



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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English Activity: Animal Mask Making

Come and learn the names of animals and the sounds that they make! This event includes a mini English lesson with games, followed by a crafting session where participants will make their own animal mask.

Date: July 13th (Sat) 10:30 – 12:00

Location: CrossPal 5th Floor, Exchange Hall

Fee: ¥300 per child (elementary schoolers and up; children must be accompanied by an adult)

Spots: 10 groups (child(ren) and adult)

Sign up/Contact: TEL 025-225-2727 or fill out the form using the code above



Free Administrative Scrivener Consultation

Get free consultation on visa qualifications, applying for permanent residency, doing business in Japan, car registration, traffic accident compensation, and more!

Date: July 19th (Fri) 10:00 – 16:00

Location: CrossPal 3rd Floor, Room 309

Fee: Free!

Sign up: Call Niigata Prefecture Administrative Scrivener Society, Mr. Takano at 070-1189-8555



Reading Time in Chinese and Russian

Native Chinese and Russian speakers will read picture books out-loud and teach games and activities using their native languages. This a great opportunity to learn about Chinese and Russian language and culture!

Date: July 26th (Fri) 11:00 – 11:45

Location: Hon Port Library, Beans Room

Fee: Free!

Ages: 3 years and up (with guardian)

Sign up: No need to sign up

Contact: TEL 025-246-7700 (Hon Port)



Japanese Home Visit for International Students

Are you an international student? Do you want to get to know Japanese people in Niigata and experience what Japanese houses are like? Sign up to visit a Japanese family at their home and learn about Japanese customs and culture!

Date: July 27th (Sat) 10:00 – 16:00

Eligibility: International students living in Niigata City (university, junior college, vocational school students, etc.)

Fee: ¥300 (for insurance)

Spots: 20 people (lottery system will be implemented if more than 20 people apply)

Sign up: Fill out the form using the code

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



Salon Exhibit: Cambodia Photo Exhibition

Come and see photos of life in Cambodia! This exhibition features photos Cambodia's capital city, Phnom Penh, Cambodian food, and people's daily lives.

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

Closed: Sundays and holidays

Location: NIEF Exchange Salon (CrossPal 2nd floor)



Free Japanese Language for Work

Free online Japanese lessons are available for foreign residents who would like to improve their Japanese for work. Applicants must apply through Hello Work and take the placement test. Classes are from July/Aug until Sept/Oct.



Niigata Matsuri returns again this year, including the infamous traditional mass folk dance (*min'yo nagashi*)! We're looking for foreign residents to join us in the dance and enjoy Niigata's tradition. A dance lesson and yukata will be provided for participants! Sizes vary, so if you have your own yukata, please use it. Volunteers will help to put on the yukata, so don't worry if you don't know how to put one on. Please wear comfortable shoes that you can dance in, as well as clothes that are easy to change out of for the yukata.

Date: August 9th (Fri)

Location: CrossPal

Spots: 150 spots

Fee: ¥500 per person

Sign up: Scan the code and fill out the form

Contact: Call 025-225-2727 or email

kyokai@nief.or.jp



Schedule (Aug. 9):

15:30 – 17:30: Check in (2nd floor)

15:30 – 18:00: Dress up in yukata

16:00 – 18:15: Dance lesson

19:00 – 20:30: Folk dance!



New at NIEF

Meet the Niigata International Exchange Foundation's (NIEF) newest staff member, Mr. Tōyama Satoru! He wrote a few words to greet everyone:

I worked at the Niigata City International Affairs Division for a year and a half as a temporary employee until March of this year. Then in April 2024, I became an employee at NIEF.

I am originally from Aichi Prefecture and it has been 5 years since I moved to my wife's hometown of Niigata. At first, I was bewildered by the quickly changing weather and large amounts of snow found on the Sea of Japan side of Japan. However, now I really enjoy being surrounded by nature and feeling the passing of the seasons through the changing scenery and seasonal foods.

During my time as an undergraduate student, I studied cultural anthropology and as a graduate student, I researched a community of Arab minorities living in Türkiye. In Turkish, there is a saying that goes, "Mountains cannot meet other mountains, but people can meet other people (Dağ dağa kavuşmaz, insan insana kavuşur)". (This same saying also exists in Swahili, a language spoken on the coast of East Africa.) Through my work, I will strive to be proactive in interacting with everyone engaging in international exchange and international cooperation, including foreign residents, and cherish the encounters I have each day. I look forward to meeting and working with all of you.



Tōyama Satoru

EVENT

Nuttari Town Walk

The Bandai High School ESS Club is hosting a town walk through Nuttari, complete with a calligraphy lesson and lunch. This tour is for foreign residents of Niigata City, including both students and workers.

