

技能実習生の友

Technical Intern Trainees' Mate

April 2023
Spring Issue

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Let's Learn about Japanese Manners through Manga

— Let's Obey Bicycle Traffic Rules —



The answer is... they are all wrong!

- 1 It is dangerous to talk on a mobile phone while riding a bicycle.
- 2 Bicycles should travel on the left side of the road.
- 3 It is dangerous to hold an umbrella while riding a bicycle, as it could block your view.
- 4 Do not ride double on a bicycle.
- 5 Talking while riding a bicycle alongside another bicycle could obstruct traffic.

Many of you probably ride a bicycle in your daily life in Japan. For your own safety and for the safety of others, including pedestrians, please obey bicycle traffic rules.

A DVD titled "Learning about Traffic Safety in Japan through Q&A: Pedestrian and Bicycle Rules" is on sale in the JITCO Teaching Materials Online Store. It can also be viewed for a fee on the newly launched JITCO Digital Teaching Materials Distribution Site.

"Technical Intern Trainees' Mate" provides technical intern trainees and trainees with useful information for daily living in Japan, in addition to Japanese language learning materials and a four-frame comic, among other contents. It is published in Japanese with furigana and nine foreign languages (Vietnamese, Chinese, Filipino, Indonesian, Thai, Cambodian, Burmese, Mongolian, and English). We hope you make good use of it!



What Happens If a Technical Intern Trainee Becomes Pregnant?

According to information announced by the Organization for Technical Intern Training (OTIT) in December 2022, approximately 60% of technical intern trainees said in a hearing that they have received an explanation and are aware that any disadvantageous treatment of technical intern trainees on the grounds of pregnancy or childbirth is forbidden. At the same time, however, around one in every four technical intern trainees said they have been told particularly by their sending organization that they will not be able to continue their training if they become pregnant. In Japan, it is against the law to fire workers (including technical intern trainees) on the grounds of pregnancy.

Below, we provide an overview of what to do if you find out you are pregnant.

Q. What should I do if I become pregnant?

- See an obstetrician.
- Consult with a staff of your company or supervising organization.
- File a notification of pregnancy with your local municipal office.



Q. What will happen with my training?

- Your supervising or implementing organization cannot terminate your training on the grounds of pregnancy.
- If you desire, you can take a leave from work from six weeks prior to your expected date of delivery. Additionally, in Japan, postpartum women may not work for eight weeks from the day after giving birth, as a rule, to protect their physical health. Your salary while you are on leave depends on the rules of your company, but if you do not receive a salary, you may receive a maternity allowance (approx. 60% your wage) from health insurance.

- You may also suspend your training, return to your country temporarily to have your baby, and resume your training thereafter. If you so desire, consult with a staff in your supervising organization or company.
- If you satisfy the relevant requirements, you may also take advantage of a childcare leave system or receive a lump-sum childbirth allowance from health insurance.

Q. Where should I go for advice?

Once you find out you are pregnant, consult with someone close to you in your company or supervising organization. You will need to make arrangements, such as to continue your training, return to your country temporarily, take the necessary steps regarding pregnancy and delivery, receive a medical examination at a hospital, or receive residency status for your newborn child.



OTIT also has a consultation desk where you can seek advice.

Phone: 0120-250-147

Tuesday/Thursday (11:00 a.m. to 7:00 p.m.)

Saturday (9:00 a.m. to 5:00 p.m.)

You can use the online form to contact the consultation desk at any time, 24 hours a day.

<https://www.support.otit.go.jp/soudan/en/>



When you find out you are pregnant, don't worry alone. Consult with your partner, family, people at work, or your supervising organization, the OTIT consultation desk, or other public support center as early as possible. Pregnancy and childbirth are events that will largely impact your future and therefore require you to act with integrity and responsibility.

<Reference>

The Technical Intern Trainee Handbook contains a section on pregnancy and childbirth, and the "Guidebook on Living and Working" posted in the "Daily Life Support Portal for Foreign Nationals" operated by the Immigration Services Agency provides various information about living in Japan, in addition to pregnancy and childbirth, in simple Japanese and 13 foreign languages.

Support desks for foreign residents are also available in many prefectural and municipal offices.



