

|  |         |
|--|---------|
| <People> Interview                                 | ・・・P1   |
| Notice about COVID-19 Vaccination                  | ・・・P2,3 |
| Do you know the story<br>about Onatsu and Seijuro? | ・・・P4   |
| How to Put on a Women's <i>Yukata</i>              | ・・・P5   |
| Announcements & Letter from the Editor             | ・・・P6   |

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

## <People> Mr. Louis Gutry (New Zealand)



Mr. Gutry is from a nature-rich seaside town called Paraparaumu, in New Zealand. In 2015, he came to Himeji on the JET Programme (The Japan Exchange and Teaching Programme). He worked as an ALT (Assistant Language Teacher) at elementary and junior high schools in Himeji until last year. Currently, he works as support for online classes at the Himeji City Board of Education General Education Center.

Q: What made you come to Japan?

A: I was studying Japanese from elementary school to university. When I was looking up jobs at game-related companies, I saw that many employees had participated in the JET Programme. So I decided to try it as well.

Q: Please tell us about your work.

A: Last year, the impact of COVID-19 made it difficult for foreigners to come to Japan. Online classes began in September to make up for the lack of ALTs. It was the first time for both Japanese teachers and ALTs. I have knowledge of digital devices and can speak both English and Japanese, so I was assigned my current job. I would like to expand the online lessons to have exchanges with sister cities.

Q: What are your hobbies?

A: Since I came to Japan, I've come to like riding trains. I have ridden from Kyushu to Hokkaido over 5 days, using the "Seishun 18 Ticket". It is also fun to eat the local specialties.

Q: What are your dreams for the future?

A: I am trying to take the games that I used to play in class when I was an ALT and put them online. I would like to distribute it online and hold events, national competitions, and even world competitions.

# Notice about COVID-19 Vaccination

COVID-19 vaccinations have begun. Understanding the effect of vaccine and the risk of side effects, please make an informed decision about getting the vaccine.

## ○Procedures of vaccination

1. When you receive the Vaccination Coupon, confirm when you can get the vaccination.



2. When your turn comes, make a reservation through the Himeji city call-center (050-5526-1090) or the following reservation system:



Reservation system  
<https://v-yoyaku.jp/282014-himeji>

3. Get the vaccination.

### Things to bring:

- Coupon
- Identification documents (driver's license, health insurance card, etc.)

※ Please wear clothes that make it easy to access your shoulder.

A person with underlying medical conditions should get a consultation before getting the vaccination.

- ① If you have a regular doctor, please consult with them before making a reservation for the vaccine.
- ② If you do not have a regular doctor, make the vaccine reservation first and please get consulted when you fill out the questionnaire or talk to a doctor on the day of the vaccination. A medicine record book can be helpful, if you have one.

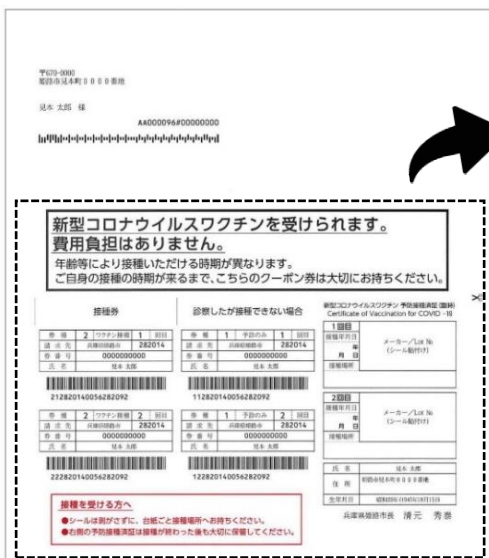
## ○Vaccination Coupon

You can receive the COVID-19 vaccine.

It is free.

The periods differ according to age etc.

Do not throw this coupon away.



Tickets      Medical consultation determines inability to receive vaccination.      Vaccination certificate

Coupon

Coupon

Coupon

Coupon

To people receiving the vaccine:

- Bring whole document without peeling the coupons off.
- Do not throw away vaccination certification, even after the inoculation.

Name · Address  
 Birthdate

Mayor of Himeji City  
 KIYOMOTO Hideyasu

○Period (Estimation)

| Eligible   | Vaccination period |
|--|--------------------|
| Elderly persons (born on or before April 1, 1957)    | Already begun      |
| Those with underlying conditions (20 – 64 years old) | On or after August |
| Workers at welfare facilities for the elderly        |                    |
| General Population                                   |                    |

○Vaccination frequency and interval

The vaccine should be received in two doses. The vaccine for each dose must be from the same pharmaceutical company. The interval varies depending on the company. Please confirm them before you get vaccinated.



