



Now it's my turn to give a push

In this issue of Mimitaro, we interviewed Ms. Monica Hayashi (resident of Koka), who works as an interpreter and translator.



31 years ago, after graduating university, to pursue my dream to establish a nursery, my husband and I came to Japan from Peru. My

grandparents are Japanese, but at that time I didn't speak much Japanese. My first job at a factory in Hiroshima, the co-workers were very nice and taught me Japanese during break time. On weekends, I studied Japanese at International Friendship Center far away from home, and after 5 years I was able to speak Japanese pretty well. I made many friends and felt quite comfortable living in Japan, so I decided to raise our children in this safe country and seek for a different path to get closer to my dream.

After moving to Niigata, I gave birth to my child. When my child entered kindergarten, the principal asked me, "If you can speak English, please teach English at this kindergarten" and was blessed with good fortune of receiving an opportunity. This led me to teach at various language classes and elementary schools, but eventually my desire to have my own classroom even small, where I can teach in my own way, started to grow bigger. At that time, I also worked part time folding fliers at a newspaper company, and when I told the president of the company about my dream of owning a classroom, she responded with the unexpected words, "Please use the room next door." "You are a hard worker and it reminds me the days when I was young. I also got help from others to get to where I am today. Please don't give up, make your dream come true, and then next give dreams to others." Then together, we named the classroom "My Dream" and she generously made fliers for the classroom too. Even after moving to Shiga, she continued to encourage

me and my classroom has grown and continues online.

5 years ago, when I came to Shigaraki in Shiga, first I visited the local International Association. I collected all kinds of information there, and as I participated in Japanese language classes and events and also helping out as a volunteer, I got to know many people, and my activities here expanded. Now I work as an interpreter and translator for various organizations, and also teach Spanish and English. After finishing work and coming back to Shigaraki surrounded by nature, I feel completely at home and I call out to my neighbors "Let's have some beer together!", and we spend good times together.

Until coming to Shiga, I lived in an area where there were very few foreigners, so it was surprising to see so many foreigners living here and having a community for each country, and also shocking that many Peruvian still only uses Spanish in their daily lives. Some say "It's boring everyday" but in a small community there aren't many new encounters so it can't be helped. It is also shame to see many people spending their time without being able to show their ability. The reason why it is difficult to dive into Japanese society is because of the language barrier. I myself have been told that "If you don't work hard on your Japanese, you are going to waste your talent!" and have been supported by many people around me. Now that I speak Japanese, I made Japanese friends and I can go to many places and enjoy my life. So I say to those who say "I can't do it because I am too old" or "I can't do it because I am a foreigner", "Age has nothing to do with it. Let's not give up and study Japanese!" I encourage them to break out of their shells of age, nationality, gender, etc. and take a step forward. I hope that everyone can live without creating their own limits, and have a goal to live life to the fullest.

My dream now is to help my friends who are working hard to achieve their dreams, and together we will create a bigger dream. "My Dream" is ongoing and still growing!

When medical expenses are likely to be high



The health insurance system has a “High-Cost Medical Expense Benefit (Kogaku Ryoyohi Seido)” that reimburses you for medical expenses in excess of a certain amount if you apply for it later.

What is High-Cost Medical Expense Benefit (Kogaku Ryoyohi Seido)?

When the amount of payment at a hospital or other clinics exceeds a certain amount (*1) during the same month (from the first to the last day of the month), the excess amount will be reimbursed at a later date by applying for reimbursement.

However, even if reimbursement is available, paying for high medical expenses can be a heavy burden. In such cases, the “Eligibility Certificate for Ceiling-Amount Application” is available.

*1 The maximum amount of payment is determined by your age and salary from the company.

URL : <https://www.kyoukaikenpo.or.jp/g3/sb3030/r150/>

→Upper right corner of the page, press Select Language

(English, Chinese (Simplified, Traditional), Korean, Spanish, Portuguese)



What is Eligibility Certificate for Ceiling-Amount Application? (Gendogaku Tekiyo Ninteisho)

If you know in advance that your medical expenses will be high, by presenting the “Eligibility Certificate for Ceiling-Amount Application” applied and issued in advance, with your insurance card at the cashier when you set the bills, the payment will be limited to a certain maximum amount. Also, you will not need to apply for a refund later on.

◇ Flow of procedures and use

- ① Submit an “Application for Eligibility Certification for Ceiling-Amount” in advance by mail.
- ② “Eligibility Certificate for Ceiling-Amount Application” will be issued. (Validity: 1 year (maximum))
- ③ Present the “Eligibility Certificate for Ceiling-Amount Application” issued in 2 above, and “Insurance Card” at the hospital counter when setting the bill.

URL : <https://www.kyoukaikenpo.or.jp/g3/sb3020/r151/>

→Select Language



- ◇ National health insurance members are also eligible for High-Cost Medical Expense Benefit and Eligibility Certificate for Ceiling-Amount Application. Please apply at your local city/ town office.

★★★★★ Expansion of social insurance coverage ★★★★★

From October 2022, short-time workers who work for a company with 101 or more employees will be able to join the social insurance program if the following conditions are met.

- The number of hours worked per week is 20 hours or more but less than 30 hours.
- The monthly wage is 88,000 yen or more. (This refers to base salary and other allowances. However, overtime, bonuses, temporary wages, etc. are not included.)
- Expectation of more than two months of employment.
- Not a student. (Students on leave of absence and nighttime students are eligible for enrollment.)

Cycling around Lake Biwa

“Biwaichi” in Autumn



Have you heard about "Biwaichi," a bicycle tour around Lake Biwa?

