



With the hope to spread happiness

In this issue of Mimitaro, we spoke with caregiver, Mr. Macalalad Hilario Murata, and his wife Antonina (resident of Hikone city).



Mr. Hilario : I am a second generation Japanese-Filipino from the island of Luzon in the Phillippines. I attended university while working for a

company in the Phillippines, and just when I was about to finish my studies, there was a recruitment offer from a Japanese company, so 19 of my siblings, cousins and I arrived to Japan in 1992. I worked in Tottori prefecture for 2 years before returning to my country, and came back to Japan 4 years later and have been living in Hikone since. I called my wife and 5 children whom I left behind in the Phillippines to Japan accordingly. Currently my whole family lives in Japan.

I experienced many different fields of employment such as pick-up and delivery in dry cleaning, operating a crane, and working in factories while attending volunteer Japanese classes. As I aged and began to think about my future, I was introduced to the occupation as caregiver and have been working in a hospital in Otsu for 7 years now. Duties include providing assistance during meals and bathing, and other general care for the elderly. Special knowledge in the field of caregiving is essential, so I obtained a qualification as caregiver by attending courses as soon as I was employed. Working in caregiving is known for strenuous labour, however, with proper techniques such as how to carry patients and proper bed adjustment, there is no worry for back pain. I love my job which is very important to me, and is most enjoyable among all the others. Above all, I love talking to the elderly as we joke, "Time to go to New York, passports ready?" (a homophone for New York, pronounced nyu-yoku meaning "to bathe" in Japanese.) Elderly patients repond with a smile on their face saying, "how embarrassing" and "I see". By enjoying my job, I do not build stress and am careful not to get depressed by controlling my feelings. There are 12 Filipino caregivers in my workplace, I, being the oldest

among them all. I am almost 60, but would like to enjoy this job until I retire.

Another part of my life that is important to me are the activities in the Filipino community. Based around the Catholic Church, there are Filipino communities in Nagahama, Hikone, Adogawa, Karasaki, Zeze, Kusatsu, and Higashiomi which are managed under the "Shiga Catholic Filipino Community". Furthermore, this organization and other Filipino organizations in the Kansai area assemble the Phillippine Community Coordinating Council (PCCC) that works in partnership with consulates to build a system for Filipinos residing in the Kansai area to connect with each other.

I coordinated the Filipino community in Hikone for 13 years and currently work as advisor. During those years, I often visited communities on weekends to listen to any concerns, and held fun events such as karaoke and other parties for Filipinos to bond. I feel glad when others feel happy which is the reason I have been involved for a long time. I have been vice chairman for PCCC since 2 years ago and we cooperate with other organizations to provide support and information on living, along with activities for mutual understanding towards Filipinos living in Japan. I would like for many people to be aware of the Filipinos working hard in different fields in Japanese society, and although we cannot hold events during COVID-19, I look forward to holding fun events in the future. Through these activities, I hope for us foreigners to obey Japanese law and work diligently to become good citizens of Japan. I have worked many different jobs with the chance to meet many people. It has been an enjoyable life I did not even imagine. I am sure a busy life is ahead of me, but would like to continue to spread the circle of happiness.

Mrs. Antonina : Although members of our family were distant for a long time, I live at peace surrounded by my children and grandchildren. Living in a foreign country may not go as planned, however, there is a reward if you keep working hard!

Interpretation * Consultation Desks
When in trouble. . . . for Foreign Residents in Shiga



