

# Sekai wa Hitotsu

Gifu International Center (GIC)  
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## New Gifu Japanese Learning Support Website released!

The screenshot shows the website's navigation menu with options for Languages: ぶりかな, 日本語, English, 中文, Português, Tagalog, and Tiếng việt. The main heading is 'Gifu Japanese Learning Support Website' with the tagline 'Let's enjoy Japanese!'. Below this, it states: 'Gifu International Center (GIC) offers support for foreign people to learn Japanese. Look for the nearest Japanese language class!'. A search bar is present with the text 'Search for Japanese language classes'. Two buttons are available: 'List of Japanese language classes by area' and 'Search from the map'. A filter section includes 'By municipality' (with a minus sign), 'By level' (with a plus sign), and 'Day / Time' (with a plus sign). A grid of buttons lists municipalities: Gifu, Hashima, Kakamigahara, Mizuho, Ogaki, Kaizu, Yoro, Seki, Minokamo, Kani, Sakahogi, Shirakawa, Tajimi, Toki, Nakatsugawa, Ena, Takayama, Hida, and Gujo. A 'Search by keywords' section contains checkboxes for: Free lessons, Classroom style tutoring, One-to-one tutoring, Group tutoring, Free car parking, Near station, Bringing infants allowed, Lessons for children, and Preparation for Japanese-Language Proficiency Test. A search button 'Search by selected criteria' is at the bottom. A small poster on the right says '私たちと一緒に日本語を教えましょう!' and '日本語学習支援者の募集について'.

Some non-Japanese residents in Japan find it difficult to work or attend school due to a lack in Japanese language proficiency. For such people, in Gifu Prefecture there are local Japanese language classes run by municipal international exchange associations and volunteers. Now, the Gifu International Center has released the 'Gifu Japanese Learning Support Website' which shares information on Japanese language classes in each area of the prefecture in one place!

Visitors to the 'Gifu Japanese Learning Support Website' can search for classes close to where they live at a suitable level of Japanese language, suitable day of the week, and time of day. For those interesting in teaching Japanese, it is easy to search for classes that are looking for teachers and volunteers.



In addition, updated information on training, etc. is shared from time to time for teachers and volunteers on the teachers page, along with posts sharing useful teaching Japanese language teaching materials to be used in the classroom.

Please use this website and find out about what kind of Japanese language classes are available near you.

Gifu Japanese Learning Support Website

Search

<https://www.gic.or.jp/nihongo/en/>



# Lifestyle Information for Foreign Residents



## Difference between *yochien* (kindergarten) and *hoikusho* (nursery school)

Before elementary school, most children are sent to kindergartens (*yochien*) and nursery schools (*hoikusho* / *hoikuen*) during the day-time. These facilities support parents during working hours, contribute to the development of the child's mind and body, and provide necessary education.

Kindergartens and nursery schools are governed by different national institutions and laws, and the staff and equipment, what is carried out daily, etc. is decided according to the body of laws governing the facility.

In addition to kindergartens and nursery schools, there are other facilities with the same functions and services as certified children's institutes (*kodomoen*), and small-scale facilities such as community-based childcare, where the roles and contents differ slightly depending on the facility. Please read on for more details. Parents may wish to consult with their local city, town, or village office. When making a consultation, parents can avail of our interpreter service that is provided by the Gifu International Center, so please avail of it as needed.

### ■ Main differences between kindergartens and nursery schools ■

\*This content is partly quoted from the 'Support Book for availing of services at Nursery Schools and Childcare Businesses' created by GIC. Time/location to apply may vary depending on the municipality and whether the facility is public/private, so please enquire at your local municipal office.

	Hoikusho/Nursery School	Yochien/Kindergarten
What age can children be enrolled?	0 to 5 years old (until elementary school) *Community-based childcare facilities care for children ages 0 to 2.	3 to 5 years old (until elementary school)
Can anybody enroll their children here?	Children of parents who are working, ill, or nursing family members etc. and cannot mind their children can be enrolled here.	All parents (even those not working) can enroll their children here.
Time of service	From 8 to 11 hours per day as needed by the parent *Some locations offer extensions (charged)	Until just after midday
When to apply ※Start attending from April	From around October of previous year *Application can be made when service required (if there is a vacancy child can be enrolled accordingly).	From around July of previous year *Enrolling during the year must be discussed with each kindergarten.
Where to apply	Local municipal office	At individual kindergarten
Cost of care	Cost determined by age of child and income of parent for both public and private care *Children ages 3 to 5 are free from October 2019 Limited availability at non-applicable kindergartens and non-designated nursery care facilities etc. Parent's are responsible for cost of meals, and other items services etc used for learning, events, transport etc.	Varies depending on each kindergarten (public/private etc.)

