



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

★★ Subscribe to stay up to date! ★★

Mail magazine: email us at kyokai@nief.or.jp to receive this newsletter every month

Our blog: www.niigataej.wordpress.com

Halloween is this month! What will you dress up as this year?

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

Notices & Upcoming NCIEF Events

PSA: J-Alerts

In the event that a missile is launched towards Japan, a J-Alert will be sent out and sirens will sound. A missile can land in less than 10 minutes from launch so it is extremely important that you know what to do when the alarm is sound and to do so immediately.



If you are outside: Get inside as quickly as possible. The sturdier the building, the better, and underground is best.

If you are out in the open: If there are no buildings, hide behind something. At the very least, get down and cover your head.

If you are indoors: Move to a windowless room.

Free Legal Consultation for Foreign Residents

Need legal advice? On Friday, October 20th there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters such as divorce, problems with your landlord, car accidents, and so on. If you don't speak Japanese, an interpreter can be provided for you.



Date: October 20th (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: 40 minutes per person

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

For more info/reservations: 025-225-2727

E-mail: kyokai@nief.or.jp



Oshaberi Salon

Your neighborhood Niigata City CIRs each host conversation (oshaberi) hours where they talk and lead discussions in Japanese about topics related to their home country and cross-cultural understanding. Here are this month's events!



Oshaberi Salon- Korea

This will be led by Cheri, the city's Korean CIR. This session will be about drinking culture in Korea.

When: Oct. 10th (Tue) 14:00~15:00

Place: CrossPal Niigata 2nd floor Exchange Salon (NCIEF)

Oshaberi Salon- France

This will be led by Ibrahim Daye, the city's new French CIR. This session will be about his home town.

When: Oct. 5th (Thu) 14:00~15:00





More notices

School Related Information

By the middle of October, the Niigata City Board of Education will be sending out letters about enrolling into elementary or junior high school to families in Niigata City with children born in the time periods listed below.

Elementary: April 2, 2011–April 1, 2012

Junior High: April 2, 2005–April 1, 2006

To sign up your child for school, you must bring their residence card (在留カード) or their Special Permanent Resident Certificate card (特別永住者証明書) and follow the directions in the letter. You will need to go into the Board of Education's School Affairs Division or your local Ward Educational Support Center to finish the paperwork.

If you do not receive a letter and you want to sign your child up for school, contact the Niigata City Board of Education (TEL 025-226-3168). The sign up process is the same and all children, regardless of their Japanese proficiency, are entitled to an education.

School Related Consultation

If you have any questions or need help with this school stuff, there will be a **free consultation and guidance session** put on by the Niigata International Association (NIA). This event is aimed at helping international parents and their kids. Guidance is available for children of any age. Reservations are required so contact the NIA to get the application form.



Date: November 4 (Sat), 2017

Times: 13:00–15:30

Place: CrossPal Niigata 5th Fl. Exchange Hall 1 and 2

Cost: Free

Contact: NIA (Toki Messe 2nd floor)

To Apply: Go into the NIA or email them for the application form

TEL: 025-290-5650

Email: nia21c@niigata-ia.or.jp

International Cooking Class–Korea and China

We have another cooking event for you! My coworkers, Cheri Hong and Jinling Yang will be leading a cooking class where they will be making dishes from their home countries. Cheri will be teaching everyone how to make a beef and seaweed soup, and hotteok (Korean pancakes with filling). Jinling will be making a chicken and mushroom stew and mixed rice.



Date: November 11 (Sat)

Times: 10:30–13:30

Place: CrossPal Niigata 5th floor Cooking Room

Participants: 20 people (first come, first serve)

Cost: ¥1,000

Sign-up: Starting on Oct. 11th, call 025-225-2727 or come into our office on the 2nd floor of CrossPal Niigata

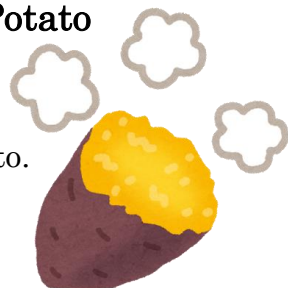
Note: Bring an apron and a bandana!

**Charlie's Recipe Corner**

I don't know if you can exactly call this a recipe but since sweet potatoes are in season I wanted to tell you an easy way to make them.

Time will obviously vary depending on your microwave and the size of the potato.

1. Wash the potato
2. Wrap in wet paper towel then in plastic wrap
3. Microwave for 5 min at 600 watts or until soft. Microwave another min.

Sweet Potato



Events

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

**Niigata International Friendship Center Exchange Salon
~ South Korean Exhibition ~**

Date: September 1st (Fri) ~ October 27th (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)

29th NVC Niigata International Volunteer Center Bazaar

Profits from this Bazaar will be used to support children with disabilities and the support of orphans in Vietnam.
Date: October 7th (Sat) & 8th (Sun) 10:00~17:00
Place: Pia Bandai (Bandaijima, Chuo Ward)
For more info call: 025-211-4067(NVC)
URL: <http://nvcjapan.org/>

Niigata International Dance Festival 2017

- 「As It Fades」
By T.H.E Dance Company (Singapore)
Date: October 8th (Sun) 15:00~
- 「Amidst the Wind」
By City Contemporary Dance Company (Hong Kong, China)
Date: October 15th (Sun) 17:30~
- 「NINA—materialize sacrifice」
By Noism1—RYUTOPIA Residential Dance Company
(Niigata, Japan)
Date: December 15th (Fri) 19:00~, 16th (Sat) 17:00~,
17th (Sun) 15:00~
Place: RYUTOPIA (Ichibanboridori-cho, Chuo Ward)
For more info call: 025-234-4530 (Arts Council Niigata)
URL: <https://artscouncil-niigata.jp/nidf/>

