



FREE JAPANESE CLASS

○ class day × closed day

2024

4

April

月	火	水	木	金	土	日
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

2024

5

May

月	火	水	木	金	土	日
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2024

6

June

月	火	水	木	金	土	日
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2024

7

July

月	火	水	木	金	土	日
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2024

8

August

月	火	水	木	金	土	日
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2024

9

September

月	火	水	木	金	土	日
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

2024

10

October

月	火	水	木	金	土	日
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2024

11

November

月	火	水	木	金	土	日
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

2024

12

December

月	火	水	木	金	土	日
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2025

1

January

月	火	水	木	金	土	日
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2025

2

February

月	火	水	木	金	土	日
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

2025

3

March

月	火	水	木	金	土	日
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday

AM10:00~AM11:45



Shiojiri
Sogo Bunka center
2F No.204

「ようこそ」 Newsletter No.8 (2024)
Shiojiri City Civic and Regional Affairs Department,
Municipal Division, Life Consultation Section,
Foreign Residents Consultation Desk

3-3 Daimon Nanabancho, Shiojiri City Nagano
〒399-0786
☎ (0263)52-0280 1195 (extension)



Shiojiri City Foreign Residents Consultation Desk Newsletter

ようこそ

ようこそ means "welcome" in English

No.8

Energy-saving



Power-saving

During the summer and winter months of the year,
electricity use is significant.

When electricity must be used carefully ,
we use the terms

Energy-saving(省エネ:sho u e ne) and **Power-saving**(節電:se tsu de n)

에너지 절약
절전

节能
省电

tiết kiệm năng lượng
tiết kiệm điện

Conservação de energia
economia de energia



↑↑ Higher electricity bills !?

The government subsidized part of our electricity and gas bills, protecting us from skyrocketing rates. This government assistance will end in May 2024. Electricity and gas bills will be higher from June 2024. You will be billed for the electricity you use in the following month. **Electricity and gas bills will be higher after July 2024.**

If you take care of energy-saving and power-saving , you can also lower your electricity bill.

Be careful how you use electricity to prevent global warming and to use our precious energy for a long time.



Japanese you want to learn

しょう
省エネ (Sho u e ne) = energy-saving

This is a shortened word for energy-saving. It means using less electricity, gas, and other energy.

せつでん
節電 (Se tsu de n) = power-saving

It means to use as little electricity as possible.

■ How to use electricity well ■

- Turn off the electric ,TV ,computer in an empty room.
- Unplug appliances that are not in use.
- Use air conditioners and refrigerators that can save energy.



- How to use the air conditioner well.
 - Keep the air conditioner at 28℃ in the summer.
 - Keep the air conditioner at 20℃ in the winter.
 - Clean the air conditioner filter.



- Set the temperature in the refrigerator to medium.
- Don't put too much stuff in the refrigerator.

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■ Videos for the Daily Life Orientation ■

Basic information necessary for living in Japan, Such as living rules , work , and taxes , is introduced in 17 languages.

