

MOVIES

TOHO CINEMAS Niihama (AEON Mall)

- December 13 ~ **Kraven the Hunter** Sub
- December 6 ~ **Moana 2** Dubbed
- December 20 ~ **Mufasa: The Lion King** Dubbed
- January 10 ~ **Formed Police Unit ※PG12** Sub
- January 9 & 30 ~ **Moana 2 (Baby Club Theater)** Dubbed
- January 17 ~ **The Apprentice** Sub

Movies might be changed without notice.
So please check the homepage for information.

Information Service
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This newsletter is published by SGG, a volunteer group that helps foreigners living in and around Niihama. If you need any advice, information, or support, please contact SGG. SGG would welcome any suggestions, questions, or ideas for monthly articles.

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ONE POINT JAPANESE


「～たものだ」の使い方
(How to use 'I used to')

A : あれ？ 缶コーヒーじゃなくて、甘酒ですか？
Are? Kankōhī ja nakute, amazake desu ka?
(What? Not canned coffee, but amazake?) 

B : ええ、自動販売機で見ると、つい買ってしまいます。
Ē, jidō hambaiki de miru to, tsui katte shimaimasu.
(Yes. Whenever I see one in a vending machine, I buy it without a thought.)

おいしいし、身体が温まるし、大好きなんです。
Oishī shi, karada ga atatamaru shi, daisuki nandesu.
(It's delicious and warms me up, so I love it.) 


A : なつかしい。わたしも昔はよく飲んだものです。
Natsukashī. Watashi mo mukashi wa yoku nonda mono desu.
(It brings back memories. I used to drink it a lot, too.)


祖母がしょうがをたくさん入れて、作ってくれました。
Sobo ga shōga o takusan irete, tsukutte kuremashita. 

(My grandmother put a lot of ginger in it when she made it for me.)

A : Bさんは子どものころ、よく運動していましたか？
B-san wa kodomo no koro, yoku undō shite imashita ka?
(B-san, when you were a child, did you exercise a lot?)

B : いいえ、全然。父に外で遊べとよく言われたものです。
Īe, zenzen. Chichi ni soto de asobe to yoku iwareta mono desu.
(No, not at all. I used to be told by my father to play outside.)

釣りや野球より、ゲームや読書の方が好きでした。
Tsurī ya yakyū yori, gēmu ya dokusho no hō ga suki deshita.
(I liked playing games and reading books more than fishing and playing baseball.) 

A : そうなんですか。Sō nan desu ka. (Really?)
わたしは反対に、本を読めと叱られたものです。
Watashi wa hantai ni, hon o yome to shikareta mono desu. 

(I was the opposite: I used to be scolded and told to read books.)

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.
Feel free to contact us at:
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What's New?

Niihama City

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A 15-year Journey to Japan

My name is Sailendra Katwal.
Last December, I came to Niihama from Nepal. The journey by plane took only nine hours, but it had been a 15-year journey since I first became fascinated with Japan. I first learned about Japan when I was in elementary school. The teacher was not in the classroom, and everyone was making a lot of noise. A teacher from the neighboring class came over and scolded us. She told us that Japanese children were polite and behaved with discipline. She gently encouraged us to become good children like them. As an elementary school student, I wanted to meet Japanese children and become friends with them. Now, I work with those who were elementary school students in Japan back then. Just as my teacher said, they are very disciplined and polite.

After graduating from elementary school, I had many opportunities to learn about Japan. From history classes, I learned about the humility and kindness of the Japanese people and the progress in science and technology. News of earthquakes and tsunamis taught me about the resilience and strength to face hardships and sorrows. When I was a third-year university student and received a job offer, I thought my dream of visiting Japan had come true.

After coming to Japan, my childish admiration turned into a challenge. Rather than just observing the diligence, punctuality, and consideration of Japanese people from the outside, I began to live as a member of Japanese society. This wasn't easy. Sometimes, I felt like I was lost. The workplace culture was unfamiliar to me, and I often struggled to understand work instructions, resulting in many mistakes.