○Side effects of the vaccination

After the COVID-19 vaccination, the following side effects might occur.

- Anaphylaxis or other serious allergic symptoms (headache, nausea, rash etc.)
- Swelling or redness around the injected spot or feeling pain.
- Developing a fever after vaccination.

※There have been cases where some chronic conditions worsen after receiving the vaccine, though there is no clear evidence of a link to the vaccine.

To make sure that you don't experience adverse reactions, you must wait 15 minutes after vaccination in the inoculation facility. People who have had serious allergic symptoms in the past should wait for 30 minutes.

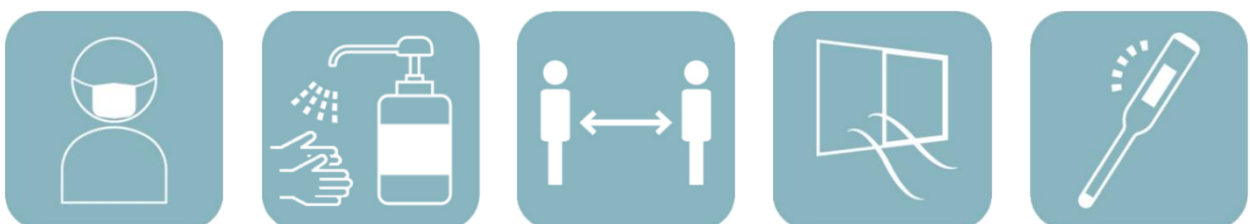
○Relief System for Injury to Health with Vaccination.

There is a relief system if serious health problems develop after receiving the vaccination.

**Inquiry**  
 COVID-19 vaccine call center  
 Tel : 0120-761770 (9 am – 9 pm, everyday)

○Life after vaccination

Watch for side effects for a week after vaccination. Even after receiving the vaccine, you can be infected with the COVID-19 virus. Some virus variants have been discovered, for which the vaccine is not as effective. Continue following infection control measures, such as washing hands, using hand sanitizer and wearing a mask.



## Do you know the story about Onatsu and Seijuro?

Onatsu and Seijuro are the main characters of the true sad story set in Himeji from *Edo* period. It becomes the subject of various works such as *Ukiyoe*, *Kabuki*, movies and novels. Today, we introduce the outline of the famous work of CHIKAMATSU Monzaemon.



### Outline

There was a young lady named “Onatsu” at the Inn called “Tajimaya” near Himeji castle. Onatsu fell in love with “Seijuro” who was a servant of Tajimaya. But the love between different social positions, daughter of the owner of the Inn and a servant, weren’t permitted back then.

They tried to run off to Osaka but soon they get caught. And Seijuro was blamed for kidnapping Onatsu.

At the same time, the money disappeared from Tajimaya. And Seijuro was falsely accused of stealing money. And he got death penalty for kidnapping Onatsu and stealing money.

After he was arrested, they’ve never let Onatsu see him. They’ve never even told her how he was doing.

One day, she heard kids singing “if you kill Seijuro, must kill Onatsu, too.”

That’s the first time Onatsu found out that Seijuro got death penalty. She was so sad about his death, she left her house and no one saw Onatsu after that.

### **Set of story of Onatsu and Seijuro : Nozato Himeji.**

There is Hiyokuzuka which was built to mourn Onatsu and Seijuro at Keiunji temple in Nozato, Himeji. The memorial service is being held at Keiunji temple on August 9th every year. Onatsu Seijuro festival is also held on this day.



Onatsu Seijuro festival

Access : 10 minutes by Shinki bus from JR Himeji station to Keiunji-mae stop

Legends are left in various places about Onatsu after leaving her house. Other than Keiunji temple, there are Murotsu where Seijuro was born and Onatsu was said to have visited while she was looking for Seijuro, and Bizenkatakami where Onatsu ran a tea house after she left her house, as related place.

## How to Put on a Women's *Yukata*

Enjoy the Japanese summer in your *yukata*! We'll show you how to put one on.

