

Cover Design/ Washi Art by KeikoN

January February March, 2021

The Chiyoda International

The Earth Song

Thank you for picking up this copy of the Chiyoda International Newsletter today. I wish everyone healthy and successful starting to the New Year. I hope you will join me in making a New Year's resolution that we can keep to help each other. Let us become resolved to love our neighbors as we love ourselves, to do unto others as we would like to be treated, to be champions and defenders of justice, truth, equality among us all. I was taught that a smile was a good deed and would earn me "brownie" points with God, so I urge you to unveil your pearly whites (under your facemask) and fill your world with acceptance.

There are going to be many changes in matters concerning economics, geopolitics, global awareness, climate change, and so forth. It might sound overwhelming and you might feel powerless, however please remember that together we can bring about bigger change. And it all starts with a smile!

(Expressing my admiration to my predecessor Ms. Jafari)

Edited by; Chiyoda City the International Peace & Gender Equality Division;
1-2-1 Kudan-minami, Chiyoda-ku, Tokyo, zip 102-8688 TEL; (03)-3264-2111 (ext2254)

URL; <http://www.city.chiyoda.lg.jp>

Infectious disease

Not only Covid-19 but also Flu is going around

In addition to measures to COVID-19 infection, to prevent the spread of viruses, please be properly concerned the virus through accurate information, wash your hands (see below) regularly, wear a face mask in public and follow the cough etiquette.

If you are coughing or having fever, concerning, call your doctor or COVID-19 Call Center (Tokyo); 0570-550-571

Information

◆ Tokyo: Tokyo Metropolitan Infectious Disease Surveillance Center (English)

<https://translate.google.co.jp/translate?sl=ja&tl=en&u=http%3A%2F%2Fidsc.tokyo-eiken.go.jp%2F>

◆ Japan: National Institute of Infectious Diseases (English)

<http://www.niid.go.jp/niid/en/>

Wash your hands twice.

(1) The palms of your hands



(2) The back of your hands



(3) Fingertips and fingernails



(4) Between the fingers



(5) Thumbs



(6) Wrists



(7) Rinse



Twenty seconds
or longer

Avoid the "Three Cs"

This is an important notice for preventing COVID-19 epidemic. Please avoid

- ① Closed spaces with poor ventilation
- ② Crowded places with many people nearby
- ③ Close-contact settings such as close-range conversations

Keep these "Three Cs" from overlapping in daily life. In addition, do not share the items (such as a handkerchief, a pen, a cup, etc.) with others. If you use the item for many people (such as a pen on the municipal office counter, a table in the restaurant, etc.), it should be sanitized (cleaned) with disinfectant.

With the beginning of the new school term in January, there is a fear of widespread infection of influenza. As the air is dry in winter, the influenza virus can also stay longer in the air (so does Covid-19). Each person is asked to do his/her best to prevent the spread of infection.

What is the Flu? The incubation period is usually 3-4 days (1-7days also possible) and shows symptoms such as sudden high fever, muscle pain, headache and sore throat (seldom sneezing). It appears that people with underlying conditions such as asthma or other chronic respiratory diseases, heart disease, diabetes or immunodeficiency, as well as pregnant women have a higher risk of developing serious symptoms if they become infected with the Flu. It is contagious and anyone who has infected is prohibited (by law) to go out. Do not go to school nor to work.

What is the Treatment? It seems very difficult to recover from influenza all by yourself. The main treatments is the administration of anti-viral drugs for influenza such as Oseltamivir (product name: Tamiflu) and Zanamivir (product name: Relenza). These drugs work quite well. You can get a flu shot. Please contact to your doctor.

Notice: For those who are studying at the Japanese Language School, please ask your doctor to write a medical record (certificate) for you. You need to submit it to your school. Your absent due to the Flu won't be counted, then. Although you need to pay for the medical record (medical certificate), it is recommended for renewing your visa without problems.

----- Material: Ministry of Health, Labor and Welfare

KIMONO

The Japanese Kimono is one of the world's instantly recognizable traditional garments. It is recognized as “*Wearing a form of Art*”. The textile of Kimono has to depict the beauty of the four seasons of Japan. High-end Kimonos are elaborately designed with high-level artistry. Due to their high value, some Kimonos are inherited.

The world Kimono means “clothing”, and up until the mid 19th century it was the form of dress worn by everyone in Japan. There are different types of Kimono for different occasions and different generations. Nowadays, people don't wear Kimono as often as they used to be while Western clothes are almost always worn for daily activities. Therefore, Kimono is generally worn for such occasions as special ceremonies (weddings/ graduations) and receptions. People also wear Kimono for traditional cultural activities like tea ceremony, incense ceremony and Ikebana flower arrangement.



models: M and K



photo: Kenichi Sakita



photo: Yoshimi Oho

If you are not used to putting on a kimono, you will find it difficult. It is better to have someone who helps you wearing the special belt, called Obi.