Days were busy and exhausting, making it hard to manage my personal time. I felt stressed, with no friends to share my feelings and no place to enjoy leisure time. However, gradually, I got used to my job and became better at managing my time. I explored places to go and became accustomed to Japanese culture. I refused to give in to the desire to quit, encouraging myself, and slowly began to feel that I was adapting to life in Japan.

It took time, but now I am here in Japan. However, my journey is not over yet. A new journey has just begun. There is still much to learn, and I am excited about the future that lies ahead.

Accidental Ingestion of Medication by Small Children

(Ehime Shimbun: December 26, 2023)

Families living with children must be careful about keeping medication for chronic illnesses or colds. Some cases have been reported that small children ate medication after mistaking it for candy, or out of curiosity.

According to the Consumer Affairs Agency, a one-year-old child took out a bottle of over-the-counter cold medicine kept in the drawer and mistakenly took several tablets. The child suffered acute drug poisoning and had to spend a week in hospital. Another case involved a seven-year-old who ate 28 asthma tablets with chocolate.

The basic countermeasure for accidental ingestion of medicine by small children is to keep it in a place unreachable to them.

If your child does accidentally ingest medicine, you must confirm their state of consciousness, the name of the medicine and the amount they took. Call a special 24/7 institution, such as "Osaka Poisoning 110." Then, go to the right medical institution if necessary. Some medicines are fatal. The

Consumer Affairs Agency recommends, "Please call an ambulance if your child looks different than usual."

Nori is Fabulous, Rich in Nutrition and Easy to Take

(Ehime Shimbun: January 28, 2020)

February 4th is Setsubun, the day before the calendric beginning of spring. These days people tend to eat "ehomaki" instead of the traditional custom of throwing beans to celebrate Setusbun. Ehomaki is a thick sushi roll eaten while making a wish, silently facing the direction of "eho" (best luck) that is specified each year.

Nori (dried seaweed) plays an important role in ehomaki. It is black and flimsy and doesn't look nutritious. It appears to play a supporting role at the dining table but is actually highly nutritious, known in Japan as "the green and yellow vegetable of the sea". Moreover, it is low in calories and rich in minerals like potassium and iron. It also contains a lot of vitamins, folic acid and dietary fiber, making it a crucial food for good health promotion.

February 6th is Seaweed Day. One week before and after, various events involving ehomaki are held in many places. It is easy to get vitamins and minerals by eating nori. It supplements nutrients that modern people tend to lack. It is said two sheets a day are appropriate.



January events

☆January 26th (Sun)

NHK casual classic concert

Akagane Museum 3:00pm~5:00pm

Fee: Free of charge. Advance application required. If there are a large number of applications, a lottery will be held.

☆January 26th (Sun) Sansan Market

9:00am~12:00am Noborimichi Arcade

☆Exhibition: Tezuka Osamu (manga & anime creator)

Venue: Akagane Museum

Date: December 7, 2024 to January 19, 2025

(Except Museum Closed Day)

Time: 9:30 AM to 5:00 PM (Last entry 4:30 PM)

Fee: Adult ¥ 1,200

College and High School students ¥ 1,000

Elementary and Junior High School students ¥ 800

Pre-school children Free



The 33rd Global Party

- Date: February 9th (Sun) 1:00pm~3:30pm
- Venue: Niihama Women's Plaza
- Fee: ¥500/person Free for children 6yrs and below
- How about wearing your national costume or trying Japanese Yukata?
- Learn some fun dance moves!
- Meet some new friends!
- Have some drinks and snacks.
- Choose some Japanese tableware or kimono from the Giveaway Corner.



Online Information in English from Niihama City

☆ A Guide for Living in Niihama



☆ The Niihama Medical Institution Map



☆ How to Sort Your Trash and Garbage



☆ What's New? in English



☆ Niihama Tourist Information

<https://niihama.info/>



☆ Help with legal matters, discrimination, insurance, etc Japan Life Guide

(Nartionwide service) multilingual



☆ Yoriso Helpline for foreigners

[TEL:0120-279-338](tel:0120-279-338) 10:00 a.m.~10:00 p.m.

Multilingual Your privacy will be protected.