



TOKUSHIMA POINT

We offer quieter and easier living than big cities!

TOKUSHIMA POINT

Enjoy lots of delicious food!

TOKUSHIMA POINT

Enjoy our beautiful beaches and the wealth of nature!

TOKUSHIMA POINT

Tokushima offers so many things to see, including spectacular scenery, secret hideaways and famous spots!

TOKUSHIMA POINT

The pleasant climate ensures easy living!

TOKUSHIMA POINT

Come and dance the Awa Odori!

TOKUSHIMA POINT

The fresh air and clean water are fantastic!

TOKUSHIMA POINT

It's also close to Kyoto and Osaka!

Would you like to make your dreams come true in Tokushima, Japan?

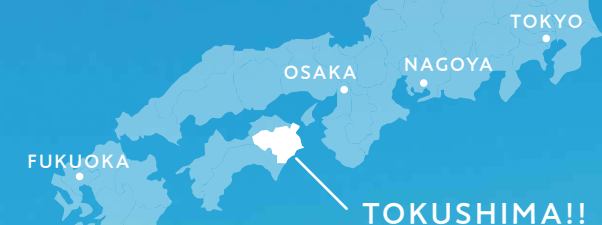
Tokushima Prefecture is located in eastern Shikoku, surrounded by a bountiful ocean and beautiful green mountains. It is blessed with the delectable bounties of the ocean and mountains, as well as the Naruto Whirlpools, making it popular among people from overseas as a place off the beaten track with breathtaking scenery.

Awa Odori, a traditional and major dance festival is held every summer! The place offers a variety of attractions that cannot be found in big cities like Tokyo and Osaka.

Come and work with us here in Tokushima's nursing care industry. You can improve your Japanese language and nursing care skills to further advance your career. Tokushima Prefecture will make every effort to support people coming from abroad to realize their dreams.

Welcome to TOKUSHIMA!

Prefectural capital	Tokushima City
Area	4,146.99 km ²
Population	695,450
Average temperature	17.1 °C (as of 2018)
Precipitation	1,760.0 mm (Tokushima City)



The Awa Odori was fun!



I want to study Japanese more and become a certified care worker. I want to start a nursing care business in Myanmar in the future.

 **Kyaw Thiha**
KEIRO FUKUSHIKAI



It's been around one year since I came to Japan, and I am starting to get used to my work and life here. The staff are all kind and help me whenever I have trouble understanding something. The facility users are also kind to me. Although the work is not easy, I am enjoying myself every day. I went to the Awa Odori with my friends from Myanmar. The climate in Tokushima is also pleasant. My goal from now on is to study Japanese more and obtain the N2 qualification. I'm also aiming to become a certified care worker. In the future, I would like to return to Myanmar and start a nursing care business.

I find the words of gratitude from facility users rewarding. I want to study more about nursing care in Tokushima.

 **Pahamotang Ian Dave Ulla**
TENMA HOSPITAL

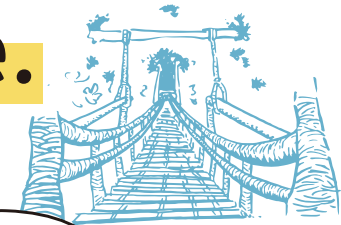


I took care of my grandfather for about a year before he passed away. That's when I decided to learn more about nursing care. I've been here for around half a year, and I have grown used to my work with the help of my Filipino seniors and other staff who have taught me a lot. I get smiles from the facility users every day, and I feel very happy every time they thank me for my work. Tokushima is a quiet place with a beautiful sea and mountains. I love the people here who are so friendly, and the variety of delicious foods. When spring comes, I will definitely go see the Japanese cherry blossoms.

The people of Tokushima are all so kind!



Everyone Is Working Hard in Tokushima They Love.



The nursing care industry is facing a nationwide labor shortage. Here we interviewed four nursing care staff who

Recruiting foreign workers offers a vital solution to this issue. came to Tokushima from Myanmar and the Philippines.