Recently the beauty and fashionableness of Kimono are being reevaluated. Dressing up in the Kimono is still one of the most popular activities for visiting tourists.

Japanese Culture & Information

Visit JINTO TIC

(Tourist Information Center by Japan National Tourism Organization) in Marunouchi, Tokyo offers visitors with free details and comprehensive information and brochures for all of Japan. Languages are available in English, Chinese and Korean.



Address; First Floor, Shin-Tokyo Building,
3-3-1, Marunouchi, Chiyoda-ku,
Tokyo 100-0005
Tel; 03-3201-3331

Located on Marunouchi-Naka-Dori Street side of Shin-Tokyo Bldg.

Open; 9:00A.M. - 5:00P.M.

No reservation is required in their cultural program, visitors can see several different types of Kimono.

Visit Tokyo City i

(Tourist & Business Information by Tokyo Tourist Information Center) in Marunouchi provides tourist information in four languages (Japanese, Chinese, Korean and English) and one-stop service for travel arrangements.



Address; KITTE JP TOWER B1 Floor, 2-7-2
Marunouchi, Chiyoda-ku, Tokyo 100-7090

Directly connected with Tokyo Station from underground passage.

Open; 8:00A.M. - 8:00P.M.

There is the Japanese Cultural Experience Hub for visitors in Tokyo City i offering cultural information and experience.

Those programs are, however, subject to change due to the epidemic. Please confirm them before you visit.

Miscellaneous

Year of the Ox

The Ox is the second in the 12-year cycle of all Zodiac animals. In Chinese culture, the ox is a valuable animal. They used to be capable farming tools in agricultural society which attach to the symbol of diligence, persistence and honesty. Moreover, Chinese character of year of the Ox "丑" means the state that a cotyledon of the plant has not yet sprout inside the seed. Your ability and fortune has been saved but is starting to bloom in this year.

The Oxen, those who were born in the Ox Year are believed to be hardworking, intelligent and reliable but never demanding praise.

Recent years of the Ox are;

1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021

A BIT ABOUT CULTURE

Shinto Shrines

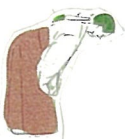
Believe it or not there are steps you have to follow when praying at the shrine!

Temizuya/chozuya

The first thing you see when you enter a shrine is a "temizuya" (the hand washing stone basin). Clean your hands here to drive out the impurities before praying. (Now temporally closed in order to prevent infection)

Bowing and clapping

1. Throw your money into the offertory box if donating.
2. Bow deeply (45-90 degree angle) twice after ringing the bell by shaking the rope.
3. Clap twice. Bring your hands right in front of your chest and then you may make a wish.
4. Another polite bow in the end and you are good to go!



Shinto shrines "Jinja" in Chiyoda City

Hie Jinja/ Hirakawa Tenman-Gu/ Yasukuni Jinja/ Tsukudo Jinja/
Tokyo Daijinn-Gu/ Masanori Inari Jinja/ Kanda Jinja/ Misaki Inari
Jinja/ Onjuku Inari Jinja/ Yanagimori Jinja/ Otahime Inari Jinja/
Satake Inari Jinja/ shussa Inari Jinja/ Inari Jinja

Need a Read for winter?



There are some of the best foreign used-book stores in Chiyoda Ward. At the center of over a dozen universities and colleges, Jimbocho neighborhood is a stomping ground for book lovers of all ages and interests. Kitazawa Foreign Books, has been gathering the used books from nearby schools since 1902 to function as a library, a research center and a secondhand bookstore for curious minded English speakers. You can find literary classics, philosophy, religion, plays and poetry on ceiling-high shelves and piles on the floor inside the shop, which seems as well-stocking as a professor's home. the Is-seido Booksellers, Ogawa Toshio have many works of the literature of Britain and America, rare Western works, philosophical works, dictionaries and grammars.

Our thoughts face the "world"



As we look to the future, let us strengthen our friendship with the people of the world and strive for mutual understanding among all the brothers and sisters on the earth. With this quote from the Chiyoda City International Peace Manifesto in mind, the International Peace Section has the project called Chiyoda International Volunteer Bank (CIVoB) to support various activities regarding international cultural exchange. Over 90 volunteers with language skills have registered in the CIVoB file and have been helpful for foreign residents and in the International events.



We arrange (based on our registration file) and introduce the volunteers who seem to match your needs. e.g.,; interpretation/ guide, etc.

⇒Contact to Ms. Imai

kokusaidanjo@city.chiyoda.lg.jp