

English - 英語版 (MIMITARO より)

A revised second edition of

The Strategy Meeting for your dream

Shiga Intercultural Association for Globalization

(公財) 滋賀県国際協会

The Strategy meeting for your dream - No.1 How to get a nursing job



What is your dream for the future? Let's have a strategy meeting for your dream comes true!

This time, the theme is "how to get a nursing job". The first action of the strategy is gathering information from the actual job fields. So now, here is the information about nursing jobs in Shiga. Hope you get a good work and fulfilling life!

Nursing jobs are actively involved in the following fields

Public health nurse

Health center/
Public health center

This is the national qualification for a health worker. Majority of their employments are health centers, public offices, private companies, and hospitals. At a health office or public offices, they support a maternal and child health care, for example, an infant health examination. And they also give advises to local residents about health care, prevention of lifestyle-related disease, health control and childcare. They sometimes visit citizens' homes to give them professional advices too.

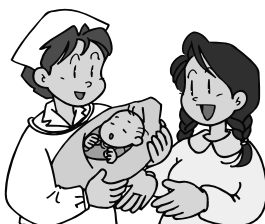
Supporting residents, babies to elderly people, to undergo medical examinations and etc.



Midwife

Hospital / Clinic/
Maternity clinic

Supporting pregnant women and caring babies' health



This is the national certification for assistance of childbirth, caring pregnant women and nursing mothers, and doing health guidance. They do counseling for baby's care or infertility treatments, sex information of puberty/menopause, and health care throughout women's lifetime. They have opportunities to work in a clinic or hospital, and also practice their own maternity clinic.

Nurse

This is the national certification for performing such medical assistance or medical care on the sick and wounded, expectant and nursing mothers. Most of them find employment at the hospitals, clinics and medical offices. They are given opportunities more and more at the visiting nurse stations, long-term care health facilities for elderly, and welfare facilities.

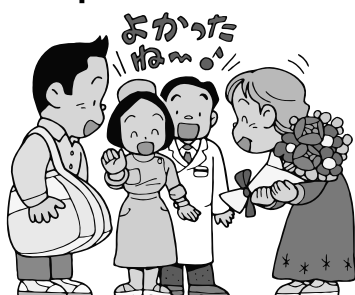
Why not trying to get a nursing job?

Visiting patients and helping medical treatments at their homes



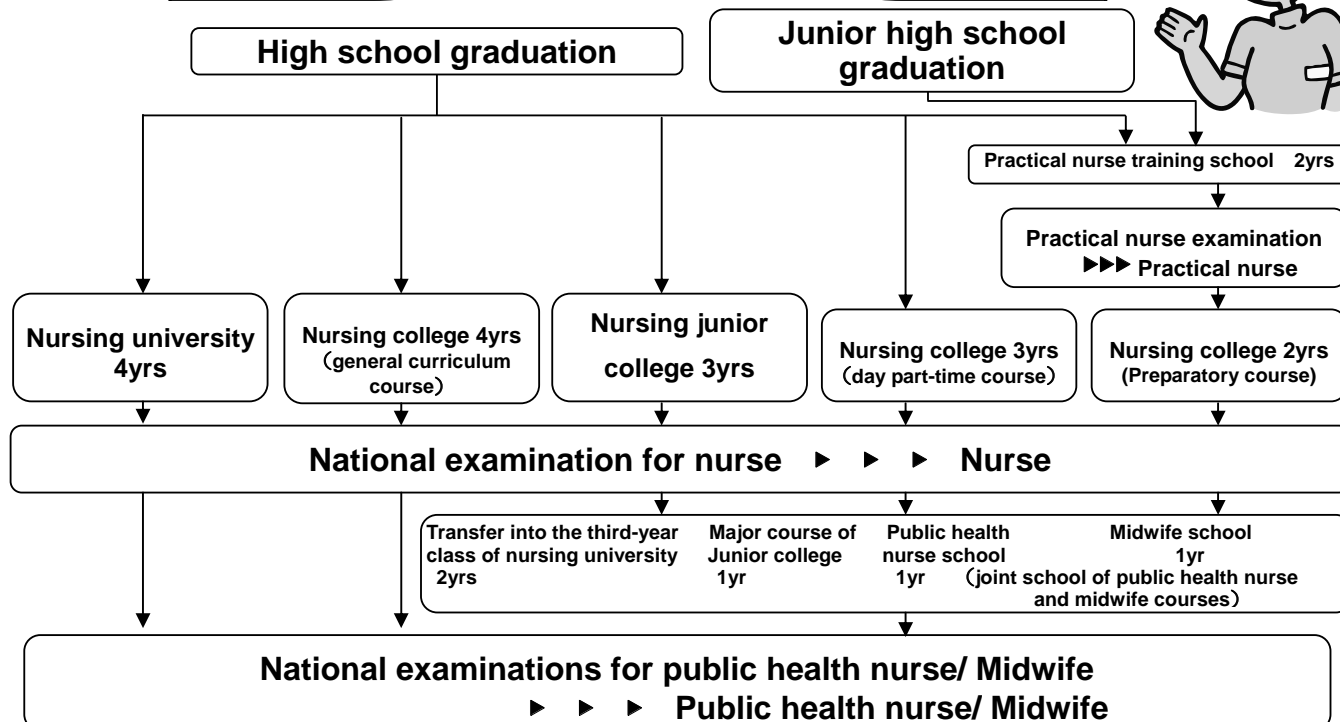
Hospital/clinic

A visiting nursing station



Others . . .
• a school nurse's room
• healthcare room at company
• nursing universities, nursing schools
• nursing activities to overseas (JICA) etc

The way to get nursing qualifications



The list of nursing schools, training institution in Shiga

School classification	Course	Name of school	Location
University of nursing	4-year	Shiga ika daigaku igakubu kango gakka	Otsu
		Shiga kenritsu daigaku ningenkango gakubu ningenkango gakka	Hikone
		Seisen daigaku kango gakubu kango gakka	
College of nursing	3-year	Otsu shimin byoin fuzoku kango senmon gakko	Otsu
		Otsu sekijuji kango senmon gakko	
		Shigaken Katata kango senmon gakko	
		Kacho kango senmon gakko	
		Kusatsu kango senmon gakko (being processed)	Kusatsu
		Shiga kenritsu sogo hoken senmon gakko kango gakka	Moriyama
		The kango 1 st course, Shiga saiseikai kango senmon gakko	Ritto
		Koka kango senmon gakko	Koka
		Omiachiman shiritsu kango senmon gakko	Omiachiman
		Shiga kenritsu kango senmon gakko	Nagahama
	2-year (Preparatory course)	The kango 2 nd course, Shiga saiseikai kango senmon gakko	Ritto
Training school of practical nurse	Practical nurse	Otsu-shi Ishikairitsu kango senshu gakko	Otsu
		Toyosato byoin fuzoku jun-kango gakuin	Toyosato

Tuition(prefectural schools) A entrance fee ¥56,400, annual tuition fee ¥390,000, plus textbook fee and uniform fee are required.

