

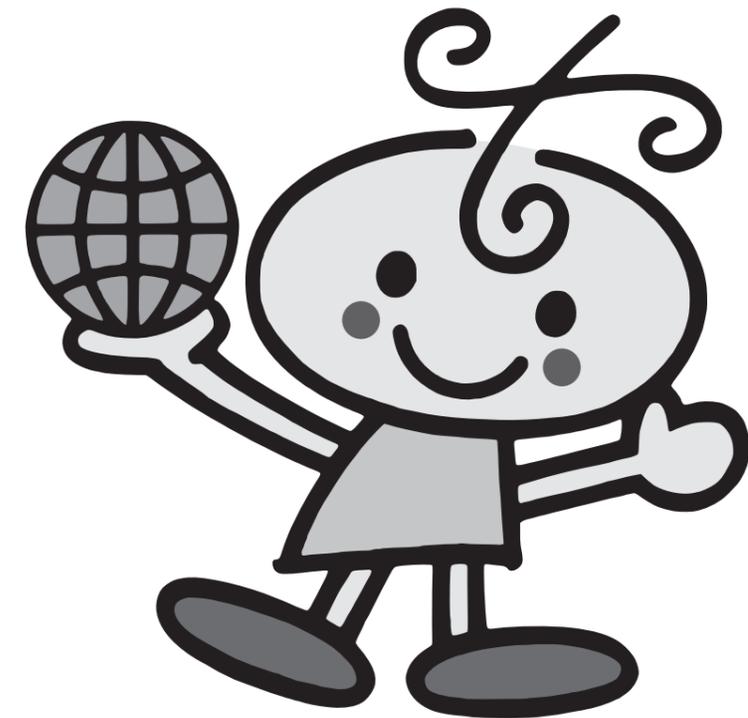
平成 26 年度

徳島で暮らす外国人のための日本語副教材

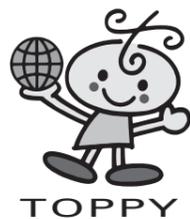
とくしま く げつ ぎょうじ へん
徳島で暮らす12か月(行事編)

A Year in Tokushima (Events Edition)

徳島の全年节庆活动



TOPPY



TOPPY

TOKUSHIMA PREFECTURAL INTERNATIONAL EXCHANGE ASSOCIATION

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このテキストは、文化庁 平成26年度「生活者としての外国人」のための日本語教育事業により作成したものです。 平成27年3月作成

なお、このテキストの情報は平成27年3月現在のものです。情報は変わる場合がありますので、御了承下さい。

TOKUSHIMA PREFECTURAL INTERNATIONAL EXCHANGE ASSOCIATION

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National Holidays in Japan 日本的节假日一览表

April 29	Showa Day	A day for public reflection on the times of the Showa Era and to think about the future of Japan. It was also the birthday of the Showa emperor.
4月29日	昭和之日	回顾日本迈向复兴的昭和时代, 思考日本将来的节日。原来是昭和天皇的诞辰日。
May 3	Constitution Memorial Day	A day to commemorate the enactment of the Constitution of Japan.
5月3日	宪法纪念日	纪念日本宪法颁布实施的节日。
May 4	Greenery Day	A day to immerse oneself in the great outdoors and to appreciate the blessings of nature.
5月4日	绿之日	与自然亲近的同时, 感谢自然给予的恩惠, 并培育一颗富饶之心的节日。
May 5	Children's Day	A day to wish for the happiness of children.
5月5日	儿童节	祝愿儿童幸福快乐成长的节日。
Third Monday of July	Marine Day	A day to appreciate the blessings of the sea and to wish for the prosperity of Japan.
7月第3个星期一	海之日	感谢海的恩惠, 同时也祝愿海洋国家日本的繁荣。
August 11 (Starting 2016)	Mountain Day	A day to commune oneself with the mountains and to appreciate it.
8月11日 (2016年开始)	山之日	亲近山林, 感谢山的恩惠的节日。
Third Monday of September	Respect for the Aged Day	A day to show care and respect for the elderly and a day to wish for long life.
9月第3个星期一	敬老之日	尊敬和珍惜老人, 庆祝老人长寿的节日。
Around September 23	Autumnal Equinox Day	A day to honor and remember the dead. The length of day and night will be exactly the same. It takes place in the middle of the Autumnal Equinox.
9月23日左右	秋分之日	祭拜祖先、缅怀已逝先人的节日。昼夜等长的一天。秋之彼岸的中心日。
Second Monday of October	Health and Sports Day	A day to enjoy sports and to cultivate a healthy lifestyle. It was originally a day to celebrate the start of the 1964 Tokyo Olympics which was held on October 10.
10月第2个星期一	体育之日	提倡全民健身的节日。原本是纪念1964年10月10日举办的东京奥运会的节日。
November 3	Culture Day	A day to celebrate peace and freedom and to promote culture.
11月3日	文化之日	爱好自由与和平、推进文化事业的发展的节日。
November 23	Labour Thanksgiving Day	A day for praising labor, celebrating production and giving one another thanks.
11月23日	勤劳感谢之日	崇尚勤劳、庆祝生产、国民互相感谢的节日。
December 23	The Emperor's Birthday	The current emperor's birthday.
12月23日	天皇生日	现任天皇的诞辰日。
January 1	New Year's Day	A day to celebrate the start of the new year.
1月1日	元旦	祝贺新年之日。
Second Monday of January	Coming of Age Day	A day to congratulate and encourage people who have reached the age of 20 during the year.
1月第2个星期一	成人节	祝贺并鼓励已满20岁的青年男女的节日。
February 11	National Foundation Day	A day to celebrate the establishment of Japan.
2月11日	建国纪念日	日本建国之日。
Around March 21	Vernal Equinox Day	A day for the admiration of nature and the love of living things. The length of day and night will be exactly the same. It takes place in the middle of the Spring Equinox.
3月21日左右	春分之日	歌颂自然和爱惜生物的节日。昼夜等长的一天。春之彼岸的中心日。