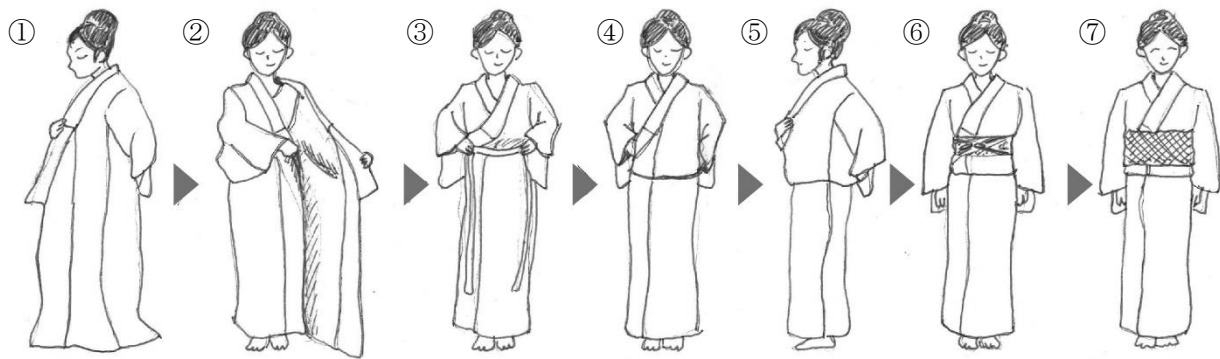
### ◆What to prepare

*yukata*, two *koshihimo* (cloth strings), *obi* (sash)

*datejime* (a soft band with a width of about 10 cm) [optional]

### ◆How to wear a *yukata*

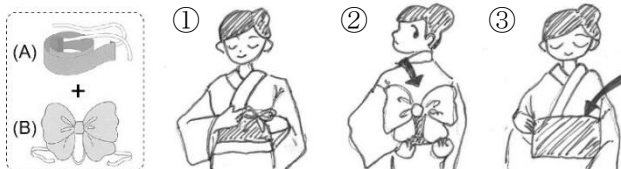
Before putting on a *yukata*, it is best to do your make-up and style your hair first. Please wear *yukata* underwear or a tank top with a wide neck under the *yukata* to help absorb sweat.



- ① Align the left and right collars of the *yukata* and hold these with one hand, and use the other hand to align the center line of the *yukata* with your back.
- ② Put the right collar on your left side, and put the left collar on top of it.  
\*Pull these collars up so that the hem of the *yukata* is at the height of your ankles.
- ③ Put a *koshihimo* around your waist and cross it in the back, and tie it tightly in the front.  
After tying the *koshihimo*, smooth out any wrinkles below the waist and adjust the length of the hem.
- ④ Put your hands through the slits of each side of the *yukata* and stretch the cloth on your upper body to smooth out wrinkles.
- ⑤ Pull back the center of the collar to create a gap of about 10cm between the collar and your neck.  
Cross the collar in middle, below the depression between your collarbones.
- ⑥ Tie the *koshihimo* under your chest and smooth out the wrinkles on your sides.  
Tie the *datejime* on the top of the *koshihimo* to hide it.
- ⑦ Tie the *obi* on the top of the *datejime*.

### ◆Types of *obi*

There are many ways to tie an *obi*, but it's much easier to use a pre-tied *obi* called, "*tsukuri-obi*".



- ① Wrap the *obi* (A) and tie it with a string.
- ② Insert the *tsukuriobi* (B) and tie its string in the front.
- ③ Hide that string in the *obi*.

☆Announcements from the Himeji Cultural and International Exchange Foundation☆

■Easy to understand Japanese version issued by VIVA!Himeji

From this issue onwards, VIVA! Himeji includes an “Easy to understand Japanese version”. The easy-to-understand Japanese version has been compiled in simple Japanese that is easy for everyone to comprehend. It will help us deliver information in an easy-to-understand manner to our readers whose mother tongue is not among the various languages that VIVA! Himeji is published in.



◇◆◇Letter from the Editor◆◆◇

The hot summer will soon be upon us. Since ancient times in Japan, there have been many ways to stay cool during this season: fanning yourself with an *uchiwa* or *sensu*, listening to the sound of wind chimes, hanging bamboo blinds on windows, sprinkling water on the hot ground, wearing a *yukata*, etc. While it is no doubt important to use an air conditioner to prevent heat strokes, why not give the aforementioned methods a try as well?



**Disaster Prevention Vocabulary of This Issue**

ぼうふう 暴風 *Boufuu*: gale  
Ex) ぼうふうう 暴風雨 *Boufuu-u*: rainstorm

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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) (<https://www.himeji-iec.or.jp/>).

The next issue will be available in September 2021.

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.

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