



# 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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## Foreign Language for Kids: Cooking in English

This is the second of a brand-new event series introducing foreign languages to kids! Your American CIR will teach English words for the kitchen and then everyone will make a simple dessert!



- Date:** May 28<sup>th</sup> (Sat) 10:30–12:00  
**Place:** CrossPal Niigata 5<sup>th</sup> fl. Cooking Room  
**Fee:** 1,500 yen/family (1,200 yen/family for NIEF Supporters)  
**Spots:** 6 families with elementary school children (first come first served)  
**Sign-up:** From May 6<sup>th</sup> call 025-225-2727 or e-mail [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)



## CIR Lecture: LGBT+ in the USA

Your American CIR, Charlie, will share her experiences to explain a bit about what it's like being LGBT+ in the U.S., covering topics like Pride events, university queer clubs and more.



- Date:** June 4<sup>th</sup> (Sat) 10:30–11:30  
**Place:** CrossPal Niigata 5<sup>th</sup> fl. Exchange Hall  
**Fee:** Free  
**Spots:** 20 people Jr. High and older (first come first served)  
**Sign-up:** From May 6<sup>th</sup> call 025-225-2727 or e-mail [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

## 31st Niigata International Film Festival

This is the FINAL year that this festival will be held! Come see films from different countries. The movies and their showtimes can be found at the website listed below. Also, until May 29<sup>th</sup>, the movie posters will be on display in the 1<sup>st</sup> floor lobby of CrossPal Niigata. Tickets will not be sold in advance, get them on the day you want to go.

- Date:** May 28<sup>th</sup> (Sat)–29<sup>th</sup> (Sun)  
**Place:** Crosspal Niigata 4th fl Audio-Visual Hall  
**Admission Fee:** ¥1,000  
**URL:** <https://www.niffec.com>  
**Contact:** 080-3312-8699 (Niigata Kokusai Eigasai Jikko Inkai)



## Exchange Salon Exhibit:

### Volunteer Activities in Cambodia

A photo exhibit to showcase activities in Cambodia.

- Date:** April 29<sup>h</sup> (Thu) – June 29<sup>th</sup> (Wed) 9:00–17:00  
**Closed:** Sun., Holidays, and the 4<sup>th</sup> Mon. each month  
**Place:** Niigata International Friendship Center (CrossPal 2F)  
**Contact:** 070-6989-5690 (Keep Smile Japan)

## Exchange Salon Activity

Make a summer greetings postcard for someone you know! Learn the typical Japanese way or make it your own. NIEF will display all the cards until sending them in August.

- Date:** Until the end of July 9:00–17:00  
**Closed:** Sun., Holidays, and the 4<sup>th</sup> Mon. each month  
**Place:** Niigata International Friendship Center (CrossPal 2F)



## International Lecture: Life in China

A special guest, Mr. Yoshitomo Abe, a former teacher at high schools who is now teaching Japanese at Heilongjian University in Harbin, China.

Through photos he will share his experiences living in China and memories of exchange with locals.



- Date:** June 23<sup>rd</sup> (Thu) 13:30–15:00  
**Place:** CrossPal Niigata 5<sup>th</sup> fl. Exchange Hall 2  
**Fee:** Free  
**Spots:** 20 people  
**Sign-up:** Call 025-225-2727 or e-mail [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

## Free Japanese Classes for Work

This training course is to promote the stable employment of foreign residents. Sign up if you can read and write hiragana and katakana and can communicate some in Japanese but want to improve!


- Dates:** June 8<sup>th</sup> (Wed)–July 29<sup>th</sup> (Fri)  
**Location:** CrossPal Niigata  
**Sign-up:** Via Hello Work Niigata  
 Access the link for more information.  
<https://www.jice.org/tabunka/course/>





## 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: <a href="https://www.nief.or.jp/">https://www.nief.or.jp/</a>		Ms. Kiyoko Tanaka Tel: (025) 225-2727
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## Japanese Study Support Group for Children &amp; Students: NicoPal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 – 11:45 (but May 21 <sup>st</sup> )	201	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 (but May 4 <sup>th</sup> )	202	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

**When:** May 26<sup>th</sup> (Thu), 28<sup>th</sup> (Sat) & 29<sup>th</sup> (Sun) 11:00–14:00**Fee:** Foreign residents, students- ¥1,800

