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こくごのもり

小学低学年の児童を対象に国語の楽しさを知ってもらおうと、イラストを多用してつくった問題で「毎日小学生新聞」に長期連載。

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「お」か「こ」につながる言葉を下からえらんで書きましょう。
全部書けたら声に出して読みましょう。

指導・元世田谷区立
小学校教諭
高橋 伶子
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「お」か「こ」

答えはP22にあります。

Technical Intern Trainees' Mate

July 2020 Summer Issue

Summertime Precautions

— Be Prepared against Heatstroke and Disasters —

In recent years, summertime in Japan has seen consecutive extremely hot days when the temperature rises to above 35°C, in addition to frequent occurrences of natural disasters caused by typhoons and heavy rain. Thus, we have compiled a list of summertime precautions to heed in Japan. Please refer to them to protect your health and safety.

Heatstroke Heatstroke is a condition that occurs when the body's water and salt balance is disrupted by high temperatures and high humidity. Gain a good understanding of heatstroke to detect any changes to your health, and prevent heatstroke by taking care not only of yourself but also your colleagues around you.

<Symptoms of heatstroke> **If you have heatstroke, you may feel sick or dizzy, your hands and feet may feel numb, you may have a headache, or you may shiver uncontrollably, among other symptoms.** In severe cases, you may not be able to answer simple questions intelligibly or you may even lose consciousness.

<How to prevent heatstroke>

● When going outdoors

☑ **Take a water bottle or a cold drink with you, and take frequent sips to stay hydrated.** It is also important to drink before you feel thirsty and to take in salt after you have sweated a lot.

☑ **Wear a hat or use a parasol to avoid direct exposure to strong sunlight.**

● Regularly

☑ **Use an air conditioner or a fan to stay cool indoors.**

☑ **Make a habit of checking the heatstroke risk level in your environment.**

<If you or a friend has heatstroke>

☑ Move or move your friend into a cool, shady area or an air-conditioned room.


☑ Drink or have your friend drink water and salt.

☑ Loosen your clothes or your friend's clothes to cool the body.

➤ **If your friend cannot drink water on his/her own or is unconscious, immediately call an ambulance (phone 119)!**



Check the "heat stress index," which expresses the level of heatstroke risk!

 <https://www.wbgt.env.go.jp/>
Japan Meteorological Agency, "Heat Illness Prevention Information" site



Flood disaster after typhoons and heavy rain A large number of typhoons approach or make landfall in Japan particularly between July and October and cause landslides and other serious damage. However, the damage can be prevented or mitigated by acquiring weather information for disaster prevention. Therefore, it is important for everyone to understand the dangers of flood disasters and be prepared to protect themselves.

<What to check beforehand>

☑ Habitually check the weather information on TV or the radio.

☑ Check for dangerous locations and evacuation centers using the "hazard map" prepared by your municipality.

☑ Check the route to your nearest evacuation center.

☑ Discuss and decide with your lifestyle advisor and work colleagues how you will contact each other if a disaster occurs.

<When a typhoon is approaching>

☑ If strong winds are blowing, refrain from going outside as much as possible.

☑ A prolonged downpour may cause rivers to flood and landslides to occur.

Be prepared to begin evacuating if and when your municipality issues an order to prepare for evacuation.

☑ Increases in river water levels and high waves make rivers and beaches extremely dangerous. Never go anywhere near them.


➤ **In the event of a typhoon, strong winds and rain may continue even after the typhoon has passed. Remain on guard until alerts and warnings are canceled.**

The government issues weather forecasts and information on floods and landslides.

Check these regularly to protect yourself from summertime disasters.

Disaster information alert app "Safety tips" [available in 11 languages]

You can use this app to check for weather-related alerts, earthquake information, heatstroke information, etc.

