

Surviving Japan

Compilation of survival tips and tricks

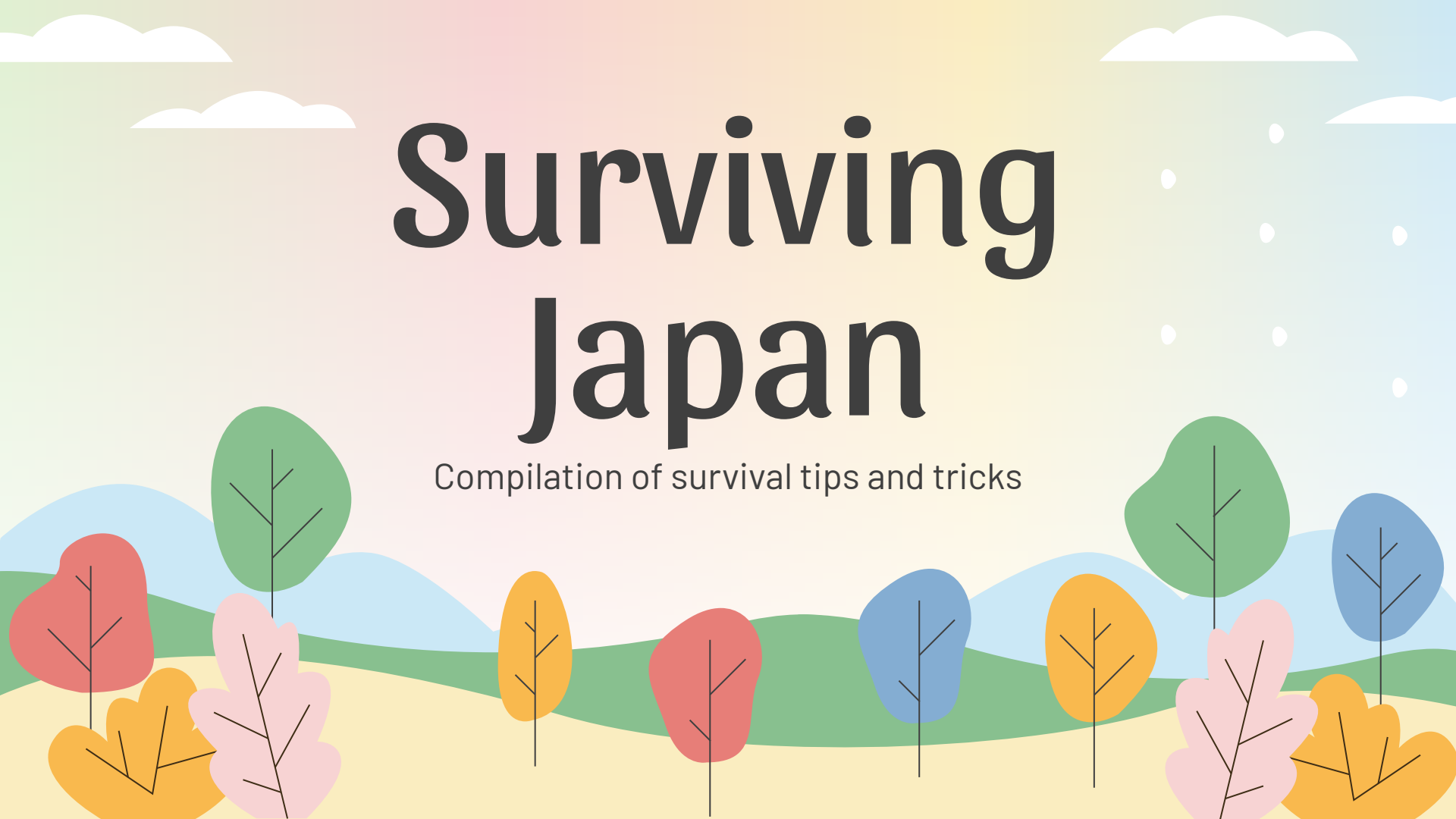


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Questions

June - August

SEASONS IN THE

~~WORLD~~

JAPAN



SUMMER

FALL



WINTER



SPRING

March - May

Sept - Nov

Dec - Feb

General Info:

Spring

- Mild and pleasant, temperatures ranging from 10°C to 20°C (50°F to 68°F),
- Sakura time !!!

