



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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Lecture: The Era of Louis XIV and the Palace of Versailles

Everyone knows the Palace of Versailles, but do you know the king who commissioned it and the story of how the palace came to be? Charles, the French CIR, is holding on the topic, so don't miss this chance to learn about France! To sign up, scan the code or call NIEF.

Date: February 11th (Tue) 10:30-11:45

Location: CrossPal 4F Audio-Visual Hall

Fee: ¥300 (free for contributors)

Contact: TEL: 025-225-2727,

Email: kyokai@nief.or.jp



Special Lecture: Colors of India ~Tradition, Art, and Food Culture~



Learn all about India's languages, tourism, food culture, traditions, and more from a native! The lecturer, Ms. Panchal, is a student at The Graduate Institute for Entrepreneurial Studies and has lived in Niigata since 2023. To sign up, scan the code below or call NIEF (phone # below).

Date: February 1st (Sat) 13:30-15:00

Location: CrossPal 4F Room 403

Fee: ¥500 (¥300 for contributors)

Contact: TEL: 025-225-2727,

Email: kyokai@nief.or.jp



Volunteer Activities Report and Charity Concert

Niigata's local volunteer organization, Keep Smile Japan, will report on their volunteer activities in Cambodia and hold a charity concert to raise money for future volunteer work. Make sure to sign up!

Date: January 12th (Sun) 10:00 – 12:00

Location: CrossPal 4F Audio-Visual Hall

Fee: Free!

Sign up/Contact: Ms. Sanbayashi,

TEL: 070-6989-5690,

Email: keepsumairu@yahoo.co.jp

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: February 15th (Sat) 13:00-16:40

Location: CrossPal 2nd floor

Spots: 5 time slots (40 minutes per person)

Fee: Free!

Sign up: TEL 025-225-2727,

Email: kyokai@nief.or.jp



Cooking Class: Traditional Korean Sweets

Ms. Masaki Hyunjoo from Onuru Studio will teach how to make traditional Korean sweets, gotgam-danji (dried persimmons filled with nuts and spices) and baram-teok (rice cakes filled with white bean paste). Afterwards, participants can enjoy Korean tea with their sweets. To sign up, scan the code or send a postcard. Sign up is Dec. 27-Feb.7. Those chosen by the lottery will be notified in mid-February.

Date: March 15th & 16th (Sat & Sun) 13:00-16:00

Location: CrossPal 5F Cooking Room

Spots: 24 people (per class)

Fee: ¥2,000 (High school students and up)

Postcard: Send a reply-paid postcard to CrossPal with this information: event name, name (furigana), age, phone #, which class, # of attendees (1 or 2), names of attendees

Contact: TEL: 025-225-2727

Email: kyokai@nief.or.jp



Chinese New Year Party



Come and enjoy the Chinese New Year with the Niigata-Harbin Citizen's Friendship Association! There will be food, drinks, dancing, and live musical performances. Sign up using the code below (From Jan. 8).

Date: January 25th (Sat) 12:30 – 14:00

Location: CrossPal 5F Exchange Hall

Fee: ¥1,500 (JHS students and under free)

Contact: TEL: 025-225-2727,

Email: kyokai@nief.or.jp



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. No need to sign up or contact in advance.

Date: January 18th (Sat) 10:00 – 16:00

Location: CrossPal Niigata 2F, Room 202

Fee: Free!

Contact: Niigata Prefecture Administrative Scrivener Society, Mr. Takano at TEL: 070-1189-8555



Salon Exhibit: Weddings in Vietnam and China

This photo exhibit will introduce wedding culture in Vietnam and China and how the two countries differ. All photos are provided by Keep Smile Japan and feature a wedding held in 2024.

Date: Dec. 20th (Fri) – Jan. 19th (Sun) 9:00-17:00

Closed: Sundays, holidays, Dec. 29th – Jan. 3rd

Location: NIEF Exchange Salon (CrossPal 2F)

New Year's Emergency Facility Hours

During the New Year's Holidays from Sunday, December 29th through Friday, January 3rd municipal services such as the City and Ward Offices will be closed. The following are the hours of some of the services that will be open.

