



Fukuoka City International Foundation Volunteer Bank

To Foreign Residents of Fukuoka

We have some volunteer opportunities for you.

Fukuoka City International Foundation is currently recruiting volunteers to support foreign residents. This program is designed to promote mutual understanding and international exchanges between local and foreign residents, and to provide support through various volunteer activities so that foreign residents can live safely with Japanese people without anxiety.

There are three types of volunteer activities: Interpretation/Translation, Exchange support, and support of foreign residents in times of disasters.



Interpreter/Translator

Volunteers provide interpretation at Gyoseishoshi (immigration lawyers) consultations, entrance ceremony at schools, etc., and dissemination of city information.

Exchange Support

Volunteers support international exchanges between local residents and foreigners, and support the planning and management of projects related to foreign residents.

Disaster Support

Volunteers provide support for foreign residents in case of disaster, and interpret and translate for disaster drills.

Qualification for registration

- Over 18 years old living in the Fukuoka metropolitan area
- Have language skills of daily conversation or higher in Japanese and foreign languages.
- Have enough time to engage in volunteer activities.
- Disaster Support volunteers are required to attend some training.



Language Support for Foreign Residents Tutor Program

Free until November 2021 !

Do you need help understanding Japanese documents ?

We have a "Tutor Program" to support foreign residents in Fukuoka

Applicable Person

Foreign residents in Fukuoka City

Contents of Language Support

Brief translation of letters and other documents
Consultation in daily life, etc.

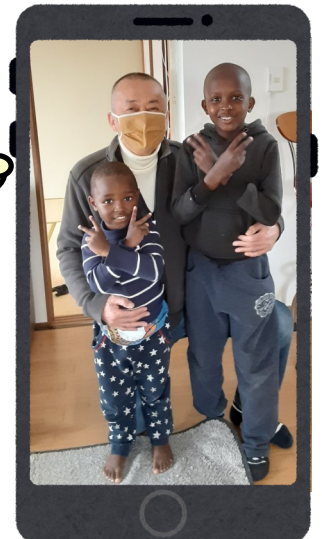
Service Period in 2021

4 months

How to apply

Send us email with the application form
and a copy of your residence card to
gogaku-v@fcif.or.jp

Our tutor, Mr. Yamaguchi who has been helping us by translating the school letters came to see us after the state of emergency was lifted ! It was great to finally meet him in person.



Special National Pension premium exemption for students

All residents of Japan are enrolled in the National Pension scheme when they turn 20, obligating them to pay monthly premiums. Did you know there's a special exemption for students? This article explains that system for students who are planning to continue their studies at a university this spring and for students who have not yet applied for the exemption. International students who are attending an institution that meets the program's requirements are also eligible for the exemption.

Eligibility

Students who are enrolled at a university (graduate school), junior college, high school, vocational high school, special training school, or other educational institution and whose income for the previous year does not exceed a certain level

*To be eligible, a school must have a minimum enrollment of at least one year as defined under the School Education Act.

List of eligible schools

<https://www.nenkin.go.jp/service/kokunen/menjo/gakutokutaisyouko.html>



Annual income guidelines

Income of less than or equal to ¥1.28 million + (number of dependents × ¥380,000)

How to apply

1. Obtain the application form.

The application can be obtained from the National Pension counter at your local ward office, National Pension Offices, and the website:

2. Fill in the application form and submit it at the National Pension counter at the city (ward) office where you are registered as a resident. You'll need to bring a form of picture ID such as your resident card as well as proof of your student status.

3. After you apply, the Japan Pension Service will notify you that your application was approved or denied. If

approved, you'll be exempt from paying National Pension premiums for the one-year period from April through the following March. If denied, you'll need to pay National Pension premiums.

Notes

If you fail to apply Pension benefits aren't just for old age. If you suffer an illness or injury that leaves you disabled and you haven't paid your premiums, you may not be able to receive basic disability benefits.



Future pension benefits

The period of time during which you make use of the special student exemption will count toward the number of months you must pay into the program to receive future benefits; however, it will not affect the amount of your future pension.