Area	Consultation Desk	Language(s)	Consultation Schedule	Contact
Otsu	City Hall Kankou shinkou-ka MICE Promotion Office	English	Mon ~ Fri 9:00am - 5:00pm	077-528-2864
	Otsu Int'l. Goodwill Association (Otsu-shi Kokusai Shinzen Kyokai)	Japanese (interpreter required)	2 nd Wed 5:30pm, 6:15pm, 7:00pm (reservation req'd by 1pm the day before)	077-525-4711
Hikone	City Hall Jinken-seisaku-ka	Portuguese	1 st - 3 rd Thurs 8:30am - 7:00pm Mon ~ Fri (other than above) 8:30am - 5:15pm	0749-30-6113
		English	Mon ~ Fri 8:30am - 5:15pm	
		Chinese	Tues, Fri 8:30am - 5:15pm	
Nagahama	City Hall Shimin-ka	Portuguese, Spanish, English, other	Thurs. 8:30am - 7:00pm	0749-65-8711
			Mon ~ Wed, Fri 8:30am - 5:15pm	
Omiachiman	City Hall each department	Portuguese, English	Mon ~ Fri 9:00am - 4:45pm	0748-26-7092
Kusatsu	City Hall Machizukuri kyodo-ka	English	Mon ~ Fri 9:00am - 4:00pm	077-561-2337
Moriyama	Moriyama Int'l. Friendship Assn. (in Moriyama Shimin Koryu Center)	English (Inquire beforehand for other languages)	Mon ~ Fri 9:00am - 4:30pm	077-583-4653
Ritto	Ritto Int'l. Friendship Association (Ritto Kokusai Koryu Kyokai)	Portuguese	Wed 1:00pm - 5:00pm	077-551-0293
Koka	City Hall Seikatsu kankyo-ka	Portuguese, Spanish	Mon ~ Fri 8:30am - 5:15pm	0748-69-2146
	City Hall Kosodate seisaku-ka			0748-69-2176
Yasu	City Hall Kikaku chousei-ka, each department	English, Chinese, other	Mon ~ Fri 8:30am - 5:15pm	077-587-6039
	Yasu Int'l Friendship Association (Yasu-shi Kokusai Kyokai)	English, Spanish	Mon ~ Fri 9:00am - 5:00pm	077-586-3106
Konan	City Hall Higashi Chosha	Portuguese	Mon ~ Fri 8:30am - 5:15pm	0748-72-1290
	City Hall Nishi Chosha Jinken Yogo-ka			0748-77-8512
	Konan Int'l. Assn. Nishi Chosha 4F (Konan-shi Kokusai Kyokai)		Mon ~ Fri 8:30am - 5:00pm	0748-69-7530
Takashima	Takashima Int'l Friendship Assn. (Takashima-shi Kokusai Kyokai)	English	Irregular sched. (by appointment)	0740-20-1180
Higashiomi	City Hall Shinkan Shimin seikatsu sodan-ka	Portuguese	Mon ~ Fri 9:00am - 5:00pm	0748-24-5521
Maibara	City Hall Santo Shisho Chiiki shinkou-ka	Portuguese	Mon ~ Fri 8:30am - 5:15pm	0749-53-5171
	Maibara Multicultural and Int'l Assn. (Maibara Tabunka Kyosei Kyokai)	Portuguese	Mon ~ Fri 9:00am - 5:00pm	0749-56-0577
		Chinese	Mon ~ Thurs 9:00am - 3:00pm	
Hino	Town Office Jyumin-ka	Portuguese	Mon, Wed, Thurs 9:00am - 5:00pm	0748-52-6571
Aisho	Town Office Echigawa Chosha Mirai Sousei-ka	Portuguese	Mon, Tues, Fri 8:30am - 5:15pm	0749-29-9046
			Wed, Thurs 8:30am - 4:30pm	
Shiga Prefecture	Shiga Foreign Residents Information Center (Shiga Gaikokujin Soudan Center)	Portuguese, Spanish, Tagalog, English, Vietnamese, other	Mon ~ Fri 10:00am - 5:00pm	077-523-5646



Japanese Language Classes in Shiga

Classes may cancel due to COVID-19.
Please contact the class before participating.

Area	Group Name		Contact	Class Schedule	Venue
Otsu	Otsu Int'l Goodwill Assn		077-525-4711	Currently suspended. Please contact the group for details.	
	Nihongo no kai		090-6609-3191	Thurs 10:00am - 12:00pm	Otsu Kominkan
	Omi Nihongo Fureai Club		077-523-1061	Mon 10:00am - 12:00pm Sat 7:30pm - 9:10pm	Piazza Omi 2F Seta-kita Kominkan
Hikone	Hikone International Assn.		0749-22-5931	Currently suspended. Please contact the group for details.	
	Smile		0749-24-7241	Sun 10:00am - 11:30am	Hikone-shi Nishi-chiku Kominkan
			070-5661-7345	Mon~Fri ① 9:30am - 10:50am ② 10:00am - 12:20pm ③ 1:30pm - 2:50pm ④ 3:00pm - 4:20pm (closed Tues.)	Innovation Office Nayashichi
				Tues, Fri 9:00am - 10:20am	Hikone-shi Asahinomori-chiku Kominkan
	Hikone Kokusai Koryukai VOICE		0749-23-3018 090-5156-6916	Sat 2:00pm - 4:00pm	Hikone-shi Naka-chiku Kominkan
Nagahama	Nagahama UNESCO Kyokai		0749-65-6552	Wed, Sat 7:00pm - 8:30pm	Kokusai Bunka Koryu House GEO
	Tanoshii Nihongo		0749-63-4400	Arrange with teacher. Individual reservations possible	
Omi-hachiman	Tampopo	Kaneda Kyoshitsu	0748-26-7092	Sat 7:00pm - 9:00pm	Kaneda Community Center
		Azuchi Kyoshitsu			Azuchi Community Center
	Nakayoshi			Wed 10:00am - 11:30am	Kaneda Community Center
Kusatsu	Olive		077-565-9215	Sat 7:00pm - 8:40pm	Kirarie Kusatsu
	SHIPS		077-561-5110	Wed, Fri 10:30am - 12:00pm	Tabunka Kyosei Shien Center
	Kusatsu International Friendship Association Kizuna		077-561-2322	Sat 10:20am - 12:00pm	Ritsumeikan Univ. BKC / online
	Nihongo Center		070-2635-0952	① Sat 1:30pm - 5:00pm ②・③ Consult	① Kirarie Kusatsu ② Online ③ Facilities around Kusatsu stn.
Moriyama	Moriyama Nihongo Kyoshitsu		077-583-4653	1 st & 3 rd Sat 10:00am - 11:50am	Moriyama Shimin Koryu Center
Ritto	RIFA Nihongo Kyoshitsu		077-551-0293	2 nd & 4 th Sat 10:15am - 11:45am	Community Center Taihou
Koka	Koka International Exchange Assn.	Ninja Niji	0748-63-8728	Currently suspended. Please contact the group for details.	
Yasu	YIFA Nihongo Kyoshitsu		077-586-3106	Arrange with teacher	Yasu Int'l. Association office
Konan	Konan International Association		0748-69-7530	Mon 1:30pm - 3:00pm	Ishibe Machizukuri Center
				Wed 10:00am - 11:30am	
				Sat 7:00pm - 8:30pm	Mito Machizukuri Center
	Camiyando		090-1448-3350	Currently suspended. Please contact the group for details.	
Takashima	Takashima International Assn.		0740-20-1180	Arrange with teacher	
Higashiomi	Yokaichi Nihongo Kyoshitsu		0748-22-6717	1 st , 2 nd , 3 rd Sun 1:30pm - 3:00pm	Higashiomi International Friendship Association
				Tues 10:00am - 11:30am	
				Sat 1:30pm - 3:00pm	
Maibara	Maibara-shi Nihongo Kyoshitsu		0749-56-0577	Sat 9:00am - 10:30am	Maibara Kominkan
				Sat 9:30am - 11:00am	Maibara Shimin Koryu Plaza, Santo Kominkan
Aisho	Aisho International Friendship Association		070-5593-1769	Sat, Sun ① 10:00am-11:30am ② 1:30pm-3:00pm ③ 3:15pm-4:45pm	Echigawa Kominkan
Online	ONRITANS		090-3655-6417	Mon~Fri / arrangements possible	
				Online class (zoom)	