 <https://disaportal.gsi.go.jp/>
Ministry of Land, Infrastructure, Transport and Tourism, "Hazard Map Portal Site"



Swimming accidents at the beach Japan is surrounded by the sea. Come summer, beaches open to the public one after the other throughout the country. However, slight carelessness could turn a fun outing at the beach into a major accident, so heed the following precautions to enjoy the beach safely.

☑ Do a warm-up exercise before going into the water.

☑ Places that are dangerous for swimming are called 游泳禁止区域 (no-swimming areas). Do not go near these areas.

☑ Refrain from swimming if you do not feel well or if you have been drinking alcohol.

☑ Do not take any chances by going to the beach in poor weather.

Information about the COVID-19 Pandemic for Technical Intern Trainees

Below are sites that provide information about the COVID-19 pandemic that should be useful to technical intern trainees. They include multilingual materials issued by government agencies and materials written in simple Japanese.

Please note that the information announced in the introduced sites or their URL is subject to change.

🌐 Corona Virus (COVID-19) Spread Prevention (Organization for Technical Intern Training)

Intended for technical intern trainees, this site provides guidelines for preventing COVID-19 infection and the contact number for consultation in the native languages of technical intern trainees.

<https://www.otit.go.jp/notebook/>

🌐 Preparing against the Novel Coronavirus Disease (COVID-19)-What Each One of Us Can Do- (Prime Minister's Office)

This site also provides links to leaflets on the “3Cs” (closed spaces, crowded places and close contact settings), proper handwashing techniques, coughing manners, and other such measures in foreign languages, including English and Chinese.

<https://www.kantei.go.jp/jp/headline/kansensho/coronavirus.html>

🌐 About the Novel Coronavirus (Council of Local Authorities for International Relations)

This site provides information in simple Japanese and in various foreign languages. It also teaches proper handwashing techniques using photos.

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

🌐 A Daily Life Support Portal for Foreign Nationals (Ministry of Justice)

http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html

🌐 The AMDA Medical Information Center

AMDA Medical Information Center is an organization that caters to the medical needs of non-Japanese people by providing guidance on finding medical institutions and interpretation services at medical facilities via telephone. It also serves as a multilingual consultation center regarding COVID-19.

<https://www.amdamedicalcenter.com/>

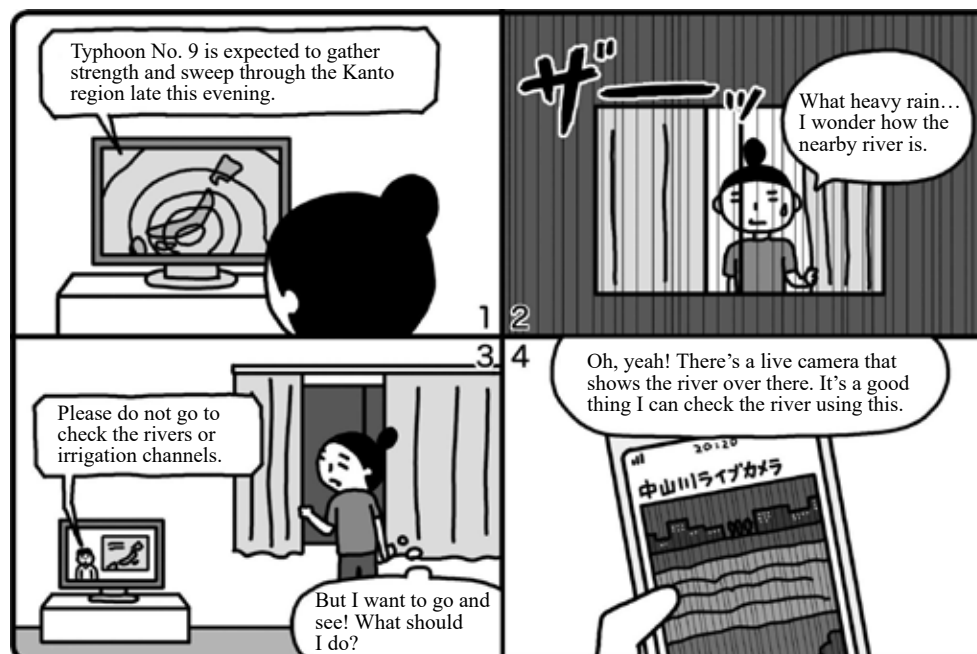
🌐 For Foreigners Working in Companies (Ministry of Health, Labour and Welfare)