Japanese citizens- ¥3,800

**Menu:** A Table for the Cool Breeze of May

Pressed sushi, tuna &amp; scallion in a miso vinaigrette, Nikujaga, clear soup with egg and tofu, and (to take home) steamed banana cake

## International Cooking Class for Foreigners

**When:** May 21<sup>st</sup> (Sat) & 22<sup>nd</sup> (Sun) 11:00–14:00**Fee:** ¥1,600**Menu:** Cafe-style onigiri and miso soup followed by anmitsu for dessert

\*Must apply in a group of 2 or more

**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

## Notices

## COVID-19 Vaccines &amp; Certificates



Vaccines are available and free for all residents **ages 5+**. People **12+** who got 2 doses will be sent a coupon for their **3rd dose** before 6 months after their 2<sup>nd</sup> dose.

If you need proof of vaccination, get a Vaccination Certificate issued. Apply by mail (can take up to 2 weeks) or in person. Digital certificates are available via the smart phone application if you have a MyNumber Card. Info current as of April, 2022

[Niigata City Website \(English\):](https://www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/en.html)[www.city.niigata.lg.jp/iryo/kenko/yobou\\_kansen/coronavaccine/en.html](https://www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/en.html)[Niigata City COVID-19 Vaccine Call Center \(Japanese\): 025-250-1234](https://www.city.niigata.lg.jp/iryo/kenko/yobou_kansen/coronavaccine/en.html)

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



## MyNumber Cards

Japan and Niigata City are holding campaigns to promote the adoption of MyNumber cards.

Niigata City is offering ¥1,000 vouchers to people who apply for a MyNumber Card by March 17<sup>th</sup>, 2023. There are 3 national campaigns:

1. ¥5,000 points when you create a Myna Points and charge/use ¥20,000 cashless
2. ¥7,500 points when you add your health insurance card to your MyNumber Card
3. ¥7,500 points when you register your bank account

More details about the cards and campaigns can be found on the MyNumber and Niigata City websites. 2 and 3 are available from June.

## Niigata Pref. Multilingual COVID-19 Hotline

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

## Consultation Services

<b>Niigata Help Association</b> TEL: 025-228-2212	Everyday 10:00 – 23:00 English, Spanish, Korean, Chinese, Filipino, Thai, etc.
<b>Niigata International Association</b> TEL: 025-241-1881 Email: <a href="mailto:nia21c@niigata-ia.or.jp">nia21c@niigata-ia.or.jp</a> URL: <a href="https://www.niigata-ia.or.jp/">https://www.niigata-ia.or.jp/</a>	Weekdays 10:00 – 17:00 English, Chinese, Filipino, Thai, Vietnamese, Spanish, Portuguese
<b>Helpline for Foreigners</b> TEL: 0120-279-338 (toll-free)	Press 2 after the Japanese guidance
<b>Niigata Medical Care Information Network</b> URL: <a href="http://qq.niigata-iyaku.jp/">http://qq.niigata-iyaku.jp/</a>	English, Chinese, Korean
<b>Hello Work, Foreigner Advisory Service</b> TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo Ward, Niigata City)	1 <sup>st</sup> – 4 <sup>th</sup> Wed 13:00 – 16:00 English & Chinese
<b>Immigration Bureau Consultation</b>	2 <sup>nd</sup> Tue. of the month 13:00–17:00 Thai, Vietnamese
<b>Gyoseishoshi Association of Niigata Consultation</b>	4 <sup>th</sup> Wed. of the month 10:00–17:00 Chinese
<b>Free Legal Consultation for Foreign Residents</b> Length of Consultation: 40 minutes per person	3 <sup>rd</sup> Thu of odd numbered months (5/19, 7/21, 9/15, 11/17, 1/19, 3/16) 13:00–17:00 English, Spanish, Portuguese
<b>Education Consultation</b>	Every Tue. 13:00–17:00 English, Chinese, Thai, Vietnamese
<b>Contact:</b> TEL: 025-241-1881 Email: <a href="mailto:nia10@niigata-ia.or.jp">nia10@niigata-ia.or.jp</a>	



Edited and Issued by the Niigata City International Exchange Foundation

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Hours: 9:00–17:00 (Closed Sundays and national holidays)

(Written and edited by Charlene Woolson &amp; Ayako Homma)

CrossPal will be closed May 23<sup>rd</sup>