



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation
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 Don't forget to subscribe to it while you are there and never miss a post!

For information about call centers and places to find updated news regarding the novel coronavirus, see pg 2.

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, April 24th 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 can be provided for you.



Date: April 24th (Fri) 13:00–17:00

Place: CrossPal Niigata 2nd floor

Language Support Available: English, Mandarin Chinese, Korean, French, Russian and more

Places Available: 5 (reservation required)

Length of Consultation: 40 minutes per person

Reservations: 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

Charlie's Recipe Corner

I was recently reminded of this popular, classic dish from the United States and was pleased to realize how simple and quick it is and have now added it to my repertoire.

It is traditionally a casserole that is perfect for feeding a family or taking to a get-together. The casserole is baked with a panko and/or cheesy topping for extra flavor and texture but that is entirely optional as it is perfectly delicious as is, without baking. If you still want that crispy topping without using an oven, you can toast the panko in a pan with some oil or butter and sprinkle it on top of your pasta before serving.

As per usual, change this to suit your tastes and what you have on hand. This is an easy dish to add extras into as well. I added frozen peas and corn but cheese, mushrooms and carrots are just a couple of examples of things that would be good additions.

Tuna Noodle Casserole



METHOD

Ingredients (3-4 servings)
370 g cans of tuna
250 g dried pasta (bowtie, penne, etc)
5 tbsp (75 g) butter
3 TBSP flour
1/2 small onion
Garlic, salt, and pepper to taste
250 ml of milk
1/2 c frozen veggies of choice
4 tbsp panko
1/2 c (50 g) melty cheese

1. Preheat oven to 190 degrees C. Butter or oil a 20x20 baking dish.
2. Bring a large pot of lightly salted water to a boil. Add noodles, cook by package instructions until al dente, and drain.
3. Meanwhile, melt 1 tablespoon of the butter in a medium saucepan over medium-low heat. Stir in the onion and garlic, and cook 5 minutes, until tender. Set aside.
4. In the same pan, melt 4 tablespoons of butter and whisk in flour until smooth. Gradually whisk in milk, little by little, and continue cooking 5 minutes, until sauce is smooth and slightly thickened.
5. Season with salt and pepper. Stir in drained tuna, frozen vegetables and cooked drained noodles.
6. Transfer to the baking dish. Melt 2 tablespoons butter in a small bowl, mix in bread crumbs, and sprinkle over the casserole. Top with cheese.
7. Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.

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 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/>

Information Regarding COVID-19

Call Centers in Niigata

<p style="text-align: center;"><u>General Call Center</u></p> <p>Call and consult if you have symptoms of the virus, to learn what to do to prevent it, or what to do if you present symptoms. Japanese language only.</p> <p>TEL: 0120-565653 (FAX 03-3595-2756) Hours: 9 am–9 pm everyday</p>	<p style="text-align: center;"><u>Call Center for those who have gone abroad (or had close contact with someone who has)</u></p> <p>Call if you have a fever of 37.5 C or over that lasts at least 4 days (including days you take a fever reducer). Japanese language only.</p> <p>TEL: 025-212-8194 Hours: 9 am–5 pm everyday</p>
<p style="text-align: center;"><u>Japan Visitor Hotline</u></p> <p>The Japan National Tourism Organization has a hotline providing information about the coronavirus in English, Chinese and Korean, 24 hours a day.</p> <p>050-3816-2787 (from within Japan) +81-50-3816-2787 (from overseas)</p>	<p style="text-align: center;"><u>Foreign Resident Consultation Center of Niigata</u></p> <p>Call and consult if you have symptoms of the virus, to learn what to do to prevent it, or what to do if you present symptoms. Support available in Japanese, Chinese, English, Filipino, Thai, Vietnamese, Spanish, Portuguese, and more (depends on the day).</p> <p>TEL: 025-290-5650 Hours: 10:00 am–5:00 pm Mon–Fri (English: Fri, and until 2 pm on Mon and Thu)</p>

