



# 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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## 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:** May 24<sup>th</sup> (Fri) 13:00 – 16:40

**Location:** CrossPal 2<sup>nd</sup> floor

**Spots:** 5 time slots (40 minutes per person)

**Fee:** Free!

**Sign up:** TEL 025-225-2727 or email [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)



## International Watercolor Exhibition

Watercolor paintings from around the world on display, for free! In addition to the exhibition, every day from 11:00 – 14:00 there will be live watercolor painting demonstrations and explanations of the displayed pieces. Come and meet fellow artists and art lovers from Japan and around the world!

**Date:** May 2<sup>nd</sup> (Thu) – 5<sup>th</sup> (Sun) 9:00 – 17:00 (Opens at 13:00 on the 2<sup>nd</sup>, closes at 15:00 on the 5<sup>th</sup>)

**Location:** Niigata Prefectural Civic Center 3<sup>rd</sup> floor, Gallery B

**Fee:** Free!

**Contact:** Japan International Watercolor Institute  
TEL 025-267-6998



## Multilingual Consultation for Foreign Residents

Did you know there are native speakers of multiple languages working at CrossPal? If you need to talk about difficulties you're facing as a foreign resident in Japan with someone who speaks your language, please stop by and see us! Available languages include English, Chinese (Mandarin), Russian, Korean, and French. Native speakers may not always be available, please contact us beforehand. A translation device may be used for other languages.

Japanese: Mon-Sat

English: Mon-Fri

Chinese: Mon-Fri

Korean: Tue & Fri

Russian: Thu

French: Mon & Thu



**Hours:** 9:00 – 16:00

**Closed:** Sundays and holidays

**Location:** NIEF Exchange Salon (CrossPal 2<sup>nd</sup> floor)

**Contact:** TEL 025-225-2727 or Email: [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

## Foreign Residents: Help Create a Tour!

Niigata Genki Project is seeking foreign residents to help plan and participate in a tour; afterwards, participants will be asked to share their opinions. Participants are required to attend a meeting once a month, where they will decide on destinations together with Niigata Genki Project.

**Date:** Monthly meetings from April (19:00 – 20:30);

The tour will be sometime in October

**Location:** CrossPal Niigata, and other places

**Spots:** 3 people

**Fee:** Free!

**Sign up/Contact:** Hasegawa TEL: 090-9960-5424,  
email: [info@niigata-genki.com](mailto:info@niigata-genki.com)

**NEW**

## Niigata Station

As Niigata residents are aware, Niigata Station has been under construction for several years now. However, construction is in the final stretch. A brand-new area of the station will be revealed on April 25<sup>th</sup> (Thu). Come and see all of the new shops, restaurants, and businesses – of which there will be 170!

For information on shops, restaurants, and the layout of the new station area, check out the CoCoLo Niigata website by scanning the code.



## Spring Noh Performance

Come and experience one of Japan's oldest theatrical arts – Noh! Ryutopia provides tablets with English subtitles, so don't worry about not understanding the archaic Japanese. This year's spring performance is *Hashitomi*, which is a Noh rendition of Hikaru Genji and Lady Yuugao's romance from *The Tale of Genji*.

**Date:** May 12<sup>th</sup> (Sun) 13:30 – 16:25

**Location:** Ryutopia Performing Arts Center,  
Noh Theater

**Fee:** Varies by seat type

**Tickets:** See website

**Contact:** 025-224-5521  
(Hours: 11:00 – 19:00)



## Art Mix Japan

Art Mix Japan is celebrating its 10<sup>th</sup> run this year! This event showcases Japanese traditional culture and performing arts. There will also be performances, workshops, and kimono that you can rent for the event!

**Date:** April 13<sup>th</sup> (Sat) and 14<sup>th</sup> (Sun)

10:30 – 20:00

**Location:** Ryutopia and Enkikan

**Fee:** Varies by performance

**Tickets:** See website for details →



## Financial Assistance for Families with Elementary and Junior High School Students

Financial assistance for expenses required for school, such as school supplies, school trip fees, school lunch fees, medical fees, etc., is available to families of a certain income with elementary and junior high school students. You can apply through your child's elementary or junior high school, so please ask the school for more details.