Scholarship If student wants to work as a nurse in Shiga after graduation, Shiga prefecture lends him/her school expenses without interest. After graduation, there is a system which may be exempt to return the scholarship loan to Shiga prefecture if certain conditions are met. The above schools or hospitals may have their own scholarship system, and Japan Student Service Organization (JASSO) has its scholarship too. Please contact them for the further information.

The Strategy meeting for your dream No.2

Nursery School Teacher

If you are a physically and mentally healthy person who loves kids, have you ever considered becoming a nursery school teacher? A nursery school teacher's job is to care for children at child welfare institutions. A nursery school teacher is also a childcare specialist who looks after individual children having with compassion and understanding. There are two ways to become certified as a nursery school teacher. One is by graduating from a nursery school teacher training institution recognized by the Minister of Health, Labor and Welfare. The other is to pass the nursery school teacher examination (by the *Zenkoku Hoikushi Yousei Kyogikai*, the National Nursery School Teacher Training Association) held annually in every prefecture. Any graduate from a school that is not recognized by the School Education Law, or from an overseas school, who wants to take the examination must contact the administration center of the nursery school teacher examination. This certification is different from that of kindergarten teachers, in accordance with the School Education Law.

Nursery School Teacher Work Environments

1. Day care facilities for children who lack a home caregiver (nursery school, recognized kindergarten)
2. Facilities where children live (infant's home, children's home)
3. Facilities for disabled children (homes for disabled children)
4. Facilities which provide play space for children (children's halls, etc)
5. Facilities for single mothers and their children. (livelihood support facilities for mothers and children)
6. Facilities for children with emotional or behavioral problems (short-term treatment facilities for children with emotional disturbances, children's self-reliance support facilities, support centers for children and families)



Main Ways to Become Certified as a Nursery School Teacher

Junior high school

Work at a child welfare institution for at least five years, taking care of children for a minimum of 7,200 hours.

High school

Work at a child welfare institution for at least two years, taking care of children for a minimum of 2,880 hours.

Have (or expect to have) at least 62 university credits over two years, or are a graduate (or expect to graduate) from a junior college.

Receive Examination Qualification

Examination ▶ ▶ ▶ Pass

Receive Nursery School Teacher Qualification ▶ ▶ ▶ Nursery School Teacher

University, Junior College

There are four professional nursery school teacher training institution in Shiga:

- Shiga University, Faculty of Education (Shiga Daigaku Kyouiku Gakubu)
- Biwako Gakuin University (Biwako Gakuin Daigaku)
- Shiga Junior College (Shiga Tanki Daigaku)
- Shiga Bunkyo Junior College (Shiga Bunkyo Tanki Daigaku)

Register as a nursery school teacher after passing the examination and receiving certification. In Shiga, there is an employment office for nursery school teachers (Shiga Prefecture Childcare Association) that serves as an intermediary between nurseries and nursery school teachers. They introduce work places upon registration.

- Information about the nursery school teachers examination: Zenkoku Hoikushi Yousei Kyogikai, Hoikushi Shiken Gimu Center (National Nursery School Teacher Training Association, Administration center of the nursery school teacher examination): Tel 0120-4194-82 <http://hoyokyo.or.jp/>
- Employment office for nursery school teachers: Hoiku Jinzai muryo shokaijo, Shiga-ken. Hoiku Kyogikai (Shiga Prefecture Childcare Association): Tel 077-516-9090 <http://shiga-hoikukyo.jp>

Going to a global world!

In this edition, Mimitaro interviewed Mr. Eyzaguirre Nakanishi Mario by telephone, who had lived in the Shiga Prefecture during his school days and now works in Tokyo.



When I was 14 years old, I came from Venezuela with my family. I transferred to the Minakuchi Junior High School. But there were times where I was confused because I could

not understand either Japanese language or culture. The only thing that saved me was being able to communicate with my teacher in English. In the following year, even though I could not understand Japanese very well, I entered Otsu Seiryō High School. The high school was an evening-time high school, so in the 1st year, I studied at home during the daytime before going to the school. In the 2nd and 3rd year, I worked part-time jobs during the daytime before going school, so I would return home at 11:00 p.m. As the school did not offer any lessons for Japanese language until my 3rd grade, I studied Japanese by myself, using my dictionary. After high school, listening to my teacher's advice, I decided to study and major in English at Kyoto University of Foreign Studies.

In my 3rd year of university, I took a leave of absence for one year to work as the International Exchange Staff in Koka City. The contents of my work were mainly interpretation and translation into English. But as I am not a native English speaker, so I sometimes broke into a cold sweat. I was able to be an accompanying attendant to the state of Michigan and have various experiences and this became the first step in my international career. After returning to university, I became a Shiga Prefectural educational supporter of Spanish languages. I sat down with foreign students and helped them with their studies. Sometimes, I had difficulty dealing with children who were at a rebellious age. However, once on a while, I thought back to my own experiences, and I had a wonderful time with these children.

After graduating from university, I worked at a major foods services company thinking of expanding their business abroad. At the company, I experienced cultures peculiar to Japanese companies such as hierarchical relationships and the importance of harmonization. I worked in restaurant management, and learned very much from it. But my dream was not to work in the

foods services industry, so I decided to change jobs.

Now, I am working at "Daijob", an online company which specializes in bilingual services, assisting those who are looking for change jobs. "Daijob" supports people working in global companies and, currently advertises for more than 90,000 jobs in foreign affiliated companies or overseas offices, as well as having 3,800,000 people registered. At this company, I work as a sales person, finding companies in Japan and abroad, which are searching bilingual persons. Some of my colleagues are American, speaking either Chinese, Russian, as well as English, and I am using English and Spanish in my work. In many fields, globalization and demand for bilingual persons is increasing more and more. Therefore, I think that my work is very important, and through this work, I want to help foreigners living in Japan have a chance at getting a good job.

Thinking back to the past days, thanks to my teachers' advice when deciding my career path, I am now working at this company. Parents of foreigners many times do not understand the Japanese society and school system very much, and in this situation, my teacher's advice lead to my enrollment in high school and university. Moreover, ever since I was a child, it had been my dream to work in the global field to be open-mind person, so I have been working towards this dream every day. So, I hope that you young do not give up your dream and do your best to make it a reality.

Now, I am working in Japan. However, putting my one foot in the global world, I cannot predict where I will live in the future. My selling point is that I am Venezuelan, but have lived in Japan for 11 years, sometimes I do not know what my nationality is, but I think that it is all right.

The Strategy meeting for your dream

No. 3 Nursing-Care for Elderly People

Japan will be experiencing the further aging of the populace and, as it is estimated, by 2035 one out of three people will be over 65 years old. On the other hand, there will be a gradual decrease in the total population, which will expand demand for skilled nursing-care workers. How to secure a sufficient number of them is a critical issue now.

