka Village	0260-26-2111

■ Immigration Bureau

- Nagano Branch Office of Tokyo Regional Immigration Bureau
☎026-232-3317 (Japanese only)
(Monday~Friday, 9:00am~12:00pm, 1:00~4:00pm)
- Foreign Residents Information Center , Tokyo Regional Immigration Bureau
☎0570-013904 / IP, PHS, International calls : ☎03-5796-7112
(Monday~Friday, 8:30am~5:15pm)
In English, Chinese, Japanese, Korean, Spanish, etc.

(2) Government Offices

■ Hello Work Offices with Translators

(As of September, 2013)

Hello Work Office	Language, Day, Time	Phone Number
Nagano Office	Chinese Monday & Wednesday, 1:00~4:00pm Portuguese Friday, 1:00~4:00pm	026-228-1300
Matsumoto Office	Chinese Monday & 3rd Thursday, 1:00~5:00pm Portuguese Thursday, 9:00am~12:00pm Friday, 1:00~5:00pm	0263-27-0111
Ueda Office	Chinese Thursday, 1:00~4:00pm Portuguese Monday & Friday, 9:00am~12:00pm, 1:00~3:00pm	0268-23-8609
Iida Office	Chinese Tuesday & Wednesday, 10:00am~4:00pm Portuguese Friday, 9:00am~3:00pm	0265-24-8609
Ina Office	Portuguese Friday, 9:00am~5:00pm	0265-73-8609
Komoro Office	Portuguese 2 nd & 4 th Fridays, 10:00am~12:00pm	0267-23-8609
Suwa Office	Portuguese Tuesday, 10:00am~4:00pm	0266-58-8609
Okaya Office	Portuguese Thursday, 1:00~5:00pm	0266-23-8609

■ **Consultation Corner for Labor Conditions and Labor Issues, Nagano Labor Affairs Bureau** ☎026-223-0553 (Portuguese only)

They give counsel on labor conditions to Portuguese-speaking people.

(Monday & Wednesday, 9:00am~4:00pm (The office hours may change.)

■ **Out-of-Hour Emergency Medical Care Service** ☎0570-088199 (Japanese only)

Get information on medical institutes available on holidays and during the night time.

■ **Emergency Telephone Consultation for Children #8000**

☎0263 - 34 - 8000 (7:00~11:00pm) (Japanese only)

Call #800 for advice when your child gets sick or injured at night.

■ **Driver's License Center** (Japanese only)

Hokushin Driver's License Center (Nagano City)

☎026-292-2345

Toshin Driver's License Center (Saku City)

☎0267-53-1500

Chunanshin Driver's License Center (Shiojiri City)

☎0263-53-6611

(3) Embassies of Major Countries (Tokyo)

【Asia】 Embassy of the Republic of India	☎03-3262-2391/2397
Embassy of the Republic of Indonesia	☎03 - 3441 - 4201
Embassy of the Democratic Socialist Republic of Sri Lanka	☎03 - 3440-6911/6912
Royal Thai Embassy	☎03-5789-2433
Embassy of the Republic of Korea	☎03-3452-7611~7619
Embassy of the People's Republic of China	☎03-3403-3388
Embassy of Nepal	☎03-3713-6241/6242
Embassy of the Islamic Republic of Pakistan	☎03-5421-7741/7742
Embassy of the People's Republic of Bangladesh	☎03-5704-0216/0218
Embassy of the Republic of the Philippines	☎03 - 5562-1600
Embassy of the Socialist Republic of Vietnam	☎03-3466-3311/3313/3314
Embassy of Malaysia	☎03-3476-3840
Embassy of the Republic of the Union of Myanmar	☎03-3441-9291/9294
Embassy of Mongolia	☎03 - 3469-2088

(3) Embassies of Major Countries (Tokyo)

