

Sekai wa Hitotsu

Gifu International Center(GIC)

International Exchange &
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Let's get started! S D G s

SUSTAINABLE DEVELOPMENT GOALS



The 2030 Agenda for Sustainable Development (the 2030 Agenda) is a set of international development goals from 2016 to 2030, which was adopted by the UN Sustainable Development Summit held in September 2015.

There are 17 international goals to be achieved by 2030, agreed by the world to realize a better world. Currently, the world is facing many challenges such as poverty, hunger, weather changes, infectious diseases, energy and gender issues. In this way, in a situation where the future is uncertain, the SDGs, which have the philosophy of “no one will be left behind” on the earth, will be a way to live in the future.

Social and environmental issues around us should be taken by each individual as “your own” issue and let us actively work on these various issues.



Such actions are also SDGs! Let's start with familiar things!



Goal 3: Good health and well-being

- Get a health checkup or vaccination
- Exercise moderately



Goal 4: Quality education

- Discuss future dreams with family and friends
- Carefully use teaching materials and stationery



Goal 15: Life on land

- Separate and dispose of garbage
- Zero leftover food



Goal 17: Partnerships for the goals

- Discuss about SDGs with colleagues at work or at school



Members wanted

Land of clear water Gifu SDGs Network

In Gifu Prefecture, we have established the Land of clear water Gifu SDGs Network, which disseminates and shares SDGs information and provides learning opportunities.

Please see the Gifu Prefecture homepage for details such as network details and examples of SDGs initiatives.

< Contact >

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<https://www.pref.gifu.lg.jp/page/26370.html>

GIFU SDG s

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Project Report

We held a comprehensive study class on the two themes of “disaster prevention / mitigation” and “career” for children of the Brazilian school HIRO Gakuen.

At our center, based on the progress of permanent residence of foreign residents and the increase of foreign children, we will work to create an environment where foreign residents can live safely and securely, and in the future, become independent as a member of the local community together with Japanese people. We created opportunities for foreigners to play an active role. As part of that, we held a comprehensive study class on the two themes of "disaster prevention / mitigation" and "career" for children of the Brazilian school HIRO Gakuen.

You Have to Protect by Yourself Your Own Life!

Earthquake Countermeasures Course October 25th (Monday)

"Do you know why a big earthquake happens?"

"Do you know what to do to save your life,
when an earthquake strikes? "

Mr. Ito from the Disaster Prevention Division of the Prefectural Office explained for students in the second and third grades of senior high school, "Due to the damage caused by the big earthquake in Gifu prefecture a long time ago, I learned how an earthquake occurs and the preparations needed to protect myself and my family in case of an earthquake.



Flood damage countermeasure course October 29th (Friday)

Children in the second and third grades of elementary school participated.

Using a debris flow model, Mr. Nomura from the civil engineering office of the prefectural office taught that if it rains a lot, mountains will collapse, the water of the river overflows and the house will be destroyed, so it is very dangerous even if you are far away. He taught also that it is important to check what is happening in the rain and rivers on TV and the Internet to protect your own life, by knowing dangerous places, finding out where to evacuate and how to get there in advance.



Know a lot of information when going to school or getting a job!

For junior and senior high school students, have you ever wondered what you want to do after graduating from school? Do you have a job or dream you would like to have in the future?

When thinking about the future, it is important to know a lot of information about going on to school and getting a job as soon as possible.

Work experience at the Prefectural International Takumi Academy Thursday, November 11th (Thursday)

Students in the second year of senior high school visited the production engineering department of the vocational ability development junior college. It was an opportunity to learn about the work content and attractiveness of many manufacturing industries in the prefecture, through the manufacturing experience, in addition to expanding the range of career paths and occupation choices after graduation.



Lecture by a foreign senior November 24th(Wednesday)

Mr. Leonardo Miyamoto, an international exchange member from Brazil, talked to students in the third year of junior high school about his career based on his own experiences.

Leonardo, who has experience in elementary and junior high schools in Brazil and Japan taught what kind of influence did the different cultures and culture shocks he experienced so far, he also mentioned the need to learn Portuguese and Japanese, and gave some advice to think about the future.



You Can Use "My Number Card" as a Health Insurance Card!

You need to switch your health insurance card when you change jobs or retire, but if you apply in advance on the "Maina Portal", you will be able to use your My Number Card as a health insurance card for a long time. However, one important point is you will still need to submit a notification such as joining health insurance.

Merits of using my number card as health insurance card!