Nursing-care workers are supposed to get along well with others. They have to work in teams, and good relations are essential in associating with their bosses and colleagues, and specialists in related fields. They are also required to have a broad knowledge of social welfare, public health, and medical service, on top of skills in nursing-care. To work in nursing homes, you are not required to have all the qualifications, but it will always be helpful if you have some certified qualifications. Best known of all is the state qualification certified by the government (“*Kaigo Fukushima-shi*”). Elementary training for preparing nursing-care workers includes *Home-Helper Training* (“*Home-Helper Yosei Kenshu*”) and *Basic Training* (“*Kaigo Shokuin Kiso Kenshu*”).

Where are nursing-care staff needed?

- ✓ As nursing-care staff for the elderly and the challenged at social welfare institutions.
- ✓ As home helpers, visit and care people in need at their own homes



■ Review of how to obtain the national qualifications for nursing-care “Kaigo Fukushima-shi” and the training to prepare nursing-care workers

(※Refer to the chart on the next page.)

For the purpose of securing stable high-quality care services in the future, the present system has been reviewed with reference to how to obtain the national qualification and the training for preparing nursing care workers, resulting in these changes below. Those of you who plan to work in the field of nursing-care in the future, watch out for these revisions, some of which will come into effect starting in 2013.

(1) As of January 2016, the national examination will be compulsory for all certified nursing-care workers:

At present, there are two ways to obtain the state-certified qualification for nursing-care: (1) to complete the program at the designated nursing-care training institutions, *or* (2) to have work experience of three or more years in the field of nursing-care *and* pass the national qualifying examination. This will change as follows after February 2016:

- ① It is necessary *both* to complete the program at the nursing-care training institution *and* to pass the national qualifying examination. Note that this revision does not apply to those who will have finished at the nursing-care training institution before February 2016.
- ② Before sitting for the national qualifying examination, it is necessary *both* to have acquired work experience of three or more years in the field of nursing-care *and* to have completed the Specialist Training (see below).

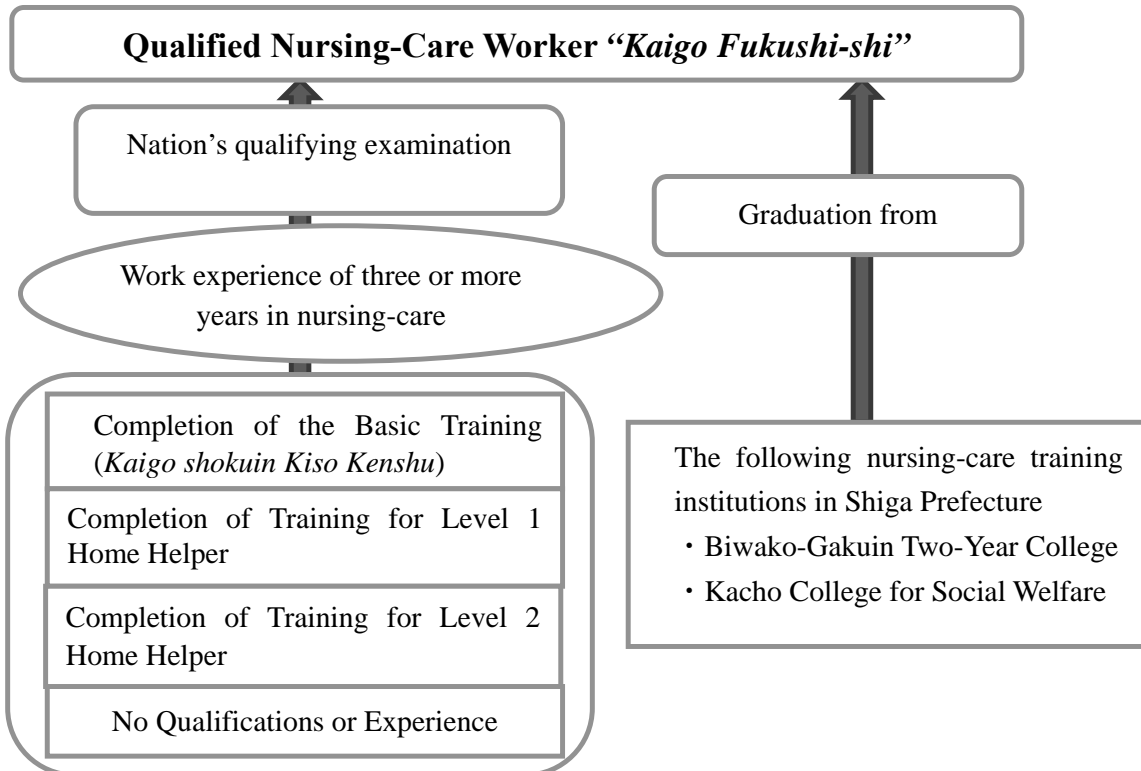
(2) Basic Training “*Shoninsha Kenshu*” and Specialist Training “*Jitsumusha Kenshu*”

Starting in the fiscal year of 2013, the current training program for *Level 2 Home Helper* will be changed to *Basic Training*, and the programs for *Level 1 Home Helper* and for *Basic Training* will be incorporated into the *Specialist Training*. Those who have already completed the program for *Level 1/2 Home Helper* or *Basic Training* will be exempted from courses/subjects previously taken when they enroll in the *Specialist Training*.

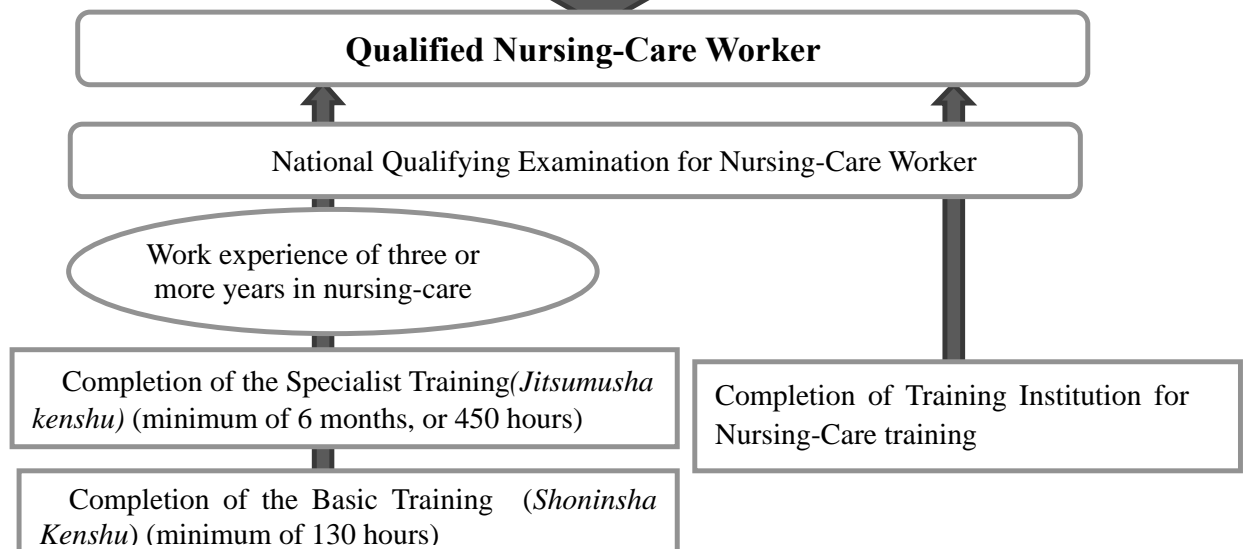
- ※ Those of you who have finished a high school (or the course program) specializing in nursing-care need to note that the requirements for applying for the state qualifying examination, depending upon the academic year that you have graduated.