4月

じんじいどう てんきん てんこう
人事異動・転勤・転校

Personnel Reshuffle, Job Relocation, Changing Schools 人事调动・工作调动・转学

Most workplaces will have a personnel reshuffle in April. Families will usually move together when one of their family member is relocated. When one of the family member is given a job relocation notice and when he or she moves to their new work location by themselves, it is called “*tanshin funin*.” When children change schools, it is called “*tenkou*.”

在工作单位，一到4月份就会有很大人事调动。调到远处工作的时候，也有带家属一起搬家的情况。留下家人独自被派往新的工作单位叫做单身赴任。学生从某一学校转往另一学校学习叫作转学。

にゅうがくしき にゅうしょしき にゅうえんしき にゅうしゃしき
入学式（入所式・入园式・入社式）

School Entrance Ceremony (Nursery School Entrance Ceremony, Kindergarten Entrance Ceremony, Company Initiation Ceremony) 入学仪式(入所仪式・入园仪式・入社仪式)

In Japan, the new school year and the fiscal year begins in April and ends in March. Entrance ceremonies for nursery school, kindergarten, and elementary to high school, as well as the initiation ceremony for work, all occur during April.

在日本，学校以及公司的一个财政年度是从当年4月1日至下年的3月31日为止。托儿所の入所仪式，幼儿园的入园仪式，公司的入社仪式都是4月份举办的。

○^{ふく}服 Clothing 服装

Children will wear their school uniforms to school entrance ceremonies. For schools that do not have uniforms, children will wear a suit or a dress. Parents and guardians will wear a suit or other formal attires. Women tend to wear light colors. For company initiation ceremonies, most men and women will wear a black or navy colored suit.

在入学仪式，小孩子们都穿校服。没有校服的学校，孩子们大多穿西服或连衣裙。家长穿西服或者礼服。女性，穿亮色的服装较多。在入社仪式上，大部分人穿黑色或者藏青色的西服。

○ランドセル・^{せいふく}制服

Randoseru Backpacks, School Uniforms 书包・校服

The *randoseru* backpacks are worn by elementary school students. Some elementary schools will have uniforms, but some will not. For schools that do not have a uniform, students are expected to wear their own clothes to school.

小学生背书包上学。有些学校有校服。没有校服的学校，学生们穿自己衣服上学。

○キャラ弁^{べん} (キャラクター^{べんとう}弁当)

Character-themed Boxed Lunches 卡通便当

Some nursery schools and kindergartens require the students to bring their own boxed lunches. Some people will make themed boxed lunches of animals, comic or cartoon characters, cars, etc.

有些托儿所和幼儿园是需要带便当去的。有些家长模仿动物、漫画·动画的卡通人物、汽车等做便当。

^{かんげいかい} 歓迎会 Welcome Party 欢迎会

Different groups at schools and workplaces will have a welcome party to welcome in their new members.

在学校或工作单位，以小组为单位分别为新进人员举办欢迎会。

^{はなみ} 花見 Flower Viewing 赏花

The cherry blossoms will be in full bloom from around the end of March to the beginning of April. Many will go out on an excursion to see the flowers and will eat *hanami* dumpling or boxed lunches, and some will even drink some alcohol while enjoying the flowers.

每年3月底到4月初，樱花会盛开。樱花季节大家纷纷去赏花。在那里吃赏樱团子或便当，喝酒，享受春日烂漫。

Seat saving, banquet/party, drinking sake while enjoying the flowers, making a toast, lanterns, viewing the flowers at night, karaoke

占位置 宴会 赏花酒 干杯 灯笼 夜樱 卡拉OK



ゆさんばこ
遊山箱 Yusanbako 游山箱

Back in the days, in Tokushima Prefecture, people used to pack lunch boxes filled with sushi rolls, stewed dishes, and red bean jelly, and would bring it to see the cherry blossoms or to outdoor excursions. The type of lunch boxes that they took on their excursions was the *yusanbako*, a multi-tiered lunch box with a handle on the top. The *yusanbako* has recently been gaining popularity again.

在德島县有一个风俗习惯。就是把卷寿司或煮的菜、羊羹等喜欢的东西放入手提式多层方木盒里面，拿着它去赏樱或到野外游玩。

とくしまマラソン Tokushima Marathon 德岛马拉松

The Tokushima Marathon generally occurs in April every year (sometimes it is held in March). The 10,000 runners participating from all over Japan and abroad will have the chance to take in the views of Tokushima, such as Mt. Bizan and Yoshino River, as they run the race.

