



oh-i!



英語

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Stay Cool in Summer with Some Japanese Wisdom

It's quite hot and humid every day, isn't it? I just can't seem to get used to the hot summer heat in Japan.



How do Japanese people spend the summer?



Me too. I wonder if there is any way to possibly be comfortable at this time of year?



There must be some kind of secret to this in the way of life in Japan. It would probably be good to give it a try.

~Japanese Wisdom to Stay Cool~

【Lifestyle】

Water sprinkling... Sprinkling water in front of the entrance to a home or business.

This is good to do in the shade, in the morning, or in the evening.

Paper fans & folding fans... A small object for fanning. Folding fans can be folded up, so they are convenient to carry around.

Wind chimes... You can hear the cool sound of the wind chimes when the wind blows.

These are good to hang in your home in a place where the wind passes through.

Reed & bamboo blinds... Objects that create shade. "Sudare" are the hanging type, and "yoshizu" are the stand-up type.



【Food】

Shaved ice... Ice that is finely shaved with flavored syrup poured on top. Shaved ice made of natural water in Nikko City is especially famous. You can also eat it at shops in Utsunomiya City.

Somen noodles... Thin noodles that are boiled and eaten after being cooled on ice.

【Clothing】

Jinbei... Japanese clothing that is worn at home in the summer. Men and children wear these.

Yukata... Japanese clothing that is worn in the summer. Women enjoy Japanese culture by wearing these at fireworks shows.

Be prepared for natural disasters by taking action appropriate for the alert levels

Please have a good understanding of disaster prevention as to how to protect your life in the event of a disaster, such as from heavy rain, and be prepared for natural disasters.

Evacuation information issued by the city and the Meteorological Agency is provided at five alert levels. Please confirm about the appropriate action to take for each alert level.

People in dangerous places must escape (get out) by alert level 4.

Weather conditions	Information from Meteorological Agency, etc.		Alert level	Evacuation information (Instructions from Utsunomiya City)	Action to be taken (When to escape)
Heavy rain once every few decades	Oame Tokubetsu Keiho Heavy rain special warning	Hanran Hassei Joho Flood occurrence information	5	Kinkyu Anzen Kakuho Emergency safety assurance	<ul style="list-style-type: none"> ▼ Life threatening. ▼ Immediately go to a safe place in the building you are in, or to a nearby save building.
	Be sure to escape by alert level 4!		4	Hinan Shiji Evacuation Instructions	<ul style="list-style-type: none"> ▼ Immediately escape from the dangerous place. ▼ Go to a safe place.
From several hours to about 2 hours before heavy rain	Oame Keiho Kozui Keiho Heavy rain warning Flood warning	Hanran Keikai Joho Flood alert information	3	Koreisha to Hinan Evacuation of the elderly, etc.	<ul style="list-style-type: none"> ▼ Those who take time to escape, such as elderly men and women, and children, etc. escape. ▼ All other people prepare to escape.
Half a day to a few hours before heavy rain	Oame Chuiho Kozui Chuiho Heavy rain advisory Flood advisory	Hanran Chui Joho Flood advisory information	2	-	<ul style="list-style-type: none"> ▼ Think of your escape route and place to escape to on the hazard map (a map with a description of where to escape or where to go).
Several days before to about 1 day before heavy rain	Soki Chui Joho Early advisory information	-	1	-	<ul style="list-style-type: none"> ▼ Confirm about the advisory information, etc. announced by the Meteorological Agency.

◆Please refer to the "Utsunomiya City Disaster Prevention Hazard Map"

http://www3.city.utsunomiya.lg.jp/utsunomiya/hazardmap/book/#target/page_no=1

To confirm about evacuation sites (places to escape to), dangerous places, etc. ahead of time, and be prepared to evacuate in a safe manner if necessary. ⇒



Fun events ♪

International Exchange Salon ♪

- ⌚ August 23 (Sat) 4:00PM - 6:00PM
- ⌚ Every 4th Saturday
- ⌚ An opportunity to enjoy interacting with people from various countries.
- Cost** Free
- @** Utsunomiya International Plaza (4-1-1 Baba-dori)
- ☎** 028-616-1563



Pick up Chestnuts ♪

- ⌚ September 14 & 21 (Sun) 9:00AM – 12:00PM
- ⌚ Pick up chestnuts in a chestnut forest in
- Cost** Tsurutanuma ♪
- Limit** 300 yen
- Sign up First 30 people each time
By telephone starting August 4
- @** Tsuruta Numa Ryokuchi (Tsuruta-machi)
- ☎** Green Trust Utsunomiya Secretariat 028-632-2559

