



NIKKO CITY

ANNOUNCEMENTS

AUGUST 2025

JAPANESE CLASS (September - December)

Nikko City International Association

The Nikko City International Association organizes a free Japanese classroom! Volunteer teachers will teach you at your level.

TIME: 19:00~20:30

WHAT TO BRING: Writing utensil, notebook



LOCATION: Nikko Civic Activities Support Center 1F Houtoku Hall (304-1 Imaichi, Nikko)

DATE: (All held on Thursdays)

SEPT: 11th, 15th

OCT: 9th, 23rd

NOV: 6th, 27th

DEC: 11th, 18th



NOTE: We will also hold a Japanese class in Fujihara; if you are interested in participating, please contact us!

※If you will be participating for the first time, please contact us!

TEL: 21-5112 (WEEKDAYS 9:00~17:00)

Nikko City Hall · Community Safety Division (2F)



WATCH OUT FOR HEAT STROKE!

During hot summers like these, it is important to stay out of the heat and hydrated – even if you aren't thirsty!

SYMPTOMS

Headaches, dizziness or lightheadedness, nausea, loss of consciousness, sore muscles, cramps, etc. are all common signs of heat stroke!



WHAT TO DO?

1. Move to a cooler location
2. Cool the body (especially the neck, underarms, and groin area)
3. Be sure to consume fluids and salts



If your symptoms do not resolve, please go to a hospital!

※Please scan the QR code for details! →
(Scroll down for multilingual versions!)



Ministry of Health, Labor,
and Welfare (MHLW)

<https://tinyurl.com/5a8e22xz>

MORE ON BACK!

BICYCLE SAFETY

In Japan, the rules for bikes are similar to those for cars. In order to ride safely, please note the below!



BICYCLE SAFETY RULES

1. Ride on the LEFT side of the road. (If riding on a sidewalk, give pedestrians the right-of-way.)
2. Stop at crosswalks before crossing
3. Turn on your headlight at night
4. Do not drink alcohol then ride your bike
5. Wear a helmet (this is a “duty of effort” so if you are unable to wear a helmet, you will not be penalized)
6. Do not wear earbuds/headphones, look at your phone, or hold an umbrella while your ride
7. Only person should ride at a time
8. Do not ride more than 2 bicycles next to each other



IF A RULE IS BROKEN...

If you break a rule, you may be warned by a police officer. If you fail to follow the law, you may also have to pay a fine. If the fine is not paid, you may have to go to court.

INSURANCE

In Tochigi, you **must** be enrolled in bicycle insurance. Accidents can be very expensive, and insurance will make those costs easier to bear.



ANTI-THEFT REGISTRATION (*bouhan touroku*)

If you purchase or get a bike from someone else, make sure that it is no longer registered with its previous owner. Visit the police station for guidance if necessary.

Daily Life Orientation Videos

Immigration Services Agency (ISA)

Japan's Immigration Services Agency (ISA) has prepared **videos to help foreign nationals** learn about living and working in Japan! There are videos about traffic rules, healthcare, natural disasters, immigration procedures, learning Japanese, and more! For details, please see the ISA's website.



<https://www.moj.go.jp/isa/content/001422843.pdf>

Available languages: Japanese, English, Chinese (simplified AND traditional), Korean, Vietnamese, Nepali, Indonesian, Filipino, Thai, Portuguese, Spanish, Khmer (Cambodian), Burmese, Mongolian, Ukrainian, Russian