I can't wait to see the Naruto Whirlpools!



I came to Tokushima because I wanted to see the Naruto Whirlpools. I am aiming to become a Japanese and nursing care teacher.

 **Thazin Htet Htet Aung**
KEIRO FUKUSHIKAI



I became interested in nursing care when I was taking care of my disabled grandmother in Myanmar, and I decided to work in Japan. The reason I chose Tokushima was because I wanted to see the Naruto Whirlpools. It's only been four months since I came to Japan. I was worried if I could get accustomed to the language, but thanks to the kind guidance of my Myanmar seniors, I'm slowly getting used to the work. The facility users are kind and I enjoy spending time with them talking and exercising. Now I want to study more and improve my Japanese. In the future, I want to return to my home country and teach Japanese and nursing care at school.

I came to Japan because I'd always had an interest and love for anime. I will continue providing meticulous care for the joy of facility users.

 **Esatam Acaylar Marcky Bhrayle**
TENMA HOSPITAL



I've been a fan of Japanese anime and culture for a long time, and I'd always wanted to come to Japan. The work is hard, but I'm happy about being appreciated by the people I look after. I want to continue providing meticulous care to everyone. My supervisors are also kind and we talk about many things when we have time. Compared to Tokyo, the cost of living in Tokushima is lower and the environment is quieter offering easy living. When I get time off, I would like to visit Kazura Bridge in Tokushima, or Akihabara if outside the prefecture.

I love Japanese anime!





Enjoying Time Off and Life in Tokushima.

Accommodation will be provided of course, in addition to household appliances and access to a telecommunications network offering peace of mind even to newcomers. Come and discover the charm of Tokushima.

ENJOY!

01



I want to visit various sightseeing spots!

I was so eager to see the Naruto Whirlpools that I decided to work in Tokushima. I'm really looking forward to going there!

ENJOY!

02



Food always tastes better when it's made with friends!

I live with my five Myanmar friends in a dormitory. We make dinner together. We use lots of spices to recreate the taste of home.

ENJOY!

03



I'm getting used to life in the city!

Sometimes I go shopping in town. The area around Tokushima Station has everything you need!

ENJOY!

04



I want to enjoy Tokushima more!

I went to the Awa Odori with my Myanmar friends. It was a fun and memorable summer! I definitely want to go again next year.

Solving the Shortage of Labor by Hiring Foreign Workers. They Adapted Smoothly to Both Nursing Care Work and Life in Tokushima.

Social Welfare Corporation Keiroufukushikai
Special Nursing Home for the Elderly Pia
Facility Manager Ms. Miwa Kimura



I am looking forward to seeing them playing an active role as leaders of foreign staff.

The longest serving Myanmar staff member is Mr. Cho, who has been in Japan for about a year. He acts like a leader and provides guidance for the other three Myanmar staff in supervising their nursing care, and assisting with Japanese and daily life. He is sincere and keeps an eye on situations, making appropriate decisions on what he needs to do.

Moving forward, the goal is to train them so they can work night shifts too. I want them to improve their Japanese writing skills, so they can keep records. They are apparently aiming to become certified care workers, so I hope they do their best to acquire the qualifications. We are planning to hire more foreign staff in the future, and I am looking forward to seeing them play an active role as the leaders of new overseas employees.



Checking the day's schedule in Japanese during the morning meeting.



Preparing lunch and assisting facility residents with meals.

They adapted quickly to their new workplaces, and I have no worries about recruiting foreign workers.

We began recruiting foreign nationals about three years ago, and we currently have four people from Myanmar. First, we hired a person from Vietnam, and I was worried about whether she would be able to get along with Japanese staff, or stay on for a long time. But contrary to my concerns, she adapted very quickly. It was thanks

to this experience that I felt no hesitation about recruiting people from Myanmar this time. At first, I thought the residents might be reluctant to welcome the newcomers, but it turned out that everyone took the initiative to treat them with kindness. As a result, the newcomers were able to quickly get acquainted with the residents, as well as the Japanese staff.