Miya Sunset Jazz ♪

- ⌚ August 23 (Sat) 4:20PM - 6:50PM
- ⌚ A live jazz performance will be held to fill the city with music ♪
- Cost** Free
- Sign up N/A
- @** Orion Square (On Orion Street)
- ☎** Utsunomiya Jazz Town Committee (*Utsunomiya Jazz no Machi linkai*) 028-632-2456



Animation Film Viewing

- ⌚ August 24 (Sun) ① 10:30AM ② 2:00PM
- ⌚ “Nintama Rantaro” movie
- Cost** Free
- Limit** First 50 people
- Sign up N/A
- ⌚ Distribution of numbered tickets starting 30 minutes before the screening starts
- @** East Library (*Higashi Toshokan*)
- ☎** Audiovisual Library (*Shichoukaku Library*) (3chome Nakaimaizumi) 028-638-5704



Downtown Hanging Basket Project

- ⌚ September 6 (Sat) 9:30AM - 12:00PM
- ⌚ Make a hanging basket to decorate the street lights in the central city area. Receive flower seedlings as a present. ♪
- Target** Residents or persons commuting to school or work within Utsunomiya City
- Limit** First 50 people
- Sign up By telephone until August 20
- @** Orion Square (On Orion Street)
- ☎** Secretariat of the Council for the Promotion of Flower and Greenery Town Development (“*Hana to Midori no Machizukuri Suishin Kyogikai Jimukyoku*”) 028-632-2597

Challenge! Wasteless 2025 ♪

- ⌚ September 13 (Sat) 9:00AM - 2:00PM
- ⌚ • Craft-making
- Lottery
- Handmade bread for sale
- Cost** Free
- Sign up N/A
- @** Utsunomiya City Environmental Learning Center
(*Utsunomiya-shi Kankyo Gakushu Center*) (777-1 Mobera-cho)
- ☎** 028-655-6030



Interview

Htet of Myanmar

We asked Htet Htet Aurg of Myanmar about her hometown, Yangon, the remains of Bagan, rolled skirt longies, and other topics.



မင်္ဂလာပါ! ("Mingalar Par") Hello in Burmese. Htet came to Japan one and a half years ago.

UCIA: What kind of place is your hometown, Yangon?

Htet: Yangon is Myanmar's largest commercial city. Young people gather from all over the country to study and work. Many companies have entered from overseas, and there are food companies such as Yakult from Japan, as well as used trains from Japan that are also running.

UCIA: Where is Myanmar's famous tourist location?

Htet: The World Heritage Site in the center of Myanmar is famous. There are about 2,200 Buddhist structures built in the 1000's - 1200's. Many people visit the shrine and like the scenery very much.

UCIA: Longyi wrapped skirts are really exquisite.

When would someone wear one?

Htet: Longyi are made of silk or cotton fabric and are made of both men and women. School uniforms are set as being a white shirt and a green longyi. College students and workers in the society wear a longyi of their own choice on a daily basis. I usually wear pants, but when I go to a temple or out with my family, I wear a longyi.

UCIA: What is a place you like in Utsunomiya?

Htet: The Torii gate of Futaarayama Shrine is very large and wonderful. The view from the top of the mountain is very nice, climbing up the long stone steps of the approach. While there are many modern buildings, traditional buildings that allow one to sense history are carefully preserved. Utsunomiya is a quiet town in which one can live with peace of mind.

UCIA: What are you doing now?

Htet: I am enjoying learning Japanese from a nice volunteer teacher at UCIA's Japanese class. I like to interact with various people, so I work at a convenience store and restaurant.

UCIA: What do you want to do in Japan?

Htet: I want to go to famous castles and shrines and ask local people about their stories because I want to learn about various historical & cultures aspects of Japan. I became pregnant in Japan and hope to live happily with my family.

UCIA: Htet, ကျေးဇူးတင်ပါသည်! (Kyay Zuu Tin Par TI)
(Thank you.)

Utsunomiya International Plaza (UIP) Services

General consultation in various languages

※Assistance in other languages is possible using a tablet that can interpret and translate multiple languages.

		Spanish	Portuguese	Vietnamese	Chinese	Thai	English
UIP 028-616-1564	3:00PM – 6:00PM	Mon	1 st & 3 rd Mon	Tues	Wed	Fri	
			4 th Sun (by appointment only)				
City Hall 028-632-2834 (Business hours only)	9:00AM - 12:00PM	Thurs	—	—	—	Thurs	
	2:00PM - 5:00PM	Thurs	2 nd Thurs	3 rd Thurs	1 st Thurs	—	

UCIA's Official LINE

We send out information on fun exchange events and everyday life information. Please register as a "Friend" to use it as an information gathering tool.



"Oh-i!" is available in easy Japanese, English, Chinese, Portuguese, Thai, and Vietnamese. You can also read it on the Utsunomiya International Exchange Association's (UCIA's) website at <https://www.ucia.or.jp>

