



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation (NIEF)

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International Lecture: Uzbekistan

Niigata resident and Uzbekistan native, Mr. Komiljon Riksiev, will give a lecture on Uzbekistan's geography, history, food culture, popular tourist destinations, and more. Don't miss this chance to learn about Uzbekistan from a native! Sign up using the code below.

Date: June 13th (Sat) 14:00–15:00

Location: CrossPal, Room 403 & 404

Fee: ¥500 (¥300 for contributors)

Contact: NIEF ☎: 025-225-2727



International Game Night

Move your body and enjoy a variety of games from around the world, together with foreign residents and Japanese locals! Please note, game instructions will be given in Japanese. Please bring a pair of indoor shoes.

Sign up using the code below. Deadline: June 24th

Date: July 4th (Sat) 19:00–20:30

Location: CrossPal, 2F Gymnasium

Fee: ¥500 (for drinks, snacks, and insurance)

Spots: 20 people, high schoolers and older (chosen by lottery)

What to bring: Indoor shoes

Contact: NIEF ☎: 025-225-2727



Niigata Matsuri Folk Dance

NIEF will dance in this year's festival again on Friday, August 7th, and is looking for foreign residents to join us. A dance lesson and yukata will be provided to participants. Volunteers will also help to put on the yukata.

Sign-up begins on July 1st. The NIEF website will be updated with more details closer to the date, so check if you're interested!



International Cooking Class

Menu: (June) Summer butter chicken curry with naan, eggplant and tomato dishes, pineapple sherbert, and more!

Date: June 25th, 27th–29th 11:00–14:00

Fee: Foreign residents, students: ¥2,000; General: ¥4,000

Location: Ms. Ueno's residence in Akiha Ward

Contact: Ms. Ueno, ☎:0250-24-6859

Call to sign up. Must sign up at least 3 days before class.

Please contact for July's menu and dates.



Public Night Junior High School

Informational meetings will be held throughout June for public night junior high school. This program is for people who did not have the opportunity to study while in school. Classes will be held Monday–Friday in the evening. All nationalities are welcome.

For more information, please visit the Niigata City website.



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 can also answer questions on treatment, insurance, etc. Administrative scriveners will also be available to provide advice on inheritance, marriage/divorce, and more. Interpreters are available for English and Chinese. An interpreting device will be used for other languages. For foreign residents only.

Date: June 7th (Sun) 10:30–14:30

Location: CrossPal 2nd floor

Fee: Free!

Sign up: Scan the code to sign up →

Contact: (NIEF) Tel: 025-225-2727,

Email: kyokai@nief.or.jp



International Lecture: American Summer Picnic

This year marks the 250th anniversary of the USA's independence! Come and enjoy a (indoor) summer picnic! Learn how to make pasta salad, deviled eggs, and lemonade. Afterwards, enjoy your meal while learning about Independence Day. Sign up using the code below.

Date: July 25th (Sat) 10:30–13:00

Location: CrossPal, 5F Cooking Room

Fee: ¥2,000 (for ingredients, etc.)

Spots: 15 people (junior high school students and older)

What to bring: Apron, bandana, towel

Contact: NIEF ☎: 025-225-2727



Salon Exhibit: Seoul

Learn about all the best places to visit in Seoul from a local Korean! Featuring slides from the lecture held by the Korean CIR in February.

Date: May 30th–July 23rd 9:00–17:00

Closed: Sundays, holidays, & June 22nd

Location: NIEF Exchange Salon (CrossPal 2F)



Disaster Prevention Japanese Lesson

Learn some useful Japanese vocabulary for disasters! This issue's lesson is as follows:



◆ 避難 (ひなん)

あぶない ところ から にげて、あんぜん な ところへ いく こと。地震 (じしん)、津波 (つなみ)、大雨 (おおあめ)、火事 (かじ) などのとき、「あぶない」と 思 (おも) ったら、すぐ にげます。

◆ 緊急地震速報 (きんきゅうじしんそくほう)

地震 (じしん) が 来 (く) る前 (まえ) に、「これから 地震 (じしん) が 来 (き) ます」と知 (し) らせて くれます。テレビや携帯電話 (けいたいでんわ) から、大 (おお) きい 音 (おと) やアラームが なります。

Did you know NIEF functions as a multilingual support system during disasters? For more information, scan the code.



