

# 技能実習生の友

## Technical Intern Trainees' Mate

January 2023  
Winter Edition

### Topics

Manga Lesson: Learn about Japanese People's Feelings "Enjoying Winter in Japan"

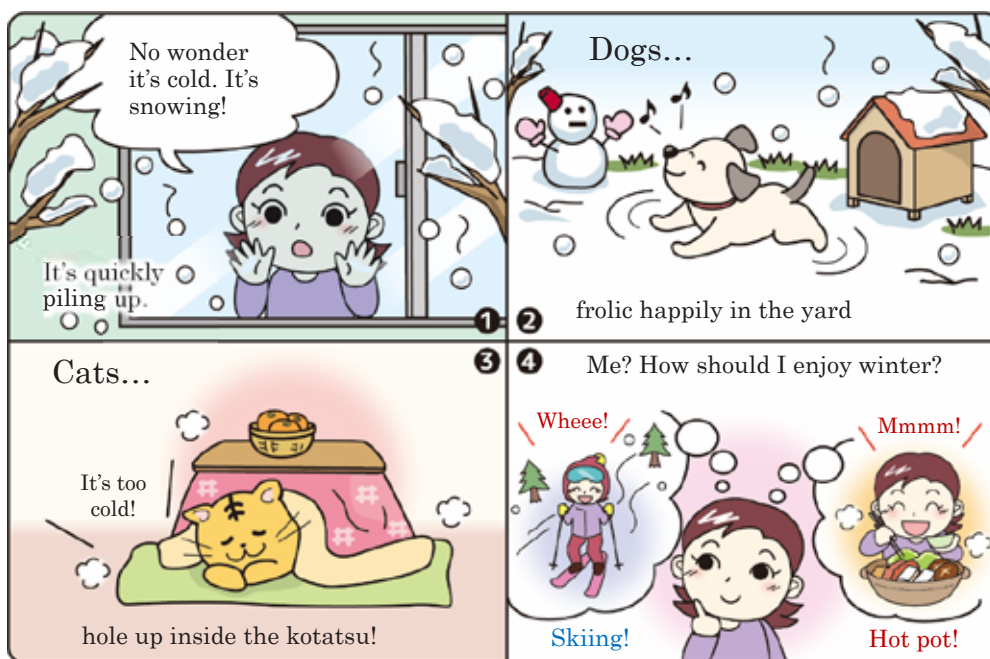
◇ Snow Country Japan —The Mechanism of Heavy Snowfall—

◇ Japanese New Year —Osechi-ryori and Nanakusa-gayu—

Kokugonomori "Kanji That Are Read the Same Way"

### Let's Learn about Japanese Feelings through Manga

#### — Enjoying Winter in Japan —



#### There are many things to look forward to during the cold season!

It snows in many places in Japan in winter when the temperatures drop. In regions where it snows a lot, winter sports such as skiing and snowboarding are extremely popular. There is a famous Japanese children's song titled "Snow." It begins with the lyrics "ゆきやこんこ、あられやこんこ," and is an all-time favorite among many people. You can probably search for it easily on the Internet, as the sight of snow automatically reminds many people of the song. During the cold season, it is also important to eat meals that warm your body and prevent chills. Be careful to always take good care of your health.

"Technical Intern Trainees' Mate" provides technical intern trainees and trainees with useful information for daily living in Japan, in addition to Japanese language learning materials and a four-frame comic, among other contents. It is published in Japanese with furigana and nine foreign languages (Vietnamese, Chinese, Filipino, Indonesian, Thai, Cambodian, Burmese, Mongolian, and English). We hope you make good use of it!



## Snow Country Japan —The Mechanism of Heavy Snowfall—

Does it snow where you live? Japan is home to many world-class snowbelts\*. In a ranking of the snowiest major cities around the world by a foreign media outlet, three Japanese cities, Aomori, Sapporo and Toyama, were introduced as topping the list in this order. Why do you think such heavy snow falls in Japan?

