

# Information on Technical Intern Training

# 技能実習情報

## — Let's Think about Mental Health —

## — 心の健康を考えよう —

An increasing number of technical intern trainees plead a mental or physical health problem during their period of training in Japan.

Some become so concerned about their family back home that they get lonely enough to want to return to their country. Others try so hard to get accustomed to life in Japan, where the language and lifestyle completely differ from their own, or to get used to their technical intern training activities as quickly as possible, that their minds are constantly under pressure. Even after returning to their dormitory or apartment at the end of each day, some may feel stress at having to live together with other technical intern trainees, or others may accumulate stress by being the only technical intern trainee in an unfamiliar living environment and having no close associate to confide in.

If you have any such problem but continue your daily routine as a technical intern trainee without addressing the problem, you could aggravate your health condition, injure yourself during training, or wind up in an accident or various other troubles. To stay mentally healthy, it is important that you do not repress your pain or distress.

[How to cope with a mental problem]

### (1) Confide in someone.

Do not suffer alone. Confide in a close colleague or your lifestyle advisor. You might also find it therapeutic to phone or email family and friends back home. If you do not have anyone close to you whom you can talk with casually, we encourage you to contact JITCO's Native Language Hotline.

### (2) Make a change of pace.

You might feel better if you direct your thoughts to a hobby or anything else you like to do. To enjoy your

技能実習生活を送る中で、心や体の不調をうったえる実習生が増えています。

離れて生活をする母国の家族の様子が気になり、帰りたくなるほど寂しさを感じることもあります。また、言葉や生活習慣が全く異なる環境での生活や、早く技能実習の作業に慣れたいという気持ちで、心の緊張した状態が長期間続いてしまうことがあります。さらに、寮やアパートに戻った後も、他の実習生との共同生活によるストレスや、逆に実習生が自分1人しかいない場合も、不慣れな生活環境で気軽に相談できる相手が近くにいないことにより、知らないうちにストレスをためてしまうことがあります。

こうして、心に悩みを抱えたまま技能実習生活を続けると、体調悪化や実習中の怪我・事故など、様々なトラブルにつながる可能性があります。心を健康に保つためには、つらい気持ちを無理に押さえこまないことが大切です。

### [対処方法]

#### (1) 相談しよう

1人で悩まず、仲の良い同僚や生活指導員に相談するようにしましょう。母国の家族や友人と電話やメールで会話することも効果的です。気軽に話せる人が近くにいない場合は、JITCOの母国語相談を利用してみましょう。

#### (2) 気分転換しよう

趣味など、自分の好きなことに気持ちを向けると、気分が晴

life in Japan, actively engage in various activities for a change of pace.

(3) Ask questions.

Getting used to technical intern training activities takes time. You might make a mistake and be discouraged at times, but if you do not address your misunderstandings, they could lead to an accident and be dangerous. Whenever you are uncertain about something, have the courage to ask your training advisor and seek a proper solution to your question.

(4) Study.

The more you improve your Japanese, the more it will benefit you in your technical intern training and daily activities, and the more it will help you deepen your understanding of Japanese culture. Be creative and begin studying subjects that interest you, so you can enjoy learning Japanese

れることがあります。日本での生活を楽しむため、積極的な  
気分転換をこころがけましょう。

(3) 質問しよう

実習作業に慣れるのに時間が必要なのは当然です。失敗し  
て落ち込むこともあるかもしれませんが、分からないことを  
そのままにすると、事故などにつながり危険です。不安なこ  
とがあれば、思い切って実習指導員に質問し、疑問点をきち  
んと確認しましょう。

(4) 勉強しよう

日本語が上達すると、実習や日常生活に役立つだけな  
く、日本文化への理解が深まるきっかけにもなります。楽し  
んで覚えられるよう、興味のある分野から勉強するなど工夫  
してみましょう。