

Heartwarming Treats Campaign

During the Zenkōji Illumination Event, visitors can receive special Heartwarming Treats like amazake and oyaki at stores on Zenkōji's Nakamise-dori Street!



[Time Period] 12/18 (Sat.) ~ 26 (Sun.)

- ①Get a coupon ②Choose one of the participating stores
③Exchange your coupon at the store ④Receive your heartwarming treat!

[Locations] 15 shops on Zenkōji's Nakamise-dori Street

[Where to get the coupons]

At the HQ Booth in front of the Komagaeri-bashi Bridge

*Each store has put aside a certain number of treats each day for the campaign.

*Please understand that the coupons will be accepted only while supplies last.

Nagano "Colors of the Four Seasons" Campaign Planning Committee

[Questions] Nagano Tourism Convention Bureau TEL 026-223-6050 FAX 026-223-5520 9:00 AM ~ 5:00 PM (Closed on Saturdays and Holidays) <https://www.nagano-cvb.or.jp/>

Nagano City Town Stroll Digital Stamp Rally

[Time Period] 12/18 (Sat.) ~ 3/13, 2022 (Sun.)

Download the "Nagano City Sightseeing Tour" App and enjoy the Town Stroll Digital Stamp Rally!

Get points by visiting participating stores in Nagano City.

If you collect 15 points, you can participate in a lottery where you will be in the running to receive original goods and Nagano City products!

Nagano City Sightseeing Tour App



19th Nagano Tomyo Festival

Theme: Multicolored Lights of Peace ~ A New Era, Inheritance of the Future ~
[Dates] 2/10, 2022 (Thu.) ~ 13 (Sun.) 6:00 ~ 9:00 PM (will end at 8:00 PM on the last day)

[Location] Around Zenkōji Temple and along the street between the Daimon and Shindenmachi crosswalks

With the cooperation of globally-renowned illumination designer Ms. ISHII Motoko, this spectacular aerial light show will shine a bright beam on the hopeful future of this city that served as host for the Olympic and Paralympic Games.

A path of soft light created by paper-cut lanterns will also illuminate the main street of Omotesando leading to Zenkōji Temple, creating a "Luminous Gallery of Dreams". Contest designs that are displayed will be based on the theme of "Dream".

[Sponsor] Nagano Tomyo Matsuri Executive Committee

[Co-sponsor] Junior Chamber International Nagano



Illumination Minami Nagano Festival 2021 Free Admission

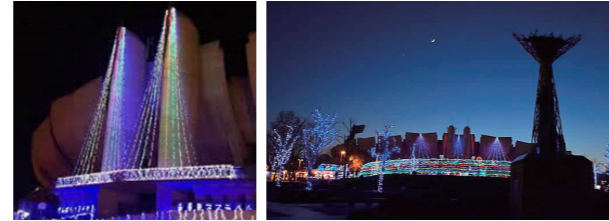
[Dates] Illumination Period 11/27 (Sat.) ~ 1/15, 2022 (Sat.) 5:00 ~ 10:00 PM

*The illumination on Nov. 27 will begin after the light-up ceremony ends around 6:00 PM
*The installation will not be lit from Dec. 29 ~ Jan. 3, 2022

[Location] Minami Nagano Sports Park

[Access] Five minutes from the Joshin-etsu Expressway "Nagano IC" by car. There are 800 parking spaces available in the park.

[Sponsor] Minami Nagano Festival Executive Committee



- This event may be cancelled depending on the COVID-19 situation at the time. - Please check your temperature before you attend this event, and wear a mask at all times when inside the venue. (Temperature checks will be carried out onsite. If you have a fever of 37.5°C [99.5°F] or higher, or if you are feeling unwell, please refrain from attending this event.)

- Indoor venues will be supplied with body thermometers and hand sanitizer. All staff members will wear face shields and masks.

Production schedule and contents may differ from those pictured here, so please check beforehand regarding any changes.

