

# Information on Technical Intern Training

## — Technical Intern Training and Part-time Work —

How do you spend your leisure time when you are not busy working as a technical intern trainee? Perhaps you go shopping, go on an outing, play sports, meet with friends, or enjoy networking via the Internet. There are certainly many things to do in your free time. Perhaps some of you choose to do nothing but get a good rest, which is also a good way to spend your time.

Your status of residence, “Technical Intern Training,” allows you to enter an employment contract with an implementing organization after a brief preliminary lecture period, to acquire and master industrial technologies, skills and knowledge while working in Japan. Note that it does not permit you to spend any part of your time in Japan working part-time or engaging in a sideline job. You should spend your free time to rest your body, or to indulge in a hobby or deepen your understanding of Japan such as by experiencing Japanese culture or learning Japanese. By spending your free time wisely, you could build up the necessary energy for learning new technologies and skills and achieve your original goal in coming to Japan. Moreover, by gaining greater understanding of Japanese customs and practices, you could maintain good relationships with people at your workplace.

In Japan, there are various types of part-time work. *Arubaito*, from the German word *arbeit* meaning “work,” generally refers to short-term employment under an employment contract in exchange for remuneration. *Naishoku*, literally meaning “inside work,” refers to manual processing work that is done at home under a contract for remuneration paid in proportion to the amount of work done.

If you, as a technical intern trainee, engage in part-time work during after-hours or on your off-days and receive payment for your labor, you may be subject to a penalty or deportation for working illegally, because such work falls outside the scope of activities permitted by your employment contract with your implementing organization. Should you be guilty of illegal work, you will not only return to your country without achieving your original purpose of acquiring technologies, skills and knowledge in Japan, but you will also cause considerable problems for your sending organization and other relevant parties back home. Keep this in mind.

Three years may seem long, but they go by before you know it. After working three years in Japan as a technical intern trainee, you are expected to apply the technologies, skills and knowledge you acquired in Japan to help promote industries and develop the economy in your country in the future. Seeing you make active efforts upon returning to your country would also be a large source of pride and joy to those to whom you are indebted.

To make your Japanese experience work for you in the future, and also to live up to the expectations of people around you, be sure to comply with all laws and regulations and treasure your stay in Japan as an exceptional period in your life.

# 技能実習情報

## — 技能実習とアルバイト・内職 —

技能実習生の皆さんは、技能実習での就業時間以外の余暇をどのように過ごしていますか？ 買い物、レジャー、スポーツ、友達と会う、インターネット等々、色々な過ごし方がありそうですね。もしかしたら、体を休めるために何もしない、という方もいらっしゃるかもしれません。

技能実習生の皆さんに与えられている在留資格「技能実習」は、講習期間を除いて皆さんが実習実施機関と雇用契約を結び、働きながら日本で技術・技能・知識を修得・習熟することを目的として認められたものです。したがって、これらの時間をアルバイトや内職の時間に充てることはできません。余暇は、日頃の疲れを取るだけでなく、趣味を楽しんだり日本の文化や日本語を勉強したり、日本を理解する時間として過ごしてみたいかがででしょうか。余暇を上手く過ごすことで、日本に来た本来の目的である技術や技能を学ぶためのエネルギーを蓄えることができますし、日本の風習や慣習の理解が深まることで、職場での人間関係にも良い影響があるでしょう。

アルバイトとは、ドイツ語で労働の意味ですが、日本では一般的に、短時間の雇用契約を交わして報酬を得ることを指します。内職とは、手加工等を伴う作業を自宅でを行い、出来高個数に応じて契約報酬を受けることを指します。

技能実習生が、時間外や休日の実習実施機関以外のところでアルバイトや内職をして収入を得ることは、実習実施機関との雇用契約に基づく労働ではありませんので「資格外活動」に該当し、不法就労として処罰や退去強制の対象となる可能性があります。技術・技能・知識を修得するという本来の目的を果たせないまま途中帰国することになるばかりでなく、送出し機関を始めとする母国の関係者にも多大な迷惑をかけることとなりますので、十分に注意してください。

3年間は長いようで、あっという間に過ぎてしまうものです。今、技能実習に励んでいる皆さんは、日本で技術・技能・知識を修得して帰国し、将来母国の産業の振興や経済の発展に役立つ人になることが求められています。お世話になった人々にとっても、あなたが帰国後に母国で活躍する姿は、大きな喜びでしょう。

日本での経験を自分の将来に活かすため、また、周囲の人々の期待に応えるためにも、法令に違反しないよう注意して、日本滞在をかけがえのない時間にしてください。