

Work from home special

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'New normal,' new perspectives

Getting used to life at home? For many around the world, staying at home 24/7 has become the new normal. For Japan, a country known for its corporate warriors who demonstrate dedication through spending most of their time in the workplace, the coronavirus pandemic could transform the nation's corporate world.

Yuri Tazawa, president of Telework Management Inc., a consulting firm specializing in remote work, expressed this during an interview. "Even before the virus struck, some companies had tried to promote teleworking to encourage flexible working patterns, but it was never done on this scale. The coronavirus outbreak has forced everyone to work from home for such a long period of time and it's like a whole nation conducting a large-scale (telework) experiment," she said. "This may change Japan's long-standing office-bound work style."



Yuri Tazawa

According to a Tokyo Metropolitan Government survey involving some 400 companies with 30 employees or more, the percentage of Tokyo-based firms that have introduced telework grew by 2.6 times to 62.7 percent in April, up from 24.0 percent in March. Meanwhile, the survey also found that an average of 49.1 percent of workers worked from home in April compared to an average of 15.7 percent in December.

Although many were initially perplexed by the social distancing and stay home policies when the pandemic hit Japan earlier this year, they seem to have discovered a whole new lifestyle since their introduction. Instead of a long, crowded train ride to work, one's workspace is now the dining room, living room or balcony. Face-to-face meetings have been replaced by online video conferences. Saving daily commuting time makes it possible to have dinner at



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home with one's family early in the evening. Many catering services and lessons, such as yoga and even cooking classes, are available online to enrich home life. After all, the new lifestyle may not be so bad.

Tazawa, who has also been making policy proposals for the government and municipalities to promote telework, is convinced that telework can be a problem-solving tool for Japanese society.

"People might think we are encouraging teleworking because of the coronavirus outbreak, but it can also help solve issues like promoting diversity in workplaces and work-life balance, revitalization of rural communities and crisis management," she said.

For example, working from home enables mothers and fathers to spend more time with their kids. Companies can hire young and talented people living in rural communities because they don't have to commute to cities. Eliminating nonessential commuting can reduce urban congestion, which may help cut carbon dioxide emissions. Companies can better cope with risk manage-

ment in case of natural calamities, such as typhoons and earthquakes.

As living with the pandemic is likely to continue for months, or perhaps years, Tazawa predicts that there will be a drastic shift in people's mindset and how businesses operate in Japan.

After having experienced telework for the bulk of their time, many people have already realized how important it is to physically meet and communicate with their colleagues and friends. However, at the same time, they have become aware that work can be done without going to the office every day. If such a work style is established, companies may decide to downsize their physical offices and it may not be as pressing for professionals to find housing in Tokyo.

"The value of work that requires workers' physical presence, such as serving at a Tokyo izakaya (Japanese pub), may become more expensive than the work that can be done online. But I am sure lots of more online services and work will appear in the future," Tazawa said.

Cultivating well-being while working from home

Working from home, remote working or teleworking. Whatever the wording, this may very well set a new precedent as a widespread lifestyle worldwide, and setting up a home office or an environment where one can work comfortably on business-related tasks need not be a chore.

Consider it a chance to flex some creativity or exercise a right to choose colors and items that a regular workplace may not allow. Discover office goods and furniture from suppliers such as Costco and Ikea that make life a little easier, much more interesting, extra stylish and possibly more fun.

Don't forget ergonomics. Furniture that

supports optimal health is a must. Standing desks are another option while energy-saving devices and products to help cope with summer's relentless humidity are also must-haves for the home.

Meal, food and beverage delivery services, meanwhile, help save time and minimize risks during times of requested physical distancing and self-isolation.

Looking after one's health — both physical and mental — is highly recommended. Online classes and consultations are plentiful; it's just a matter of choosing the most appropriate option for one's circumstances.

All information is subject to change.



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Online shopping

Costco

Online shopping is a recent, but well-received service offered by Costco; browse here for (home) office equipment, snacks and other teleworking essentials such as noise-canceling headphones.

URL: <https://www.costco.co.jp/>

Minimum order: ¥5,000 (including tax)

Payment options: Major credit cards

Shipping: Varies

Ikea

The Swedish furniture behemoth offers various home office options, from ergonomic chairs to desks, storage and even plants. Teleworking tips and virtual "home" backgrounds for office calls are welcome extras.

URL: <https://www.ikea.com/jp/en/> or

<https://www.ikea.com/jp/en/customer-service/shopping-at-ikea/online-store-pub8679c890>

Minimum order: N/A

Payment options: Major credit cards accepted

Shipping: "Click & Collect" at ¥990; pick up delivery (for online shopping) from ¥3,990; basic delivery from ¥990

Lohaco

Internet retail portal and one-stop marketplace selling various items — think groceries, home decor, office supplies — to help ease the transition to remote working.

URL: <https://lohaco.jp> (Japanese only)

Minimum order: Varies

Payment options: Cash on delivery, credit card, PayPay, (telephone) carrier billing, bank transfer

Shipping: Free for purchases of ¥3,300 or more. Exclusions apply for larger items and those sold via the Lohaco Marketplace.

Takeout & food delivery

FineDine

Servicing Tokyo and parts of Kanagawa and Saitama prefectures, FineDine's easy-to-use delivery service brings quality dining from some of the city's finest restaurants to customers' homes.

