

Information on Technical Intern Training

技能実習情報

— Your Living Environment (Boarding House and Housing Conditions) —

— 住環境（寄宿舎・住居）について —

All of you technical intern trainees are probably spending every day working hard at your technical intern training program.

Technical intern training is certainly important, but remember that your living environment is just as important to your daily routine. It is only after you establish a proper living environment that you can begin to earnestly apply yourself to your training.

Below, we introduce a number of questions and situations concerning boarding house and housing conditions that many of you have asked or consulted about during our guidance visits (please see the March issue of *Technical Intern Trainees' Mate* for an overview of JITCO's guidance visits).

- “I live in the same apartment with a number of other trainees, and feel I don't have enough privacy.”

Something must certainly be done about any room, regardless of its size, that does not preserve the privacy of its residents. One thing you should do is create your own space where you can relax alone.

技能実習生の皆さんは、日々技能実習に励んでいますか。日常の技能実習は大切ですが、同時に住環境も大切です。住環境が整って初めて、技能実習も充実します。今回は、皆さんの宿舎・住居について、巡回指導（JITCOの巡回指導については「技能実習生の友」3月号をご覧ください）の際に、気づいたり、皆さんから相談を受けた点をいくつか紹介します。

- 『数人とアパートの一室で共同生活をしており、プライバシーを保つことが出来ません』

たとえ一室の規模が大きくとも、プライバシーを保つことができない部屋はいけません。一人でリラックスできるようなスペースを確保すると良いでしょう。例えば、部屋を

For example, you might consider partitioning your part of the room with a curtain or screen.

- “At my boarding house, we only have one gas stove in the kitchen, but because everyone cooks for himself/herself, the last person must wait a long time to prepare a meal.”

It would be best if the boarding house would expand the kitchen, but since this is not a realistic solution, you might consider cooking some dishes when nobody is using the gas stove and refrigerating or freezing them so that you can eat them anytime. You could also propose a system where everyone takes turns cooking for everyone else.

- “My boarding house does not have a bath, so I use the shower at work. However, my workplace has only one shower, so it is very inconvenient.”

A shower is certainly necessary, at the very least, to clean yourself and wash away the day's fatigue. Of course, it would be better if you could take a nice long soak in a tub. In recent years, a variety of “unit baths” and simple shower stalls that take up only a small space has emerged, so you could perhaps consult with an adviser assisting technical intern trainees with living in Japan in your supervising organization or implementing organization and request the installation of a bathing facility in your boarding house.

- “My boarding house is located on the same site as a factory, which sometimes operates late into the night. The noise and smell are annoying.”

Among the smells that human beings can detect are foul odors which, over a long time could cause mental and physical stress and disrupt your daily life and training. It would be a good idea to install a soundproof sash or to use a deodorizing device, but since it would naturally be difficult for you to purchase such products on your own, you should perhaps consult with an adviser assisting technical intern trainees with living in Japan in your supervising organization or implementing organization.

- “I usually keep the windows closed all day, but is it better to open them occasionally?”

If windows are kept closed at all times, humidity will increase in the room. You should therefore open the windows at least once a day to air the room. You might also want to get some houseplants, as they absorb dirty air (carbon dioxide) and release clean air (oxygen). In fact, their cleansing ability is said to be far more powerful than air purifying devices. Moreover, even just looking at houseplants will help you relax.

It is also important to let sunlight into your room. Many Japanese people hang their futon outside in the sun. This dries the futon and restores its buoyancy, helping you to sleep soundly on a fluffy futon. Sunlight will also kill any dust mites and bacteria inside the futon, as well as help erase body odor and other smells.

カーテンやついでで仕切る方法もあります。

- 『宿舎の台所は、ガス台が一つしかないうえに、各人が個別に食事を作っているの、最後に作る人の食事が、いつも遅くなってしまいます』

一番良いのは、台所を拡充してもらうことですが、現実的な問題として難しいと思われます。したがって、現実的であれば、予め料理を作り、それを冷凍・冷蔵保存して、いつでもすぐに食事がとれるようにすることも一考です。また、食事当番を決めて、食事当番がみんなの分を作る方法もありますので、皆さんで相談してみたいはかがでしようか。

- 『宿舎にお風呂がないので、会社のシャワーを使用しています。会社のシャワーも一基なので不便です』

身体の汚れを落とし一日の実習の疲れを取るには、少なくともシャワーは必要です。できれば、浴槽に浸かってゆっくり入浴できると良いのですが...最近では、コンパクトで場所を取らないユニットバスや簡易シャワーもありますので、宿舎に風呂場を設置して頂くよう、監理団体・実習実施機関の生活指導員の方に相談してみたいはかがでしようか。

- 『宿舎が工場内にあり、夜遅くまで操業している場合もあります。音や臭いが気になります』

人の感じる匂いの中には不快な臭いがあり、長時間嗅ぎ続けると、精神的にも肉体的にも大きなストレスを生じ、日常生活や技能実習の妨げになることもあります。防音サッシや脱臭・防臭装置などを活用すると良いと思います。無論、皆さんが各自で購入することは難しいと思われますので、監理団体・実習実施機関の生活指導員の方に相談してみたいはかがでしようか。

- 『日頃、窓を閉め切ったままにしています。たまには窓を開けた方が良いでしょうか』

閉め切った部屋は湿気がこもりますので、一日に最低一回は窓を開けて、風を通して空気の流れを促してあげてください。部屋の中に観葉植物を置いておくと、植物が汚い空気(二酸化炭素)を吸ってきれいな空気(酸素)に変えてくれます。その浄化能力は、空気清浄機よりもはるかに優れていると言われています。植物は観るだけでもリラックスできます。

部屋の中に日光を入れることも大切です。日本人はよく、戸外でふとんを陽に干します。ふとんが乾燥して弾力性がよくなり、ふかふかのふとんではぐっすり眠ることが出来ます。日光はダニ・雑菌を殺し、体臭等の臭いも消し去ります。

- “During the hot summer, I always keep the air conditioner on to keep cool and comfortable.”

Keeping comfortable is fine, but note that if you stay in an air-conditioned room all day you might endanger your health. If you feel sluggish for no reason, do not have an appetite, or do not feel like doing anything at all, your body’s heat-regulating function may be malfunctioning and preventing your body from adjusting to the ambient temperature. From time to time, you should turn off your air conditioner and cool off by opening the windows and using an electric fan or *uchiwa* fan. This would also save electricity.

We have many more suggestions and advice to give you, but in any case, if there is anything about boarding house or housing conditions that is bothering you in your daily lives, we strongly recommend that you consult with a adviser assisting technical intern trainees with living in Japan in your supervising organization or implementing organization.

- 『暑い夏を快適に過ごすために、いつも冷房をかけています』

快適に生活できるのであればよいのですが、一方で、冷房の効いた室内に一日中いると体調を崩してしまいます。

「なんとなくだるい」「食欲がない」「やる気がない」というお話もよく聞きます。体温調節機能に不具合が生じ、周りの温度に適応できなくなっているのかも知れません。たまには、冷房を消して窓を開け、扇風機やうちわ等で暑さをしのいでみましょう。節電にもなります。

まだまだお話ししたいことはありますが、いずれにしろ、皆さんの日常生活上で、**宿舎・住居**で不自由な思いをしていることがあれば、**監理団体・実習実施機関**の生活指導員の方に相談してください。