每年4月举行德岛马拉松。(有时3月举行。)来自德岛、全国以及海外的1万人以上的马拉松爱好者在奔跑中尽情享受眉山和吉野川的风景。

はな・はる・フェスタ Hana Haru Festa 花・春・节

The Hana Haru Festa festival takes place in April every year in Tokushima City. There will be food vendors and various performances will take place on stage including, awa dance (*awa odori*), other dances, and concerts by famous singers.

每年4月底左右，将在德岛市举办花·春·节。届时会有摆摊，在舞台上会有阿波舞或现代舞以及有名歌手的表演等节目。

5月

ゴールデンウィーク Golden Week 黄金周

There are many holidays at the end of April and at the start of May. This long period of holidays is referred to as Golden Week. Many people will take advantage of this long break by travelling both domestically and internationally.

4月底到5月初，有很多节日和假日。这个期间叫作黄金周。利用假期，有很多人在国内或到海外旅游。

こどもの日 Children's Day 儿童节

Children's Day takes place every year on May 5th and many fun events for children will be going on around Japan. This day was originally called the “*Tango no Sekku*.” Even to this very day, when Children's Day comes around, families will put out flying carps and “*gogatsu ningyo*” dolls wishing for the health of their son.

5月5日为儿童节，届时各地将举办儿童欢喜的各种活动。这一天原来也叫“端午节”。有男孩的家，祝愿他健康成长，挂上鲤鱼旗和摆设五月人偶。

川を泳ぐ鯉のぼり

Carp Streamers Swimming Over the River 漂流在河流上的鲤鱼旗

When Children's Day draws near, many carp streamers will be seen swimming swiftly in the air over the many rivers that are located in Tokushima. The carp streamers hung in the Oboke Gorge in Yamashiro-cho, Miyoshi City and in Nakagawa River Kamodani in Anan City are both famous.

德岛县有很多河川，在各地经常能看到河边上挂满很多鲤鱼旗。三好市山城町的大步危峡谷和阿南市的那贺川加茂谷的鲤鱼旗非常有名。

母の日 Mother's Day 母亲节

The second Sunday of May is designated as Mother's Day.

People will give carnations or presents to their mother to show appreciation.

5月的第2个星期日为母亲节。
为表达感谢之情，给母亲赠送康乃馨或她喜欢的东西。

マチ★アソビ Machi★Asobi Machi★Asobi

The Machi★Asobi anime event takes place every year, during May and October. Voice actors and singers will be performing on stage near Higashi Shinmachi and Mt. Bizan. Many people will be walking around town wearing anime character costumes.

“Machi★Asobi”是每年5月和10月举行的动漫节活动。东新町以及眉山附近的舞台，将有动漫声优和歌手的演唱、现场脱口秀等活动。也有很多人玩Cosplay。

6月

ころもが
衣替え Seasonal Change of Clothing 换装

Japan is one of the countries that has four distinct seasons. People will change their clothing according to season. Around June, they will change to summer clothing and around October to fall or winter clothing. They refer to this seasonal change in clothing as “*koromogae*.”

日本是一个四季分明的国家。因此，需必备符合当季的服装。6月份会更换夏季服装，10月份更换秋冬服装。这个叫作换装。

ちち ひ
父の日 Father's Day 父亲节

Father's Day takes place on the third Sunday of June every year. This is a day to show appreciation to fathers. Many will give presents or will take their father out for a meal.

6月的第3个星期日为父亲节。这一天为表达感恩之情，给父亲赠送礼物或家人一起用餐。

つゆ
梅雨 Rainy Season 梅雨

During the rainy season, from the middle of June to July, it will rain a lot. As the humidity rises, mold will grow easily. Please be careful of food poisoning during this time.

每年6月中旬开始一个月期间，经常会下雨。这个季节叫作“梅雨”。梅雨期间湿气重，容易发霉。注意食品安全，预防食物中毒。

Rain coat, umbrella, rain boots

无袖雨衣 雨衣 雨伞 雨靴

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てるてる坊主^{ぼうず} Teru Teru Bozu 晴天娃娃

Teru teru bozu is a traditional handmade doll that children make and hang by the window to wish away the rain. When they hang up their dolls, they will hope for sun.

希望不要下雨的时候，小朋友们制作晴天娃娃，挂在屋檐下，祈求明天是个好天气。

♪ Teru teru bozu, teru bozu, please let the sun shine tomorrow ♪

♪ 晴天娃娃、晴天娃娃、但愿明天是个好天气 ♪

.....

台風^{たいふう} Typhoon 台风

Many typhoons will pass through Japan from the end of June to October. The typhoon will bring with it heavy rainfall and strong wind, so going outside during this time could be dangerous. At times, bus and train services may be cancelled and schools and workplaces may be closed for the day. When the typhoon comes near, please check information on the typhoon to see where it will pass.

