



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation
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 Don't forget to subscribe to it while you are there and never miss a post!

Notices & Upcoming NCIEF Events

NCIEF Contact Info
 •025-225-2727
 •kyokai@nief.or.jp

Fight off the Flu!

Flu season is upon us! Between the cold weather, dry air, and our tendency to stay inside, the flu virus spreads easily so it is up to you to protect yourself from it. Doing the following should help you:



- Eat a balanced diet and stay active to strengthen your immune system
- Wear a mask when in crowded places
- Regularly washing your hands and sanitizing them (especially when you are out and about)
- Keep your room at a comfortable temperature and humidity
- Get vaccinated! It takes about 2 weeks for it to be effective so you should get it by around mid-December!



Remember! If you have a fever of at least 39°C (102°F), your throat hurts, and your body feels heavy (lethargic) go to the doctor!

Exchange Student Video Contest

Niigata City wants your videos! They are now accepting submissions for their promotional video contest. Open to international students, either solo or in groups (Japanese people can help), they are looking for videos taken in your native language that show your life and your favorite places in Niigata.

Videos must be about 5 minutes long and submitted to the International Division of the Niigata City Office on a USB flash drive or a DVD. Contact below for more details.

Deadline: January 13th, 2017

Contact/Submission: International Division of the Niigata City Office
 (Ms. Fujiki, Mr. Morohashi, Ms. Inaba, Ms. Yamamiya)

Email: kokusai@city.niigata.lg.jp

TEL: 025-226-1677



Earthquake Emergency Procedures Part 2

1. Have and follow an evacuation procedure
 - Evacuate on foot with minimal belongings
 - Prepare an emergency pack with the essentials ahead of time
 - Remember to get to high land (away from water) and avoid cliffs or the sides or bottoms of mountains after and during earthquake.
 - Have an emergency plan (don't forget plans for other types of disasters)
 - Know what to do if you are in your car
 - ① Pull over and turn off the engine
 - ② Listen for news on the radio
 - ③ Follow police instructors
 - ④ Evacuate on foot leaving the key in the ignition
 2. Make sure you are getting the right information
 - Follow the news on TV or radio.
 - Listen for instructions given by municipal offices, the police or fire departments.
 - Do not make phone calls unnecessarily. Do not call the offices or departments for information that will affect their disaster response effectiveness.
 3. Join forces for first aid
 - If you are able, provide first aid and help the first responders as they arrive.
 4. Join forces for rescue
 - If you find someone trapped under debris, work with other people and help get them out.
- ~The complete information can be found at our office in booklet form so come and grab one~



Toushou-hanten (騰翔飯店)

If you are looking for a reasonably priced, incredibly tasty Chinese restaurant, look no further! Allow me to introduce to you Toushou-hanten.

Their menu is incredibly extensive: if you name it they probably have it and more! I will definitely be getting either a multi-course set (with various dishes) that happen to be very reasonably priced (less than 2000 yen per person).

The owner has been in Niigata for about 7 years and has been running this restaurant with her husband, who is a professionally trained chef, for about 4.

Every day for lunch they have two cheaper lunch options. For only 648 yen, you get a noodle dish, a rice dish, a salad and a dessert- the dishes change each day.

In addition to their course meals for groups of at least two they also have an All You Can Eat and Drink menu.



Ebi Chili set



Spicy Negi Ramen Set

At a glance

Food: 8/10 So good. Beware, you may get addicted and want to spend all of your money there.

Atmosphere: 8/10 Not uncomfortable. Everyone keeps to themselves. Nothing special except the art work on the walls

English Friendliness: 3/10 menu is entirely in Japanese and Chinese, but they have pictures of everything.

Price Range: Lunch ¥600~ Dinner ¥800~

Hours: Lunch: 11:00~15:00

Dinner: 17:00~23:00

Closed: New Year's Day only

Website:

<https://tabelog.com/niigata/A1501/A150101/15014089/>

Location: 6-1116-1 Honcho-dori, Chuo-ku, Niigata City

Charlie's Recipe Corner



Nabeyaki Udon

This month's recipe was actually chosen and written by the other writer of this newsletter- Rika Saito. She wanted to share this recipe as it is super simple to make and perfect for the winter!

