

# #Naganonbiri

While 2020's new normal brought us lots of time at home, it also led us to appreciate our local areas and comforts of home, and discover new ways to take it easy. We learned the joy of nonbiri quiet, relaxed, and peaceful time spending leisure time at home, or coming to appreciate the gentle stillness found in nature.

This year, the Nagano CIRs are asking for photos that reflect the nonbiri moments in your Nagano life. Join us in sharing your photos and stories!

### Where



nagano\_cirs

Prefectural Gov. Building

When

May 13-31

May 24-28



Submissions | M naganocir@gmail.com

Open to: Nagano foreign residents

Include: Photo titles, descriptions, your name, citizenship, and address

For detailed entry rules and regulations, see QR code.



# Open from

March 29-May 6

## **Gift Prizes**

Nagano-themed gift prizes for 5 participants, chosen by raffle. Will be contacted by email following the event.

#### Contact

Nagano Prefectural Government International Exchange Division

**CIRs** 

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