【North America】

Embassy of the United States ☎03-3224-5000

Embassy of Canada ☎03-5412-6200

【Central & South America】

Embassy of the Argentine Republic ☎03-5420-7101/7105

Embassy of the Republic of Paraguay ☎03 - 3265-5271

Embassy of the Federative Republic of Brazil ☎03-3404-5211

Embassy of the Republic of Peru ☎03-3406-4243/4249

Embassy of the Plurinational State of Bolivia ☎03-3499-5441/5442

Embassy of the United Mexican States ☎03-3581-1131/1135

【Europe】

Embassy of the United Kingdom ☎03 - 5211-1100

Embassy of the Kingdom of the Netherlands ☎03-5776-5400

Embassy of the Federal Republic of Germany ☎03-5791-7700

Embassy of France ☎03-5798-6000

Embassy of the Russian Federation ☎03-3583-4224/5982

【Oceania】

Embassy of the Republic of the Commonwealth of Australia ☎03-5232-4111

Embassy of New Zealand ☎03-3467-2271

【Middle East】

Embassy of the Islamic Republic of Iran ☎03-3446-8011/8015

(4) Japanese Language Classes

(As of July, 2013)

Municipality	Name of Class	Location	Date & Time	Contact
Komoro City	"Komoro Japanese Class"	① Komoro City Community Center (Kominkan) ② Komoro City Volunteer Center	① Every Saturday 7:00~9:00pm ② Every Thursday 10:00~11:30am (Both sessions held from April to November)	0267-23-5521 (Human Rights Policy Division (Jinken Seisaku Ka) , Komoro City, located in Human Rights (Jinken) Center)
Saku City	Suzuran no Kai	Saku City Life-Long Learning (Shogai Gakushu) Center (Nozawa Kaikan)	Every Saturday 10:00am~12:00pm (April to December)	090-4924-8676 (Sunohara, Suzuran no Kai)
Sakuho Town	Sakuho Town Japanese Class	"Hana no Sato Morai Kan", Sakuho Town Life-Long Education Hall (Shogai Gakushukan)	Every Saturday 10:00am~12:00pm	0267-86-2041 (Life-Long Education (Shogai Gakushu) Section, Sakuho Town Community Center (Kominkan))
Miyota Town	Miyota Town Community Center (Kominkan) Japanese Class for Foreign Residents	Manabi no Yakata (House of Learning) Ecole Miyota	Every Sunday 2:00~4:30pm	0267-32-3194

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Ueda City	Japanese Club "Sakura"	Ueda Sozokan	Every Wednesday 7:30~9:00pm ※For 16 years and older	0268-23-1111
	Minori no Kai	Ueda City (Shimin) Plaza "YU"	Every Saturday 1:15~3:00pm	0268-27-2988
	"Himawari no Kai"	Chuo Community Center (Kominkan)	Every Saturday 10:00~11:30am	0268-22-0760
	Yuai Maruko Japanese Class	Maruko Volunteer Community Activity (Chiki Katsudo) Center	Every Saturday 10:00am~12:00pm	0268-43-2566
	Every One's Japanese Square "Taroyama"	Ueda City Uenogaoka Community Center (Kominkan)	2 nd , 3 rd & 4 th Saturdays 1:00~3:00pm	0268-24-0659

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Ueda City	"Japanese Class" for Returnees from China	Sasara no Yu	1 st & 3 rd Thursdays 10:30am~3:00pm	0268-31-3500 (Staff in Charge: Nishizawa)
	"Fureai" Japanese Class	Ueda City Fureai Welfare (Fukushi) Center	Every Sunday 10:00am~12:00pm	0268-42-3507
	Josho Japanese Course	Ueda Sozokan	1 st , 2 nd & 3 rd Sundays 1:30~3:30pm	0268-25-0279
Tomi City	Japanese Class "AIUEO no Kai"	Tomi City Chuo Community Center (Kominkan) (Under construction for earthquake resistance) Kita Mimaki Community Center (Kominkan) (Until March, 2014)	Every Thursday 7:30~9:00pm	0268-64-5885 (Life-Long Learning (Shogai Gakushu) Section)
Okaya City	Japanese Class "Kamoshika"	① Okaya City Hall (Shiyakusho) ② Culture Center, Ilf Plaza 3F	① Every Wednesday 9:30~11:00am ② Every Monday 7:00~8:30pm	0266-24-3226 Okaya International Center

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Okaya City	Japanese Volunteer Class "Fureai"	Suwako Heights	Every Saturday & Sunday 10:30am~12:00pm	0266-24-2290
Suwa City	"Suwa Japanese Class"	Suwa City Community Center (Kominkan) 2F	Every Friday 7:00~8:30pm Every Saturday 10:00~11:30am	0266-53-6219
Chino City	Japanese Class "Chino Kakehashi"	① Chino Catholic Church ② Chino Area Community Center	Every Saturday 10:00am~12:00pm	① 0266-73-4788 (Chino Catholic Church) ② 0266-73-0318 (Chino Area Community Center)
	Japanese Class "Ribbon"	Chino City Community Center (Kominkan)	Every Friday 7:00~9:00pm	0266-72-3266