Go Awa Odori dancing with friends in summer! I want everyone to enjoy living in Tokushima.

Myanmar people seem a little shy. I think the facility users found them easy to get along with, because they are similar to Japanese people. They are very diligent and quick to learn their jobs as well as Japanese. They can even understand the Tokushima dialect now, and communicate with facility users without any problem. They seem to have settled into Tokushima, and this summer, they went to the Awa Odori with their Myanmar friends. Although they don't have many opportunities to visit tourist spots in Tokushima as the result of restrictions imposed on travel due to Covid-19, I hope we can go sightseeing together one day.



A welcome message in Burmese in the entrance hall!

INTRODUCTION OF FACILITY

Social Welfare Corporation Keiroufukushikai Special Nursing Home for the Elderly Pia

Capacity: 50 residents

Private rooms (38), double rooms (2), quadruple rooms (2)

Eligible users: Nursing Care Levels 3-5



We provide support for those suffering from dementia or have disabilities making daily life difficult. We also provide individual support to ensure every user is able to have a relaxing time and feel at home at the facility. We offer functional training and recreational activities customized to the needs of each user. Services for other aspects of daily life include assistance in eating and bathing.

INTRODUCTION OF FACILITY

Geriatric Health Services Facility Meigetsuen Tenman Hospital Group

Capacity: 100 residents

Quadruple rooms (19), double rooms (12)

Outpatient rehabilitation available.



We have nursing care support specialists to provide help and advice to facility users by addressing their needs to improve their quality of life while living at home. We focus on assisting users to live independently at home by offering rehabilitation services, nursing care, and other support in daily life based on the advice of doctors.

TOKUSHIMA MAP

See, Eat, Enjoy, Dance...

Tokushima Has So Much to Offer!

Tokushima is full of places of interest, events and sightseeing spots that are a must see. Enjoy the charms of Tokushima to the fullest on your days off with friends from your home country and colleagues.



1 Iya Kazurabashi (Kazura Bridge in Iya)

The "Iya Kazurabashi" is a 45-meter-long, 2-meter-wide suspension bridge over the Iya River, woven from the vines of a plant known as the hardy kiwi. It has been designated as an Important Tangible Folk Cultural Property of Japan.



5 Naruto Whirlpools

The whirlpools appear in the Naruto Strait between Naruto City of Tokushima Prefecture and Minamiawaji City of Hyogo Prefecture. They can reach a maximum diameter of 30 meters, making them some of the largest in the world.



2 Awa Odori (Awa Odori Dance)

Awa Odori is a Bon dance that originated in Awa Province. It is one of three major festivals in Shikoku, along with the Yosakoi Festival in Kochi and the Niihama Taiko Festival in Ehime. It is also one of three major Bon dances in Japan.



6 The Udatsu Townscape

This is an area in Wakimachi, Mima City, where traditional merchant houses with 'udatsu' roof structures are lined up. It flourished as a hub for Awa indigo trading and has been designated as an Important Preservation District for Groups of Traditional Buildings by the Japanese government.



3 Okawara Plateau

The plateau is located in Kamiokawara of Sanagochi Village in Myodo County, Tokushima Prefecture. It extends across 120 hectares and has been named the 16th of the 88 Views of Shikoku.



4 Awa Sand Pillars

This is a natural work of art sculpted by the upheaval of sedimentary layers dating back about one million years, and eroded by wind and rain over many years. The pillars and curtain-like folds of earth create a space of extraordinary beauty.



7 Bizan Park

This sightseeing spot is renowned for its cherry blossoms and night views.



8 Oboke Gorge

In addition to attracting many rafting and kayaking enthusiasts, this spot is known for the historic Oboke Gorge River Cruises.