



I found my dream !

In this issue of Mimitaro, we spoke with Ms. Do Thi Lan (resident of Kusatsu) who sells Vietnamese food.



It has been almost 5 years since I came to Japan after marrying my husband who was working here. Soon after arriving, I was comforted by the beautiful flowers such as tulips and cherry blossoms, and the kindness of the

people in Japan. Above all, I cannot forget the kindness that I received when I couldn't speak the language and I was troubled with my bicycle going flat, but then a kind person helped and took me all the way to the bicycle repair shop.

With many supports from the people around me, still my life in Japan is a series of challenges. A year after arriving in Japan, I gave birth to my child, and I found a recruitment for a part time job at a convenience store and started to work. I couldn't speak Japanese that well and I was really worried that I won't be paid because of the language barrier, so I tried best with my Japanese and worked desperately from 6am to 9am. From 10am to 12pm, I studied at a volunteer Japanese language school. After my second pregnancy I had to stop working, but I continued my studies, and right before giving birth, I passed the Japanese Language Proficiency Test. I was very pleased when someone told me "You and your child passed the test together."

Now my children are 4 and 2 years old, and both of them are happy to go to Hoikuen. I think Japanese Hoikuen are very enjoyable since they have events such as sports day where the guardian can participate together. Parents who I can rely on live far away, so when I have concerns with parenting, I consult with the city's child-rearing consultation center. I feel secured raising our children in a safe country.

After giving birth to my second child, I was looking for a job which I can do at home. With some advice from

a friend, I started selling Asian foods on the internet. At 8:30am, I take my children to Hoikuen, and after that is my working time. I purchase the products from importing companies, check the orders, send the products, and sometimes I directly deliver the products by car too. I deliver not only around Kusatsu but to neighboring town too, so time to time I rely on extended childcare. My husband will help out with the delivery and taking care of the children too, so somehow, we make ends meet. I often discover nice places during delivery, so on the weekends I enjoy visiting those places.

One day, a teacher who took good care of me during my language school asked me, "Would you make me some Vietnamese food for me?", so I made her "Pho" (Vietnamese noodles). After a while, a teacher introduced me to an event square inside AI Plaza Kusatsu, and from last November, every Sunday I serve Vietnamese food and sell products there.

Here, not only Vietnamese, but people with different nationality such as Japanese, Chinese, and Brazilian come and stop by. Especially many Vietnamese enjoy coming here, and once someone came all the way from Kobe, and another said with great joy "This is the first time in 2 years after arriving in Japan, where I had a meal with the atmosphere of my homeland!" and had a second serving. In Vietnam, many small restaurants line up on the streets, and there is a custom of eating out casually even for breakfast. For Vietnamese this atmosphere is very special, and it makes me really nostalgic. Seeing everyone rejoice, I started to dream about making a restaurant where you can stop by anytime to feel and taste the foods of our homeland. I also wonder about how to appeal to the Japanese who has a slight difference with the taste, but thinking about this and that makes my dream even bigger.

Now, due to the spread of Covid-19, it is difficult to go overseas, but because in the time of hardship, I would like people to taste our foods and enjoy the foreign atmosphere. When my dream comes true, please come and visit my restaurant!

When you have a child



Health insurance is not only a payment for when you get ill. There are several kinds of benefits. In this issue we will introduce the benefits you can receive from the health insurance when having a child. For those who are expecting a baby, this is a system we want you all to know.

Does insurance apply for childbirth? “The Childbirth Lump-Sum Allowance” (*Shussan ikuji ichijikin*)

Normal pregnancy and childbirth are not a disease, so it is not covered by health insurance. You cannot receive consultation with 30% expense.

By using “The Direct Payment System for the Childbirth Lump-Sum Allowance” childbirth costs are subsidized.

At the hospital, you need to pay the cost only for exceeding the subsidized amount.

Subsidy amount : 420,000yen per child

(Hospitals without the system of medical compensation for severe Cerebral palsy are 408,000yen)

Applies to : Childbirth after 4month of pregnancy (85 days), including stillbirth.

How to apply : Procedures can be done at the hospital by signing the application documents.

<https://www.kyoukaikenpo.or.jp/g6/cat620/r310/>

→ [Select language](#) English, Chinese(simplified, traditional), Korean, Spanish, Portuguese are available.

What if you take a leave from work for childbirth? “Childbirth allowance” (*Shussan teatekin*)

When you take a long term leave from work due to pregnancy and childbirth, your salary may not be paid and you may have difficulty in making a living.

If you have health insurance at your company, by applying for “Childbirth allowance”, allowances are paid as livelihood security. (Dependents childbirth are not eligible. Municipality’s National Health Insurance does not have this system.)

Amounts of benefits : 2/3 of the average amount of salary in the last year

Eligible period : 42 days before birth date (Multiple pregnancy 98 days) + 56 days after delivery

How to apply : Apply for health insurance through your company.

<https://www.kyoukaikenpo.or.jp/g6/cat620/r311/>

→ [Select language](#) English, Chinese(simplified, traditional), Korean, Spanish, Portuguese are available.

Social insurance premiums deducted from your monthly salary are also exempted during maternity leave.

Please consult with the general affairs of your company.



To raise your child with security ~About the public support system~

Child rearing costs a lot of money, including child support and educational expenses. In Japan, there are various public systems that financially support child rearing. Some require application, so check the application timing and let's make good use of it.



