

VIVA ! ひめじ

Himeji Cultural and International Exchange
Foundation newsletter editing volunteers
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<People> Miss. Kim Mira

She came to Himeji on a working holiday from the city of Daegu in the south of South Korea.

Q: Please tell us your reasons for visiting Himeji and your impressions of Japan.

A: I initially visited Japan when my sister was working in the country. During my visit, I came to feel that I wanted to spend some more time and live in Japan. The beauty of Japan, I believe, is attributable to the traditions it has maintained. Further, elementary school students, for example, take part in club activities after school, which I think is fortunate. On the other hand, Korean elementary school students study very hard. As soon as coming back from school, they go various cram schools and keep themselves busy.

Q: You work as a teacher in *Kotoba de Tsunagatte Ikou Kai*. Would you elaborate on what you do?

A: I teach Korean to Japanese people. And I do translations including the guidebook to Himeji Castle.

Q: You are fluent in Japanese. Have you studied Japanese before coming to Japan?

A: I studied the language for about two years in Korea.

Q: How do you like Japanese food?

A: I like it so much because it is very tasty. But from time to time I miss something spicy. I feel refreshed when I eat it.

Q: While in Japan many Korean TV programs such as dramas are shown on TV, do you get to watch Japanese programs in Korea?

A: There are many. For instance, I watched "Crayon Shinchan" when I was a child in Korea. But I learned that it was Japanese only when I came to Japan.

Q: What would you like to do during your stay in Japan?

A: I want to see Japan's cultural heritage and *sakura*. I am also interested in *sado* (tea ceremony). I want to get a *randoseru* for a souvenir. Lastly, I would like to pray for Japan and wish for an immediate recovery from 2011 Tōhoku earthquake and tsunami.

In case of disaster, illness or injury

A massive earthquake, officially named the 2011 Off the Pacific Coast of Tohoku Earthquake, occurred near the northeastern coast of Japan on March 11, 2011. This is the most powerful earthquake ever measured in Japan and the 9.0-magnitude makes it the fourth in the world. It has caused serious damage to a large number of people including foreigners.

How do you act in a disaster like this? Will you be able to take prompt and appropriate action, even the case of an accident or a sudden illness?

We have various kinds of information and services available for foreigners living in Japan so that they will not be in trouble in such a case. We will introduce some information that should be kept in mind to make provisions against emergencies.

- Kanagawa International Foundation <http://www.k-i-a.or.jp/>

《Multilingual Medical Questionnaire》 <http://www.k-i-a.or.jp/medical/>

Questionnaires for various medical fields are available in 15 languages. These can be used when visiting a hospital for a medical examination. It will help in explaining the condition of injuries and symptoms of illness to doctors and other medical personnel.

- Multilingual manual in case of earthquake

《Japan Earthquake How to Protect Yourself》 <http://nip0.wordpress.com/about/>

This multilingual manual was created by university students and many other volunteers. It provides you with useful information on what to carry and basic advice in case of earthquake.

As Japan is subject to frequent earthquakes, you can take this opportunity to make good use of it.

- Tabunka Kyosei Center-Hyogo (Center for Multicultural Society-Hyogo)

<http://www.tabunka.jp/>

The center started activities in response to the Great Hanshin-Awaji Earthquake Disaster in 1995 to support foreigners in the disaster area.

The organization's aim at present is to realize a society where we can respect each other regardless of differences in nationality, language, culture and gender.

《Multilingual Format of the Emergency Information Sheet》 <http://www.tabunka.jp/hyogo/119/>

A bilingual medical information sheet that can be used by pointing to relevant information is available in a total of 20 languages. It is useful for foreign patients and their families to communicate with ambulance personnel.



You will find the first sheet on the following page. The remaining two sheets can be downloaded from the website.

ウィアー ゴーイン トゥ チェック ユア ボディー コンディション アン トランスポート ユー トゥ ザ ホスピタル

We are going to check your body condition and transport you to the hospital.

これから体の状態を確認して、病院に搬送します。

ワイ チェック ユア コンディション オブ インジャリー オア ディズィーズ ユー ジング ディス シート オブ ペーパー

We check your condition of injury or disease using this sheet of paper.

この用紙を使ってあなたのけがや病気の内容を確認します。

プリーズ ライト ユア アンサー トゥ イーチャ クエスチョン オブ ポイント アット ディ アイテム アプリカブル トゥ ユア シチュエーション

Please write your answer to each question or point at the item applicable to your situation.

必要な事項を書くか、指さしてください。

What happened to you ?

