



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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NIEF Events

Life in China

As a part of our international understanding lecture series, we will have a special guest, Mr. Yoshitomo Abe, a former teacher at high schools who is now teaching Japanese at Heilongjiang University in Harbin, China. Through photos he will share his experiences living in China and memories of exchange with locals.

- Date:** January 27th (Thu) 13:30–15:00
Place: CrossPal Niigata 4th fl. Room 402
Fee: Free
Spots: 20 people (first come first served)
Sign-up: Call 025-225-2727 or E-mail kyokai@nief.or.jp (NIEF)



Houses in Korea

As a part of our Your new Korean CIR, Eunji, will talk about all things related to houses and living arrangements in Korea—room layouts, moving, buying real estate, and more.

- Date:** January 28th (Fri) 14:00–15:00
Place: CrossPal Niigata 4th fl. Room 403
Fee: Free
Spots: 20 spots (first come first served)
Sign-up: Call 025-225-2727 or E-mail kyokai@nief.or.jp (NIEF)



Valentine Craft Event



Your friendly CIR from the U.S., Charlie, is holding another family-friendly event! This time we will learn about what Valentine's Day is like in the U.S and then make pop-up Valentine's cards together.

- Date:** February 5th (Sat) 10:30–12:00 (doors open at 10:00)
Place: CrossPal Niigata 5th fl Exchange Hall
Fee: 100 yen per person
Spots: 10 families with kids in Jr. high or younger (first come first served)
Sign-up: Call 025-225-2727 or E-mail kyokai@nief.or.jp (NIEF)



Ikebana Flower Arranging Experience

Each participant will be taught by their own instructor how to do Japanese flower arranging!



- Date:** February 2nd (Wed) 14:00-15:00 (doors open at 13:30)
Place: CrossPal Niigata 3rd fl Room 301
Fee: 1,000 yen per person
Spots: 10 people
Sign-up: Call 025-225-2727 or E-mail kyokai@nief.or.jp (NIEF)
 Tell us your name, contact info, and nationality

Messages from Our New CIRs!



Eunji Kim



Hello everyone! My name is Eunji Kim from South Korea and as of September, I am a Coordinator for International Relations for Niigata City.

I was born in Incheon, raised in Cheongju, lived in Seoul for 10 years and Paris, France for almost a year. Now, I have been able to come to Niigata and already feel a strong connection. Blessed with nature and brimming with delicious food and lovely people, Niigata completely surpassed my expectations and I fell in love with it from day one.

When I was in junior high school, I started learning Japanese watching the drama “Gokusen” and chose to major in Japanese in university. In Japan recently, K-pop and K-drama are popular and because of this, more and more people are getting interested in Korean culture and language. I hope to help people like this to gain a deeper understanding of South Korea. I will do my best to share about Niigata with Korea as well!

I look forward to all of the chances to exchange with you all. Thank you!



Charles Durand

Hello everyone. Nice to meet you. My name is Charles Durand.

I have taken over for Ibrahim Daye as the French Coordinator for International Relations for Niigata City as of September.

I was born in Bordeaux, a town known for its French wine, and grew up in the countryside of western France. After I graduated from the local high school, I moved to Nantes, Niigata City’s sister city, and began learning about Japan at the University of Nantes. Thanks to that, I came to Japan as an exchange student in 2016 and spend almost a year at Niigata University. Afterwards, I went back to France to study at INALCO (the national university for East Asian languages and cultures) and got a bachelor’s degree in international relations. In 2019 I got into Peking University as a graduate student to research international relations.



I am incredibly happy to have become a CIR for Niigata City. I hope that I will be able to provide the citizens of Niigata with more opportunities to experience French culture through cultural programs and school visits. Additionally, I hope to play an active part in deepening the relationship between Nantes and Niigata. I look forward to meeting you!



Guest Recipe Corner

Zoni (New Year's Stew)

This recipe is from the cooking class listed on the back page. This time is a classic dish for New Years!

Ingredients (4 servings)

- 4-8 mochi rice cakes
- 4 slices of salmon (60 g each)
- 1/2 peeled carrot (sliced and quartered)
- 5 cm peeled daikon (sliced and quartered)
- 1/2 pack shimeji mushrooms
- 1/3 bunch mitsuba (cut into 3 cm lengths)
- 1/4 yuzu rind (cut into strips)
- 4 cup dashi soup
- 2 TBSP sake
- 1 tsp salt
- 1 tsp soy sauce



Method

1. Cut the vegetables as directed in ingredients list
2. Lightly salt the salmon and then grill it
3. In a pan, add the dashi, carrot, and daikon and cook over medium heat until tender
4. Broil the mochi until it is lightly browned
5. Add the sake, salt, and soy sauce to the broth and taste
6. Add the shimeji, salmon, and mochi and cook for a couple more minutes
7. Serve in bowls and garnish with mitsuba and yuzu

Free Legal Consultation for Foreign Residents

This is a chance to meet with a lawyer and receive free consultation regarding legal matters. Language support can be provided if needed.

