



Nagano Prefecture Newsletter

Nagano Prefectural Government
International Community Support and
Passport Office
Tel: 026-235-7173
tabunka@pref.nagano.lg.jp

NEWS

Watch Out for the Flu and COVID-19

The season is about to turn to winter. In the cold season, the flu and COVID-19 are more likely to spread. Please take precautions by receiving a vaccine or wearing a mask. If you have severe symptoms such as a fever or a cough, please see your doctor.

- If you catch the flu or COVID-19, please make an effort to stay at home for around five days after symptoms appear.
- If you do not have a family doctor, please call the number on the right.



Non-Japanese languages (24 hrs)

0120-974-998

Japanese (24 hrs)

Nagano City residents: **026-226-9957**

Matsumoto City residents: **0263-47-5670**

Other residents: **0120-924-444**

Recommendation

Enjoy Winter!!

As winter approaches, it gets colder, and we can expect snowfall. In Nagano, there are things unique to winter and scenes that are exclusive to the season. Why don't you go out on your days off?

Skiing and snowboarding

There are many ski resorts in Nagano. Direct shuttle buses from stations and rental equipment are available.

Ski resort
information⇒



Snow monkeys

Japanese bathe in onsen, and so do monkeys in Japan. Monkeys bathing in snow are often observed. It's best to go see them! There are many onsen nearby that you can get in.

Jigokudani Yaen Koen
(Snow Monkey Park,
Yamanouchi Town)⇒



NEWS

Free Consultation

The Nagano Prefecture Intercultural Consultation Center will hold free consultations for foreign residents. You can ask about residency status or anything if you need assistance. You can consult with a judicial clerk and an administrative clerk for free.

Town	Date	Time	Venue
Yamanouchi	Mon, Feb 26	10 a.m. to 3 p.m.	Yamanouchi Town Culture Center
Miyota	Thu, Feb 29	10 a.m. to 3 p.m.	Miyota Town Hall

Free

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



Event

2023 Nagano International Christmas Carols



Coordinators of International Relations in the Nagano Prefectural Government will host this event yet again!

Come and sing carols in Japanese, English, and other languages together!

Let's enjoy Christmas together!



Date & Time

December 16, Saturday, 13:00–14:30

Location

Outside Nagano Tokyu Department Store

Schedule

13:00 Performance 1

13:30 Break (Activities)

14:00 Performance 2

14:30 End



Arukuma
Nagano Prefecture mascot
©長野県アルクマ

Arukuma
will join you!

Contact: International Exchange Division Tel: 026-235-7188

NEWS

Interpreters for Young Caregivers

Interpreters will be dispatched to alleviate the burden of young caregivers who interpret for their family members during occasions such as medical appointments.

Eligibility

Elementary, junior high school, high school, university (including professional training college and others) students and their family members who care their family members who do not understand Japanese.

Recruit for interpreters

The Association of Nagano Pref. for Internationalization (ANPI) will dispatch interpreters and is currently recruiting interpreters. Please call if you are interested.

Tel: 026-235-7186 (ANPI)

Where to apply

**Nagano Council of Social Welfare
(Nagano coordinators for young caregivers)**

Tel: 026-228-4244

Email: kikaku@nsyakyo.or.jp

Website



LINE



NEWS

* New Year's Holiday *



**The Nagano Intercultural Consultation Center will close
from December 29, 2023 to January 3, 2024.**

Sorry for the inconvenience.



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/>

