

Sekai wa Hitotsu

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Multicultural Salon: "A Taste of Food from Around the World"

GIC holds Multicultural Salons to promote cross-cultural understanding in local communities and encourage residents of Gifu Prefecture to think about multiculturalism. On December 7th (Fri.) and 16th (Sun.), we held cooking classes introducing dishes from 6 different countries. CIRs and foreign consultants from Lithuania, China, Brazil, the Philippines, France, and the U.K. each taught a traditional recipe from their respective countries. Once the various dishes were ready, participants and staff enjoyed conversing together over the food. Below is a short introduction of each of the different dishes we made over the course of the 2 cooking classes.



December 7th (Friday)



Bulviniai Blynai

Lithuanian pancakes made from grated potatoes. Even though the recipe used only very basic ingredients such as eggs, salt and pepper, the final product was crispy and delicious. We enjoyed the pancakes with sour cream.



Mapo Tofu

This Chinese dish is also very popular in Japan. We used Chinese ingredients such as *douchijiang* and *huajiao* to produce an authentic Chinese flavor. Participants also learnt a useful trick: boiling the tofu beforehand helps to prevent it from falling apart.



Queijadinha & Brigadeiro

These sweet party treats are a favorite amongst Brazilians. Both have condensed milk as their base ingredient, and are extremely easy to make. However, for the brigadeiro, the decision of when to turn off the heat is crucial.



December 16th (Sunday)



Pinakbet

A dish from the Philippines made by stewing vegetables such as pumpkin, eggplant, string beans, and okra. The key ingredient is the shrimp paste *bagoong*, which creates a different flavor from a typical Japanese vegetable dish.



Hachis Parmentier

A dish representative of French home cooking. "Hachis" means to cut up finely: we chopped onions and fried them with minced meat, then topped this with mashed potatoes and cheese before baking in the oven.



Banoffee Pie

A traditional British dessert. The name "banoffee" comes from combining the words "banana" and "toffee". The base is made from crushed biscuits, and this is topped with toffee, bananas, and cream to create an extremely sweet final product.



Training for Volunteer Medical Interpreters

GIC dispatches volunteer medical interpreters (Portuguese, Chinese and Tagalog) with a certain level of knowledge and skills to medical institutions within the prefecture as requested, so that foreign residents who lack confidence in Japanese can experience worry-free medical consultations.

On 10th (Sat.) and 11th (Sun.) November, we worked with the Gifu University School of Medicine to hold training for volunteer medical interpreters in order to develop the skills of our current medical interpreters, as well as train new interpreters.

Day 1 of Training

Venue: Kani-shi Katabira District Center



On the first day, we heard from speakers from the Center for Multicultural Society Kyoto, President Shigeno and Ms. Takashima, a public health nurse. Both hold training sessions for medical interpreters across the country.

In the first half, they gave an easy-to-understand explanation of Japan's health care system, the role of a medical interpreter, and potential interpreting scenarios. The speakers highlighted important points to note while giving an overview of hospital procedures.

They also explained the importance of maintaining professionalism, confidentiality and impartiality as a volunteer interpreter.

In the second half of the day, participants studied elementary medical knowledge and specialist vocabulary such as the parts of the human body and their functions, major illnesses, examinations and treatments. Participants practiced reading vocabulary out loud and translating it into their respective languages.

Day 2 of Training

Venue: Gifu University School of Medicine

On the second day, we heard once more from President Shigeno and Ms. Takashima from the Center for Multicultural Society Kyoto. Participants divided into groups by language and confirmed key points for medical interpreting while watching a roleplay of an interpretation.

After this lecture, participants visited the following 5 stations in turn in their respective language groups: "maternity ward", "diabetes/cystitis", "electrocardiogram/auscultation", "first aid (BLS/intubation)", and "blood pressure/oxygen saturation". Participants listened intently to explanations given by the students and professors from the School of Medicine while examining anatomical models and equipment and machinery used during medical examinations.

Lastly, participants used various roleplay scenarios provided to practice interpreting consultations between doctors and patients.



Information and Opinion Exchange Session for Disaster Language Volunteers

There are around 50,000 foreigners living in Gifu, and increasing number of foreign residents are choosing to settle here. Many of these foreigners may not have experienced a disaster before and lack disaster prevention knowledge, or not understand Japanese. In the event of a large-scale disaster, they will need support when evacuating or staying at an evacuation shelter. A particular issue is that official communications from local government organizations during a disaster are almost always in Japanese, making it difficult for foreign residents to even receive important information.

To combat this problem, GIC recruits individuals to register as disaster language volunteers, and holds training for these volunteers on a periodic basis.

At our training session on October 27th (Sat.), we introduced a voice translation application and other translation tools, and provided an opportunity for participants to exchange opinions. Participants commented on the importance of acquainting foreign residents with disaster prevention, and that understanding the customs and religions of different countries can lead to better support of foreign residents.

GIC recruits disaster language volunteers on a continual basis. For details, please give us a call or see our website.



Lifestyle Information for Foreign Residents

The Pension System

As of November 2018, there are over 50,000 foreigners living in Gifu Prefecture. The Prefecture's foreign population is ageing, and an increasing number of foreigners are choosing to settle here every year.

When thinking about your post-retirement life, it is vital to know how the Japanese pension system works. We have summarized the essential information below for you to use as a reference.

Old-Age Pensions

Regarding Japan's Old-Age Pension (name may vary depending on your pension scheme):

In August 2017, the required coverage period to claim the old-age pension was reduced from 25 years to 10 years. This change has made it easier for everyone, including foreign residents (who were added to the Japanese pension system from January 1982), to claim the old-age pension.

