

★ – working toward a region where foreigners with limited Japanese can get medical care worry-free – ★

Medical Interpreting Volunteer Training Held in October 2016

As one part of efforts to develop Gifu Prefecture into a multicultural community, GIC administrates the “Gifu Prefecture Medical Interpreting Volunteer Services,” which provide volunteer medical interpreters (for Portuguese, Chinese, and Tagalog) in response to requests from medical institutions within the prefecture, in order to allow foreigners with limited Japanese to receive medical examinations anxiety-free.

As part of these services, in order to develop the skills of the medical interpreting volunteers, and find and develop newly registered volunteers, we held Medical Interpreting Volunteer Training 2016 on October 15th, in joint sponsorship with the Gifu University medical school. In this article, we introduce the various activities which the 52 participants took part in over the course of two days.

Day 1

Lectures



Participants learned about the role of a medical interpreter, necessary knowledge and skills for medical interpreting, study methods, and ethics. In addition, participants discussed problems likely to occur while interpreting, potential difficult situations, and while exchanging viewpoints with each other, learned actions a medical interpreter ought to take in such situations.

Participants also studied the names and symptoms of diseases with the highest death rates in Japan, current treatment methods, and relevant names of body parts and the body's structure, in order to build up their fundamental knowledge of medical care. There was also a lecture on types of medicines, their effects and side effects, and medical prescriptions. By learning how medicine circulates through the body, participants deepened their understanding of the importance of taking medicine properly (i.e., at what time of day, how frequently, with or without a meal, etc.).

Day 2

Lecture & Hands-On Training



Participants divided into groups for Portuguese, Chinese, and Tagalog. While listening to the medical school students' explanations, participants did hands-on training using anatomical models, medical tools, and machines commonly used in medical examinations. They also practiced interpreting and translating between Japanese and their target language, note-taking, and other interpreting training.

In addition, participants divided up by language and practiced interpreting conversations between a doctor and a patient in mock medical examinations. Taking turns playing the part of the patient and the part of the interpreter, participants continued practicing interpreting while getting advice from teachers on the accuracy of their interpretations and on what to do when encountering unknown vocabulary.

We received many comments from participants that the lectures and hands-on training, wherein they received direct guidance and instruction from specialists, doctors, and to-be doctors engaged in medical interpreting, were very valuable experiences. Many commented that the instruction was easy to understand, and they learned a great deal. “I struggled in the past when I didn't understand Japanese; I want to help people in those same circumstances,” “I want to be a helpful member of the regional community” – This enthusiasm and concern will help Gifu Prefecture develop into a region where anyone can live with ease. We thank everyone for their kind participation, hard work, and commendable effort!

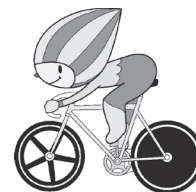


What You Should Know About Biking Rules

The rules for riding bicycles were revised over a year ago. Are you following them properly?

Bicycles are used by a wide age range of people, from small children to the elderly. Rules are therefore in place in order for everyone to be able to use their bicycles safely and securely. While using roads, cyclists must be careful not only of other cyclists, but also of pedestrians and cars.

Following the rules for biking is very important for your own sake and for the sake of others. In this article, we will review the rules so you can be sure you know them well.



Bicycle Riding Course System

If you commit a [dangerous act](#) (as in the examples below) twice within three years, you will be obligated to take a course on proper bicycle riding.

The course is three hours and costs ¥5,700 (standard fee). In addition, if you fail to attend the course after being ordered to do so, you will be fined a penalty fee of up to ¥50,000.



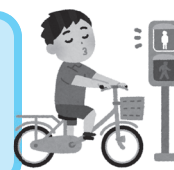
cycling
after
consuming
alcohol

entering
a railway
crossing
blockade

failing to
stop when
required

riding a
bicycle
without
functioning
breaks

ignoring
traffic
lights



etc.

Five Rules for Safe Cycling

In order to prevent accidents, it's important to follow the Five Rules for Safe Cycling.

1 Bicycles use the road in general, the sidewalk as an exception (Bicycles are "light engineless vehicles," and thus use the road as a general rule.)

2 Ride on the leftmost side of the road

3 When on the sidewalk, pedestrians have priority; proceed slowly and near the road

4 Follow rules for safety

- No drinking and biking
- No riding side-by-side with other cyclists
- Two people must not ride one bike
- Use a light when riding at night
- Stop at intersections, check for safety, and follow traffic lights

5 Children must wear helmets



Damage Insurance for Bicycle Accidents (Bicycle Insurance)

Private bicycle insurance can provide compensation both when you are injured, and also when you injure someone else, or break/damage something while using your bicycle. You should compare the available "Compensation for Injured Parties" and "Compensation for Oneself," and choose an insurance plan that suits you. Generally, plans will provide insurance in instances such as those listed below.