Day Care Services for Sick Children

| Ward | Facility Name | Days Open |
|-------|---------------|------------------|
| Konan | Mori no ouchi | 12/28, 1/4 (Sat) |
| Chuo | Takenoko | 12/30 (Mon) |

Emergency Medical Hotline

| 12/29 – 1/5 | Hours: 24 hours |
|---------------|----------------------------|
| For ages 15+ | Call #7119 or 025-284-7119 |
| Ages up to 14 | Call #8000 or 025-288-2525 |

Emergency Mental Health Hotline

24 hrs TEL 0258-24-1510



Emergency Medical Facilities



| Facility Name | Clinic Type | 12/28 | 12/29 | 12/30 | 12/31 – 1/3 | 1/4 | 1/5 |
|---|-------------------------------|------------|-----------------------|------------|-----------------------|------------|-----------------------|
| Emergency Medical Center (3-3-11 Shichikuyama, Chuo Ward) TEL 025-246-1199 | Internal Medicine, Pediatrics | 2pm – 7am | 7pm – 7am | 7pm – 7am | 7am – 7am | 2pm – 7am | 7am – 7am |
| | Orthopedics | 3pm – 9am | 9am – 10pm | 7pm – 10pm | 9am – 10pm | 3pm – 9am | 9am – 10pm |
| | Neurology, Optometry, ENT | Closed | 9am – 6pm | Closed | 9am – 6pm | Closed | 9am – 6pm |
| | OB/GYN | Closed | 9am – 6pm | Closed | Closed | Closed | 9am – 6pm |
| Dental Health and Welfare Center (Same address as above) TEL 025-212-8020 | Dentistry | Closed | 10am – 5pm | Closed | 10am – 5pm | Closed | 10am – 5pm |
| Nishikanbara District Holiday and Overnight Emergency Center (4363 Maki-ko, Nishikan Ward) TEL 0256-72-5499 | Internist, Pediatrics | 7pm – 10pm | 9am – 5pm, 7pm – 10pm | 7pm – 10pm | 9am – 5pm, 7pm – 10pm | 7pm – 10pm | 9am – 5pm, 7pm – 10pm |
| | Dentistry | Closed | 9am – 5pm | Closed | 9am – 5pm | Closed | 9am – 5pm |



My Number Cards (Individual Number Card) and Health Insurance Cards

Did you know that you can use your My Number Card as a health insurance card? From December 2, 2024 onwards, My Number Cards will begin to replace health insurance cards. If you newly enroll in National Health Insurance (NHI) or need an updated health insurance card due to a change of address, etc., and do not already have a My Number Card, you will not receive a new health insurance card. Instead, you will receive an Eligibility Verification Certificate (資格確認書 *shikaku kakuninsho*). Following July 31, 2025, all NHI cards will expire and you will be required to use a My Number Card. To register your My Number Card as a health insurance card, please visit the Myna Portal website to apply. You can also apply at medical care facilities, pharmacy counters, and Seven Bank ATMs.

How to register My Number Card as health insurance card (Myna Portal website)



Information on using My Number Card as health insurance card (MHLW website)



Recipe Corner: Arepas

This recipe was shared by Hosaka Romy from Colombia, and was taught at a cooking class at CrossPal this past October. Arepas are type of flatbread made with ground corn flour and are a popular dish in Colombia. The flatbread is eaten with a variety of fillings, including meat, vegetables, eggs, cheese, etc. The recipes below feature chicken, cheese, tomatoes, zucchini, avocados, and more! Feel free to change the fillings to suit your tastes. Recipes for arepa flat bread can be found online.



Arepa pepiada

Ingredients

- 1 chicken breast (or shredded chicken)
- 1 ripe avocado
- 1/2 onion (to taste)
- Salt & pepper (to taste)
- Cheese (to be melted)
- Arepa

Method

1. Prepare the chicken: boil breast meat in salted water. Once it's cooked, shred the meat.
2. Prepare the ingredients: in a bowl, place the shredded meat and mashed avocado and mix together. Season with salt and pepper. Add minced onions to taste.
3. Fill the arepa: cut the arepa in half and fill with the chicken and avocado mix and cheese. Place the arepa in a frying pan and heat to melt the cheese.
4. Enjoy while it's hot!