This site provides multilingual information for foreign workers employed in companies in Japan, specifically stating that “Even when the novel coronavirus (COVID-19) has caused a decrease in business to the company, companies are not allowed to treat foreign workers less favorably than Japanese workers just because they are foreigners.”

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/koyou_roudou/koyou/jigyounushi/page11_00001.html

Let's Learn about Japanese Feelings through Manga

— Check at home —



Ms. Marui kept watch over the conditions of the river at home.

During a typhoon or heavy rain, it is extremely dangerous to leave the house to check on the situation outside. Make good use of the convenient tools that modern society offers to acquire information without facing the dangers of going outside.

◆ここここたえ



「お」も「ご」も言葉の上につけて、尊敬やていねいの意を表す働きをします。漢字は「お・ご」とも「御」です。「お」は、「おほんおんお」となりました。「源氏物語」は、「いつれの御時にか…」で始まります。「ご」は漢語につきますが、「元氣」に「ご」はつけません。自身でなく相手への心遣いが、やわらかい「お」をつけさせたのでしょう。

Trong tiếng Nhật, khi muốn thể hiện ý kính trọng hoặc lịch sự, người ta thường đặt chữ “お” hoặc chữ “ご” trước từ muốn nói. Trong tiếng Hán, cả từ “お” và “ご” đều được viết là “御”. Chữ “お” vốn là từ “おほん”, biến âm dần thành “おん” rồi thành “お”. Trong tiểu thuyết cổ “Chuyện Genji” được bắt đầu bằng câu “いつれの御時(おほんとき)にか…” (nghĩa là: Bắt đầu từ khi nào…) Từ “ご” thường được dùng với một danh từ chữ Hán, nhưng với từ “元氣” (nghĩa là: mạnh khỏe) thì người ta lại không dùng từ này. Có thể là do muốn thể hiện sự quan tâm tới người đối diện nên người Nhật dùng từ “お” để khi nghe cảm thấy nhẹ nhàng hơn chăng.

「お」和「ご」都是添加在日语词汇的前面，起表示尊敬和礼貌之意的作用。「お・ご」的汉字都是「御」。「お」是从「おほん→おん→お」变化而来的。最早出现在《源氏物语》中的「いつれの御時(おほんとき)にか…」。「ご」一般加在汉语词汇之前，但是「元氣」的前面不能加「ご」。与自身无关，表达对对方的关心时会委婉地加上「お」。

Ang “お” at “ご” din, kapag idinagdag sa umpisa ng salita ay nagpapakita ng respeto at paggalang. Sa kanji, ang “お・ご” ay “御” rin. Ang “お” ay magiging “おほん→おん→お”. Sa Genji monogatari(源氏物語), laging naguumpisa sa “いつれの御時にか…” . Sa kango (漢語), pwedeng lagyan ng “ご” ngunit ang “元氣” ay hindi maaaring lagyan ng “ご”. Inaalala nila ang kaharap na tao kaysa sa sarili, kaya marahil nilagyan nila ng “お” upang maging malambot ang pananalita.

“O” dan “go” ditambahkan pada awal kata-kata untuk menunjukkan rasa hormat dan sopan. Huruf Kanji dari “o” maupun “go” adalah “御”. “O” mengalami perubahan “ohon → on → o”. Dalam Genji Monogatari (Hikayat Genji), kisahnya dimulai dengan “Izure no ohontokinika…” (Dalam suatu masa pemerintahan…). “Go” dipakai dalam kata yang berasal dari bahasa China, tetapi “go” tidak ditambahkan pada “genki” (sehat/bertenaga), melainkan “o” yang bernuansa lembut yang ditambahkan. Mungkin karena memberi perhatian kepada orang lain dan bukan kepada diri sendiri.

