

# Sendai Multicultural Center News

## Preparing for Winter



Have you ever encountered any difficulties in your daily life during the winter season? Winter in particular is a period when you have to employ a variety of techniques as electricity and gas bills can go up pretty quickly. In this volume, you can learn about living through winter before the cold arrives, and read an introduction on some things to be careful of, solutions, and techniques. We hope you make good use of this information.

### Heavy Snow

Buses, subways, and trains may be delayed or put out of service when it snows. The number of motorcycle and car accidents caused by tires slipping increases as it becomes easier for roads to ice over when the temperature drops to 0 degrees or below.

#### Solutions and techniques

When the ground becomes slippery, wear non-slip shoes, refrain from riding on bicycles, and be cautious while walking.

Those who drive a car or ride a motorcycle need to swap over to winter-use tires or attach chains to the wheels.

### Cold

As houses in Japan have a little heat insulation (ability to retain heat), you might feel a little chilly even while at home. When your body becomes cold, your immune system (protects your body from viruses) becomes weakened, so you may end up catching a cold.

There are also many people who have difficulties with paying electricity or gas bills which become especially expensive when compared to other seasons, due to using home heating devices such as air conditioners or stove heaters to fend off the cold.

#### Solutions

Simple solutions for dealing with the cold are wearing warm clothing and using heat packs. Another good idea is to warm your body up by taking a bath so that you don't catch a cold.

Additionally, it's also important to stay warm by using the following heating devices.

Location you want to warm up	Methods and tools that can be used to generate warmth
Entire room	Air conditioner, Gas heater with fan
Partial area	Kotatsu table, Electric blanket, Electric heater, Oil heater
Window	Insulation sheet, Heat-retaining mat, Thick or insulating curtains, Heat-insulation panel (冷気ブロックパネル)
Floor	Electric carpet, Carpet, Foam tile puzzle mat(パズルマット)

If you are having difficulties with expensive electricity or gas bills, try to be creative with the ways you use heating equipment based on the location you want to warm up, so that you can make it through winter while staying warm.

Continued on next page →

#### Publications in Six Languages

In addition to English, we also have publications in Japanese / にほんご, Chinese / 中文, Korean / 한국어, Vietnamese / Tiếng Việt, and Nepali / नेपाली. They can also be viewed on our website, or found at the Sendai Multicultural Center.



## Example techniques

### ① Air conditioner

- Use a fan to blow warm air around the inside of a room
- Clean the filter regularly
- Set the temperature to 20 degrees
- Point the air direction downwards and set to automatic mode
- Do not place items near the external unit



### ② Kotatsu table

- Place an insulating sheet or heat-retaining mat underneath the kotatsu blanket or carpet
- Put a hot water bottle under the kotatsu table
- Try not to set the temperature too high

### ③ Electric carpet

- Place an insulating sheet or heat-retaining mat underneath the carpet
- Partially warm up areas which you need to use instead of the entire room

※ Unplug heating equipment if it will not be used for a long time.

## Drafts

Drafts can be one cause for feeling cold. The temperature in a room will drop after warm air from the house escapes due to wind entering through the gaps of windows and doors.

## Solutions and techniques

To make sure that cold wind does not enter through windows or doors, try hanging up thick or insulating curtains, or place cold-air-blocking panels in front of windows or doors. Cardboard can be used in place of heat-insulation panel.

Additionally, you can affix insulating sheets to windows or doors, or cover up places where wind can enter with tape designed to cover up small gaps.

## Condensation

(water droplets which stick to window glass and walls)



Condensation forms when humidity is high inside of the house and there is a large difference in temperature between indoors and outdoors. If let be, the condensation will mix with dust and bacteria to form mold which can negatively affect health by causing allergic reactions.

## Solutions and techniques

Wipe off windows and walls with a towel or cloth if water begins to accumulate. Additionally, ventilating the room and circulating the air around makes it harder for condensation to form. It is important to ventilate rooms in order to protect against catching a cold.

Handy goods to have are a condensation prevention sheet, condensation prevention spray, and water-absorbing tape. These items can be bought at a hardware store or drugstore.

## Frozen water pipes

When air temperature drops down to negative 4 degrees or lower, water may become unavailable due to water pipes freezing. Be particularly careful when being away from home for a long period of time, or of water pipes which are located in areas which do not receive much sunlight or are subject to strong winds.



## Solutions and techniques

By using the water drainage tap, you can prevent water freezing by temporarily removing water from the water pipe. You can also put insulating material or cloth on the water pipe or meter box to warm them up so that they don't freeze.

See the website for details. Please call the Sendai Multicultural Center's "Interpretation Support Hotline" (022) 224-1919 if you are having problems with frozen water pipes and need language support.

Sendai City Waterworks Bureau Homepage

[https://www.suidou.city.sendai.jp/nx\\_html/02-kurashi/02-207.html](https://www.suidou.city.sendai.jp/nx_html/02-kurashi/02-207.html)

(Japanese language only)



※ The water drainage tap location and method of operation vary by home. Make sure to check with your realtor or landlord.



