



HELLO OKAYA

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This newsletter is distributed four times a year by the Okaya International Exchange Association, in order to provide local foreign residents with information necessary for daily life, as well as giving some insight into aspects of Japanese culture. If you have any suggestions or enquiries regarding this newsletter, please feel free contact us at any time.

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inkan·inkan touroku

Have you ever heard of a 'personal seal'?

Seal & Seal Registration

An 'inkan' is a small cylindrical object 1-2 centimeters in diameter, and 5-6 centimeters in length, with one's name in stylized letters carved into the surface of one end. One dips the flat end into a red ink pad, and then presses it on the paper. In Europe and North America, one's signature is regarded as important, but in Japan, the seal is used instead of the signature in various instances. One's registered legal seal (*jitsuin*) is proof for public documents, confirming a person's intentions and identity, and is recorded at city hall. Before registering your seal at city hall you of course first must have one made. You will need to decide on how you would like to have your name carved into the seal, including the character type ('romaji' roman characters, 'katakana' characters used for foreign words, or 'kanji' Chinese characters). Be sure to choose characters that express the name you ordinarily use on a daily basis. When you want to register your seal, it is best to take along piece of mail that shows your name, a pay slip, a certificate of employment or similar documentation as proof that this is the name you use, in addition to your actual seal to ensure registration goes smoothly. Once you have registered your seal, you will be able to receive a certificate of seal registration '*inkan touroku shoumeisho*,' when necessary, such as when purchasing a car.

In addition to the '*jitsuin*', there are '*inkan*' for informal use called personal seals or signets '*mitomenin*,' such as when receiving mail. Because of its importance, the '*inkan*' has a symbolic meaning, and there are many people who pay close attention to its size and who have it made out of high quality material.

How about making a memento of you time here in Japan?

If you would like to make your own personal seal, but are unsure on what to do, please do not hesitate to ask one of the staff at the OIEA.

Japanese Summer Traditions ~One Point Japanese Culture~

'Uchiwa' うちわ

Round fans



Uchiwa have frameworks of thinly split, spread out bamboo on which paper is glued. They were brought into Japan from China more than 1000 years ago. In the hot summer, fanning creates breezes and refreshment. They are also used for advertising by stenciling on store names and product names. A person wearing a *yukata* (an informal cotton kimono) and fanning himself or herself with an *uchiwa* is a typical Japanese summer scene.

'Yukata' 浴衣

Informal Cotton Kimono



Yukata are cotton kimono without lining, which are worn after taking a bath and in the summertime. In contrast to ceremonial kimono, like the long-sleeved kimono, *yukata* are ordinary, unassuming clothing, which can be worn next to the skin. Many Japanese-style inns and hotels provide guests with a *yukata*, to be worn instead of pajamas. They are refreshing and cool even to look at, and you will see lots of people wearing them at summer festivals and fireworks displays.

'Sensu' 扇子

Folding Fans



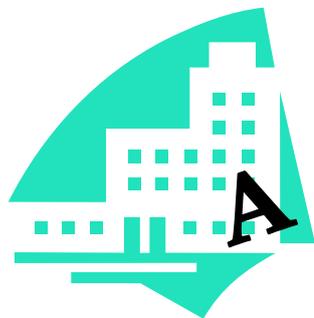
Sensu are said to be collapsing *uchiwa*. While *uchiwa* came from China, *sensu* originated in Japan. In addition to being used to create breezes and refreshment, *sensu* are indispensable props for classical dance and comic story telling. Because of the shape of the unfolded fan is broadening toward the end, symbolizing rising prosperity, it is also used as a prop for celebrations or as a memento.

'Fuurin' 風鈴

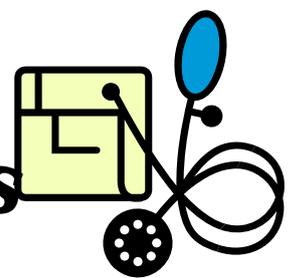
Wind chimes



Furin are small bells made of glass, metal or ceramic which are hung from the eaves of houses mainly in summer. A rectangular strip of paper (*tanzaku*) is hung from a clapper, and ancient Japanese poems or verses are written on it. When the *tanzaku* catches the breeze, the bell chimes. In the hot, humid Japanese summer, the sound of the *furin* vibrating in the breeze is, for the Japanese, a puff of coolness.



