



Naka Ward promotes the Naka Ward Multicultural Coexistence Promotion Action Plan to help non-Japanese residents build ties in the local community. This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living.



in Yokohama

How to Find a Job



Do you want to work in Japan? But do not know what to do?
Let's study about how to find a job in Japan and what to pay attention to.

- 1. Find out what kinds of jobs are available See "Job Search Consultations" on P1
- 2. Check your Status of Residence before you start working See "Point! 1" on P2
- 3. Study for the job if necessary See "Point! 2" on P2
- 4. Consult with someone if you have labor problems in the workplace See "Help Me Know Q&A" on P3

Job Search Consultations

Do you know what kind of support is provided by the Hello Work (Public Employment Security Office), an agency of the national government [Kosei Rodosho (Ministry of Health, Labour and Welfare)]? It is available to everyone, so feel free to make use of it actively if you need help finding a job.

ハローワーク横浜 (公共職業安定所)

[Hello Work Yokohama (Public Employment Security Office)]

Hello Work Yokohama provides job consultation services and job placement services at the counter. In addition, there are a variety of supportive programs to help you find a job, such as job interview fairs and seminars.



(in Japanese)

What kind of consultations are available?

You can consult about various things for finding employment. Not only those who are unemployed, but also those who are employed can use the services.

- ★ Discuss how to proceed with job hunting activities
- ★ Discuss the content and conditions of job offers
- ★ Apply for a job posted at Hello Work
- ★ Get advice on how to write a resume or on interviews
- ★ Find information to improve the skills necessary for getting a job

etc.

Can consultations be conducted in a language other than Japanese?

Hello Work Yokohama has an Employment Service Center for foreign nationals in several foreign languages.

Consultation times	
9:00 a.m.–12:00 p.m., 1:00 p.m.–4:00 p.m.	
Mondays and Thursdays	English
Tuesdays and Fridays	Chinese
Wednesdays	Portuguese and Spanish

Find currently available positions

Hello Work handles a variety of jobs.

They are from various industries and have various workstyles. Job openings change depending on the social situation and the time of year, so consult with Hello Work at first.

In addition, the level of required Japanese proficiency varies by company. Improving your Japanese will greatly increase your job options.



Facility Information

Address: 209 Yamashita-cho, Naka-ku
[帝蚕関内ビル (Teisan Kannai Bldg.)]
(The Employment Service Center for Foreign Nationals is located on the 1st floor)

TEL: 045-663-8609

Open: Weekdays 8:30 a.m.–5:15 p.m.

Closed: Saturdays, Sundays, national holidays, and the New Year holiday period

Prepare before starting to work!

Point!

1 Check your Status of Residence

Depending on your Status of Residence, working conditions will vary. Check your Status of Residence before looking for a job.

① “Permanent Resident,” “Spouse or Child of Japanese National,” “Spouse or Child of Permanent Resident,” or “Long Term Resident”

Any type of work is possible.

② “Cultural Activities,” “Student,” or “Dependent”

In principle, work is not allowed. A “Permission to Engage in Activity other than that Permitted” (“Permission”) is necessary to work.*

③ Other than ① and ②

Only the kind of work that is written in the Status of Residence is allowed.

To do other work, a **Permission** is required.*

* Must meet the requirements for a **Permission**.

Point!

2 Studying for a job Here are some examples!

Preparing for work can help you increase your job options.

Japanese Language for Work (Training Course for Promoting Stable Employment of Foreign Residents and Students)

You will learn the Japanese used in work settings, Japanese work habits, employment practices, etc.

Fee: Free

How to apply: Apply at Hello Work (Public Employment Security Office)

Training period: about 3 months

Eligibility: Long Term foreign residents (Permanent Resident, Spouse or Child of Japanese National, Spouse or Child of Permanent Resident, or Long Term Resident)

* Finished accepting applicants for courses until March 2023.

The course schedule for FY2023 has not yet been decided. Please check the Japan International Cooperation Center (JICE) website for details about the training course in FY2022.

Japan International Cooperation
Center (JICE)

TEL: 03-6838-2723



The Naka International Lounge offers a “HAJIMETE” (Introductory level) Japanese language class.

See P3 for details

Initial Training Seminar in the Field of Nursing Care

The purpose of this seminar is to acquire the knowledge and skills necessary to work in the nursing care field and perform related duties.