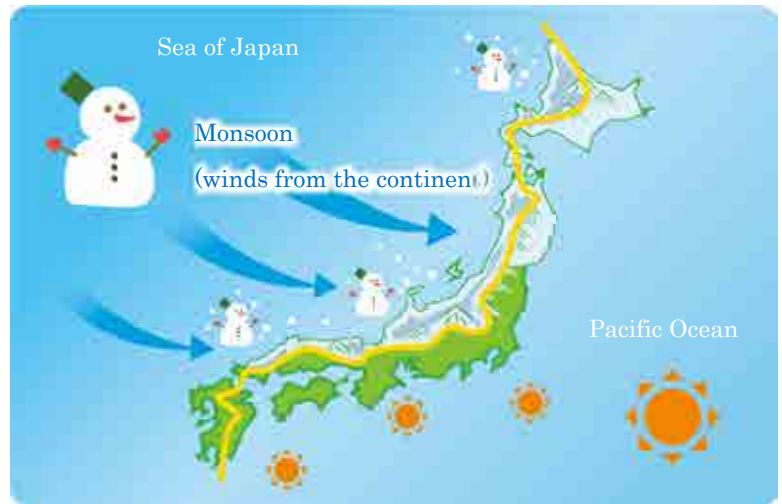
In East Asia and Southeast Asia, seasonal winds called monsoon winds blow from the Pacific Ocean and the Indian Ocean toward the continent in summer and the other way around, from the continent toward the sea, in winter. When this cold, dry wind blows from the continent in the direction of the Japanese archipelago in winter, it absorbs the water vapor\* in the atmosphere as it passes above the Sea of Japan. This water vapor comes from the warm current\* of the Tsushima Current that flows in the Sea of Japan. The moisture-laden wind then forms clouds, and when these clouds reach the Japanese archipelago, they float upward along the slopes of the mountains and are instantaneously cooled. The cold water vapor in the clouds turns into snow, which falls heavily on the Sea of Japan side of the archipelago.

By contrast, on the Pacific Ocean side, such as in the Kanto and Tokai regions, winds that have lost their moisture descend from the mountains, so winter tends to be characterized by dry, sunny days.

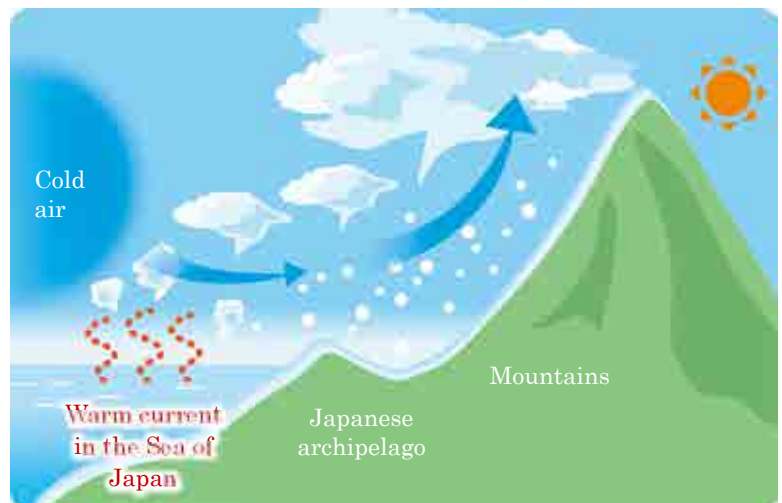
\*Snowbelt: Regions that receive heavy snowfall in winter. Snow country.

\*Warm current: A flow of water in the ocean that is higher in temperature than the surrounding waters

\*Water vapor: Moisture in the air



Snow falls heavily on the Sea of Japan side



Mechanism of heavy snowfall

Related information: NHK WORLD-JAPAN “Multilingual News and BOSAI Info”

Disaster prevention information and news may be viewed in simple Japanese and 20 foreign languages.