6月底到10月，日本台风比较多。台风袭来时，风雨猛烈，屋外非常危险。根据天气情况电车和巴士停运，学校停课、公司也休息。台风一旦靠近，请一定要确认何时经过何地等台风信息。

Alert, special alert, advisory, evacuation advisory, heavy rainfall, storm, waves, flood, school closure, service suspension

警报 特别警报 预警 避难劝告 大雨 暴风 波浪 洪水 停课 停运

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ほたる^が狩り Firefly Viewing 夜赏萤火虫

During the rainy season, the fireflies will be flying about near the river. Firefly festivals will take place in many parts of Japan.

一到梅雨季节，在干净的河岸就能观赏到萤火虫。在各地举办萤火虫节。

7月

たなばた

七夕 Tanabata Festival 七夕

Tanabata takes place on July 7th of every year. *Tanabata* is based on a Chinese folklore story. The story tells a tale of two star-crossed lovers, Orihime and Hikoboshi, who are only able to meet once a year when a bridge appears across the Milky Way. In Japan, many will write wishes on a slip of paper and tie it to a bamboo tree.

7月7日为七夕。七夕来源于中国的神话故事。这一天银河天桥将会架起，是牛郎和织女一年一度在银河鹊桥相会的日子。日本的习俗是在长条诗笺上写上愿望，挂在竹叶上面。

うみびら

海開き Beach Facility Opening 开放海水浴场

From July 1–10, many beaches will be opening up their facilities to the public. Beaches will be lined with food and drink stalls. There are places where swimming is prohibited due to safety reasons, so please be careful.

7月1日至10日左右开放海水浴场。在海水浴场，会摆出卖冷饮和小吃的摊子。因为有禁止游泳的海域，所以请一定要注意。

Swimsuit, flip-flops, parasols, swim ring, watermelon splitting game, beach stalls/vendors

游泳衣 夹板拖鞋 沙滩遮阳伞 游泳圈 蒙眼打西瓜 海之家

なつやす

夏休み Summer Break 暑假

Summer break takes place between the end of July to the end of August. Japanese students will receive a lot of homework to finish over the break. Some schools will require the students to come in during the summer break.

日本暑假是从7月到8月底左右。暑假期间有很多家庭作业。某些学校也有上学日。

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トピア^{なつやす}夏^こ休み^{にほん}子ども^{ごきょうしつ}日本語教室

TOPIA's Summer Japanese Classes for Children

TOPIA 暑假儿童日语教室

During the summer break, TOPIA will have Japanese Classes aimed at children whose native language is not Japanese. They will have the opportunity to do their summer break homework or to learn Japanese.

暑假期间，TOPIA 为母语为非日语的小朋友们开设日语教室。在这里可以做暑假作业或学习日语。

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暑中見舞い^{しゅちゅうみま} Summer Greetings 暑期间候 / 盛夏问安

Summer greetings are sent out during July 20th to early August. People will often write to those who they haven't seen for a while and will ask about how they are doing and will also tell them about their family. Once the bon festival passes, people will send out greetings called the “*zansho mimai*.”

7月20日左右到8月上旬左右之间寄出盛夏问安的明信片。向不能经常见面的人问候炎热的暑假是如何度过的？或传达自己及家人的近况。过了盂兰盆节，就会寄出残暑问安的明信片。

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お中元^{ちゅうげん} Summer Gifts 中元节

In Japan, it is customary to give gifts to people from July to the middle of August as a sign of appreciation. This is called *ochugen*, or summer gifts.

在日本，7月初到8月中旬期间，有给对自己有所关照的人送礼表示感谢的习惯。这个称之为“中元节”。

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夏祭り^{なつまつ} Summer Festivals 夏季节日

During July and August, many summer festivals will be held throughout Japan, including Bon Dance Festivals and firework festivals. Many people will wear *yukatas* to these festivals.

7、8月份，在各地举办盆舞以及烟火大会等“夏祭”庆典。节日期间也有人穿浴衣（夏季穿的单和服）。

Yukata (light summer kimono), jinbei (traditional summer wear), paper fan, food stalls

浴衣 甚平（男性或儿童穿的和服式夏季短袖外衣） 日式木履 扇子 摆摊

8月

お盆^{ぼん} Bon Festival 盂兰盆节

The Bon Festival is a Japanese Buddhist custom to honor the spirits of one's ancestors. They believe that the spirits of one's ancestors will return during this time and after spending some time with the family will once again return to the other world. Depending on the area, *bon* is celebrated at different times, but it is often held during August 13th to the 16th. During this time, many people will return to their hometown.

盂兰盆节是来自佛教信仰的日本传统节日。亲人们聚集一堂迎接祖先魂灵归来，祭拜祖先，并恭送祖先归离。盂兰盆节，虽然根据地区不同而有所差异，但是大部分为8月13日到8月16日左右。这期间很多人回故乡探亲。

阿波踊り^{あわおど}～盆踊り^{ぼんおど}～ Awa Dance～Bon Dance～ 阿波舞～盆舞～

The Awa Dance (*Awa Odori*) Festival held in Tokushima Prefecture is one of the biggest Bon Festivals in Japan. In particular, the Awa Dance Festival held in Tokushima City from August 12th to the 15th, draws in over 1.3 million visitors from both inside and outside of Japan. There are female dances and male dances, and instruments such as the flute, drums, and bells will accompany the dance.

