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Himeji Cultural and International Exchange
Foundation – newsletter editing volunteers
<http://www.himeji-iec.or.jp>

<People> Ms. PATRICIA ARENDT

Ms. Patricia Arendt is from Switzerland. She is married to a Japanese man and has been living in Himeji City since October of last year. She can speak German, English, and French, and is now studying Japanese in the Egret (イーグレ) Japanese class.



Q. Please tell us about your home town.

A. I grew up in a small village of about 8,000 people called Fällanden. Taking both a train and a car, it is about 40~50 minutes away from Zurich. It is a hilly area rich in nature with lakes, rivers and forests. It is lightly dusted with snow in the winter and is about 20 degrees Celsius in the summer. It is very comfortable year-round.

Q. What did you think when you left home to come all the way to Japan? Did you have any difficulties?

A. Generally, Swiss people are very cautious. I took a very long time making up my mind to get married. My husband and I both visited each other in Japan and Switzerland so that we could get to know each other very well and so that our families could approve of our marriage. Only a short time has passed since I came to Japan so I still cannot understand Japanese very well. It has been difficult since Japanese culture, customs, and foods are so different from ours. For example, there are many kinds of cheese in Switzerland, but unfortunately, it's very difficult to get some of them in Japan.

Q. What are your hobbies?

A. My hobbies are painting, writing novels, and playing the cello. I like cooking and I sometimes cook Italian dishes at home. As for Japanese food, I have learned how to cook *kitsune udon*. I can also make *konbu* (kelp) stock by myself.

Q. What are you going to do in the future?

A. I would like to go to university. Now I am teaching English and German, but I hope to someday manage a foreign language school that also includes French.

Spring Outing Information 2019

❁ Famous Spots to View Blooming Flowers in Himeji City

○ Yasutomi Town Mokuren no Sato (Anjikamo-jinja Shrine and Ajisai Park)

You can enjoy viewing more than 500 blooming magnolias and rhododendrons from the end of March until the beginning of April.

Access: Get on the Shinko bus bound for Yamasaki at Himeji Bus Station; get off at Anji bus stop and walk north for 15 minutes.

○ Cherry Trees along Yumesaki River

There are unbroken rows of cherry trees on the banks of both sides of the river (from upstream to the mouth of the river) which look like a tunnel of cherry blossoms in full bloom.



Cherry Trees along
Yumesaki River

○ Nagoyama Reien (Nagoyama Cemetery Park)

You can enjoy many cherry blossoms in April and azalea flowers in May decorating the *bushari-tou* (Buddhist pagoda of ashes). The Nagoyama Festival takes place here on April 8th every year.

Access: Get on the Shinko bus bound for Nagoyama at Himeji Bus Station; get off at Nagoyama Kitaguchi bus stop and walk for 5 minutes.



Nagoyama Reien

○ “The Open Gardens” in Naka Harima

The gardens made by garden enthusiasts from Himeji City and Kanzaki County will be open to the public for three days each at the ends of April and May. “*Shiki wo Irodoru Hanazono*” (“A Flower Garden for Four Seasons”) in Tegarayama Central Park, “*Shibazakura-no-Komichi*” (“The Path of Pink Groundcover Flowers”) in Yamasa Kamaboko Factory, and “*Teien*” (a traditional Japanese garden) at the Boukeitei at Himeji Bungakukan (Himeji City Museum of Literature) are highly recommended. Please see the guide maps on the website for details at: http://www.geocities.jp/nakaharima_heartfulnet/



Tegarayama
Central Park

🏯 “The 70th Himeji Castle Festival”

May 10 (Friday): “Himeji Castle *Takigi Noh*” at Sannomaru Square at Himeji Castle

May 11 (Saturday): A parade and *So-odori* (traditional marching dance) on Otemae-dori Avenue

May 12 (Sunday): The 20th Himeji Yosakoi Festival (traditional dance) on Otemae-dori Avenue

Other events:

There will be free entrance to the Himeji City Zoo on May 11 (Friday). Additional events will take place at Karouyashiki-ato Park and the Castle Garden (the square in front of Himeji station north side).

See details at:

<https://www.city.himeji.lg.jp/contents/oshirofes>



Why not visit Himeji Castle?

Why not visit Himeji Castle, both the historical setting and the filming location of “Hikkoshi Daimyo,” a new film scheduled for release this summer. Himeji Castle was constructed in 1609 and has retained its original structure for more than 400 years. It is a historical wooden building that is an archetype of the modern Japanese castle. Recognized for its great historic value, the castle was registered as a World Heritage Site in 1993, one of the first in Japan.