## Worries of a foreign mother with children attending nursery schools in Japan

In recent years, there is an increasing number of international residents in Japan living with their family and raising children. There are many things about life in Japan that may be common knowledge for Japanese people, but there are many things that I do not know, and as a foreigner sometimes I am confused when comes to raising children in Japan. For example, one thing that I am confused about has to do with my child who is attending nursery school, in particular how to use the renraku-cho (contact notebook) to communicate with the teacher daily.

Every day, the teacher writes about the child's day. When you read it, you can enjoy learning about how your child spent their day. There is place for parents to write here, but I get worried about what I should write. I'm not good at Japanese, and I wonder if it's bad to write the same thing every day.

When I talked to my foreign friends, I realized that there are lots of other foreign moms who have the same problems as me. So that's why I would like to share the following three points based my experience.

### 1. Write your child's growth daily like a childcare diary

- (Ex.)
- On the way back from nursery care, they told me that they played with xyz.
  - Today they were able to hold chopsticks well, and were even able to pick up noodles.
  - They were able to undress on their own.

### 2. Write when you can't meet/tell the teacher in person

- (Ex.)
- There is a small injury on their fingertip. It seems to hurt when they wash their hands.
  - They have a runny nose since it has gotten colder.
  - They have medicine to take during the day. Please make them take it after lunch.

### 3. Write about any worries you have about your child

- (Ex.)
- They usually love slides, but recently seem to be scared. Is it the same there?
  - When and how should I remove the diaper?
  - It seems that they are going through a rebellious period. 'Iya/no' is there answer to everything. Is there anything I can do to improve this behaviour?

I enjoy reading and writing in my child's contact notebook every day using the three points above. I think it will be a good memory to have to read a few years later.

I hope this will be useful for you too!

## Notification from Japan Insurance Association Gifu Branch

The Japan Health Insurance Association (Kenpo) operates public health insurance in Japan, which is mainly for employees and their families working in small and medium-sized enterprises.

The Japan Health Insurance Association issue health insurance cards and provide benefits in case of illness or injury.

### When your medical expenses are expected to be high ~Eligibility Certificate for Ceiling-Amount Application~

You will be required to pay high medical expenses in special cases such as hospitalization. Your co-payment amount is 30% with your medical insurance card, which still can be very expensive.

However, your monthly payment is no more than a specific amount if you show the 'Eligibility Certificate for Ceiling-Amount Application', and there is no need to pay the full amount.

\*If you do not apply for the Certificate for Ceiling-Amount Application in time, you may apply for 'High Medical Expenses'

and by doing so you will be refunded medical expenses that exceed a certain amount.

To obtain "Eligibility Certificate for Ceiling Amount Application", please apply through your health insurance provider.

If you have an insurance card of the Japan Health Insurance Association, please download and print the application form from our website. Sending the completed application form to the local district branch by post, you will receive the Eligibility Certificate for Ceiling-Amount Application later by post.

**Enquiries**



**全国健康保険協会 岐阜支部**  
協会けんぽ

**058-255-5155** (General enquiries)  
Opening hours: 8:30~17:15 (Excl. Weekends, Public Hols. and New Year Hols.)

Search for Kyokai Kenpo Gifu and to find the downloadable application form

<https://www.kyoukaikenpo.or.jp/shibu/gifu/>

Kyoukai Kenpo Gifu

〒500-8667  
Nohi Nissei Building 14th floor,  
2-8 Hashimoto-cho, Gifu City



Information shared on health insurance system!

Available in 5 languages; Japanese, English, Portuguese, Chinese, and Vietnamese.

### Active Language Support Volunteer!

## Interview of Foreign Resident in Japan

### MS. Nguyễn Thị Thanh Xuân

● **Self-introduction** — My name is Xuan, and I'm Vietnamese. I live in Gifu Prefecture now. It's been four years since I came to Japan, three years of which I lived in Toyama Prefecture, before moving to Gifu a year ago.

● **What is your hometown like?** — My family lives in a place called Lan Dong Province. The fact that its a land-locked province is something it has in common with Gifu. It takes about 15 minutes by car (using the highway) to Dalat (a famous tourist destination in Vietnam), so every time I return to Japan, I always



go out with my family and friends, and eat delicious food.

● **Tell us about your volunteer activities.** — I think that I'm the kind of person who gets meaning by helping others.

And besides, I also think it is very important for those of us living abroad in an unfamiliar environment, and away from our families, to help each other. So I started volunteering because I wanted to help Vietnamese living in Japan in some way.



Tourist destination, Dalat City  
(Photo by Xuan)

● **What do you want to do when COVID-19 has been brought under control?** — I want to meet my family, so I would like to take a trip to Vietnam. Also, I would like to take part in in-person meet-ups and meet lots of people, rather than online exchange meetings. I pray that COVID will be brought to an end as soon as possible.

### MS. KO EISHIN

● **Self-introduction** — I am Ko Eishin, from China. I'm a graduate of Gifu University, and am now enjoying working at a company in Gifu every day.