## Goodbye Message From Mr. Mashima

Mr. Mashima, the section manager here at NIEF, is retiring from his position. He wrote a message to say goodbye and thank everyone for their support throughout the years.

March 31, 2024

Goodbye!

In March 2019, I retired from my position at the Niigata City Office and in April of that same year, was reappointed to the Foreign Affairs Division. During my time as an employee of the Foreign Affairs Division and the Niigata City International Exchange Foundation (NIEF), I strove to build a multicultural symbiotic society in Niigata City and promote international exchange. Now that I'm 65, my reappointment term has come to an end and so has my duty as a NIEF employee.

These past five years have felt both long and short. I think that is due to all of the events hosted by NIEF – not only were they fun, but I also feel that the contents of the events were beneficial to me.

I am deeply grateful to everyone who participated in our events, such as the lectures on foreign countries, the winter festival, summer festival, music festival, the Niigata Matsuri Folk Dance, and lastly, the “Stroll through Furumachi in Yukata” event. Furthermore, I will always cherish the memories of working together with the NIEF staff to make these events possible.

Lastly, I hope that those of you who love international exchange and world cultures will continue to support NIEF. As a citizen of this city, I wish the best for Niigata City's future international exchanges and hope that NIEF will continue to grow.

Goodbye! I believe that I will stay connected to everyone in my heart. Thank you for everything.

Mashima Eiichi

Section Manager

Niigata City International Exchange Foundation



## Introducing Ms. Wang

Ms. Wang is the new consultant at NIEF's foreign resident consultation counter. Feel free to visit her at NIEF if you are in need of consultation. Welcome, Ms. Wang!

Nice to meet you, my name is Wang Yi. As of February 1, 2024, I work at the Niigata City International Exchange Foundation's foreign resident consultation counter. I was born in Wuxi, Jiangsu, China and raised in Beijing. I have a positive, proactive, and open personality. My hobbies are listening to music while reading. I'm not very good at sports, although I do occasionally go on walks.

After graduating from university in Beijing, I worked in China for about three years. I came to Japan because I had experience working with Japanese people. While taking classes at a university in Nagaoka, Niigata, I studied Japanese language, culture, history, society, and more, and gained a lot of knowledge. I think being able to work at the foreign resident consultation counter is a wonderful opportunity. I don't have much experience in this type of work, but there's a chance that by taking this challenge head-on, I'll be able to discover something new about myself.

By learning from my seniors' experiences, everyone's guidance, and through my own efforts, I will do my best. I look forward to working with everyone.





## Introducing Our New Editor

*Nhip cầu kết nối*, NIEF's Vietnamese newsletter, has a new editor!



Hello, everyone!! My name is Hài Anh.

I am currently a graduate student at the Graduate Institute of Entrepreneurial Studies (Jigyō Souzō Daigaku). This is my first time living and studying in Japan but I feel happy and fortunate that I was able to choose Niigata as my first place to study abroad. I have only been here for six months, however, I've felt the warmth and love of Niigata's people. The food and scenery make me feel happy that I am able to wake up every day and experience something new.

From now on, I hope to act as a bridge between Vietnamese people living in Niigata and all of Japan. I would like to thank everyone in advance for their support and guidance.



## Dak Gomtang (Korean chicken soup)



A comforting, delicious, and easy to make chicken noodle soup. There is an additional recipe for a spicy sauce which can be added to the soup. Dak Gomtang is often eaten with rice, so be sure to make some rice on the side for an authentic experience! This recipe was provided by Ms. Kang Geumok, who runs Kyoushitsu Meari, where she introduces Korean culture to people in Niigata through Korean-Japanese conversation cafes, Korean cooking classes, and patchwork. For more details, feel free to check out Kyoushitsu Meari's official LINE account by scanning the code. →



### Ingredients

1 chicken	½ onion
5 jujubes	1 carrot
10 cloves of garlic	100g cellophane noodles (harusame)
20g ginger	10 niboshi (small dried fish)
3 green onions (green portion only)	2 potatoes
(Optional) Rice: 150g glutinous rice (mochi rice) & 150g white rice	



