



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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

Our blog: www.niigataej.wordpress.com

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

Wooh! 10-day long Golden Week! After we get back from our trip, let's avoid reality and check out some of the events written in the English Journal. There are so many international events coming up!

INDOOR FESTIVAL

This is the annual sports and exchange event that your city CIRs put on. This year we have moved indoors to CrossPal Niigata, the home of the Niigata International Exchange Foundation.

This year's event will feature the fan favorite, Korean pair dodgeball, in addition to some new activities including a game called "Russian Relay" and others!

Date: Saturday, May 25th, 2019

Main Event: 12:30~4:30

Place: CrossPal Niigata 2nd floor gymnasium

Participation Fee: ¥300 (Please try to bring exact change.)

Sign-up: By phone (025-225-2727), e-mail (kyokai@nief.or.jp) or in person to NIEF (2F CrossPal Niigata)

please include: ①name ②number of people ③nationality ④phone number ⑤how you heard about this event

Sign Up Deadline: May 23rd (Maximum of 60 participants, first-come basis. Must be 12 years or older.)



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!



What houses in America look like
 May 14th (Tue) 14:00~15:00

Geography, Nature, and Tourism in China
 May 23rd (Thu) 14:00~15:00

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

Free Medical Consultation for Foreign Residents

There will be free mini health check-ups 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 2nd, (Sun) 10:00am-2:30pm

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: 025-225-2727 or email kyokai@nief.or.jp

主催: (公財)新潟市国際交流協会クロスパルにいがた 2階 〒951-8055 新潟市中央区礎町通 3-2086
 Niigata City International Exchange Foundation CrossPal 2F, 3-2086 Ishizuecho-dori, Chuo-ku
 TEL: 025-225-2727 E-mail: kyokai@nief.or.jp Website: <http://www.nief.or.jp/>

Intercultural Cooking Class: Cooking in English

This is cooking class for those who want a chance to use their English. Your friendly, neighborhood English-speaking CIR, Charlie, will be teach everyone how to make club sandwiches and chocolate shakes, in English! Be prepared to listen and speak only English for a couple of hours!



Menu: Club sandwiches, (store bought) kettle chips and soup, and chocolate shakes

When: June 22nd (Sat) 10:30am-1:30pm

Where: CrossPal Niigata 5nd floor Cooking Room (調理室)

To Apply: Sign-up: **Must be 12 years or older.** By Reply-paid postcard (ofuku hagaki) to NIEF (address at bottom of the first and last page) by June 7th. Be sure to include your name, address, phone number and "Cooking in English" on the postcard.

Contact: 025-225-2727 (NIEF)

Cost: 1,200 yen

Spots available: 20 people (first come first serve)

French Culture Lecture: Green in the Loiré Region

Ibrahim, Niigata City's French CIR, will present about green spaces and the policies that made and protect them in the Loiré Region of France. There will be drinks and snacks served.

When: June 6th (Thu) 5:30-7:00pm

Where: CrossPal Niigata Lecture Room 405

Sign-up: Starts May 22nd. By phone or in person to NIEF

Contact: 025-225-2727 (NIEF)

Cost: 300 yen

Spots available: 20 people (first come first serve)

Charlie's Recipe Corner

Despite loving miso soup and having cooking as one of my main hobbies, I have yet to succeed at making miso soup...Until now.

The concept of miso balls (みそ玉) was popular on the internet a few years ago but I never gave it a try until recently. They are super simple to make and you can wrap each portion individually or, if you are lazy like me, you can just put it in an airtight container and when you are ready, scoop out the amount you need each time.

I also saw that you can add mayonnaise to this soup base (sans dried wakame) and turn it into a dip similar to the one I wrote last June which is also still my favorite way to eat vegetables.

As always, there are tons of variations on this depending on what miso or toppings you use. Think of this as a jumping point and experiment on your own!

Method

1. Mix the ingredients together
2. Wrap 1 TBSP portions individually in plastic wrap or store the mixture in a container
3. Keep in the refrigerator for up to a week or the freezer for up to a month
4. When you are ready to serve, put 1 TBSP of the mix into a mug or bowl, add ~160 ml of hot water, dissolve the miso paste and enjoy.

Homemade Instant Miso Soup



Ingredients (~8 servings)	
80 g	Miso
12 g (1packet)	Dashi powder
1 TBSP	Dried wakame and/or vegetables

*photo credit: <https://www.nichireifoods.co.jp/media/4875/>



Events

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

**International Friendship Center Exchange Salon Exhibition:
Introduction of Galveston**

Sponsored by the Niigata Galveston Committee, through this exhibit they will introduce Galveston City.

Date: April 1st (Mon) – May 29th (Wed) 9:00–17:00**Closed:** Sun., Holidays, and the 4th Mon. each month,
April 28th – May 6th**Place:** Niigata International Friendship Center (CrossPal 2F)**For more info:** 025-225-2727(NCIEF)**Japanese Sweets Making Class**

You can learn how to make Japanese sweets such as sasa-dango and chimaki.

Date: May 21st (Tue) 10:00–**Place:** Higashi Ward Plaza (Shimokido, Higashi Ward)**Fee:** ¥800**Numbers of Participants:** 20 People**For more info/sign-ups:** 025-277-3621 (Waon, Ms. Takenaka)

*Please bring an apron, triangular bandana, and handtowel

Korean Movie & Social

Sponsored by Korean Consulate General in Niigata, they have events like movie showings, lectures and cooking classes every month. The movie this month is the 2011 South Korean comedy-drama film "Sunny."

