

Have you ever experienced difficulties while living in Japan? The “International Exchange Corner” on the 3rd Floor of the Monzen Plaza building has a consultation counter that is here to help. They are open from 10 AM to 6 PM, and are closed on Sundays, the first and third Wednesdays of the month, and during the New Year’s holidays. Their phone number is 026-223-0053. Consultations in Japanese, English, and Chinese are available here anytime. They can also use a translator for consultation in other foreign languages.

The International Exchange Corner also has foreign language books, as well as English and Chinese newspapers that are available for anyone to read. They also offer Japanese classes. These are all free. For details on when the consultation center is open, and to access their Japanese class schedule, please check the International Exchange Corner’s website.

The “Nagano Prefecture Intercultural Consultation Center” on the 3rd floor of the Monzen Plaza building offers counseling over the phone in a total of 15 languages, including Japanese, Chinese, Vietnamese, Indonesian, Tagalog, Portuguese, and Thai. If you would like to have an in-person consultation, please contact the center beforehand. This is a free service. Their phone number is 026-219-3068. If you have any questions about life in Japan, or are experiencing any difficulties while living here, please give them a call.

The Nagano City Inbound Tourism and International Relations Office offers a lifestyle guidebook for foreign residents of Nagano City called “Living in Nagano”. It includes information on necessary procedures when starting out life in Japan, as well as useful information for daily life. These guides are available in English, Chinese, Portuguese, Korean, Thai, and Vietnamese.

They are distributed at the Public Service Counter Section and Inbound Tourism and International Relations Office in Nagano City Hall, as well as at the International Exchange Corner in the Monzen Plaza building. You can also find it online on both the Nagano City and International Exchange Corner homepages.

You can see the information we talked about today on Nagano City Hall's website. Find it by searching "Nagano City Multilingual Information" in Japanese.

お別れに英語の曲をお贈りいたします。英語で「Mercy」、日本語では「慈悲」というタイトルの歌です。
この曲は2008年にとても人気がありました。イギリスを含む9か国の音楽ランキングで1位を獲得しました。お聴きください。