



## Aiding Foreign Prefecture Residents with Life Planning

Foreign residents are once again increasing in Gifu Prefecture, with many of them choosing to settle here permanently. However, because foreign parents and guardians have insufficient information about the Japanese education system and things like educational fees, it is hard for them to set up a long-term life plan for residing in Japan, and it is not uncommon for this to influence the future employment and education of their children. To address this issue, GIC has been holding seminars through the 2016 and 2017 fiscal years aimed at Brazilian and Filipino parents and guardians looking to reside in Japan long-term, in order to teach about the Japanese education system and expenses necessary for education and the like. Through these seminars, we communicate the importance of savings and a long-term life plan made under the assumption of permanent residence in Japan, and help to develop these life plans for the sake of the future of these parents' and guardians' children. In addition, GIC has seminars which teach foreign children about the difference between regular employees and non-regular employees, provide opportunities for them to hear about the experiences of other foreign residents active in Gifu Prefecture, and give the children a motivational push to work towards making their dreams and their desired lifestyle a reality.



Instructor: Financial Planner Miaki Takeuchi



Foreign parents and guardians listen attentively to the instructor.



Foreign residents discuss their experiences

### 2016 Fiscal Year Events

\* Location, participants

#### 1. Seminar for Parents and Guardians

Minokamo City, Gifu City, Ogaki City – 75 participants

#### 2. Seminar for Children

Tono High School, Fuwa High School, HIRO Gakuen – 61 participants

#### 3. Seminar for Parents/Guardians and Children

Sonan Junior High School – 57 participants

### Seminar Content

- Japanese education system, education fees
- Scholarships, education loans, how to save for education
- Making a life plan
- The difference between regular and non-regular employees
- Experiences of foreign residents active in society and professional schools
- etc.

We're making a Life Plan Guidebook to go with the 2017 fiscal year seminars!





## Information from the Coordinators for International Relations

In Japan, garbage disposal is unique and complicated; even within Gifu Prefecture, there are varying rules between different municipalities. Do you understand all the rules, and follow them when you throw out your garbage? In this article, Gifu International Center's Coordinators for International Relations share the differences they've noticed between their home country and Japan's garbage disposal systems, and share some useful tips!

### ★Main Causes of Trouble★

#### Throwing garbage away in the wrong place/on the wrong day.



In Brazil, people put trash out in front of their house, and still use plain black garbage bags.



#### Not sorting garbage correctly.



In the USA, you can throw away whatever you want, whenever you want to, so only putting out certain types of garbage on specific days was new for me.



American kitchen sinks have a very useful and slightly frightening function – namely, a garbage disposal. By washing food scraps or oils down the sink and flicking a switch, the garbage is broken down automatically within the pipe. However, you have to be careful not to rinse the wrong thing down the garbage disposal by accident!

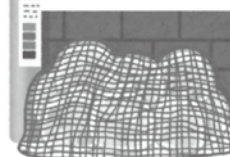
In American homes, these sorts of sinks have become fairly common, so "kitchen waste gets rinsed down the sink" is more or less common sense in the USA. However, if you rinse kitchen waste down the sink in Japan, it can cause bad odors or pipe blockage, so make sure you throw kitchen waste away with burnable garbage, or whatever other category your municipality designates.

#### Crows making a mess of the garbage.



If you put your garbage out too early before collection time, leave it out in the open, or otherwise aren't careful of crows, then they may tear into the garbage bags in search of food leftovers, and scatter garbage everywhere.

So that crows won't disturb your garbage, make sure you only put out the appropriate trash at the collection time on the day of collection. If you have a garbage bin, close the lid firmly. You can also put nets over garbage bags or put out spiked mats to keep crows away from your trash.



#### PET Bottles, Glass Bottles, Cans:

- ✓ Rinse the inside.
- ✓ Remove the cap and label.



Containers with this mark are regular plastics! They are not PET bottles – they count as ordinary garbage or recyclables.



Cooking oil containers are easily mistaken for PET bottles – be careful not to get the two confused!



Recyclables (old newspapers, clothes, frying pans, etc.) are important, reusable resources! Contact your local municipal office to find out the best ways to sort and dispose of recyclable items.

## How to Safely Enjoy Rivers



Summer is a great time to have fun at the riverside. However, playing near rivers can sometimes be dangerous, like when the water level suddenly rises. Please follow these five rules so you can have a safe time enjoying the rivers.

#### ● 5 Rules

- ① There are many living things in rivers. Take time to appreciate the many plants and animals like birds, bugs, and fish.
- ② Don't play by the river without an adult. Never go to the river by yourself.
- ③ Rivers are fun, but they also can be scary. Learn about rivers, and think about what you can do to keep safe.
- ④ Rivers are always changing. Be careful of the weather and the river currents when you spend time there.
- ⑤ If you want to get into the water, make sure to wear a life jacket.