She says that it is "simple, delicious, and healthy! It is perfect for the winter. If you have a 1-2 person donabe pot, it is super easy to make. You can even buy one at a 100 yen shop."

If you don't have a donabe (earthenware pot), a normal pot would also work but try to choose a heavy pot- the heavier the pot, the more heat it will retain.

Ingredients (1 serving)

Udon	1 packet (180g)
Chicken (cut into chunks)	50 g
Mushrooms (enoki, maitake, etc)	As you like
Naganegi (leek)	1/8 th
Spinach	As you like
Kamaboko (fishcake)	2 slices
Egg	1
Tempura (from the store)	~2 pieces
Mentsuyu* (soup base) and water	As needed (about 2 cups)

Mentsuyu comes in many varieties- some you can use straight out of the bottle; some are concentrated and need water added. Follow the directions on the bottle. You can easily make it yourself with soy sauce, mirin, and other ingredients (there are English recipes online).

Method

1. Cut the chicken into bite-sized pieces
2. Pull the mushrooms apart and cut the negi using diagonal cuts
3. Cut the spinach into bite-sized pieces
4. Add the mentsuyu (and water as needed) to the pot
5. Put everything except for the egg and the spinach into the pot and turn the heat to medium.
6. When everything is cooked, add the spinach and crack the egg into the pot and cover with a lid.
7. Cook for 2~3 more minutes and serve!

Variations

- ◇ Kimchi
- ◇ Mochi (added when you add the egg)
- ◇ Curry (leftover or from the box!)



Events

Key: G-General; U-University Students; H-High School; J-Junior High School; E-Elementary School

International Understanding Presentation Contest

Junior and high school students of Niigata prefecture will make presentations about international cooperation, global peace and foreign culture understanding.

Date: Dec. 17th (Sat) 12:00~17:30

Place: Toki Messe Marin Hall (Chuo-ku Bandaijima 6-1)

Fee: Free

For more info call : 025-290-5650 (NIA)

Tour Information of Korea

by Consulate of Republic of Korean in Niigata

Date: Dec. 24th (Sat)

13:30 – 15:00 Lecture

15:00 – 16:00 Exchange meeting

Place: CrossPal Niigata 5F Exchange Hall

Fee: Free

Number of people: 50 people

(first come first served)

For more info & application: 025-225-2727 (NIEF)



Beautiful Scenery of Japan

Japanese paintings of four seasons of Japanese sceneries.

Date: Jan. 3rd (Tue) 2017 – 16th (Mon) 10:30 – 19:30

Place: Niigata Isetan Department Store 7F Art Hall

Fee: In advance G - ¥800

At the door G - ¥1,000 U - ¥600

For more info call: 025-385-7470 (Niigata Nippo)

Tasha Tudor Exhibition

Tasha Tudor was a picture book author who enjoyed gardening in the mountains of Vermont. This exhibit is to celebrate 100 years since her birth and is a contains themes of gardens, home life, and more.

Date: Jan. 3rd (Tue) 2017 – 15th (Sun) 10:00 – 19:00

Place: Niigata Mitsukoshi Department Store 7F

Fee: In advance G - ¥600

At the door G - ¥800 U - ¥500

For more info call: 025-385-7470

(Niigata Nippo Sha Fureai Jigyobu)



Tomoko Hasukochi Exhibition

~ Skin, Needle, Thread~

Date: Dec. 17th (Sat) ~Feb. 12th(Sun) 2017 10:00~18:00

Place: Niigata Bandaijima Art Museum

Fee: in Advance G - ¥800

At the door G - ¥1,000 U & H - ¥800

For more info call: 025-290-6655

URL: <http://banbi.pref.niigata.lg.jp/>

(Niigata Bandaijima Art Museum)

Niigata Ikemen Championship 2016

This is a beauty pageant of handsome men! Participate as a contestant or come to cast your vote!

Date: Dec. 11th (Sun) 10:00~17:00

Place: Toki Messe Exhibition Hall B

Fee: Free

For more info call: 025-250-5436 (Ship Inc.)

