

NAPIA is a newsletter issued by Nagasaki International Association for foreign residents.
Edited by: Nagasaki International Association

Japanese Cultural Experience Class

Chopstick Making Workshop

~Sat. Dec. 19th, 2020~



We held a Japanese cultural experience class for foreign residents living in Nagasaki Prefecture. People from Thailand, Vietnam, Kazakhstan, Belarus, Korea and France participated in the event. We welcomed the instructors from Morinaga Chamber Company, and the participants made their own set of chopsticks using left over wood which came from the process of making ginkgo cutting boards. Participants smoothed the wood with sandpaper to shape the chopsticks. Even though they were having a hard time to make the right angle of the chopsticks, they were trying very hard to complete them. After the instructors checked their chopsticks, the participants wood burned messages in their own languages, *hiragana* or *kanji*. At the end of the workshop, there was time to show their own chopsticks and share their experiences with each other. Participants seemed to deepen their interest in Japanese culture by making their own chopsticks, which are a typical aspect of Japanese culture.



Working very hard !



Keep smoothing the wood patiently!



"How are my chopsticks?"
Everybody finally finished !



Wood burning names or messages in their own languages,
hiragana or *kanji* !



Trivia
We count the chopsticks,
"ichizen", "nizen"...



Look at my chopsticks !



Photoshoot with your own chopsticks!

From the World to Nagasaki ~Introducing a Foreign Resident in Nagasaki~



Ms. Thu Zar Win from Myanmar



<Ref.> Ministry of Foreign Affairs of Japan
<https://www.mofa.go.jp/mofaj/area/myanmar/index.html>

My name is THU ZAR WIN, a student of the Joint Master's Degree Program, Division of Disaster and Radiation Medical Sciences, of Nagasaki University and Fukushima Medical University. I graduated with a bachelor's degree in Nuclear Engineering from Technological University, Kyaukse, Myanmar.

I grew up in Pyin Oo Lwin town, Myanmar. I have a big family: three younger sisters and two younger brothers. I love all of them so much. My country is known as 'the Golden Land' because of the abundant use of gold leaf on its temples and shrines. Myanmar (used to be called Burma) is a Southeast Asian country sharing its border with India, Bangladesh, China, Laos and Thailand. The country has eight major ethnic groups and if we include all the ethnic minorities, it is said that there are over 100 ethnic groups present. It's so refreshing to explore the rural areas like my hometown where you can see the everyday life of local people. They are friendly, smiling, and willing to talk to you. My hometown's weather is very similar to Nagasaki, so I don't feel much different about the weather in Japan. Of course, there is no sea but hills.

My master's course in Nagasaki started in October, 2019. I have visited so many places in Nagasaki and I do really love to ride a bike around the city. Sometimes I just visit the Dejima seaside to get fresh air and to see the sun set. What I do love the most in Japan are the people and food. In Nagasaki, people are very nice and kind to foreigners. Whenever I lose my way, I can ask the people around me and they will help me to get in the right direction. The food is very delicious here in Nagasaki. My favorite food is cake and sushi. I always feel blessed to be here in Nagasaki.

My Hometown, Pyin-Oo-Lwin



<Ref.><https://www.orientalescape.com/tourpackage/myanmar/yan-gon/the-golden-land-of-myanmar/>

<Ref.><https://www.remotelands.com/travelogues/pyin-oo-lwin-an-english-village-in-burma/>



Shwe Da Gone Pagoda In Yangon

Things You Need to Know before Disaster Strikes!

Compared to other countries, we seem to have more earthquakes, typhoons, and flooding in Japan, and you never know when they will happen. We had a significant typhoon in Nagasaki in fall, 2020. It is important to know how to prepare for those unexpected disasters beforehand.

Too much rain can cause dangerous flash floods, flooding or mud slides. Earthquakes can cause road depressions or buildings to collapse. Our daily life-lines such as electricity, gas or water may stop completely, roads may be closed, and services that you use in your daily life may be unavailable for a while due to these unexpected disasters.



<Ref.> Institute of Scientific Approaches for Fire & Disaster http://www.saigaichousa-db-isad.jp/drsdb_photo/photoSearch.do

1. Prepare for natural disasters outside your house before heavy rain or strong winds.

- Lock windows or shutters, and add some kind of support if necessary.
- Clean ditches or drains so as to avoid clogging.
- Bring things inside or strap them down tightly so they don't blow away.



