

<People> InterviewP1
Notice of Plastic Bag Fee!P2
Would you like to try “ <i>Shiohigari</i> ”?P3
How to take out the garbage:	
②Garbage separation No.1P4
Watch out for fraudulent websites!P5
Announcements & Letter from the EditorP6

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

<People> Ms. Marianne Koppert

Marianne was born in Cameroon from a Cameroonian mother and Dutch father, and was raised in France. She speaks French but also Japanese and English. She works at the “Foreign Nationals Advice Center” of Himeji as a consultant.



Q: What made you want to come to Japan?

A: When I was 18, I visited my aunt who lives in Himeji. During my visit of Himeji Castle, while looking at the view from the top of the tower windows, I felt such emotions that I had tears in my eyes without noticing. Also, the warm welcome from people in Himeji and the beauty of the city touched me deeply. I knew for sure I would come back again.

Q: What do you do as a consultant?

A: I am here to help, advise and listen to foreigners living in and around Himeji when they have problems or things they wish to know. We all have different beliefs as well as identity. So my hope is that anyone visiting the center can feel that they are not alone here – there is a person who will listen to them. Being tolerant is one of my most important values.

Q: Are there any words you value?

A: My father used to always say “*on n’a pas besoin de plan, la vie et l’hasard t’amènera où tu le souhaites*” (You don’t need any plan; life and chance will lead you where you want to be). I believe that he was right. In fact, I found my path and purpose. I’m thankful for the life I’m living now.

Himeji Foreign Nationals Advice Center

Citizens Advice Center, 1F, Himeji City Hall Main Building

Tel : 079-221-2159 (Telephone consultation is available in Japanese, English and French)

Free and Confidential

Notice of Plastic Bag Fee!

It is stipulated in the ordinance that you should pay for plastic shopping bags starting July, 2020. This has already been independently implemented at some supermarkets. This time, the ordinance will include such places as supermarkets, department stores, convenience stores, and all retail stores. Be sure to take your own bags when you go out shopping.

■Why will there be a fee for plastic bags?

These days, oceanic pollution caused by plastic wastes is a major global problem. The aim of introducing a fee for plastic shopping bags is to decrease their consumption. Paper bags are not included.



■How much will they cost?

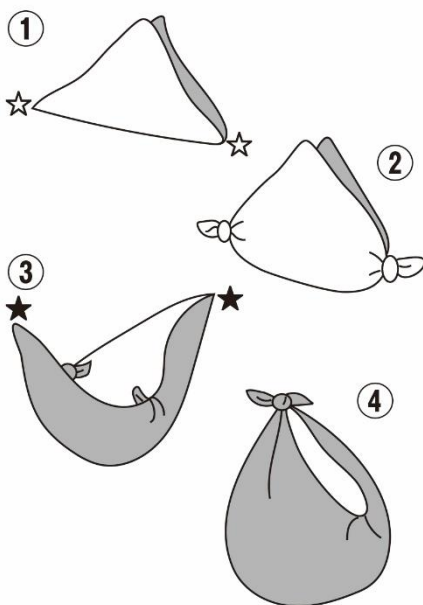
It depends on each shop. The average cost is 5 to 10 yen per bag, based on the shops which have already introduced this system.

■Reusable bags as opposed to disposable plastic ones.

Make use of portable “eco-bags” to be environmentally friendly. “Eco-bag” is a Japanese term meaning “reusable bags.” They come in various kinds and colors at general stores. Many of them can be folded into a smaller size and are good for carrying around.

How to make a bag out of *Furoshiki*.

Why don't you make a cool “eco-bag”, using *Furoshiki*, a Japanese traditional wrapping cloth?



- ① Make a triangle. Make sure that the backside of the *furoshiki* is on the outside.
- ② Tie the corners, indicated by the ☆, into knots.
- ③ Turn it inside out so that the knots are tucked in.
- ④ Make sure that the both sides are of the same length. Join the two ☆ parts.

※A 90cm × 90cm *furoshiki* is recommended.

Would you like to try “*Shiohigari*”?

“*Shiohigari*,” or clamming, is a leisure activity where we dig up clams at the beach during low tide using a specific type of shovel. It occurs during the months of April to June. Why don't you give clamming a try? You can enjoy it with your family – it's kind of like a treasure hunt at the beach.

