



Consultation

## Free Initial Consultation with a Lawyer

Nagano Prefecture concluded with an agreement with the Nagano Prefecture Bar Association and began a system where Nagano foreign residents can receive free initial legal advice starting September 1, Thursday.

### Eligibility

Foreign residents of Nagano Prefecture

- Those who do not have Japanese nationality
- Those who have Japanese nationality, and need an interpreter or other language support

### Support menu

Free initial legal consultation with a lawyer

### Contact point

Nagano Prefecture Intercultural Consultation Center

If you want a consultation, please call

**026-219-3068** or **080-4454-1899**.



### Notes

- Upon acceptance, a counselor of the Intercultural Consultation Center will conduct an interview to make a reception slip to the Bar Association.
- Regarding consultation after the second time, you may be charged.

Consultation

## Free Consultation

The Nagano Prefecture Intercultural Consultation Center will hold free consultation events for foreign residents. You can consult with a lawyer (booking required), judicial scrivener (booking required), and an administrative scrivener for free.

City	Date	Time	Venue
Komoro City	Tue, Oct 4	10 a.m. to 3 p.m.	Komoro City Hall, 2nd Floor, Conference Room
Ina City	Tue, Oct 11	10 a.m. to 3 p.m.	Ina City Hall, 1st Floor, Multipurpose Hall
Shiojiri City	Thu, Oct 20	10 a.m. to 3 p.m.	Health and Welfare Center, 3rd Floor, Community Room
Saku City	Tue, Nov 1	10 a.m. to 3 p.m.	Saku City Hall, 8th Floor, Large Conference Room
Chikuma City	Sat, Nov 5	10 a.m. to 3 p.m.	Chikuma City Hall, 3rd Floor, Conference Room 301

Free

The schedule and venues may be changed. See detailed information on the website.

## 1) Distribution of qualitative antigen test kits by online application

Nagano Prefecture is distributing qualitative antigen test kits by online application to applicable persons as follows.

### Eligibility

Nagano residents falling under the following, with no plan to see a doctor

1. Ages between 20 and 49 when applying
2. Those who have symptoms suspicious of COVID-19, such as a fever, cough, sore throat
3. Those who have received primary vaccinations
4. Those who do not have underlying conditions with a risk of becoming seriously ill
5. Those who are not pregnant
6. Those whose family members' inhabitant taxes on per capita basis are exempted



### Notes

- It takes one to two days to have your kit delivered.
- Please never resell nor transfer the kit delivered.
- The application is allowed one time per person.
- The number of applicable kits is limited to one at a time.



Application page

### How to apply

Access via QR code for an electronic application. **(Japanese only)**

Reception hours: daily 8 a.m. to 12 noon

## 2) To those who have tested positive by the kits

We are accepting applications of those that tested positive through self-check. (Only via online.) Based on the application information, doctors will diagnose and determine whether the applicant is positive for COVID and submit notifications to health centers.

### Eligibility

Applicable to those who meet the above eligibility 1 to 5.

### How to apply

Access via QR code for an electronic application. **(Japanese only)**

Residents of  
**Nagano City**



Residents of  
**Matsumoto City**



Residents **other than**  
Nagano and  
Matsumoto cities



**Please visit the Nagano Prefecture website for details.** (Japanese only)



Please call the Nagano Prefecture Intercultural Consultation Center if you need assistance.  
Free consultation is available in 15 languages. ☎ 026-219-3068 / 080-4454-1899

Website: <https://www.naganoken-tabunka-center.jp/>

