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**Spring Edition April 2015（英語）**

**OIC**

This newsletter is distributed four times a year by the Okaya International Center,

with the aim of providing local foreign residents with information necessary for daily life, as well as insight into aspects of Japanese culture.　Please feel free to contact us with your feedback or any questions you may have.



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The OIC has moved from the 1st floor of the city hall to the Old Fire Station (shown left & below).

As always, the OIC will continue to dedicate itself to supporting the foreign residents of Okaya offering such services as consultation in multiple languages and city facility tours.

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**[](http://www.google.co.jp/url?sa=i&rct=j&q=%E5%9B%BD%E9%9A%9B%E5%8C%96%E3%82%A4%E3%83%A9%E3%82%B9%E3%83%88&source=images&cd=&cad=rja&docid=4jwn7N_NeLdjqM&tbnid=RPArF7hHzkAY4M:&ved=0CAUQjRw&url=http://www.pref.hokkaido.lg.jp/ss/ssa/ksk/sougou/newplan/tenbo4.htm&ei=2YN4UaLTNomwiAe3l4HICg&bvm=bv.45645796,d.aGc&psig=AFQjCNFNBEb1zxyg7GSwm0EGZn8e01a-Dg&ust=1366938962088056)**

City Hall

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**Consultation in Chinese**

Tuesdays & Thursdays

**Consultation in Portuguese**

Wednesdays

**Consultation in English**

Available every day!

New Office!!

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When you are busy each and every day, it can sometimes escape your attention that you are actually under a lot of stress. Why not take a moment to do the test below and see how much stress you are under?

**１．How have you been feeling this last month? Answer the questions below and choose the most appropriate response for each one.**

|  |  |  |  |
| --- | --- | --- | --- |
| １．Have you felt irritated? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ２．Have you felt anxious? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ３．Have you felt restless? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ４．Have you felt depressed? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ５．Have you been unable to sleep well? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ６．Have you felt unwell? | □　Not really　（0） | □　A little （1） | □　A lot　（3） |
| ７．Have you been unable to concentrate? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ８．Have you found yourself making more mistakes than usual? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| ９．Have you found it difficult to stay awake at work? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| １０．Have you felt demotivated? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| １１．Have you felt worn out? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| １２．Have you felt lethargic and tired on waking up? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |
| １３．Have you found yourself getting tired more easily than usual? | □　Not really　（0） | □　A little　（1） | □　A lot　（3） |

**Add up your score for Q1-13 and award yourself a rank from I-IV**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ⅰ** | **０～４** | **Ⅱ** | **5～１０** | **Ⅲ** | **１１～２０** | **Ⅳ** | **２１＋** |

**２．What have your working conditions for the last month been like? Answer the questions below and choose the most appropriate response for each one.**

|  |  |  |  |
| --- | --- | --- | --- |
| １．Have you had to do overtime? | □　None or little（0） | □　A lot　（1） | □An excessive amount　（3） |
| ２．Have you had to work irregular hours? | □　A few　（0） | □　A lot　（1） | ― |
| ３．Have you had extra work burden due to business trips? | □　None or little　（0） | □　A lot　（1） | ― |
| ４．Have you been under strain from working nights or anti-social hours (10pm-5am)? | □　None or little　（0） | □　A lot　（1） | □An excessive amount　（3） |
| ５．Have your breaks been of an appropriate length and frequency? | □　Yes　（0） | □ No　（1） | ― |
| ６．Have you experienced emotional strain at work? | □　None or little　（0） | □　A lot 　（1） | □An excessive amount　（3） |
| ７．Have you experienced physical strain at work (working in extreme cold, heat etc.)? | □　None or little　（0） | □　A lot　（1） | □An excessive amount　（3） |

**Add up your score for Q1-７ and award yourself a rank from A-D**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Ａ** | **０～４** | **Ｂ** | **5～１０** | **Ｃ** | **１１～２０** | **Ｄ** | **２１＋** |