Where to find more information and news in English

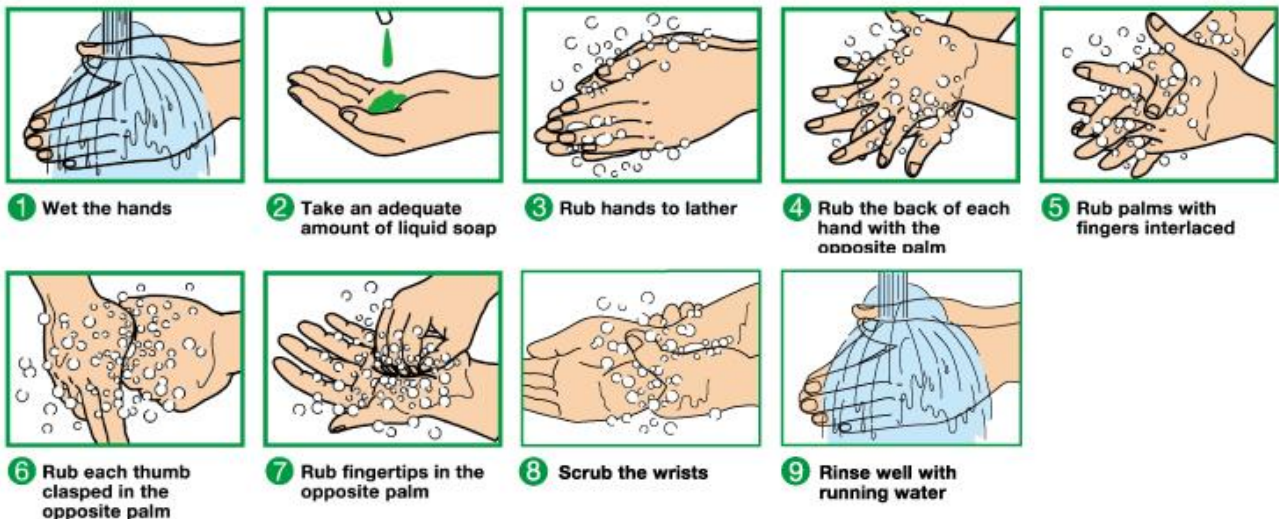
NHK World Homepage: <https://www3.nhk.or.jp/nhkworld/en/news/>
 Twitter https://twitter.com/nhkworld_news
 Facebook: <https://ja-jp.facebook.com/nhkworld/>

Niigata City's Website (Machine Translated)

www.city.niigata.lg.jp/multilingual/e_index/index.html (Click "Machine Translation")

1 Wash

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Day-to-day Ways to Prevent the Spread of the Virus	What to do if you/someone in your household may have the virus
<ul style="list-style-type: none"> ● Practice cough/sneeze etiquette <ul style="list-style-type: none"> ➢ cover your mouth with a tissue hand towel, or your elbow ● Wash your hands frequently & well ● Avoid crowds ● Take care of yourself (Get good sleep & eat nutritious food) ● If you experience symptoms, take off from work and record your temperature daily 	<ol style="list-style-type: none"> 1. Arrange for the sick person to have their own room separate from the rest of the people in the house 2. Limit the number of people caring for the sick person 3. Wear masks (don't touch the front of the mask and don't take it to other parts of the house) 4. Wash your hands frequently 5. Ventilate the rooms 6. Disinfect surfaces that you touch <ul style="list-style-type: none"> ● you can use diluted bleach 7. Use gloves and a mask when doing laundry 8. Seal dirty tissues and other trash in a plastic bag before putting it in the trash to go out



Events

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

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.

◆ **Idioms and Expressions in France**

Date: May 14th (Thu) 14:00–15:00

◆ **Let's Learn Hangul**

Date: May 19th (Tue) 14:00–15:00

Place: Niigata International Friendship Center (CrossPal 2F)

For more info: 025-225-2727 (NIEF)



I am doing "social distancing" but I can still enjoy the outdoors! I just have to keep at least 2 meters from people. I wonder if that is what the guy is doing in that tree... oh well, zzzzz..



Notices

Foreign Resident Consultation Center of Niigata

They provide various free consultations for foreign residents. See below for information about upcoming events.