阿波舞是闻名于全世界的日本三大盆舞之一。每年8月12日～15日的4天，参加阿波舞的人数达到130万人，德岛市中心一带热气腾腾，完全化为一片欢乐的海洋。阿波舞分为男舞和女舞，随着太鼓、钲鼓、横笛等乐器的节奏翩翩起舞。

♪♪ Dancing fools and watching fools. If we are all fools, why not enjoy dancing ♪♪

♪♪ 跳的是阿呆，看的也是阿呆，同样是阿呆不跳就吃亏了 ♪♪

あらそわ^{れん}連 Arasowa-ren Dance Troupe Arasowa连

Arasowa-ren is a dance troupe formed by TOPIA. Anyone can join this group, so please feel free to join in. (We dance on August 14th every year. A fee is required to participate.)

“Arasowa连”是Topia的连。任何人都可以参加。期待大家的踊跃参与。
(跳舞时间为每年的8月14日。需要参加费)

9月

ぼうさい ひ
防災の日 Disaster Prevention Day 防災日

September 1st is Disaster Prevention Day. During September, schools and other facilities will have disaster drills so people can better prepare themselves and be able to protect their own lives from fires, typhoons, earthquakes, tsunamis and other natural disasters. There is a 70% chance that the Nankai megathrust earthquake (expected to be magnitude 8–9) will occur in Tokushima in the next 30 years. To prepare for large earthquakes and tsunamis, it is important to start preparing now!

9月1日为“防灾日”。为了在火灾，台风，地震，海啸等灾害来临时保护自己的生命安全，9月份在学校或各种地方进行防灾训练。另外，德岛县被预测今后30年以内将发生南海海槽巨大地震(震级8~9级)确定率为70%左右。为了从大地震或海啸中保护生命安全，从平日起做好防灾准备吧!

ぼうさい
防災スタディーツアー

Disaster Prevention Center Study Tour 防灾学习之旅

Every year in September, TOPIA will be putting on a study tour at the Disaster Prevention Center. If you have the chance, please do participate.

Topia 每年9月份到“县立防灾中心”举办防灾学习之旅。请大家踊跃参与。

じしん いのち まも ぼうさい
『地震から命を守る防災ハンドブック』

Disaster Prevention Handbook: Protect Yourself from Earthquakes 《保护生命不受地震侵害的防灾手册》

TOPIA has created a Disaster Prevention Handbook that has useful information for what to do to save yourself and your family in case of an earthquake or tsunami. Please read through the handbook and prepare yourself.

发生地震以及海啸的时候，为保护自己和家人，Topia 出版了防灾手册。请一定要过目，做好防灾准备。

とくしまけん さいがいじょうほう にほんご
徳島県からの災害情報 (日本語)

Disaster Information from Tokushima Prefecture (Only in Japanese)
来自德岛县的灾害信息(日语)

Anshin Tokushima website: <http://anshin.pref.tokushima.jp/>

Sudachi-kun messaging services: <http://www.ourtokushima.jp> (If you sign up for this service, they will send you disaster information to your cellphone.)

如果登录 安心德岛主页: <http://anshin.pref.tokushima.jp/>

酸橘君邮件: <http://www.ourtokushima.jp>的话, 灾害信息将发送至您的手机上面。

くに さいがいじょうほう えいご
国からの災害情報 (英語)

National Disaster Information (English available)
来自国家的灾害信息(英语)

If you register with “Safety Tips,” they will send you disaster information to your cellphone.

如果登录 Safety tips的话, 灾害信息将发送至手机上面。

つきみ
お月見 Mid-Autumn Festival 赏月

The moon is said to be the most beautiful during September. The moon you can see on September 15th is called the “*chushou no meigetsu*” and is said to be particularly beautiful.

9月份的月亮是一年中美丽的。9月15日的月亮被称为“中秋明月”，特别美丽。

Mid-Autumn Festival dumpling, full moon, full moon night

赏月团子 满月 十五的夜晚

あき ひがん
秋の彼岸 Autumnal Equinox 秋之彼岸

Higan is a Buddhist holiday and is celebrated during both the Spring and Autumnal Equinox. During this time, people will visit their family graves. There is a saying that goes “*atsusa samosa mo higan made*” which refers to the fact that it will begin cooling down around this time.

彼岸为佛教习惯, 分为春之彼岸和秋之彼岸。秋分前后各三天的7天时间为“秋之彼岸”, 在这段时间里

人们扫墓祭祖。“热到秋分冷到春分”这句话是指接下来会渐渐冷下去。

Autumnal Equinox (Usually takes place around September 23rd, and it is when the length of day and night are approximately the same.), Lingering summer heat

秋分(白天和夜晚的时间长短为一致的一天。9月23日左右) 残暑

10月

ころもが
衣替え Seasonal Change of Clothing 换装

People will switch out their clothes in October as well. Most schools will change their uniform to winter versions starting October 1st, so it is best to prepare clothes for the fall and winter by then. (Please refer to the seasonal change of clothing in the June section).

