



# HELLO OKAYA

OKAYA INTERNATIONAL EXCHANGE ASSOCIATION

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This newsletter is distributed four times a year by the Okaya International Exchange Association, with the aim of providing local foreign residents with information necessary for daily life, as well as insight into aspects of Japanese culture.

## Summer Colds & Food Poisoning

As the word implies, 'summer colds' (*natsukaze*) usually occur in during the summer time, with cold-type symptoms appearing mainly in ones throat. While it may seem only natural to catch a cold in the winter when you are breathing in cold dry air, you may wonder why people catch a cold in the scorching heat.

It used to be said that a 'summer cold' was a result of one's stomach getting too cold. In the days when there was no air conditioning it was so hot that people would sleep without any covers on and drink cold drinks that would cool the body down and cause them to catch a cold.

However, summer colds nowadays are thought to be caused by air-conditioning in office buildings, as air-conditioners cool a room down too much. The air from an air-conditioner is also rather dry, and there is a drastic difference between the temperature inside and out. More than the body can handle, this leads to a decrease in the body's resistance to fight disease.

As babies and the elderly have a low level of resistance they are more susceptible to catching a cold. Young people are prone to catching a type of 'summer cold' known as *natsubate* or summer fatigue. It is important to make sure not to let yourself get too cold when sleeping or to set the cooler too low, exposing yourself to the cold virus when your resistance level is low.

Usually you will have caught a cold without even knowing it, so it is important to make it a point of leading a well-regulated lifestyle. You can prevent catching a cold by going to bed early, getting up early and eating a balanced diet. Gargling and washing your hands are fundamentals, and are are things

that everyone should make sure they do. It is also important not to let yourself get too cold. (28°C is considered the ideal temperature for working in). It is best to try and avoid being in the direct line of the air conditioner or fan.

In addition to the symptoms of the common cold (fever, cough, runny nose, and sore throat etc.), typical signs of a summer cold also include diarrhea, and gastroenteritis symptoms. If you are feeling lethargic, not with it, and have a sore throat, then you probably have a summer cold. It will most likely go away after two or three days, but if your cold starts to worsen with the outbreak of a high fever, pneumonia or other complicated symptoms, you need to be somewhat cautious. If you catch a cold, don't think of it lightly, and try to get yourself along to the hospital as soon as possible.

Another thing that you must be careful of during the summer months is 'food poisoning' or *shokuchudoku*. Bacteria in food and water entering your body through the mouth causes food poisoning, leading to symptoms such as vomiting, diarrhea, and fever. Even though environmental sanitation has improved and Japan is known for its 'cleanliness,' the number of cases of food poisoning has in fact increased since 1996, rather than decrease. As food poisoning is most likely to occur in the hot, humid summer, in particular the rainy season, you should try to follow the following three principles for preventing food poisoning:

1. Don't increase bacteria (In your fridge or freezer)
2. Avoid coming in to contact with germs (Be clean and clean up!)
3. Kill bacteria (through heating or disinfection).

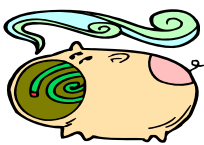


## ☆ JAPANESE SUMMER TRADITIONS ~One Point Japanese Culture~

### KATORI-SENKO (Mosquito Coils)

*Katori-Senko* are predominantly used to repel mosquitoes, and are a kind of incense similar to those offered at the family altar, the only difference being that they contain pyrethroid, a botanical insecticide found in the pyrethrum (a type of chrysanthemum) flower which mosquitoes seem to hate. *Katori-Senko* are usually spiral-shaped and green in color, burning for up to 7 or 8 hours.

To use one of them, all you do is light the end of it and blow out the flame, and the smoke will rise due to it partially burning. People often think that it is the smoke that kills the mosquitoes, but in fact it the pyrethroid that has the affect of killing these pesky insects. (Unlike ordinary smoke you cannot see it). *Katori-Senko* are placed on plates when used, however, these days pig-shaped ceramic burners are a common sight around many Japanese homes during the summer.



