



# Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation  
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Fall is a wonderful season with many things to do! Not to mention the fall colors!

**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, November 15<sup>th</sup> there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters. If you don't speak Japanese, an interpreter will be provided for you.



- Date:** November 15<sup>th</sup> (Fri) 13:00–17:00
- Place:** CrossPal Niigata 2<sup>nd</sup> 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 OR Email: [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

### Winter Festival

This is the first ever winter exchange event that your city CIRs at the NIEF are putting on. Come to learn about and interact with the winter traditions from 6 different cultures: Japan, South Korea, Russia, China, France, and the United States.

After a miniature lecture series, wander around to see the booths of each country, all with some kind of activity. Some will have food (Christmas cookies!) and some will have games so there is bound to be something you will like! Get into the Christmas spirit with us and enjoy learning about other cultures!



- Date:** Saturday, December 7<sup>th</sup>, 2019 13:30–16:00
- Place:** CrossPal Niigata 5<sup>th</sup> floor Exchange Hall
- Participation Fee:** 200 yen (Please try to bring exact change.)
- Sign-up:** By phone (025-225-2727), e-mail ([kyokai@nief.or.jp](mailto: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
- Registration period:** November 20<sup>th</sup> – December 5<sup>th</sup> (Maximum of 50 participants, first-come basis.)

### Multi-lingual Storytime!

This is a perfect opportunity for you to expose your children to other languages and have fun! The books will be read by the CIRs Charlie (English) and Cheri (Korean) in their native language with the Japanese version alongside. There will also be activities to keep the kids engaged.



- Date:** November 8<sup>th</sup> (Fri) 10:30-11:00am
- Where:** Sakaiwa Jidokan (3-10-42 Terao-kami, Nishi-ku, Niigata)
- Contact:** 025-269-3154
- No reservations needed. Just show up!
- For children 2 and up.

## NEWLY OPEN: Foreign Resident Consultation Center of Niigata

The new Center is prepared to take consultations about problems or issues about life in Japan in a variety of languages from people who have their roots in foreign countries, as well as their families are relatives. They work with public institutions and other related organizations and can help you find the right place to resolve your problems. Your privacy will be protected. Please feel free reach out to them.

Consultation topics: Residence/visa status, jobs, education, healthcare, welfare, other consultations and information provision about general living in Japan.

Please note they do not translate official documents, assist with translation or interpretation on a personal or business basis, or dispatch interpreters to other locations.

The center accepts consultations in person, by phone, and by email. Appointments are not necessary for consultations. Consultations are free. (Phone calls will be charged at the normal rate of your phone provider.)

When: 10a-5p on weekdays (see chart to right)  
Address: Niigata-shi, Chuo-ku, Bandaijima 5-1  
Bandaijima Biru 2nd Floor  
TEL: 025-241-1881  
Email: nia10@niigata-ia.or.jp

Consultation Languages		
 Japanese Monday-Friday 10:00 - 17:00	 Chinese Wednesday 10:00 - 17:00	 English Monday, Thursday 10:00 - 14:00 Friday 10:00 - 17:00
 Filipino (Tagalog) Monday 10:00 - 14:00	 Thai Tuesday 10:00 - 17:00	 Vietnamese Tuesday 10:00 - 16:00
 Spanish Thursday 10:00 - 14:00	 Portuguese Thursday 10:00 - 14:00	 Korean, Nepali, Indonesian, Other Languages Other Languages Monday - Friday 10:00 - 17:00 Can be done via machine translation on a tablet



### PSA: Rolling Stock of Emergency Rations

A disaster can strike at any point. There are many precautions one should take, such as readying an emergency bag that includes enough food and water for at least a week among other items.

It is important to buy food items that you and your family regularly eat and rotate your stock of rations. This means that you use the older canned and dried food items and bottles of water (3 liters per person per day is recommended) and replace them regularly to make sure they are still okay and not expired during an emergency.

### **Charlie's Recipe Corner**

This is a food that is very common in the US as a snack for kids year-round and as a holiday dish. This recipe in particular tastes like fall and winter to me. My friend grew up eating this recipe so we made it together so we could have a taste of home.

If you cannot find cranberries, do not worry! This recipe will turn out fantastically without them but you could substitute raisins in instead. I hope you make this and enjoy a taste of American fall!

