



NEWS

Survey on Night Junior High School

We will establish night junior high schools in 2026. For this reason, we are conducting a survey so we can be aware of the possible needs.

What's a night junior high school?

This is for foreign nationals who have not been fully educated in schools equivalent to Japanese junior high schools, those who graduated junior high school, but who rarely attended, and for those who could not go to junior high school for other various reasons.



The features

- Since you can attend classes at night, you can study even after work.
- The same subjects as a day school will be offered.
- You will be qualified as a junior high school graduate.
- Free school fees and textbooks.



The survey period

From Wednesday, July 26, 2023 to Monday, September 25, 2023

To answer the survey, please visit the QR code or link below.

<https://www.pref.nagano.lg.jp/kyoiku/gimukyo/nightjuniorhighschool.html>

Consultation

Free Consultation

The Nagano Prefecture Intercultural Consultation Center will hold free consultations for foreign residents. You can consult with a judicial clerk and an administrative clerk for free.

City	Date	Time	Venue
Ueda	Fri, Sep 8	10 a.m. to 3 p.m.	Ueda City Hall
Komoro	Wed, Sep 13	10 a.m. to 3 p.m.	Komoto City Civic Center
Nakano	Fri, Sep 29	10 a.m. to 3 p.m.	Nakano City Human Rights Center
Ina	Mon, Oct 16	10 a.m. to 3 p.m.	Ina City Hall
Saku	Wed, Nov 22	10 a.m. to 3 p.m.	Saku City Hall

Free



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

Nagano is the No. 1 Prefecture in Healthy Life Expectancy

Healthy life expectancy is the number of years that people live independently. In this ranking, Nagano Prefecture was ranked in No. 1 for both men and women.

The main reasons are as follows:

- 1) High numbers of elderly working.
- 2) High vegetable intake.
- 3) Active efforts by volunteers.
- 4) Active healthcare services in local communities.



Men	Women
1. Nagano: 81.4 years	1. Nagano: 85.1 years
2. Shiga: 81.2 years	2. Shimane: 85.0 years
3. Nara: 81.0 years	2. Hiroshima: 85.0 years
National average: 80.0 years	National average: 84.3 years

(All-Japan Federation of National Health Insurance Organizations)

Let's Learn About Disaster Prevention in Easy Japanese!

We will hold a Program for Improving Disaster Readiness in plain Japanese. These events bring together foreign and Japanese residents to learn about disaster prevention using plain Japanese. The program includes experiencing a shelter and an educational workshop for you to enjoy. Participation is **free**.

Date and time	Theme	For whom
Sat, Sep 30 3 pm–5 pm	Plain Japanese lesson for disaster preparedness	Japanese
Mon, Oct 9 1:30 pm–5:30 pm	Japanese lesson for disaster preparedness	Japanese, Non-Japanese
Sun, Oct 29 1 pm–4 pm	Experience the shelter	Non-Japanese
Sat, Dec 9 1:30 pm–5:30 pm	Flyer making workshop	Japanese, Non-Japanese

How to apply

Participation is welcome, even just once.

Scan QR code

(<https://forms.office.com/r/3J2Cpe476B>)



What's plain Japanese?

This is simpler Japanese for those whose native language is not Japanese.

e.g. 避難所 ⇒ にげる ところ

What's disaster prevention?

Preparing for earthquakes, heavy rain and other natural disasters.

