



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation
 ★★ Discover more of Niigata on our blog: www.niigataej.wordpress.com ★★
 Don't forget to subscribe to it while you are there and never miss a post!

Have you seen fireworks this season yet? There are firework events all over the city this month!

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

Notices & Upcoming NCIEF Events

Free Legal Consultation for Foreign Residents



Need legal advice? On Friday, August 25th there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters. If you don't speak Japanese, then an interpreter will be provided for you.

Date: Aug 25th (Fri) 13:00~17:00 **Place:** CrossPal Niigata 2nd floor

Requirements: Must be non-Japanese resident living and working in Niigata

Language Support Available: English, Chinese, Korean, French, and Russian

Places Available: 5 (reservations required) **Length of Consultation:** 45 min/ person

Reservations: Please tell us your name, nationality, phone number, sex, and what you wish to discuss.

For more info/reservations: 025-225-2727 or email kyokai@nief.or.jp



PSA: Preventing Heat Stroke

I am sure you are painfully aware that this is the season of あついですね, sweat and summer fatigue. Regardless of whether or not you are someone who loves the heat of summer and going to the beach, heat stroke is a real thing that everyone needs to take care not to fall victim to.

If you experience...	Then...
Dizziness, muscle cramps	Drink water and sports drinks. You need water and electrolytes.
Serious headache, nausea, vomiting	Drink water and sports drinks and rest with your feet above your heart.
Loss of consciousness or ability to walk straight, unresponsiveness, seizures	Call an ambulance

In general, make sure you get enough water and salt (electrolytes), keep cool and out of the sun, and make sure you get enough sleep!!



Multi-lingual Storytime!

This is a perfect opportunity for you to expose your children to other languages! Each story will be done in Japanese and one of the languages listed below. It is bound to be a lot of fun!

Languages: English, Korean
 When: August 9th (Wed) 11:00-11:40am
 Where: NIEF Exchange Hall (CrossPal Niigata 2F)
 Contact: Lifelong Learning Center Library
 (025-224-2120)
 No reservations needed. Just show up!

Languages: Chinese, Korean
 When: August 23rd (Wed) 11:00-11:40am
 Where: Sakaiwa Library (Nishi Ward)
 Contact: Sakaiwa Library (025-260-3242)
 No reservations. First come, first served (20 people).



Post from the English Journal Blog

piatto giorni

Would you be surprised if I told you there was another healthy, whole foods focused restaurant hiding in plain sight in Niigata? Because there is piatto giorni (yes, all lower case) is a deli style restaurant located in the center of Pia Bandai (map below). In fall of 2010 they turned an old shipping container into this lovely little eatery.

Giant windows and lightly colored furniture make for a bright and casual place to enjoy a meal with family or friends.

Open from lunch though dinner everyday (but Tue.), their menu is focused on fresh, healthy, local ingredients of which Niigata has in abundance. Lunch options consist of the 3 pastas (seafood, meat, vegetable, and a special option), a deli lunch set of various dishes in their deli case, or a mix set of the two.



As we wanted to try all of the things almost all of us got the piatto giorni set that comes with a drink, salad, and a baguette like the other set options but includes BOTH your choice of 2 deli items and pasta of your choice for less than 1500 yen. They do have pasta options outside of the deli case.

It was a lot of different kinds of food for a reasonable price. It was nice to be able to indulge like we did knowing that the food was made from fresh and whole ingredients.

The chef husband of the married duo that runs the shop originally hails from Okayama Prefecture. He found it an interesting culture shock coming from western Japan where the focus is simplicity and Niigata has a stronger local foods culture.

They wanted to have a restaurant with a focus on local organic produce and Niigata has been a great place for them since they can work with and directly buy from the local farmers.

During the weekends it surprisingly fills up. I guess not so surprising when you see how much they have going on (they even do breakfast on weekends).

Naturally, as this is a cafe style restaurant, they had desserts. They typically have 2 dessert options that you can add to your meal or get with a drink as an afternoon set. It is only 216 yen to add one of these desserts to your lunch set!

All in all, this is a lovely restaurant with lovely people who serve lovely food.

They

At a glance

Food: 7/10 Well rounded flavors. Lots of interesting whole foods based things to try. Smaller portions may be not enough for some.

Atmosphere: Bright and homey despite being inside of a refurbished shipping container

English Friendliness: 1/10 The menu is almost entirely in Japanese, with no pictures. The deli options are in a deli case so you can point?