Area around Himeji City for “*Shiohigari*”

1. Matogata Shiohigari-jo · Beach (まとがたしおひがりじょう 的形潮干狩り場 · かいすいよくじょう 海水浴場)

Access: Sanyo Electric Railway “Oshio Station” – Free shuttle bus

Entrance Fee: Adult 1400 yen. Child 800 yen. (Parking fee 500 yen for regular cars)

2. Shirahama Beach (しらほまかいすいよくじょう 白浜海水浴場)

Access: 10 minute walk from Sanyo Electric Railway “Shirahamanomiya Station”

Entrance Fee: 1500 yen. (Free parking)

3. Mitsu-cho Shinmaiko Shiohigari-jo (みつちょうしんまいこしおひがりじょう 御津町新舞子潮干狩り場)

Access: 10 minute bus ride from Sanyo Electric Railway “Sanyo-Aboshi Station”

Entrance Fee: 1400 Yen. (Parking fee: 500 yen)

4. Ako Karasen Sun Beach Shiohigari-jo (あこうからせん 赤穂唐船サンビーチ潮干狩り場)

Access: JR Banshū-Akō Station – a direct shuttle bus from the station

Entrance Fee: Adult 1700 yen. Child 700 yen. (Parking Fee – 500 yen for regular car)

5. Suma Shiohigari-jo (すましおひがりじょう 須磨潮干狩り場)

Access: 5 minute walk from Sanyo Electric Railway “Sanyo-Suma Station”.

Entrance Fee: Adult 1600 yen. Child 800 yen. (No Parking Area)



- ※ There are restrictions limiting the amount of clams you have dug out that can be taken home.
- ※ Shiohigari can only be done when the tide is low. Be sure to check the tide times before going.

Last year and the year before, there was an outbreak of poisonous shellfish. Global warming and red tides are thought to be the cause of this – pollution may also be a factor. Let's work together to protect the environment by disposing of or trash appropriately at all times – including during leisure activities.

Furthermore, clams that have been dug out from the beach contain sand, and should therefore be thoroughly cleaned before cooking.

How to take out the garbage: ②Garbage separation No.1

In Japan it is often said, “garbage if mixed, but resource when separated”. In Himeji city, we collect garbage separately and reuse them as resources. Among recyclables, we would like to introduce how to separate and dispose of paper and plastic waste.

Mixed Paper (collected twice a month)

All paper waste including the items with the recycling mark below.



Types of paper waste:

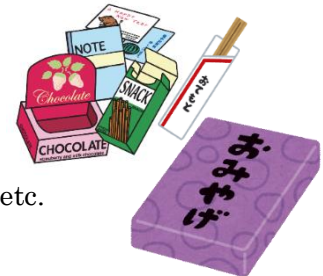
Wrapping paper – wrapping paper of department stores, etc.

Paper bags – wooden chopsticks envelopes, etc.

Paper boxes – confectionary boxes, cylindrical boxes, etc.

Backing paper – such as for shirt, etc.

Other recyclable paper – notebooks, copy paper, memo pads, postcards, etc.



- Use up the content and put in a paper bag or a recommended garbage bag.
- Dirty paper cannot be recycled. If paper is stained with food or oil, please discard them as combustible garbage.
- Dispose of newspaper, magazines, cardboard, and cartons as oversized garbage.



Plastic Containers and Packages (collected once a week)

Plastic items with the mark below.



Identification mark for plastic containers and packages

Types of plastic waste:

Bags – food bags, shopping bags, etc.

Trays – fruits trays, etc.

Caps – lids of PET bottles, etc.

Bottles – shampoo bottles, etc.

Containers – egg containers, etc.

Nets – nets for vegetables such as onions, etc.

Cushioning materials – such as Styrofoam

※If the item is too big to put in a bag, discard as oversized “plastic-containing garbage”.



- Discard only the items with the symbol of plastic containers and packages.
- Put in a designated green bag.
- Empty the contents and remove stains before discarding. If the stains can't be removed, discard as combustible garbage.

※If you are a resident outside of Himeji city, please follow the rules of your local government.

Watch out for fraudulent websites!

Recently, not only personal information but money has been stolen by accessing fraudulent websites. Let's look at how to identify and deal with fraudulent web sites.