Arepa de perico

Ingredients

- 2 eggs
- 1 large tomato
- Salt & pepper (to taste)
- Olive oil (to fry tomato)
- Mayonnaise (to fry eggs)
- Arepa

Method

1. Prepare the eggs: crack the eggs and place in a bowl, add salt and pepper and whisk.
2. Prepare the tomatoes: dice tomatoes and fry in a pan with olive oil on medium heat until soft.
3. Add the eggs: add the eggs and mayonnaise to the frypan with tomatoes and while stirring, fry until eggs reach desired firmness.
4. Fill the arepa: cut the arepa in half and fill with the tomato and egg mix.
5. Enjoy while it's hot!

Arepa de vegetales

Ingredients

- 1 zucchini
- 1 green pepper
- 1 cup mushrooms
- 1 carrot
- Salt & pepper (to taste)
- Arepa

Method

1. Prepare the vegetables: wash the zucchini, green pepper, mushrooms, and carrot, then cut into thin pieces.
2. Cook the vegetables: in a frypan, heat a small amount of oil. Add the vegetables and fry for 5-7 minutes at medium heat until soft. Season with salt and pepper.
3. Fill the arepa: cut the arepa in half and fill with vegetables.
4. Enjoy while it's hot!

Niigata Jazz Street

It's time for the 45th Niigata Jazz Street! Come and enjoy a day of jazz with performances by local jazz musicians from Niigata and surrounding prefectures. This event has performances taking place simultaneously across multiple venues, including cafes, bars, and concert halls. Check the schedule and plan out your day!

Date: January 25th (Sat) 12:00 – 23:00

Location: Cafes, bars, concert halls, etc. in the Furumachi & Niigata Station area (check the website for more details using the code to the right)


Fee: ¥2,000 for a 1-day pass to all shows (JHS students and under are free), comes with 1 drink
*Available for purchase at each venue, Ryutopia information center, and Media Ship 1F information center

Contact: Jazz FLASH, TEL: 025-224-4518



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 |
|---------------------------------|---|---|--|

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 1/4, 1/25 *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. | |

Volunteer Japanese Classes

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



International Cooking Class

Classes have been cancelled for this month, but Ms. Ueno is looking forward to seeing everyone soon! Thank you for your continued support. (^_^)~



Information

Flu and COVID-19 Vaccines

Elderly people are at risk of severe symptoms if they become sick with the flu or COVID-19. Those who wish to get vaccinated are encouraged to do so as soon as possible.

*You can be vaccinated for both at the same time.

When: October 1, 2024 – March 31, 2025

- Eligibility for financial assistance:**
- ① People ages 65 or older
 - ② People ages 60-64 with a Level 1 Physical Disability Certificate who have a heart, kidney, or respiratory condition, and people ages 60-64 with immune system disorders due to HIV

Vaccination site: Eligible facilities designated by Niigata City (see website for a list)

Individual cost: Flu: ¥1,650; COVID-19: approx. ¥4,000 (varies by vaccine type)

*Free for households receiving public assistance (livelihood protection)

Contact: Public Health Center TEL: 025-212-8123



Flu Shot Information



COVID-19 Vaccine Information

PSA: Holiday Trash Collection

Due to the holidays, there will be a special collection of burnable trash on December 31st (Tue) but no trash collection between January 1st and 3rd. Regular collection services will resume on January 4th (Sat).

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|--|--|
| 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 (1/14) 13:00-17:00 Thai, Vietnamese, Russian |
| Gyoseishoshi Association of Niigata Consultation | 4 th Wed. of the month (1/22) 10:00-15:00 Chinese, Russian |
| Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person | 3 rd Thur. of odd numbered months (1/16) 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 (2/17) 13:00-17:00 English, Filipino, Russian |
| Education Consultation | Every Tue. 13:00-17:00 English, Chinese, Thai, Vietnamese, Russian |

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



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
Dec. 29th – Jan. 3rd and
Jan. 27th