Mimitaro Information

★ COVID-19 vaccination

The “vaccination ticket (*sesshu-ken*)” will be sent to your home from the municipal office based on priority such as age.

2 doses of the vaccine are required, both free of charge.

- * Consult your primary doctor for any pre-existing medical conditions
- * Vaccination is not mandatory

★ After receiving the vaccination ticket:

- make a reservation for a vaccination
- go to the venue on the reserved date
- what to bring:

- ① Pre-vaccination questionnaire (*yoshin-hyo*)
- ② Vaccination ticket (*sesshu-ken*)
- ③ Personal ID (ex. foreign resident card, health card)

※Please keep the “vaccination ticket” until both doses are completed.

※Please fill in the Japanese version of the pre-vaccination questionnaire using the translated version.



questionnaire
(multi-language)

★ Before getting vaccinated:

- Vaccinations cannot be carried out in cases of fever, acute illness, or to those who have experienced severe hypersensitive reactions in the past.
- Please consult the doctor giving the vaccination if you are undergoing ongoing treatment for illness (ex. heart disease, kidney disease, liver disease, blood disease, immune-deficiency), have difficulty with blood clotting, or have experienced a seizure or an allergic reaction within 2 days of getting a vaccination.

★ Side-effects after vaccination

Consult a medical institution or call center if you are experiencing any abnormalities after being vaccinated.

★ Vaccine consultation (multi-language)

- Shiga COVID-19 Vaccine Contact Center
TEL 077-528-3588 (9:00am~6:00pm)
TEL 077-528-3621 (6:00pm~9:00am following day)



- MHLW COVID-19 Vaccine Call Center
TEL 0120-761770

★ COVID-19 Consultation Center (multi-language)

Ministry of Health, Labour and Welfare

TEL 0120-565653

★ Multi-language info on Disasters • COVID

NHK WORLD-JAPAN



Mimitaro News

★ Japanese classes for employment (scheduled)

Application: at Hello work



- Nagahama Kinro-fukushi kaikan Rinko
September 14 – December 3 evening, level 2
- Hikone Kinro-fukushi kaikan Tachibana
August 25 – December 22 evening, level 1
- Hino Watamuki Hall
August 18 – December 15 evening, level 2
- Koka Maroom
September 8 – December 10 evening, level 3

★ Skill-up course for employment

Scheduled to start in September

(duration of 4 months) 9:30am~5:00pm

Content : general office duties, beginner training as a nursing care staff, etc.

Where : Yu-com Wakatake-cho 8-10, Kusatsu

TEL 077-566-4114

♥ “Career Guidance” for students and guardians with foreign roots

- When : Saturday, October 23 1:30pm~4:00pm
- Where : G-NET Shiga (Omihachiman)
- Eligibility: students with foreign roots (gr. 5 – high school) and guardians

INQ Shiga Intercultural Association for Globalization
TEL 077-526-0931

Shiga Foreign Residents Information Center

(within Shiga Intercultural Association for Globalization)

Please contact us for any concerns or questions.

Support is available in multiple languages.

Free legal consultations also available.

TEL: 077-523-5646 Fax : 077-510-0601

E-mail: mimitaro@s-i-a.or.jp

Next issue of Mimitaro scheduled in October