10月也要换衣服。因为从10月1日起更换冬季校服的地方较多，所以请提前做好秋冬衣服。(请参照6月换装)

みの あき しよくよく あき あき こうらく あき どくしょ あき げいじゅつ あき
実りの秋・食欲の秋・スポーツの秋・行楽の秋・読書の秋・芸術の秋
Autumn Harvest, Autumn Appetite, Autumn of Sports, Autumn of
Excursions, Autumn of Reading, Autumn of Arts
收获之秋・食欲之秋・运动之秋・游玩之秋・阅读之秋・艺术之秋

Fall is when fresh rice and fruit will be harvested. With its mild weather, many will build up an appetite and is the perfect season for sports, traveling, reading and art.

一到秋天就会收获很多水果和稻谷。因为气候好，所以食欲也会增加。另外，秋天也是有益于做运动、旅行、读书以及进行艺术创作活动的好时节。

あきまつ
秋祭り Autumn Festivals 秋季祭祀活动

Many autumn festivals take place during autumn. People will carry portable shrines (*omikoshi*) from the shrine and will walk around the neighborhood with the *omikoshi*. The shrine grounds will be bustling with children and families as the area will be lined with food stalls.

秋天在各地举办秋季祭祀活动。从神社肩扛神轿，排队游走于街道。在神社的院内将有摆摊，因小孩子们以及随同的家人而非常热闹。

うんどうかい たいいくさい
運動会 (体育祭) Sports Day (Sports Festival) 运动会 (体育节)

Health and Sports Day takes place every year on the second Monday of October. During this time of the year, many schools, workplaces and local communities will organize a sports day. During sports day, there will be many different activities, including, footrace, ball-toss race, tug of war, dance and gymnastics. (Recently, more and more schools are doing sports day in spring.)

10月の第2个星期一为“体育之日”。这个时期，学校或公司，各地区将举办运动会。运动会有赛跑、投球、拔河、舞蹈、体操等项目。（最近春天举办运动会的学校也增多了。）

Gym clothes, headband, bib, cheering

体操服 扎头巾 号码布 助威

11月

もみじ狩り^が Autumn Foliage Viewing 赏枫

Starting from around the beginning of October, the leaves will begin to take on red and yellow hues. The autumn foliage is referred to as “*kouyou*” in Japanese. And when people visit parks and mountains to see the autumn colors, it is referred to as “*momiji gari*.”

10月初开始树叶渐渐变红或变黄，被称为“红叶”。红叶最美丽的时间为11月左右。为了观赏红彤彤的枫叶而爬山或去公园，被称之为“赏枫”。

しちごさん
七五三 Shichi-go-san (Seven-five-three) 七五三

Shichi-go-san, which literally translates to 7-5-3, is a traditional rite of passage and festival that takes place mainly on November 15th. Families will visit shrines to wish for their child's health and well-being. Boys at the age of 5 and girls at the age of 3 or 7 will dress up in traditional clothing and will visit the temple.

七五三节日是日本的民间传统节日，主要在每年的11月15日举行。到了三岁（女孩）、五岁（男孩）、七岁（女孩）则穿着和服与家人一起去神社参拜，祈祝儿童能健康成长。



Chitose ame (a type of candy), commemorative photo

千岁糖 纪念照

12月

お歳暮^{せいぼ} Year-end Gifts 岁暮

Oseibo are gifts given at the end of December to your boss or anyone that you want to thank for everything they have done for you in that year.

一到12月，日本人有向公司上司或得到关照的人送年终礼品的习惯，表达感谢之意。这叫作“岁暮”。

クリスマス Christmas 圣诞节

Christmas is a Christian holiday but it is celebrated by many in Japan, regardless of religion. It is celebrated in many ways including, decorating Christmas trees, eating roast chicken or cakes, and giving presents.

圣诞节是基督教的节日，但是在日本即使不是基督教的信徒，也可以欢度圣诞节。装饰圣诞树，吃烤鸡和圣诞蛋糕，送圣诞礼物等。

Illumination, Santa Claus

彩灯 圣诞老人

年賀状の準備^{ねんがじょう じゅんび} New Year's Postcard Preparations 贺年卡的准备

Nengajo is a postcard that you send at the beginning of the year. These postcards are written hoping for the recipient's health and happiness. If you send them out by December 20th, it will reach the recipient on January 1st.

贺年卡是一年之初送出的明信片。祝愿对方幸福、健康而书写明信片。12月20日之前写好的话，1月1日就会寄达。

Chinese zodiac, mourning postcard, winter greeting cards

生肖 服丧明信片 寒冬问候

ぼうねんかい
忘年会 Year-end Party 忘年会

Year-end parties are held by workplaces and between friends to forget all the hardships they went through in the past year.

为了忘记1年的辛苦，工作单位和朋友之间将举办忘年会。

ねんまつ ねんし やす
年末・年始の休み New Year's Holidays 年末・年初的放假

Government offices, such as City Halls, will be closed from December 29th to January 3rd. As December 28th is the last day of work before the New Year's holidays, it is called “*shigoto osame.*” But, depending on what day of the week the dates land on, the holidays could be longer or shorter.

市役所等政府机关从12月29日休息到1月3日。12月28日为最后一个工作日，因此叫做“年终工作日”。但是根据星期不同，每年休假的时间也不同。

おおそうじ
大掃除 Major Cleanup 大扫除

In Japan, a major cleanup takes place at the end of the year. The idea is to clean up everything from the past year and come into the new year fresh.