How to become a qualified nursing care worker “Kaigo Fukushi-shi”

NOW



SOON



※ Those who have already completed the Basic Training will be exempted from 130 hours out of the total of required 450 hours for the Specialist Training.

For more information, go to the home page of the Social Welfare Promotion and Examination Center at:
<http://www.sssc.or.jp/kaigo/index.html>

Strategy towards meeting your dream No. 4 Work with your knowledge of languages

If you are interested in the foreign languages or you are good at languages, why don't you use your language skills for work? If you like to communicate with people, you may be suitable to be an interpreter. If you like to read and write, you may be suitable to be a translator. Or, how about working at a company, an administrative agency, or an international authority by taking advantage of your language skills? However, knowing only a foreign language is not enough to be a language specialist. You also need a high Japanese ability. Moreover, you are required to have a deep understanding of each country's culture, society, as well as broad knowledge of the language. With the rapid progress of globalization, a person who has the language skills to connect those who live in different countries is needed in various fields. In addition, if you have some particular skill or specialization along with language skills, you will be able to expand your horizons in the job market.

Be active in various fields by using languages

1. As a language specialist

As an interpreter or a translator, you can work freelance on a request basis, or with an organization or company.

As an interpreter

- Conference interpreter, Judicial interpreter (at court), Police interpreter
 - Business interpreter
At the business negotiations, internal meeting, interpret for company visits
 - Interpreter-guides
 - Escorting interpreter for VIP's
Accompany a politician, an athlete, and etc.
 - Interpreter for foreigners living in Japan
At a school, an administrative agency, a hospital, etc.
- ※ High ability to understand foreign languages and a native language, along with conversational skill are required. You must be able to translate accurately.

As a translator

- Business translation
Office document, Electric, Machine, Chemical, Medical, Economy, and the IT related
 - Literary translation
Novel, Essay
 - Visual translation
Caption on TV, Movie
- ※ Advanced ability in reading, expressiveness in writing, and persistence to word are needed.

As a foreign language teacher

At a school, an internal language class in a company, a culture school.
※ Communications and explanation skills are needed.



2. Taking advantage of your language skills

As an employee

Expatriate employee at a trading company, a bank, a manufacture, a newspaper, and etc. Hotel, Alien corporations, Import and export company, Airline, IT, Distribution companies, and etc.

- ※ Cooperativeness and general knowledge to work at an organization are needed. Performance as an employee is prioritized. Depending on the organization, you may need to learn a foreign language to fulfill your duties.

Federal officers at an international authority
As part of a staff at an international NGO, a global cooperation, an international exchange, an organization that helps foreigners

UNHCR, UNICEF, WHO, JICA, AMDA, international exchange organization, and so on.

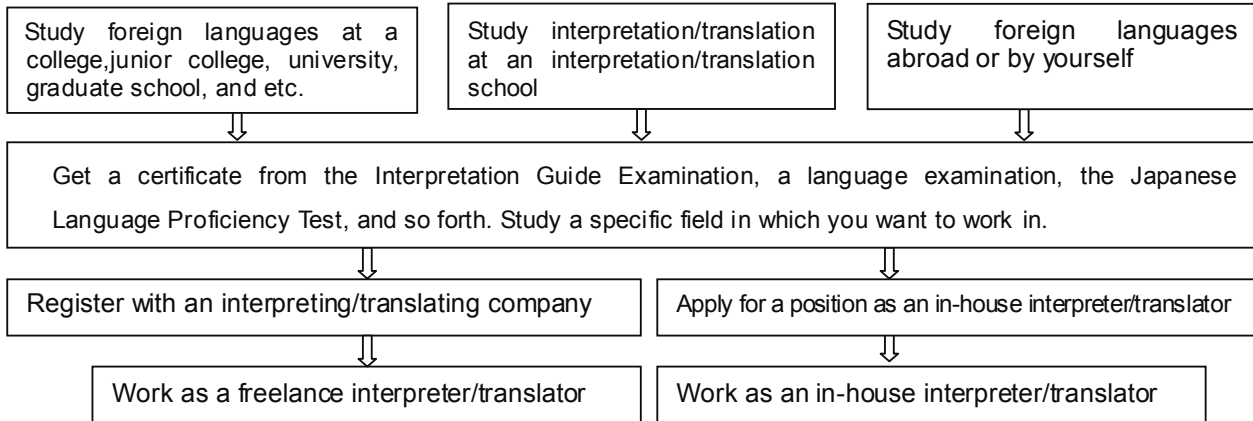
- ※ Flexibility, cooperativeness, and activeness to deal with people from other countries are required. Depending on the type of occupation, English ability is required along with a high degree of specialization.



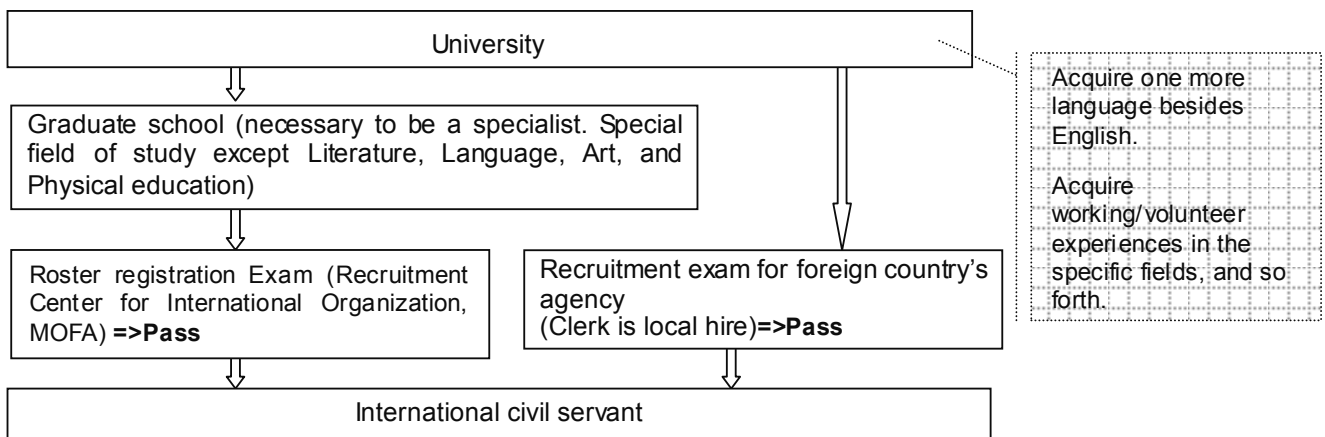
How to get a language related job

★ How to be an interpreter or a translator

Due to the fact that in world of interpreting and translating, your career is heavily dependent on ability, there is no specific course to becoming a professional. However, here we show you some examples of career paths:



★ How to be an international civil servant



Information

- ★ As a national qualification, there is “the Interpretation Guide” (English, Spanish, French, German, Chinese, Italian, Portuguese, Russian, Korean, and Thai). The Interpretation Guide Examination, Business alliance dept., Japan National Tourism Organization TEL03-3216-1903 http://www.jnto.go.jp/jpn/interpreter_guide_exams/index.html
- ★ Certifying examination for language (the Practical English Proficiency Test, the UN Association’s Test of English, Diplom Deutsch, Test of Chinese Proficiency, Badan Pengembangan dan Pembinaan Bahasa, of Russian as a Foreign Language, The Korean Language Proficiency Test, Certificado de Proficiência em Língua Portuguesa para Estrangeiros, and so forth.)
- ★ If you are a native speaker other than Japanese, it’s a good idea to get Japanese Language Aptitude Test certificate -<http://www.jlpt.jp/>, and Japanese Language Proficiency Test - <http://www.nihongokentei.jp/>
- ★ Recruitment information of international authority: Recruitment Center for International Organization, MOFA <http://www.mofa-irc.go.jp/>
Participatory network for expert recruitment <http://partner.jica.go.jp/RecruitSearchForPrsn>
- ★ The following are the universities and the colleges in Kansai area which have department of foreign languages. (Due to the university/school, the language courses are different respectively)
 - Osaka University School of foreign studies • Kyoto University of Foreign Studies • Kansai Gaidai University
 - Kobe City University of Foreign Studies • Kyoto Sangyo University
 - Osaka Gakuin University • Tenri University • Kansai University • Kansai Gaidai College • Osaka College of foreign languages • Kansai Gaigo Senmon Gakko • Kyoto Career College of foreign language, and so forth

The Strategy meeting for your dream No.5 How to become a "Food" Professional

There are various original food cultures that have their own unique dishes and customs throughout the world. Eating is both an act which is essential as well as an important source of enjoyment to human beings. Therefore, social and economic activities relating to "foods" are a very large part of human society. In particular, focus on women's social progress, an aging society, and a variety of health-conscious foods are increasing recently. Consequently the market for food service and lunch preparation industries, such as take-out foods, is spreading. Culinary professionals are actively involved in not just cooking, but also various fields associated with nutritional services and food production. Let's see what professionals exist in the "foods" industry.

Professionals of "food" are actively involved in the following fields

1. As a person cooking "food" — Offering delicious dishes by skills, senses and daily efforts

▼ Cook

This profession focuses on cooking. These include Japanese, Western, Chinese and Italian dish, and Japanese sushi cook. In addition to "cooking delicious dishes", they must have their own originality and sense when arranging dishes. Depending on the workplace, the qualification of "chef (chouri-shi)" is required. They offer delicious dishes at various facilities such as a restaurants, hotels and hospitals.



▼ Pâtissier

This profession focuses on making sweets. Good technique and senses are crucial for creating sweets. It may be better to have a "confectionery hygiene master (Seika eisei-shi)" to show that you have the necessary qualifications.

▼ Baker

This profession focuses making bread. Not only do they have to make their bread delicious, they also have to make it original. Typically for this profession you need to be certified as a "licensed baker (pan seizou ginou-shi)"

2. As a person serving "foods" — Professional of serving with kindness

▼ Sommelier, Bartender

- A Sommelier is someone who has vast knowledge about wine, and recommends wine according to guests' tastes and dishes at restaurants or hotels, etc.
- Bartender makes many different types of drinks according to a customer's taste at a bar and lounge.

▼ Waiter/ Waitress

This is someone who provides services to guests at restaurants, etc. You can get a "Restaurant service Skill" license (Restaurant service ginou-shi) by having business experiences.

3. As a person supporting "foods" in health — Advises on knowledge of nutrition

▼ Dietitian (Eiyou-shi), National Registered Dietitian (Kanri Eiyou-shi)

This is profession focuses on of giving advice on eating a healthy diet based on nutritional needs at hospitals, schools, nursery school, welfare facilities, etc. They are responsible for creating menus based on nutritional balance, as well as giving nutritional guidance. Those who have a qualification of "Nationally Registered Dietitian" can manage menus according to health guidelines and work to improve the nutrition for patients in hospitals. They also work as researchers at food companies, universities or laboratories.

4. As a person producing "food" — Having both knowledge about food and a sense of the times

▼ Food Coordinator



This is profession coordinates things related to food in various situations. They are involved the food industry by developing food products, menus at restaurants, as well as giving advice on promotion of sales and setting tables. Extensive knowledge of food and business sense is required. They also prepare dishes for photographing or filming set tables.

The way to become a "Food" Professional

☆ How to become cook

No qualifications are necessary to become a cook. However, it is a good idea to build up experience first. You can work at restaurant learning little by little from your superior, and through your efforts, become one of the top chefs in the business.



◆ **Training at restaurants, etc.**

◆ **Junior high school, High school**
(cooking course, etc.)
In Shiga: Ayaha High School Food and Cooking Course

◆ **Chef Training Institution**
In Shiga: Shiga Cooking Junior College, Professional Course of Cooking

Apprentice (for at least 2 years) → Pass of Examination for chef

Work as Chef "Chouri-shi"

National Examinations for Specialized chef/licensed chef (work experience for 8 years or more, and period of holding a qualification of chef (chouri-shi) for 3 years or more)

Become an owner of restaurants, etc., by saving money.

If you want to be a chef of foreign dishes, it may be necessary to study foreign languages.



☆ How to become Dietitian or Nationally registered dietitian

◆ **Training Facilities for Dietitian**

In Shiga: Shiga Junior College, Department of Life Studies
School term: 2 years, 3 years, 4 years

◆ **Training Facilities for Nationally registered dietitian**

In Shiga: Shiga Prefectural University, Faculty of Human Culture, Life Culture Course
School term: 4 years

Becoming qualified to be a Dietitian "Eiyoshi"

Work experience of 3 years or more

Work experience of 2 years or more

Work experience of 1 year or more



National Examination for Nationally Registered Dietitian "Kanri Eiyoshi"

Work at hospitals, welfare facilities, schools, health centers, companies, etc.