Examples of Accidents

- Injury from falling off one's bicycle
- Injury from collision between two bicycles
- Injury from collision with a bicycle while walking
- Causing another party injury while biking
- Damaging a parked car while biking



Compensation for Injured Parties

- Personal liability insurance (personal injury, property damage)
- ¥10 Million ~ ¥100 Million



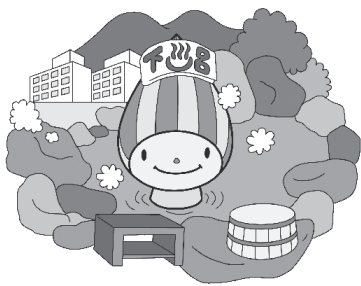
Compensation for Oneself

- Hospitalization fees
- Expenses from repeated hospital visits
- Compensation in the event of death etc.



* Insurance varies depending on one's plan, so be sure to confirm your plan's content when signing an insurance contract.

Good Ways to Spend the Winter



During the cold wintry season, don't you just want to relax in a nice bath at a hot spring? Gifu Prefecture has many hot springs, including the Gero hot springs, one of the three most famous hot springs in Japan (the others being Kusatsu and Arima). The hot springs in

Gero are alkali simple hot springs; the water is smooth and gentle on the skin, giving it a good reputation for its beautifying effects. It takes about one hour and fifty minutes by car to get from Gifu city to Gero hot springs; you could alternately take the JR Limited Express Wide View Hida from Gifu Station to Gero Station and arrive in one hour and twenty minutes. For people staying overnight, some hotels have direct buses from Gifu Station, making Gero very easy to access. For people who want to take a day trip, there is the "Yu Meguri Tegata" ticket for ¥1,300, which lets you choose three different hot springs of your liking out of over 31 participating *ryokans* (traditional Japanese inns) and hotels. If you get tired from strolling through this nostalgic old hot spring town, you can take a nice short rest at an *ashiyu* (outdoor footbath) free of charge.

Other than the Gero hot springs, there are also the five Okuhida

hot spring villages – Hirayu hot springs, Fukuji hot springs, Shin-Hirayu hot springs, Tochio hot springs, and Shin-Hotaka hot springs – which boast the greatest number of *rotenburo* (open-air baths) in Japan. The Okuhida hot spring villages are surrounded by the famous mountain range known as the "Northern Alps," which includes Yari, the Hotaka mountains, Mount Norikura, and Gifu Prefecture's highest peak, Mount Kasa. You can enjoy the elegant and nostalgic charm unique to these mountain villages, which show a different side of themselves from season to season. For the winter, we recommend some luxurious snow viewing from the hot springs. Imagine yourself gazing at the snowy landscapes of the Northern Alps, while cozy and warm in a hot spring bath – this kind of blissful moment is only possible in the winter, so now is the time to experience it for yourself. During the winter, the Okuhida hot spring villages also have the Nakao Kamakura Festival and Hirayu Otaki Ice Festival, as well as various illuminations which light up the surrounding snowy scenery.

However, for some people, hot springs are too far, or there's no time to go, or travel and lodging expenses are just too high... In those cases, you should give a "super bathhouse" a try. Super bathhouses, as opposed to regular bathhouses, have a wide variety of facilities such as *rotenburo*, saunas, assorted toiletries (towels, body soap, shampoo, conditioner, etc.), and even restaurants and barbershops. You can enjoy a full bathhouse experience in one visit, and at a reasonable price. By all means, please give these super bathhouses a try!

Public Bathing Manners

In countries other than Japan (especially countries without natural hot springs), people often feel some hesitation at the idea of being naked at a public bath with other people. However, foreigners who have experienced hot springs often find that they are much easier to go to than they expected.

Anybody, regardless of nationality, can visit hot springs. However, unlike one's own bath at home, public baths and hot springs are used by various people at the same time. In order to not disturb other people, you should observe the following public bathing manners, so everyone can enjoy hot springs together.



Make sure to wash your body before getting in the bath!

By washing your body, you help keep the water in the bath clean, and by washing off any make-up, you can open up your pores & increase the good effects of the hot springs. You should use the available showers to wash yourself, and remain seated while you do so.

Kake-yu

Before getting into the bathtub, you should pour hot water over yourself. This act is called *kake-yu* in Japanese. This is to keep the bathwater clean, and adjust your body to the water temperature. You should pour the water steadily from your feet, gradually towards your heart.

Put up your hair

The dust or dandruff in your hair could dirty the bathwater, which would be unsanitary. In order to prevent this, put your hair up with a hair band or your towel, and be careful to keep it out of the water.

What To Bring

This varies depending on which hot spring you visit, so you ought to check ahead of time if you need to bring things like a towel with you.

