



## Let's smile together!

In this issue of Mimitaro, we spoke with Ms. Dhenok Vicki Asmorowati,  
(resident of Omihachiman) who works at a supermarket.



It has been 13 years since getting married to my Japanese husband and arriving in Shiga prefecture from Indonesia. During my early days in Japan, I would peek through the window before timidly going out to throw away the garbage, feeling anxious whether I could exchange greetings with my neighbours. My parents-in-law who lived nearby taught me many things about lifestyle in Japan, and after studying Japanese at Japanese classes, I am now blended in the community.

Soon after getting settled in Japan, I wanted to start a job I like because staying at home did not improve my Japanese and I also felt being left behind in society. Just at the time, I found a part-time job ad for a pancake store that said, "foreigners welcome" and started working in Japan for the first time. It was a small establishment where 1 person made and sold pancakes. Everything was a first-time experience, but a staff on a different schedule wrote down necessary procedures and Japanese phrases required for customer service so I worked there for 2 years.

I then found a job at a supermarket nearby and am now in my fourth year as a cashier. Working at the cash register was also my first experience, but staff at my workplace teach me everything and will come running to the scene to support me when there is a problem. When I don't know the name of a product when scanning goods, customers teach me, "This is a dekopon! (type of orange)". With the support of people around me, I have become one of the main staff members at my workplace. When I temporarily take absence from work to visit my home country, my colleagues would call me and say, "We're all waiting for you to come home soon!". My strength is my smile. I received an "outstanding employee award" at my workplace, perhaps because of this smile! Being surrounded by kind staff and customers, I feel happy to have encountered this job.

Our child is currently in grade 5. I am one of the

members of the school PTA this year. I thought the best way of understanding the school system in Japan was to become part of it, so I offered myself for the position. Although I cannot write much Japanese, my husband could support me, while I could do any type of physical work myself. Becoming part of the PTA has allowed me to learn about schools in Japan and the problems related to it.

Recently, the number of foreigners in my neighbourhood are also increasing and I feel that Japanese people and foreigners alike are becoming fond of one another. However, there are not many Japanese people who will approach foreigners and it is also easier for foreigners of the same nationality to socialize and settle so there are many without Japanese friends. I question whether this is a good thing or not. I want to talk and have a good time with the people in my workplace or community since I was privileged to meet them. I would also like customers at the supermarket to feel happy while waiting at the cash register and for foreigners to feel at ease knowing that I am working there.

Many things can be learned from new experiences. At the supermarket, we learn about making rational sales and product management, but I sometimes think, "it doesn't have to be so particular". When I see food products being discarded because it is close to the expiry date or because the can is slightly dented, I think back to the people in my home country who are suffering from things to eat. At school, students not only study different subjects, but are exposed to various activities such as school lunches, sports day, rice planting experiences to get in contact with nature, and activities to value traditional culture. I admire students commuting to school carrying their own belongings. Making use of various experiences, it is our dream as a couple to build a small school in my home country one day for children in need.

The promise I have with my husband is to "talk until we can understand one another, and to not consider each other as a Japanese or a foreigner". Please do not give up just because you are a foreigner, but challenge something that you like.

## Preventing lifestyle-related diseases



Irregular eating habits may lead to “lifestyle-related diseases” such as diabetes, high blood pressure, and heart attack. “Lifestyle-related diseases” require long-term treatment often accompanied with high medical fees. It may also interfere with your work life.

In order to prevent such circumstances, it is important to check your health condition by conducting a “health checkup” at a designated institution at least once a year. Early detection of abnormalities in the body may help reduce medical fees in the future.

After arriving in Japan, eating habits may have changed from having difficulty obtaining the same foods that you were accustomed to.

When your diet changes, so does the nutrition balance in your body. It is rather difficult to notice the changes within your body, so how about checking your health through the health checkup?

### 【Subsidy for health checkup fees】

Other than medical fees, Kyoukai Kenpo also has subsidy for health checkups.

The aim for health checkups at Kyoukai Kenpo is not only for diagnosis and prompt treatment of diseases but to also prevent such lifestyle-related diseases.

Those between the ages 35-74 working at a company insured with Kyoukai Kenpo are able to receive a detailed health checkup for approximately 7,000 yen. Family members enrolled in the same insurance (aged 40 - 74) may receive simple checkups such as blood tests from 0 yen to approximately 1,500 yen (fees vary depending on method of examination).

If you wish for a health checkup, please contact a medical institution conducting health checkups or Kyoukai Kenpo Shiga branch by telephone (Japanese only).

Other details regarding health checkups are available on the Kyoukai Kenpo HP.

☞ <https://www.kyoukaikenpo.or.jp/g4/cat410/>



★ If you are not employed at a company, you may receive subsidy from your city or town of residence for health checkups.

## Your “my number card” may be used as your health insurance card!

Your “my number card” will be able to be used as your health insurance card at medical institutions • pharmacies that have installed the dedicated card reader. Registration in advance is required.

**INQ** General My number toll free dial TEL 0120-0178-26 (service available in English)  
TEL 0120-95-0178 (Japanese only)

Please contact the local government office of residence.



## Age of adulthood lowered to 18 years of age



Based on “The Act Partially Amending The Civil Code”, the age of adulthood will be lowered from the current age of 20 years of age to 18 years of age on April 1, 2022.

Those over 18 years, under 20 years of age  
(born between April 2, 2002 – April 1, 2004)



Adult on April 1, 2022

Those born on or after April 2, 2004



Adult on 18<sup>th</sup> birthday

Please note that revision of the Civil Code will partially change the definition of an adult • a minor, changing age regulations for various applications such as status of residence and acquisition of Japanese nationality.