Christmas Exhibition at the Botanical Garden

Date: Until Dec. 25th (Sun) 9:30~16:30

(Dec. 23rd & 24th until 19:30)

Place: Niigata Prefecture Botanical Garden
(Akiha-ku Kanazu186)

Fee: G - ¥600, U & H - ¥300 J & E - ¥100

For more info call: 0250-24-6465

URL: <http://botanical.greenery-niigata.or.jp/>

(Niigata Prefecture Botanical Garden)

Niigata Silvester Concert 2016

Date: Dec. 31st (Sat) ~ Jan.1st (Sun) 21:15~0:45

Place: Ryutopia Concert Hall

Admission Fee: SS – 13,000 S - ¥9,000 A - ¥7,000
B - ¥5,000 C - ¥3,000

For more info call: 025-224-5521 (Ryutopia)

2016 Niigata Pageant of Lights

Date: Dec. 9th (Fri) ~ Feb. 14th 2017

Place: JR Niigata South Exit

This is an annual winter season event of Niigata. 260,000 light bulbs will be lightened on about 200 zelkova trees.

For more info call: 025-243-1546

(Jikko linkai)

Community Bulletin Board

Niigata Prefectural Gyosei Shoshi (Administrative Clerk) Main Office Free Consultation for Foreign Nationals (Reservations Required)

1. Niigata Prefectural Gyosei Shoshi Niigata Branch Office

Date: Dec. 18th (Sun) 11:00~15:00

Place: Kurosaki Shimin Kaikan (Nishi-ku)

Contact: 090-2227-0401 (Ms. Nakazawa)

2. Gyoseishoshi Association of Niigata

Date: Dec 21st (Wed) 10:00~14:00

Place: Conference room Niigata Airport CIQ building 2F

Contact: 025-290-5650 (Gyoseishoshi Association of Niigata)

New Japanese Intermediate Class Starts

Date: Every Saturday 13:00~14:30

Place: CrossPal Niigata 201 or 307 or 309

Fee: Free

For more info call: 090-2762-7427 (Ms. Koketsu)

Niigata International Friendship Center Exchange Salon

~ Russian Art Craft Exhibition~

Date: Until Dec. 24th (Sat) 9:00~ 17:00

*(Dec. 24th until 15:00)

Closed: Sun, Holi. The 4th Monday of Every month

Place: Niigata International Friendship Center
Exchange Salon (CrossPal 2F)

Contact: 025-225-2727 (NIEF)

Telephone Consultation Service for Foreign Workers

By Ministry of Health, Labor and Welfare

TEL: 0570-001701 (English)

Date: Mon. ~ Fri. 10:00~15:00 (except 12:00~13:00)

Closed: Holi. & Dec. 28th ~ Jan. 3rd

The service will address problems with respect to work conditions by explaining laws and making referrals to concerned organizations.



Classes

Japanese Courses offered by the Niigata City International Exchange Foundation

Beginner through Intermediate 2	-Classes of varying difficulty are available at different times throughout the week. -Pricing info & the Autumn Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: http://www.nief.or.jp/	Ms. Chiyoko Takahashi Tel: (025) 225-2727
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Japanese Study Support Group for Children & Students: Niko Pal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 - 14:30 (but Dec. 31 st)	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Rika Saito Tel: (025) 225-2727
Every Wed 10:00 - 12:00 (but Dec. 28 th)	201	To support the Japanese studies of high school-age children	

Japanese Classes by Volunteer Groups at Crosspal Niigata

(Free of charge except for material costs! Just show up at the location listed below!)

Day of the week	Hours	Room No.	Level	Organizations & Info
Every Wed (but Dec. 28 th)	13:00 - 14:30	201 or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Dec. 29 th)	13:00 - 14:30	201 or 202	Beginners	
Every Fri (but Dec. 23 rd & 30 th)	13:00 - 14:30	201 or 202 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat (but Dec. 31 st)	10:30 - 12:00	201 or 306 or 307	Advanced Beginners	Waon ¥500/ month
Every Sat (but Dec. 31 st)	10:30 - 12:00	201 or 307 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sat (but Dec. 24 th , 31 st)	13:00 - 14:30	201 or 306 or 307	Intermediate	Yaponika
Every Sun	15:00 - 16:30	201	Introduction - Beginners	Niigata Nihongo Volunteer