Sponsor: Zenkōji Omotesando Illumination Executive Committee With assistance from: Japan Design Week / Design Association npo

Support from:

Contact Information: Zenkōji Omotesando Illumination Executive Committee Office (Nagano City Tourism Promotion Section, Inbound Tourism & International Relations Section)
TEL.026-224-8316



Nagano Design Week Homepage

Zenkōji Gokaicho Event

Spring 2022

Once every seven years, a copy of the hidden Buddha relic housed in Zenkōji Temple (A designated Important Cultural Property from the Kamakura Era) known as the "Maedachi Honzon" is brought to the Main Temple of Zenkōji during the "Zenkōji Maedachi Honzon Gokaicho" Event.

A Grand Ceremony, once every seven years

Apr. 3 (Sun.) ~ Jun. 29 (Wed.), 2022



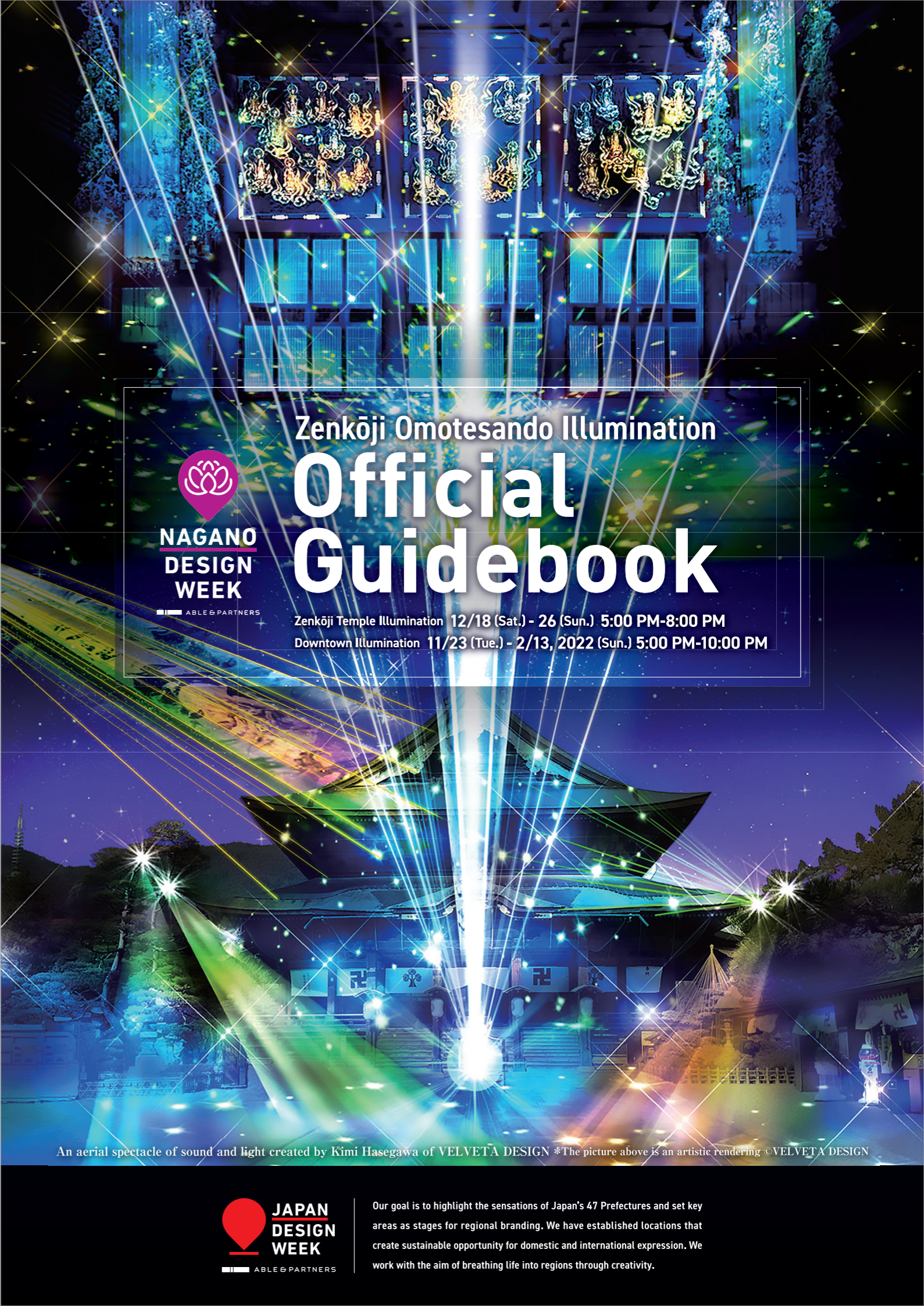
Event Schedule (2022)

