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こくごのもり

小学低学年の児童を対象に国語の楽しさを知ってもらおうと、イラストを多用してつくった問題で「毎日小学生新聞」に長期連載。 ©毎日小学生新聞 複製、転用はできません



答えはP22にあります。

Technical Intern Trainees' Mate

October 2019 Autumn Issue

Preventing Influenza

Influenza (seasonal) usually begins around December every year and reaches its peak between late January and early March. Influenza symptoms are similar to those of the common cold, but they may become severe or may spread to many people in a short period of time. Therefore, it is important for everyone to prevent catching influenza, seek proper treatment if infected, and avoid infecting others.

One way to prevent influenza is to receive a vaccination against influenza before an outbreak. Medical institutions begin giving influenza vaccinations from around October in anticipation of the influenza season. A vaccination does not necessarily guarantee complete prevention from influenza, but it is proven to be effective in preventing the symptoms from becoming severe even if you contract influenza. The vaccination is not covered by health insurance and must thus be paid in full, as a rule. The cost differs among medical institutions.

Besides receiving vaccination, it is also effective to wash your hands after an outing, maintain a certain level of humidity, take sufficient rest and a good balance of nutrients, and refrain from going out to busy districts and places where there are crowds of people (cited from the website of the Ministry of Health, Labour and Welfare). Please take the necessary precautions and avoid catching influenza.

Protection of Technical Intern Trainees (Cited from the Technical Intern Training Act)

One of the objectives of the Technical Intern Training Act is to protect technical intern trainees. It thus provides stipulations pertaining to supervising and implementing organizations and stipulations pertaining to technical intern trainees themselves.

Stipulations regarding prohibited acts by supervising and implementing organizations

- (1) Supervising and implementing organizations shall not force technical intern trainees to engage in technical intern training against their will through the use of assault, intimidation, confinement, or any other such means.
- (2) Supervising and implementing organizations shall not impose a penalty on technical intern trainees with regard to non-performance of a contract pertaining to technical intern training.
- (3) Supervising and implementing organizations shall not retain the passport or residence card of technical intern trainees.

The Technical Intern Training Act has penal provisions against violations of the above provisions and expressly state that any organization, company, etc. that commits a violation shall be subject to punishment.

Stipulations concerning the rights of technical intern trainees

(1) Reporting to the competent ministers

The Technical Intern Training Act stipulates that, in cases where a supervising or implementing organization is in violation of the above provisions, technical intern trainees may report such facts to the competent ministers. It also stipulates a penalty against supervising and implementing organizations that suspend technical intern training or put a technical intern trainee at a disadvantage by reason of the technical intern trainee having given such a report.

(2) Means of reporting to the competent ministers

Under the Technical Intern Training Act, the Organization for Technical Intern Training (OTIT) has been established as an institution dedicated to receiving reports from technical intern trainees in their native languages via telephone, email and postal mail.

For example:			
· You are not paid for overtime work	 You are subjected to violence 	 Your given job differs from what is prescribed in your work agreement 	
 You are told to hand over your passport 	 You cannot go out without permission 	 You are in danger of being returned to your country against your will, etc. 	

[OTIT consultation and support desk]

Native language	Chinese	https://www.support.otit.go.jp/soudan/cn/			Thai	https://www.support.otit.go.jp/soudan/th/		
consultation site	Vietnamese Filipino	https://www.support.otit.go.jp/soudan/vi/ https://www.support.otit.go.jp/soudan/phi/ https://www.support.otit.go.jp/soudan/id/		English Cambodian	•	apport.otit.go.jp/soudan/en/		
	Indonesian			Burmese	https://www.support.otit.go.jp/soudan/kh/ https://www.support.otit.go.jp/soudan/mm/			
Telephone consultation	Chinese	0120-250-169	Mon / Wed / Fri	11:00~19:00	Thai	0120-250-198	Tue / Sat	11:00~19:00
	Vietnamese	0120-250-168	Mon – Fri		English	0120-250-147	Tue / Sat	
	Filipino	0120-250-197	Tue / Sat		Cambodian	0120-250-366	Thu	
	Indonesian	0120-250-192	Tue / Thu		Burmese	0120-250-302	Fri	
Consultation by postal mail	Support Division, Technical Intern Training Department, Organization for Technical Intern Training LOOP-X 3rd Floor, 3-9-15 Kaigan, Minato-ku, Tokyo 108-0022							

As shown above, the Technical Intern Training Act provides that technical intern trainees may personally receive consultation or make a report should they face a problem. For more detailed information, please refer to the Technical Intern Trainee Handbook that you have received upon entering Japan (also available for download from the OTIT website https://www.otit.go.jp/notebook/).

