

Learning with manga

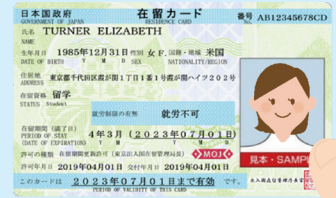
Let's make onigiri and go on a picnic!



Onigiri has a long history, with a description of “握飯” (にぎりい) written in a book dating from the Nara period, about 1,300 years ago. Later, during the Edo period (from 1603), as roads were improved and travel became more common, it is said that people took onigiri with them when they went out as food that was easy to make and convenient. Today, onigiri has become a highly familiar food in Japan, owing to the increasing variety of fillings and their availability in convenience stores. In recent years, more and more stores specializing in onigiri have appeared, with some famous stores even attracting long lines of customers. Cherry blossoms will be coming into bloom across the country, and it will soon be the perfect season to go out. The long holiday known as Golden Week is also coming up. Why don't you make some onigiri and go out on a picnic on your next day off?

“とも” provides helpful advice on living in Japan, tips for learning the Japanese language, and other such information, in Japanese with furigana and nine foreign languages (Vietnamese, Chinese, Filipino, Indonesian, Thai, Cambodian, Burmese, Mongolian, and English). The Japanese version is available on paper, and the foreign language versions are available in PDF format on JITCO's website for viewing on a smartphone, PC, or other such device. We hope you make good use of these resources. (<https://www.jitco.or.jp/ja/tomo/>)





Be Careful Not

To Lose Your Residence Card

Your residence card is something you carry with you at all times, but more and more people are losing it when they are out and about. Therefore, below, we will clarify anew what a residence card is and what you should pay attention to.

What is a residence card?

A residence card is issued to all foreign nationals who stay in Japan for over three months. It is an **important card serving as proof** that the holder is **residing in Japan with permission** from the Commissioner of the Immigration Services Agency. It is used in various aspects of daily life,

such as for verification at public institutions, opening a bank account, and applying for health insurance, so it needs to be socially credible. To ensure this credibility, the card is subject to various regulations.

Why do I need to carry it with me?

Foreign nationals who stay in Japan under a false identity or who remain in the country beyond their allowed period of stay may be subject to deportation from Japan. As mentioned above, a residence card is proof that the holder is properly authorized to stay in Japan. Therefore, by carrying your card with you, **you can quickly present your**

residence status and personal identification when necessary. Occasionally, you may need to temporarily leave your card with a member of your supervising organization or employer, such as when submitting an application, but once it is returned to you, **be sure to carry it with you at all times.**

“What to do” and “What not to do”

● What must I do?

- ☒ **Carry your residence card with you at all times.** If a police officer or someone of authority asks to see it, do as you are requested. If you do not have your card with you, you can be fined up to 200,000 yen.
- ☒ **If you lose your residence card or it is damaged or defaced, apply for a re-issuance** at your nearest Regional Immigration Bureau within 14 days of realizing the loss or damage. There is no penalty for losing your residence card or causing it to be damaged or defaced, but if you do not apply for a re-issuance within the application period, you can face a penalty of up to one year in prison or a fine of up to 200,000 yen.
- ☒ **If you change your place of residence, you are required to notify your local municipal office.** If you do not do so within 14 days, you can face a penalty of up to one year

in prison or a fine of up to 200,000 yen.

- ☒ You must not stay in Japan beyond your allowed period of stay (expiration date). If you need an extension, **apply for one before the expiration date of your card** and you will receive a new card. If you do not apply for an extension, you can face a penalty of up to one year in prison or a fine of up to 200,000 yen.

● What must I not do?

- ☒ **You may not lend or give your residence card to anyone,** whether the card is expired or not. This is because there is a risk that your card may be misused. If you give your card to someone knowing it will be misused, you can face a penalty of up to one year in prison, a fine of up to 200,000 yen, or deportation.

出典：出入国在留管理庁ホームページ

https://www.moj.go.jp/isa/applications/procedures/whatzairyu_00001.html

https://www.moj.go.jp/isa/applications/faq/newimmiact_4_point.html

https://www.moj.go.jp/isa/publications/faq/newimmiact_4_port-city.html

https://www.moj.go.jp/isa/publications/faq/newimmiact_4_q-and-a_page2.html



A Little In-depth Look at Japanese Tea

Green tea produced in Japan is called *nihoncha*. It is made by picking and processing the leaves of the tea tree (tea leaves). The *nihoncha* that appears on the market from early May is called *shincha*, characterized by its strong, green flavor and fresh aroma. *Shincha* may be enjoyed hot, but it is exceptionally refreshing when cold brewed. Green

tea is also attracting attention for its health benefits, as it contains large amounts of catechins, which are said to be effective against bacteria and viruses. Recently, many people enjoy green tea-based drinks made with matcha, like matcha latte, at cafes. We hope you find your own favorite cup of *nihoncha* and enjoy it to your heart's content.

