



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

So many international movies to see this month! Dates and times of the film festivals can be found on pg 3~

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

OUTDOOR FESTIVAL

This is the annual event that your city CIRs put on. This year will be in the same place as always and will feature beach volleyball, frisbee, dodgeball and other various games! It should be great weather (not too hot or chilly) but in the case of rain we will be holding our event at CrossPal Niigata.

Date: Saturday, May 26th, 2018



Main Event: 10:30~15:30 (registration from 10:00)

Place: Sekiyahama Chuoguchi Dai 1 Parking Lot (Central entrance of Nishi Kaigan Park, by the Giant Castle Slide)

Participation Fee: Adult ¥300

Jr. high & younger ¥200 (Must be accompanied by a parent or guardian.) Please try to bring exact change.

Sign-up: By phone: 025-225-2727

e-mail kyokai@nief.or.jp or in person to NIEF (2nd fl CrossPal Niigata)

please include: ①name ②number of people ③country of origin ④phone number ⑤how you learned about this event

Sign Up Deadline: May 24th (Maximum of 70 participants, first-come basis)

In the case of rain: the event will be held indoors at CrossPal (Please bring indoor shoes).

*Please bring your own lunch.

Oshaberi Salon



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



Tips to learn English

May 15th (Tue) 14:00~15:00

Drinking culture in China

May 17th (Thu) 14:00~15:00

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

Regular Medical Check-up for Diabetes Prevention

If you are over 40 years of age, you should have received an envelope in the mail in March or April that says 新潟市 各種健診のご案内. It should come with an explanation booklet (健診いっ得) and the exam sheet.

The check-up will be similar to a typical physical exam. They take your height, weight, blood pressure, and a urine sample but this exam will also have a blood test. This blood test will check for blood sugar, cholesterol, and so on.

After you get the results, you can go to the monthly medical consultations held at Public Health Centers all over the city.

Cost: 500 yen (40-59 year olds), Free (over 60 years old)

Where: A medical institution listed in the 健診いっ得 booklet

What to bring: the exam sheet, your health insurance card, the fee listed above

Contact: 025-226-7246 (Chuo Ward Public Health & Welfare Division)



Generic Medicines

These medications have the same active ingredients as their branded counterparts and have nearly the same effect.

They are cheaper as well. Ask your doctor or pharmacist for more information and to opt for generic versions of the medicines you need.

Free Legal Consultation for Foreign Residents

Need legal advice? On Friday, June 15th there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters. If you are a foreign resident living and working in Niigata, please contact us for more information. **Dr. Peter Will be provided for you.**



Date: June 15th (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, Mandarin 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: 0252252727 or email kyokai@nief.or.jp

Free Medical Consultation for Foreign Residents

There will be free mini health checkups available (chest x-ray, blood pressure check, weight check, etc) along with various medical professionals that will be available to talk with: dentist, social worker that will help with understanding medical care, insurance and welfare, and others.

Date: June 3rd, (Sun) 10:00~14:30 **Place:** CrossPal Niigata 2nd floor
Requirements: Must be non-Japanese resident living and working in Niigata
Language Support Available: English, Mandarin Chinese
Reservations: Applications can be found on our HP or from the email below. Please fill it out, and return it in person or via email.
For more info/reservations: 0252252727 or email kyokai@nief.or.jp

& K D U Recipe Corner

The Easiest Flatbread Pizza Dough

I am really excited to share with you this recipe I created. As you may know, I tend to literally just put things together and hope it works. This is an example of that actually being successful.

This works as a regular flatbread that can be used to dip into hummus or herb oil but I highly recommend using it as pizza crust. It results in pizza crust that is fluffy and chewy with a crispy bottom (my favorite).

The other best part? You can make it in a frying pan: no oven needed (using a fish grill is recommended when melting the cheese but this can also be done using a lid with the frying pan).

Use whatever toppings that you would like! The storebought pizza sauce is surprisingly good but cheese can make or break a pizza. Make sure you get the good stuff. Just make sure that if you are using meat, it has been cooked through before putting on the pizza.