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**３．Overall Score**

**Using your scores for 1. and 2. above, refer to the table below to calculate your overall score between 0 and 7.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | **Score for Part 2** | | | |
| Ａ | Ｂ | Ｃ | Ｄ |
| **Score for Part 1** | Ⅰ | ０ | ０ | ２ | ４ |
| Ⅱ | ０ | １ | ３ | ５ |
| Ⅲ | ０ | ２ | ４ | ６ |
| Ⅳ | １ | ３ | ５ | ７ |

**Write your overall stress-level score (0-7) here**

|  |  |  |
| --- | --- | --- |
| **Results** | **Score** | **Stress Level** |
| **０～１** | **You are not under much stress** |
| **２～３** | **You are under a fair amount of stress** |
| **４～５** | **You are under a lot of stress** |
| **６～７** | **You are under an excessive amount of stress** |

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How was your overall score? The checklists above are based on the results of medical research and allow you to determine the amount of stress you are under at work in an effort to promote better health.

For those of you with an overall score between 2 and 7, there is a chance you are experiencing fatigue, and it is necessary to improve your situation at work in reference to the questions in questionnaire No.2.

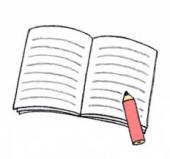
Make whatever improvements are within your control. For all other situations at work, consult your superior, an industrial physician, etc. and seek their help in making necessary improvements.

It is necessary to remember that your lifestyle outside of work can also have an impact on your stress levels and fatigue, so make sure you are getting enough rest and sleep. In order to prevent physical exhaustion, try to reduce the strain on yourself. By reducing the number of hours you work, you will find it easier to get more sleep and rest.

If you are doing more than 45 hours of overtime a month, you should make a serious effort to reduce this figure.

In the event you continue to feel exhausted, weary, and lethargic despite getting plenty of rest, this could be the result of some kind of illness and you should visit a medical professional .

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[](https://www.google.co.jp/imgres?imgurl=http://hureaij.sa-suke.com/aiueo.jpg&imgrefurl=http://hureaij.sa-suke.com/&docid=gDgDjvowmlbi0M&tbnid=NyVDgE6wy-rw_M:&w=453&h=266&ei=HgNCU6f1MoSpkwXq6YDAAw&ved=0CAIQxiAwAA&iact=c)

The OIC offers free Japanese classes for foreign residents wanting to learn Japanese. The classes are open to anyone, so why not pop by and give one a try!

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | Apr 6th | Apr 13th | Apr 20th | Apr 27th | May 11th | May 18th | May 25th | Jun 1st | Jun 8th | Jun 15th |
| **Place** | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu | Dai 2 Kaigi Shitsu |

**Monday Class　　Time: 7:00 - 8:30pm　　Place: ILF Plaza Culture Center 3rd Floor**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** | Apr 8th | Apr 15th | Apr 22nd | May 13th | May 20th | May 27th | Jun 3rd | Jun 10th | Jun 17th | Jun 24th |
| **Place** | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room | ＯＩＣ  Meeting Room |

**Wednesday Class　　Time: 9:30-11am　　　Place: OIC Meeting Room (Inside the Old Fire Station)**

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Sun May 31st 8th Canora Yose

Sat July 18th Family Concert

Sun July 19th Canora Orchestra

Sat August 1st Weekend Concert (Kanon Matsuda Piano Recital)

Sun September 13th Alfred Hause Tango Orchestra

Mon September 21st Shin Kokuritsu Gekijo Ballet Company's Cinderella for Kids

Sun November 1st New Japan Philharmonic (Part of the 8th Okaya Music Festival)

Sat November 7th & 28th Yudai Majima Lecture Concert (Part of the 8th Okaya Music Festival)

Sun December 6th Canora Shonen Shojo Chorus

Sun February 28th (2016) Weekend Concert (Kyuhi Paku Guitar Recital)

And many many more...