- Mar.27 (Sun.) Eko-Bashira Pillar Receiving Ceremony
- Apr. 2 (Sat.) Maedachi Honzon Welcoming Ceremony
- Apr. 3 (Sun.) Kaibyaku Daihoyo Special Services for Unveiling the Statue
- Apr.23 (Sat.) Chunichi-teigi Daihoyo Special Services (Jodo Buddhism)
- May 7 (Sat.) Chunichi-teigi Daihoyo Special Services (Tendai Buddhism)
- May15 (Sun.) Shinonoi Lion Dance
- Jun.12 (Sun.) Nagano Gion Festival Parade
- Jun.29 (Wed.) Kechigan Daihoyo Final Special Services
- Jun.30 (Thu.) Maedachi Honzon Returning Ceremony

Chunichi-teigi Daihoyo Special Services

The most important Buddhist service during the Gokaicho Event. Led by children adorned in extravagant garments, a procession of priests advances to the Main Hall, where they conduct a ceremonial ritual in front of the Eko-bashira Pillar. Bright red umbrellas and colorful "sange" papers representative of lotus petals create an image of paradise on earth.

ながのご縁を 信都・長野市



Zenkōji Omotesando Illumination



Official Guidebook

Zenkōji Temple Illumination 12/18 (Sat.) - 26 (Sun.) 5:00 PM-8:00 PM

Downtown Illumination 11/23 (Tue.) - 2/13, 2022 (Sun.) 5:00 PM-10:00 PM

An aerial spectacle of sound and light created by Kimi Hasegawa of VELVETA DESIGN *The picture above is an artistic rendering ©VELVETA DESIGN



Our goal is to highlight the sensations of Japan's 47 Prefectures and set key areas as stages for regional branding. We have established locations that create sustainable opportunity for domestic and international expression. We work with the aim of breathing life into regions through creativity.

Weave light into the universe

This year of 2021 leads us to welcoming the Maedachi Honzon.

This "sparkling cosmos" shines as we celebrate this year that we can finally welcome after overcoming several hardships.

Courage Hope Future

A beauty woven in history connects us to the future in a co-starring of light and sound.

"Zenkōji Omotesando Illumination", a new event that highlights the radiance of Nagano City and Zenkōji Temple. The trees that line the 1.8 km stretch of road between Nagano Station and Zenkōji Temple will be adorned in brilliant lights. Zenkōji Temple's Main Hall and Sanmon Gate will feature a radiant light show created by top designer Kimi Hasegawa that will guide visitors to a fantastic world.