<<Spring>>

The cherry blossoms in Himeji Castle are designated one of Japan’s “Top 100 Cherry Blossoms Viewing Sites” and are illuminated at night. There are lots of places to see them around Himeji Castle. For example, ①the Sen-Hime-no-Komichi Path, ②Shirotopia Memorial Park, etc. From the north-west corner of ③Shiromidai Park, you can get an Instagrammable shot of Himeji Castle through the cherry trees. There are also various events at Himeji Castle Festival in May, such as *daimyo gyoretsu* (the reenactment of a feudal lord’s procession).

<<Summer>>

It is nice to see Himeji Castle surrounded by the fresh green leaves of early summer. The views from ④Otokoyama-Haisuichi Park and ⑤Keifukuji Temple Park are two of the “Ten Views of Himeji Castle.”

<<Autumn>>

It is interesting to walk around Himeji Castle while viewing yellow ginkgo and red maple leaves. The maple trees in ⑥Koko-en Garden are well worth seeing.

<<Winter>>

It snows only a few times a year in Himeji, so it is lucky to see Himeji Castle covered with snow. In December, Himeji Castle and its stone walls are cleaned up with the cooperation of Himeji’s citizens and the Self-Defense Force personnel, an event called “Cleaning Operation.”

【Additional Information】

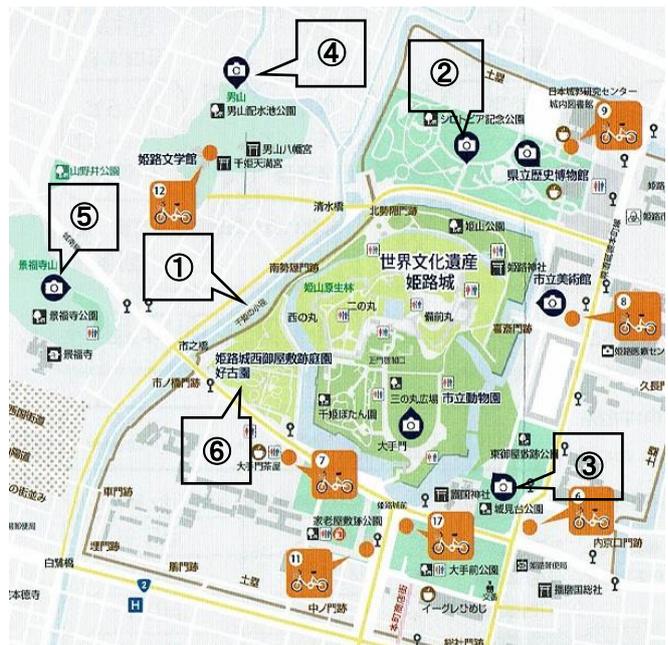
- If you download the application “Himeji Castle AR” (Japanese and English versions available), you can experience a simulation of the castle as it was during the *Edo* period.

- There are rental bicycles called “Himechari” which are convenient for looking around town. (See details: <https://interstreet.jp/himeji/>)

- From March until December, traditional Japanese boats are operated in the moat around Himeji Castle. You might discover something new if you look at the castle while on board. (See details: <https://wasenkenzou-iinkai.com/>)

- Various films and TV programs are shot around Himeji Castle periodically, so you might get the chance to see performers in *samurai* costumes.

- The color of the castle illumination changes with the season and for yearly events. There are sometimes nighttime events as well, so please check the castle’s event information regularly. (See details: <https://www.himeji-kanko.jp/>)



Please save this page and use as needed.

Emergency Information Sheets

緊急時情報シート

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

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。

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 ?