#### ● [To Parents and Guardians] Precautions for Spending Time at Rivers

- ① Don't let your children play by a river without an adult present.
- ② Don't let your children play by the river when the water level is high, e.g. after it rains, etc.
- ③ Promptly follow any instructions given by police or fire fighters.
- ④ River currents vary from place to place. Take appropriate precautions.
- ⑤ River depth also varies from place to place. Take appropriate precautions.
- ⑥ Check the river conditions on your cell phone or computer.



#### ● What to Wear When You Go in the Water

- ① Wear a life jacket.
- ② Choose clothes that can dry quickly even if they get wet.
- ③ Wear shoes you can get wet which won't come off, like water shoes or swimming shoes. (Shoes like flip-flops are dangerous because they can come off easily!)



©岐阜県 清流の国ぎふ・ミナモト #0195

#### ● Gifu Prefecture River-Related Disaster Prevention Information

Check Gifu Prefecture's rainfall and water level in real time!  
<http://www.kasen.pref.gifu.jp/>



#### ● Gifu River and Road Safety Alerts

Receive automatic emails with area-specific information on heavy rains, flooding, road closures, and other natural disasters.  
<https://service.sugumail.com/gifu/member/>



Source: The River Foundation, "Waterside Safety Handbook"



## Getting Health Check-Ups for Babies and Toddlers

In this issue, we present information about health checkups for babies and toddlers, in order to help mothers of foreign nationality who are currently raising children in Gifu Prefecture.

Children from birth until just prior to enrollment in elementary school are considered “babies and toddlers.” The main role of health checkups for babies and toddlers is to provide aid to mothers. Among other objectives, these checkups aim to confirm children’s growth and development, and give advice about concerns or troubles related to child care. Various examinations are done depending on the child’s age.

Through these checkups, you can confirm the presence or absence of congenital disorders, appropriate timing of immunizations, and the development of your child’s motor functions, nervous system, and language ability.

Outside of the two health examinations determined by law (one at 1.5 years and one at 3 years of age), health checkups for babies and toddlers consist largely of publically funded public health examinations conducted by municipalities for children about three to four months old, and private checkups paid for individually.

In order to get a health checkup for babies and toddlers, you must have a Maternal and Child Health Handbook, so please inquire with your family doctor or local municipality for more information.

### About Public Health Examinations

	Age	Main Contents of the Examination
Announcements of public health examinations will come from your local municipality, so follow their directions. Public health examinations are often held in groups at a determined location such as a public health center. * The information in this chart is only one example. Details may vary depending on the municipality in which you live.	3 to 4 months	<ul style="list-style-type: none"> <li>checking on movement of the hips, head control</li> <li>information on baby food and preventing cavities</li> <li>checking body weight, meeting with experts</li> </ul>
	1 year 6 months	<ul style="list-style-type: none"> <li>checking motor function, nerve development, language development, growth of baby teeth</li> <li>confirming progress of immunizations</li> <li>checking body weight, meeting with experts</li> </ul>
	3 years	<ul style="list-style-type: none"> <li>checking on social development, living habits, and behaviors</li> <li>dental exam, urine analysis</li> <li>checking body weight, meeting with experts</li> </ul>

### Private Health Examinations

	Age	Main Contents of the Check-Up
Parents often get private health checkups for their children at 1 month, 6 months, 9 months, and about 1 year of age. Private checkups must be paid for out of pocket, but in some instances it is possible to receive aid from your municipality, so you should make an inquiry ahead of time. There are also instances when these checkups are conducted at medical institutions selected by the municipality. * The information in this chart is only one example. Details may vary depending on the municipality in which you live.	1 month	<ul style="list-style-type: none"> <li>supplying vitamin K syrup</li> <li>reflection test</li> <li>checking body weight, meeting with experts</li> </ul>
	6 to 7 months	<ul style="list-style-type: none"> <li>checking on rolling over and sitting down</li> <li>reaction to sounds and toys</li> <li>checking body weight, meeting with experts</li> </ul>
	9 to 10 months	<ul style="list-style-type: none"> <li>progress with baby food</li> <li>checking on crawling, pulling self to standing position</li> <li>checking growth of baby teeth</li> <li>checking body weight, meeting with experts</li> </ul>
	1 year	<ul style="list-style-type: none"> <li>progress with baby food</li> <li>pulling self to standing position, cruising</li> <li>checking growth of baby teeth</li> <li>checking immunizations</li> <li>checking body weight, meeting with experts</li> </ul>

### Advice for Getting Health Checkups

Public health examinations are often held by municipalities at facilities such as health centers in large groups. Because there will be many mothers in the same circumstances at these check-ups, you can exchange information with one another and learn more about child rearing in Japan. In addition, you can consult with experts regarding concerns or difficulties you are having regarding raising your child. You can make these consultations go more smoothly by using your Maternal and Child Health Handbook effectively: record your child’s actions and condition on a regular basis, and decide ahead of time what you would like to consult about.