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Chino City	"Japanese Class"	Chino City Home Education (Katei Kyoiku) Center 2F	Every Sunday 1:00~3:00pm	090-8846-0491 (Support Group for Foreign Residents, "Nekojarashi Chino")
Fujimi Town	Fujimi Town Japanese Class	Fujimi Town Community Center (Kominkan) (Fujimi Town Community Plaza)	(Day Session) Every Wednesday 1:00~3:00pm (Night Session) 1 st & 3 rd Fridays 7:00~9:00pm	0266-62-7900 (Fujimi Town Community Center (Kominkan))
Ina City	Japanese Class "Sakura-gumi"	Ina City Life-Long Learning (Shogai Gakushu) Center 4F (Ina International Fellowship Association)	Every Thursday 1:00~2:30pm Every Saturday 2:30~4:00pm	0265-72-7706 (Ina Int'l Fellowship Association)
	"Japanese Class for Parents and Children" Ina Class	Ina City Life-Long Learning (Shogai Gakushu) Center 4F (Ina International Fellowship Association)	Every Saturday 2:30~4:00pm	0265-72-7706 (Ina Int'l Fellowship Association)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Komagane City	Inan Japan-China Friendship Association Japanese Class	Fureai Center	Twice a month on Sunday, 2:00~4:00pm (Decided based on the students' schedule.)	0265-83-6008 (Secretariat of Inan Japan-China Friendship Association)
Komagane City	Komagane Japanese Class, Chikyu-jin Network in Komagane	Komagane City Welfare (Fukushi) Center	Every Tuesday 1:30~3:00pm Every Wednesday 7:00~8:30pm Every Saturday 10:00~11:30am	0265-81-5900 (Komagane City Social Welfare Council 090-4159-7872 (Chikyu-jin Network in Komagane)
	Japanese Learning System	Komagane City Welfare (Fukushi) Center	3 courses a year (7 sessions per course on 7 consecutive Sundays, 1:00~2:30pm)	Planning Division (Kikakuka), Komagane City
Minowa Town	Minowa Machi Int'l Friendship Association	① Minowa Town Culture (Bunka) Center ② Minowa Town Regional Exchange (Chiiki Koryu) Center	Every Saturday 1:00~3:00pm	0265-79-3111 (General Affairs Division (Somuka), Minowa Town)
Minami Minowa Village	Japanese Class "Sakura-gumi"	Minami Minowa Village(Sonmin) Center 2 nd Floor	Every Friday 7:30~9:00pm	0265-76-7007 (Minami Minowa Village(Sonmin) Center)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Nakagawa Village	Japanese Class "YuYuKai"	Nakagawa Culture (Bunka) Center	Irregular, 7:30pm~	0265-88-3354
Iida City	Haoyu Kai Tatsuoka Japanese Class	Iida City Tatsuoka Community Center (Kominkan)	Every Friday, 7:00~8:30pm Every Sunday, 2:00~3:30pm	0265-26-9162
	Wai Wai Salon	Iida City Community Center (Kominkan)	Every Thursday, 10:00am~12:00pm	0265-22-1132
	Tokiwadai Japanese Class	Tokiwadai Clubhouse (Shukaijo)	2 nd & 4 th Saturdays, 7:00~9:00pm	0265-23-7213
	Japanese Class "Hand in Hand Waraku"	"Waraku"	Every Saturday, 1:30~4:00pm Every Sunday, 2:00~4:00pm	0265-22-0912
	Japanese Class for "Foreigners as Residents in Japan" commissioned by the Agency for Cultural Affairs (1) Parenting Class (2) Wai Wai Salon II	(1) Kanae Community Center (Kominkan), Igara Community Center (Kominkan) (2) Kanae Community Center (Kominkan)	(1) About twice a month, July~ December, 10:00am~12:00pm (2) 1 st Term: July~October, 2 nd Term: November~February, Monday, 7:00~9:00pm	0265-22-1132 (Iida City Community Center (Kominkan))