Ingredients for two pizzas
100g flour (-ç Š(Š))
1/2 tsp baking powder
50 ml water

Method

- Mix the flour, baking powder, and salt
- Add in the water and mix until it forms a ball. Add flour as needed until it is just not sticky
- Let the dough rest, covered, for 30 minutes
- Roll (or pull) half of the dough into a pizza shape that fits into your frying pan. This is the thickness that you like
- Put the dough into a frying pan on medium low heat
- Flip occasionally and cook until both sides are lightly brown
- Add toppings, put a lid on the pan and cook until the toppings are heated through and the cheese melted



Events

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

**Photo Exhibition International Friendship Center Exchange Salon
~ JICA Japan Overseas Cooperation Volunteers
in Kyrgyzstan / Uzbekistan ~**

Date: May 1st (Tue) – May 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)

Heart Care Concert

Professional musicians perform various music.
Date: May 12th (Sat) 14:30–16:30
Place: The Niigata-City Performing Arts Center Ryutopia
(Ichibanboridori-cho, Chuo Ward)
Fee: G-¥2,500 H/J/E-¥500
For more info call: 050-7203-7567
URL: <http://www.tenjo.jp>

Let's Speak English! (English Salon)

Sponsored by the Niigata Galveston Committee, a native English speaker leads this conversation hour. This is a great chance to hear and use English.
Date: May 19th (Sat) 14:00 –15:30
Place: Niigata International Friendship Exchange Salon
Fee: ¥300 (CrossPal 2F)
Numbers of Participants: 15 People
Application: Please make a phone call or send an email
For more info: call 025-225-2727 or email r.saito@nief.or.jp

Let's Talk China!

Sponsored by the Niigata Harbin Committee, a speaker from China will talk about his hometown in Japanese.
Date: May 23rd (Wed) 14:00–15:30
Place: Niigata International Friendship Exchange Salon
Fee: ¥200 (CrossPal 2F)
For more info: call 025-225-2727 or email y.ohno@nief.or.jp

Korean Lecture & Social

Sponsored by Korean Consulate General in Niigata, they have events like movie showings, lectures and cooking classes every month. The manager of Cine Wind gives a lecture about Korean movies.
Date: May 26th (Sat) 13:30 –16:00
Place: CrossPal Niigata 5F Exchange Hall
Fee: Free
Numbers of Participants: 50 (first-come first-served basis)
Application: Please make a phone call
For more info call: 025-225-2727
(Niigata City International Exchange Foundation)

The 28th Niigata International Film Festival

8 films from 6 different countries will be shown.
 This film festival is run by Niigata citizen volunteers.
Date: June 1st (Fri) – 8th (Fri)
Place: Crosspal Niigata & Cine Wind (Yachiyo, Chuo Ward)
Admission Fee: In advance ¥1,000 , at the door ¥1,100
URL: <http://www.niffec.com>
For more info call: 080-3312-8699
(Niigata Kokusai Eigasai Jikko linkai)

Korean Film Festival

"A Taxi Driver" is the last movie in this event run by Cine Wind.
Date: June 2nd (Sat) – 22nd (Fri)
Place: Cine Wind (Yachiyo, Chuo Ward)
Fee: G-¥1,800 U/H-¥1,500 J/E-¥1,000 Over 60- ¥1,100
URL: <https://www.cinewind.com>
For more info call: 025-243-5530 (Cine Wind)

Concert ~Chikushin~

You can enjoy Japanese traditional musical instruments such as shakuhachi, koto and shamisen.
Date: June 7th (Thu) 18:30–
Place: Niigata Seiryō University Hall (Suido-cho, Chuo Ward)
Fee: In advance: G-¥2,000, U-¥1,000
 at the door: G-¥2,500, U-¥1,500
For more info call: 025-260-2603



Notices



**Niigata Prefecture International Students'
Job Fair 2019**

Date: June 2nd (Sat) 13:00–
Place: Toki Messe 2F Snow Hall (Bandajijima Chuo Ward)
Application: Please apply to placement office of each university and college
URL: http://www.erina.or.jp/activities/business/job_fair/
For more info call: 025-290-5545 (ERINA)

Lectures for Volunteer Teachers

Sponsored by Yoshida Japanese Association, they have lectures for volunteer teachers who teach Japanese to non-native speakers.
Date: June – October 1st & 3rd Sun 14:00–16:00 (10 times)
Place: Tsubame City Yoshida Community Center
(Yoshidadaibo-cho, Tsubame City)
Fee: ¥500/time
Application: Please make a phone call
Application Deadline: May 20th (Sun)
For more info call: 090-8581-4484
(Yoshida Japanese Association)



ADVERTISEMENT
 Consultations for apartment-hunting and acquiring status of residence are available in English and Chinese.