Date: May 26th (Sun) 13:00 –16:00**Place:** CrossPal Niigata 4F Vision Hall & 5F Exchange Hall**Fee:** Free**Numbers of Participants:** 150 (first-come first-served basis)**Application:** Please make a phone call**For more info call:** 025-225-2727

(Niigata City International Exchange Foundation)

Let's Speak English! (English Salon)

Sponsored by the Niigata Galveston Committee, a native English speaker leads this conversation hour in English.

Date: May 29th (Wed) 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:** TEL: 025-225-2727

Email: a.homma@nief.or.jp

The 29th Niigata International Film Festival

9 films from 9 different countries will be shown.

This film festival is run by Niigata citizen volunteers.

Date: May 31st (Fri) – June 7th (Fri)**Place:** Crosspal Niigata & Cine Wind (Yachiyo, Chuo Ward)**Admission Fee:** In advance ¥1,000, at the door ¥1,100**URL:** <https://www.niffec.com>**For more info call:** 080-3312-8699

(Niigata Kokusai Eigasai Jikko linkai)

Let's Talk China!

Sponsored by the Niigata Harbin Committee, a speaker from Niigata Beijing Office will talk about recent China in Japanese.

Date: June 1st (Sat) 13:30–15:00**Place:** CrossPal Niigata 4F room403/404**Fee:** ¥200**Numbers of Participants:** 40 (first-come first-served basis)**For more info:** call 025-225-2727 or email kyokai@nief.or.jp

Notices

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

◆ Gyoseishoshi Association of Niigata

Date: May 22nd (Wed) 10:00–14:00**Place:** Toki Messe**Contact:** 025-241-1881 (Niigata International Association)**Free Legal Consultation for Foreign Residents**Need legal advice? On Friday, June 21st 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:** June 21st (Fri) 13:00–17:00**Place:** CrossPal Niigata 2nd floor**Requirements:** Must be non-Japanese resident living/working in Niigata**Language Support Available:** English, Mandarin Chinese, Korean, French, and Russian**Places Available:** 5 (reservation 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 OREmail: kyokai@nief.or.jp**National Pension Benefits for Pregnant or Expectant Mothers**

If you are a Category I Insured Person and your baby's birthday is after Feb. 1st, 2019, you could qualify to not have to pay into your pension during your pregnancy leave.

Contact your Ward Office, the City Office or go to <https://www.nenkin.go.jp> for more information.**Study Abroad at High School: Scholarship Students Wanted**

◆ Counseling in Niigata

Date: June 15th (Sat) 13:30–15:00**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>**Let's Learn Japanese**

Being able to speak and understand Japanese are essential skills for living and enjoying your stay in Japan. Studying Japanese in the classroom is a great way to improve your abilities, make friends, and learn more about Japanese culture.

Date: Every Tuesday 10:00–12:00**Place:** Nishichiku Community Center
(603 Uchino, Nishi Ward)**Lesson fee:** ¥3,500 for one term**Application & more info:** 025-261-0031**Legal Consultation in English**Takashi Soma, attorney at law
Niigata Kokusai Law Office
025(255)6006somat@rainbow.plala.or.jp
<https://www.nklaw.info>



Classes

Japanese Courses offered by the Niigata City International Exchange Foundation

Beginner through Intermediate 2	-Classes of varying difficulties 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. Ayako Homma 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 May 4 th)	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Ayako Homma Tel: (025) 225-2727
Every Wed 9:30 – 11:30 (but May 1 st)	202	To help students get the Japanese language skills needed to go to school in Japan.	

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

Every Wed & Sat (but May 1 st & 4 th) 14:00 - 18:00	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

Day of the week	Hours	Room No.	Level	Fee	Organizations & Info
Every Wed (but May 1 st)	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu (but May 2 nd)	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202 or 309	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat : May 18 th (but May 4 th)	10:30 - 12:00	309	Newspaper Class (Intermediate)	Cost of materials	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 7 th & 21 st	10:00-14:00 Beginners- Fee: ¥300/ time	Ms. Takenaka Tel: (025) 277-3621
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Nihongo for Foreign Residents at Ekinan Community Center (4-12-20 Yoneyama, Chuo Ward)

Every Sun (but May 5 th)	10:00 – 12:00 Beginners – Advanced 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 (but May 2 nd)	10:00 – 11:30 Beginners – Advanced Fee: ¥300/month	Ms. Wakatsuki Tel: (080)8431-0310
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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)

Every Sat (but May 4 th & 18 th)	10:00 – 12:00 Beginners Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Akiha Nihongo Kyoshitsu at Niitsuchiku Kominkan (2-5-6 Niitsu Higashi-cho, Akiha Ward)

Every Thu (but May 2 nd)	13:00 – 15:00 Beginners – Advanced Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Maki Nihongo Kyoshitsu at Makichiku Kominkan (635 Makiko, Nishikan Ward)

Every Thu (but May 2 nd)	19:00 – 20:45 Introduction – Advanced One term ¥3,500+ Textbook & Copy fee	Ms. Fujita Tel: (090) 4072-3840
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Cultural Classes

International Cooking Class	When: May 25 th (Sat) & 26 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 (bar style snacks, couscous salad, clam chowder, Milan style doria, and many more!) Please sign up at least three days before class. For more info call: 0250-24-6859 Ms. Ueno
Tai Chi	May 9 th , 16 th , 23 rd (Thu) 13:00 – 14:30 Led by Mr. So Location: 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: Mon & Thu 10:00-14:00 Thai: Tue 10:00-14:00 Chinese: Wed 10:00-14:00 Tagalog: Mon 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 City)	1 st – 4 th Wed 13:00 – 16:00 English & Chinese



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(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on May 27th.