Eligibility: Foreign nationals living in Kanagawa Prefecture who want to work at nursing care-related businesses.

* It offers courses for the conversational Japanese used in nursing care and how to keep records.

* Finished accepting applications for seminars until March 2023.

In addition, it also has dispatch consulting services, such as at the Foreign Resident Nursing Care Consultation Service and the Naka International Lounge.

Please check the website for the implementation status and consultation services in FY2022.

**Yokohama-shi Fukushi Jigyo Keieisha Kai
(Yokohama City Welfare Management
Association)**

Address: 1-6-1 Kamiooka-nishi, Konan-ku
10th Floor, ゆめおおかオフィス
タワー
(Yumeooka Office Tower)

TEL: 045-846-4649



(in Japanese)

かなテクカレッジ東部 (東部総合職業技術校)

**(Kanatech College Toubu (Eastern Region
Vocational Technical School))**

This is a facility where those who have graduated from school and want to start working or change jobs can learn the knowledge, techniques, and skills necessary for their occupation. Kanatech College Toubu offers courses in 16 types of work. It also supports the acquisition of relevant certifications.

* Details such as admission requirements and tuition fees vary by courses.

* All classes will be conducted in Japanese. Please check the website for details.

**Kanatech College Toubu
(Prefectural Vocational Technical School)**

Address: 28-2 Kansei-cho, Tsurumi-ku
TEL: 045-504-2810



(in Japanese)

Introducing a foreign national working in Yokohama

We interviewed a Chinese national
career track staff working at the
Yokohama YMCA!

Q. What is your job, and how did you get job?

I was interested in Japan, so I came to Japan as an international student about 5 years ago. I went to graduate school and got a job at the Yokohama YMCA through Hello Work.

My job is to recruit students and to support current students. For the recruitment of students, we mainly target overseas students and foreign nationals residing in Japan. **At work, I do not use foreign languages as much as possible, and work only in Japanese.**

Please scan the following 2D
barcode for details on the
activities of the Yokohama
YMCA ▶
(in Japanese)



Q. How did you acquire your Japanese language skills?

I had been studying Japanese before coming to Japan, but it was difficult to conduct daily conversations in Japanese. However, when I was enrolled in a Japanese language school, I was able to acquire basic conversational skills by starting a part-time job. When I graduated from university, I was able to obtain N1 on the Japanese Language Proficiency Test.

I recommended that you create opportunities to actively interact with Japanese society, such as through part-time jobs as one way to enhance your Japanese language skills.

Q. What do you think is important to find a job?

I think that Japanese language skills are important to get a job in Japan. If you can speak Japanese well, you will be able to communicate, and it will be useful when gathering job information, so you will also have many more job options.

In addition, Status of Residence must be changed when international students work in Japan, so I think it is necessary to be aware of your visa and decide your career path.

Naka International Lounge “HAJIMETE” (Introductory level) Japanese language class

In this class, you can learn not only Japanese, but also how to learn Japanese, and information about visas, work, and school. In addition, Japanese language teachers and staff who can speak Chinese and English are available to assist your study.



Date and time: Every Tuesday and Thursday (10 lessons) 10:30 a.m.–12:00 p.m. / **Fifth term:** From Tuesday, January 10 to Thursday, February 9 / **Sixth term:** From Tuesday, February 14 to Thursday, March 23
Eligibility: Those who live, work, or study in Naka Ward, are aged 16 or above, and need to learn basic Japanese.

Level: Introductory

Fee: 2,000 yen for 10 lessons

Application: Apply by telephone or in person. Available on a first come, first served basis.



[Naka International Lounge]

Address: 35 Nihon-odori, Naka-ku (1st Floor, Naka Ward Office Annex)

TEL: 045-210-0667

E-mail: nakalounge@yoke.or.jp

Open: 10:00 a.m.–5:00 p.m., until 8:00 p.m. on Tuesdays and Saturdays
(* From April 1, every day from 9:15 a.m.–5:00 p.m.)

Closed: Every 3rd Sunday, from December 29 to January 3

Let's check steps to avoid infections

Winter is a season with many infectious diseases, including influenza and COVID-19. Double-check the preventive actions and prevent infections!