KONDO OFFICE
 Tomoichi Kondo
 Immigration procedure specialist & Real estate transactions specialist
 Tel: 0256-53-1650 Email: gskondo@gmail.com
 9-4 Koku-cho, Kamo Citv. Niigata Prefecture

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

●Gyoseishoshi Association of Niigata
Date: May 23rd (Wed) 10:00–14:00
Place: Toki Messe (Bandajijima Chuo Ward)
Contact: 025-290-5650 (Gyoseishoshi Association of Niigata)

**Study Abroad at High School:
Scholarship Students Wanted**

●Counseling in Niigata
Date: June 16th (Sat) 13:30–15:30
Place: Crosspal Niigata
Contact: 025-233-7963 E-mail: info-niigata@afs.or.jp
(AFS Japan Association Niigata Branch)
For more info: <http://www.afs.or.jp>



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 Session 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
---------------------------------	--	---------------------------------------

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	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	202	To support the Japanese studies of high school-age children	

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

Every Wed & Sat (but May 5 th)	14:00 - 18:00	Japanese Study Support for children Copy Fee	Ms. Kawasaki Tel:(090) 2756-0967
--	---------------	--	----------------------------------

Japanese Classes by Volunteer Groups at Crosspal Niigata

Day of the week	Hours	Room No.	Level	Fee	Organizations & Info
Every Wed (but May 2 nd)	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu (but May 3 rd)	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202, 306 or 309	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201, 306 or 307	Advanced Beginners	¥500/ month	Waon
Every Sat (but May 5 th)	10:30 - 12:00	307 or 309	Newspaper Class (Intermediate)	Cost of materials	Yaponika
Every Sat (but May 5 th)	13:00 - 14:30	307 or 309	Advanced Beginners	Free	Yaponika
Every Sun	15:00 - 16:30	201	Introduction - Beginners	Cost of textbook	Niigata Nihongo Volunteer

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

First & Third Tue of the month: May 1 st & 15 th	10:00 – 14:00	Fee: ¥300 per time	Ms. Takenaka Tel: (025) 277-3621
--	---------------	--------------------	----------------------------------

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
-----------	---------------	-------------------	-----------------------------------

Konnichiwa! Nihongo at Kobari Elementary School Volunteer Room (2-36-1 Kobari, Nishi Ward)

Every Thu (but May 3 rd)	10:00 – 11:30	Beginners – Advanced Fee: ¥300	Ms. Wakatsuki Tel: (025) 265-3140
--------------------------------------	---------------	--------------------------------	-----------------------------------

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
-----------	---------------	---	---

Iroha Nihongo Kyoshitsu at Kuzutsuka Community Center (1-1-18 Toei-cho, Kita Ward) URL: irohanihongo.jimdo.com

Every Sat (but May 5 th & 26 th)	10:00 – 12:00	Beginners Fee: ¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
---	---------------	---------------------------	-----------------------------------

Akiha Nihongo Kyoshitsu at Niitsu Chiiki Gakuen (2-5-6 Niitsu Higashi-cho, Akiha Ward)

Every Thu (but May 3 rd & 31 st)	13:00 – 15:00	Beginners – Advanced Fee: ¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
---	---------------	--------------------------------------	-----------------------------------

Maki Nihongo Kyoshitsu at Makichiku Kominkan (635 Makiko, Nishikan Ward)

Every Thu (but May 3 rd)	19:00 – 20:45	Introduction – Advanced One term ¥3,500+ Textbook & Copy fee	Ms. Fujita Tel: (090) 4072-3840
--------------------------------------	---------------	--	------------------------------------

Cultural Classes

International Cooking Class	When: May 26 th (Sat) & 27 th (Sun) 11:00–14:00 Where: Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward) Menu: Mediterranean dishes (Spanish chick pea soup, octopus cooked rice, focaccia, salads, tiramisu, and more!) Please sign up at least three days before class.	Fee: Foreign residents, students- ¥1,800; Japanese citizens- ¥3,500 For more info call: Ms. Ueno 0250-24-6859
Tai Chi	May 10 th , 17 th , 24 th , 31 st (Thu) 13:00 – 14:30 Fee: Instructor's transportation expenses	Led by Mr. So Location: CrossPal Niigata 5F Exchange Hall 2 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



Edited and Issued by the Niigata City International Exchange Foundation
3-2086 Ishizuecho-dori, Chuo Ward, Niigata City 951-8055
Tel: (025) 225-2727 **Fax:** (025) 225-2733
<http://www.nief.or.jp/> **E-mail:** kyokai@nief.or.jp
(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on May 28th.