Air Pollution

The coming season, when schools hold events such as field days, will have many days on which the sky looks hazy due to the effects of yellow sand and PM2.5 pollution. If you suffer from an allergy, you may wish to wear a face mask or limit time spent outdoors.



Yellow sand phenomenon: A phenomenon in which sandy dust (grains of yellow sand) is picked up by strong winds in the deserts and loess regions of continental Asia and carried to Japan. This phenomenon is often observed in Japan during the spring, when it sometimes causes the sky in Fukuoka to take on an ochre hue.

PM2.5: Extremely small particles with a diameter of 2.5 μm or less that float in the air. These particles come from natural sources such as volcanic ash, yellow sand, and sea salt as well as human sources such as emissions from automobiles and manufacturing plants.

Health impacts

Due to their extremely small size, yellow sand and PM2.5 particles can travel via the nose and mouth deep into the lungs, causing them to affect lung cancer, the respiratory system, and even the circulatory system.

Individuals with respiratory diseases such as asthma or allergies may be affected by yellow sand in low concentrations as well as PM2.5 pollution at concentrations that exceed environmental standards.

Countermeasures

Since it's impossible to prevent yellow sand and PM2.5 pollution, you'll need to obtain forecasts in advance and take steps in response such as wearing a face mask.



Hakata-ben series

なんぼしよっと? (Nan-ba-sho-tto)
Number shot?

Meaning: What are you doing?

It's not used often by younger generation, but people use this phrase sometimes when you happen to meet someone you know on the street. You could say “なんぼしよっと

“ to mean something like “What are you doing here”

The intonation at the end of the word is raised. Now, let's try to say this phrase several times in a row. Doesn't it sound like “Number shot” in English? Some English speakers may or may not hear this phrase as “None but shot”.



Minimum wage in Fukuoka Prefecture

As of October 1st, 2020:
842 yen per hour



This minimum wage applies not only to full-time employees, but also to part-time workers, temporary workers, and all other workers.

Dr.Nishiyama's Column New Type of Pneumonia, COVID 19



COVID 19, namely, new type of pneumonia caused by some Corona virus group has now been sweeping all over the world. Unlike the initial perspectives, we cannot see the end of the pandemic even after one year. Fortunately, young people are more likely saved from Corona virus infection than old ones, and oriental people seem to be more resistant than western people.

Everything is an unexperienced difficulties for the world, and nobody has a conviction how and where COVID goes. Anyhow, wearing a surgical mask, vigorous hand-washing and refraining going out arbitrarily seem to be effective to prevent Corona virus infection. Also, seasonal influenza or other infections are prevented with these personal preventive measures.

Pandemic should be staunchedly. Yet, curfew or lock down of workplaces take away countless jobs from the people causing stagnation of world economy. This is also a great social turmoil. That is why policy makers struggle between two contradictory demands. In the countries of dictatorship or communist, the citizens will more easily be controlled than in those civilized and of liberty. The best counter actions against pandemic will be shown only after the successful control of pandemic. When the ideal way cannot be found, even a second-best way should be taken without delay. Yet, only criticisms without alternative constructive idea are always flourishing

Medical institutes in several countries are competitively developing medicines or vaccines. But, there have not yet been definitely effective ones. Some known medicines, which are originally developed for other purposes, such as for rheumatic arthritis, HIV, Ebola hemorrhagic fever, or for parasitic diseases are introduced

to treat COVID 19 in a trial base. Because of the small numbers of trial cases, their effectiveness has still been controversial.

As for anti-Corona vaccines, some have been introduced in the practical use for the citizens. Some are made from inactivated virus, and others are from viral nucleic acids. As a principle, the development of medicines or vaccines need tremendous sum of budget and long years to figure out both their efficacy and the side effects. This time, however, because of urgent situations, the government takes risks under pressure. Nearly one hundred millions of cases all over the world, and huge economic loss no longer permit the delay of treatment program. Of course, some criticize that the decision of the government is rough-and-ready.