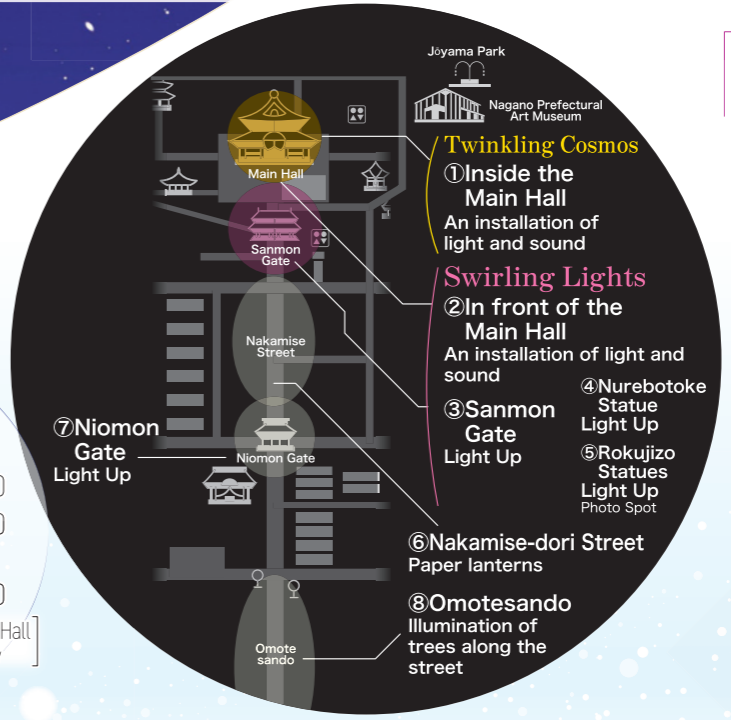
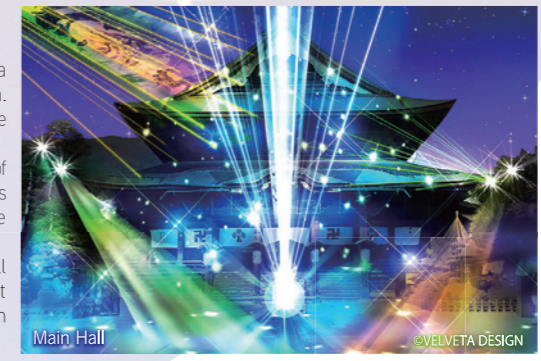
The main venue of Zenkōji Temple will host an art installation using light and music created by spatial designer Kimi Hasegawa, famous for her environment design work throughout the country as a part of JAPAN DESIGN WEEK like the Omotesando Illumination in Tokyo. A new light emanates from the principale image of Buddha, the honorable Amida Nyorai.



Spatial Designer Kimi Hasegawa
 Representative of VELVETA DESIGN. With the theme of "Designing the Air", she has created many fantastic aerial spectacles. Her famous works include the "Grand Front Osaka Christmas", "Marunouchi Bright Christmas 2018", "Sapporo White Illumination", and more. Hasegawa has produced winter decorations and light shows in shopping complexes' shop designs, graphics, films, etc. throughout many regions. She is the recipient of the JACE grand prize and a gold medal from the Société Nationale des Beaux-Arts.
www.velveta.jp

Zenkōji Temple

A temple with around 1,400 years of history, Zenkōji is a well-known temple representative of Japanese Buddhism. The Main Hall is a National Treasure, and the Sanmon Gate has been designated as an Important Cultural Property. Since its establishment, Zenkōji Temple has welcomed visitors of any age, gender, religion, or denomination. This open-mindedness and promotion of genuine values surely attribute to the significant number of believers who gather at Zenkōji. This year only, photography will be allowed in the Main Hall during the Zenkōji Omotesando Illumination Event that expresses this feeling of deep nostalgia for Zenkōji through its radiant light displays.



Sanmon Gate Entrance Fee

General	¥500
High School Student	¥200
Elementary · Junior High School Student	¥50

[You can get a great view of the Main Hall from the Sanmon Gate balcony]

Mysterious and fantastic illumination colors Zenkōji in a dazzlingly brilliant light.

Elements of light, sound, and sweet fragrances make full use of the space in this installation. Come savor the sight of a Zenkōji that you have never seen before.

Nakamise-dori Street



Lanterns made in the image of lotus buds will decorate Zenkōji's Nakamise-dori Street. Planning and design of lanterns by graphic designer Mr. TSUTSUMI Takehiko.