Work freelance

Work as a researcher or educator

☆ How to open your restaurant! — Good management skills are key. —

- * Imagine the restaurant that you want to have! What will be the selling point, range of customers, and dishes of this restaurant? In addition, it is necessary to deeply consider location, business style, and method for attracting customers, menus, services and necessary start-up funds!
- * If you decide on opening a restaurant, you need to get a business approval from the food sanitation supervisor at a health center. You may be required to consult a health center about equipment in advance. In addition, you will have to go through several procedures such as notice of commencement of business at tax office, workmen's compensation, unemployment and social insurance, notice of providing alcohol at police office, etc.

No. 6 Strategy meeting for your dream : C o u n s e l o r

Today, due to industrialization, relationships among people and between people and nature are becoming less and less, and the number of mental illnesses is increasing caused by stress and other factors. Of course life is tough, but when you're going through tough times and your heart is broken, counselors are the people who will listen to you and stand by your side. Furthermore, they are expected to take care of people who are suffering mentally by disasters and accidents, so nowadays there are a lot of job opportunities. Counselor is a job which use psychology to give patients mental treatments. Moreover, they are required to have responsibilities and life experiences, as well as being open-minded and having good personalities. There is no national qualification, but there are several certificates which can prove one's knowledge, techniques, and experiences as a counselor. One of the major certificates is "Certified Clinical Psychologist"(Rinsho shinri-shi). In addition, "Industrial Counselor" (Sangyo counselor) and "Psychological Counselor"(Shinri soudan-in) support working people. "Clinical Developmental Psychologist"(Rinsho hattatsu shinri-shi) and "Special Educational Needs Specialist" (Tokubetsu shien kyoju-shi) are involved in supporting children.

Counselors (Certified clinical psychologists) are involved in various fields

— Clinical psychologists conduct psychological tests and interview, and give psychological community service —

▼Medical • Health fields

Through counseling, counselors treat patients at psychiatric depts., psychosomatic medicine depts. and at counseling rooms in hospitals, mental health and welfare center, health centers, and rehabilitation centers. Counselors help treatment of patient by counseling. They offer mental treatments for patients who suffer from a notice about serious diseases, and help patients and hospitals build better relationships.



▼Educational field

Counselors work in education centers and educational guidance rooms established by local governments, and counseling rooms of universities. Counselors work as school counselors in counseling rooms of primary schools, junior and senior high schools. Counselors offer counseling for students who are bullied or dropout, and advise teachers and parents. Aside from that, it is also important to inform schools about the problems that are discovered out through counseling.

▼Labor • Industry fields

In-house health centers and counseling rooms in a company, Hello Work, Vocational training centers for disabled, etc. Counselors offer counseling for people to work mentally and physically sound. E.g. counselors help workers to improve relationships with their colleagues, help workers who have mental illness return to work on their own accord.

▼Welfare field

Child consultation centers, Women consultation centers, Rehabilitation consultation centers, Welfare centers for disabled, Child welfare institutions. Counselors offer counseling for people who easily have mental problems socially.

▼Machinery of Law • Correction

Counseling rooms related to Family courts, Juvenile classification homes, Juvenile training schools, prisons and the police. Counselors do psychological diagnosis for people who are involved in the affairs and offer counseling for those who are mentally ill in order to be reformed to live in communities.

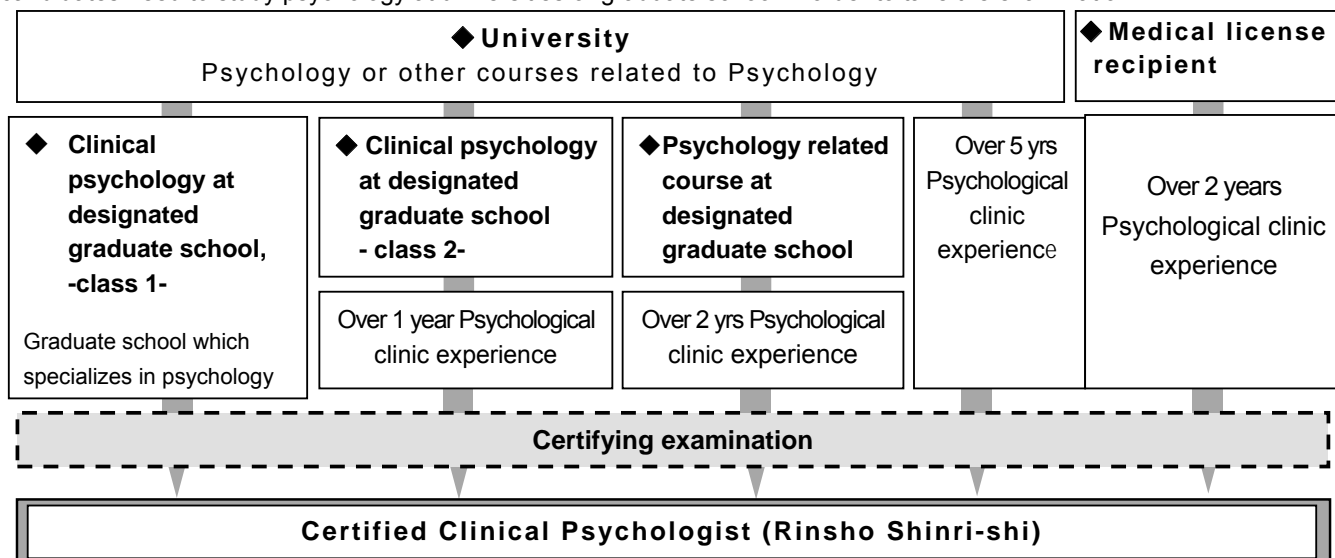
▼Self-employed

Counselors who offer counseling for local people.



☆ How to be a certified clinical psychologist (counselor)

"Certified Clinical Psychologist" is the certificate provided by Foundation of the Japanese Certification Board for Clinical Psychologists who are licensed by the Ministry of Education, culture, Sports, Science and Technology. Examination candidates need to study psychology at universities or graduate school in order to take the examination.



* Psychology related courses are "Human science", "Pedagogy", "Pedology", "Sociology", "Developmental science" and "Health science".

** Foundation of the Japanese Certification Board for Clinical Psychologists specifies the designated graduate schools that are classified into Class 1 and Class 2. They meet the requirements of universities or graduate schools to study clinical psychology.

For mental problems...

Counseling for Developmental disabilities and autism

* 1 Developmental disabilities are pervasive developmental disorders (autism), learning disabilities, and Attention-Deficit Hyperactivity Disorder which are related to cerebral dysfunction. Developmentally disabled children have difficulties with relationships and communications with others. However, some children have specific abilities. Thus, their unbalanced behaviors are difficult to be understood by others.