## Japanese New Year —Osechi-ryori and Nanakusa-gayu—



Osechi-ryori is representative of all New Year's dishes in Japan. In ancient times during the Heian Period (ca. 794–1185), dishes that were offered to the gods at the changing of each season in the Emperor's palace were called osechi-ryori. The custom spread to the common people during the Edo Period (1603–1868), and osechi-ryori came to refer to the dishes that were served on New Year's Day, the most significant seasonal juncture of the year. Today, osechi-ryori consists of a variety of foods, such as kuromame (black soybeans), kazunoko (herring roe), kinton (mashed sweet potato), datemaki (omelet roll), red and white kamaboko (fish cake), and shrimp, packed and served in lacquer stacking boxes called jubako.

Another custom is eating nanakusa-gayu on the

seventh day of the New Year in the hope of spending the year in good health without any ailments. Nanakusa-gayu is rice porridge containing the seven herbs of spring—seri (water dropwort), nazuna (shepherd's purse), gogyo (cudweed), hakobera (chickweed), hotokenoza (henbit), suzuna (turnip leaf), and suzushiro (daikon radish leaf).

<How to make nanakusa-gayu> Prepare 1 cup rice, 7 cups water, and some salt. Wash the rice and let it soak in water for 30 minutes. Place the rice in a pot (preferably an earthen pot) and put the pot on high heat. When the pot begins to boil, reduce the heat to low and cook for about 40 minutes until the rice becomes soft. Add the chopped herbs to the pot, and when they are cooked, season with a sprinkle of salt. Turn the heat off and let the porridge steam for a few minutes.

In recent years, the “seven herbs of spring” are frequently found in supermarkets as a ready-made kit. It is easy to make nanakusa-gayu by using this kit, so you may want to try your hand at preparing it for yourself!



## Kokugonomori

This is an exercise for learning Japanese words and kanji and their usage. Think of the correct answers while having fun! (Answers are provided on the next page.)

指導・元世田谷区立  
小学校教諭  
高橋 裕子  
イラスト・奈良 恵

同じ読みの漢字

# Technical Intern Trainee Photo of the Month



Technical intern trainees from Vietnam welcomed the New Year in Japan with a makeover, dressed up in gorgeous long-sleeved kimonos! Their experience of wearing a kimono for the very first time will be a memory they will always cherish.

\*Posted in January 2022

(医療法人泉整形外科病院 介護老人保健施設コスモス)

Every month, a photo is selected from among those which receiving/supervising organizations have contributed to “技能実習 Days” on the JITCO website. Scan the QR code at right to visit the 技能実習 Days page and learn about the entry guidelines.

(<https://www.jitco.or.jp/ja/days/>)



## Inquiry and Consultation Services

If you need help... (<https://www.otit.go.jp/notebook/>)

The Organization for Technical Intern Training (OTIT) offers a variety of services and resources you can use when you need help. These include Native Language Consultation, information on local consultation services and disaster prevention, and convenient apps such as the “On-site Japanese Language” app and “Technical Intern Trainee Handbook” app.



We wish to hear from you regarding topics you want us to feature in “Technical Intern Trainees’ Mate”!

Please use the form at right to send in your views and impressions of this leaflet, topics you want us to feature, and news you are interested in.



旗のカタカナは、漢字を字音通りに読む「音読み」を示しています。指示がなかったら、「て」「みみ」「おもひ」のように大和言葉訓読みとして読む方が多いかもしれませんね。  
小学校で学習する「シ」と読む漢字は三十三の違う形と意味をもっています。「シ」「シユ」にも、まだ三つ、四つの漢字がありますよ。



◆ここくここたえ

The katakana shown on the flags in the picture are the on-yomi, or Chinese-derived pronunciations, of the kanji characters shown above them. Without any instructions, many of you might read the kanji according to their kun-yomi, or indigenous Japanese pronunciations, such as “te” for 手, “mimi” for 耳, and “omou” for 思. In primary school, pupils learn 33 different kanji characters that are all pronounced “shi” but have different meanings. There are many other kanji characters beside those shown below that are pronounced “shi,” “shu,” “sha,” “ji,” and “sho.”

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