



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 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 and insurance experts can also answer questions on treatment, insurance, etc. Interpreters are available for English and Chinese. An interpreting device will be used for other languages. For foreign residents only.

Date: June 8th (Sun) 10:00-14:30

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



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: June 7th (Sat) 13:00-16:40

Location: CrossPal 2nd floor

Spots: 5 time slots (40 minutes per person)

Fee: Free!

Sign up: (NIEF) Tel: 025-225-2727,
Email: kyokai@nief.or.jp



International Lecture: Tourism in Central France

Come and learn about the region of Auvergne, located in central France! Charles, Niigata City's French CIR will introduce the region, its special characteristics, and recommended areas to visit. Don't miss rare insight into this unique historic and beautiful region. To sign up, call the phone number below or scan the code to the right.

Date: July 6th (Sun) 10:30-11:30

Location: CrossPal 4F Audio-Visual Hall

Fee: Free!

Contact: (NIEF) Tel: 025-225-2727,
Email: kyokai@nief.or.jp



Let's Have Fun with Foreign Language!



Native speakers from France and Russia will teach about their country's language and culture through games and fun activities. This is a great opportunity for children to learn about foreign cultures. No need to sign up, just come by and have fun!

Date: July 5th (Sat) 11:00-11:40

Location: Kodomo Sozo Center, Ikutopia 2F
Supporters Room

Fee: Free!

Spots: 15 groups (child(ren) and adult)

Age range: 3 years old - elementary school

Contact: Kodomo Sozo Center, Tel: 025-281-3715



International Lecture: Tourism in Korea

Kwon Byung Jeon, a lecturer from Akikusa Gakuen Junior College and former director of a Korean tourism agency, will hold a lecture on tourism in Korea. The focus will be on Seoul and lesser-known regions. Come and learn all the best spots to visit from this expert!

Date: July 13th (Sun) 14:00-15:30

Location: CrossPal 4F Audio-Visual Hall

Fee: Free!

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



Salon Exhibit: ~Lale Project~



Connecting Niigata to Türkiye's Disaster Area

In February 2023, a major earthquake struck the southern region of Türkiye (Turkey). The Lale Project uses tulips ("lale" in Turkish), the national flower of Türkiye and city flower of Niigata City, to connect these two regions and provide support to the area affected by the earthquake. This exhibit features photos of the region, taken by the Lale Project, half a year after the disaster.

Date: May 10th (Sat)-June 28th (Sat)
9:00-17:00

Closed: Sundays, holidays, June 23rd (Mon)

Location: NIEF Exchange Salon (CrossPal 2F)

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.

You can also seek consultation via LINE!

Scan the code below to become friends with the Niigata Prefecture Administrative Scrivener Society.

Date: July 20th (Sun) 10:00-16:00

Location: CrossPal 3F, Room 308

Fee: Free!

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



Sado Okesa Dance Lessons

Learn Sado's traditional dance, the Sado Okesa. This same dance will be performed at the Niigata Matsuri on August 8th. Beginners are welcome, there's no need to sign up in advance, and all lessons are free. Just show up in something easy to move in and have a good time. Remember to stay hydrated! (Lessons cancelled if it rains.)

When: May 9th-September 5th on Fridays,
18:00-21:00

Where: Bandai Terrace Hajimari Hiroba

Fee: Free!



Information

ThreeR Trash Sorting App

The ThreeR trash sorting app features a trash pickup calendar, notifications to remind you of trash pickup days, and a search feature to look up how to sort items. You can also apply for large trash pick-up. The app is available in Japanese, English, Chinese, and Korean. ThreeR is also available as a website.

Download
the app
here ⇒



ThreeR
website
⇐



Niigata Matsuri Folk Dance

NIEF will dance in this year's festival again on Friday, August 8, 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. The NIEF website will be updated with more details closer to the date, so check if you're interested!



Greeting from Ms. Song Yingxue (CIR)

Niigata City welcomes its newest Coordinator for International Relations (CIR), Ms. Song Yingxue. Here is her message to everyone:


Nice to meet you! I am Song Yingxue, I arrived in April as the new Niigata City Chinese Coordinator for International Relations. I'm from Xining City in the Qinghai Province of China. Four years ago, I studied in Joetsu City as a university student for a year. During my time as a student there, I was moved by the warmth of the local people and came to love Niigata and its abundant nature. Because of this, I am delighted to be able to do foreign affairs work here in Niigata City. From here on, I will do my best to provide everyone with useful information. I am looking forward to meeting everyone through future international exchange events and activities.

Song Yingxue 宋 迎雪
Niigata City CIR



Classes

Japanese Language Courses (NIEF classes and others)

NIEF classes: Beginner through Intermediate 2	-Classes of varying difficulties are available throughout the week. -Pricing info & the schedule for the current session: https://www.nief.or.jp/	Ms. Kiyoko Tanaka Tel: (025) 225-2727	Volunteer Japanese Classes: 
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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 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 7/5 *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.	

Consultation

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
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	3 rd Tue. of the month (6/17 & 7/15) 1pm-4pm 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: TEL: 025-241-1881 Email: nia10@niigata-ia.or.jp *All listed dates are subject to change. Please call or email to confirm.
Gyoseishoshi Association of Niigata Consultation	4 th Wed. of the month (6/25 & 7/23) 10am-5pm Chinese, Russian	
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Thur. of odd numbered months (7/17) 1pm-5pm Russian	
Houterasu Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Mon. of even numbered months (6/16) 1pm-5pm English, Filipino, Russian	
Education Consultation	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 & Ayako Homma)

CrossPal will be
closed June 23rd
& July 28th