Summer

- Hot and humid, temperatures reaching up to 38°C (100°F)
- Rainy season つゆ (tsuyu) occurs in June/early July.

General Info:

Autumn

- Comfortable with cool breezes, temperatures range from 15°C to 25°C (59°F to 77°F).
- Momiji - usually late Nov.

Winter

- Cold but not extreme, with temperatures ranging from 0°C to 10°C (32°F to 50°F).
- Snowfall possible.



Typhoon Season

**Between May to Oct,
August and Sept are peak seasons!**



Golden Week

Tue, Apr 29, 2025 – Mon,
May 5, 2025

An illustration of a woman with dark skin and long black hair, wearing a yellow headband and large yellow teardrop earrings. She is smiling and holding a pink smoothie with a blue straw. The background is a tropical scene with palm trees, a large red sun, and white clouds. The text '02 Surviving Summer' is overlaid on the right side.

02

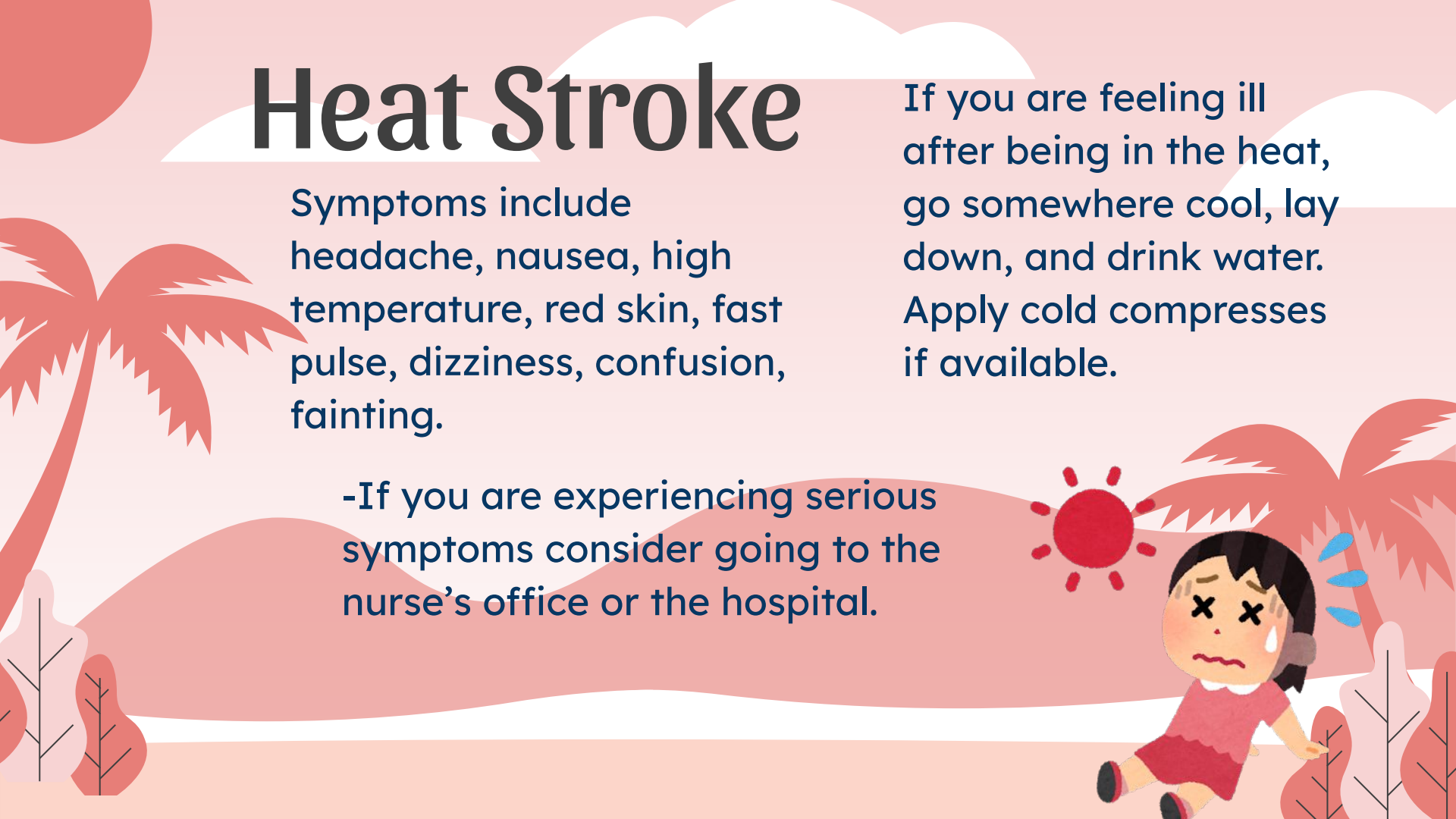
Surviving Summer

Heat Stroke

Symptoms include headache, nausea, high temperature, red skin, fast pulse, dizziness, confusion, fainting.

-If you are experiencing serious symptoms consider going to the nurse's office or the hospital.

If you are feeling ill after being in the heat, go somewhere cool, lay down, and drink water. Apply cold compresses if available.



Summer recommendations



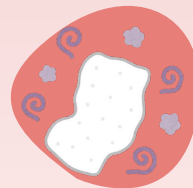
Hydration & Salt

Necessary
replenishment during
excessive heat.



Parasol

UV shield and
portable shade.



Body wipes

Cooling,
(un)scented, and
deodorizing.

Hydration & Salt



Parasol



Portable Cooling Products