A Guide to Hospitals



At Japanese medical institutions such as hospitals and clinics, there are some places that work on an appointment-only basis, and some which accept patients on the day. Accepting appointments and hours of examination are different for each hospital, so please be sure to inquire ahead of time. Of course, emergency services are available 24 hours a day at all hospitals. The exact procedures and languages available at each hospital vary somewhat, so it is best to take along someone who can speak Japanese on your first visit.

When you visit the hospital, please be sure to take along your health insurance card. If you do not have this with you, you will end up having to burden 100% of the cost of medical treatment.

☆Major Hospitals in the Suwa Area

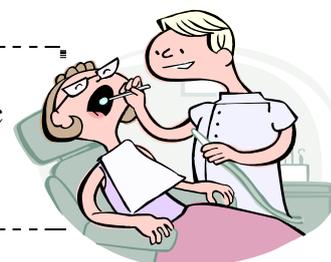
In addition those hospitals listed, there are also many privately owned hospitals and clinic, so please ask your neighbors and friends.

The departments listed below should be used as a reference only, so please make sure you check in advance to see if the hospital you plan to visit has a certain department.

NAME OF HOSPITAL	DAYS AND HOURS/ HOLIDAY	ADDRESS/ TELEPHONE NUMBER
① Okaya Shiritsu Byoin	Mon-Sat 8:30~10:00/ Closed: 2 nd & 4 th Sat. Sun & National Holidays	4-11-33 Hon-machi Okaya-Shi 0266-23-8000
② Okaya Enrei Byoin	Mon-Sat 8:30~11:00/ Closed: 1 st & 3 rd Sat. Sun & National Holidays	4769-67 Uchiyama Okaya-Shi 0266-22-3595
③ Yuai Byoin	Mon-Sat 8:30~12:30 Mon-Fri 16:00~18:00/ Closed: Sat: afternoon. Sun. National Holidays	2-2-34 Nangu Okaya-Shi 0266-23-0222
④ Suwa Kohan Byoin	MON-SAT 8:30~17:00/ Closed: Sun & National Holidays	1-11-30 Kohagi, Osachi Okaya-Shi 0266-27-5500
⑤ Suwa Kyoritsu Byoin	Mon-Sat 8:30~12:00 Mon-Fri 15:30~18:30/ Closed: Sat: afternoon. Sun. National Holidays	214 Yagi-machi Shimosuwa-machi 0266-28-2012
⑥ Suwa Sekizyuzi Byoin	Mon.-Fri 8:00~11:00 Closed: Sat. 8:00~10:30/Sun. Public Holidays	5-11-50 Kogandori Suwa-Shi 0266-52-6111
⑦ Suwa Chuo Byoin	MON-SAT 8:00~11:00/ Closed: 2 nd & 4 th Sat. Sun & National Holidays	4300 Tamagawa Chino-Shi 0266-72-1000

☆Departments

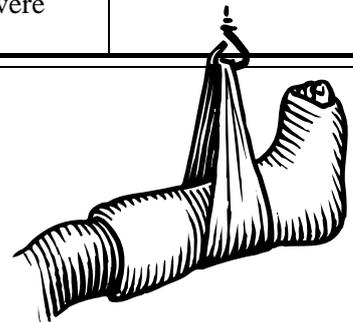
- ① Internal Medicine ② Neurology ③ Psychiatry ④ Neurosurgery ⑤ Surgery
- ⑥ Orthopedics ⑦ Rheumatology ⑧ Pediatrics ⑨ Dermatology ⑩ Allergy Clinic
- ⑪ Urology ⑫ Obstetrics & Gynecology ⑬ Ophthalmology ⑭ Otolaryngology
- ⑮ Rehabilitation ⑯ Dentistry ⑰ Radiology ⑱ Anesthesiology ⑲ Dialysis