2. Prepare for natural disasters inside your house.

- Prepare for emergencies, such as having a working flash light, drinking water, food or any essential items you need.
- Close curtains or blinds, and put reinforcing film or removable tape on windows if necessary to avoid danger.
- Prepare enough drinking water and fill the bathtub with water for other purposes.

3. Check the nearest evacuation places.

- Check your route to your designated evacuation places such as schools or community centers in your area.
- Check evacuation places and how to contact your family in an emergency situation.
- Keep your belongings to a minimum, so both your hands are available when you evacuate.



<Ref.> Japan Meteorological Agency <https://www.jma.go.jp/jma/kishou/books/ooametyphoon/index.html>

Prepare for Emergency !

~Introducing Some Emergency Foods in Japan~



Bread can with multiple language labels, in English, Chinese and Korean.



You can eat hot food in emergency conditions with the special heating kit included!

Support your nutrition with vegetable juice which has 30 different vegetables.



Can be kept for five and a half years.

<Ref.> Tokyu Hands <https://hands.net/search/?q=%E9%98%B2%E7%81%BD%E9%A3%9F&disp=120&view=01>

Consultation Center for Foreign People

Q&A

Q. I would like to return to my home country after completing the technical intern training program, (技能実習) but I don't think I will be able to return to home due to the current coronavirus situation. What should I do to support myself financially until the day I can go back home?

A. After completing the technical intern training program, you can change your status of residence from 'Technical Intern Training(技能実習)' to 'Designated Activities(特定活動)' in order to stay in Japan. Previously, people with a 'Designated Activities' visa were not permitted to work. However, a special rule has been created for those who are facing difficulties due to the current coronavirus situation. Depending on the circumstances of the company, technical intern trainees may be able to continue to work at the same company even after the technical intern training program is completed. For those who left their place of employment, you can work part-time for up to 28 hours per week. If you are worried that you may not be able to find part-time employment, you can apply for unemployment insurance. In any case, you need to go through an application process. For more information, please contact FRESC Helpdesk (ph: 0120-76-2029) or Nagasaki Prefecture Consultation Center for Foreign People (ph: 095-820-3377). Available in multiple languages.



Expert Consultation Session for Foreign People

We will hold an expert consultation session on the 4th Saturday of every month (13:30-16:30) for foreign people living in Nagasaki Prefecture. However, as the schedule is subject to change, please check our official website or Facebook for updates. You can freely ask questions about visas, legal matters, work and so on.

- Available in multiple languages, including English, Chinese, Korean, Vietnamese, Nepali, Thai, Indonesian and Tagalog.
- Consultations are free and completely confidential, so please feel free to ask questions.
- We will take appointments for consultations, but you can still call or come in person on the day without an appointment.

Free

Place: Dejima Koryu Kaikan 1st Floor (2-11, Dejima-machi, Nagasaki City) Phone: 095-820-3377

Helpful guidebooks are available in English, Chinese, Korean and Vietnamese!

- ① A Guidebook for Living in Nagasaki Prefecture
- ② Guide for Using Medical Institutions
- ③ Things You Need to Know Before Disaster Strikes!!



Announcement from the NIA

To prevent the spread of COVID-19, general audience may not attend.

The 13th Japanese Speech Contest for Non-Native Speakers Contestants Wanted!

Date & Time: Saturday, June 19th, 2021 13:30~16:00 **Applications must arrive by Friday May 7th, 2021**
Location: Lounge B2F, Nagasaki National Peace Memorial Hall for the Atomic Bomb Victims (7-8 Hirano-machi, Nagasaki City)
Organizers: Organizing Committee for the Japanese Speech Contest
Nagasaki Foundation for the Promotion of Peace / Nagasaki International Association
Prizes: 1st Prize (¥50,000), 2nd Prize (¥30,000), 3rd Prize (¥20,000), Future Prize (¥10,000), and Participation Prizes (TBA)
Inquiries: Nagasaki International Association (2-11 Dejima-machi, Nagasaki City)
TEL: 095-823-3931 / E-mail: nia@nia.or.jp

Eligibility: Applicants must be residents of Nagasaki Prefecture of senior high school age or older and:

1. not have Japanese as a native language
2. not have had elementary or junior high school education in Japan
3. not have a total period of residence in Japan of more than 5 years
4. not have previously received 1st Prize in this contest

Our homepage has been renewed!

Nagasaki International Association

We are open from Mon.-Fri. except public holidays. 9:00-17:30

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