Price Range: Lunch ¥900~

Hours: Weekdays: 11:00~19:00 (LO) Weekends: 9:00~20:00 (LO)

Closed: Tues

& K D U O L H V 5 H

Ingredients

Edamame or Chamame	200g
Salt	Lots
Water	Lots

METHOD

1. Rinse the edamame
2. Heavily salt the edamame and massage them together to make them smooth
3. Boil in a large pot of heavily salted water for about 3 min
4. Check for doneness they should be al dente, like pasta
5. Drain
6. Spread out onto a tray and fan them until cool
7. Sprinkle with salt
8. Devour!

Edamame

Since delicious chamame (a type of edamame) are grown in Niigata and it is the time of year when they are the best, I thought it would be a good time to tell you how to make the beans you have probably seen all over the supermarkets.





Events

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

**Niigata International Friendship Center Exchange Salon
~ Chinese Folk Art Craft Exhibition ~**

Date: July 3rd (Mon) ~ August 25th (Fri) 9:00~17:00
Closed: Sundays, Holidays, and the 4th Mon. of every month
Place: Niigata International Friendship Center (Crosspal 2F)
For more info: 025-225-2727(NCIEF)

Leiji Matsumoto's World Exhibition

This exhibition features manga artist Reiji Matsumoto's popular works such as "Galaxy Railway 999", "Space Battleship Yamato" and "Space Pirate Captain Herlock".

Date: June 17th (Sat) ~ August 27th (Sun) 10:00~17:00
Closed: Mondays (but July 17th, 31st, August 14th), July 18th
Place: Niitsu Art Museum (Gawakesawa Akiha Ward)
Fee: G- ¥1,000 U/H-¥700
For more info call: 0250-25-1300

**World Tour of Light & Great Trick Art Exhibition
in Toki Messe**

You can enjoy impressive giant lanterns shaped like lions, pandas, big Ben, Statue of Liberty, etc.

You also enjoy big trick arts.

Date: July 22nd (Sat) ~ August 20th (Sun) 10:00~16:00
Place: Toki Messe (Bandaijima Chuo Ward)
Fee: G- ¥1,700 E- ¥1,200
For more info call: 025-246-8400

"Iftata Raga" Mongolian Music Concert in Niigata

Date: August 10th (Thu) 19:00~20:30
 August 11th (Fri) 10:30~12:30
Place: Cross Pal Niigata
Fee: G-¥2,500 J/E-¥1,000
For more info call: 025-281-2001 (Chisoku Art Museum)

The 27th Niigata Takigi Noh (Fireworks)

Annual Noh and Kyogen show
Date: August 23th (Wed) 18:30~
Place: Hakusan shrine (Ichibanboridoricho Chuo Ward)
Fee: In advance:
 SS-¥10,000 S-¥8,000 A-¥5,000 U-25-¥1,000
 No-reserved seat ¥2,000
At the door: Add ¥500 each of them
For more info call: 0120-334-497
 (Niigata Takigi Noh Jikko linkai)

Ikutopia Shoku Hana**Growing Illumination 2017 ~SUMMER~**

It is one of Niigata's Three Greater Summer Illuminations and takes over the garden at Ikutopia.

Date: July 1st (Sat) ~ September 24th (Sun) 18:00~21:00
Place: Ikutopia Shoku Hana (Seigoro Chuo Ward)
Fee: G- ¥500 J/E- ¥300
For more info call: 025-384-8732

Community Bulletin Board

**2017 SUMMER Niigata Prefecture
International Exchange Plaza Fair****★Panel Exhibition 1st "If You Do not Have a Toilet"**

Date: July 22nd (Sat) ~ August 10th (Thu) 9:00~17:30
 (Sat & Sun only from 10:00~16:00)

★Panel Exhibition 2nd "World Children's Exhibition"

Date: August 14th (Mon) ~ 25th (Fri) 9:00~17:30
 (Sat & Sun only from 10:00~16:00)

Closed: August 11th (Fri) ~ 13th (Sun)
 (Due to exhibition change)

**★Summer Vacation Children's Course
"Vietnamese play and talking day"**

Date: August 18th (Fri) 13:00~14:30
Application: E-mail or fax the application form
 by August 10th (Thu)

URL: <http://www.niigata-ia.or.jp>

E-mail: nia5@niigata-ia.or.jp

Fax: 025-249-8122

Place: Niigata Prefecture International Exchange Plaza
 (Bandaijima Chuo Ward)

Fee: Free

For more info call: 025-290-5650

Niigata International Association**Homestay Opportunity and Information Session**

To help ALTs and foreign exchange students in Niigata experience regular life in a Japanese home, the Niigata International Association will be holding a 1-night, 2-day homestay on October 14th and 15th, 2017. Prior to the homestay, they will be hosting information sessions in Niigata on the day below.

