

# 大家都是都城人

## We're all residents of Miyakonojo

我们提倡多文化共生  
Encouraging Multiculturalism

世界各地，包括都城市，全球化趋势愈演愈烈。现在大家使用的文具、穿的衣服，几乎都是通过世界各国人民的双手制作而成。

都城市也住着许多外国人。这些外国同胞们都拥有各自珍视的“文化”。

“多文化共生”就是像这种国籍和民族等不同的人们，在互相认可对方的文化，建立对等关系的同时，共同的生存下去。

The movement of globalization is becoming more active around the world, including Miyakonojo. Most of the stationary you use and the clothes you are wearing are made by the hands of people in other countries.

In Miyakonojo also, there are many foreign residents. They all value their own respective cultures.

Multiculturalism is this interaction of people with differing nationalities and race living together in an equal relationship and accepting each other's cultural differences.



请理解“差异”！  
Let's understand some of our differences!

《日本人的习惯》和您国家的习惯不一样吗？

《Japanese Customs》

Are they different from the customs of your country?

谢谢  
Thank you

谢谢  
Thank you



多次重复感谢  
Thanks and formalities are repeated again and again.

“我”的指示方法

When making a gesture to indicate "oneself," Japanese people point at their own noses.



不是让你指鼻子的意思哦。  
This doesn't mean they are talking about their noses!

SLURP!  
SLURP!

SLURP!  
SLURP!



吃面或喝汤时要发出声音  
A lot of slurping noises are made when drinking soup or eating noodles.

招手时手掌向下

When beckoning someone closer, the gesture is made with the palm facing down.



不是让你“一边儿去！”的意思  
This doesn't mean they are shooing you away!



吃饭的时候，用手托碗  
Bowls are picked up when eating

即使有差异，也没有什么恶意，请互相认可。

Even though some customs are different, there is no ill intent. Let's mutually accept each other's differences.

有关多文化共生的问题请咨询都城市生活文化国际担当  
For inquiries regarding multiculturalism, please contact:

City of Miyakonojo, Life and Culture Division,  
Internationalization Section

Phone: 0986-23-2295 Fax: 0986-23-3223

Email: intl@city.miyakonojo.miyazaki.jp



A society where I can be myself...

让我们携手创造  
能够实现自我价值的社会



共同存在的第一步  
Taking the first step towards living together

□ 首先从“打招呼”开始。It all starts with greetings!

初次见面打招呼时多少都会胆怯。

向初次见面的人打招呼尤其是日本人在一方面不怎么擅长。大家积极的跟外国人打招呼吧。

Everyone gets nervous when meeting someone for the first time. Japanese, in particular, find it difficult to call out to someone they haven't met yet.

Let's take the initiative and try calling out to each other.

请记住日语的寒暄语。

哦哈哟各杂一吗思（早上好！）

空你七哇（您好！）

空帮哇（晚上好！）

啊里嘎托各杂一吗思（谢谢）

撒哟那啦（再见）

Some basic Japanese greetings

Ohayo gozaimasu – Good morning

Konnichiwa – Hello

Konbanwa – Good evening

Arigato gozaimasu – Thank you

Sayonara – Goodbye

Remember – a smile goes a long way!

微笑哦

□ 请掌握规则。Let's learn the rules!

场所不同，规则也不同，扔垃圾等，需要市民的协助，请大家热心地教外国人如何做。

With a change in location comes a change in rules. Let's learn the basic rules for things that require the cooperation of all in the community, such as garbage disposal. If you don't know what to do, ask your neighbors!

□ 请加入“自治公民馆”。Let's join our local community centers!

加入公民馆后，可以增加与近邻的交流的机会，使居住环境变得更加安全、安心。

By joining a local community center, one can have increased interaction with one's neighbors, and daily living becomes safer and more secure.

□ 请踊跃参加地区和学校的活动。Let's get involved with neighborhood and school activities!

参加地区的活动，介绍出身国的文化来进行交流也许是增进友谊的有效途径。

Getting involved in neighborhood activities and introducing things about your native country and language can be a great opportunity!

面向外国籍市民的多文化共生事业我们正在做以下努力

This is what is being done for residents with foreign citizenship through the multiculturalism project...

◆ 日语支援 ◆ Japanese language support

日语讲座（一年24次） Japanese language classes (24 times a year)

日语练习会（每周星期五） Japanese practice sessions (Every Friday)

◆ 制作生活指南 ◆ Daily Living Guidebook

除市役所的事务之外还登载了都城市生活方面的必要信息。防灾地图、医疗手册等也会同时附上中文或英语翻译。

In addition to procedures performed at city hall, the guidebook provides vital information for living in Miyakonojo.

Things like a Disaster Prevention Map and a Medical Handbook are included in English and Chinese.

◆ 生活商谈 ◆ Daily Living Consultations

日常生活方面的建议

Advice regarding daily life in Miyakonojo

◆ 育儿教育商谈 ◆ Child-rearing Consultations

以育儿教育中心为主，援助正在进行育儿教育的家长们。

Centered on the Child-rearing Support Centers, support is provided for parents raising children.

◆ 提供主页上的信息 ◆ Information on the City's Homepage

都城市的信息用中文、英语翻译后发信

Information from the city is provided in English and Chinese.