The “Tsuyu” Rainy Season —How to Spend It in Comfort and What to Be Careful of—



The period from late May to early or mid-July is the rainy season in Japan, excluding Hokkaido and some parts of Tohoku. Called “tsuyu,” this season is characterized by continuous days of cloud and rain. The seasonal rain front that brings “tsuyu” makes daily progress in moving from south to north through the Japanese archipelago, and the Japan Meteorological Agency announces the beginning and ending dates of the rainy season based on the movement of this rain front. Because it rains a lot during this season, people seem to take greater interest than usual in weather forecasts. Temperatures differ greatly by day, and it becomes a daily challenge to keep in good health, with some days being slightly chilly and others being hot and humid. If you cannot regulate your

body temperature properly, you may fall under the weather, so be sure to wear clothes that will help you make temperature adjustments without considering it a bother, and get adequate sleep and nutrition to keep in good physical shape. The rainy season is also when people become more prone to food poisoning caused by mold and bacteria. Be especially careful in managing food ingredients, and be more careful than usual to maintain cleanliness.

On the other hand, rainwater from heavy and frequent rains during the rainy season is stored in dams and used as drinking water when dry weather continues in mid-summer. The stored rainwater also has an important role as agricultural water to be used for rice cultivation. Rain is thus a blessing that is indispensable to the lives of the Japanese people.

Long spells of rain tend to make people feel gloomy, but there are ways to enjoy the rainy season. There are many places throughout Japan that are famous for their hydrangeas, which bloom precisely during the rainy season. Their purple and pink flowers and green leaves appear more vivid when it rains, so rainy days are perfect for taking pictures of them. Many of you who are not yet used to the Japanese climate may find the “tsuyu” season uncomfortable, but try to be creative and ride it out in good spirits.

Kokugonomori

This is an exercise for learning Japanese words and kanji and their usage. Think of the correct answers while having fun! (Answers are provided on the next page.)

に、「あ、あつ、ああ」のどれかを入れましょう。

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「あ」「あつ」「ああ」
小さな言葉

Technical Intern Trainee Photo of the Month



Technical intern trainees from the Philippines visited Mt. Fuji for their first time. In Yamanashi Prefecture, they also delighted in seeing the clear spring waters of the eight ponds of Oshino Hakkai. The joy of having realized their dream of visiting scenic places in Japan brought beautiful smiles to their faces.

*Posted in July 2022

(日本メカニック株式会社)

Every month, a photo is selected from among those which receiving/supervising organizations have contributed to “技能実習 Days” on the JITCO website. Scan the QR code at right to visit the 技能実習 Days page and learn about the entry guidelines.

(<https://www.jitco.or.jp/ja/days/>)



Notice of the 31st Japanese Essay Contest for Technical Intern Trainees and Trainees

JITCO will begin accepting entries for the 31st Japanese Essay Contest on Monday, April 3. The deadline for entries is Friday, May 12. For contest details, please see the JITCO website (<https://www.jitco.or.jp/>) or the JITCO Japanese Teaching Materials ひろば website (<https://hiroba.jitco.or.jp>). We look forward to your participation!



We wish to hear from you regarding topics you want us to feature in “Technical Intern Trainees’ Mate”!

Please use the form at right to send in your views and impressions of this leaflet, topics you want us to feature, and news you are interested in.



◆こくごこたえ

「あ」はふと気づいたり、思い出した時に、「ああ」の後には「よかった・そうですか」などが続き、安心したり、納得したりした時に言います。驚いたり、思いついたりした時に、思わず出るのが「あっ」です。

文字とちがって、声に出した音は、高低も調子も、みなそれぞれです。

「ああ、いい気持ち」という時と、「ああ、困った」という時では、声のトーンもちがうでしょう。

目で見る言葉と、耳で聞く言葉。何気ない「あ」にも、気持ちが表れますね。

People often voice the sound “あ” when they remember something, and the sound “ああ” followed by words such as “よかった” or “そうですか” when they feel relieved or are convinced. “あっ” is uttered almost instinctively when people are surprised or when an idea pops into their head. Unlike written letters, uttered sounds differ both in timbre and pitch according to each person. Even the tone of voice differs when uttering “ああ、いい気持ち” and “ああ、困った.” Even a simple “あ” expresses various emotions both when it is read and when it is heard.

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