

英語

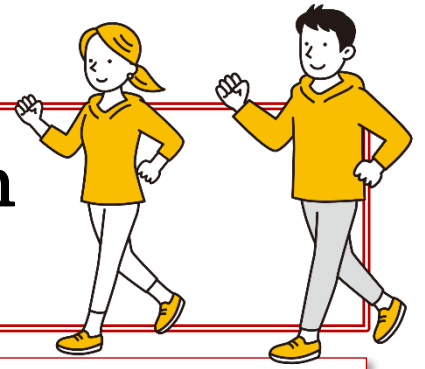
We corrected the article in “Consultation for Daily Life” of “Information Fujimino No. 252”.

Applying for permission to change visa status from a Temporary Visitor Visa to a Student Visa was a special measure for persons who have difficulty in returning to their home country due to the Corona Virus Disaster. Currently, once a “Certificate of Eligibility” has been obtained, you need to return to your country and then re-enter Japan.

The text is on the next page



Have a Physical Examination Once a Year



To work and live a happy life, good health is the first priority

In order to maintain good health, it is important to know one's own health condition and to recognize the signs of illness early.

For early detection and early treatment of various diseases, enrollment in the health insurance system is required by law in Japan.

Do you have a health insurance card?

Depending on the type of medical insurance you have, the contents of the medical checkup, the place to receive it, where to apply, and the cost will differ. Also, the period during which you can receive the checkup is also determined.

Those who are working will be notified by their company, and those who are not working will be notified by their local government or school. If you receive a notice, please read it carefully and take the medical checkup.

If you do not understand the details, please contact FICEC.

1. Special health checkup

- ◆ Target: 40-74 years old
- ◆ Cost: Free of charge in most areas. (fees may apply depending on the content of the checkup)
- ◆ Purpose: Prevention and improvement of metabolic syndrome (visceral fat syndrome)
- ◆ Contents of examination: Physical measurement, blood pressure measurement, urinalysis, liver function test, blood test, etc.



2. Health Examination for the Late-Stage Senior Citizens

- ◆ Target: People over 75 years old (including those with disability certification over 65 years old)
- ◆ Objective: Prevention and improvement of lifestyle-related diseases. Also, prevention of frailty.

3. Others

■ **Human Health Screening and Brain Screening** (cost may be borne by the individual)

- ◆ Purpose: Early detection and treatment of diseases
- Early detection of diseases that cannot be detected by physical examination alone is possible because there are many examination-items

■ **Cancer Screening** (The local government will notify applicable persons.)

- ◆ Purpose: Early detection and treatment of cancer

Screening for cervical cancer, breast cancer, colon cancer, lung cancer, stomach cancer, etc. is available.

*Application must be made at each municipality or directly at the hospital.



The medical examination is not the end of the process of your health check

When you receive the medical examination results, please improve your lifestyle as instructed. Also, if it says that you will be retested, please visit a medical institution as soon as possible. Use the health checkup to live a healthy life.

Watch out for heat stroke !

To avoid heat stroke, remove your mask when outdoors and when you can take a sufficient distance (at least 2 meters) from people.
Don't forget to hydrate frequently.

FICEC
Consultation
for daily life

FICEC also offers life counseling on
Saturdays and Sundays.
Monday to Saturday: 10:00 – 16:00
Sunday: 13:00 – 16:00



I currently work as a cook at an Indian and Nepalese curry restaurant. My status of residence is Skilled Labor. I would like to find a job that is more stable and pays more.

Since April 2019, Japan has welcomed skilled workers who qualify for the "Specified Skilled Workers" status of residence in 14 industrial fields. Because you mentioned that you worked at a restaurant as a cook, you may be able to obtain this status of residence in the food service industry. After receiving this status of residence, you can work at any restaurant. In order to gain this status of residence, you need to pass a Japanese language test (JFT-Basic or JLPT above N4 level) and a skills proficiency test. For information on textbooks and sample questions, see the website. <https://www.jpj.go.jp/jft-basic/> <https://www.jlpt.jp/>

<https://www.ssw.go.jp/jp/about/sswv/#headline-1604991082>

※You can work for up to 5 years in total, but you cannot bring your family. However, family members already in Japan may stay as they are.



I have come to Japan on a Temporary Visitor Visa. I would like to obtain a Student Visa and study Japanese at a Japanese language school.

Only those who are currently in Japan and have been permitted to enroll in a Japanese language school can apply for permission to change their visa status from a Temporary Visitor Visa to a Student Visa. Such permission usually takes the form of a "Certificate of Eligibility" which can be obtained from a Japanese language school. Normally, once this has been obtained, you need to return to your country and then re-enter Japan for the Student Visa to be granted.

Exhibition of "Drawing Contest"



Come and see pictures drawn by children of foreign roots in Fujimino-shi, Fujimi-shi and Miyoshi-machi.

● Miyoshi-machi Fujikubo Community Center

7/29 (Fri.)-8/4 (Thu.)

● Lobby of Fujimino City Hall

8/22 (Mon.) - 8/26 (Fri.)

● Fujimino-shi Kirari Fujimi Atelier

Saturday, August 27 and Sunday, August

28

※In both case, open hours: 10:00-17:00

Inquiries: FICEC 049-256-4290

Café FICEC Only English café

This is a gathering to enjoy 50 minutes of conversation in English only. Why don't you make friends over tea?

● Date/Time: July 10 (Sun.) 13:00-13:50

● Place: Fujimino International Cultural Exchange Center

Please see a map on the back side.

● Fee: 500 yen (for tea)

● Participation: 12 people

(first-come-first-served basis)

● Application: Tel. 049-256-4290



Notice of Change of Chairman of Fujimino International Cultural Exchange Center

Mr. Nobuyuki Muroi replaced Ms. Nanae Ishii, the former Chairperson of the Board of Directors.