

## How to Comfortably Spend the Rainy Season 「梅雨を快適に」

今回は梅雨の季節を快適に過ごす方法をご紹介します。

Surely people around you have started talking about rainy season. *Tsuyu* (the rainy season) is on its way. Usually, *tsuyu* begins around the end of May and lasts through the middle of July, in Miyazaki. Occasional rain is welcomed by most; but not rain everyday. However, we should not forget that these rains are valuable. They are essential for agriculture; especially rice, the staple diet of Japan. Not to mention, the image of a rice field in the rain is quite poetic.

Thus, this month, we will talk about how to comfortably spend the rainy season.

### [Indoor Matters]

#### Laundry

- Laundry can be difficult to dry during rainy days. Of course, if you have dryer, there is no problem.

However, in Japan, laundry is usually hung outside, and a family with a dryer is rare.

Using a dehumidifier and/or electric fan is helpful in ridding of humidity.

Air circulation is most important.

#### Mold Prevention

- When a room's temperature exceeds 20°C and 70% humidity, mold will breed quickly.

You can prevent mold buildup, especially in the bathroom and kitchen, by keeping exhaust fans running and wiping away any condensation.

#### Effects of Bamboo Charcoal

- Bamboo charcoal is effective against bad odors, making it useful in the bathroom and shoe racks. Further, it also has a dehumidifying effect. Bamboo charcoal can be used repeatedly simply by washing and drying it in sunlight.



#### Food

- Food poisoning is likely to occur during the rainy season. Ingredients should be used up over a short time period. Be sure to thoroughly cook meat, fish, and eggs before consuming them.

### [Going Out]

#### Strolling around the Neighborhood

- Most people avoid going out in the rain, but it can be stressful staying indoors all day long. It might be nice to grab your umbrella for a walk in a nearby park. Explore your surroundings and you might discover something new. Little kids love going out in the rain with umbrella in hand, clad in raincoat and rain boots. For women, stylish rain boots and umbrellas have been quite the trend as of late.

#### Enjoyable Indoor Places

- There are many indoor facilities to have fun at in Miyazaki. Why not make your way to a movie theater, library, or museum? Rain or shine, you can gaze at the starry sky at a planetarium. Be sure to check out these websites for fun events to be held.

Miyazaki Central Cinema: (Phone) 0985-60-8100 <http://www.mcc-9.co.jp/>

Miyazaki Cinema-Kan: (Phone) 0985-28-1162 <http://www.bunkahonpo.or.jp/cinema/>

Miyazaki Prefectural Library: (Phone) 0985-29-2911 <http://www.lib.pref.miyazaki.jp/>

Miyazaki Prefectural Art Museum: (Phone) 0985-20-3792 <http://www.miyazaki-archive.jp/bijutsu/>

Miyazaki Science Center: (Phone) 0985-23-2700 <http://www.city.miyazaki.miyazaki.jp/cul/cosmoland/>

Miyazaki Prefectural Museum of Nature and History:

(Phone) 0985-24-2071 <http://www.miyazaki-archive.jp/museum/>

If you have any questions, comments, or suggestions, please contact the Miyazaki International Foundation: (Phone) 0985-32-8457, (Fax) 0985-32-8512 or (E-mail) [miyainfo@mif.or.jp](mailto:miyainfo@mif.or.jp).

Thank you