



# PROBLEMS RELATED TO MIGRANTS IN JAPAN

A personal experience by Kamana  
Bhandari

# NAMASTE AND GREETINGS TO EVERYONE



**MY NAME IS KAMANA BHANDARI, AND I LIVE IN MINATO-KU, TOKYO. I MOVED TO JAPAN 20 YEARS AGO AS A DEPENDENT OF MY FATHER. I STUDIED AT THE AKAMONKAI JAPANESE LANGUAGE SCHOOL. TODAY, I WOULD LIKE TO SHARE MY JOURNEY FROM NEPAL TO JAPAN.**





# \*\*FIRST IMPRESSIONS OF JAPAN\*\*

- Clean and organized city
- Innovation and technology
- Punctuality and discipline
- Raw food culture was surprising
- 24/7 convenience stores and safety
- Infrastructures

清潔で整然とした街  
イノベーションとテクノロジー  
時間厳守と規律

ローフード文化に驚きました  
24時間営業のコンビニエンスストアと安全性  
インフラ





# CHALLENGES AS A MIGRANT



FOOD (食事)



CULTURE (文化)



LANGUAGE (日本語)



HOUSING RENTAL ISSUES  
(住宅の賃貸)

燃やさない ごみ		指定袋に入れて 出す	燃やさない ごみ 月1回
蛍光管		紙等で包み 指定袋には 入れない	
乾電池類		透明袋に入れて 指定袋には 入れない	
粗大ごみ		ステッカーを 貼って出す	びん・かん 月1回
びん・かん		指定袋に入れて 出す	
ペットボトル		指定袋に入れて 出す	ペットボトル 月1回
プラスチック製 容器包装		指定袋に入れて 出す	プラスチック製 容器包装 月2回

GARBAGE (ゴミ処  
理)

## OTHER CHALLENGES

- RULES AND REGULATIONS
- WORKING CULTURE
- STRUGGLES VARY BY VISA STATUS
- CHALLENGES IN BUILDING DIVERSE FRIENDSHIPS





# OPPORTUNITIES



- CAREER AND LIFESTYLE ADVANCEMENT
- SAFE AND ADVANCE LIVING ENVIRONMENT
- ACCESS TO SERVICES AND PREPAREDNESS
- PERSONAL GEOWTH THROUGH ADAPTION

# KNOWLEDGE SHARING/ CULTURAL EXCHANGE



- ORIENTATION PROGRAMS AS A KNOWLEDGE BRIDGE
- UNDERSTANDING JAPANESE CULTURE AND RULES
- TWO-WAY CULTURAL PROGRAMS
- COLLABORATIVE COMMUNITY EVENTS
- STRENGTHENING NEPAL-JAPAN TIES
- COMMUNITY EXPERIENCE AS RESOURCE



# CONCLUSION

- **GRATEFUL FOR THE OPPORTUNITIES IN JAPAN**
- **HOPE TO SUPPORT NEW MIGRANTS**
- **AIM TO BE A BRIDGE BETWEEN JAPAN AND NEPAL**

**THANK YOU**