### HANABI (Fireworks)

*Hanabi* are a small device containing powder and finely ground metal, which when set alight they burn or explode, producing bright colored lights and loud noises. People enjoy *hanabi* as there are many kinds such as skyrockets, snake fireworks, and parachute fireworks, which do much more than just burn.

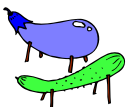
In Japan, *hanabi* can be seen around the place on almost any summer night. Large fireworks displays, known as '*hanabi taikai*,' most often occur in July or August, with displays in Suwa and Okaya being held on August 15<sup>th</sup> and 16<sup>th</sup>. In addition to fireworks displays, *hanabi* are often used to mark the beginning of events instead of start guns (for example on the morning of sports days). Crackers that 'pop' and send out paper streamers, the type often seen at parties, are also considered a type of *hanabi*.



### OBON (Bon Festival)

*Obon* is an ancient Japanese event, event for commemorating one's ancestors. It is believed that each year during *Obon*, the ancestors' spirits return to this world in order to visit their relatives. In most regions in Japan, *Obon* falls between August 13<sup>th</sup>, when the spirits are welcomed (*Mukae-bon*) and August 16<sup>th</sup>, the day the spirits are farewelled (*Okuri-bon*). *Obon* is closely tied up with the Japanese peoples 'respect for their ancestors,' and has therefore continued almost unchanged up until the present day.

On the 13<sup>th</sup>, lanterns are traditionally lit front of houses to guide the spirits inside. They are lit again on the 16<sup>th</sup> to send the spirits on their way. Horses and cows made of cucumber and eggplants are set out as offerings in peoples' homes in the hope that their ancestors spirits will come quickly riding the cucumber horse, and leave slowly on the back of the eggplant cow.



# OIEA INFORMATION

## ■■ Translation, Interpreting & Consultation Services for Foreign Residents ■■

In addition to this multi-lingual newsletter, the OIEA provides a number of services for foreign residents including Japanese classes and a variety of international exchange events in the community. We also provide translation, interpreting and consultation services for foreign residents. While we introduced these services briefly in the Spring Edition of 'Hello Okaya,' we have outlined each of them in more detail below. The same services are also available to Japanese residents.

### ★TRANSLATION

#### 1. Types of documents that OIEA can translate

The OIEA is able to translate documents (such as birth certificates or marriage certificates) to be submitted to the city hall and other public agencies, into Japanese to accompany the original. When requesting translation we ask that you bring along the original document. After confirming the content of the original we will photocopy it and return it to you, as well as confirm your contact details in case we need to get in touch with you during the course of translation. You are asked to come directly to the OIEA office to request and pick up your translation. Copies of documents and other personal information will not be used for purposes other than OIEA translation records.

#### 2. Translator

In principle, translation will be done by an OIEA staff member or volunteer. However, for technical documents such as instruction manuals or contracts, this may not always be the case.

#### 3. Time Required for Translation

The translation of documents usually takes one week. Once the translation is complete, an OIEA staff member will contact you. In some cases translation may take longer, so please allow plenty of time when requesting a translation.

#### 4. Translation Fees

Fees for translation start at 1000yen per A4 page. The exact fee will differ according to the content of the document. Please refer to the chart below for approximate fees. Translation fees must be paid in advance and refunds will not be granted should you decide to cancel.

#### Example of fees for translation of certificates and other documents to be submitted to public agencies :

|                                  |                               |
|----------------------------------|-------------------------------|
| English or Portuguese ⇒ Japanese | ¥1000~¥1500 per A4 sized page |
| Japanese⇒ English or Portuguese  | ¥1500~¥2000 per A4 sized page |
| Chinese ⇒ Japanese               | ¥2000~¥3000 per A4 sized page |
| Japanese ⇒ Chinese               | ¥2500~¥3500 per A4 sized page |

※ The above fees should be used as a guide only, with the exact fee being determined once upon seeing the original document.