Cycling around Lake Biwa while appreciating the rich nature and culture of the area is perfect way to enjoy the coming season!

A round trip around Lake Biwa is approximately 200 km long, and there are two designated courses.

“Slow course”: For beginners and intermediate level cyclist, such as a family. You can ride the shared path for pedestrians and cyclists to enjoy at a relaxed pace.

“Advanced Course”: For advanced cyclists. Mainly ride along the roadway.

For details on recommended courses and support information, please visit the "Wa no Kuni Biwako" homepage.

<https://www.biwako1.jp/>



CYCLE STATION PORT OF OTSU

This April, the Biwaichi Cycle Center opened at the Port of Otsu. It offers bicycle rental, bicycle repair and maintenance, and rental and sales of helmets, gloves, and all other items necessary for cycling. It also provides information on recommended cycling routes and information specific to bicycle sightseeing.

Port of Otsu Passenger Terminal: 5 chome 1-7 Hamaotsu Otsu

<https://oportable.jp>



Water Supply Spot at Nagisa Park

A water supply spot where you can refill your empty bottle with cold water is located in Uchide no Mori, Otsu Lakeside Nagisa Park. It will also help to reduce PET bottle waste, so please stop by while your break during Biwaichi.

Uchidehama Otsu

<https://www.city.otsu.lg.jp/soshiki/080/2808/g/44087.html>



Omi Railway Cycle Train

Omi Railway has a cycle train that allows you to bring your bicycle on board. Bicycles can be carried directly onto the train for free (fare for the ride only).

Some sections do not offer this service, so please check the website for details.

<https://www.ohmitetudo.co.jp/railway/fan/cycle/>



Let's follow the rules and manners and enjoy cycling♪

- In Shiga Prefecture, bicycle users are required to enroll in bicycle insurance.
- Bicycles ride on the left side of the roadway.
- The blue line on the roadway is the Biwaichi road pavement markings.

Mimitaro Information

★ Enjoy autumn in Shiga!

Let's enjoy fruits, autumn leaves, and the blessings of autumn♪

☆ Michi no Eki Aguri Park Ryuo

Experience harvesting sweet potato, pears, persimmons, etc.

6526 Yamanoue, Ryuo-cho Gamo
<https://www.aguri-p.com/>



☆ Makino Pic-land

Harvest experience of chestnut picking, sweet potato digging, and apple picking

835-1 Terakubo Makino-cho Takashima
<https://pic-land.com/>

☆ Kyorinbo Temple Autumn leaves light up

Nov 15th (Tue) to Dec 5th (Mon) 5:30pm - 7pm
1145 Ishidera Azuchi-cho Omihachiman
<https://kyourinbo.jimdofree.com/>

☆ Onyudani Sea of clouds and Autumn leaves

If weather conditions are right, a spectacular view of sea of clouds and autumn leaves can be seen early in the morning. Onyudani Kutsuki Takashima
https://takashima-kanko.jp/spot/2018/06/post_171.html

☆ Eigen-ji Temple Autumn leaves

Mid Nov to Early Dec
41 Takano-cho Eigenji Higashiomi
<https://eigenji-t.jp>

☆ Moriyama Market (Moriyama Ichi)

Dec 23rd (Fri) 10am - 3pm
Sales of Moriyama's specialties and New Year's goods, and other events
1,2 chome Moriyama, Moriyama
<https://www.biwako-visitors.jp/event/detail/5381/>

★Let's find "Poke Lids"!

In Shiga, there are 5 "Poke Lids" which are utility hole covers featuring designs from Pokemon.



- "Gyarados" : In Otsu
2 places in Lakeside Nagisa Park
- "Greninja" : In Koka
 - Kafuka Yume no Mori,
 - Minakuchi Sports Forest,
 - Kokaryu Real-Ninjakan

<https://local.pokemon.jp/manhole/shiga.html>

Mimitaro News

★ Japanese language class for work/ JICE (Free of charge)

Application: At Hello Work

- Konan Kosei Bunka Hall

Application deadline: October 21st (Fri)

Date: From Nov 2nd (Wed) Evening Level1

- Moriyama Moriyama Ekimae Community Hall

Application deadline: November 1st (Tue)

Date: From Nov 14th (Mon) Morning, Level1

★ Skill-up course for employment

Application: At Hello Work

- Content: Japanese communication, PC skills, etc.

• When: Jan 4th (Wed) to Apr 28th (Fri) 2023
9:30am - 4pm

- Where: Career College ITOGEN

(1-7 Motoayano Minakuchi-cho, Koka)

- Class capacity: 15

• Application Period: Nov 8th (Tue) to 24th (Thu)



★ "Career Guidance" for students and guardians with foreign roots

Immigration consultations also available!


- When: Oct 30th (Sun) 1:30pm - 4pm

- Where: G-NET Shiga Large Hall (Omihachiman)

- Eligibility: Children with foreign roots

(gr.5 to J.H.S) and guardians

! Subject to change depending on COVID-19 situation

 Shiga Intercultural Association for Globalization

TEL 077-526-0931

★ Certificate of At-Home Recovery for COVID-19

If you become positive with COVID-19 and need a Certificate of At-Home Recovery, My HER-SYS can be used for acquisition.

- ◇ SIA's homepage contains information related to COVID-19.

<https://www.s-i-a.or.jp/en/news/509>



Shiga Foreign Residents Information Center
(within Shiga Intercultural Association for Globalization)

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Next issue of Mimitaro is scheduled in January