By the end of September 2019, JITCO's Native Language Consultation Hotline is about to come to an end. From then on, please consult the Organization for Technical Intern Training (OTIT)'s Native Language Consultation Division. For more details, please refer to your Technical Internship Trainee Handbook or OTIT's website.

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New Evacuation Information System for Easier Understanding in Cases of Flood and Sediment Disaster

The 2018 Japan Floods wrought severe damage to various regions throughout Japan last July. Taking this experience to heart, an improvement has been made to the evacuation advisory system in cases of flood and sediment disaster, and a more easily understood evacuation information system based on "alert levels" (called "警戒 レベル" in Japanese) has been launched in June this year. If a disaster caused by heavy rain is anticipated, please be sure to check for calls to evacuate via the TV, internet, public announcements and emails issued by the local government regarding disaster prevention, and evacuate without delay.

▼Alerts on when to evacuate are issued according to 5 alert levels

Alert level 1	Alert level 2	Alert level 3	Alert level 4	Alert level 5
Be in a state of readiness	Verify evacuation routes	Evacuate elderly people and people requiring assistance	Prompt evacuation by everyone	Disaster has occurred Take optimal actions to protect your life

(Source: Leaflet on alert levels issued by the Cabinet Office)

Announcing the Winners of the 27th Japanese Essay Contest

We wish to thank all technical intern trainees and trainees who participated in JITCO's 27th Japanese Essay Contest. From among a total of 2,556 entries, 28 winners were selected through a strict screening process (4 First Prize winners, 4 Second Prize winners, and 20 Third Prize winners)

All prize-winning compositions will be compiled into a booklet titled "Award-winning Essays of the Japanese Composition Contest" and distributed at JITCO exchange events, etc. Some will also be posted on JITCO's website for your reading enjoyment.

https://www.jitco.or.jp/ja/service/guidebook/

♦ First Prize (4 winners)

Congratulations to all winners

Name	Title of essay	Nationality	Name	Title of essay	Nationality	
ABESAMIS CHARLES ARTIAGA	乾杯	Philippines	LI DONGJIE	立派な先輩	China	
XU JING	女性	China	CHEN SHUANG	夢がかないました	China	
♦ Second Prize (4 winners)						
NGUYEN THI LAN THU	異国に居るという自覚	Vietnam	LKHAGVADORJ NANDIN-ERDENE	シュークリームから学んだ工場長の教え	Mongolia	
JIAN XUEMEI	私の太陽	China	TAN RUI	笑顔	China	
Third Prize (20 winners)						
TANG GUANYU	夢の樹	China	SUN PING	自分の家族に食べさせる以上の思いで作るパン	China	
ZHENG YAWEN	お祖父ちゃん、ごめん	China	DINH THI NHU QUYNH	初めてのアイススケート	Vietnam	
GARCIA CARLOMAR LAZARO	令和を迎えて	Philippines	DI JIA	あなたがいるから	China	
LE THI HIEN	時間をぜったいに守る習慣	Vietnam	NGUYEN THI PHUONG	お爺さんへ	Vietnam	
NEANG TITH	日本での日々体験記	Cambodia	LIU LI	初心を忘れずに終わりまで	China	
BADAMDOVCHID MUNKHZUL	未来は創るもの	Mongolia	JIANG YANSONG	夢への架け橋	China	
TONG THI HUE	お父さんの汗	Vietnam	HAN YAJING	両岸で花咲かせ	China	
PAN PEIJIN	言葉の力	China	LU SITONG	異国の温情	China	
LIANG ENTING	おばちゃん ありがとう	China	LE THI MAI	最高の日本生活	Vietnam	
MA WEI WEI	幸福について	China	NGUYEN THUY PHUONG	両親の隣に	Vietnam	

