

## Index / 索引

### A

Automobile and Motorcycle Insurance . . . . . 71

### B

Banks . . . . . 59, 63  
Bicycle Parking . . . . . 67  
Bicycle Registration System . . . . . 67  
Broadcasts on FM Nagaoka . . . . . 3  
Buses . . . . . 64  
Business Japanese Proficiency Test . . . . . 25

### C

*Chibikko Hiroba* . . . . . 43 – 44  
*Chikyū Hiroba* . . . . . 2, 5  
Child Allowance System . . . . . 56  
Child-Rearing Support Facilities . . . . . 44  
Colleges . . . . . 48  
Consultations . . . . . 2, 5  
Cross-Cultural Citizens' Club . . . . . 82  
Cross-Cultural Communication . . . . . 83  
Cultural and Sport Clubs . . . . . 84

### D

Day-Care Programs . . . . . 43  
Delivery Service . . . . . 62  
Dental Checkups for Expecting Mothers . . . . . 55  
Disaster Prevention . . . . . 10  
Domestic Violence . . . . . 5  
Downpours and Landslides . . . . . 13  
Driver's License . . . . . 68, 70  
Drunk Driving . . . . . 73

### E

Earthquakes . . . . . 10 – 11  
Education . . . . . 47  
Electricity . . . . . 28  
Elementary Schools . . . . . 48  
Emergencies . . . . . 10 – 16  
Emergency and Disaster Prevention . . . . . 10  
Emergency Calls . . . . . 10  
Emergency Medical Facilities . . . . . 37  
Emergency Phone Numbers . . . . . Back Cover  
Emergency Treatment for Children . . . . . 38  
Employment . . . . . 7, 49  
Evacuation Shelters . . . . . 14, 16  
Exchange money . . . . . 59  
Expecting Mothers . . . . . 55

### F

Facilities . . . . . 37 – 38, 44, 46, 84  
Fake Businesses . . . . . 80  
False Payment . . . . . 81  
Fires . . . . . 10  
FM Nagaoka . . . . . 3, 11, 14  
Foreign Driver's Licenses . . . . . 68

### G

Gas . . . . . 29 – 30, 59

### H

Health Care . . . . . 36 – 42  
Health Checkups . . . . . 39, 41, 47  
Health Checkup Subsidies . . . . . 55  
Health Insurance . . . . . 36, 51 – 52, 55  
Heating Devices . . . . . 77  
Hello Work Nagaoka . . . . . 49  
*Hinan Junbi-Koreisyatō Hinan Kaishi*. . . . . 13  
*Hinan Kankoku*. . . . . 13  
*Hinan Shiji-Kinkyū*. . . . . 13  
Hospitals . . . . . 36 – 37  
Housing . . . . . 26

### I

Immunizations . . . . . 40  
Individual Number . . . . . 23  
Influenza . . . . . 41  
International Affairs Center . . . . . 2  
International Mail/Parcel . . . . . 60 – 61

### J

Japanese Learning Programs . . . . . 24 – 25  
Japanese Nationality . . . . . 19  
Japanese Proficiency Tests . . . . . 25  
Job Hunting . . . . . 49  
JR Trains . . . . . 65  
J. Test . . . . . 25  
Junior High Schools . . . . . 47

### K

Kindergartens . . . . . 43, 46  
*Kojin Bangō* . . . . . 23  
*Kosodate no Eki Gun Gun* . . . . . 44  
*Kosodate no Eki Teku Teku* . . . . . 44

### L

Landslides . . . . . 13  
Legal Procedure . . . . . 17 – 23  
Legal Support Center . . . . . 22  
Libraries . . . . . 84  
Life in Winter Months . . . . . 74 – 79  
Lost and Found . . . . . 80

## M

|  |         |
|--|---------|
| Mail                                       | 60, 61  |
| Medical Facilities                         | 37 – 38 |
| Medical Treatment Subsidies for Children   | 55      |
| Mother and Child Health Handbook           | 39, 55  |
| Motorbikes                                 | 70 – 71 |
| Moving In and Moving Out                   | 17      |
| Multilingual Broadcasts                    | 3       |
| Mutual Aid Traffic Casualty Insurance Plan | 53      |
| My Numbers                                 | 23      |

## N

|                                   |         |
|-----------------------------------|---------|
| National Health Insurance System  | 51      |
| Natural Disasters                 | 10 – 14 |
| Neighborhood Autonomy Association | 27      |
| Neighborhood Children's Club      | 27      |
| <i>Nihongo Hiroba</i>             | 24      |
| <i>Nihongo Kôza</i>               | 24      |
| Notification of Birth             | 20      |
| Notification of Divorce           | 20      |
| Notification of Marriage          | 20      |
| Nursery Schools                   | 43, 46  |
| Nuclear Power Plant Accident      | 15      |

## O

|                            |    |
|----------------------------|----|
| Overseas Medical Treatment | 52 |
|----------------------------|----|

## P

|                     |            |
|---------------------|------------|
| Pension Programs    | 54         |
| Period of Stay      | 19         |
| Permanent Residence | 19         |
| Pharmacies          | 37         |
| Police              | 10         |
| Post Offices        | 60         |
| Pregnancy           | 39, 45, 55 |
| Private Housing     | 26         |
| Publications        | 3          |
| Public Facilities   | 84         |
| Public Housing      | 26         |

## R

|                     |       |
|---------------------|-------|
| Radioactive Leakage | 15    |
| Recycling           | 2, 71 |
| Re-Entry Permits    | 21    |
| Remittances         | 63    |

## S

|                                  |             |
|----------------------------------|-------------|
| Safety Tips for Snowy Days       | 74          |
| <i>Saigai Hasei Jôhô</i>         | 13          |
| School Attendance Support System | 56          |
| School Enrollment                | 47          |
| Schools                          | 47 – 48     |
| Seal Registration                | 22          |
| Seasonal Influenza               | 41          |
| Sister and Friend Cities         | 83          |
| Snow-Removal Operations          | 75 – 76     |
| Snowy Months                     | 74 – 79     |
| Status of Residence              | 18 – 19, 21 |
| Staying in Japan                 | 18          |
| Subsidies for Childbirth         | 55          |

## T

|                                 |            |
|---------------------------------|------------|
| Tap Water Freezing              | 79         |
| Taxis                           | 66         |
| Tax Returns                     | 58         |
| Tax System                      | 57         |
| Telephone Consultation Services | 7, 50      |
| Temporary Day-Care Programs     | 43         |
| Traffic Accident Insurance      | 71         |
| Traffic Accidents               | 10, 53, 72 |
| Traffic Regulations             | 72         |
| Traffic Rules for Cyclists      | 67         |
| Trains                          | 65         |
| Transportation                  | 64         |
| Trash                           | 32 – 35    |
| Typhoons                        | 14         |

## U

|                  |         |
|------------------|---------|
| Unwanted Items   | 34      |
| Used Clothing    | 33      |
| Used Cooking Oil | 35      |
| Utility Services | 28 – 31 |

## V

|                      |    |
|----------------------|----|
| Volunteer Activities | 82 |
|----------------------|----|

## W

|                    |         |
|--------------------|---------|
| Warnings           | 80      |
| Water              | 31      |
| Winter Driving     | 78      |
| Winter Months      | 74 – 79 |
| Work Plaza Nagaoka | 49      |