### What will change when the age of adulthood is lowered?

- ✧ The age limit when changing status of residence to “Long-term resident” as “minor • unmarried biological child” will be for those under and not including 18 years of age.
- ✧ Age requirement for naturalization that was from 20 years of age will change to 18 years of age.
- ✧ The age at which a child recognized by a Japanese father to acquire nationality will be for those under and not including 18 years of age.
- ✧ For those with multiple nationalities, the age at which nationality must be chosen will change from before reaching 20 years of age (or by the age of 22) to before reaching 18 years of age (or by the age of 20).
- ✧ Contracts for smartphones and independent housing, credit cards, or loans such as to purchase a car can be made from 18 years of age without the consent of the guardian. (A contract may be denied if the loan exceeds repayment capacity.)
- ✧ The age of women to marry will be raised from over 16 years of age to over 18 years of age. Women over the age of 16 as of April 1, 2022 may still marry under the age of 18.

Etc.

***The age to drink alcohol, smoke cigarettes, and age regulation for government-controlled sports betting (horse racing, bike racing, auto racing, motorboat racing) will remain at 20 years of age even with the change in adulthood age. Obligation to enroll into national pension also remains at 20 years of age.***

Under the Civil Code, contracts made by minors without the consent of the guardian may be void, however the revision of age of adulthood will permit those over 18 years of age to make various contracts accompanied with the responsibility for the contract that is made. Contracts should not easily be made and its content should be thoroughly examined before making the contract. It is also important to consult someone before making a contract.

### Consultation desks for concerns related to consumer affairs

- Consumer hotline “188” (Japanese only)
- Houterasu (multi-language service) 0570-078377 【weekdays】 9 a.m. ~ 5 p.m.

# Mimitaro Information

**HAPPY NEW YEAR**

**Best wishes to another great year!**

**Mimitaro 2022**



★Please continue measures against COVID-19 and confirm about events before participating.

## ◆ Mt. Hakodate Ski Resort until mid-March

Mt. Hakodate snow festival 2022

scheduled at the end of January

Address Imazu-cho Hioki-mae, Takashima

TEL 0740-22-2486

## ◆ Setsubun festival February 3<sup>rd</sup>



Bean throwing events will take place in various regions to drive away bad spirits.

\* Taga Taisha (604 Taga, Taga-cho, Inukami-gun)

TEL 0749-48-1101

\* Minakuchi Jinja (3-14 Miyanomae, Minakuchi-cho, Koka) TEL 0748-62-0231

\* Tachiki Jinja (4-1-3 Kusatsu, Kusatsu) TEL 077-562-0420

\* Zensuiji (3518 Iwane, Konan) TEL 0748-72-3730

## ◆ “Hino Hina Festival”

~Then and Now, Around town, Traveling time~

Hina dolls are displayed along windowsills of old Hino townscape.

Location: from Okubo, Hino-cho to Murai

Duration: Sunday, February 6 – Sunday, March 6

TEL: 0748-52-6577

## ◆ Plum blossoms in full bloom

**mid-February to mid-March**

\* Hou Kouen (Kouen-cho, Nagahama)

\* Ishiyama Temple (Ishiyamadera, Otsu)

\* Sunai-no-sato (Ohishiryumon, Otsu)

\* Hikone Castle (Konki-cho, Hikone)

\* Kuretake Bairin Kouen (Kuretake, Kora-cho)

\* Saimyouji (Ikedera, Kora-cho)



Next issue of Mimitaro scheduled in April

## ◆ Cherry blossoms in full bloom

**end of March to early April**



\* Biwako Valley (Kido, Otsu)

\* Toragozen-yama (Nakano-cho, Nagahama)

\* Yasugawa Iwakamibashi riverside vicinity (Minakuchi-cho Gika, Koka)

\* Shiga-ken Omifuji Karyoku Kouen (Mikami, Yasu)

\* Ameyama Bunka Undo Kouen (Ameyama, Konan)

\* Kaizu-osaki (Makino-cho kaizu, Takashima)

\* Hyakusaiji (Hyakusaiji-cho, Higashiomi)



## Mimitaro News



### ◆ Vaccination certificate for overseas travel

If you require a vaccination certificate for entry into the country of destination, please contact your local government office where you were registered at the time of vaccination. A valid passport and the leftover portion of the vaccination voucher are required.

**[INQ]** local government office, or Ministry of Health Labour and Welfare Call Center for COVID-19 vaccines

TEL 0120-761770

### ◆ Period to file for final tax returns

**Wednesday, February 16 – Tuesday, March 15**

It is not necessary for those earning income who have adjusted year-end tax to file for tax returns, however, if you need a correction for deduction due to payment of high medical bills or housing loans, or if you have income from more than one company, please file for final tax returns.

### ◆ Automobile Tax

Automobile tax for the whole year is imposed on the owner of the vehicle as of April 1st. If you have sold or are not using your vehicle, please change registration name or take procedures to scrap your vehicle at the transport bureau branch office (unyu-shikyoku).

**[INQ]** Shiga Branch office, Kinki District Transport Bureau 2298-5 Konohama-cho, Moriama TEL 050-5540-2064

### Shiga Foreign Residents Information Center

(within Shiga Intercultural Association for Globalization)

Support available in various languages.

Legal consultations also available.

Tel: 077-523-5646

Fax: 077-510-0601

Email: mimitaro@s-i-a.or.jp