何がおこりましたか。

Injury

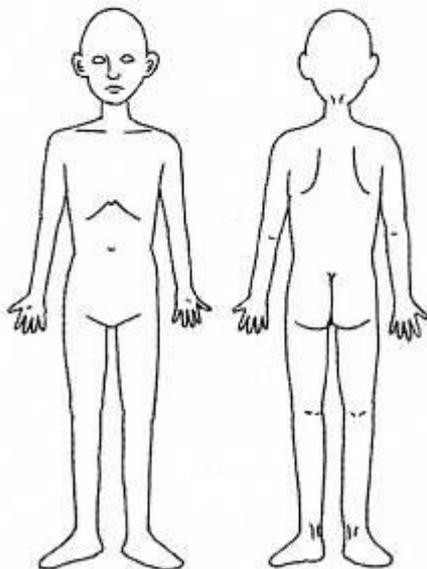
けが

- falling ころんだ
- falling from the high place 高いところから落ちた
- hit strongly 強く打った
- cut 切った
- stuck ものが刺さった
- burn やけどをした
- others その他

Sudden illness

急な病気

- pain 痛み
 - continuous pain ずっと痛い
 - intermittent pain ときどき痛い
 - constricting pain 締め付けるような痛み
 - stabbing pain 刺すような痛み
 - dull pain にぶい痛み
 - painful when moving 動かすと痛い



- bleeding 出血
 - much たくさん
 - middle 中くらい
 - a little 少し
- vomiting 嘔吐
 - foods 食べ物
 - blood 血液
 - others その他
- nausea 気分が悪い
- vertigo/dizziness めまい
- diarrhea 下痢
 - bloody 血がまじっている
 - not bloody 血はまじっていない
 - colour 色
 - red 赤
 - black 黒
 - brown 茶色
- short of breath 息苦しい
- palpitation 心臓がどきどきする
- palsy しびれる
- spasm けいれん
- fever 熱がある

2011 Summer Outing Information

★Hoshinoko Yakata, Daytime Stargazing Session <http://www.city.himeji.lg.jp/hoshinoko/>

If the weather is fine, you can see the stars in the clear sky. Even on cloudy days, you can look around the observatory.

<Date> Saturdays, Sundays, national holidays, and summer holidays (July 25 – August 31) 14:00~15:00

<Access> Take the No. 37 Shinki bus at the North station No. 3, located at the north side of Himeji Station, then get off at “Hoshinoko Yakata Mae”. The bus fare is 270 yen.

<Admission Fee> Free (No need to apply)

★Himeji City Swimming Pool <http://www.himeji-toshi-seibi.or.jp/tegara/>

<Open period> The first Saturday of July - the first Sunday of September

<Open hours> 9:30~18:00

<Admission Fee> Adults (junior high school age and over) ¥1,000, Children (over aged 4) ¥500



~Swimming Beaches~

★①The Matogata Beach . . . 1718 Matogata, Matogata-cho, Himeji City

<Open period> July 1 – August 31 8:00~17:00

<Admission Fee> Adults ¥700, Children ¥500

(including the fee for using rest house)

<Facilities> Showers, Changing Rooms, Shops

<Access> About 20 minute walk from Matogata station on Sanyo railway.

※ Complimentary shuttle service from Sanyo Oshio station.

(Reservation & Inquiries) TEL: 0120-559-939



★②Himeji Fukudomari Seaside Park and Beach . . . 2273 Matogata, Matogata-cho, Himeji City

TEL: 079-254-0702

Next to Matogata Beach there is a campsite run by Himeji City, where you can enjoy with groups and families.

<Open period> July 1 – August 31 9:00~17:00

<Admission Fee> Free

<Facilities> Cooking facilities, Shower rooms, Changing rooms

<Access> Take the No. 93 Shinki bus at the south gate of Himeji Station to the final stop, “Fukudomari.” Then it’s a 15 minute walk from the stop. Or, it’s a 20 minute walk from Sanyo Matogata Station.



★③Shirahama Beach . . . 612 Hei, Shirahama-cho, Himeji City TEL: 079-245-5645

<Open period> July 1 – August 31

<Admission Fee> Adults ¥1,000, Children ¥600, Infants ¥200 (including the fee for using rest house)

<Access> 10 minute walk from Shirahamanomiya Station on Sanyo railway.

The new space in the center of the city: North square of Himeji station

The construction work of north square of Himeji Station will begin on the north part of JR Himeji Station this year. The square spans approximately 30,000 m² including Ohtemae Street (south of Junishomae-line) which means that it will be the largest scale square in Japan. The construction work is to be completed in a few years. This paper will introduce you three features of the square.

<Sunken Garden(the work will start from latter half of year 2011) >

The outdoor underground garden, which is inspired by the outer moat of Himeji Castle, will be realized by taking advantage and refurbishing of the site of the former FESTA building. With open cafes and ongoing events, this garden will be both bustling and a place for relaxation.

