



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

Mail magazine: Email us to receive this newsletter every month

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Free Legal Consultation for Foreign Residents

Get free consultation on work issues, contracts, financial compensation, marriage or divorce trouble, and more! If you need an interpreter, please let us know and one will be provided for free.

Date: May 24th (Fri) 13:00 – 16:40

Location: CrossPal 2nd floor

Spots: 5 time slots (40 minutes per person)

Fee: Free!

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



Korean Taekwondo Event

The Korean Consulate in Niigata is hosting a free Taekwondo event! Participants of all ages and genders are welcome to come and learn this martial art. Please wear indoor shoes and clothes that are easy to move in.

Date: May 18th (Sat) 14:30 – 16:00

Location: CrossPal 2nd floor Gymnasium

Fee: free!

Spots: 30 people (first come, first served)

Sign up/Contact: From May 8th, call TEL 025-225-2727



International Lecture: Romania

Alex Paraschiv, a Niigata University student hailing from Bujoru, Romania will talk about Romanian history, culture, tourist spots, and more. Don't miss this opportunity to hear about Romania from a native!

Date: June 29th (Sat) 13:30 – 15:00

Location: CrossPal 4th floor, Room 403

Fee: ¥500 (¥300 for supporters)

Spots: 30 people

Sign up/Contact: TEL 025-225-2727 or email: kyokai@nief.nief.or.jp or scan the code



Free Medical Testing and Consultation

Doctors will perform chest x-rays and health checks, as well as provide advice on internal medicine, surgery, dental health, and more! Social workers and insurance experts can also answer questions on treatment, insurance, etc. Interpreters are available for English and Chinese. An interpreting device will be used for other languages. For foreign residents only.

Date: June 30th (Sun) 10:00 – 14:30

Location: CrossPal 2nd floor

Fee: Free!

Sign up: Scan the code to sign up

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



International Symposium

Ms. Sanbayashi will report on Keep Smile Japan's volunteer activities in Cambodia and afterwards, speakers from Cambodia, Indonesia, and Vietnam will talk about their experiences living, studying, and working in Japan and Niigata. The first 30 minutes of the symposium will feature a Bandai Taiko performance!

Date: June 22nd (Sat) 13:30 – 16:00

Location: CrossPal 5th floor Exchange Hall

Fee: Free!

Sign up: From June 10th, email Ms. Sanbayashi at: fukushidai2010@yahoo.co.jp

Contact: Ms. Sanbayashi, TEL 070-6989-5690

Salon Exhibit: Northeastern France Tourist Spots

Photos of tourist spots and regions in Northeastern France are on display. The exhibit features both popular, well-known tourist spots and lesser-known, hidden gems.

Date: April 1st (Mon) – June 17th (Mon) 9:00 – 17:00

Closed: Sundays, holidays, and May 27th (Mon)

Location: NIEF Exchange Salon (CrossPal 2nd floor)

Salon Exhibit: Cambodia Photo Exhibition

Come and see photos of life in Cambodia! This exhibition will feature photos Cambodia's cities and people's daily lives.

Date: June 19th (Wed) – July 13th (Sat) 9:00 – 17:00

Closed: Sundays, holidays and June 24th (Mon)

Location: NIEF Exchange Salon (CrossPal 2nd floor)

Japan in Manchuria & Mongolia Documentary

In 1941, Niigata sent a Manchurian-Mongolian Pioneering Group. The documentary *Niryuuzan* (二龍山) tells the story of a married couple who were part of this group. After the documentary, Mr. Mori Masataka will talk about the importance of thinking about war and peace in the present. No need to sign up!

Date: June 2nd (Sun) 13:00 – 16:00

Location: Crosspal 4th floor Audio-Visual Hall

Fee: Free!

Contact: Mr. Kouketsu TEL 080-9368-8777

Niigata Japan – America Society

This annual event encourages cultural and language exchange. There will be a mix of native English and Japanese speakers attending. The event will also feature a buffet and drinks. Come to mingle and enjoy the international atmosphere!

Date: June 13th (Thu) 18:00 – 19:30

Location: Hotel Italiaken, 3F San Marco


Fee: ¥7,000 (regular), ¥4,000 (students), ¥6,000 (members)

Sign up/Contact: Until June 6th, email

niigatanichibei@gmail.com; include the event name in the title and write your name (in Japanese and roman letters), email address, postal code, address, and phone number in the email.



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 schedule for the current session are available on the NIEF website: https://www.nief.or.jp/		Ms. Kiyoko Tanaka Tel: (025) 225-2727
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Japanese Study Support Group for Children & Students: NicoPal Club (Free of charge)

Day of the Week & Hours	Room No.	Content	For more info.
Every Wed. (contact for info)	202	Please contact Ms. Tanaka for more information.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Sat. 10:00 – 11:30 *except 5/4, 5/25 *Please register beforehand	201	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	

<p>Volunteer Japanese Classes</p> <p>https://www.nief.or.jp/en/jcvg</p> 	<p>International Cooking Class</p> <p>There will be no classes held in May, June, or July. Classes will resume in August, so make sure to check again in the August edition of the English Journal for information on the next class!</p> 
<p>Where: Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward) For more info/sign-up: TEL: 0250-24-6859 (Ms. Ueno) – Please sign up at least three days before class</p>	

Information 

Regarding COVID-19 Vaccines

As of April 1, 2024, the COVID-19 vaccine is no longer free and recipients of the vaccine must cover expenses themselves. Following this change, in principle, the vaccine will be given once a year in the fall and winter and a vaccine coupon will no longer be required.

Additionally, the Niigata City and Niigata Prefecture vaccine call centers, as well as the government's vaccination certificate smartphone app, also shut down on March 31, 2024.

If you are feeling unwell and think you might have COVID-19, please call your family doctor.



Travel Recommendation: Bijinbayashi



Looking to escape the urban landscape and immerse yourself in nature? Look no further than Bijinbayashi (美人林) in Tokamachi! This beech forest is a popular spot for *shinrin yoku* (森林浴), literally “forest bathing,” an activity where people spend time in forests to relax and get away from their busy lives.

Free Japanese Class

A free beginner level Japanese class is available for students who can read most hiragana and katakana and some basic kanji. Class fees are free, however, students must purchase a textbook.

When: Fridays, 15:30 – 17:00

Where: CrossPal

Sign up/Contact: Mr. Komiyama

TEL: 090-4811-1147, email: kmyma2s@gmail.com



Niigata Help Association TEL: 025-228-2212	Everyday 10:00 – 23:00 English, Spanish, 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 English, Russian, Chinese, Filipino, Thai, Vietnamese, Spanish, Portuguese
Helpline for Foreigners TEL: 0120-279-338 (toll-free)	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
Immigration Bureau Consultation	2 nd Tue. of the month (5/14) 13:00–17:00 Thai, Vietnamese, Russian
Gyoseishoshi Association of Niigata Consultation	4 th Wed. of the month (5/22) 10:00–17:00 Chinese, Russian
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Thur. of odd numbered months (5/16) English, Spanish, Portuguese, Russian
Houterasu Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Mon. of even numbered months (6/17) 13:00 – 17:00 English, Filipino
Education Consultation	Every Tue. 13:00–17:00 English, Chinese, Thai, Vietnamese, Russian
<p>Place: Multilingual Consultation Center of Niigata (formerly Foreign Resident Consultation Center) (2nd floor of Toki Messe) Contact: TEL: 025-241-1881 Email: nia10@niigata-ia.or.jp</p>	



Edited and Issued by the Niigata City International Exchange Foundation

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(Written and edited by Alyssa Williams & Ayako Homma)

CrossPal will be closed May 27th