▶ Wash your hands!

• How to wash your hands →

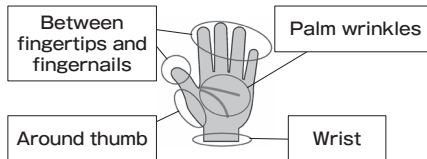


• When to wash them

After touching shared objects, before and after eating or cooking, after returning from outdoors, etc.



• Wash your hands carefully



▶ When wearing a mask

- ① Fit it to the shape of your nose, and close any gaps.
- ② Stretch the mask under your chin, and shape it to your face so there are no gaps.

<Fukushi Hoken (Health and Welfare) Division, Naka Ward Office
TEL: 045-224-8334>

Updated monthly! The latest information about the ward is provided in multiple languages

We take feature articles and event information from the Naka Ward Office's public relations newspaper "Koho Yokohama Naka-ku Ban," and post them on our website in English, Chinese, Korean, and easy Japanese. Whether it is about childcare, disaster prevention, welfare, or the community, we provide information that is relevant to everyone.



<Kusei Suishin (Ward Administration Promotion) Division, Naka Ward Office
TEL: 045-224-8123>

All about Neighborhood Associations

Protect your neighborhood! "Crime Prevention Activities"



Have you ever heard someone shouting *Hi no Yojin* (Beware of fire!) or the sound *Kachi Kachi* (wood clicking together)? In the season when the air is dry, that sound may be your neighborhood association's crime prevention patrol, which also does fire prevention.

Neighborhood associations work on crime prevention activities to keep their neighborhoods safe and secure, such as crime prevention patrols and watching over children as they walk to school.

These efforts by local residents provide a sense of security. Think about joining for a chance to make new acquaintances.

<Chiiki Shinko (Community Promotion) Division, Naka Ward Office
TEL: 045-224-8131>

International Service Staff
Naka Ward Office, Counter 22 (2nd floor)
English 10 a.m.–5 p.m.

International Service Staff provide assistance with matters such as guidance on Naka Ward Office activities, interpretation at various ward office counters and support for filling out certificate applications. Stop by if you would like assistance.

Help Me Know

Q&A



Is there a place to talk in a foreign language about problems with a company or difficulties at work?

▶ The "Foreign Workers Labor Consultation" and "Foreign Worker Consultation Corner" provide consultation in foreign languages on difficulties and uncertainties in working, including working conditions and workplace safety. Consultations are free of charge. In addition, the "Telephone Consultation Service for Foreign Workers" enables telephone consultation in foreign languages.

▶ Foreign Workers Labor Consultation

(consultation with expert counselors such as lawyers and university professors through an interpreter)

Chinese: Every Friday from 1:00 p.m.–4:00 p.m.
(TEL: 045-662-1103)

* There are also consultation days with Spanish and Vietnamese available.

Location: 1-4 Kotobuki-cho, Naka-ku
2nd Floor, かながわ労働プラザ (Kanagawa Rodo Plaza)
かながわ労働センター (Kanagawa Labor Center) Main Office
(See the map on P1)



(in Japanese)

▶ Foreign Worker Consultation Corner

(consultation about the Labor Standards Act, etc.)

English: Every Monday, and 1st and 3rd Friday 9:00 a.m.–12:00 p.m., 1:00 p.m.–4:00 p.m. (TEL: 045-211-7351)

* There are also consultation days with Portuguese, Spanish, Vietnamese, and Tagalog available.

Location: 5-57 Kitanaka-dori, Naka-ku
8th Floor, 横浜第二合同庁舎 (Yokohama Government Office Building No.2)
Inspection Division, Labor Standards Department,
神奈川労働局 (Kanagawa Labor Bureau)
(See the map on P1)



Telephone consultation in 13 languages

▶ Telephone Consultation Service for Foreign Workers

(call charges paid by caller)

English: TEL: 0570-001-701

Chinese: TEL: 0570-001-702

Monday to Friday

10:00 a.m.–12:00 p.m., 1:00 p.m.–3:00 p.m.

* Except from December 29 to January 3



▶ Labour Standards Advice Hotline

(toll-free)

Japanese: TEL: 0120-811-610

English: TEL: 0120-531-401

Chinese: TEL: 0120-531-402

Monday to Friday 5:00 p.m.–10:00 p.m.; Saturdays, Sundays, and national holidays 9:00 a.m.–9:00 p.m.