Don't put your towel in the water

The bacteria on your towel might get in the water if you do so. You should use your towel when moving from one area to another, or when resting, to conceal parts of your body you would like to keep private.

Keep conversations at a level which will not disturb others

There are many people who go into hot spring baths wanting to be soothed and to relax. People can overhear the conversations of others even if they don't want to hear them, so don't have conversations in a manner or about subjects which will bother the people around you.

Wipe yourself off before returning to the changing room

When getting out of the baths, wipe yourself off with the towel you brought with you into the hot spring bathing area. This will help you effectively absorb the hot spring's beneficial elements, and will prevent the changing room's floor from getting too wet, so that everyone can use it comfortably.

Why do people put towels on their head?

If you stay in the bath for a long time, your blood vessels will be dilated for an extended period, causing too much blood to go to your brain, which can easily lead to headaches, nausea, and dehydration. This condition is called "*nobose*" (a rush of blood to the head) in Japanese. By putting a cold towel on your head, the blood which goes up to your head (due to your raised body temperature) will quickly cool, and this helps prevent *nobose*.

Training for Volunteers to Aid Foreigners in Disasters Held in Kakamigahara

Provisions for Disaster Prevention for Foreigners ~ in order to develop a safe and secure region ~

In Gifu Prefecture, more and more foreign residents are remaining in Japan long-term. There is concern that in the event of a large scale disaster, such as a large earthquake, foreign residents will be unable to understand the Japanese information transmitted by administrative bodies, rendering them unable to receive necessary information and aid. Thus, in order to develop an organization that can provide foreign residents accurate information and aid in the event of a large scale disaster in a region where many foreigners live, GIC held "Training for Volunteers to Aid Foreigners in Disasters" in Kakamigahara on December 18th, in joint sponsorship with Kakamigahara City and Kakamigahara International Association.

During this training session, we imagined that a large scale earthquake had occurred in Kakamigahara, and conducted hands-on practice of setting up and running a Multilingual Disaster Information Center. Participants divided up and worked in two teams: a general team (in charge of confirming the shelter locations for foreigners in need of refuge, considering a patrol route, etc.), and an information team (in charge of translating necessary information

for foreign residents, etc.). In the shelter patrol practice, participants practiced communicating the information (provided by the information team) to foreign residents playing the role of disaster victims. They also practiced listening to foreign residents describe aid they needed, and difficulties they were experiencing living in the disaster shelter.

We also held a disaster prevention workshop aimed at foreign residents, where participants had fun while learning how to get important information, what Japanese to use during disasters when in need of assistance, and various other necessary things for staying safe in the event of a disaster.

GIC will continue initiatives to develop a regional society where foreign residents can live safely and securely, and to reduce the impact of disasters to a minimum. We are always looking for volunteers who can interpret foreign languages in the event of a disaster, and ask anyone who is interested to please contact us here at GIC.

● Practice Setting Up & Running a Multilingual Disaster Information Center

Participants hard at work (at Kakamigahara General Welfare Hall)



"Elementary School Enrollment Guidebook for Foreign Parents & Guardians" Now Online

— Available in English, Chinese, Portuguese, & Tagalog (all with accompanying Japanese) —

In order to help foreign parents and guardians deepen their understanding of Japanese schools and enroll their children in elementary school without confusion, GIC has made an "Elementary School Enrollment Guidebook for Foreign Parents & Guardians," with entries on pre-enrollment preparation, school life, school rules, and other relevant information.

Content

- Preparing for Enrolling in Elementary School (enrollment procedures, fees, assistance)
- School Life (the school day, school year, events)
- Educational Content & Japanese Language (class subjects, Japanese acquisition, native language retention)
- Items to Prepare for School
- Items that Cannot be Brought to School
- The Role of Parents & Guardians (studying at home, reporting absences)
- Useful Websites, etc.

Languages

Four separate editions (English, Chinese, Portuguese, & Tagalog) (Japanese (left pages) & Foreign Language (right pages))

Data

The file can be downloaded from GIC's homepage.
URL: <http://www.gic.or.jp/2017/01/post-60.html>
<http://www.gic.or.jp/en/>
 We hope foreign parents and guardians, and those involved with aid for foreigners, will use this guidebook.

Inquiries

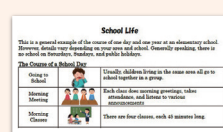
Contact GIC * This guidebook was made with the assistance of a subsidy from the Council of Local Authorities for International Relations (CLAIR).

Elementary School Enrollment Guidebook for Foreign Parents & Guardians

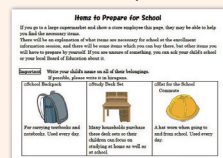
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A Day At School



Items to Prepare for School

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