- Valid coverage periods are:
 - 1 Periods for which you paid contributions into the National Pension System, or were exempt from paying contributions.
 - 2 Periods for which you were covered under the Employees' Pension Insurance System or a Mutual Aid Association.
 - 3 "Complementary periods of coverage" during a period you were not paying contributions into a Japanese pension system.
 - ※This refers to a period that, when calculating your total coverage period required to claim your old-age pension, can be included as a valid coverage period, even though you were not paying contributions into a Japanese pension system at the time. However, this period will not be reflected when calculating the amount of your old-age pension.
- Example: A foreigner between the ages of 20 and 60 with permanent residence who lived in Japan between April 1961 and December 1981. Paying into the National Pension System became compulsory for foreigners from January 1982, so the period before this may be added as a "complementary period of coverage".
- There are other examples of complementary periods of coverage, so please see the Japan Pension Service's website for details.

Social Security Agreements

Individuals who have paid contributions into a pension scheme of a country which has a social security agreement with Japan may, under certain conditions, total up the periods for which they paid these contributions in order to claim their pension from either Japan or the other country.

- The details of Social Security Agreements vary by country, so please check these via the Japanese Pension Service's website.

Note

If you choose to claim a Lump-sum Withdrawal Payment, your Japanese coverage periods used for calculating this payment will no longer be valid for totalization purposes.

- ★ As of October 2018, the following 18 countries have Social Security Agreements with Japan: Germany, United States of America, Belgium, France, Canada, Australia, the Netherlands, Czech Republic, Spain, Ireland, Brazil, Switzerland, Hungary, India, Luxembourg, the Philippines (United Kingdom, Republic of Korea) ※For these 2 countries, this agreement extends only to the elimination of dual pension contributions, and not to totalization.)

Lump-sum Withdrawal Payments

You may claim a Lump-sum Withdrawal Payment if you satisfy all of the following conditions:

- You file your application for the Payment within 2 years of the date you no longer have a registered address in Japan and are no longer covered under the National Pension, the Employees' Pension Insurance or a Mutual Aid Association.
- You are non-Japanese.
- You have been covered under a Japanese pension system for 6 months or more. (For National Pensions, this refers only to the period for which you paid contributions.)
- You have never applied for Japanese public pension benefits before (including Disability Allowance).
 - ※The Lump-sum Withdrawal Payment amount will be calculated based on your coverage periods up to 36 months at maximum. If your coverage periods add up to a total of 37 months or more, all these periods before your Payment claim will no longer be valid for future pension benefits.
 - ※Please see the Japan Pension Service's website to calculate the amount of your Lump-sum Withdrawal Payment.
 - ※Those eligible for the old-age pension (over 120 months of total coverage) cannot claim a Lump-sum Withdrawal Payment. Please claim the old-age pension instead.
 - ※Claiming a Lump-sum Withdrawal Payment also has an effect upon how you can claim your old-age pension and the calculation of your coverage periods in countries which have Social Security Agreements with Japan. Please think carefully about your future benefits before making a decision about claiming a Lump-sum Withdrawal Payment.

Other

The application form for Lump-sum Withdrawal Payments, an explanation of Social Security Agreements, and a list of the countries which have Social Security Agreements with Japan are all available on the Japan Pension Service's website in a number of languages.
<https://www.nenkin.go.jp/international/index.html>

Multilingual Consultation Services

Interpretation is available at Japan Pension Service Branch Offices in English, Chinese, Korean, Portuguese and Spanish.

Office hours: 9:00 - 17:00

- ★ For those who wish use the telephone interpreting service, please contact one of the call centers listed below.

- 1 Pension Dial (*Nenkin Dial*)
 - 0570-05-1165 (Navi-Dial) •03-6700-1165 (regular phone number)
- 2 Pension Contributor Dial (*Nenkin Kanyusha Dial*)
 - For National Pension System contributors
 - 0570-003-004 (Navi-Dial) •03-6630-2525 (regular phone number)
 - For Employees' Pension Insurance System contributors
 - 0570-007-123 (Navi-Dial) •03-6837-2913 (regular phone number)

Gifu International Center now has an Official YouTube Channel!

GIC has started a YouTube channel to introduce the Center's work, as well as the customs and festivals of various countries, to prefectural residents.

Our first video is entitled "Schools in the UK, China and Brazil: a Conversation between CIRs". The Coordinators for International Relations at GIC discuss the schools and education systems in their countries, weaving in anecdotes from their own experiences.

We will continue to upload videos introducing the cultures of various countries, along with useful information for foreign residents. Please take a look.

<Gifu International Center Channel URL>

https://www.youtube.com/watch?v=3_NO3Pb4tPY



We filmed our first video at a studio in Nagara, Gifu City with the cooperation of the NPO Gifu Project Network, which uses its independent networks to publicize information about what Gifu has to offer.

CIRs Kathryn Orr, Deng Junling and Iwamoto Tiemi Silvia, along with facilitator Seko from JICA's Gifu Prefecture Desk talk about their memories of their school lives.

Our Second Video...

✿ We have created a video entitled "A Life Plan Course for Foreign Children and Parents", which is available in Japanese, Portuguese and Tagalog ✿

Our Life Plan Course provides important information regarding education, employment, social insurance and so on for foreigners living in Japan. It also helps participants to consider the importance of long-term life planning and saving. This course is now available as a video on YouTube.

Those of you who have been unable to attend the course in person for work or family reasons can now watch it whenever you have internet access. Why not get together with your friends and family to think about you and your family's future?

※This video is based on the Life Plan Guidebook we produced last fiscal year, which can be downloaded from the Center's website via the link below. ↓

<http://www.gic.or.jp/2018/03/post-86.html>



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