Omotesando (Nagano Chuo-dori Street)



Zenkōji is supported by 108 pillars, and it is said that many of these were made from the wood of Japanese Judas trees. The 1.8 km length of Omotesando is lined with around 160 of those same Japanese Judas trees, which will be illuminated with over 410,000 bulbs of LED lights to create a performance of light on Nagano's main road. Just as they helped Zenkōji flourish, the radiant trees that brighten the temple town area of Nagano City may come to be called "the 109th pillar of Zenkōji."

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12月10日(金)より頒布しております。数量に限りがございますので、売切れの際はご了承ください。

開運だるま 2個入(各9cm) 各1,500円	守護矢 金(75cm) 2,000円 白(73cm) 1,300円	熊手 中(64cm) 3,200円 小(48cm) 1,300円
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お問い合わせ 善光寺事務局 おまもり係 〒380-0851 長野県長野市元善町491のイ
 TEL (026)234-3595 FAX (026)235-2151 <https://www.zenkoji.jp>

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Events During the Illumination

4 Zenkōji Illumination Opening Ceremony (Light up Ceremony)

12/18 (Sat.) from 4:30 PM

■Zenkōji Sanmon Gate
Special Provisional Stage

4:30 PM Tribute Mini Concert

Performer: Kiroro's KINJŌ Ayano
KINJŌ Ayano, creator of the famous song "Miracle Piano", will perform a self-accompanied concert on the Revival Piano.

4:45 PM Opening Remarks

5:00 PM Light up Countdown

Zenkōji will be illuminated as the guests countdown to the "light up"



Kiroro's KINJŌ Ayano

Revival Street Piano

12/18 (Sat.) ~ 26 (Sun.)
5:00~8:00 PM

■South of the Zenkōji Sanmon Gate

Restored after being submerged in floodwaters in the wake of Typhoon Hagibis, this piano will be set up near the Sanmon Gate. It will be used during the Tribute Mini Concert, and will also be available for anyone to play during the times listed above.

Picture features the Street Piano from 2020



Revival Market

12/18 (Sat.), 19 (Sun.)
5:00~8:00 PM

■Specialty Booth near the Komagaeri-bashi Bridge

[In collaboration with]

Toyono Onsen Ringo no Yu Hot Spring Farmer's Market Association, Toyono Area Residence Associations



2 Night Tour (Zenkōji Omotesando)

12/19 (Sun.), 26 (Sun.) Gather at 6:00 PM - Duration of ~ 1 hour Cost: ¥500 per person

Representatives from the Nagano City Guide Association will guide you along twinkling Omotesando while introducing historic temples and other points of interest.

Experience Buddhist temples and statues in a new light during this night tour. (Please reserve at least 1 week in advance.)

(Reservations & Questions) Nagano City Guide Association
☎ 026-225-9911 (Reception from 9:00 AM ~ 2:00 PM)



3 Central Square

11/23 (Tue. Holiday) ~ 12/25 (Sat.)

This year, you can also enjoy a beautiful Christmas Tree on the grounds of Central Square!

[Sponsor]

Japan's Best Monzen Machi Dai-Ennichi Executive Committee

[In collaboration with]

Bunka Gakuen Nagano Junior High School · High School



Public Free LAN (Wi-Fi) Spots



Illumination YouTube Live

12/25 (Sat.), 26 (Sun.) 5:00~8:00 PM

The production at Zenkōji will be broadcast live on YouTube. Please access livestream from the QR code below.



[In cooperation with] Docomo CS Nagano Branch

5 Nagano Prefectural Art Museum

12/21 (Tue.) ~ 23 (Thu.) 5:00~8:00 PM

■Art Museum Exchange Space

Visitors can enjoy spectacular video effects reflected on the window glass of the Art Museum Exchange Space.

12/18 (Sat.) ~ 26 (Sun.) 5:00~8:00 PM

■Wind Terrace Special Nighttime Opening

From the "Wind Terrace" on the roof of the Art Museum, enjoy a nighttime performance as well as the nightly fireworks display.

12/18 (Sat.) ~ 26 (Sun.)

