

MARCH  
2023

# Shin-Ei Journal



## Starting in April, the additional rate for overtime that exceed 60 hours per month will be 50% or more

From April 1, 2023, Small and Medium Business will also be required to pay additional fees of 50% or more for overtime hours that exceed 60 hours per month. In the reforms of these labor laws, was taken into account the death from overwork and health problems due to long working hours, which had become a social problem. Long working hours not only increase the workload, but also lead to lack of sleep, rest, and leisure time, leading to accumulation of fatigue.

In order to reduce overtime work, it is necessary to improve the productivity of each employee. Then, thinking about efficiency in the daily work, it's better to try to finish the work as quickly and accurately as possible. In the future, each workplace may be required to change the way of working or change procedures for "improvement of work efficiency", so we ask for your active participation and cooperation.

### Pollen Allergy

Your immune system controls how your body defends itself. Pollen allergy occurs because your immune system identifies pollen as an invader and overreacts to get rid of it. Typical symptoms include running nose, sneeze, watery eyes and sore throat.

#### Prevention measures:

- **Strengthen the immune system** Lower immune function causes stronger allergy reaction. Keep your immune function higher with adequate sleep and good nutrition.
- **Keep the pollen out** Wear glasses or a mask to protect your eyes and nose. Shake off the pollen from your clothing at the entrance when entering your house. Also, don't hang and dry your laundry outside, use a dryer or hang them inside. Open windows for fresh air at early morning or night, when pollen counts are low. Those with pollen allergies may feel out of it and become irritated. Take early measures and get over this tough pollen season.

### Information about Hanami (cherry blossoms viewing)

From mid-March through April, cherry blossoms announce the arrival of spring in many parts of Japan, marking the beginning of the cherry blossom viewing season (Hanami). Here are some places where you can enjoy cherry blossoms in Hamamatsu:

● **Hamamatsu Castle Park (浜松城公園)** In this park, which is also famous for the splendid cherry blossoms around the castle tower, about 350 cherry blossom trees are planted and harmonize perfectly with the castle tower and stone walls, offering a beautiful view. During the cherry blossom season, from late March to early April, about 500 lanterns are lit up and you can enjoy the cherry blossoms at night.



● **Miyakoda Park (都田総合公園)** There is a large lawn square, and cherry trees are planted along the promenade set up in the park. Children can play freely on the lawn.

● **Shijimizuka Park (蜷塚公園)** A hidden cherry blossom spot. It is a park centered on the Ruins of Shijimizuka. Many cherry blossoms are in bloom around the open space that reproduces the pit dwellings of the Jomon period. How about a tour on the ruins as well?

### Other Shin-Ei services

053-472-6099 Shin-Ei Sogo Service (Jobs info)

053-476-5955 Shin-Ei Hoikuen (Day care)

053-472-6070 SINCERO (Tokio Marine Agency)

053-488-7007 FUTURO (Dept of support for social integration)