Nihongo Kyoshitsu Waon II at Higashi-ku Plaza (1-4-1 Shimokido Higashi-ku)

Dec. 6 th (Tue) & 20 th (Tue)	10:00 - 14:00	Fee: ¥300 per a time	Ms. Takenaka Tel: (025) 277-3621
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Nihongo for Foreign Residents at the Ekinan Community Center 2F (4-12-20 Yoneyama Chuo-ku)

Every Sun	10:00 - 12:00	Fee: ¥2,000/month	Ms. Motomura Tel: (080) 5485-3796
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Konichiwa! Nihongo at Kobari Elementary School Volunteer Room (2-36-1 Kobari Nishi-ku)

Every Thu (but Dec. 29 th)	10:00 - 11:30	Beginners - Advanced Fee: ¥300	Ms. Wakatsuki Tel: (025) 265-3140
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Taiken Nihongo Kyoshitsu at Nishi Chiku Kominkan (603 Uchino Nishi-ku)

Every Tue (but Dec. 20 th & 27 th)	10:00 - 12:00	Beginners - Advanced One term ¥3,500+ Textbook & Copy Fee	Nishi Chiku Kominkan Tel: (025) 261-0031
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Iroha Nihongo Kyoshitsu at Kuzutsuka Community Center (1-1-18 Toeicho Kitaku) URL: irohanihongo.jimdo.com

Every Sat (but Dec. 31 st)	10:00 - 12:00	Beginners Fee: ¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
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Akiha Nihongo Kyoshitsu at Niitsu Chiiki Gakuen (2-5-6 Niitsu Higashicho Akiha-ku)

Every Thu (but Dec. 29 th)	13:00 - 14:30	Beginners Fee: ¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
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Maki Nihongo Kyoshitsu at Makichiku Kominkan (635 Makiko Nishikan-ku)

Every Thu (but Dec. 22 nd & 29 th)	18:30 - 20:30	Beginners - Intermediate	Ms. Fujita Tel: (090) 4072-3840
Dec. 3 rd (Sat) & 17 th (Sat)	14:00 - 16:00	Let's have fun practicing Japanese!	

Cultural Classes

International Cooking Class	When: Dec. 17 th (Sat) & 18 th (Sun) 11:00~14:00 Where: Ms. Ueno's residence (3-4-16 Ogikawa Akiha-ku) Menu: Hospitality dishes for a year's end party & a New Year party *Please sign up at least three days before class.	Fee: Foreign residents ¥1,500; Japanese citizens ¥3,000 For more info call: Ms. Ueno 0250-24-6859
Tai Chi	Dec. 1 st , 8 th , 15 th , 22 nd (Thu) 13:00 - 14:30 Fee: Instructor's transportation expenses	Led by Mr. So For more info call: 025-229-0140 Mr. Itoda

Consultation Services

Niigata City International Exchange Foundation Crosspal 2F (3-2086 Ishizuecho-dori, Chuo-ku) TEL: 025-225-2727 Email: kyokai@nief.or.jp URL: http://www.nief.or.jp	Mon - Fri 9:00-16:00 (excluding holidays) English, Chinese, Korean, French, Russian
Niigata Help Association TEL: 025-228-2212	Every Day: 9:00-23:00 Spanish, English, Korean, Tagalog, Thai, Chinese, etc.
Niigata International Association TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: http://www.niigata-ia.or.jp/	English: Thu 10:00~14:00 Thai: Tue 10:00-14:00 Chinese: 1 st , 3 rd , 5 th Wed 10:00-14:00
Helpline for Foreigners TEL: 0120-279-338	Call the toll-free number and press 2 after the Japanese guidance
Niigata Medical Care Information Network URL: http://qq.niigata-iyaku.jp/	Site available in Japanese Only
Hello Work, Foreigner Advisory Service TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo-ku, Niigata-shi)	1 st ~ 4 th Wed 13:30-16:00 English & Chinese

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(Written and edited by Charlene Woolson & Rika Saito)

CrossPal will be closed on Dec. 26th & 29th ~ Jan 3rd.