■Musée Restaurant Zen

Relax for a bit after enjoying the light performance.

*12/22 (Wed.) is closed

*12/24 (Fri.) ~ 26 (Sun.) Dinner during this time is limited to the Christmas Course. For details, please visit the restaurant's website.

Weekdays

Lunch 11:30 AM~2:00 PM (L/O)
Dinner 5:30~8:00 PM (L/O)

Weekends & Holidays

Lunch 11:30 AM~3:00 PM (L/O)
Dinner 5:30~8:00 PM (L/O)



1 Welcome Zone

11/23 (Tue. Holiday) ~ 12/25 (Sat.)

■Nagano Station Zenkōji Exit Plaza

11/24 (Wed.) ~ 12/25 (Sat.)

■East Exit Seisen Jogakuin College Campus

The area surrounding Nagano Station will be set as the Welcome Zone, and a Christmas tree will be set up in the Nagano Station Zenkōji Exit Plaza.

The Nyozehime Statue will be illuminated, and there will also be a lotus artwork display.

A sister tree will also shine outside of Nagano Station's East Exit at the Seisen Jogakuin College Campus



[In Collaboration With] Nagano Station Zenkōji Exit Utilities Network, Seisen Jogakuin College, Bunka Gakuen Nagano Junior High School · High School

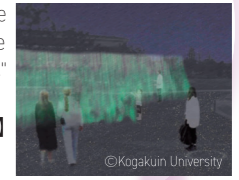


5 Jōyama Park "Aurora Night Sky"

12/18 (Sat.) ~ 26 (Sun.) 5:00~8:00 PM

Enjoy a performance that "connects the earth to the cosmos" in Jōyama Park.

[In cooperation with] Kogakuin University



Firework Launch

12/18 (Sat.), 24 (Fri.), 25 (Sat.)
7:00 PM, for about 5 minutes

■Launch site: Jidzukiyama Disaster Prevention Memorial Park

A spectacular show of fireworks full of wishes for a speedy resolution to the COVID-19 pandemic and hopes for a swift recovery for the local economy, as well as gratitude for medical workers will illuminate the mountains behind Zenkōji Temple.

The enlivening firework light will instill in all who witness it the courage and hope to stand up in the face of hardship.

*Visitors may not observe fireworks launch from within Jidzukiyama Disaster Prevention Memorial Park

[Sponsors] Zenkōji Omotesando Illumination Executive Committee, Nagano Tourism Convention Bureau



Family LED Class

(Free participation, geared towards elementary ~ high school students)

12/18 (Sat.) from 2:30 PM, 19 (Sun.) from 10:00 AM

■Nagano City Youth Science Center

Duration: About 1 hour 30 minutes

Limited to 8 groups of parents and children each day

A fun LED class hosted by professors and students of Kogakuin University that families are sure to enjoy!

*Those who wish to participate must reserve their spot in advance. For details, please visit the Nagano Design Week Homepage.

Illumination Dinner

12/19 (Sun.), 25 (Sat.) Starting at 6:00 PM

■Zenkōji Daikanjin Shiunkaku Building

Cost: ¥5,000 per person

Capacity: 16 people each night

Enjoy a delicious Gibier dinner made by Chef Kodama while gazing out on the gorgeous illumination of Zenkōji's Daikanjin.

1 Japan's Best Monzen Machi Dai-Ennichi-100 Day Countdown Event Street Corner Art & Music Christmas Concert

12/25 (Sat.) 10:55 AM~3:10 PM

■Nagano Station Zenkōji Exit Plaza

As we head toward the 2022 Zenkōji Gokaicho and the Japan's Best Monzen Machi Dai-Ennichi event that will take place in Spring 2022 100 days after Christmas, visitors can enjoy this event of song and dance to celebrate.