Media frequently warn the collapse of medical system. In Japan, the numbers and equipment of the hospitals are rather gorgeous than in other countries. The problem is the shortage of man-power of medical care. The budgets for medical care has long been cut to the limit in normal days. What may happen in urgent situations? Corona patients, especially old ones stay long months in a hospital because of poor physical activity. And the law looks Corona pneumonia as horrible as Ebola hemorrhagic fever. Strict rules and manuals make the work-place even more exhaustive. Some propose to mitigate the regulation considering comparatively small number of patients and low mortality in Japan.

Triage, the selection of the patients' lives has long been a taboo in Japanese medical sites. However, this kind of disputes seem to be unavoidable. In the mean time, we should continue the efforts of personal prevention.

The medical expense subsidy for children will change from July 2021

From July 2021, the medical expense subsidy for children will change from as follows. The maximum amount of co-payment for outpatient expenses for children aged 3 to junior high school students is 500 per month per medical facility and subsidized up to junior high school students.

For more information, please contact the section in charge of insurance and pension at your ward office.

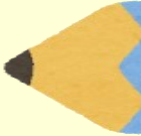


		Until June 30 th , 2021	From July 1 st , 2021
Out Patient	Under 3 years old	No co-pay	No co-pay
	Over 3 years old up to preschool age	Per medical institution Up to 600 yen / per month	Up to 500 yen per month per medical institution
	Elementary school students	Per medical institution Up to 1,200yen / per month	
	Junior high school students	No Subsidy	

New Child Medical Certificate (July 2021~)

* A new child medical certificate (sakura color) will be mailed to in June 2021.

* You cannot use the current "child medical certificate" (cream color) after July 1st, 2021.



*International students talk about “Furusato no Machi to Fukuoka”
(My hometown and Fukuoka)*

“International students talk about their hometown and Fukuoka” is a lecture series in which international students studying in Fukuoka are invited to give a talk in Japanese about their hometown, culture, life, and why they came to Fukuoka. “Fukuoka Foreign Students Support Association (Attaka Fukuoka) organizes this event. The event started in 2006 with the aim of promoting



international exchange between international students and citizens. This event happens once a month and so far, over 60 countries and regions have been introduced.

Mr. Iswara gave a talk about his hometown PADANG, Indonesia on March 18th.

Mr. Iswara said that his country’s greatest pride is its food, and that he would like people to visit and try it. There are so many varieties of food including spicy to sweet dishes which are influenced by religion and ethnic groups.

<https://www.fcif.or.jp/event/hometown/>



*Would you like to learn another language?
“Foreign Language Classes taught by International Students”
(留学生から学ぶ外国語教室)
is accepting applications!*

Please apply for a class by May17th (Monday)
Course Period: July 2021 – February 2022 (28 sessions)
16 students per class, 33,000 yen (tax included)
Classes:
Arabic, Indonesian, Kazakh, Spanish
Korean (beginner 1 class, intermediate 1 class),
Chinese (beginner 1 class, intermediate 2classes),
Vietnamese, Portuguese, Mongolian
For more information, please visit the website :
<https://www.fcif.or.jp/language/foreign-language-class/>

Specialized Counseling Services at Fukuoka City International Center

Legal Counseling
May 1st and 19th
June 5th and 16th
Date and Time
1st Saturday 10:30 ~ 13:30
3rd Wednesday 13:00 ~16:00
Appointment: Required
Language: An interpreter is available upon request.

Immigration, Residency, and Nationality
May 9th and June 13th
Date and Time
2nd Sunday 13:00 ~ 16:00 (Reception until 15:30)
Appointment: Not required
Language: English & Chinese interpreters are available.

Personal (Psychological) Counseling
Date and Time
Monday 8:45 ~ 17:45
Tuesday 8:45 ~ 11:45
Thursday 8:45 ~ 12:45
Appointment: Required
Language: An English speaking professional is available.

Please visit our website at :
<https://www.fcif.or.jp/en/>



Please visit our Facebook at :
<https://www.facebook.com/fukuokacityinternationalcenter/>