Representative types of tea



せんぢや
煎茶

Sencha is the most popular type of green tea. In addition to regular sencha, there is also deep-steamed sencha, which is less astringent and has a milder taste.



ぎょくろ
玉露

Generally considered a high-class tea, *gyokuro* is characterized by its strong, full-bodied umami and sweetness. The distinctive aroma that wafts through the nose when one takes a sip of *gyokuro* is sometimes described as resembling green laver.



ばんぢや
番茶

There are regional differences in how *bancha* is made, but it is generally made using tea leaves and stems that have overgrown and hardened. It is only slightly bitter and therefore easy to drink.



ほうじ茶
ほうじ茶

Hojicha is lower-grade *sencha* and *bancha* roasted over high heat. It is characterized by a fragrant yet light aftertaste.




matcha
抹茶

Matcha is a type of tea made from tea leaves that are harvested differently from other tea varieties. The leaves are dried, with excess materials removed without rubbing the leaves together, and ground into a fine powder using a tea mortar. *Matcha* is commonly used in tea ceremonies and in various foods, including matcha-flavored sweets and tea soba noodles, which are made by mixing matcha with buckwheat flour.

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.)



車もがんばれ。

きょうそうしてるよ。

こんでいる。


乗る。

ドアが開いた。

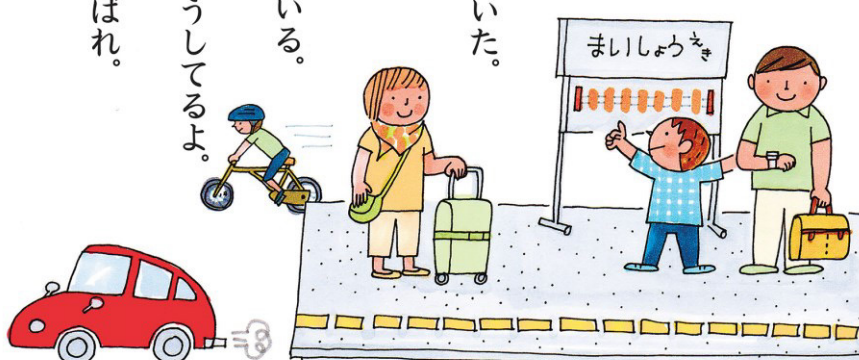
来た。

まつ。

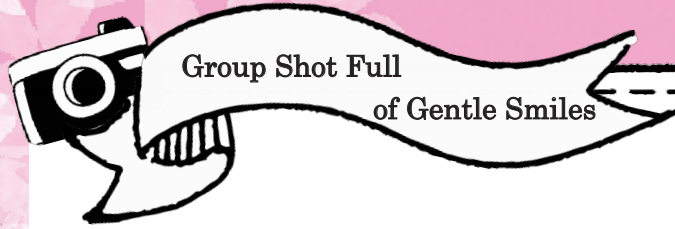
行こう。



どれも「電車」から始まります。下の言葉とつながる一字の言葉を□に書きましょう。



小さい
大きくて
大事な言葉



Group Shot Full of Gentle Smiles



A futsal tournament was held again following last year's event, with the participation of close to 60 technical intern trainees and specified skilled workers from Indonesia and Vietnam competing against each other in a series of intense matches. This photo captures the bright smiles of the winning team members wearing their medals. It must have been a fulfilling day that brought new encounters through sports.

※2024年12月投稿 監理団体：協同組合ビジネスプラザ

We are looking forward to your entries.

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 33rd Japanese Essay Contest for Technical Intern Trainees

JITCO will begin accepting entries for the 33rd Japanese Essay Contest on Tuesday, April 1. The deadline for entries is Friday, May 9. 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!



助詞は、語と語、句と句の間にあって、言葉と言葉との続き具合や意味をはっきりさせる働きをします。
言葉の終わりにつく「か・よ・ね・ぞ・の……」もあれば、「でも・しか・だって・まで・だけ・ほど・くらい……」などもあります。この小さな言葉なくしては、必要なことを十分に伝えることができません。



◆こくごこたえ

Particles are placed between words and phrases to clarify their relationships and meanings. Some particles appear at the end of words, such as か, よ, ね, ぞ, and の. Others include でも, しか, だって, まで, だけ, ほど, and くらい, among many others. Without these small parts of speech, we cannot fully convey what we intend.

とも

2025年4月 春季号

2025年4月1日発行

発行

電話
JITCO ホームページ

公益財団法人 国際人材協力機構 (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
03-4306-1166 (ダイヤルイン)
<https://www.jitco.or.jp/>



jitco.official



@jitco_official