ทั้ง “お” และ “ご” ต่างเป็นคำที่ใส่ไว้ข้างหน้าคำอื่นเพื่อแสดงถึงความเคารพและสุภาพอ่อนน้อม “お・ご” ต่างเขียนด้วยตัวอักษรคันจิ “御” โดยคำว่า “お” เป็นการเปลี่ยนแปลงของเสียง “おほん→おん→お” “เรื่องเล่าของเก็นจิ” เริ่มต้นเรื่องด้วยประโยคที่ว่า “いつれの御時にか…(ในรัชสมัยหนึ่ง…)” คำว่า “御時” เป็นการแสดงความเคารพต่อพระจักรพรรดิ “ご” เป็นคำที่มาจากภาษาจีน เราจะไม่เอา “ご” ไปวางไว้หน้าคำว่า “元氣” แม้จะเป็นการแสดงความคำนึงใส่ใจที่มีต่อฝ่ายตรงข้ามก็ตาม การใช้ “お” จะให้ความรู้สึกที่อ่อนโยนกว่า

ทั้ง “お” และ “ご” ត្រូវបានបន្ថែមនៅមុខពាក្យដើម្បីបង្ហាញការគោរព និងសុភាពរាបសារ។ អក្សរកាន់ដើមរបស់ “お” ក៏ដូចជា “ご” គឺ “御” ។ “お” បានក្លាយមកពី “おほん→おん→お” ។ “រឿងនិទានហ្គេនជិ” ចាប់ផ្តើមដោយ “いつれの御時(おほんとき)にか…” ។ នៅក្នុងភាសាចិនគេដាក់ “ご” ក៏ប៉ុន្តែ “ご” មិនត្រូវបានបន្ថែមទៅ “元氣” ទេ។ ដោយសារតែមិនមែនសំដៅចំពោះខ្លួនឯង ប៉ុន្តែគឺជាការគោរពភាគីម្ខាងទៀត បានជាគេបន្ថែមពាក្យ “お” ដើម្បីឲ្យទន់ភ្លន់។

「お」 ရာ «ご» 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100 101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200 201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300 301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400 401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500 501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600 601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700 701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800 801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900 901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000

“お”, “ご” -гийн аль аль нь үгийн эхэнд залгаснаар, тухайн үгийг хүндэтгэлтэй, эелдэг хэллэг болгох үүргийг гүйцэтгэдэг ба ханзаар бичихдээ аль алийг нь “御” гэж бичдэг. “お” нь, “おほん→おん→お” гэж өөрчлөгдөж ирсэн. “源氏物語/Гэнжигийн үлгэр” эхлэхдээ “いつれの御時(おほんとき)にか…” гэж эхэлдэг. “ご” -г Хятад хэлнээс гаралтай үгийн эхэнд залгадаг. Харин “元氣” -д “ご” залгадаггүй. Өөрийнхөө бус нөгөө хүнийхээ сэтгэлийг бодсоноос, зөөлөн сонсогддогээр нь “お” -г хэрэглэдэг болсон байж болох юм.

“お” and “ご” are prefixes that add a feeling of respect or politeness to words. In kanji, both are written as “御.” “お” was originally pronounced “おほん,” which was later simplified to “おん” and eventually “お.” The famous Tale of Genji, or Genji Monogatari, begins with the phrase, “いつれの御時(おほんとき)にか.” “ご” is usually prefixed to words of Chinese origin. However, it is not prefixed to the word “元氣.” The thoughtfulness of putting people before oneself perhaps led to using the softer “お” prefix in this case.

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