在日本年末会进行大扫除。清洁一年的污垢，迎来崭新的一年。玄关上装饰门松和稻草绳。

しょうがつじゅんび
正月準備 New Year's Preparations 新年准备

Many people will go out to the market or grocery store to buy food in preparation for New Year. Some families will begin to prepare the rice cakes for their *kagami mochi* or *zoni*. Some will decorate the front of their homes with a *kadomatsu* or *shimekazari*.

为了过新年到市场或超市购物。另外，有的家庭捣年糕，制作供神用的圆形年糕和烩年糕。在玄关摆设门松和稻草绳，准备过新年。

おおみそか
大晦日 New Year's Eve 除夕

December 31st is referred to as *omisoka*. Japanese people will be busy during this time of the year with New Year's preparations. Soba noodles, called *toshikoshi soba* (年越しそば), which literally mean year-crossing noodles, is eaten in hopes of a long and simple life, free of

troubles, in the new year. When the clock strikes midnight, the temple bells will be struck 108 times. This is called the “*joya no kane*.”

12月31日，叫作“除夕”。日本人因新年的准备而很忙。这一天会吃除夕荞麦面。祈求长寿健康。临近1月1日凌晨，寺庙的钟会响108次。这叫作“除夕钟声”。

1月

しょうがつ お正月 New Year 新年

“Happy New Year!” New Year will start with this greeting. The three days of New Year's celebrations, from the 1st (元旦 *gantān*) to the 3rd is called the “*san ga nichi* (三が日).” In Japan, children will receive a New Year's gift, usually in the form of money, (お年玉 *otoshidama*) from their parents and relatives.

“あけましておめでとうございます。”大家用这句话表示新年的问候。1月1日至1月3日为节假日，叫作“正月头三天”。在日本，新年会给家人或亲戚家的小朋友压岁钱。

First dream of the year, lucky bag/mystery bag

初梦 福袋

りょうり おせち料理 New Year's Meal 御节料理

Osechi ryori is a special meal eaten on New Year's to wish for a year of health and happiness. Every food that is prepared for the *osechi ryori*, all symbolize a hope for health and happiness. You can either make these dishes yourself at the end of the year or go out and buy pre-made ones at department stores and supermarkets.

御节料理是祝愿新的一年健康和幸福而吃的新年特色料理。御节料理的素材都包含祝愿健康和幸福的寓意。年末有的家庭会自己做，也有的家庭在商场或超市购买。

Shrimp: As the shrimp has a long beard and bent over back, like that of an elderly person, it symbolizes a wish for long life.

Herring roe: as the herring has many eggs, it symbolizes a wish to be gifted with many children.

Kurikinton (Candied chestnut): it symbolizes a wish for wealth.

Seaweed roll: it is a play on word with “*yorokobu*” which means happiness.

Lotus root: as the lotus root has many holes, it symbolizes a clear view into the future.

虾：胡须长，腰是弯弯的，表示祝愿长寿。

干青鱼子：鱼子数量多，祝愿子孙满堂。

栗子土豆甜糕：祝愿财运连连。

海带卷：“喜悦”的谐音。

莲藕：因为有很多孔，所以可以展望将来。

Special festive chopsticks, New Year's sake, Zoni (Japanese soup with rice cakes)

喜庆事用的两端尖的长筷子 屠苏酒 烩年糕

はつもうで

初詣 First Shrine or Temple Visit of the Year 新年首次参拜

During New Year's, people will visit shrines or temples to wish for their happiness for the year. As it is the very first shrine or temple visit of the year it is called *hatsumode*, where *hatsu* (初) means first in Japanese.

元旦那天，大家纷纷去神社或寺庙参拜，祈求一年平安无事。因为是新年第一次参拜，所以叫作“初次参拜”。

Fortune slip, ema (votive picture), monetary offering

抽签 匾额 香钱

ななくさがゆ

七草粥 Seven Herb Rice Porridge 七草粥

Rice porridge made with seven different types of herbs is customarily eaten on January 7th. People believe that this soup will bring them a year of health.

1月7日，放上春天的七种菜而做成的粥。大家都认为吃这个粥，不会得疾病，一年都会很健康。

Japanese parsley, Shepherd's purse, cudweed, chickweed, henbit, turnip, daikon radish

水芹、荠菜、鼠曲草、繁缕、宝盖草、清白菜、青菜

まっ

えびす祭り Ebisu Festival 惠比寿节

This festival is held to wish for prosperity for businesses.

祝愿生意繁荣昌盛而举办的节日。

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とくしま市民遺産：「^{しみんいさん}通町の事代主神社の^{まつ}えびす祭り」

Tokushima City Municipal Heritage: Tori-machi Kotoshironushi Shrine Ebisu Festival

德岛市民遗产：“通町事代主神社的惠比寿节”

This festival is sometimes referred to as “*oibessan*” or “*ebessan*” and takes place over three days from January 9th to 11th. The 9th is referred to as “*yoi ebisu*,” the 10th “10th day ebisu” and the 11th, “remaining ebisu.” The shrine will be packed with people coming to pray at the shrine or to buy the lucky bamboo. Many food stalls will line the streets as well.