○ Child allowance system *Jidouteate seido*

Child allowances will be provided to those who are raising children from birth to the age of junior high school graduation. If the parents are separated, priority payment will be given to those who live with the child. If the parents live abroad, and the parents designate the person who is raising the child in Japan, it will be paid to that person. INQ Contact the municipal office

○ Kindergarten, nursery, elementary and junior high schools tuition : Free of charge

Kindergarten, nursery, and certified child care facilities 3 to 5 years old classes tuitions are free of charge. For households with exemptions from municipal residence tax, it is also free for 0 to 2 years old classes. If you are certified with "Need for Childcare" for reasons such as employment, there are subsidies to extended childcare services at kindergarten too. Public elementary and junior high school tuition are free of charge.

INQ Contact the municipal office

Cabinet office HP

<https://www8.cao.go.jp/shoushi/shinseido/musyouka/about/en/index.html>

○ Financial Assistance System *Shugaku enjo seido*

This system assists part of the expenses necessary for entering school such as school supplies and PTA membership fees, for parents of students attending public elementary and junior high schools. Parents covered by welfare and who are equivalent to this are eligible.

INQ Through the school you are enrolled, or the Municipal Board of Education



○ High School Tuition Support Fund *Koutougakkou-tou shugaku shienseido*

For households with annual incomes of less than 9.1 million yen, students enrolled in high schools (including technical colleges and Upper Secondary Specialized Training School) will be supported for tuition fees. Instead of being paid directly to parents, the school will receive it and apply it to tuition.

INQ Through the school you are enrolled.

○ High School Supplemental Scholarship Fund *Koukousei-tou shougaku kyufukin*

To reduce the burden of educational expenses other than tuition fees, there are support for low-income households with high school students.

INQ Through the senior high school where you are enrolled. In the case of a private school, the Shiga Prefectural General Affairs Department, the Promotion Division of a private school and prefectural university, or in the case of a national and public school, Shiga Prefectural Educational Bureau, General Education Division.



○ New System for Higher Education Support (Tuition reduction and exemption, and Benefit-type scholarships)

Depending on household income, etc., there are support for exemptions or reductions in tuition and entrance fees at universities and vocational schools, as well as benefit-type scholarships. You can apply while you are in high school.

INQ Through the school you are enrolled or scheduled to enroll, or Japan Student Services Organization

Mimitaro Information

◆ Let's continue to do the basic prevention of COVID-19

In Shiga, the third vaccination (booster shots) for COVID-19 has begun. When you receive the vaccination voucher from your city or town, you can make a reservation and get vaccinated.



◆ If you think you are infected with COVID-19

→ If you have a fever or sore throat :

Consult with a family doctor or medical facilities which diagnose patients with fever by phone first.

◇ List of clinics for outpatients with fever in Shiga :
URL: <https://www.pref.shiga.lg.jp/ippan/kenkouiryohukushi/iryo/314835.html>

◆ To those affected by COVID-19

○ Infected, suspected to be infected and got unpaid or pay cut

Allowance for injuries and diseases

Syobyu teatekin

- National Health Insurance, Advanced Elderly Medical Service System → Each Municipal office
- Health Insurance subscriber → Kyokai Kenpo • each union insurance

○ Cannot receive the Leave Allowance (such as close contacts)

The support fund and allowance for the leave forced to be taken under the COVID-19 outbreak

Shingata Corona virus kansensho taiou kyugyo shienkin, kyufukin

→ Ministry of Health, Labor and Welfare Leave Support Fund and Allowance Call Center for COVID-19
TEL 0120-221-276

URL: <https://www.mhlw.go.jp/stf/kyugyoshienkin.html>

○ Got infected at work

Workers compensation *Rousai hoken*

→ Labor Standards Inspection Office

○ For managers and self-employed who had a decrease in sales

Business Revival Subsidy

Jigyofukkatsu shienkin

→ Business Revival Subsidy call center
(until May 31st) TEL 0120-789-140

URL: <https://jigyofukkatsu.go.jp>

Mimitaro News

◆ Skill - up course for employment 2022

• **June course (duration of 4months)**

When : June 1st to September 30th 9:30 - 16:00

Content : Japanese communication,
Basic PC skills etc.

Where : Career College ITOGEN

Minakuchi-cho Motoayano 1-7, Koka

TEL 0748-65-2345

• **August course (duration of 4months)**

When : August 1st to November 30th 9:30 - 17:00

Content : Training course for first-time care staff etc.

Where : U-com Kusatsu

Wakatake-cho 8-10 Kusatsu

TEL 077-566-4114

INQ Techno College Maibara

TEL 0749-52-5300

E mail : kogisen@pref.shiga.lg.jp



◆ Orizuru-kai

Support for traffic accident orphans

Orizuru-kai provides scholarships, new admission benefits, etc., and summer recreation for children living in the prefecture who lost their guardian in traffic accidents (from the age of 0 until March of the school year when they reached the age of 18).

INQ Orizuru-kai office

(within Shiga Prefecture Road Maintenance Division)

TEL 077-528-3682

Shiga Foreign Residents Information Center

(within Shiga Intercultural Association for Globalization)

Please contact us for any concerns or questions.

Support is available in various languages.

Free legal consultations are also available.

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

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

Information on COVID-19 is posted on SIA website.

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

Next issue of Mimitaro is scheduled in July