

Help

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日本語・English (汉语・Español・Português)

Helpful Information In 5 Languages For Living In Saitama-ken

埼玉県に住民のために役立つ5か国語による情報

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★ 主な内容 ★

- 【P.1】5・6月の季節を楽しもう!
- 【P.2】梅雨時の湿度対策あれこれ
- 【P.3】「外国人総合相談センター」への相談から
Q.31 新しい在留管理制度(2) 市区町村での手続
- 【P4】耳より情報、新シリーズ「災害に備えて」(1) 夜中の地震対策



つゆ 梅雨とアジサイ

★ Contents ★

- 【P.1】Let's Enjoy May & June Actively!
- 【P.2】How to cope with the humidity in the rainy season
- 【P.3】'SIS' Question & Answer:
Q.31 A New Residency Management System (2)
- 【Page 4】General Information & <New Series>
~Preparations for Natural Disaster~ (1)

5・6月の季節を楽しもう!

昭和の日(4/29)、振替休日(4/30)、憲法記念日(5/3)、みどりの日(5/4)、こどもの日(5/5)に、土曜日・日曜日を加えた長い連休(ゴールデンウィーク)も終わりましたが、皆さんはどのように過ごされましたか。

5月は、一般的に青い空、暖かい初夏の陽ざし、爽やかな風、色とりどりに咲く様々な花、新緑の山々、田植えが終わったばかりの緑のじゅうたんのような田んぼなどが楽しめる春爛漫の美しい季節です。一方で、この時期には「五月病」にかかる人もいます。新入社員や大学の新生などが、新しい環境に適應できないことなどが原因でかかる様々な精神的症状を言います。五月病にかからないためにも、ぜひこの良い季節を積極的に楽しんで気分転換をしましょう。例えば、お天気の良いときには、公園などに出かけ、思いっきり手足を伸ばし、胸一杯新鮮な空気を吸い、青い空を見上げたりして、嫌なことも苦しいことも全て忘れてしましましょう。

ところが、5月も下旬になると、長雨が降ることがあります。梅雨の本番の前ぶれのように降り続く雨で、「梅雨の走り」と呼ばれます。そして、6月になると、本格的な梅雨の時期が始まります。その年によって、「梅雨入り」も「梅雨明け」も時期はいろいろです。ほとんど雨が降らない「空梅雨」の年もありますが、日本の稲作農業にとっては、梅雨は重要です。じめじめして蒸し暑い日もあれば、「梅雨寒」と言われる肌寒い日もありますが、貴重な「梅雨の晴れ間」を大いに楽しみましょう。また、梅雨空には、美しいアジサイの花が良く似合います。

Let's Enjoy May & June Actively!

The long 'Golden Week' holidays, which consist of "Showa-no-hi" or Birthday of Emperor Showa (4/29), "Furikae-kyujitsu" or Substitute Public Holiday (4/30), Constitution Memorial Day (5/3), Greenery Day (5/4), and Children's Day (5/5) with the addition of Saturday and Sunday, are over. How did you spend the holidays?

May is generally the beautiful season when spring is in full swing; you can enjoy the blue sky, the warm early summer sunshine, a refreshing breeze, a variety of colorful flowers in bloom, fresh green mountains, newly planted rice fields that look like a large green carpet.

On the other hand, during this season, there are some who get inflicted with what is called 'May disease' or 'freshman's apathy syndrome', which means various psychological symptoms shown by some new employees or college freshmen who have difficulty in adapting themselves to the new environment. To prevent us from suffering from this syndrome, let's try our best to enjoy actively this wonderful season for a change. Going to a park on a bright day to stretch yourself out fully, breathe fresh air deeply and look up to the blue sky can be one of the examples in order to forget all the painful and nasty things.

However, a long spell of rainy weather might occur toward the end of May, which is called "tsuyu no hashiri" or 'a forerunner of the rainy season'. This continuous rainfall is thought to be a sign of the coming actual rainy season. And in June starts the real rainy season. "Tsuyu no iri" and "Tsuyu ake" or 'the beginning and the

ending of the rainy season' varies from year to year. There can be a rainy season where we have little rain, which is called "kara-tsuyu" or 'the dry rainy season'.

In Japan, however, the rainy season is very important for rice farming. During the rainy season, there are some days when it is hot and humid, and some when it is chilly called "tsuyu-zamu", so let's enjoy thoroughly the precious clear days during the rainy season.

By the way, we can also enjoy the beautiful flowers of hydrangea whose colors are in perfect harmony with the grayish sky of the rainy season.