被叫作“Oibessan”·“Ebessan”，1月9日至11日的3天期间举办。9日叫作“宵惠比寿”、10日叫作“10日惠比寿”“本惠比寿”、11日叫作“残惠比寿”。因参拜神社的人和想要得到福牌的人而热闹非凡。也有很多摆摊。

.....

^{しんねんかい}新年会 New Year's Party 新年会

This party is held between coworkers and friends to celebrate the start of the new year. When workplaces have new year's parties, they will often discuss their goals and aspirations for the year.

在工作单位或朋友之间，“今年一年也加油吧！”为目的，举办新年会。另外，也作为决定公司本年度的方针以及目标的场所。

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^{せいじんしき}成人式 Coming of Age Ceremony 成人仪式

The Coming of Age Day takes place annually on the second Monday of January. Coming of Age Ceremonies are held to celebrate and congratulate those who have reached the age of 20. Many women will wear a type of kimono called a *furisode* and men will wear a suit to the ceremony.

1月的第2个星期一就是成人日。这一天为祝贺满20岁的年轻人，举办成人仪式。参加成人仪式时，女性穿长袖和服，男性大部分穿西服。

2月

せつぶん
節分 Setsubun 节分

Setsubun takes place on February 3rd of every year. People will yell “demons out!” and will throw the beans outside and then will yell “luck come in!” and will throw beans inside the house. It is believed that if you eat as many beans as your age, you will have good health for that year. As a new custom, people will eat sushi rolls while facing the chosen direction for that year. They must eat the entire un-cut sushi roll in one go while staying completely silent.

2月3日为节分。人们说“鬼在外”把豆撒到外面，“福在内”把豆撒在屋内，祈福福来鬼去。据说吃与自己年龄相等数量的豆，一年都不会生病。最近，有叫作“惠方卷”，面对那一年的方向，默默地吃卷寿司的习惯。

バレンタインデー Valentine's Day 情人节

In Japan, girls will give chocolate to the boy she likes on Valentine's Day. Recently, people have started to give out chocolate to their coworkers and friends. If you are a recipient of chocolates, you will reciprocate by giving gifts such as cookies on March 14th.

是女孩把巧克力送给自己喜欢的男孩子的日子。最近也送给同事或朋友。当得到巧克力以后，3月14日白色情人节那一天作为答谢送饼干等礼物。

Obligatory-gift chocolate, chocolates for friends

义理巧克力 友情巧克力

うめみ
梅見 Plum Blossom Viewing 赏梅花

The plum trees will begin to bloom during the coldest time in February. People will view the flowers in anticipation of spring.

在2月最寒冷时期，梅花就开始绽放。看着梅花，人们期待春天的到来。

3月

ひなまつり Hina Matsuri (Girl's Day) 女儿节

The *Hina Matsuri* Festival, or Girl's Day, is celebrated every year on March 3rd. Known as “*Momo no Sekku* (Peach Festival),” families with daughters, will display *hina* dolls, wishing for their daughters health.

3月3日为女儿节。这一天也叫“桃之节句”。有女儿的家庭，祈求女儿健康成长，家里面将会摆设女儿节人偶。

Amazake (a sweet rice drink), hina arare (type of rice cracker), hishi mocha rice cake

甜酒 女儿节点心 菱饼

ビッグひな祭り (勝浦郡)

Big Hinamatsuri (Katsuura District) 大型女儿节(胜浦郡)

The Big Hinamatsuri Doll Festival takes place between February and March. Many *hina* dolls will be put on display during this time.

2月到3月期间将举办大型女儿节。在此期间，摆设很多女儿节人偶。

卒業式・卒園式 Graduation Ceremony 毕业典礼・毕园典礼

Graduation ceremonies for kindergarten (*sotsuen shiki*) and for elementary through high school and university (*sotsugyo shiki*) is held during March. Students will receive a diploma or a graduation certificate from their school principal. Children at schools with uniforms will wear their uniforms and children at schools without one will wear a suit or a dress. Most parents or guardians will wear formal attires in black.

3月将举办幼儿园的毕园典礼和学校、大学的毕业典礼。儿童和学生从校长手上接受毕业证书。小朋友们穿校服。没有校服的时候，穿西服或者连衣裙。家长穿黑色礼服为较多。

はる ひがん
春の彼岸 Spring Equinox 春之彼岸

The 7 day period before and after the spring equinox is referred to as the vernal equinox. During this time, people will visit their family graves. Around this season, the weather will become a bit warmer and in some parts of Japan, cherry blossoms will begin to bloom.

春分前后各三天的7天时间为“春之彼岸”，在这段时间里人们扫墓祭祖。一到这一时期，天气渐渐变暖，有些地方樱花开始绽放。

Vernal Equinox Day (Usually takes place around March 20th, and it is when the length of day and night are approximately the same.)

春分(昼夜等长的一天。3月20日左右)

そうべつかい
送别会 Farewell Party 送别会

March is said to be the season of farewells or departures. Many farewell parties will be held as a chance to show appreciation to the person leaving for all their hard work and to wish them luck for their future endeavors.

3月是离别的季节。为对即将分别的人表达感谢之情以及祝愿在新的岗位上一切顺利，从而举办送别会。