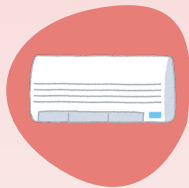


Summer recommendations



Cooling wear

Inner-wear that's fast drying and moisture-wicking to keep you cool.



Dehumidifier

Did you know your air conditioner could dehumidify?



Extra clothing

Expect the unexpected. Be prepared in case of emergency.

Cooling wear



Dehumidify

Example screen



Extra clothes



Winter Survival

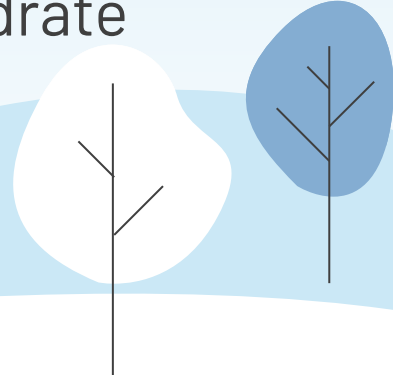




Layer Up!

- You know your own body best, it isn't embarrassing to have on more layers than others.
- Kotatsu are a blessing to have!
- Heat packs work
- Drink water to hydrate

(Sticky ones may not!)



Useful Japanese Words for Winter

カイロ (kairo)

Heat Pack

寒い (samui)

Cold

暖房 (danbō)

Heater

鼻血 (hanaji)

Nosebleed

加湿器
(kashikki)
Humidifier

我慢 (gaman)

Persevere



What to do:

- Remember to turn off your kotatsu when not in use, fires are common during winter!
- Invest in a humidifier to protect your skin and nose.
- Leave your water taps dripping on nights where the temperature falls below freezing, least your pipes freeze.
- Buildings in Japan do not have insulation!



Cultural Differences

1) Gift Giving



Cultural Differences

2) General Communication

- Being blunt → good and bad -.-
 - When in doubt, ask!
 - No offense intended, just poor English communication skills
- Indirect communication
 - Will usually never say 'no' directly.
 - You may have to learn to 'read between the lines'.
 - May comment on issues indirectly.

Surviving cleaning.



Thanks!



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