Health checkups are held in an environment which babies are not accustomed to. Along with diapers and changes of clothes, we recommend bringing items like a pacifier or toys which will help your baby relax.

Due to the instability of female hormones post-partum, new mothers are more prone to having depressed feelings or ill health. Don’t feel like you have to take everything on alone – talking to somebody, even about small things, can help you feel better.

**This is a valuable opportunity to connect with experts and mothers of children the same age as yours and get advice, so make sure to get these examinations!**

# Farewell Message from CIR Serena

It's been nearly a year since I first set foot in Gifu in the summer of 2016.

This year passed so quickly for me it's hard to believe that come this August, I will be leaving Gifu. Although the time I spent here was brief, it brings me great joy to think that I was able to become one small part of this prefecture's community; and it saddens me just as much to know that I will be leaving here so soon.

As this was my first job out of university, I had a lot of trouble when I first got here, surrounded by many things that I didn't understand. However, with the help of my many kind coworkers, I gradually built up experiences, and before I knew it, I found myself looking forward to going to work every day. In school visits, I had fun interacting with cheerful children; in language classes, I enjoyed exchanging views in discussions with my students; through government administrative translations, I was able to learn all sorts of things about Gifu Prefecture. I feel very lucky to have had such a fulfilling work life.

On my days off when I was able to explore Gifu Prefecture, I was always moved by the beautiful scenery and storied history of the region. Looking out across Gifu from the top of Mount Kinka, you can see the traces of Oda Nobunaga, who built Gifu Castle and lived through the fierce Warring States Period; far in the distance, you can find the Chiune Sugihara Memorial Hall, which honors Chiune Sugihara, who went so far as to disobey orders from his own country to protect peace and human life. When I learned I would be living in Gifu, a place not so well known in the USA, I was a bit worried at first. But now, from the bottom of my heart, I'm really glad I got to live here. Although I have very little time left as a resident of Gifu, I want to spend my last few weeks strolling through the Yanagase shopping district, or reading in the library, as one more member of this prefecture's community.

My home nation, the United States, is regularly covered on Japanese news, and is probably fairly familiar for most Japanese people. However, I hope that in this year of working at GIC, I was able to show people a side of the USA that can't be found on TV or the internet. If I was able to bring some people to feel more fondly toward and more familiar with the USA, then I would be very happy. I'll continue to try and contribute to multiculturalism in society from here on as well.

Truly and sincerely, thank you for a wonderful year!



At the entrance of Gifu Park

## Information

In this corner, we share announcements from GIC and information on international and multicultural groups' events or courses happening within the prefecture.

### Announcement from Gifu International Center

Come enjoy international cultural exchange!

## Hello Gifu, Hello World 2017

Are you interested in getting to know more about world cultures?

Once per year, GIC works together with Gifu International Association (GIA) to hold a day of international exchange.

This year, China will be in the spotlight, to celebrate the 45<sup>th</sup> Anniversary of the Normalization of Diplomatic Relations between Japan and China, and the 55<sup>th</sup> anniversary of Gifu and Hangzhou exchanging inscription plaques dedicated to no more war between the two nations. The event will include performances of song and dance from around the world, as well as cultural showcase booths by the various international organizations active in Gifu prefecture. Attendees can have fun at these booths trying on traditional costumes, buying traditional crafts, and interacting with foreign visitors and residents. Come along and invite your friends!

Time : October 29 (Sun.) 10:00 to 15:00

Open To : Japanese and foreign residents

Place : Cinex Hall, Waku Waku Hiroba

(around 3,000 attendees per year!)

(in front of Takashimaya Department Store)

Inquiries : Gifu International Association Office 058-214-7703

(Gifu-shi, Hinodemachi 2-20 (in the Yanagase Shopping District))

**The GIC CIRs will also have their own booth! We look forward to seeing you there!**

Issued by:

**Gifu International Center (GIC)** 

Gifu Chunichi Building 2F,  
1-12 Yanagase Dori, Gifu City, 500-8875

Tel: 058-214-7700 Fax: 058-263-8067

Triphone: 058-263-8066 (Three-way telephone service  
for civic interpreting)

E-mail: gic@gic.or.jp URL: <http://www.gic.or.jp>

Opening hours: Sunday to Friday 9:30am - 6:00pm

Closed: Saturday, Public Holidays, New Year Period

Languages: English, Chinese, Tagalog, Portuguese

July 1, 2017

(Published three times yearly in July, November, and February)

Date of  
Publication:

