

Bridging the Gap

我住的城市 一窩 내가 살고 있는 一窩



新型しんがたコロナウイルスにならないための「あた新しい生活様式」せいの例です。れい (每日まいにちの生活せいをするための基本きほん的な方法ほうほう)

- よく手を洗う、手や指の消毒をする。
- 咳をする時に、周りに迷惑をかけない。
- 外の空気をたくさん部屋の中に入れる
(エアコンを使って温度を 28℃以下に)
- 周りの人から離れる
- 「3密」をしない (密集：多くの人が集まる、密接：近い距離で話をする、密閉：外の空気が入らない)
- 自分に合った運動や、健康な食事を、タバコを吸わない、など、健康な生活を知り、行う。
- 毎日、朝に体温を計る、自分が元気かどうか考える。体温が高く、風邪だと思ふ場合は、家で休む。

Practical example of Covid-19 countermeasure "New Lifestyle" (Basic lifestyle for daily life)

- Frequent hand washing and hand disinfection
- Thorough cough etiquette
- Have proper ventilation (Keep room temperature 28°C or less also using air conditioner)
- Maintain social distancing
- Avoid the "3 C's" (closed spaces with poor ventilation, crowded places, close-contact settings)
- Understand and practice proper habits according to each person's health condition, such as exercising, eating healthy meals, and refraining from smoking
- Measure your body temperature and check your health every morning. If you have a fever or a cold, treat yourself at home



新型冠状病毒对策「新生活方式」的实践例 在日常生活中的基本生活方式

- 勤洗手・手指消毒
- 遵守咳嗽的礼节
- 经常通风换气
(同时利用空调使室温在 28℃以下)
- 确保身体之间的距离
- 避免「三密」(密集・密接・密闭)
- 实行并理解根据个人的健康状态而进行运动和饮食、禁烟等生活习惯
- 每天早晨测量体温、健康检查。如有发热或感冒症状时请在家静养

신형 코로나 바이러스 대책 '신생활 양식'의 실천 예
일상 생활을 유지하면서 기본적으로 지켜야 할 생활 양식

- 손씻기 ▪ 손가락 소독을 세심하게 한다.
- 기침할 때 매너를 철저하게 지킨다.
- 환기를 자주 시킨다.(에어콘 사용으로 실내 온도를 28도 이하로)
- 신체적 거리 확보(생활 속 거리두기 유지)
- '3 밀'의 회피 (밀집, 밀접, 밀폐)
- 각자의 건강 상태에 맞는 운동, 식사 금연 등 적당한 생활 습관을 이해하고 실행한다.
- 매일 아침 체온 측정, 건강을 체크한다. 발열 또는 감기 증상이 있을 때는無理하지 말고 자택에서 요양한다.

Governments' Support Measures Concerning the Impacts of Covid-19 (Finances, Benefits, Advice)

To the residents of Ichinomiya, The Japanese government, Aichi Prefecture and Ichinomiya City have consultation counters for the application for benefits, finances and working advice for the residents affected by Covid-19.

For details such as contact numbers, search for them by the page ID number 1034817 on the Ichinomiya City official website.

As of June 17, 2020

	Support System	Outline	Submission Deadline
Benefits	Special Cash Payment (Everyone)	100,000 yen per person	By August 31, 2020
Living Funds	Urgent Small Funds (Conditions apply)	Loan of a maximum of 200,000 yen as temporary living funds	Accepting Now
	General Support Funds (Conditions apply)	Loan of a maximum of 600,000 yen as medium-term living support funds (Household with 2 or more persons: 200,000 yen a month × 3 months)	
	Housing Security Benefit (Conditions apply)	If you may lose your current housing due to a decrease in income as a result of having left a job or closed your business, the city hall pays the actual expenses (There is a ceiling)	Accepting Now
	Leave Allowance Paid for with City Hall Directly (Conditions apply)	If you have no leave allowance, the city hall will give you a leave allowance worth 80% of your monthly income (A maximum of 330,000 yen)	Undecided
Students	Full Scholarship (Conditions apply)	Students, whose incomes have decreased rapidly, will be eligible for full scholarship	Accepting Now
	Students' Emergency Support Allowance (Conditions apply)	If the students, who pay college expenses themselves, lose a significant amount of income, they will receive an allowance of a maximum of 200,000 yen	
Childcare Support	Special Payment for Single Parents (Conditions apply)	50,000 yen or more is going to be paid to single parents (Such as a single parent receiving child support benefit)	From the End of July 2020
Advice	Consultation counters regarding working	The city hall will introduce you to consultation counters regarding working	Accepting Now
Tax Social Insurance Premium Public Utility Charge	Reduction or Exemption from Many Kinds of Payments (Conditions apply)	Tax exemption and reduction Exemption from social security fees Giving a grace period for payment on public utility costs	Accepting Now

关于中国语版, 请查看一宫市国际交流协会的官方网页 facebook (脸书)

한국어는 이치노미야시 국제 교류 협회의 공식 facebook 페이지를참고 하시기 바랍니다.」

<https://www.facebook.com/iia138>



国勢調査2020

2020 National Population Census

“Years of understanding the present paves the way to the future”

We hope you will take part in the 2020 National Population Census that will be conducted between September 14 and October 20, 2020.

The census is taken every five years, and quite incidentally this year it will be 100 years since the first census was conducted in 1920. The statistics obtained from households and residents living in Japan are equitably used to shape the present and future of Japan for the benefit of all people.

Therefore, all immigrants are asked to participate in the census, too.

As a general rule, an enumerator (a census taker) is supposed to visit every household and ask you to fill in the questionnaire or drop it into your mailbox when you are not at home. It would be appreciated if you could request help in advance from friends/acquaintances to help you understand and respond to the request for the census if you are not familiar with the Japanese language. For your convenience, the questionnaire is available in 27 languages. Please let us know your preferred version.

You can also access our online census system through your PC/smartphone.

Thank you very much for your cooperation on the 2020 Census!



请协助令和 2 年的人口普查

预定在 2020 年 9 月 14 日至 10 月 20 日将实施人口普查

人口普查是为了日本的未来而进行的重要调查，以居住在日本的所有人和家庭为对象，每 5 年进行一次大调查，开始调查到现在已是 100 年了。

· 外国人也是调查对象

大家周围如有外国人，拜托请告知有关人口普查的事。

原则上是人口普查员访问各个家庭进行调查，但是由于因不在家或语言不能沟通等原因调查得不到顺利进行，所以请大家相互告知。

另外，此次调查准备了 27 种语言对应的调查表，如果联系我们的话会交给您。

导入了可以通过网络或手机进行回答的在线调查，请大家也一定要使用网络回答。

希望大家多多支持和回答。



令和 2 年 国세 조사를 위한 협조를 부탁드립니다.

2020 年 9 月 14 일부터 10 月 20 일까지 7 일에 걸쳐 国세 조사가 실시될 예정입니다.

国세 조사는 일본의 미래를 만들어 나가는 중요한 조사로서, 일본 국내에 살고 있는 모든 사람과 세대를 대상으로 한, 5 년에 1 번 있는 대조사로서, 올해는 첫 조사를 시작으로 100 년을 맞이하는 해입니다.

◆ 외국인 분들도 조사 대상이 됩니다.

여러분 주변에 외국인이 계시면 国세 조사에 대해서 전해 주시길 간절히 부탁드립니다.

원칙상, 国세 조사원이 각 세대를 방문하여 조사 의뢰를 행합니다만, 부재 중이거나 언어가 통하지 않는 등의 이유로 원활하게 진행되지 않는 경우가 있습니다. 그러므로, 여러분께서 国세 조사 중임을 전해 주시면 하는 바람입니다.

게다가, 이번 조사는 27 개국의 언어로 대응한 외국어 조사표를 마련해 두었으니, 연락 주시면 전해 드리겠습니다.