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Takamori Town	Takamori Town Community Center (Kominkan) Japanese Class	Takamori Town Chuo Community Center (Kominkan)	Every Saturday 10:00~11:30am 7:30~9:30pm	0265-35-8211
Achi Village	Achi Japanese Class	Achi Village Chuo Community Center (Kominkan)	1st & 3rd Sundays 10:00am~12:00pm	090-4835-8515 (Secretariat for Iida Japan-China Friendship Association)
Shimojo Village	Japanese Class	Ashita Murando Shimojo	Every Saturday 7:00~8:30pm	0260-27-1050 (Staff in Charge: Sagawa)
Yasuoka Village	Yasuoka Village Japanese Class	Yasuoka Village Multi-Purpose (Tamokuteki) Assembly (Shukai) Center	Once a month 10:00am~3:00pm (Held any time as requested)	0260-26-2111 (Staff in charge: Ikeda)
Okuwa Village	Japanese Class	Noshiri Area Center (Chiku Kan)	2 nd & 4 th Tuesdays	0264-55-1020 (Okuwa Village Board of Education)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Matsumoto City	Nan Nan Japanese Course	Matsumoto City Nan Nan Hiroba (Matsumoto City Nambu Community Center (Kominkan))	Every Monday 7:00~8:30pm	0263-26-1083
	Matsumoto City Hata Community Center (Kominkan) Japanese Class	Matsumoto City Hata Community Center (Kominkan)	Every Saturday 7:30~9:00pm	0263-92-2268
	Matsumoto City Chuo Community Center (Kominkan) Japanese Course	Matsumoto City Chuo Community Center (Kominkan) (M Wing)	Every Tuesday 7:00~8:30pm	0263-32-1132
	Thursday Morning Volunteer Japanese Class	Matsumoto City Chuo Community Center (Kominkan) (M Wing)	Every Thursday 10:00~11:30am	0263-32-1132
	Friday Afternoon Japanese Class	Matsumoto City Chuo Community Center (Kominkan) (M Wing)	Every Friday 2:00~4:00pm (25 sessions in total from 9/13/2013 to 3/14/2014)	0263-39-1106

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Matsumoto City	Matsumoto Nihongo Family no Kai	Infant Home (Nyuji-in), Matsumoto Red Cross Hospital	Every Tuesday 9:30~11:30am	0263-46-4630
	Japanese Class for Foreign Students and Children	Matsumoto City Joto Community Center (Kominkan)	Every Saturday 1:00~4:00pm	080-3172-2875
	Chushin Nihongo Hiroba	①Shonai District (Chiku) Community Center (Kominkan) ② Namiyanagi Danchi Meeting Room (Shukaijo)	Every Sunday 10:00~11:30am	0263-24-1811
	Matsumoto City Young Japanese Class (Day Session)	Matsumoto Chuo Community Center (Kominkan) (M Wing)	Every Tuesday & Friday 9:30am~12:30pm	0263-32-1132
	Matsumoto City Young Japanese Class (Evening Session)	Matsumoto Chuo Community Center (Kominkan) (M Wing)	Every Monday & Thursday 6:00~8:00pm	0263-32-1132
Shiojiri City	"Tanoshii" Japanese Class	Shiojiri City Hall (Shiyakusho)	Every Sunday 10:00am~12:00pm	0263-52-0280 (Life Consultation (Kurashino Sodan) Section, Citizens Division, Shiojiri City)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Azumino City	Misato Japanese Class	Misato Community Center (Kominkan)	Every Saturday 7:00~9:00pm	0263-62-4565 (Social Education Division, Azumino City Board of Education)
	Toyoshina Japanese Class for Parents and Children	Toyoshina Sasaeai Center	Every Sunday 10:00am~ 12:00pm	0263-62-4565 (Social Education Division, Azumino City Board of Education)
	Hotaka Japanese Class	Hotaka Kaikan (Hall)	Every Sunday 7:00~9:00pm	0263-62-4565 (Social Education Division, Azumino City Board of Education)
	Horigane Japanese Class	Horigane Community Center (Kominkan)	Every Sunday 7:00~9:00pm	0263-62-4565 (Social Education Division, Azumino City Board of Education)
	Akashina Japanese Class	Akashina Community Center (Kominkan)	Every Sunday 1:00~3:00pm	0263-62-4565 (Social Education Division, Azumino City Board of Education)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Omachi City	Omachi Japanese Class	Omachi Community Center (Kominkan), Omachi City Culture Hall (Bunka Kaikan)	Every Wednesday 7:00~9:00pm	0261-22-9988
Ikeda Town	Ikeda Town Japanese Class	Ikeda Town Community Center (Kominkan)	Every Thursday 7:30~9:00pm	0261-62-2058
Matsukawa Village	Matsukawa Japanese Class	"Kenshu-shitu (Meeting Room)", Suzunone Hall 2F	Every Friday 7:30pm~	0261-62-2481 (Matsukawa Community Center (Kominkan), Suzunone Hall)
Hakuba Village	Japanese Study Group For Foreign Nationals	Health & Welfare (Fukushi) Fureai Center	Generally once a week for one hour from mid-April to mid-December (10:30~11:30am) ※Winter sessions are open as requested.	0261-72-7230