- ① Useful for your own health management!
 - Since you can browse the results of specific medical examinations and the information of the prescribed medicine, you can get a better medical care after seeing the examination data and getting prescriptions for medicines.
- ② No need for a limit application certificate!
 - If you have to pay a large amount for hospitalization, surgery, etc. , even without the certificate of application of the limit, you can reduce medical expenses.
- ③ Once you apply, you can use it as a health insurance card for a long time!

Even if your address or place of employment changes, you can receive a medical examination without waiting for the change of your health insurance card.

Available medical institutions, etc.

You can use it at the medical institutions and pharmacies that have "Maina Reception" stickers and posters. Available medical institutions and pharmacies that can be used are open to the public even on the website of the Ministry of Health, Labor and Welfare.

https://www.mhlw.go.jp/stf/index_16743.html

*Since the operation start time differs depending on the medical institution, please bring your insurance card etc. for a while.



マイナ受付
対応しています

医療機関や薬局で、保険証の代わりにマイナンバーカードを使う新たな方法。それが「マイナ受付」です。

マイナンバーカードが
保険証として使えます。

マイナ受付

事前に登録するだけで利用できます!

詳しくは [マイナポータル](#)

How to apply

- ① Install "Mainportal AP"
 - ▶ Start
- ② My number card can be used as a health insurance card
 - ▶ Apply
- ③ I agree to the terms of use
- ④ Enter the PIN code set when you received your Individual Number Card.
- ⑤ Read my number card
 - ▶ Completec

Inquiries About Applying for Health Insurance Card

My Number Comprehensive Free Dial 0120-95-0178 (Please proceed by following the instructions of 「4-2」 voice guidance.)

Weekdays 9:30 ~ 20:00 Saturdays, Sundays, and Holidays 9:30 ~ 17:30

(Excluding the year-end and New Year holidays)

*Only available in Japanese.

Information

Mental consultation

We offer mental counselling at the Gifu International Exchange Center, where foreign residents can consult with a professional counselor about their mental problems.

In addition to the Portuguese and Tagalog languages that we have been conducting so far, we are now able to provide consultation in Vietnamese. Are you worried about your workplace, family, or other related human relationships ... are you feeling depressed... or are you worried about your own mental health, or the mental health of your family? Please contact our center for the details such as the implementation schedule.

Let's continue to do the basic measures of corona infection control!

- Take the following measures even if you have been vaccinated since breakthrough cases may still occur.

- ▶ Wearing a mask (non-woven mask that fits tightly, there should be no gaps between it and your face)
- ▶ Maintaining hand hygiene (washing hands, disinfecting hands frequently)
- ▶ Avoiding the "Three Cs" : Closed spaces, Crowded places, Closed contact setting (avoiding even one could lower the risks)
- ▶ Ventilating indoor spaces frequently
- ▶ Taking good care of your health (if you feel unwell, do not go to work, to school, or to other places)

- Avoid 5 high-risk situations indicated below:

- ▶ Social gatherings that include alcohol consumption (decreased attention leads to louder talking)
- ▶ Groups of people eating and drinking over a long period (such as barhopping to second bar, third bar, ...)
- ▶ Conversing without a mask (be extra careful when going places in a car or on a bus)
- ▶ Multiple people sharing a confined space (common spaces such as dormitory room or toilet)
- ▶ Changes in environment (take care not to lower your guard when moving from the office to the break rooms, smoking areas, dressing rooms)

- Strictly follow basic infection prevention measures when coming home, traveling to other cities or prefectures. Especially, avoid traveling to and from areas that currently have a high infection rate.
- Only go to buildings or use facilities that strictly follow guidelines as specified for such places.
- Take infection prevention measures when coming home from a far place or when traveling. Get tested for covid before departure or after arrival.
- In an effort to help protect children under 12 (who are not eligible for covid-19 vaccines) and their families, it is recommended that the adults in the family be vaccinated and that all should take preventive measures such as frequent hand washing.

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

COVID-19 INFORMATION

Consult us if you're worried!



◇ In these cases...

- "I have a fever... what if I'm infected?"
- You've lost income due to COVID-19 and it's hard to make ends meet
- "What do I need to do to get vaccinated?"
- "Where can I get a PCR test to fly home?"

**COVID-19 Foreign Language Consultation Center
in 14 Languages: TEL 058-263-8066**

Gifu Prefectural Government
Gifu Prefecture Consultation Center for Foreign Residents

Issued By

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Closed: Saturday, Public Holidays, New Year Period

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