Schedule

- 09:45 – 10:00 - Check in
- 10:00 – 10:10 - Opening session
- 10:10 – 10:50 - Japanese Calligraphy
- 11:00 – 12:30 - Rice ball (onigiri) making & lunch
- 13:00 – 14:30 - Town walk
- 14:40 - Closing session

Date: July 13th (Sat) 10:00 – 15:00

Fee: 400 yen (lunch & insurance fee)

Meeting place: Bandai High School entrance (nearest bus stop is Bandai Koukou Mae; parking is also available in the school's parking lot)

Note: Please wear comfortable walking shoes and clothes that you don't mind getting dirty (for calligraphy)

Contact: email: ohana2036@gmail.com, TEL: 090-5556-3559

Sign up here! Deadline: July 8 (Mon)



Jing Jiang Rou Si (Pork with Peking Sauce)

Jing jiang rou si is a traditional dish from Beijing made from pork loin strips simmered in sauce. It's said to have originated from the infamous dish, Peking Duck. This dish is commonly eaten with tofu wraps but you can also enjoy it with spring rolls.

This recipe was featured in a Chinese cooking class taught by Ms. Chen Xiaoyan, a Niigata resident and Hangzhou native, last year and uses chicken instead of pork. If you prefer the traditional pork to chicken, you can easily swap it out.



Ingredients (Serves 4 people)

Chicken thighs (or pork)	500 g	Salt	A pinch
Egg white	1	Cooking sake	1 Tbsp
Tofu skin (干豆腐)	3	Dark soy sauce	1 Tbsp
Carrot	1	Tianmian sauce (Sweet bean sauce)	2 Tbsp
Cucumber	2	Oyster sauce	1 Tbsp
Long green onion	1	Light soy sauce	1 Tbsp
Garlic	3 cloves	Sugar	1 tsp
Water	1 Tbsp	Potato starch dissolved in water (50 cc water + 1 Tbsp potato starch)	
Oil	2 Tbsp	White sesame seeds	(sprinkled on top)



1. Make the tofu wraps

Cut the carrot, cucumber, and long green onion into long strips and wrap tightly in the tofu skin (be careful not to tear the skin). Cut diagonally into 8 pieces. Arrange the wraps around the edge of plate leaving the center empty, as shown in the photo above.

2. Mince the garlic. Prepare the potato starch water.

3. Slice the chicken (or pork) into fine strips and season with salt, cooking sake, and dark soy sauce. After the meat is fully coated in the seasoning, add egg white and mix well. Then, add 1 tsp of oil (separate from ingredient list) and mix well.

4. Prepare the sauce.

Place the tianmian sauce, oyster sauce, sugar, light soy sauce, and water into a bowl. Mix well.

5. Heat oil in a fry pan, add the minced garlic and fry until fragrant. Add the seasoned meat from step 3 and fry.

After the meat is fully cooked, add the sauce from step 4, boil, add the potato starch water, and thicken the sauce.

6. Place the meat from step 5 in the center of the plate with the tofu wraps and top with white sesame.

Enjoy~♪

Myanmar Cooking Lesson

EVENT



Learn how to cook Myanmar food from Myanmar natives! Dishes include pork and fermented black bean paste curry, fried water spinach, lentil soup, and more. Eggs and tea will also be served with the meal.

When: August 4th (Sun) 11:30 – 13:30

Where: Crosspal 5th floor Cooking Room

Fee: ¥1500 (adults) ¥1000 (ages 15 and under)

Spots: 30 people

What to bring: Apron


Contact: Thandar, email: thandarmin540@gmail.com

Sign up here! →



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 7/13 *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.	

Volunteer Japanese Classes

<https://www.nief.or.jp/en/jvcv>



International Cooking Class

There will be no classes held in May, June, or July. Classes will resume in August, so make sure to check the August edition of English Journal for information on the next class!



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

Information

Niigata Jazz Street

It's time for the biannual Niigata Jazz Street!

Date: July 13th (Sat) & July 14th (Sun)
12:00 – 23:00 (varies by location)

Location: Cafes, bars, and concert halls in the Furumachi & Niigata Station area

Fee: ¥2,000 for a 1-day pass to all shows
*See website for more details



Niigata Arts and Culture Development Project

This project promotes the arts throughout Niigata by encouraging citizens to be proactive members in the art and cultural arts community. It is supported by the Japanese Agency for Cultural Affairs. Visit the website to see what events and performances are scheduled near you.



Sado Okesa Dance Lessons

Learn Sado's traditional dance, the Sado Okesa. This same dance will be performed at the Niigata Matsuri in August. Beginners are welcome and there's no need to sign up in advance. Just show up in something easy to move in and have a good time! (Lessons cancelled if it rains.)

When: May 10th – August 30th on Fridays, 18:00 – 21:00

Where: Bandai Terrace Hajimari Hiroba

Fee: Free!



Hakusan Shrine Tanabata Windchime Festival

Featuring over 1,000 windchimes! Paper lanterns and Niigata's iconic Taiguruma will be lit at night.

Date: June 30th – July 18th

Location: Hakusan Shrine, Chuo Ward

Fee: Free!



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 (7/9) 13:00–17:00 Thai, Vietnamese, Russian
Gyoseishoshi Association of Niigata Consultation	4 th Wed. of the month (7/24) 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 (7/18) 13:00–17:00 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 (8/19) 13:00 – 17:00 English, Filipino
Education Consultation	Every Tue. 13:00–17:00 English, Chinese, Thai, Vietnamese, Russian



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 July 22nd