* Except from December 29 to January 3



* Please check each website for the availability of other languages and details.



Spring Flowers Coloring the City

Go for a Visit

It is still cold, but spring is steadily approaching. Plum blossoms begin to bloom in February, and cherry blossoms and tulips, the ward flower, begin to bloom in March. Come out and see them in the spring.



Typical flowering season: Mid-March to early April

The ward flower. The lovely and colorful flowering tulips are sung about nursery rhymes, and are familiar to many people. Many people visit Yokohama Park to see the nearly 100,000 tulips.



▲ Yokohama Koen (Yokohama Park)

Plum Blossoms

Typical flowering season: Early February to early March

The red and white flowers begin to bloom while it is still cold, giving you the feeling of spring. There are about 300 plum trees in Negishi Forest Park, and about 500 in Sankeien Garden (admission charged, open 9:00 a.m.-5:00 p.m.).



▲ Sankeien (Sankeien Garden)

Cherry Blossoms

Typical flowering season: Late March to early April

The cherry blossoms bloom along the road at the same time, in nearby parks, and in school yards throughout the ward. Since it coincides with school graduations and entrance ceremonies, these flowers are memorable for new memories.



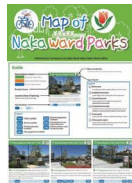
▲ Negishi Shinrin Koen (Negishi Forest Park)

Naka Ward Twitter Account

This account gives the flowering conditions of cherry blossoms on the Ooka River and tulips in Yokohama Park.

Map of Naka Ward Parks

It shows the locations of cherry blossom viewing spot and other information.



▲ Ooka-gawa (Ooka River)



Thoughts of a Foreign Resident Life and Culture in Japan

Working in Japan



Although the reasons why foreign nationals come to Japan are different, the feelings when they first come to Japan are very similar. It is the feeling of being confused by an unfamiliar culture and language. I also worked hard to find a part-time job to make a living and sometimes felt worried about the future. However, foreign nationals in Japan will definitely find their own way to survive.

Because of my visa, there was a limit on the number of hours I could work at a part-time job as a foreign national, which meant I had a lot of free time. I had no idea what I wanted to do every day, even though I had the time. One day, a friend introduced me to volunteering as a school interpreter. Originally interested in volunteering, I applied for it right away. In the following years, I learned and used Japanese through this volunteer work, spent my

free time meaningfully, got to know Japanese culture better, and met many friends. I also came across the work of the International Lounge.

Now, as a Chinese language staff member in the Naka International Lounge, I provide information on life in Japan to foreigners and friends who come in. I think it is a very rewarding job for me to help foreign nationals in need.

In my opinion, the most important thing in life in Japan is to learn Japanese well, get to know many people, and understand what you want to do. I think that will help everyone to find their own way. Where there are people, there is life.

(Naka International Lounge Chinese language staff)

Good to Know! About Japanese Culture

おでん Oden (Japanese hot pot dish)

An introduction to seasonal events and Japanese culture in terms of food, clothing and housing.



Warm and made by boiling ingredients such as daikon radish and processed fish paste in a seasoned broth, oden is a classic winter dish in Japan and is made in many homes. You may have already tried it, since it is easily available at convenience stores. The flavor and ingredients vary by region and household. Try making your own oden following the recipe below.

- Easy recipe: ① Make the broth by mixing about 1 tablespoon each of soy sauce, sake, and mirin sweet rice wine to 2 cups of dashi soup stock made from dried bonito flakes or kombu kelp and bring it to a boil, adding a pinch of salt to taste.
- ② Add ingredients of your choice, such as daikon radishes, boiled eggs, satsuma-age fried fish cakes, hanpen minced and steamed fish, chikuwa tube-shaped fish paste cake, tsukune grilled chicken meatballs, and konnyaku jelly, and cook until tender.

The dashi soup stock can be made simply by adding kombu kelp or powdered dashi soup stock to water. Make sure you have enough broth to soak the ingredients. If you do not have mirin, try using sugar to adjust the flavor. The longer you wait after turning off the heat, the more flavorful and delicious it becomes.



We are always looking for locations to distribute Naka Ward Town News. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on April 1.