



# Niigata English Journal

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Happy holidays! We wish you a safe and happy holiday season and hope to see you next year~

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## Notices & Upcoming NCIEF Events

### CIR Lecture Series: New Year's Holiday in Russia

Come and learn about the most important holiday season in Russia and how it is celebrated. Niigata City's Russian CIR, Yuliya will be presenting.

**Time:** December 8<sup>th</sup> (Sat.) 2:00 – 3:00 pm

**Place:** CrossPal Niigata 2<sup>nd</sup> floor Exchange Salon

**Fee:** Free



### 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!
  - Vaccinations cost about 3,000 to 4,000 yen (1,620 yen for people 65 years old and up) and may require an appointment



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!

### International Students Niigata Discovery Contest

If you are an international student studying in Niigata, this is for you! Practice your Japanese and promote Niigata at the same time. Present solo or in a group of up to 4 people. You can choose between a video, slideshow, or powerpoint presentation.

Choose from the following themes: people you met in Niigata, food in Niigata, your favorite places or scenery of Niigata, or fun events in Niigata.

If you win you will get a prize and your presentation may be featured on the city's youtube channel. To apply, scan the QR code below, email or come into the Foreign Affairs Division

**Entry deadline:** December 7<sup>th</sup> (Fri) by 5pm

**Presentation Event:** January 19<sup>th</sup> (Sat) 1 – 4 pm

**Place:** CrossPal Niigata 4F Visual Hall

**Application:** Please make a phone call

**Contact:** Mr. Meguro (Foreign Affairs Division) 025-226-1678 or kokusai@city.niigata.lg.jp