The Lectures about Asia

The lectures are provided by Niigata International Association.
Date: October 8th (Sun) 13:20~15:00
 “Traditional Hmong Clothes and Life in Rural China”
Date: October 22nd (Sun) 13:20~15:00
 “The Silk Road and the Beauty of Samarkand Blue”
Date: October 22nd (Sun) 15:15~16:55
 “The Birth of the Mongol Empire: Genghis Khan’s Vision”
Place: Toki Messe (Bandaijima, Chuo Ward)
Fee: Free
Numbers of Participants: 60 People each
Application: Please send an application form by fax to NIA.
 The form is available to download.
Fax: 025-249-8122
URL: <http://www.niigata-ia.or.jp/jp/index.html>
For more info call: 025-290-5650 (NIA)

**Introduction of International Exchange Groups and
International Cooperation Groups**

This event will introduce the activities of International Exchange Group in Niigata via an exhibit and various presentations.
Date: October 20th (Fri) ~ 22nd (Sun) 10:00 ~ 17:00
Place: CrossPal Niigata 2F
Fee: Free
For more info call: 025-225-2727(NCIEF)

Employment Support Seminar for Exchange Students

Date: November 1st (Wed) 13:30 ~ 17:00
Place: Toki Messe 201 Meeting room (Bandaijima, Chuo Ward)
Application: Please send a participation form by fax to NIA
 by October 18th (Wed). The form is available to
 download from their website.
Fax: 025-249-8122
URL: <http://www.niigata-ia.or.jp/jp/index.html>
For more info call: 025-290-5650 (NIA)

Community Bulletin Board

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

◆Gyoseishoshi Association of Niigata
Date: October 25th (Wed) 10:00~14:00
Place: Toki Messe
Contact: 025-290-5650
 (Gyoseishoshi Association of Niigata)

**◆Niigata Prefectural Gyosei Shoshi Niigata Branch
Office**

1. **Date:** October 1st (Sun) 10:00~16:00
Place: Higashi Ward Plaza (Shimokido, Higashi Ward)
 2. **Date:** October 15th (Sun) 10:00~16:00
Place: Kurosaki City Hall (Toppara, Nishi Ward)
CrossPal Niigata (Ishizuecho-dori, Chuo Ward)
 3. **Date:** October 22nd (Sun) 10:00~16:00
Place: Konan Ward Cultural Center
(Chinoyama, Konan Ward)
- Contact:** 070-1189-8555 (Ms.Aiba)

CrossPal Niigata Parking Lot Closed

CrossPal Niigata will have parking equipment work done on Tuesday, October 24th. During that time you will not be able park there.

Date: October 24th (Tue)
Place: CrossPal Niigata parking lot

**Health Promotion Month**

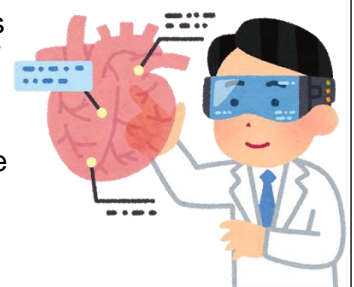
Was last month! But we found some information about it that we thought we should share.

An ounce of prevention is worth a pound of cure! A key to that of course is to go to regular (yearly) exams. These can catch problems before they start, such as issues related to bad habits.

To promote these regular exams, in March, the city sends out exam certificates to everyone over the age of 40 that is enrolled in the national health insurance.

These certificates can be used for general physical exams that check your height and weight and do blood and urine tests. People ages 40–59 only have to pay 500 yen for the physical and those over 60 can do it for free!

If you have any questions about these, come to the NIEF and watch out for information about our next Medical Consultation event (every June so just a couple months after the certificates are sent out!)





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. 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 Oct. 21 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 Oct. 25 th)	202	To support the Japanese studies of high school-age children	

Kotonoha at Hayadori Community Center (37-1 Hayadori, Kita Ward)

Every Wed & Sat	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 Oct. 18 th)	13:00 - 14:30	201or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Oct. 19 th)	13:00 - 14:30	201 or 202	Beginners	
Every Fri (but Oct. 20 th)	13:00 - 14:30	201 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat (but Oct. 21 st)	10:30 - 12:00	201, 303 or 306	Advanced Beginners	Waon ¥500/ month
Every Sat (but Oct. 21 st)	10:30 - 12:00	306 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sat (but Oct. 21 st)	13:00 - 14:30	306 or 309	Advanced Beginners	Yaponika
Every Sun (but Oct. 22 nd)	15:00 - 16:30	201, 202 or 308	Introduction - Beginners	Niigata Nihongo Volunteer

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

First & Third Tue of the month: Oct. 3 rd & 17 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 Ward)

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

Every Thu	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 Ward)

Every Tue	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 Ward) URL: irohanihongo.jimdo.com

Every Sat (but Oct. 14 th)	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 Higashi-cho, Akiha Ward)

Every Thu	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 Ward)

Every Thu	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: Oct. 28 th (Sat) & 29 th (Sun) 11:00~14:00 Fee: Foreign residents, students ¥1,800; Japanese citizens ¥3,500 Where: Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward) Menu: Seasonal western dishes for autumn (Appetizers, salad, pizza, and bean soup) Please sign up at least three days before class. For more info call: Ms. Ueno 0250-24-6859
Tai Chi	Oct. 5 th , 12 th , 26 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 Ward, Niigata-shi)	1 st ~ 4 th Wed 13:30-16:00 English & Chinese

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(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on October 23rd.