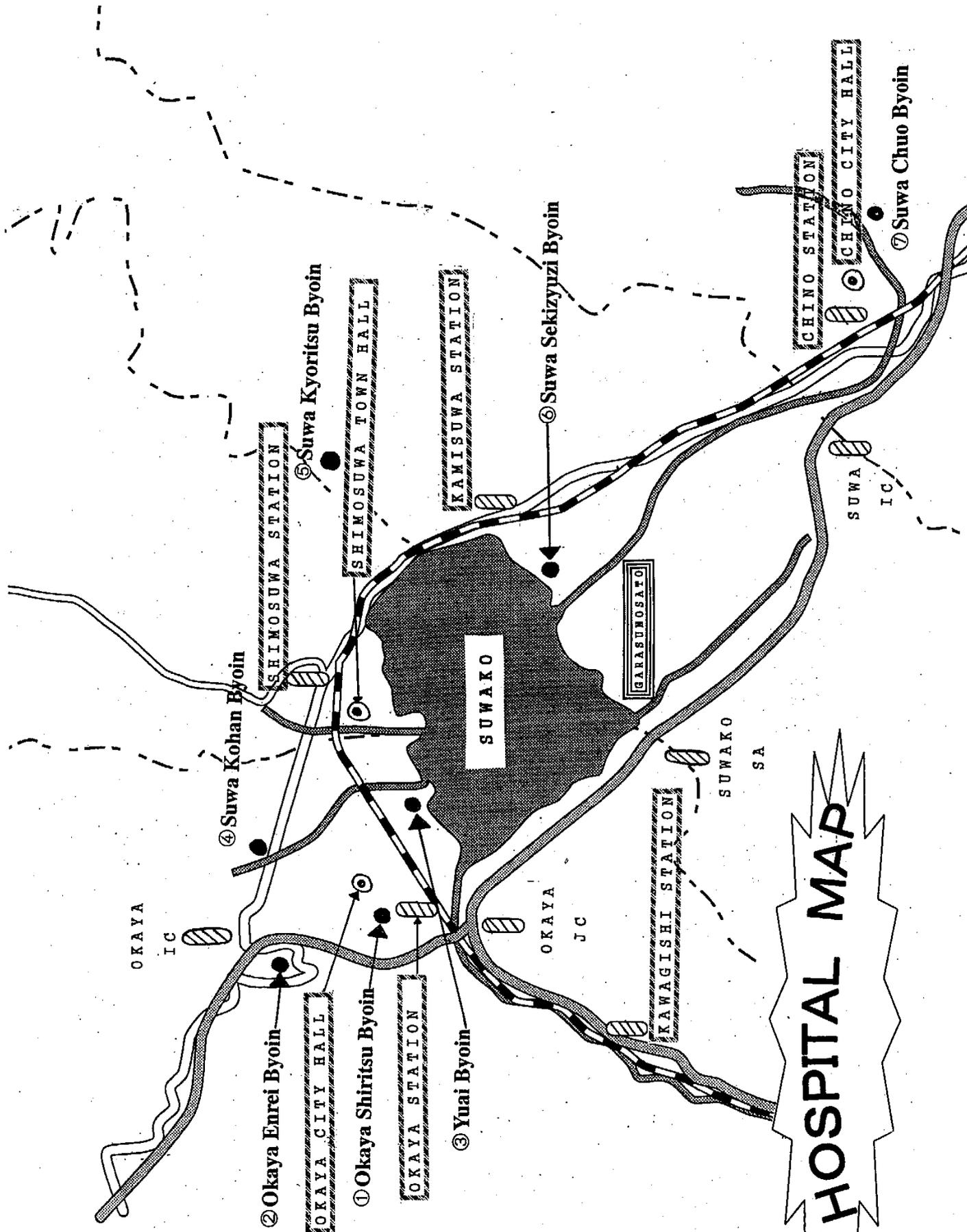




☆Explaining Your Physical Condition

Body	Zenshin	Head	Atama
<ul style="list-style-type: none"> I have a fever. I feel cold and am shivering. I cannot sleep. I feel sluggish. 	<ul style="list-style-type: none"> <i>Netsu ga aru</i> <i>Samuke, furue ga aru</i> <i>Nemurenai</i> <i>Karada ga darui</i> 	<ul style="list-style-type: none"> I have a headache. I have a dull headache. I feel dizzy. 	<ul style="list-style-type: none"> <i>Zutsuu ga suru</i> <i>Atama ga omoi</i> <i>Memai ga suru</i>
Eyes	Me	Ears	Mimi
<ul style="list-style-type: none"> My eyesight is dim. I am seeing double. I have bloodshot eyes. 	<ul style="list-style-type: none"> <i>Me ga kasumu</i> <i>Mono ga nijuu ni mieru</i> <i>Me ga juuketsu shite iru</i> 	<ul style="list-style-type: none"> My ear hurts. My ears ring. I cannot hear well. 	<ul style="list-style-type: none"> <i>Mimi ga itai</i> <i>Miminari ga suru</i> <i>Mimi ga yoku kikoenai</i>
Nose	Hana	Mouth/throat	Kuchi/nodo
<ul style="list-style-type: none"> I have a nosebleed. I have a runny nose. I am sneezing often. I have a stuffy nose. 	<ul style="list-style-type: none"> <i>Hanaji ga deru</i> <i>Hanamizu ga deru</i> <i>Hana ga tsumaru</i> 	<ul style="list-style-type: none"> The inside of my mouth is dry. I have a toothache. I have a sore throat. I have lost my voice. It is hard to swallow. 	<ul style="list-style-type: none"> <i>Kuchi no naka de kawaku</i> <i>Ha ga itai</i> <i>Nodo ga itai</i> <i>Koe ga yoku denai</i> <i>Nomikomi nikui</i>
Chest	Mune	Stomach	Onaka