#### 5. Languages English, Portuguese, Chinese, Korean etc.

### ★ INTERPRETING

#### 1.Types of Interpreting

When you come to city hall to take care of official procedures, more often than not, the person in charge will only be able to speak Japanese. In order for you to take care of matters in a smooth manner, an OIEA staff member or volunteer will be able to interpret for you. (If our staff are away from the office or you need interpreting in a language other than English, we may not be able to help you right away.)

For other types of interpreting please enquire at the OIEA.

### ★ CONSULTATION IN FOREIGN LANGUAGES

At the OIEA, we offer consultation services to foreign residents so they can lead a comfortable life in and around Okaya City. Please feel free to consult one of our staff if you have any troubles or worries. If one of our staff is unable help you or respond to your enquiry, then we will be happy to introduce you to someone who can.

|                           |                         |                           |   |
|---------------------------|-------------------------|---------------------------|---|
| <b>[English/Japanese]</b> | <b>Monday to Friday</b> | <b>8 : 30am~5 : 30pm</b>  | <b>&lt;OIEA Office 4F City Hall&gt;</b> |
| <b>[Portuguese]</b>       | <b>Every Wednesday</b>  | <b>9 : 30am~12 : 00pm</b> | <b>&lt;OIEA Office 4F City Hall&gt;</b> |

★ As we do not offer consultation services in other languages on a daily basis, those residents who do not speak English, Portuguese or Japanese, are asked to bring along a Japanese speaker, or pre-arrange a time so that we will can respond to your enquiry and introduce you to someone who can help.

### ★ Other

In addition to translation and interpreting, the OIEA is also able to help you to complete or prepare documents to be submitting to agencies such as the Immigration Bureau or the Social Insurance Agency.

※We are also able to check English or Portuguese Documents.

*Most students who attend Japanese class say  
that the thing they struggle with the most is 'language!'*

# FREE OIEA Japanese Class KAMOSHIKA



The OIEA holds Japanese classes for foreign residents living in and around Okaya City to help them better communicate in Japanese in their everyday lives.

- ◆ Sponsor Okaya International Exchange Association
- ◆ Date & Time
 

|  |   |   |   |
|--|---|---|---|
| First Semester<br>Second Semester<br>Winter Course | } | May to July Every Thursday 13:00~14:30<br>September to November<br>January to March | Every Monday 19:00~20:30<br>※Please note that there may be changes to the time and date of classes. |
|--|---|---|---|
- ◆ Place Okaya City Hall (Daytime Class) If Plaza 3F Culture Center (Evening Classes)
- ◆ Target Foreign Residents who live in and around Okaya City
- ◆ Content
 

Beginner A (Evening) Beginner B (Daytime) Intermediate (Evening)  
 ⇒ Both beginner and intermediate courses focus on teaching Japanese useful for everyday life, as well as a variety of information on Okaya City in a fun and friendly environment.
- ◆ To Apply Please contact the OIEA in advance. (By phone or come in directly)
- ◆ Other The number for participants in each class is limited, so we may be unable to students who wish to participate part-way through a course.



*If you cannot make it to the weekday class, then we recommend going along to the **NIHONGO VOLUNTEER KYOSHITSU FUREAI** Japanese class, held every Saturday and Sunday.  
 Place: Okaya Welfare Center Suwako Heights (4-11-50 Osachi Gongen-Cho, Okaya City)  
 When: Every Saturday and Sunday 10:30am~12:00pm  
 Saturday Class: Preparation for Level 1 of the Japanese Language Proficiency Test  
 Sunday Class: Four Classes from Beginner to Advanced Level  
 (September to November: Preparation for Levels 2 & 3 of the Japanese Language Proficiency Test)  
 For details contact Isako Aoki 0266-28-6883*

# WANTED

## HOW ABOUT BECOMING AN INTERNATIONAL EXCHANGE VOLUNTEER?

The OIEA is constantly looking for people to become international exchange volunteers. With the help of people in the community we strive to create an association that meets the needs of today's multicultural society. Why don't you join our group of friends?  
 Registering is Simple! All you need to do is to fill in the volunteer registration form. The kinds of volunteers needed are as follows:

### Volunteer Registration Form

### VOLUNTEER ACTIVITIES

- Translation and Interpreting (International Exchange Events, helping foreign residents with official procedures)
- Event Planning (Planning Events together with OIEA staff)
- Running of Events (Reception, venue set-up etc....)
- Cooking, Sports and other activities using specialty (Teaching at schools or other international awareness seminars in the community)
- Home Stay or Home Visit (From sister city, or other overseas guests) and helping out with other OIEA activities...



# Summer is Festival Season! Come out and join the fun!

\* There are many events and festivals held in Okaya City throughout the year. Here we introduce several festivals that will take place in and around the city this summer. Invite your friends to go out and enjoy Okaya at its liveliest!

Kitune Matsuri  
**The 55<sup>th</sup> Fox Festival**  
第55回きつね祭り

- ☆ **Date** July 28 (Sat)
- ☆ **Time** 15 : 00~21 : 00
- ☆ **Place** Chuo-Dori 4 Chome~7 Chome,  
Okaya City (Pedestrian's Paradise)
- ☆ **Attractions**  
Parade, Children's Drum & Fife Band  
Flea Market, Fox Contest  
Street Performances, Food Stands,  
Stalls, Games etc.



※This rare event, crowded with people sporting fox faces and dressed yukata, aims not only to create an exciting festive atmosphere but also to bring the city's shopping street to life.

"Fox face-painting" and other fun-filled events will be taking place on the day.

In Conjunction with the Fox Festival  
**Samba Night**

サンバでナイト!

- ☆ **Date** July 28 (Sat)
- ☆ **Time** 15 : 00~21 : 00
- ☆ **Place** Dougakan Dori, Okaya City
- ☆ **Attractions**

**SAMBA!**  
⇒"Uniao dos Amadores" University  
Student Samba Team  
⇒Local Brazilian School  
「Ashinaga Gakuen」 Team



**Food Stands & other stalls**

**Band Performance on the stage south of Iif Plaza**

# THE 38TH OKAYA TAIKO FESTA

**From the roof of Japan to the World**

- ☆ **Date** August 13 (Mon) Night Festival  
August 14 (Tues) Main Festival
- ☆ **Time** Stage Performances on 6:30pm to 9:00pm  
August 13<sup>th</sup> (Mon) *Night Festival* & August 14<sup>th</sup> (Tues) *Main Festival*  
From the evening of the 13<sup>th</sup>: *Nagashi-Odori Dance*  
During the daytime on 14<sup>th</sup>: *Taiko floats and much more...*

This festival centered around the inaugural "Okaya Taiko," is held every year on August 13<sup>th</sup> and 14<sup>th</sup>. The beginning of the festival is announced throughout the city with the beating of the *Fure-Taiko*, and in the evening drums floats and the *Nagashi Dancers* parade through the city streets. As it gets dark, they make their way towards the special outdoor stage. The *Kiyari* singers and *Taiko* groups perform one after the other and the climax of the *Taiko-Matsuri* begins when 300 drummers perform together on stage. The drums create a huge heroic sound and their reverberations can be heard all over the city. The grounds are crowded with people from all over the country who long to experience the force and magnificence of the *Taiko* drum.



The **59<sup>th</sup> Lake Suwa Fireworks Festival**



- ☆ **Date** August 15<sup>th</sup> (Weds)
- ☆ **Time** 19 : 00~21 : 00
- ☆ **Place** Hatsushima Lake Suwa,  
Suwa City

The **57<sup>th</sup> Okaya Toronagashi & Fireworks Festival**

- ☆ **Date** August 16 (Thurs) The night of *Okuribon*
- ☆ **Time** 19:20~
- ☆ **Place** Area near Kamaguchi Watergate,  
Shimohama, Okaya City



If you would like to find out more about the festivals of fireworks display please feel free to contact the OIEA.