## Notice

### ① Please subscribe to our multilingual e-mail magazine "SenTIA MAIL!"

SenTIA MAIL has a wealth of information in Japanese, English, Chinese, Korean, Vietnamese, and Nepali which is helpful to non-Japanese residents. Please subscribe!

#### 【Examples】

- Events related to multiculturalism and international understanding
- Japanese language classes
- Disaster information (earthquakes, heavy rain, typhoons, etc.)
- Notifications when "Sendai Multicultural Center News" is published

See this website for details.  
<https://int.senia-sendai.jp/e/activity/mailmagazine.html>



### ② Vietnamese and Nepali have been added to the multilingual digest version of the "Sendai City Newsletter."

The City of Sendai publishes the "Sendai City Newsletter" every month. Notices for events, programs, and other information are written in the "City Newsletter."

In the multilingual digest version, particularly important notices are selected from the monthly "City Newsletter," translated, and released on the official City of Sendai website. You can also read back issues.

#### 【Examples】

- Taxes
- Basic health check applications and examinations
- Notifications for municipal housing application periods
- Information regarding nursery and kindergarten enrollment

Until now, the newsletter was available in the 4 languages of Japanese, English, Chinese, and Korean, but in the October issue Vietnamese and Nepali were added, bringing the number of languages up to 6. Please make good use of the information in the monthly newsletter.

Japanese



English



Chinese



Korean



Vietnamese



Nepali



## Advisor Corner "My Tips on Fighting the Cold"

Thoughts and experiences from advisors on this issue's theme

Once I was in Japan and winter approached, I was not prepared for the difficulty to warm a room with thin walls and an AC instead of an installed heater. I didn't know how much coldness radiates from the floor, how important well-sealed frames are, or that one layer of glass does not protect from the freezing temperatures outside. In Germany, walls are thick, the material robust, the sealing dense, and several layers of glass are used instead of one. Also, every room is supplied heat from a central source, through a network of pipes circulating hot water.

Although, the obvious choices for many, like gasoline stoves, or electrical blankets and such were helping me a little to withstand winter. But neither did it help enough to create the cozy warm home I am used to, nor did it save me money. So, I went looking through Interior Design Shops, Home Improvement Stores and 100 Yen shops.

And there are lots of pretty self-explanatory things to gear up the apartment with, some of which are collected in this edition. What really made a huge difference for me though, were puzzle mats, which I have used to cover the entire floor in my apartment with. Since they are thick and spongy, and much warmer than any carpet I had tried, one source of the coldness was eliminated. There are also foam tile puzzle mats (パズルマット) available with a soft fabric on top, which are perfect for bedrooms. I hope this edition will help you getting ready for winter. When you find yourself in a Home center or 100 Yen Shop, look out for words like 寒さ対策 (measure against cold), 防寒 (protection against cold), 防寒対策 (precautions against cold), 暖房 (heating), and 冬支度 (preparing for winter).

(Advisor N)

# Sendai Multicultural Center

せんだいたぶんかきょうせい

## 仙台多文化共生センター



Opening Hours Daily 9:00 a.m. to 5:00 p.m. (Closed during the New Year's holidays and 1 to 2 days per month for maintenance)

Address Sendai International Center Conference Bldg. 1F, Aobayama,  
Aoba-ku, Sendai, 980-0856

TEL (022) 265 - 2471

FAX (022) 265 - 2472

Email [tabunka@sentia-sendai.jp](mailto:tabunka@sentia-sendai.jp)

URL <https://int.sentia-sendai.jp/e/exchange/>



### ■ Advice in foreign languages

We are able to give advice in many languages for daily-life troubles or problems. Please call the Interpretation Support Hotline on (022) 224-1919.

Languages available: English, Chinese, Korean, Vietnamese, Nepali, Tagalog, Thai, Portuguese, Spanish, Russian, Indonesian, Italian, French, German, Malay, Khmer, Burmese, Mongolian, Sinhala, Hindi, Bengali, and Ukrainian

### ■ Other Services

We have lecture rooms, a children's playroom, a bulletin board, and book rental. We also have spaces for interaction and information on citizen activities.

## Specialist Consultations for Foreign Residents

We periodically hold specialist consultations with lawyers, administrative scriveners and so on. If there are matters that are affecting your life in Sendai, please feel free to have a consultation. Consultations are confidential, and are limited to 30 minutes per person. Consultations are held from 1:00 p.m. to 4:00 p.m.

You can check the consultation dates on our website.  
<https://int.sentia-sendai.jp/e/exchange/consultation.html>



Administrative Scrivener



Lawyer



Labour Bureau



Immigration Bureau



Tax Accountant



Editing and Publishing: Sendai Tourism, Convention and International Association (SenTIA), International Relations Department

The Sendai Multicultural Center is commissioned by the City of Sendai and managed by SenTIA

Published October 2022