인터넷이나 스마트폰을 이용한 온라인에서도 조사에 응할 수 있도록 하였으니, 여러분도 온라인 조사를 이용해 주시기 바랍니다.

부디 여러분의 많은 협조와 참여를 부탁드립니다.



Let's cook it at home: Mexico edition

Home cooking around the world

This time, we introduce Albondigas (boiled meatballs in tomato soup) and Guacamole (avocado dip sauce), which are commonly eaten at home in Mexico. It's a bit spicy, but it's a favorite among Mexican children.

Albondigas Recipe

Ingredients (for 4 people)

- ① 400g ground beef and pork, 1 egg, 1/2 chopped onion A bowl of cold rice, a little salt and pepper
 - ② 1 can of tomato, 1/4 of onion, 1 piece of garlic, 400cc of water
 - ③ 1 carrot, 1 zucchini, cilantro (Chinese parsley)
- 1 piece of bay leaf, olive oil, 2 tablespoons of lemon juice, oregano, a little salt and pepper, 400cc water

Directions

First, put all ① into the ball and knead well. Put ② into the mixer and mix. Cut carrot zucchini in ③ into 1 cm pieces and fry lightly in a pan coated with olive oil. Add ② and 400cc of water, bay leaf and oregano in the pan and bring to a boil. After that, put the kneaded meat rolled into large pieces in the pan. When it comes to a boil again, remove the scum and cook for 30 minutes on low heat and season with salt and pepper. Finally, serve on a plate, garnish with cilantro and sprinkle with lemon juice.

Guacamole Recipe

Ingredients (for 4 people)

- 2 avocados, 1/2 peppers, 1/4 onion, 1 lime juice, a little chili (jalapeno peppers pickled with vinegar), 4 tablespoons mayonnaise, a little cilantro (Chinese parsley) and salt, 1 bag of Doritos (commercial snack)

Directions

Crush avocado, chopped bell peppers, onions, cilantro, and chili (if desired) in a mortar and mix with lime juice, mayonnaise and a little salt. Then serve it with Doritos.



Albondigas



Guacamole

Nihongo Hiroba in Bisai

Experiencing Japanese traditional culture in Sanjo-Tsudoi no Sato

February 16, 2020

'Nihongo Hiroba in Bisai' is a place to learn Japanese, but we held an event where people could experience Japanese traditional culture.

Firstly, we enjoyed the 'Minyo' (Japanese folk songs) and Bon dance performances. The performers played Tsugaru-Jamisen, which is an instrument similar to a guitar, but with only three strings. We appreciated its deep and strong melodies. Everybody quickly learned the Bon dance moves, and we got into the rhythm.

After that, there was a tea ceremony. Two volunteers, who always teach Japanese, wore beautiful kimono and served 'matcha' (ceremonial green tea) to the guests and explained the Japanese concept of 'hospitality'. Everybody stirred, whipped and served in turns. Having 'wagashi' (Japanese confectioneries) before drinking 'matcha' lessened the bitterness of the tea. We are glad that everyone had a great time.

Unfortunately, it rained heavily on the day of the event. Most of the foreigners come to Sanjo Tsudoi no Sato by bicycle, so the number of participants was reduced.

Due to Covid-19, the day trip to Nara, which everyone was looking forward to, was cancelled. We are also sorry that we have to close 'Nihongo Hiroba' due to Covid-19, but we are really looking forward to seeing you soon from the bottom of our hearts!

There are not enough volunteers to teach Japanese. We are recruiting teachers.

In Nihongo Hiroba Bisai, There are around 20 foreigners who come to study Japanese each time. Won't you spend an enjoyable time with people from Vietnam, China, the Philippines, Syria, Peru, Egypt, etc.?

We are waiting to hear from you.



While Covid-19 has been spreading in society, 25 people took part in this seminar.

Firstly, speaker Alessio Vignera introduced himself and explained about Italian history. He said that Caesar, Columbus, and da Vinci may be very famous historical figures, but that we must not forget about Dante Alighieri, who is the greatest poet in Italian literature and the father of the Italian language.

Next, participants talked about Italian people's character. Some participants had the stereotypical image of Italians, but it was not all wrong. Looking at the good points: ①Italians are cheerful and bright; ②They like jokes; ③They value their food culture very much; ④They are well-dressed; ⑤Italian men are gentlemanly and subscribe to the "ladies first" rule; ⑥Italians are well-mannered.

Next, the speaker described how to greet people when meeting for the first time. Italian people shake hands and move their clasped hands up and down softly while they introduce themselves and maintain eye contact. Afterwards, they let go of their hands naturally. For Japanese, it looked difficult to do because it's not part of Japanese culture. If people's palms are sweaty, they wipe their hands on their pants before shaking hands.

Italians have breakfast at places called bars. These are coffee shops which you can find in every city. Usually, people order a croissant and a cappuccino at a bar. The participants practiced using the Italian language to order at a bar: "Un espresso, per favore."

Next, the participants learned the etiquette about being invited to dinner. It's not considered good manners to reject an invitation. Wine, dessert, and flowers are acceptable gifts. People don't need to take off their shoes at the entrance. People give gifts to the host immediately after entering the house. There is no need to say "Itadakimasu (Thank you for the food)" before eating.



Lastly, three participants tried shaking hands and greeting each other in Italian. They did well. Another three challenged themselves to ordering breakfast at a bar. They also did a good job.

The participants were very interested in the speaker's discussion and enjoyed it, so time passed quickly. It would be great if another seminar is held.

Our Neighbors



Studying with Elementary School Students in Ichinomiya City!

We asked two ALTs about things such as their hobbies, stories when they were kids, Japan and their impressions of the Japanese students. Here are messages from them:



Hi! I'm Darlene Terrio Yamanaka from Davao, the Republic of the Philippines. I'm the youngest of twelve siblings in my family. When I was a child, I used to be an active girl, and I was good at rubber band jumping. I like handicrafts, dancing, cooking and making sweets. I also make clothes and bags with a sewing machine for children to bring them to school.

I thought Japan was a high-tech country and everything was comfortable. Now I feel Japan is very functional, clean and good for living.

Japanese children are honest and hardworking. They try to improve themselves further. But they are a little shy, I think. I hope they will stand on the global stage to spread the goodness of this country and its people.

Nice to meet you! I'm Yulia Kovarska from Ukraine. When I was little, I used to be a good and serious girl. I didn't want to bother my mother who was a single parent. I was a shy girl. I liked staying at home rather than playing outside. My favorite play was "The Game of Life" which was a game given to me by my relatives on my 11th birthday. I like making sweets very much.

What impressed me the most after living in Japan was its people. No matter which shop I go, they treat me very kindly. Whatever I ask, they teach me politely and carefully. When I get lost, they not only show me how to get there, but they also take me to the right place. I experienced such kindness many times.

Japanese elementary school students are brighter, more energetic and more serious than I expected.

I would like to share with you this phrase from the story of King Solomon: "Life goes by." Now, Japan and the whole world are facing tough situations because of Covid-19, but it will be over sooner or later and we'll be able to return to our everyday lives. Cheer up, take good care of your family and friends, and get along well with each other!



一宮市国際交流協会 Ichinomiya International Association

住所 : 491-8501 一宮市本町 2-5-6 ADDRESS : Honmachi 2-5-6, Ichinomiya City, Aichi

TEL : 0586-85-7076 FAX : 0586-73-9213 MAIL : kokusai@city.ichinomiya.lg.jp

WEB : <https://www.city.ichinomiya.aichi.jp/iia/> FB : <https://www.facebook.com/iia138>

翻訳 : 一宮市国際交流協会 通訳・翻訳 G ボランティア 翻译编者 : 一宮市国际交流协会友好志愿者翻译小组

Translated / Edited by : iia Translation-Interpretation Volunteer Group