Performers: Natural Movement 3-2-1 and others

[Sponsors]

Nagano City, Japan's Best Monzen Machi Dai-Ennichi Executive Committee



五感で たのしむ 小さな しあわせ



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全力 サポート 宣言

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長野信用金庫
http://www.nagano-shinkin.jp/

はじめよう 信州

地域の魅力をプロデュース。

けんしんBANKはSDGsに取り組んでいます。

- 3 すべての人に健康と福祉を
- 10 人や国の不平等をなくそう
- 11 住み続けられるまちづくりを
- 15 陸の豊かさも守ろう
- 17 パートナシップで目標を達成しよう

けんしん BANK
THE NAGANO-KEN SHINKUMI BANK

Gibier

Nagano City is surrounded by mountains and experiences many incidents in which wild boars and deer badly damage the local agricultural produce. Through the power of design, "NAGANO DESIGN WEEK" has set out to help solve these wildlife problems that threaten Nagano City.



[Illumination Dinner Chef] Chef KODAMA Nobuko (Shinshu Gibier Meister/Owner of Farm Café Rabbit)
 Chef Kodama received her chef's license in Japan, after which she traveled to America. While working as a chef in California, she also helped at a farmer's market and learned firsthand the importance of fresh ingredients. When she returned to Japan, Chef Kodama moved to Omachi City in Nagano Prefecture, where she cultivated her own farm with western and traditional vegetables, and opened a restaurant featuring these fresh flavors. After experiencing devastating crop loss from wildlife damage, she obtained her hunter's license and now performs every step of the hunting process herself, from capturing and preparing the game, to cooking it into a well-thought out meal. Chef Kodama holds cooking seminars geared towards international participants, shares the principles of Gibier through classes, and teaches elementary school children about the importance of carefully choosing ingredients in her "Taste Lessons". Chef Kodama also currently serves as a councilmember on the Nagano Prefecture Environment Council.



Nagano Prefectural University × Nagano City Original Gibier Cooking Recipe

Minced Venison Meatballs



Ingredients / 4 Servings

[Meatballs / 1 ball: 10g, 20 balls]

- 100g Venison mince
- 25g Onion *finely chopped
- 2g Salt
- 0.5g Pepper
- 10g Dry panko breadcrumbs
- 1/4 egg
- 50g Chinese yam

*Thigh meat should be chewy. If possible, cook at intervals on an 8mm mesh grill.

*If you are aiming for the regularly recommended seasoning, please use the amounts on the left.

- 10g mayonnaise Or
- 1g Ajinomoto (MSG)

*For families, add this in to make it easier for children to eat.

[Glaze]

- 50g Cake flour
- 1 egg
- 250g panko breadcrumbs

Directions

- 1 Mix together ingredients for the meatballs, shaping into balls 10g at a time and adding glaze as if you were making normal mince katsu.
- 2 Fry for 4~5 minutes in 170°C oil

[How to Serve] Add any sauces that are to your liking.

Application

Add yuzu pepper or Japanese pepper to create a sophisticated aroma and flavor. Or, you can add curry flavor, etc. to make it more family-friendly.

Venison Curry



Ingredients / 4 Servings

• 250g Venison Mince (Thigh meat)

- 3 Tbsp Salad oil
- 250g onion
- 1 tsp cumin
- 1/2 tsp cardamom
- 1/4 tsp Garam Masala
- 1 tsp grated ginger
- 1 tsp grated garlic
- Black pepper to flavor (can make without)

You can buy these spices and grated goods at a convenience store or 100 yen shop.

- 100cc water
- 200g cut tomato water (1 can = 400g)
- 1 Tbsp chicken broth
- 20g curry roux (1 cube)
- 1 tsp honey

Directions

- 1 Finely chop onion in a food processor
- 2 Put salad oil and **[a]** spices in a fry pan, and heat up on very low heat to bring out the aroma. It's easy to burn the spices, so be careful! They are fine-powder type spices and will quickly cook through, so mix well once you've added the onion.
- 3 Add in a bit of salt to draw out the onion juices, then heat on medium heat until they turn a light brown.
- 4 Once the onions have browned, add in **[b]**, black pepper, and the venison mince and heat on medium heat. Stir often so the onions and spices don't burn, and heat until the mince is thoroughly cooked throughout.
- 5 When the meat turns a golden brown, add the water, cut tomato juice, chicken broth, curry roux, and honey and bring to a light boil. Heat on a low simmer as the flavor permeates the mix, until it reaches the firmness of keema curry.