● **What is your hometown like?** — My hometown is in Jilin Province, in the north of China. Because it is located on flat land in the northeastern part of China, there are no large rivers or seas, and there are few high mountains. As with Gifu, we have a change in seasons, with hot summers, and heavy snow in the winter.

● **Tell us about your volunteer activities.** — This year is an unusual year for everyone around world, and I think that we are all living with uncertainty and inconvenience. This is especially so for foreigners who do not understand the local language. They must feel even more anxious. I am working as a volunteer because I want to help others, even in just a small way.

● **What do you want to do when COVID-19 has been brought under control?** — I feel happiest when I can see the smiles of people in need who I've helped, so I would like to continue volunteering. Also, when corona is brought under control, I want to take a trip home, and show my parents that I'm doing well.

Cat-boss owned by a friend<sup>♂</sup>  
Loves playing hide-and-seek! (Photo by Ko)



### Working as a volunteer

Due to the spread of COVID-19, all kinds of special measures such as reduced business operation, financial benefits, and emergency consultation services for those who become ill, have had to be taken. In order to promote a multicultural society where everyone can have access to information in their native language in times of emergency and can have peace of mind, we are looking for volunteers. Language volunteers interpret and translate as per requested by at the request of our center, other public institutions, international exchange groups, volunteer groups, etc. Also, disaster language volunteers translate information on emergency damage situation and support information in the event of a disaster, and interpret at evacuation centers. There are also Japanese language support volunteers, and Japanese language instruction supporters etc. We look forward to working with you. For information on how to register, please see the "Volunteer" section of our website.



## For foreigners living in Gifu Prefecture Life Plan Consultation (online)

- Are you worried about being able to pay off a car loan, rent, and social welfare support repayments etc. monthly with a reduced salary?
- Do you have a child who wants to go to university/tech.college but you can't afford it without a loan?
- Is your take home pay after health insurance and pension payments etc. have been deducted very low? What are these deductions being put towards and how does Japan's social security system work?
- Is your child continuing on to high school, but you have lost your job, and are worried about how much will be left of the unemployment benefits each month after living and school costs have been deducted?

Do any of the problems raised in these questions apply to you?



For many people, daily life has become more difficult than previously due to a reduced income as a result of reduced working hours or unemployment brought about by the effects of COVID-19.

At our center's life plan counseling session, a financial planner who is a money expert will give easy-to-understand advice on household expenses, living expenses, and children's education expenses.

You can also consult about worries concerning your retirement, such as 'I'm still working now, but when I get older and can't work, how can I manage my living expenses?'

- **Date/Time: Wednesday, March 3, 2021**

(1) 10:00 - 10:50 or (2) 11:00 - 11:50

- **Location: Online (via Zoom)**

- **Interpretation supported languages: Portuguese, Tagalog, Vietnamese**

\*Please note if you require an interpreter when applying.

- **How to apply:**

Write your name, telephone number, name of the municipality you live in (eg Kani City), what you want to talk about, the time you want (1 or 2), and what language interpreter you want if required in an email and send it to the address below.

- **Email address: gic@gic.or.jp**

- **Application deadline: Wednesday, February 24, 2021**

**\*Please enquire about your preferred time slot prior to applying as the slot may already be taken.**

### Gifu Prefectural Consultation Center for Foreign Residents

Please get in touch if you are facing difficulties regarding life in Japan in areas such as taxes, housing, education, and welfare.

We work with administrative parties to help you find solutions to your problems.

※We cannot provide services in certain areas such as medical interpreting.

- Opening hours: Monday to Friday 9:30 - 16:30 ※excluding public holidays and the new year holiday period

- Phone number: 058-263-8066

- Languages: English, Chinese, Portuguese, Tagalog, Vietnamese, Korean, Indonesian, Thai, Khmer, Nepali, Burmese, Spanish, Malay, Mongolian

In-person consultations are available in English, Chinese, Portuguese, Tagalog and Vietnamese at Gifu International Center. For other languages, consultations are available over the phone only.

#### COVID-19 INFORMATION

### Consult your doctor!



*"Feeling a fever... coughing... maybe it's COVID-19? ..."*

If you think this, don't just take some cold medicine; consult your regular doctor or get examined at a nearby clinic.

- ◇ Inquire via telephone before getting examined.

- ◇ If needed, you can get a COVID-19 test at a clinic.

If you don't know what to do:

**COVID-19 Foreign Language**

**Consultation Center: TEL 058-263-8066**

Gifu Prefectural Government · Gifu Prefectural Consultation Center for Foreign Residents

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

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

Opening hours: Sunday to Friday 9:30 - 18:00

Closed: Saturday, Public Holidays, New Year Period

Languages: English, Chinese, Portuguese, Tagalog, Vietnamese

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