- Development disabled child: local health center
- Development disabled adult: "IBUKI", Shiga support center for developmental disability

【Reservation】 TEL : 0749-52-3974 Mon- Fri 9:00~16:00



Counseling for mental health and adolescent psychiatry (Alcohol, eating disorder, school refusal, personal relations, and social withdrawal)

- Local health centers
- Mental health and welfare center



- Mental health counseling (interview) **TEL : 077-567-5010 Mon - Fri 9:00~16:00**
- Social withdrawal support center (15 yrs or up) **TEL : 077-567-5058 Mon - Fri 9:00~16:00**
- Telephone mental counseling **TEL : 077-567-5560 Mon - Fri 10:00~12:00 13:00~21:00**

Special hospital for mental illness, alcoholic, and puberty mental problems



- Shiga prefectural mental health center

【Reservation】 TEL : 077-567-5023 Mon to Fri 13:00~16:30



A Special Feature on Educational Funds ~To enable children to study with a sense of security ~

Education expenses vary with the type of school and career choice. A large expenditure is required every time a child enters a higher school level, sometimes putting pressure on the family budget. Therefore, if possible, it is better to gradually prepare for these expenses by taking advantage of plans such as installment savings for school expenses in banks and educational insurance plans combined with children's insurance offered by insurance companies while your children are young. There are also some programs to support families who are in financial difficulties to send their children to school, scholarships, and loans for educational expenses.

* * * Educational Support System * * *

1. Elementary School and Junior High School Tuition is free of charge.

◆ **Scholastic Assistance Program** ("Syuugaku enjo seido") The program provides support for school supplies and school lunch expenses to guardians of children having difficulties in attending school due to financial reasons.

[INQ] Municipal Board of Education



2. High School

◆ **High School Tuition Support Fund Program** ("Koutou gakkoutou syuugaku shienkin seido") "Tuition Support Fund" is paid directly to the school. Regardless of whether the school is public or private, households paying less than ¥304,200 in "municipal income tax" are eligible for the high school tuition fee support from the fund. [INQ] Prefectural government where the school is located

◆ **Shiga Prefecture Private High School Special Scholastic Assistance** ("Shiga-ken shiritsu koutou gakkoutou tokubetsu syuugaku hojokin") When private high schools make reductions or exemptions in the tuition fees, financial aid is administered by the school corporate body set up by the concerned school. [INQ] Shiga Prefecture General Affairs Department, General Affairs Division TEL : 077-528-3114

◆ **High School Supplemental Scholarship Fund Program** ("Koukouseitou syougaku kyuufukin seido") In order to reduce the burden of educational costs apart from tuition fees, the program gives financial support to low-income families with a high school student.

National and public high schools [INQ] Shiga Prefectural Board of Education, General Education Division TEL : 077-528-4587

Private high schools [INQ] Shiga Prefecture General Affairs Department, "Shigaku Daigaku Shinkō-ka" TEL : 077-528-3271

3. University Some universities have their own scholarship programs ("Gakunai syougakukin"), tuition fee reduction or exemption ("Jyugyoutou genmen seido"), deferment in the payment of fees ("Chousyuu yuuyo seido"), etc.

◆ **Exemption from Payment of Tuition Fee Program for National and Public University Students** ("Kokkouritsu daigaku jyugyoutou menjo seido") National and public universities have tuition fee exemption programs for students from low-income families.

* * * Scholarships * * *

There are two types of scholarships: grants and loans. In addition to the scholarships provided by local governments and private organizations, some schools have their own scholarship programs. You may avail of information on scholarships at the school office. There are various requirements for grants and loans (sometimes students cannot receive some scholarships at the same time), but in most cases, the applicant's academic ability and his/her family's financial situation are regarded as screening standards. The date of submission of applications may vary for each scholarship so please check the application period in advance.

*In the following: Grant = **G** Loan = **L**

L Japan Student Services Organization (JASSO) Scholarships Eligible students include those who will attend graduate schools, universities, junior colleges, technical colleges and specialized training colleges (post-secondary courses). There are two types of scholarships: interest-free loans and interest-bearing loans. There are various types of scholarship programs, like those that allow students to extend the deadline of loan repayments until they can get a regular income. [INQ] JASSO at <http://www.jasso.go.jp/>

L/G Municipal Scholarships Some municipal governments have their own scholarship programs. [INQ] City and town offices

L Newspaper Scholarships This program offers loans for school expenses to students who are willing to work delivering newspapers with board and lodging provided by the company. In addition to paying the salary, some newspaper companies waive the loan when the scholarship recipient continue working for them until graduation. [INQ] Newspaper companies

G Scholarship for Traffic Accident Orphans Eligible students include orphans of traffic accident victims who live in Shiga and who are attending elementary schools, junior high schools, and high schools.

[INQ] Orizurukai, Transportation Strategy Division of Shiga Prefecture TEL : 077-528-3682

G Scholarship from the Scholarship Foundation for Traffic Accident Orphans

For orphans of traffic accident victims who are students in high school or a higher level. <http://www.kotsuiji.com/howto/>

L Ashinaga Scholarship Organization Eligible students include those who attend high schools, universities, specialized training colleges, various kinds of schools, and graduate schools whose guardians died from illness, accident (except for traffic accidents on the road), suicide, or those whose guardians are unable to work due to the aftereffects of an injury. <http://www.ashinaga.org/grant/index.html>

L/G Nihon kyouiku koumuin kousaikai TEL. 077-526-1356

L For students of graduate schools, universities, technical colleges (koutou senmon gakkou), and specialized training colleges / post-secondary courses (sensyuu gakkou senmon katei)

G For high school students enrolled in Shiga

G Kawamoto bunkyou fukushi shinkoukai For high school students enrolled in Shiga TEL: 077-525-9219

◎◎◎ Scholarships For Foreign Residents ◎◎◎

G Support 21 Livelihood Support Program For refugees from Indochina, convention refugees, returnees from China and long-term residents of Japanese-descent, and the children of the aforementioned, who are students in high school, vocational school or university (including prospective entrants). <http://support21.or.jp> TEL. 03-5449-1331

Ichiro & Jinko Tsuboi Student Support Program For refugees, long-term residents of Japanese-descent, as well as returnees from China and the children of the aforementioned, who are university students (3rd year or higher) and graduate students (including prospective entrants). <http://support21.or.jp> TEL. 03-5449-1331

G The Society of Mary St. Joseph Scholarship Fund For elementary school, junior high school, and high school students, who are in need of financial support http://www.marianist.jp/sm/scholarship080425_2/
TEL: 03-5232-8910 (Sumitomo Mitsui Trust Bank, Retail Consignment Business Division)

G Biwako Scholarship For international students, students in universities or junior colleges with foreign nationalities in Shiga (high school students are excluded from this scholarship from fiscal year 2016.) <http://www.s-i-a.or.jp/gaikokuseki/syougaku/> **INQ** SIA TEL: 077-526-0931

*** Loan System for School Expenses ***

▼ **Life Welfare Fund Loan System / Educational Loan** ("Seikatsu fukushi shikin kashitsuke seido kyouiku kashitsuke")
For low-income families. **INQ** Shiga Prefecture Council of Social Welfare TEL: 077-567-3903



