

Weather in Japan ～ Seeping Coldness (*Sokobie*) and Mid-winter-like Coldness ~

○Seeping coldness

Sokobie, or seeping coldness, describes the freezing coldness that seems to seep through the soles of your feet and into your bones. On windless clear nights, heat that is absorbed by the ground surface during the day is radiated back into the air, in a phenomenon called nocturnal radiation. Particularly in Kyoto, where the entire city is surrounded by mountains, this nocturnal radiation causes cold air to hover over the city and temperatures to drop drastically, creating a distinct coldness that people refer to as “*Kyo no sokobie*” (*sokobie* of Kyoto). Sunny winter mornings with moderate winds are often characterized by *sokobie* with extremely low ground temperatures, so be sure to keep your feet warm when going out on such mornings.

○Mid-winter-like coldness

Weather forecasts frequently use the expression “mid-winter-like coldness” to communicate relative coldness in seasons other than winter. It generally refers to a coldness that comes close to the lowest average annual temperature (average of temperatures between 1981 and 2010) in the region. It differs according to region, but the period from the end of January to the beginning of February usually brings the coldest temperatures.

日本の気象

～ 『底冷え』『真冬並みの寒さ』～

○底冷え

身体からだの芯しん（底そこ）まで凍こみ通とおるほど厳きびしく冷ひえ込こむことを「底冷えする」と言いいます。山やまに囲かこまれた京きょう都とでは、風かぜの無ない快晴かいせいの夜よるに地ち表ひょうから熱ねつが放ほう射しゃされる放ほう射しゃ冷れい却きゃくという現げん象しょうが起おこり、これに伴ともなった冷れい気きが溜たまってかひなり冷こえ込こみます。これを特とくに「京きょうの底冷え」と呼よんでいまあす。晴はれて風かぜの弱よわい冬ふゆの朝あさは、足元あしもとの気き温おんが低ひくくなる底冷えそこびにななりますので、外がい出しゅつ時じは特とくに足元あしもとを暖あたたかく保たもつようたもにしましましょう。

○真冬並みの寒さ

よく天てん気き予報よほうでは、冬ふゆ以外がいの時じ期きに寒さむさの程ていど度つたを伝つたえるためために「真冬並みの寒さ」という表ひょう現げんを使つかいます。この表ひょう現げんは、その地ち域いきにおおいて1年ねんの中なかで最もも気き温おんが低ひくい時じ期きの「平年へいねんの気き温おん（1981～2010年ねんままでの平へい均きん値ち）」に近ちかい寒さむさの時ときに使つかわれまます。各かく地ちで異ことなりまますが、大だい体たい、1月がつ下げ旬じゆんから2月がつ上じやう旬じゆんの頃ころの気き温おんが最もも低ひくくなりまます。