

# Japanese manners and etiquette



## お手洗い編

### How to use the Japanese toilets

1 In Japan, there are western-style toilets and Japanese-style toilets.

2 Use the western-style toilets by sitting down.



3 Use the Japanese-style toilets by crouching.



4 Some Japanese style toilets are equipped with a bidet toilet



5 The bidet functions by blowing warm air after rinsing with warm water to clean one's backside.

7 Sit as illustrated after opening the toilet lid. (For automated toilets, press the button marked 1 to lift the lid)

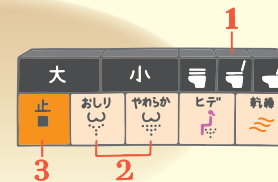


6 In Japan, you close the door while using the toilet.

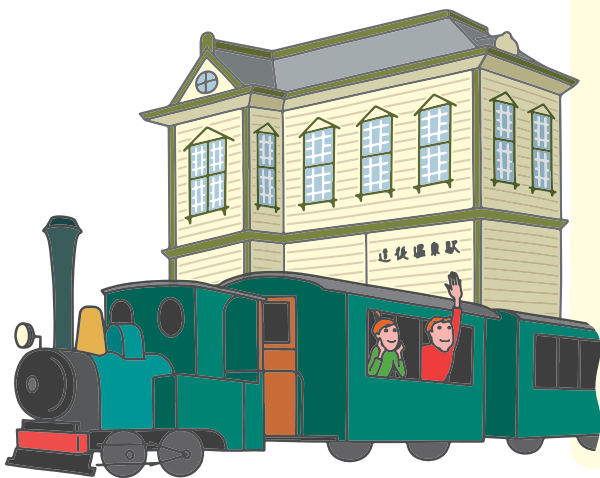
8 Finish your business.



9 On bidet toilets, you can clean your backside by pressing the button marked “大”. After cleaning, press the button marked 3 to stop.



10 Wipe with toilet paper.



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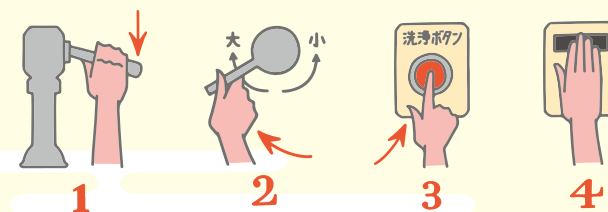
11 Stand up.



12 Please flush the toilet.



13 To flush, 1. Hold the lever down, 2. Turn the lever toward “大”, 3. Press the button, or 4. Wave your hand over the sensor.



14 After finishing, close the toilet lid.

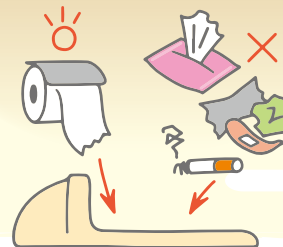
15 Crouch into half-sitting position over the toilet as illustrated.

### Attention

1 Flush the toilet paper into the toilets.

2 Please do not use anything other than the paper provided.

3 Please do not flush garbage into the toilets.



4 Please do not smoke in the restroom.

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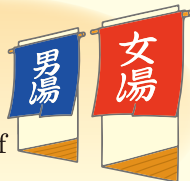


入浴編

## How to use the Japanese bath

**1** Please bring the towels (two towels, large and small) from the room.

**2** The entrance to the bath is separated into male and female entrances. Please use the “Men’s Bath” if you are male and “Women’s Bath” if you are female.

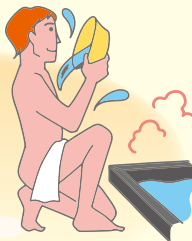


**3** Please undress in the changing room, and put your clothes in the locker or the basket. Please use the lockable box provided for safe keeping of your personal belongings.



**4** Please bring your small towels into the bath.

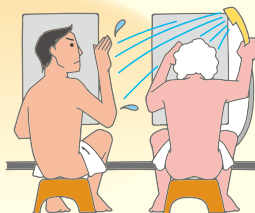
**5** Please pour hot water over your body 2~3 times before entering the bathtub. (In order to clean the body and to warm up the body in hot water)



**6** Remember not to bring anything into the bathtub, not even a towel. Place the towel outside of the bathtub and soak yourself into the hot water. For customers with long hair (from shoulder and below), use hair clips or shower caps to prevent the hair from touching the bathtub the water.



**7** Wash your body or hair outside of the bathtub. Enter the bathtub after rinsing soap off. Take care not to splash water on other bathers.



**8** Before returning to the changing room, wipe the water from your body with the hand towel. Before entering the changing room, ring out your bath towel.



## Attention

**1** Please refrain from bathing after drinking alcohol.

**2** Do not wear a swimming costume.

**3** Please do not bring food or drink into the baths.

**4** Please do not take your towel into the bathtub.

**5** Please do not swim in the bathtub.

# Japanese manners and etiquette

箸の使い方編

## How to use chopsticks

A set of chopsticks are formed by two individual chopstick pieces.



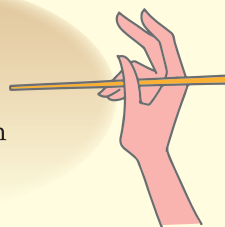
Chopsticks stuck together are called "Wari-bashi"

Wari-bashi can be pulled apart by holding the chopsticks sideways and pulling the individual chopstick vertically.

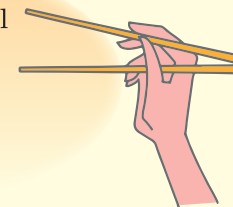


### How to hold chopsticks

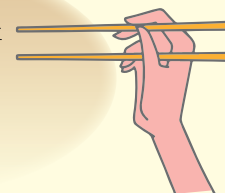
1 Hold an individual chopstick between your thumb and fingers, supporting the end with your ring finger and your pinky finger.