[Complete] *Add whatever vegetables you like

[Recipe Invention] The University of Nagano Faculty of Health and Human Development Department of Food and Health Sciences Associate Professor KOGISO Kana / Kogiso Seminar students

[Planning Support] Nagano City Strategy Manager TSUCHIYAMA Kōhei

NAGANO DESIGN WEEK Official Goods

To foster a sense of pride and love for Nagano in this city's young people, Nagano Design Week is selling original goods designed by students of Nagano City. The main products are listed below.

Nagano Art & Design Professional Training College

Oka Gakuen Total Design Academy

Craft Beer

A Nagano City speciality, this original craft beer uses the flavors of Matsushiro-grown apricots, cherries, Chinese yams, and Kawanakajima-grown white peaches.

[Designed by] SASAKI Manaka



Confiture (Jam)



2 types of jam made under the theme of "Shinshu's Princess Kaguya", created by Meal Care Corp., using strawberries that were grown on the soil that was devastated in the Typhoon Hagibis disaster of 2019.

[Designed by] UCHIDA Sakurako

Eco Bag

A colorful eco bag designed with an apple motif. You can fold the whole bag into the small pocket inside for easy transportation!

[Designed by] URANO Sakuya



Neckwarmer

Neck warmers with an original design created in collaboration with the Spanish headwear maker Buff.

[Designed by] TAKUMI Haruka

Guntie

Original design cotton gloves created in collaboration with Shinshu University Department of Textiles students who created the "Hanasaka Cotton Gloves Project"

[Designed by] TAKUMI Haruka



Aroma Oil

An original aroma oil with a beautifully delicate bouquet made to represent the idea of shuukaheigetsu (a term that describes a beauty so overwhelming that flowers shy away and even the moon hides in its presence).

[Designed by] SHIOIRI Sae



Pickles

Delicious pickles featuring an original label design, made in collaboration with Nagano City pickles specialist Shinshu Pickles Kitchen. The design was created with a carrot motif.

[Designed by] OOTAKE Haruka

3 types of deerskin leather accessories

Leather accessories made in collaboration with Nagano City-based Inswirl, a company that makes deerskin accessories and clothes.

[Designed by] OOTAKE Haruka



Shera Cup

A foldable shera cup made in collaboration with Outdoor Station Van Van Takachiho. An original laser-printed design made to represent the image of tree rings.

[Designed by] SHIMIZU Mahiru



T-Shirts

T-shirts created in collaboration with Ogasaka Ski Manufacture Co. Ltd. A colorful design made with a pattern that captures the image of mountain ranges and the illumination event surrounding a Nagano apple.

[Designed by] Design Line Seminar



Polo Shirts

Polo shirts created in collaboration with Ogasaka Ski Manufacture Co. Ltd. A design that uses the mountains of Nagano Prefecture as a motif, with the Ogasaka logo as a focal point.

[Designed by] Design Line Seminar



Novelty Bag

An eco bag made of 100% cotton, featuring a design using the symbol of Nagano Design Week; a blossoming lotus.

[Designed by] Design Line Seminar



The goods marked with are available for purchase at the HQ Booth.

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ひとのときを、想う。 JT 日本たばこ産業株式会社 長野支店

すべてを、お客さまのために。



郵便局 郵政創業150年

長野市内郵便局

ドコモスマホ教室

随時開催中!

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※受講にはdポイントクラブ入会、dポイントカード利用登録、dアカウント発行が必要です。
 ※コロナウイルス感染拡大防止のため、マスクを着用いただき、間隔を空けて実施いたします。
 ※受講人数には限りがございます。

お申し込みはこちら



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 ※iモードからはご利用いただけません。

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