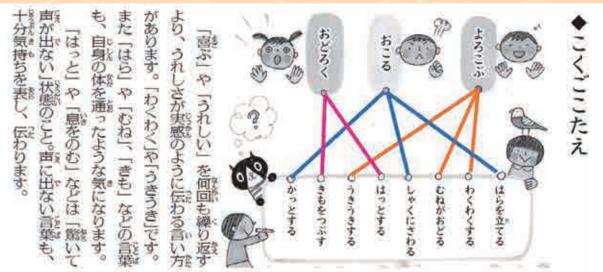
Let's Learn about Japanese Feelings through Manga

- Masks are an almighty tool -



People have their own reasons for wearing a mask

Japanese people use masks for many different reasons. It seems that one of the things that bewilders foreign visitors is the large number of people they see wearing a mask. In business, it is said to be bad manners to talk to someone through a mask, but at the same time, it is proper manners to wear a mask in consideration of others if you are coughing or sneezing.



Trong tiếng Nhật, để thể hiện sự vui mừng, không chỉ có hai từ "Yorokobu" hoặc "Ureshii" và còn có nhiều cách nói khác nữa. Ví dụ những từ biểu cảm như 「わくわく」hoặc「うきうき」. Ngoài ra còn có từ 「はら」hoặc「むね」、「きも」 là những từ thông qua những bộ phận của cơ thể để thể hiện cảm giác đó.

Từ 「はっと」hoặc 「息をのむ」được dùng để thể hiện tình trạng "Ngạc nhiên tới mức không nói lên lời". Nguyên việc không nói lên lời cũng đủ để diễn đạt cảm giác vui mừng của người nói.

比起反复使用「喜ぶ(动词高兴)」、「うれしい(形容词高兴)」,有可以将这份高兴真切地表达出来的说法。比如「わく わく」和「うきうき」。另外还能用「はら」、「むね」「きも」等词汇通过自己的身体表达心情。

「はっと」、「息をのむ」等词汇表达「惊讶到发不出声音」的状态。即使字面上没有出现声音这个词,但充分表达了其 心情。

Mayroong isang paraan upang maipahayag ang kagalakan na talagang nararamdaman mo ito, sa halip na ulitin nang maraming beses ang "kaaya-aya" o "nakakatuwa" . Ito ay ang「わくわく」o「うきうき」. Gayundin ang salitang tulad ng「はら」,「むね」 at「きも」na parang ramdam mo na dumadaan sa iyong katawan. Ang 「はっと」at 「息をのむ」 ay ang pagkagulat na walang lumabas na boses. Kahit walang salita, maaari ring iparating ang nais sabihin.

Ada cara menyampaikan kegembiraan supaya terasa nyata daripada sekedar berulang-ulang mengucapkan kata "senang" atau "gembira". Gunakan kata "わくかく" (berdebar- berdebar karena gembira atau berharap) atau "うきうき" (merasa gembira sehingga tidak bisa tenang). Selain itu, ada kata yang menggambarkan perasaan yang bagaikan melewati bagian tubuh, seperti "はら" (perut), "むね" (dada) dan "きも" (hati).

Kata "はっと" (terkejut), "息をのむ" (napas tertahan), dan sebagainya, menunjukkan kondisi "terkejut sampai tidak bisa berkata apa-apa". Katakata yang tidak terucapkan juga mengungkapkan dan menyampaikan perasaan dengan baik.