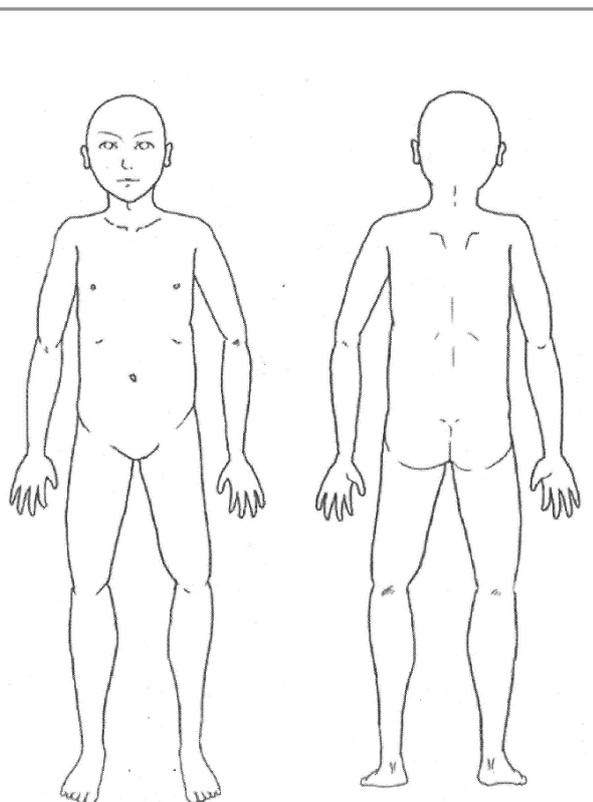
何がおこりましたか。

Injury けが

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

Sudden illness 急な病気

- | | |
|--|------------|
| <input type="checkbox"/> pain | 痛み |
| <input type="checkbox"/> continuous pain | ずっと痛い |
| <input type="checkbox"/> intermittent pain | ときどき痛い |
| <input type="checkbox"/> constricting pain | 締め付けるような痛み |
| <input type="checkbox"/> stabbing pain | 刺すような痛み |
| <input type="checkbox"/> dull pain | にぶい痛み |
| <input type="checkbox"/> painful when moving | 動かすと痛い |



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

Basic information of the patient

患者の情報

name

氏名

age (date of birth)

年齢 (生年月日)

nationality

国籍

language

言語

understanding Japanese

日本語

 good

できる

 poor

少しできる

 no

できない

contact number (phone)

電話番号

Past history

これまでにかかった病気など

 hypertension

高血圧

 diabetes

糖尿病

 cancer

がん

 liver disease

肝臓病

 heart disease

心臓病

 brain disease

脳の病気

 asthma

喘息

Allergy

アレルギー

 yes

ある

 medicaments

薬

 foods

食べ物

 others

その他

 no

ない

Drug currently taken

現在飲んでいる薬

 yes

ある

 no

ない

Family doctor (hospital)

かかりつけ医

 yes

ある

 no

ない

Females only

女性のみ

 in pregnancy

妊娠している

 in the period

生理中である

医療用語

Medical terms

検査

Examinations

体温

body temperature

心電図

electrocardiography (ECG)

脈拍

pulse

超音波検査

echography, sonography

血圧

blood pressure

コンピューター断層撮影 (CT)

computerized tomography (CT)

尿検査

urine test

磁気共鳴断層撮影 (MRI)

magnetic resonance imaging (MRI)

血液検査

blood test

内視鏡検査

endoscope

X線検査

radiography (X-ray) カテーテル検査

catheterization

診療科目

Department

内科

internal medicine

産婦人科

gynecology, obstetrics

外科

surgery

泌尿器科

urology

整形外科

orthopedics

脳神経外科

neurology

眼科

ophthalmology

精神科 (神経科)

psychiatrics

耳鼻咽喉科

otorhinolaryngology

麻酔科

anesthesiology

皮膚科

dermatology

放射線科

radiology

形成外科

plastic surgery

歯科

dentistry

小児科

pediatrics

口腔外科

oral surgery

Re-edited Emargency Information Sheets made by Tabunka Kyousei Center-HYOGO

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☆Announcements from the Himeji Cultural and International Exchange Foundation

◆2019 Japanese Course for Foreign Residents (first term)

In this course you will study reading, writing, listening and speaking with a series of well-balanced lectures. The class will thoroughly cover foundational Japanese, so it's recommended for those first learning as well as for those who want to study grammar and/or review and perfect their Japanese.

<Classes> Beginner A~F, Pre-Intermediate, Intermediate

<Capacity> 2~20 students per class

<Tuition> ¥3,000 (per lesson, with a total of 10 lessons)

<Location> 4th floor, Egret Himeji (イーグレひめじ Himeji Cultural and International Exchange Center)

<Application> Applications required in advance for prospective students

※Please bring your application in person to the address below.

<Application Period> Available from April 1st

◆◆◆Letter from the Editor◆◆◆

March is sometimes called *yayoi* in Japanese. I like how soft the word sounds. The long and cold winter is finally ending, and the flower buds are about to open. The air is buzzing with excitement. In Japan, the new fiscal year begins in April. Maybe some are feeling unsettled or anxious about a change in circumstances. Please don't get caught up thinking only of your own situation but try looking at your surroundings. You will surely discover something new.

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These names are used with the contributors' permission.

Their assistance is much appreciated.

You can read back numbers of "VIVA! ひめじ" on the website of the Himeji Cultural and International Exchange Foundation (International Exchange Section) (<http://www.himeji-iec.or.jp/>).

The next issue of "VIVA! ひめじ" will be available in June. Don't miss it! We welcome your comments and suggestions.

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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