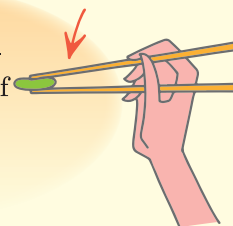
2 Hold the other individual chopstick with your thumb, index finger and middle finger as if it is a pen.



3 Bring the two chopstick tips together and close.

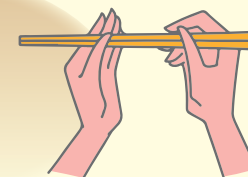


4 Pick up the food by opening and closing the tips of the chopsticks.



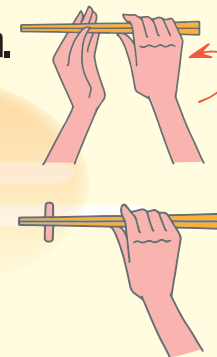
### How to pick up chopsticks

When picking up chopsticks, pick up the center of the chopsticks with your right hand. Support the underside of the chopsticks with your left hand, and position the chopsticks with your right hand.



### How to put chopsticks down.

When putting down chopsticks, align your left hand at the tip of the chopsticks, switch your right hand and position them in the middle of the chopsticks, and place the chopsticks on top of chopsticks holder with your right hand.



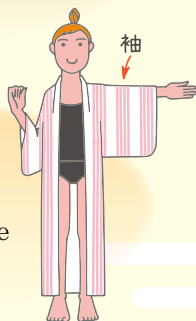
# Japanese manners and etiquette



浴衣の着方編

## How to put on your yukata (light cotton bathrobe)

- 1** Yukata is indoor clothing worn after bathing. However, you can go outside in the hot spring town in your yukata.



- 4** First, put your arms through the sleeves.

- 2** Please choose a yukata according to your height. (Ideal length is where the bottom of the yukata meets the ankles)



- 5** Cross the yukata in front with the right side over the left.



- 7** Women tie the belt in front. Men tie the belt around the back.

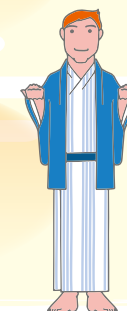
- 3** Wear the yukata over undergarments.



- 6** Wrap the belt around your waist and tie it in front of the body.



- 8** A short coat will be available in cold seasons. Wear the short coat over the yukata.



## Check the following points after changing into yukata (light cotton bathrobe).

- 1** Make sure that the left side of the yukata is on top. (If the right side is on top, it signifies death, in Japan)



- 2** Make sure that the collar is not open wide.



- 3** Make sure that the hem is not open.



# Japanese manners and etiquette

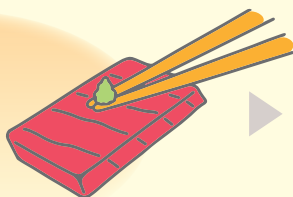


食べ方編

## How to eat sashimi

1 Sashimi is thinly sliced, fresh raw seafood.

2 Take a small amount of wasabi and spread it on the sashimi.



3 Pick sashimi up with chopsticks and dab on a small amount of soy sauce from the small plate.

4 Hold your plate while eating.



## How to eat grilled fish

1 Grilled fish are prepared by flavoring a single fish or sliced fish with salt.

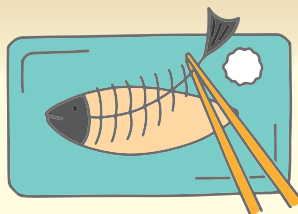
2 Cut off a bite-sized portion.



3 If a grated radish comes with the dish, place a small amount of grated radish on top of the cut off portion of the fish and eat.

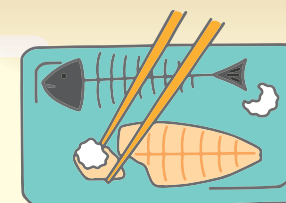
4 Eat starting at the head and move down toward the tail.

5 After eating the top half of the fish, remove the backbone.



6 Place the backbone to the edge of the plate.

7 For the bottom portion, eat from the head to the tail as well.



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食べ方編

## How to eat tempura

**1** Tempura is vegetables or seafood dipped in a batter of wheat flour dissolved in water, and deep-fried.

**2** Tempura will be served with tempura sauce, salt and grated radish.

**3** Eat tempura by dipping in tempura dip or salt.

**4** Put the grated Japanese radish into the tempura sauce. The broth has a nice simple taste and it promotes digestion.



**5** Hold the sauce bowl and eat tempura by dipping it in the sauce.



**6** In addition, tempura can be eaten by dipping it in salt as well.

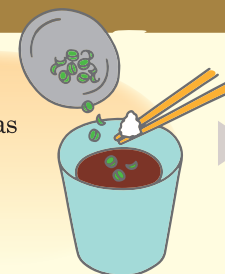
## How to eat zaru-soba and zaru-udon

**1** Udon is a thinly-cut noodle made by kneading wheat and water, while soba is a thinly-cut noodle made by kneading soba powder, wheat and water.

**2** It is a dish prepared by serving the noodles on a small bamboo basket after boiling the noodles and cooling it with water.

**3** It will be served with noodles and soup.

**4** It comes with condiments such as green onions and wasabi which are put into the soup.



**5** Hold the soup bowl and pick a bite-sized portion of noodles.

**6** Dip the noodles into the soup and eat.



**7** If the hot water that was used for boiling the noodles is served, dilute the soup and drink the soup. We drink the hot water that soba is cooked in because nearly half of the nutrients of the buckwheat flour go into this water.