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Nagano City	Intermediate (Chukyu) Japanese Class	Nagano City Fureai Welfare (Fukushi) Center	Every Saturday 10:00am~12:00pm	026-227 - 3707 (Fureai Welfare (Fukushi) Center)
	Nagano City International Exchange Corner Japanese Class	Nagano City International Exchange Corner, Monzen Plaza 3F	Every Monday ~ Friday 10:30am~12:30pm 1:30~3:30pm Every Saturday 1:30~3 : 30pm	026-223-0053 (Nagano City Int'l Exchange Corner)
	Shinonoi Japanese Class	Shinonoi Community Center (Kominkan)	Every Sunday 10:00am~12:00pm	026-292-2121 (Shinonoi Community Center (Kominkan))
	Minna de Nihongo	Nagano City Fureai Welfare (Fukushi) Center	Every Saturday 6:30~8:00pm	026-227-3707 (Fureai Welfare (Fukushi) Center)
	Yoshida Japanese Class	Nagano City Fureai Welfare (Fukushi) Center	Every Wednesday 10:00am~12:00pm	026-227-3707 (Fureai Welfare (Fukushi) Center)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Nagano City	Japanese Class for Foreign Residents	Nagano City Chubu Community Center (Kominkan)	Every Tuesday 10:00~11:30am	026-234-1883 (Chubu Community Center (Kominkan))
	Japanese Class for Returnees from China	Japan-China Friendship Center (in Japan-China Friendship Association of Nagano Prefecture)	Every Monday ~ Friday 10:00am~12:00pm	026-224-5028 (Welfare Division (Kosei-ka), Nagano City) 026-224-6519 (Support & Fellowship Center for Returnees from China)
Suzaka City	"Japanese Class"	Suzaka City Chuo Community Center (Kominkan)	1 st , 2 nd , 3 rd Thursdays 7:30~9:00pm	026-245-1598 (Staff in charge: Mochizuki)
Chikuma City	Chikuma City Yawata Community Center (Kominkan) Japanese Class	Chikuma City Yawata Community Center (Kominkan)	Every Friday 1:30~3:30pm (Except January, February, August)	026-275-0004 (Ex. 6351)

(4) Japanese Language Classes

Municipality	Name of Class	Location	Date & Time	Contact
Chikuma City	Human Rights Fureai Center Japanese Class	Chikuma City Human Rights (Jinken) Fureai Center (West of 3 rd (Daisan) Parking, Koshoku Office, Chikuma City Hall (Shiyakusho))	2 nd & 4 th Sundays 10:30~12:30am	026-273-3693 (Chikuma City Human Rights Fureai Center)
Takayama Village	Japanese Class	Takayama Village Community Center (Kominkan)	9/29, 10/6, 10/20, 10/27, 11/3 1:30~3:30pm	026-245-1100 (Staff in charge: Maki)
Nakano City	Nakano City Chuo Community Center (Kominkan) Japanese Class	Nakano City Chuo Community Center (Kominkan)	Every Tuesday 1:30~3:30pm 2 nd & 4 th Sundays 7:00~9:00pm	0269-22-2691
Kijimadaira Village	"Friendly" Japanese Class	Kijimadaira Village Human Rights (Jinken) Center	Every Friday 8:00~10:00pm	0269-82-3111

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