มีวิธีพูดหลายอย่างที่แสดงให้รู้สึกฉึงความดีใจได้มากกว่าพูดคำว่า "ยินดี" และ "ดีใจ" ซ้ำไปมาเช่นคำว่า 「かくわく」หรือ 「うきうき」 นอกนี้การ ใช้คำว่า 「はら」 หรือ 「むね」 และ 「きも」ก็เป็นการแสดงให้รู้สึกเหมือนว่าความรู้สึกดังกล่าวได้ใหลผ่านร่างกาย

ส่วนคำว่า 「はっと」หรือ 「息をのむ」นั้นเป็นคำที่แสดงสภาพ "ตกใจจนพูดอะไรไม่ออก" ทั้งนี้คำว่าพูดอะไรไม่ออกก็สามารถแสดงและถ่ายทอด ความรัสึกได้เป็นอย่างดี

ជាជាងនិយាយឡើងវិញថា «ត្រេកអរ» ឬ «វីករាយ» ច្រើនដង គេមានវិធីបង្ហាញភាពវីករាយ ដូចជា អារម្មណ៍ពិត។ គឺការប្រើ៣ក្ប ្រាស្ត្រស្ត្រី ស្ត្រី ពាក្យទាំងនោះបានឆ្លងកាត់ខ្លួនរបស់គាត់។ 「はっと」ឬ [息をのむ] ជាដើម គឺជាពាក្យដែលបង្ហាញ៉ីសភាព «ការភ្ញាក់ផ្អើលរហ៊ិតបាត់ សំលេង»។ ពាក្យដែលមិនត្រីវិបាននិយាយ ក៏អាចបង្ហាញពីអារម្មណ៍របស់យើងដែរ ហើយក៏អាចប្រាប់ដល់ដៃគូសនុនា។

်ဝမ်းသာတယ်၂ နဲ့ ်ပျော်တယ်၂ ဆိုတာကို အကြိမ်ကြိမ် ထပ်ပြီးပြောတာထက်၊ ပျော်ရွှင်မှုကို လက်တွေ့ခံစားလာနိုင်အောင်ပြောနည်းရှိပါတယ်။ ြာ 🖘 🗘 🐧 きうき」တွေပါ။ နောက်ပြီး 「はら」၊ 「むね」 နဲ့ 「きも」စတဲ့ စကားလုံးတွေဟာလည်း ခန္ဓာကိုယ်ထဲက ဖြတ်သွားသလို ခံစားစေပါတယ်။ 「はっと」နဲ့「息をのむ」စတာတွေက "အံ့ဩပြီး အသံမထွက်နိုင်"တဲ့ အနေအထားကို ပြပါတယ်။ အသေးစိတ်ထုတ်မပြောတဲ့ ခံစားချက်တွေကိုပါ လုံလုံလောက်လောက် ကိုယ်စားပြုနေတာမို့ တစ်ဖက်လူ နားလည်နိုင်ပါတယ်။

"Баярлах" болон "Баяртай байна" гэдэг үгийг олон удаа давтаж хэлснээс илүү, баярлаж байгаагаа бодит мэдрэмжийн хэлбэрээр нөгөө хүндээ мэдрүүлж чадах үг хэллэгүүд байдаг. Энэ нь "わくわく" болон "うきうき". Мөн, "はら" болон "むね", "きも" зэрэг үгнүүд ч үнэхээр л өөрийн биенээс гарч байгаа мэт санагддаг.

"はっと" болон "息をのむ" зэрэг нь "Гайхсандаа үг дуугарч чадахгүй болсон" байдлыг илэрхийлдэг. Дуу болж амнаас гарахгүй үг ч гэсэн, хүний сэтгэлийн байдлыг хангалттай сайн илэрхийлж, нөгөө хүндээ хүрдэг.

Instead of repeating the same words for "happy" that you always use, such as "うれしい," there are other words that can give a real sense of how happy you are. These are "わくわく" and "うきうき." Phrases that contain "はら," "むね," and "きも," for example, also convey your feelings in a way that seem to come from within your body. "はっと" and "息をのむ" express a state in which you are so surprised that you are at a loss for words. Words that you do not voice can also be used to fully convey your feelings.

技能実習生・研修生向け母国語情報誌

技能実習生の友

2019年10月1日発行

発 行

公益財団法人 国際研修協力機構(JITCO)

総務部広報室 〒 108-0023

東京都港区芝浦 2-11-5 五十嵐ビルディング

電 話 JITCO ホームページ https://www.jitco.or.jp/

03-4306-1166 (ダイヤルイン)