#### Method

- Peel and core apples, cut into 1-inch chunks
- Place in a large pot with 1/4 c water, sugar, cinnamon, salt, and cranberries and bring to a boil
- Reduce heat to medium-low, cover and cook 20 min or until the apples are tender and the sauce is thickened (check halfway through, if the mixture is dry add 2 tbsp of water)
- Uncover the pot and mash the apples until pulpy
- Stir in lemon juice
- Enjoy!



### **Cranberry Apple Sauce**

Ingredients (3-4 servings)
4 large apples
1/4 c sugar
1/4 tsp salt
1/2 tsp cinnamon
1 1/2 tsp lemon juice
1 c cranberries





## Events

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

**International Friendship Center Exchange Salon  
Exhibition: Manabu Tano Painting Exhibition**

Nihonga paintings by Manabu Tano, specifically showcasing the women from a different era.

**Date:** October 2<sup>nd</sup> (Wed) – November 25<sup>th</sup> (Mon) 9:00–17:00**Closed:** Sun., Holidays, and the 4th Mon. each month**Place:** Niigata International Friendship Center (CrossPal 2F)**For more info:** 025-225-2727(NCIEF)**Japanese Class Social**

Students who are studying Japanese will be showing off what they have learned at this social. They will be giving presentations, sharing about their cultures, and more! This is a great chance to meet people interested in other cultures so feel free to join in. There will be lunch provided so make sure to sign up and get a spot!

**Date:** November 9<sup>th</sup> (Sat) 11:00–14:00**Place:** CrossPal Niigata 5F Exchange Hall**Fee:** ¥500 plus one drink or food dish to share**Participants:** 80 people (first come first serve, must sign up)**For more info/to sign up:** 025-225-2727(NCIEF)**Lecture about China**

Niigata City CIR, Yang Jinling will talk about the difference of life in China and Niigata.

**Date:** November 15<sup>th</sup> (Fri) 13:30–15:30**Place:** CrossPal Niigata 5F Exchange Hall**Fee:** ¥100**For more info:** 025-224-2088

(Niigata City Central Community Center)

**Imo Jenne Festival**

This festival will be held to celebrate the harvest of the “Imo Jenne” brand sweet potato, a specialty of Nishi Ward. You can enjoy many Imo Jenne sweets.

**Date:** November 16<sup>th</sup> (Sat) – 17<sup>th</sup> (Sun) 9:30-15:00**Place:** JA Niigata Mirai Farmer's Market  
(Kamegai, Nishi Ward)**Fee:** Free**For more info call:** 025-264-7630 (Nishi Ward Office)**URL:** <https://www.city.niigata.lg.jp/smph/nishi/torikumi/seisaku/toshinousonn/r1mojennumatsuri.html>**Former Ozawa Family Residence Autumn Culture Festival**

There will be live music, garden light-up, access to typically closed off areas of the museum, a mini market, tea and sweets, a mini bar (with both alcoholic and non-alcoholic drinks), and more!

**Date:** November 23<sup>rd</sup> (Sat) 9:30-20:00**Place:** Former Ozawa Family Residence  
(Kamiokawamaedori, Chuo Ward)**Fee:** G-¥200 (drinks, sweets, goods are extra)**For more info call:** 025-222-0300**URL:** <http://www.nchm.jp/ozawake/index.html>**Lecture about Egypt**

Sponsored by Joy English Club, Niigata University's exchange student will talk about his hometown in English.

**Date:** December 1<sup>st</sup> (Sun) 14:00–16:00**Place:** Kuzutsuka Community Center (Toeicho, Kita Ward)**Fee:** Free**For more info:** 070-4121-0987 (Ms. Ebata)

## Notices

**Immigration Bureau Temporary Info Center**

Aimed at foreign residents living in the prefecture, the Immigration Bureau is holding a temporary information and consultation center once a month. Come and ask questions related to immigration and residency status.

**Date:** November 12<sup>th</sup> (Tue) 13:00–17:00**Languages:** Japanese, Thai, Vietnam, Chinese**Place:** Niigata Prefecture International Association  
(2<sup>nd</sup> floor of Toki Messe)**Reservations:** Only Walk-ins or  
Phone consultations  
(025-241-1881)**For more info:** 025-290-5650  
(NIA)**Loans for Students**

Loans are available for junior high school students who are planning to continue onto high school in April. Family income will be taken into consideration when awarding the loans. The amounts of these no interest loans can be 150,000 yen for students going to public high school and either 150,000 or 300,000 yen for students going to private high school.

