

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.niigataei.wordpress.com



It's time to clean for the New Year! Out with the old and in with the new but don't forget the trash schedule is different during the New Year's holiday!

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

NIEF Event: One Day World Tour

Allow us to be your tour guides on this trip around the world! The CIRs and staff at the NIEF have put together this kid-friendly event that takes a tour of different countries all without leaving Niigata.

If you are missing travel, come along with us as we learn about life and travel in the USA, France, Russia, China, and Korea then experience hands-on something from each culture. Learn some phrases in Korean, make a panda finger puppet, or even a duct tape rose?? Come and join the fun!



- When:** January 30th (Sat)
- Time:** 2:00-4:45 p.m. (doors open at 1:30)
- Place:** CrossPal Niigata (4th Fl. Visual Hall & 5th Fl. Exchange Hall)
- Fee:** Free
- Spots:** 40 people (first come first served)
- Sign-up:** By phone (025-225-2727) or email (kyokai@nief.or.jp)

Enjoy this illustration of various New Year's decorations drawn by, Mr. Mashima. The kagami mochi has a scene of a shrine, a mikan on top, a kite with the kanji for the bull zodiac, and has toys that are often seen during this time of year.





NIEF Event: Japanese Culture Experience

As part of the NIEF Japanese Culture Experience events, this time is about learning calligraphy. Come and try your hand at Japanese calligraphy! How good is your penmanship, or should I say, brushmanship?



- When:** February 20th (Sat)
- Time:** 1:30-3:30 p.m.
- Place:** CrossPal Niigata
- Fee:** Free
- Spots:** 20 foreign residents (first come first served)
- Sign-up:** By phone (025-225-2727) or email (kyokai@nief.or.jp. sign-up complete if you get a confirmation email). Tell us your name, nationality, and phone number when you sign-up.

Tsunagaru Free Japanese Learning Website

Tsunagaru is a website, created by the Agency for Cultural Affairs, for foreign nationals residing in Japan to learn Japanese. If you are living in Japan and are learning Japanese for the first time or are not able to take Japanese classes, this might be the site for you.



Website: <https://tsunagarujp.bunka.go.jp/>

It teaches basic phrases and terms and even covers Japanese sounds, characters, and sentence structure. There are multiple levels that all come with lessons around specific situations such as asking for directions, going to the library, using a pharmacy, and preparing for a disaster.



Start with the lesson you need or go through the lessons in order. The site is available to navigate in Japanese, English, Chinese, Portuguese, Spanish, and Vietnamese and is full of great information so give it a try and share it with friends.

Charlie's Recipe Corner

Since it has been so cold, why not try making dinner and warming your place at the same time? This style of recipe has been popular as a weeknight dinner because it is easy to toss together and let bake while you can relax or do other things.

As always, it is easy to mix it up by changing the seasonings, vegetables, and even type of protein. Whether or not you mix it up, be aware that cooking times will vary. To make it so everything is done at the same time, cut vegetables that take longer to bake (ex. potatoes) smaller if you use a quicker cooking protein like chicken breast instead.

One Pan Oven Dinner



METHOD

1. Preheat oven to 200C
2. (Optional) Line an oven sheet pan with parchment paper (make sure it comes up the sides so oil and juices don't sneak underneath)
3. Thoroughly wash and dry the potatoes and carrots
4. Cut the vegetables into 2-3 inch chunks
5. Pat dry the chicken with paper towel
6. Put everything on the oven sheet pan
7. Drizzle everything with oil and sprinkle on seasonings
8. Mix and rub the chicken and vegetables until everything is coated
9. Place in preheated oven and bake for 45 min-1 hr.
10. After 25 min, flip and mix around the chicken and vegetables
11. After another 15 min, check for doneness. If not done, return to the oven and check every 5-10 min until done (Vegetables will be soft and easy to pierce with a fork. Chicken will be easy to pierce with a fork and when cut, the juices will run clear)

Ingredients (2 people)	
2-3	Chicken thighs
3-4	Medium potatoes
2	Carrots
1/2	Onion
2 TBSP	Olive oil
2 tsp	Garlic powder
1 TBSP	Thyme
1 TBSP	Rosemary
To taste	Salt
To taste	Pepper



Events

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

International Friendship Center Exchange Salon

◆ **Exhibition: Introduction to Niigata's Oversea Offices**
Niigata City has oversea offices in Beijing and Seoul. Come and learn about the work that they do!

Date: Nov. 5th (Thu) – Jan. 9th (Sat) 9:00–17:00

◆ **Exhibition: Introduction of JICA Japanese Overseas Cooperation Volunteers**
Through this exhibition, JICA will introduce their activities.

Date: Jan. 13th (Wed) – Feb. 25th (Thu) 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)

2020 Niigata Pageant of Light

This is an annual winter event held on the south side of Niigata station where 260,000 bulbs will light up ~200 zelkova trees lining the street.