Date: February 19th (Sat) 13:00–17:00

Place: CrossPal Niigata 2nd floor

Languages: English, Chinese, Korean, French, Russian, and more

Consultations: 5 spots. 40 min./person

Sign-up: 025-225-2727 or kyokai@nief.or.jp
(Tell us your name, nationality, phone number, gender, and what you wish to discuss)



Exchange Salon Exhibit: Chinese New Year

February 1st is the New Year in China. This exhibit uses pictures, videos, and decorations to show how people celebrate and bring in the Lunar New Year in China



Dates: Dec. 25th (Sat)–Feb. 26th (Sat) 9:00–17:00

Closed: Sundays and Jan. 3rd, 10th & 24th

Place: International Friendship Center (CrossPal 2F)

For more info: 025-225-2727 (NIEF)



Happy New Year!

It's the year of the tiger! The staff at the NIEF wish you all a healthy and happy 2022!

New Year Holiday Closures

During the New Year's Holidays from Wed., Dec. 29th through Mon., Jan. 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	Hours
Higashi	Kidokko	12/29 (Wed)	8 am – 6 pm
Chuo	Yoikono Mori		8 am – noon
	Takenoko	12/29 (W) & 12/30 (Th)	8 am- 6 pm
Akiha	Kisha Poppo	12/29 (Wed)	*until noon
Minami	Minamikkuru	12/29 (W) & 12/30 (Th)*	

Emergency Medical Hotline

12/29 - 1/3	Hours: 8 am – 8 am
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
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Emergency Medical Services

Facility Name	Clinic Type	12/29	12/30	12/31	1/1	1/2	1/3
		Emergency Medical Center TEL 025-246-1199	Internal Medicine Pediatrics	7 pm – 7 am		7 am – 7 am	
	Orthopedics	7 pm – 10 pm		9 a–10 p	9a–9a	9 am – 10 pm	
	Gynecology, Neurology, Optometry, ENT	Closed		9 am – 8 pm			
Dental Health and Welfare Center TEL 025-212-8020	Dentistry	Closed		10 am – 5 pm			
Nishikanbara District Holiday and Nights Emergency Center TEL 0256-72-5499	Internist, Pediatrics	7 pm – 10 pm		9 am – 5 pm, 7 pm – 10 pm			
	Dentistry	Closed		9 am- 5 pm			



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 Fall Session Schedule are available on 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: NicoPal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 – 12:00 (but January 1 st)	4F Seminar room	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	308	To help students get the Japanese language skills needed to go to school in Japan.	

Volunteer Japanese Classes

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

International Cooking Class for Foreigners

When: January 27th (Thu), 29th (Sat) & 30th (Sun) 11:00 – 14:00**Fee:** ¥1,600 (please apply with a friend!)**Where:** Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward)**Menu:** Fermented foods–One Soup & Two Sides

Salt koji flavored “Snow” (grated daikon) hot pot, steamed glutinous rice with soy sauce koji, chrysanthemum leaves and apple salad, tamagoyaki with koji

For more info/sign-up: TEL: 0250-24-6859 (Ms. Ueno) Please sign up at least three days before class

Notices

COVID-19 Vaccines in Niigata City

Vaccines are available and free for all residents of Niigata. Check the city website for the current vaccination locations. Make an appointment using the QR code or the website.



Starting in Jan. people 18+ who got 2 doses will get a coupon for the 3rd dose. They will arrive 8 months after your 2nd dose. More info on the website. Info current as of December, 2021

[Niigata City website](http://www.city.niigata.lg.jp/en) (English):www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/en.html[Niigata City COVID-19 Vaccine Call Center](http://www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/ja.html) (Japanese): 025-250-1234

For coupon reissue or to cancel a same-day appt. (venue): 025-250-0080

Multilingual COVID-19 Hotline

Available 24/7, every day. 025-256-8573 (In English and others)

COVID-19 Vaccination Certificates

If you need proof of vaccination, you can have a Vaccination Certificate issued. It will take about a week so apply in advance. If you have a MyNumber Card you can apply via the app. For more info see the city website.

www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/certificate_en.html

PSA: Trash Collection around New Year's

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

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



Consultation Services

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, 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	January 11 th (Tue) 13:00–17:00 Thai, Vietnamese
Gyoseishoshi Association of Niigata Consultation	January 26 th (Wed) 10:00–17:00 Chinese
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	January 20 th 13:00–17:00 English, Spanish, Portuguese
Education Consultation	Every Tue. 10:00–17:00 English, Chinese, Thai, Vietnamese
Place: Foreign Resident Consultation Center of Niigata (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 Charlene Woolson & Ayako Homma)

CrossPal will be closed Dec. 29–Jan. 3 & Jan. 24