Contact the Niigata City School Affairs Division (学務課) for more information and to apply. Application forms and applicant requirements can be found at education support centers and at middle schools around the city.

**Deadline:** November 29<sup>th</sup> (Fri)**Contact:** 025-226-3168 (School Affairs Division)**Niigata Prefectural Gyosei Shoshi (Administrative Clerk)  
Main Office Free Consultation for Foreign Nationals  
(Reservations Required)**

## ◆ Gyoseishoshi Association of Niigata

**Date:** November 15<sup>th</sup> (Fri) 10:00–15:00**Place:** Tokyo Immigration Office Niigata Branch  
(Niigata Airport Terminal Building,  
Matsuhama-cho, Higashi Ward)**Contact:** 025-241-1881  
(Niigata International Association)**Niigata Prefecture Minimum Wage 830 yen per one hour**Change went into effect on a prefectural and industry basis as of October 6<sup>th</sup> 2019.**Contact:** 0120-009-229 (Niigata Prefecture Minimum  
Wage General Consultation Support Center)

## ADVERTISEMENT

**Legal Consultation in English**Takashi Soma, attorney at law  
Niigata Kokusai Law Office  
025(255)6006[somat@rainbow.plala.or.jp](mailto:somat@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 Autumn Session Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: <a href="http://www.nief.or.jp/">http://www.nief.or.jp/</a>	Ms. Ayako Homma Tel: (025) 225-2727
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## Japanese Study Support Group for Children &amp; 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 Nov. 23 <sup>rd</sup> )	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Wed 9:30 – 11:30	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 Nov. 23 <sup>rd</sup> )	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	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu	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 (but Nov. 30 <sup>th</sup> )	10:30 - 12:00	201, 306 or 307	Advanced Beginners	¥500/ month	Waon
First & Third Sat: Nov. 2 <sup>nd</sup> & 16 <sup>th</sup>	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: Nov. 19 <sup>th</sup> (but Nov. 5 <sup>th</sup> )	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 Nov. 3 <sup>rd</sup> , 10 <sup>th</sup> )	10:00 – 12:00	Beginners – Advanced	Fee: ¥2,000/month	Ms. Nagai	Tel: (090) 2849-8425
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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/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	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 Nov. 7 <sup>th</sup> )	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	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

<b>International Cooking Class</b>	<b>When:</b> Nov. 16 <sup>th</sup> (Sat) & 17 <sup>th</sup> (Sun) 11:00 – 14:00 <b>Where:</b> Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward) <b>Menu:</b> Christmas dishes (pork with figs, scallops casserole, seafood risotto and more!) Please sign up at least three days before class.	<b>Fee:</b> Foreign residents, students- ¥1,800; Japanese citizens- ¥3,500 <b>For more info call:</b> 0250-24-6859 Ms. Ueno
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## Consultation Services

<b>Niigata Help Association</b> TEL: 025-228-2212	Every Day: 9:00 – 23:00 Spanish, English, Korean, Tagalog, Thai, Chinese, etc.
<b>Niigata International Association</b> TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: <a href="http://www.niigata-ia.or.jp/">http://www.niigata-ia.or.jp/</a>	<b>English:</b> Mon & Thu 10:00-14:00 <b>Thai:</b> Tue 10:00-14:00 <b>Chinese:</b> Wed 10:00-14:00 <b>Tagalog:</b> Mon 10:00-14:00
<b>Helpline for Foreigners</b> TEL: 0120-279-338	Call the toll-free number and press 2 after the Japanese guidance
<b>Niigata Medical Care Information Network</b> URL: <a href="http://qq.niigata-iyaku.jp/">http://qq.niigata-iyaku.jp/</a>	Site available in Japanese Only
<b>Hello Work, Foreigner Advisory Service</b> TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo Ward, Niigata City)	1 <sup>st</sup> – 4 <sup>th</sup> Wed 13:00 – 16:00 English & Chinese



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(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on November 25<sup>th</sup>.