

# To all Technical Intern Trainees who are pregnant

- In Japan, dismissal due to pregnancy is prohibited by the law.
- Sending organizations and supervising organizations are **not allowed to force you to return to your home country** because of your pregnancy.
- If you are about to be dismissed at work or forced to return to home country, **please consult the Organization for Technical Intern Training (OTIT)**. OTIT will support you.

\* Please see back side for contact information

## What to do when you got pregnant?

- ☑ If you notice that you are pregnant, tell the supervising organization's consultation counter or the implementing organization(company) about your pregnancy.
- ☑ You can consult the Organization for Technical Intern Training and also at the consultation counter of the place where you live. \*Please see back side for contact information
- ☑ Notify the municipality office counter where you live about your pregnancy.
- ☑ By following the procedures at the municipal office where you live, you can get a Maternal & child health handbook (it records information about the health of the mother and the baby.), and prenatal health checkup coupons (to find out if your baby is healthy and you can receive it at the municipal office.) Be sure to receive prenatal health checkups regularly during pregnancy.

## Can I work even if I become pregnant?

- ☑ In Japan, dismissal or disadvantageous treatment due to pregnancy, etc. is prohibited. Even if you are pregnant, you can continue your technical intern training if you wish to do so.
- ☑ In Japan, you can take a rest from work six weeks before your child's expected date of birth.

If you are absent from work and have no salary during that time, you can receive a maternity allowance (about 60% of your usual average wage ) from your health insurance (insurance for people who work for the company. It is a system that collects money from everyone to help people who go to the hospital for injuries and illnesses).

## After giving birth, can I continue my technical intern training?

- ☑ In Japan, after giving birth, in principle, you cannot work for 8 weeks due to your physical health. After that period, you can resume your technical intern training.

If you are absent from work and have no salary during that time, your health insurance will pay you maternity allowance (about 60% of your usual average wage ).

- ☑ Even if you suspend your technical intern training and return to your home country to give birth, you can re-enter Japan and resume your technical intern training. (Procedure is required)
- ☑ To resume technical intern training, procedures are required at the Organization for Technical Intern Training and others. Inform the supervising organization and implementing organization(company) if and when do you wish to resume your technical intern training.

## Contact information

If you have any problems, please contact the Organization for Technical Intern Training (OTIT).  
(Consultation by phone or email is possible)

| Supported languages | Corresponding day and time                                 | Telephone number | OTIT Native language consultation site URL                                                          |
|---------------------|------------------------------------------------------------|------------------|-----------------------------------------------------------------------------------------------------|
| Vietnamese          | Mon.- Fri., Sat.<br>11:00 - 19:00<br>(Sat. : 9:00 - 17:00) | 0120-250-168     | <a href="https://www.support.otit.go.jp/soudan/vi/">https://www.support.otit.go.jp/soudan/vi/</a>   |
| Chinese             | M.W. F.<br>11:00 - 19:00                                   | 0120-250-169     | <a href="https://www.support.otit.go.jp/soudan/cn/">https://www.support.otit.go.jp/soudan/cn/</a>   |
| Indonesian          | T. TH., Sat.<br>11:00 - 19:00<br>(Sat. : 9:00 - 17:00)     | 0120-250-192     | <a href="https://www.support.otit.go.jp/soudan/id/">https://www.support.otit.go.jp/soudan/id/</a>   |
| Filipino            | T. TH., Sat.<br>11:00 - 19:00<br>(Sat. : 9:00 - 17:00)     | 0120-250-197     | <a href="https://www.support.otit.go.jp/soudan/phi/">https://www.support.otit.go.jp/soudan/phi/</a> |
| English             | T, TH, Sat.<br>11:00 - 19:00<br>(Sat. : 9:00 - 17:00)      | 0120-250-147     | <a href="https://www.support.otit.go.jp/soudan/en/">https://www.support.otit.go.jp/soudan/en/</a>   |
| Thai                | Thurs., Sun.<br>11:00 - 19:00<br>(Sun. : 9:00~17:00)       | 0120-250-198     | <a href="https://www.support.otit.go.jp/soudan/th/">https://www.support.otit.go.jp/soudan/th/</a>   |
| Cambodian (Khmer)   | Thurs.<br>11:00 - 19:00                                    | 0120-250-366     | <a href="https://www.support.otit.go.jp/soudan/kh/">https://www.support.otit.go.jp/soudan/kh/</a>   |
| Myanmar             | Tues.<br>11:00 - 19:00                                     | 0120-250-302     | <a href="https://www.support.otit.go.jp/soudan/mm/">https://www.support.otit.go.jp/soudan/mm/</a>   |

If you have problems about life, such as concerns during pregnancy, you can also consult at the consultation counter in the area where you live.

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|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Regional consultation counter<br>(Foreigner's life support portal site)                              | <a href="http://www.moj.go.jp/isa/content/930004512.pdf">http://www.moj.go.jp/isa/content/930004512.pdf</a><br>*Supported languages vary depending on each window. |
| Multilingual life consultation counter<br>(Council of Local Authorities for International Relations) | <a href="http://www.clair.or.jp/j/multiculture/association/consultation_list.html">http://www.clair.or.jp/j/multiculture/association/consultation_list.html</a>    |

Information on childbirth and child-rearing can also be found  
In the "Guidebook on Living and Working".

<http://www.moj.go.jp/isa/support/portal/index.html>



Supported languages: Japanese (including easy Japanese), English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Nepali, Thai, Indonesian, Myanmar, Khmer (Cambodian), Filipino, Mongolian, Turkish, Ukrainian