●About URL (A "URL" is the Internet address at the top of the screen)

For example, in the URL "http://www.himeji-iec.or.jp/viva_himeji.html," "www.himeji-iec.or.jp" is what is called the "domain name". "viva_himeji.html" is identified as the location of information in the domain.

The part between the first two forward slashes "/" to the first single forward slash "/" is authorized and the direct destination for communication. It is necessary to be able to access a website on either smartphones or personal computers.

※Examples of fake URLs

Certified: http://www.himeji-iec.or.jp/viva_himeji.html

Fake: http://abc.def.net/ggg /www.himeji-iec.or.jp/

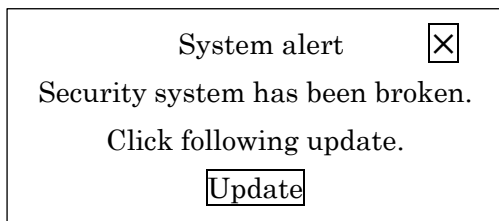
(The correct domain is located outside of where it should be)

Fake: http://www.hi-me-ji.or.jp/viva_himeji.html (A hyphen "-" is added to the correct domain)

Fake: http://www.h1mej1-iec.Or.jp/

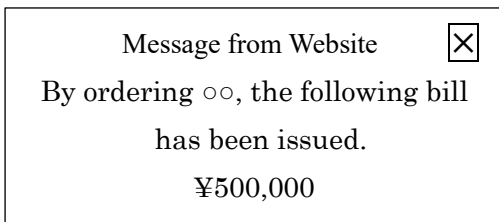
(Numbers, such as 0 or 1, are used instead of the letters, o or i)

◆Example of a fake Web site



- If you click "Update", personal data will be stolen.
- If the window does not close after clicking , turn the device off, then back on.
- Updating Android or iOS can be done using their respective "Settings" applications.

◆Example of fictitious billing Website



- A malicious display like this may appear if you click the "play" button on a video streaming, or other site.
- If the window does not close after clicking , turn the device off, then back on.

It is best to ignore fraudulent web sites. These fraudulent websites often have non-existent addresses posted, furthermore contact information is often linked to mobile phone numbers or free e-mail accounts. To avoid fraud in confusingly similar URLs, searching for titles or phrases on search engines, such as "Google," is recommended.

☆Announcements from the Himeji Cultural and International Exchange Foundation

■The homepage will be redesigned!

The homepage of the Himeji Cultural and International Exchange Foundation will have a new look in April. Easy-to-understand Japanese and illustrated icons will make finding information important to you easier than ever before. In addition, it will be easier to find the International Exchange Section's page, as well as having a mobile-friendly site. We hope you will find the new homepage to be useful in your everyday life.

◇◆◇Letter from the Editor◆◆◇

In Japan the new school year begins in April, however it begins in January in Tanzania and Australia, March in Korea and Argentina and June in The Philippines. In New Zealand, there is no school entrance ceremony because children begin to go to school on the day after their fifth birthday. Snack time at school in America and nap time in Vietnam seems fun, but compulsory education starting at three years old in Hungary is strict. Every country has their own school system. How about schools in your country?



Disaster Prevention Vocabulary

豪雨 *Gouu*: heavy rain

Ex) 集中豪雨 *Shuuchuu-Gouu*: localized torrential rain

People Who Cooperated in Creating This Newsletter

Japanese: HONJO Masako, ITAMI Junko, MOCHIZUKI Toshiharu, SHIGETA Fusako
ITANI Megumi, KUNIMITSU Minako

English: Marianne Koppert, FUKUI Kenzo, OKABE Rosie, TAKIMOTO Satoko,
ITANI Megumi, HARA Akiko, Tiffany Gibson

These names are used with the contributors' permission.
Their assistance is much appreciated.

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

The next issue will be available in June, 2020.

We welcome your comments and suggestions. We are also looking for translators and native speakers to assist us with translating and proofreading upcoming editions. If you are interested, please contact us at the following address.

Contact Information

Himeji Cultural and International Exchange Foundation
3rd floor, Egret Himeji, 68-290 Honmachi,
Himeji City, Hyogo 670-0012
TEL : 079-282-8950 FAX : 079-282-8955
Email: info@himeji-iec.or.jp