<ul style="list-style-type: none"> My chest hurts. It hurts around my heart. I have difficulty breathing. I have been having heart palpitations. 	<ul style="list-style-type: none"> <i>Mune ga itai</i> <i>Shinzou ga itai</i> <i>Iki ga kurushii</i> <i>Douki ga suru</i> 	<ul style="list-style-type: none"> I have a stomachache. I have no appetite. I feel sick I am constipated. I have bloody stools. 	<ul style="list-style-type: none"> <i>I (chou) ga itai</i> <i>Shokuyoku ga nai</i> <i>Hakike ga suru</i> <i>Bentsuu ga yokunai</i> <i>Ben ni chi ga mazaru</i>
Limbs	Te/Ashi	Psychiatry	Seishin
<ul style="list-style-type: none"> My limbs are paralyzed. My hands/legs are trembling. My hands/legs are swollen. I have a twitch in my hands/legs. 	<ul style="list-style-type: none"> <i>Te/ashi ga mahi suru</i> <i>Te/ashi ga furueru</i> <i>Te/ashi ga mukumu</i> <i>Keiren wo okosu</i> 	<ul style="list-style-type: none"> I can't sleep. I always feel depressed. I easily get tired. 	<ul style="list-style-type: none"> <i>Nemurenai</i> <i>Itsumo yuutsu da</i> <i>Sugu ni tsukareru</i>
Women	Fujin	Children	Kodomo
<ul style="list-style-type: none"> I am pregnant. I have morning sickness. I have no menstruation. I have severe menstrual pain. 	<ul style="list-style-type: none"> <i>Ninnshin shite iru</i> <i>Tsuwari ga aru</i> <i>Seiri ga konai</i> <i>Seiritsuu ga omoi</i> 	<ul style="list-style-type: none"> He/she is having convulsions. He/she doesn't drink much milk. He/she has severe eczema. 	<ul style="list-style-type: none"> <i>Hitsuke wo okosu</i> <i>Ochichi wo nomanai</i> <i>Shissin ga hidoi</i>





HOSPITAL MAP

② Okaya Enrei Byoin

OKAYA CITY HALL

① Okaya Shiritsu Byoin

OKAYA STATION

③ Yuai Byoin

④ Suwa Kohan Byoin

SHIMOSUWA STATION

⑤ Suwa Kyoritsu Byoin

SHIMOSUWA TOWN HALL

KAMISUWA STATION

⑥ Suwa Sekizyuzi Byoin

GARASUMOSATO

KAWAGISHI STATION

SUWAKO SA

CHINO STATION

CHINO CITY HALL

⑦ Suwa Chuo Byoin

OKAYA IC

OKAYA JC

SUWA IC