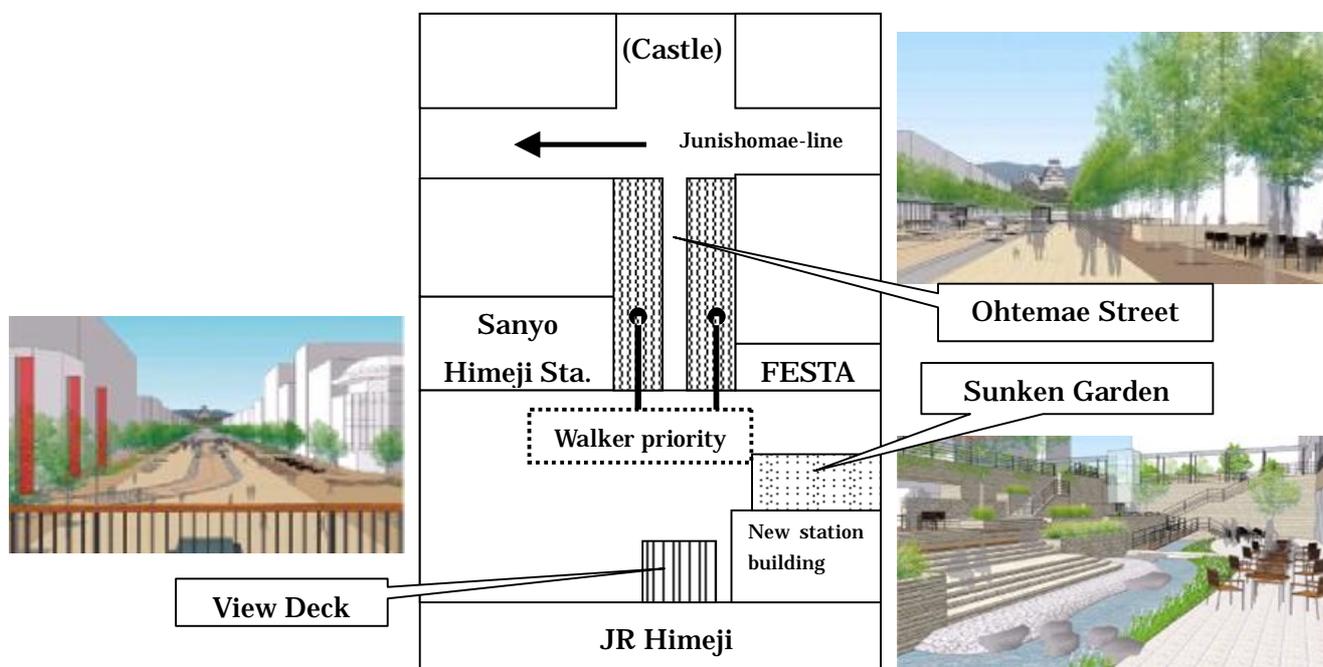
<View Deck>

The new station building is to the south of Sunken Garden, but the time of completion is undecided. This deck will command fantastic view of the World Heritage Site, Himeji Castle, across Ohtemae Street and this deck is located on the west side of the new building. This deck is built of iron and wood to be reminiscent of Himeji Castle's Ohtemon, and will act as the entrance to Himeji.

<Ohtemae Street(traffic restriction for regular cars after 2012) >

In order to make the space to be more accessible to pedestrians, the roadway of south of Junishomae-line will be reduced from four lanes to one lane. Moreover, only buses and taxis that have places for getting on and getting off are permitted to drive within the square. The newly built rotary will be the place for getting on and getting off for regular cars. There will be a rotary on both the east and west sides of the square. The three traffic lanes of both sides will be converted to pedestrian priority space and that will make it open to coffee shops or events.

This square is designed to bustle with people and activity in the center of town.



※ Due to construction work, traffic control will take place on various roads. Your cooperation is appreciated.

Contact: Arrangement section around Himeji Station 079-221-2598

Homepage: <http://www.city.himeji.lg.jp> (search ひめじえききたえきまえひろば「姫路駅北駅前広場」 in Japanese please.)

☆☆Information about the Himeji Cultural and International Exchange Foundation☆☆

Seminar of Cultural and International Exchange

Himeji Cultural and International Exchange Foundation operate events called “Cultural and International Exchange Class” where people can learn about foreign cultures through cooking and traditional games instructed by foreign teachers who live in Himeji.

Last year, people learned about Korean cooking and Christmas in the Philippines. The great thing about this event is people can experience culture beyond pictures or books. This year, the event will be held three times between summer and winter. Please check the Himeji Cultural and International Exchange foundation website, “<http://www.himeji-iec.or.jp>”.

※※※ Editor’s Postscript ※※※

Japan has four seasons, but the climate has been changing these past few years. For example, Hokkaido did not have a rainy season but they have had it recently. The number of typhoons in the Tohoku region and Hokkaido has also increased in recent years. I personally think the main island of Japan now has a longer summer and winter but shorter spring and fall. The summer is coming. Please be careful of heat stroke and drink plenty of water.

The next Viva! Himeji Vol.38 will be issued in September 2011. We are looking forward to hearing your opinions to continue providing essential information to you.

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These names are used with the contributors’ permission.

Their assistance is much appreciated.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of 「VIVA ! ひめじ」 . If you are interested, please contact us at the following address:

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