▼ **Shiga Prefecture Scholarship Fund** ("Shiga-ken syougaku shikin") For high school students with financial difficulties
INQ The school where the student is enrolled in **INQ** Shiga Prefectural Board of Education General Education Division TEL: 077-528-4587

▼ **Shiga Prefecture Senior High School Part-time and Correspondence Course Scholastic Subsidy** ("Shiga-ken koutou gakkoutou teijisei katei / Tsuushinsei katei syuugaku syoureikin") For working students in part-time and correspondence course in high school with financial difficulties.
INQ Shiga Prefectural Board of Education General Education Division

▼ **Single Parent/Widow Welfare Fund School Loan, Loan System for School Entrance Preparations** ("Boshi fushi kafu fukushi shikin no syuugaku shikin, syuugaku shitakukin no kashitsuke seido") For families with a single parent.
INQ Shiga Prefecture Health Care and Welfare Department, Children and Youth Bureau TEL: 077-528-3554
(For Otsu residents: Otsu Children and Family Division TEL: 077-528-2686)

☆A student may be exempted from loan repayment if after graduating from a welfare school or medical school (ex. schools for doctors, nurses, caregivers, nursery teachers, etc.), he/she obtains a certificate and works for a certain period of time in an institute. Aside from the following loan systems offered by local governments, some hospitals also have their own systems. Implementation period may vary each year, so please confirm it in advance before you apply.

▼ **Shiga Prefecture Nursery Teachers Scholastic Fund Loan System** ("Shiga-ken hoikushi syuugaku shikin kashitsuke seido") For students of training schools for nursery teachers **INQ** Shiga Prefecture Council of Social Welfare TEL: 077-567-3925

▼ **Shiga Prefecture Care Workers Scholastic Fund Loan System** (Shiga-ken kaigo fukushishitau syuugaku shikin kashitsuke seido) For students of training schools for care workers. **INQ** Shiga Prefecture Council of Social Welfare TEL : 077-567-3925

▼ **Shiga Prefecture Scholastic Fund Loan System for Nursing Personnel** ("Shiga-ken kango shokuin syuugaku shikin taiyo seido") For students of training schools for nurses. **INQ** Shiga Prefecture Medical Welfare Department and Health Care Division TEL: 077-528-3611

*** Educational Loan ***

Educational loan, like scholarship, is a popular measure to cope with educational expenses that offers lower interest rates compared to other ordinary loans. Aside from loans for university expenses, there are various kinds of educational loans for different purposes, like for elementary and junior high school tutoring schools. Apart from Japan Finance Corporation's National Student Loan, banks also offer educational funds.

*In most cases, a foreigner is required to be a permanent resident to apply. Please check in advance.

▼ **National Student Loan** ("Kuni no kyouiku loan") <http://www.jfc.go.jp/n/finance/search/ippan.html>
INQ Educational Loan Call Center TEL: 0570-008656

Restaurant on the other side of the world

Mimitaro visited "ELDORADO", the Brazilian restaurant, at near the JR Nagahama station.

We interviewed Mr. Valdemir Davi da Silva, the owner of the restaurant.



With his wife, Maria

My family and I began running a Brazilian restaurant two years ago. The first time I came to Japan was in 1994. My wife and I worked in Hokkaido and Gunma at that time.

After going back to Brazil and staying there for 10 years, my family and I came back to Japan again expecting to stay here for 5 years. We worked at a factory in Shiga at that time. After 5 years passed, we talked about our future. All of our family wanted to stay in Japan. We wanted to have a stable life if we decided to live in Japan, so we decided to buy a house. While we were going through the procedures to buy a house, economic downturn caused by the Lehman Brothers bankruptcy occurred. My wife was worried and said "In such an economic crisis, should we buy a house?" I said to her "A bad economy recovers. If we lose our jobs, we can look for other ones." In the end, both of us quit our jobs. We thought it was a chance to relax for a while. At that time, we had more opportunities to have meals together with our friends in our new house. Our friends loved my wife's dishes. So much so, that our friends asked her to make their lunch boxes. Originally, we worked hard because we wanted to open our own restaurant. It was our dream. When our kitchen was too small to prepare so many lunch boxes because we received more and more orders, we had a chance to rent a restaurant. So, we decided to open this restaurant.

Before, I worked at restaurant in Brazil. I started working in BAR (a kind of café) to earn money for school tuition by myself when I was 11 because my family was not wealthy. When I was 15, I moved to a bigger restaurant. I learned about the restaurant business through cooking, reception on service, and accounting. That's where I met my wife. She is the sister of the restaurant owner. Aside from the restaurant business, I also ran a glossary store. From these experiences, I know well that it is not easy to work with food. To open this restaurant, I attended a lecture by the health office. I have a license to run restaurants, and we have regular health inspections. What I care about the most is food poisoning. I pay attention not only to how to store food and beverages, but also to the deliveries of lunch boxes. I put the food into styrene foam boxes with cold packs, and have the lunch boxes delivered. I ask customers to eat as soon as possible.

Now our businesses are the sale of lunch boxes and the restaurant. The main business of the restaurant is lunch. But, many people use our restaurant for parties as well. We make lunch boxes twice a day at lunch and dinner time. We divide the work among our family members to deliver to customers at factories and their homes. Lunch box menus are change daily so customers won't get bored. The boxes come in three sizes; large, medium, and small. Some customers have eaten our lunches every day for two years. I am very happy about it. The economy is bad now. However, eating proper food is the most important thing to work healthily. Since I want more people to eat good food, I keep the selling price as low as possible. Restaurant management is not so profitable. Also, I am not keen on making much money from the restaurant. As long as it is profitable, it is just enough for me. If you ask me what is the difference from when I was working at the factory, I would say that I now work for what I want and that I am my own boss. That's it. But I think I am very wealthy because I have family, good health, a house, although I have a loan and a restaurant.

My father taught me that "If you respect people and have an education, you will be OK anywhere." On my 20th birthday my father told me with tears in his eyes that "I couldn't do anything for you", I said "Dad, you gave me the most important thing in my life". Since there were times where I worked all day, and had to survive for a piece of bread, I know the importance of what I have now, and the meaning of a piece of bread during difficult times. While I deliver lunch boxes, I see people's daily lives. Some are having trouble looking for a job, some are sick. Whoever they are, they are my friends. Far from their own countries, they are trying hard here. In this competitive world, we want to deliver the lunch boxes with warmth from our hearts.

My favorite saying is; "Home country is the one which gives you bread". For me, Japan is an important and beloved home country as well as Brazil. In my restaurant, not only Latin American customers but also Japanese customers come to eat. Japanese customers are always surprised at the quantity of food, so they order "smaller portions". Our big dream is to open a Churrasco restaurant (Brazilian BBQ restaurant) one day so that more people can enjoy our food.

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