Date: August 27th (Sun) 10:00~12:00

Place: Niigata International Association (Bandaijima Chuo Ward)

Fee: Free

Application: E-mail or fax the application form by August 21st (Mon)

URL: <http://www.niigata-ia.or.jp>

E-mail: nia5@niigata-ia.or.jp

Fax: 025-249-8122

For more info call: 025-290-5650

2017 Literakoya Niigata Summer School

Literakoya Niigata is an academic support group for children.

Date: August 1st (Tue) ~ 25th (Fri) 13:30~16:30

Closed: Saturdays and Sundays

Place: Niigata City Bandai City Hall
 (Higashibandaicho Chuo Ward)

Fee: Free

*Bring your own study materials and writing instruments.

*If you join them for the first time, please tell them in advance.

For more info call: 090-6684-2346 (Ms.Sasaki)

E-mail: literakoya_niigata@yahoo.co.jp

Japanese-Language Proficiency Test

Date: December 3rd (Sun)

Test levels: 5 levels from N1 to N5

Test sites: Major cities in Japan

Test fee: ¥5,500

Application period: August 31st (Thu)~September 29th (Fri)

How to apply:

*Application via internet <http://info.jees-jlpt.jp/>

*Application by mail

Purchase application guide in case of application by mail.

For more info call: 03-6686-2974 (JLPT Application Center)



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 Spring Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: http://www.nief.or.jp/	Ms. Rika Saito 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 Aug. 12 th)	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 Aug. 2 nd)	202	To support the Japanese studies of high school-age children	

Kotonoha at Hayadori Community Center (37-1 Hayadori Kita-ku)

Aug. 1 st ~5 th , 30 th , 31 st	15:30 - 17:30	Japanese Study Support for children Copy Fee	Ms. Kawasaki Tel:(090) 2756-0967
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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 Aug. 16 th)	13:00 - 14:30	201 or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Aug. 17 th)	13:00 - 14:30	201 or 202	Beginners	
Every Fri	13:00 - 14:30	201, 202, 306, 308 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201, 306, 307 or 309	Advanced Beginners	Waon ¥500/ month
Every Sat (no classes this month)	10:30 - 12:00		Newspaper Class (Intermediate)	Yaponika
Every Sat (but Aug. 12 th)	13:00 - 14:30	306 or 309	Intermediate	Yaponika
Every Sun (but Aug. 13 th)	15:00 - 16:30	201	Introduction - Beginners	Niigata Nihongo Volunteer

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

First & Third Tue of the month: Aug. 1 st & 15 th	10:00 - 14:00	Fee: ¥300 per 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 (but Aug. 13 th)	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 (no classes this month)	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 (no classes this month)	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 Toei-cho Kita-ku) URL: irohanihongo.jimdo.com

Every Sat (no classes this month)	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 (no classes this month)	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 (no classes this month)	19:00 - 20:45	Beginners - Intermediate	One term ¥3,500+ Textbook & Copy fee	Ms. Fujita Tel: (090) 4072-3840
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Cultural Classes

International Cooking Class	When: Aug. 26 th (Sat) & 27 th (Sun) 11:00~14:00 Fee: Foreign residents ¥1,800; Japanese citizens ¥3,500 Where: Ms. Ueno's residence (3-4-16 Ogikawa Akiha-ku) Menu: Keema curry & various giftable marinated dishes Please sign up at least three days before class. For more info call: Ms. Ueno 0250-24-6859
Tai Chi	Aug. 3 rd , 10 th , 17 th , 24 th (Thu) 13:00 - 14:30 Led by Mr. So CrossPal Niigata 5F Exchange Hall 2 Fee: Instructor's transportation expenses For more info call: 025-229-0140 Mr. Itoda

Consultation Services

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

Edited and Issued by the Niigata City International Exchange Foundation

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 (Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on August 28th.