### Optional sauce

Yang-nyeom sauce (for spicy soup):

- 2 Tbsp chili powder
- 3 Tbsp chicken broth
- ½ Tbsp grated garlic
- 1 tsp sardine extract


### Method

- Put cellophane noodles in water and boil.
- (Optional) For rice: Soak rice in water for 30 minutes and then cook.
- Wash chicken and place in large pot with 2 – 2.5 liters of water.
- Clean the jujubes, leave the skin on the ginger, remove the skin from the garlic cloves, wash the carrots and leave the skin on, and remove the onion's skin.
- Place ingredients from step 4 into the pot with the chicken and simmer for 30 – 50 minutes.
- After the chicken is fully cooked, remove it and the vegetables from the pot. Let the chicken cool and then remove the skin and bones. Break the chicken up into bite-sized pieces and season with salt and pepper.
- Put the large bones back in the pot and add potatoes. Boil. Lightly season with salt.
- Put the cellophane noodles in a bowl and place chicken and potatoes on top. Pour the soup on top. Garnish with green onions.
- Season with salt and pepper to taste.



## 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 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 <b>*Please register beforehand</b>	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/jcvg>

## International Cooking Class

**When:** April 27<sup>th</sup> (Sat), April 28<sup>th</sup> (Sun), April 29<sup>th</sup> (Mon)  
11:00-14:00**Fee:** Foreign residents: ¥2,000  
Japanese citizens: ¥3,800**Menu:** Enjoy the Fresh Green Leaves with Spanish Cuisine – Spring vegetable paella, various Spanish recipes, non-alcoholic sangria, and 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

## Information

## Ōta Jirō Exhibition

The Niigata City Manga House is holding an exhibition dedicated to Ōta Jirō. Ōta Jirō (1923 - 1982) was a manga artist known for his expressive, colorful art and skill in design. The focus of this exhibition is his manga, *Korisu no Pokko-chan*, which features a cute squirrel and other animals. Exclusive goods will also be sold at the exhibition.

**When:** March 22 – May 21, 11:00 – 19:00 (open every day, except Wed.)**Where:** Niigata City Manga House,  
6-971-7 Furumachi-dori, Chuo Ward**Fee:** Free!

## Earthquake Information



Niigata City regularly updates its website with information on disaster relief for the 2024 Noto Peninsula Earthquake. Information is available in Japanese, English, and Chinese, with machine translation available for other languages.

## Free Japanese Class

A free beginner level Japanese class is available for students who can read most hiragana and katakana and some basic kanji. Class fees are free, however, students must purchase a textbook.

**When:** Fridays, 15:30 – 17:00**Where:** CrossPal**Sign up/Contact:** Mr. Komiyama

TEL: 090-4811-1147, email: kmyma2s@gmail.com



<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: nia21c@niigata-ia.or.jp URL: <a href="https://www.niigata-ia.or.jp/">https://www.niigata-ia.or.jp/</a>		Weekdays 10:00 – 17:00 English, Russian, 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 (4/9) 13:00–17:00 Thai, Vietnamese, Russian	Make a reservation by phone or email in advance.  <b>Place:</b> Multilingual Consultation Center of Niigata (formerly Foreign Resident Consultation Center) (2nd floor of Toki Messe)  <b>Contact:</b> TEL: 025-241-1881 Email: nia10@niigata-ia.or.jp
<b>Gyoseishoshi Association of Niigata Consultation</b>	4 <sup>th</sup> Wed. of the month (4/24) 10:00–17:00 Chinese, Russian	
<b>Free Legal Consultation for Foreign Residents</b> Length of Consultation: 40 minutes per person	3 <sup>rd</sup> Thur. of odd numbered months (5/16) English, Spanish, Portuguese, Russian	
<b>Houterasu Free Legal Consultation for Foreign Residents</b> Length of Consultation: 40 minutes per person	3 <sup>rd</sup> Mon. of even numbered months (4/15) 13:00 – 17:00 English, Filipino	
<b>Education Consultation</b>		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 &amp; Ayako Homma)

CrossPal will be closed Apr. 22<sup>nd</sup>