Information

Greeting from Ms. Won Dayeon (CIR)

Niigata City's new Korean Coordinator for International Relations (CIR) has arrived. Here is her message to everyone:

안녕하세요 (Annyeonghaseyo)! I'm from Ulsan, Korea. In April 2026, I started my position as the new Niigata City CIR. 2026 is a special year for Niigata City and Ulsan, as it marks the 20th anniversary of our sister city relationship. It is an honor to serve as a bridge between our two cities for this special occasion. I've studied in Tokyo in the past for one year as a university student but this is my first time in Niigata. Although I've just arrived, I'm captivated by the bountiful ocean, beautiful rivers, and excellent culinary culture that coexist in the city. I hear that Niigata has many cloudy and rainy days but I've been spending my days with a warm and sunny disposition, surrounded by the warmth of the people around me. I will do my best to plan a variety of events and lectures to spread the appeal of Korea to everyone here in Niigata. I can't wait to meet all of you!

Won Dayeon 元茶蓮

Japanese Speech Contest

The 65th International Speech Contest in Japanese has opened applications to foreign residents over the age of 15 who are non-native speakers of Japanese and have not won the Foreign Minister's Award or Education Minister's Award in past contests. The contest will cover the costs of transportation and accommodation for contestants who are invited to participate. This is a great opportunity to show off your hard work in learning Japanese, so give it a try!

Date: October 3rd 13:00

Application period: April 1st-July 31st

Location: Ibara City, Okayama Prefecture



New Ticket System for Bicycle Violations

As of April 1, a new system for enforcing bicycle traffic laws called the blue ticket system will be enforced. For example, using a cellphone while riding a bike will result in a ¥12,000 fine and ignoring traffic stops will result in a ¥6,000 fine.

Make sure you know the law before you get on your bike!

Visit the NPA's site for more details. =>



Classes

Japanese Language Courses (NIEF classes and others)

NIEF classes: Beginner through Intermediate 2	-Classes of varying difficulties are available throughout the week.	Ms. Kiyoko Tanaka ☎: (025) 225-2727	Volunteer Japanese Classes
	-Pricing info & the schedule for the current session: https://www.nief.or.jp/		

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 ☎: (025) 225-2727
Every Sat. 10:00-11:30 <i>*Please register beforehand*</i>	201	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	

Consultation

Niigata Help Association ☎: 025-228-2212	Everyday 10:00-23:00 English, Spanish, Korean, Chinese, Filipino, Thai, etc.
Niigata City International Exchange Foundation (NIEF) ☎: 025-225-2727 ✉: kyokai@nief.or.jp URL: https://www.nief.or.jp/	Monday-Saturday 9:00-16:00 English, Chinese, Korean, Russian, French
Niigata International Association (NIA) ☎: 025-241-1881 ✉: nia21c@niigata-ia.or.jp URL: https://www.niigata-ia.or.jp/	Weekdays 10:00-17:00 English, Russian, Chinese, Filipino, Thai, Vietnamese
Helpline for Foreigners ☎: 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 ☎: 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	3 rd Tue. of the month (6/16&7/21) 1pm-4pm Thai, Vietnamese, Russian
Gyoseishoshi Association of Niigata Consultation	4 th Wed. of the month (6/24&7/22) 10am-5pm Chinese, Russian
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Thur. of odd numbered months (7/16) 1pm-5pm Russian
Houterasu Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Mon. of even numbered months (6/15) 1pm-5pm English, Filipino, Russian
Education Consultation	Every Tue. 13:00-17:00 English, Chinese, Thai, Vietnamese, Russian

Make a reservation by phone or email in advance.
Place: Multilingual Consultation Center of Niigata (formerly Foreign Resident Consultation Center) (2nd floor of Toki Messe)
Contact: ☎: 025-241-1881
✉: nial0@niigata-ia.or.jp
*All listed dates are subject to change. Please call or email to confirm.



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CrossPal will be closed June 22nd and July 27th