Date: Dec. 4th (Fri) – Jan. 31st (Sun) 17:00–24:30

Place: JR Niigata South Exit

For more info call: 025-282-7108

(Niigata Pageant of Light Executive Committee)

Edge of Niigata January Events

Edge of Niigata holds events for foreign residents. If you are interested, please check out their website.

URL: <https://edge-of-niigata.com/events/>



◆ **New Year Sacred Sake Tasting**

Date: Jan. 16th (Sat) 15:00–16:30

◆ **Sake Lecture and Tasting**

Date: Jan. 29th (Fri) 18:30–

Yukimi Noh

The theme of this Noh performance is snow. You can also borrow a tablet that provides English subtitles of the performance.



Date: Feb. 7th (Sun) 13:30–

Place: Ryutopia (Ichibanboridori-cho, Chuo Ward)

Fee: S seat- ¥4,500 A seat- ¥3,500 B seat- ¥3,000

URL: <https://www.ryutopia.or.jp/performance/event/17930/>

For more info call: 025-224-5521 (Ryutopia)



Notices

Foreign Resident Consultation Center of Niigata

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



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

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: January 12th (Tue) 13:00–17:00

Languages: Japanese, Thai, Vietnam, Chinese

◆ Gyoseishoshi Association of Niigata Consultation

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

Date: January 27th (Wed) 10:00–17:00

Languages: Japanese, Chinese

◆ Free Legal Consultation for Foreign Residents

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

Date: January 21st (Thu) 13:00–17:00

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

Length of Consultation: 40 minutes per person



Free Legal Consultation for Foreign Residents

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

Date: February 19th (Fri) 13:00–16:00

Languages: Japanese, English, and others

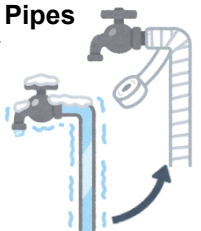
Place: CrossPal Niigata 2nd Fl.

Length of Consultation: 40 minutes per person



PSA: Prevent Freezing Water Pipes

In the winter it is unfortunately common for water pipes to freeze with the cold temperatures. This can stop water flowing and can cause pipes to burst and lead to water damage. Insulate pipes that are exposed to air (on your balcony, etc.)



PSA: Contact Tracing Application COCOA

It is advised that you use a contact tracing application on your smartphone so you can be notified if you may have been exposed. The Ministry of Health, Labor, and Welfare has created COCOA

(Covid-19 Contact Confirming App) which can be found in your phones app store and is available in English.



PSA: Trash Collection around New Year's

Due to the holidays, there is no trash collection between the 1st and 3rd. Normal collection services will resume:

Jan. 4th (Mon)

For big trash, remember to make an appointment for it to be picked up and buy the appropriate stickers. Also be sure to separate out special trash (spray cans, electronics, etc) and confirm how and when to dispose of them!



Happy Year of the Bull!

We hope this year brings you much happiness and health. We look forward to writing this newsletter for you all in 2021!



**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: 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 – 12:00 (but Jan. 2 nd)	202 or 403	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 Jan. 2 nd & 6 th)	14:00 - 17:00	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, 202 or 306	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu	13:00 - 14:30	201, 202 or 306	Beginners		
Every Fri (but Jan. 1 st)	13:00 - 14:30	201, 202 or 306	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat (but Jan. 2 nd & 30 th)	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
Third Sat: Jan. 16 th	10:30 - 12:00	309	Newspaper Class (Intermediate)	Cost of materials	Yaponika
Every Sun (but Jan. 3 rd)	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 in January	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 Jan. 3 rd)	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 (No classes in January)	10:00 – 11:30	Beginners – Advanced Fee: ¥300/month	Ms. Wakatsuki Tel: (080) 8431-0310
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Taiken Nihongo Kyoshitsu at Uchino Machizukuri Center (413 Uchino-machi, Nishi Ward)

Every Tue (but Jan. 5 th)	10:00 – 12:00	Beginners–Advanced One term ¥3,500 + Textbook & Copy Fee	Ms. Miyamoto Tel: (090) 6228-6630
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Iroha Nihongo Kyoshitsu at Kuzutsuka Community Center (1-1-18 Toei-cho, Kita Ward)

Every Sat (but Jan. 2 nd)	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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Shirone Nihongo Volunteer KOCOBO at Shirone Education Center (383 Tanaka, Minami Ward)

Every Sun & online by appt (but Jan. 3 rd)	Beginners – Intermediate Fee: ¥200 / time	Ms. Yoshizawa kocobo.niigata.shirone@gmail.com
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Cultural Classes

International Cooking Class	There are no classes in January. 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: https://www.niigata-ia.or.jp/	Weekdays: 10:00 – 17:00 Chinese, English, Filipino, Thai, Vietnamese, Spanish, Portuguese
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
Dec. 28th ~ Jan. 3rd
& Jan. 25th