Place: Foreign Resident Consultation Center of Niigata (2nd floor of Toki Messe)

TEL: 025-241-1881

Email nia10@niigata-ia.or.jp

◆ **Immigration Procedures Consultation**

The Immigration Bureau is holding a temporary information and consultation once a month. Come and ask questions related to immigration and residency status.

Date: April 14th (Tue) 13:00–17:00

Languages: Japanese, Thai, Vietnam, Chinese

Reservations: Only Walk-ins or Phone consultations

◆ **Gyoseishoshi Association of Niigata Consultation**

Niigata Prefectural Gyosei Shoshi (Administrative Clerk) main office provides a free consultation once a month.

Date: April 22nd (Wed) 10:00–17:00

Reservations: Please make a reservation

◆ **Free Legal Consultation for Foreign Residents**

There will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters.

Date: May 21st (Thu) 13:00–17:00

Language: Japanese, English, Spanish, Portuguese, Mandarin Chinese

Length of Consultation: 40 minutes per person

Reservations: Please make a reservation by phone call or email in advance.

Financial Assistance

For elementary & junior high school students: Niigata City provides enrollment support for families that earn less than a certain income level. Please consult with your child's school for more information.

International Friendship Center Exchange Salon Exhibition: Scenery of Niigata & Manga Culture

We exhibit oil paintings of the scenery of Niigata city and pictures by Manga artists from Niigata.

Date: March 16th (Mon) – May 13th (Wed) 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 (NIEF)

Event Cancellations due to the Coronavirus

Worry over the spread of the novel coronavirus has been causing many event cancellations. Call ahead and check if the event you were going to go to has been cancelled or postponed before going.

Garbage Collection Calendar

Niigata City has sent out this year's garbage collection calendar. Check the calendar and put out your garbage according to the type of garbage, date, time, and place (collection point) listed on the calendar.

If you don't have the calendar, you can get one at your ward office.

2020 Literakoya Niigata Spring Study Group

Literakoya Niigata is an academic support group for children to improve their language skills. Students should bring their own study materials and writing instruments. They can even get help with their homework. If it is their first time, please contact Ms. Sasaki in advance.

Dates: March 30th – April 3rd

Time: 1:30–4:30 pm

Place: Bandai City Hall (Bandai Shimin Kaikan) (Higashibandai-cho, Chuo Ward)

Fee: Free

For more info call: 090-6684-2346 (Ms. Sasaki)

Japanese-Language Proficiency Test

Date: July 5th (Sun)

Test levels: 5 levels from N1 to N5

Test sites: Major cities in Japan (including Niigata City)

Test fee: ¥5,500

Application Deadline: April 20th (Mon)

How to apply:

*Application online: <http://info.jees-jlpt.jp/>

*Application by mail

Purchase application guide in case of application by mail.

For more info call: 03-6686-2974 (JLPT Application center)

ADVERTISEMENT

Legal Consultation in English

Takashi Soma, attorney at law

Niigata Kokusai Law Office

025(255)6006

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 Spring Session Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: https://www.nief.or.jp/	Ms. Kiyoko Tanaka 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	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	15:00 - 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 (No classes)	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu (No classes)	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202 or 306	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat (No classes)	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat: April 4 th & 18 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: No classes this month	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	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 (but April 2 nd & 9 th)	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 – Advanced	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	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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Shirone Nihongo Volunteer at Shironechiiki Seikatsu Center (1136-1 Shirone, Minami Ward)

Every Sun	19:00 – 21:00	Beginners – Intermediate	Fee: ¥200 / time	Ms. Takeishi Tel: (090) 6624-5126
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Cultural Classes

International Cooking Class	There is no class in April. For more info call: 0250-24-6859 Ms. Ueno
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Consultation Services

Niigata Help Association TEL: 025-228-2212	Every Day: 10:00 – 23:00 Spanish, English, Korean, Chinese, Filipino, Thai, 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 Filipino: Mon 10:00–14:00 etc.
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/	English, Chinese, Korean
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 April 27th