

Have you ever encountered any issues living in a place where the culture and language is different? The “Nagano City International Exchange Corner” is a place to help foreign people in their everyday lives. It is also a place for residents of Nagano City to experience cross-cultural exchange.

The International Exchange Corner is on the 3rd floor of the Monzen Plaza building, located on the main Chuo-Dori road that connects Nagano Station and Zenkoji Temple. It is open from 10am to 6pm, and is closed on Sundays, the first and third Wednesday of every month, and the New Year period.

The International Exchange Corner offers consultations for foreign people in their mother tongue. Japanese, English and Chinese consultations are always available. Tagalog, Vietnamese, and Thai are also available on some days. For other languages, they can use a translation device to assist you. Consultations are also available via telephone or email.

In the Japanese language classes, they help foreign people to study Japanese. There are beginner and intermediate level classes. The textbooks used in the class do cost money. For people who cannot attend the classes in person, but would like to study Japanese from home, there are online Japanese language classes. There is a beginner’s class that teaches entry-level hiragana, as well as classes that focus mainly on conversation, all via Zoom. There is also study support for people aged 15 and above who want to attend High School in Japan.

There are also events where foreign residents showcase their home country's culture. These lectures can be held online, or the presenter can be sent to a school directly. Furthermore, if you go to the International Exchange Corner, you can find the "Living in Nagano" guidebook for foreign residents, and pamphlets about waste disposal as well as tourism information. You can also read books from many different countries, and newspapers in English and Chinese.

For opening times, and dates of the Japanese language classes, please check the website. On the website, you can also find essential information for daily life, posted in Japanese, English and Chinese.

When you would like a consultation, please call staff on 026-223-0053. The International Exchange Corner is a place for everyone to use as they please. Feel free to pay them a visit.

わか へいご きょく おく
お別れに英語の曲をお贈りいたします。The Weeknd の「Save Your Tears」、というタイトルの
うた
歌です。お聴きください。