URL: <https://www.finedine.jp/>

Minimum order: Typically ¥2,000 (including tax)

Payment options: Cash on delivery, credit card or bill (advance registration required)

Shipping: Varies by restaurant (generally 15 percent of total order)

Harnet Corporation

Meat lovers will rejoice with the wallet-friendly offerings at the Mega Meat Mart from Harnet Corporation, a food supplier to the business-to-business sector for over 21 years.

URL: <http://harnetcorp.com/>

Minimum order: ¥500

Payment options: Cash on delivery

Shipping: From ¥1,050

Wine & coffee

AWines

Perfect for when work winds down or to enjoy at a virtual dinner party, AWines' boutique wines speak of their maker's passion, dedication and terroir.

URL: <https://awines.jp/>

Minimum order: N/A

Payment options: Cash on delivery, credit card, PayPal, online bank transfer, Rakuten Pay, (telephone) carrier billing

Shipping: Varies according to prefecture, but free for orders over ¥16,500

Blue Bottle Coffee

Third-wave coffee pioneers keep customers caffeinated through the supply of freshly roasted coffee beans and aesthetically pleasing goods.

URL: <https://store.bluebottlecoffee.jp> (Japanese only)

Minimum order: ¥2,850

Payment options: Credit card, Apple Pay, Google Pay, Shop Pay

Shipping: ¥750 flat rate

Kiwi Kitchen

From savory pies to comforting pastas to mouthwatering curries — Kiwi Kitchen Home Packs are freshly made to order and ideal for times when cooking does not appeal.

URL: <https://kiwikitchen.com/english/>

Minimum order: ¥5,000

Payment options: Cash on delivery or PayPal

Shipping: A ¥500 fee applies for orders up to ¥9,999; delivery is free for orders over ¥10,000. Delivery limited to Tokyo's Minato Ward and nearby areas.

Rakuten Realtime Takeout

Support local restaurants by pre-ordering online to pick up meals directly. Rakuten Realtime Takeout touts itself as safe, fast and seamless. Currently operating in central Tokyo, the service will soon expand nationwide.

URL: <https://takeout.rakuten.co.jp/landing/>

Minimum order: N/A

Payment options: Payment is made using the card details linked to the customer's Rakuten ID account.

Shipping: N/A

Staying healthy

Club 360

Tokyo gymnasium offering online physiotherapy appointments, nutrition consultations, personal training and exercise classes to help people achieve their fitness goals in a time when physical health is of utmost importance.

URL: <https://www.club360.jp/fitness-programs/#onlineservices>

Minimum order: ¥2,000 for the first class, a five-pack is ¥10,000 thereafter

Payment options: Credit card online via Square, bank transfer also possible

Shipping: N/A

My Body My Pilates

Counteract the physical stress of working from home with a pilates class that improves strength, posture and flexibility. My Body My Pilates is now livestreaming classes via Zoom — choose from child, prenatal or adult options.

URL: <https://www.mybodymypilates.com/home>

Minimum order: From ¥1,000

Payment options: Bank transfer; major credit cards accepted except Discover, JCB and Union Pay

Shipping: N/A

Tokyo Mental Health

Need help adjusting to new working circumstances and coping with COVID-19? Tokyo Mental Health offers online counseling and has run support groups dealing with the pandemic. TELL (<https://tell.jp.com/>) offers similar programs.

URL: <https://www.tokyomentalhealth.com/>

Minimum order: N/A

Payment options: Bank transfer; major credit cards accepted except JCB. Note: Services are not covered by Japanese National Health insurance.

Shipping: N/A

MISSING THE OFFICE?

Learn how to make working from home work for you

salesforce



Salesforce.com Co., Ltd. JP Tower 12F 2-7-2, Marunouchi, Chiyoda-ku, Tokyo



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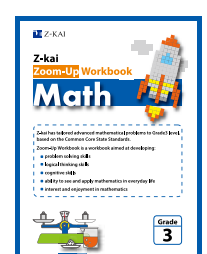
Elite U.S. college applications program

Since 2010, Route H has helped 25 students get into Harvard, 31 Yale, 21 Princeton, 9 Stanford, and 6 MIT.

0120-584-880 <http://rt-h.jp/>



Free Resources for Students During COVID-19 Outbreak



What is Zoom-Up Math?

World's leading word problems develop students' skills that are necessary for their future success in STEM.

<https://www.zkai.co.jp/zoom-up/en/>

zkaibooks.com/free-resources/

ENJOY THE TIME AT HOME



You can get all your needs for your everyday life at Costco

Costco provides a wide selection of merchandise in a total of about 3,500 products, including food, daily use items, clothes, electronics and more.

These products are all high quality offered at the lowest prices possible to serve our members.

Please come and find exciting items to enjoy your time at home.



Operating 26 warehouses in Japan Visit your nearest warehouse

We have 26 warehouses throughout Japan from Hokkaido in the north and Kyushu in the south. Enjoy shopping at your nearest location! Please scan the QR code for the warehouse information.



You can shop at Costco online Anywhere, anytime

Make an online account and start shopping online. You will find a lot of new items, hot buys and online exclusive items at Costco online. Please scan the QR code for Costco online account registration.

