

相手が上座に座るのを恐縮する場合は、無理にすすめないこと。

If the guest hesitates to take the innermost seat, do not force her.

あ  
ち  
ら  
へ  
ど  
う  
ぞ



#### 敷居、畳の縁を踏まない

かつては、ふすまの敷居を踏むのは、当主(その家の主人)の頭を踏むのと同じとされていました。畳の縁や座布団も踏まないように。

#### Do Not Step on Doorsills and Tatami Hems.

In the past, it was believed that stepping on doorsills was tantamount to stepping on the head of the family head. Do not step on the hems of tatami mats and zabutons either.

し  
ま  
い  
敷居

へ  
り  
ま  
が  
敷



## ● 客間の席順 Pecking Order of Table Seating

客は案内されてから上座に(右図では、数字が小さいほど上位の席)

Sit in the innermost seat only after you are offered it.  
(The lower numbers indicate more honorable seats.)

**洋室**：相手が来るまで下座に座って待ち、現れたら立ち上がってあいさつし、勧められた席に座る。

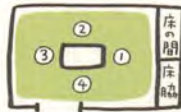
**Western-Style Room** : Take the lowest-rank seat (④) while you wait for the other party to arrive. Stand up and greet him on his arrival. Then take the seat you are offered.

**和室**：あいさつをすませるまでは、座布団をはずして畳の上で正座して待つのが作法。

**Japanese-Style Room** : It is considered good manners to wait for the other party by sitting directly on a tatami mat without using the zabuton. After exchanging greetings, use the zabuton that is offered to you.



洋室 Western-Style Room



和室 Japanese-Style Room

## 訪問とおまねきの心得〈帰るとき〉

Hints on Inviting and Visiting 〈when leaving〉



## お片づけのひと言を

空いたお皿を勝手に片づけたりしないこと。家の人片づけをはじめたら、「なにかお手伝いをするのは、ありませんか?」と聞いて、「手伝って」と言われれば手伝い、「そのままでもいい」と言われればそれに従います。

## Offer to Help with the Dishes

Do not start clearing the table on your own. When the host starts clearing the table, offer to help by saying, "Is there anything I can do?" If the host accepts your offer, help with the cleanup. If she tells you not to bother, do not insist on helping her.

「ごめんなさい。もう帰らなくてはいけないの」と言うより、長居してしまった自分の行為を謝る言い方に。

Say, "I'm really sorry that I stayed too long. I had such a great time that I didn't notice the time!" Avoid saying, "I'm sorry but I have to get going."



訪問を受けた側は、一度は客人を引き止めるのがマナー。ただし、相手を無理に引き止めないこと。また、逆にそろそろ帰ってほしい場合は、時計を見たり、正直に次の予定があることを告げて。

It is considered polite for the host to insist once that a guest stay longer. But do not force the guest to stay. On the other hand, if you want the guest to leave, glance at the clock or tell him honestly that you have other plans.

## 宿泊を無理強いしない

女性はとくに、化粧品や着替えなど、身支度の問題もあるので、急な宿泊は気がひけるものです。

## Do Not Force a Guest to Stay for the Night

Women, especially, tend to feel uncomfortable staying over when they are not prepared.



## 早めのおいとまが丁度いい

あいさつ程度の訪問は、1時間が目安。話の切れ目やお茶を入れ替えてもらったときに、「これをいただいたら失礼します」などと申し出ましょう。あいさつすると同時にイスから立ち上がったたり、座布団から降りるのがポイント。

## Better to Leave Early Than Late

When you visit with the goal of introducing yourself, stay for about an hour. When there is a break in the conversation or when the host refills your cup, say, "After I have this, I'll be going." Afterwards, slowly start getting up or removing yourself from the zabuton.





### スリッパを揃えるのは靴を履いてから

①スリッパを脱いだら先に靴を履き、②スリッパ立てには戻さず、上がり口の隅の方にスリッパを(つま先を室内側に向ける)揃えます。靴ペラを使うときは、右足は右手で、左足は左手に持ち替えるのがスマートな所作。

### Taking Off Slippers When Leaving

①First, take off the slippers and put on your shoes, ②place the slippers neatly together, toes pointing toward the room, instead of placing them back on the slippers rack. When you use a shoehorn, use your right hand for your right foot and left hand for the left.



### お見送りするとき

家人は、訪問と手土産のお礼を述べて、「お気をつけてお帰りください」のひと言を。

お見送りは、玄関の扉までよりもマンションならエレベーターホール、一軒家なら門までのほうが、客人との親密度もアップします。

### Sending Off a Guest

A host should thank her guest again for her visit and gift, and wish her a safe trip back home. When sending off the guest, it is a friendly gesture for the host to escort the guest to the elevator hall in an apartment building, or to the gate of the house, rather than saying good-bye at the entrance.

### お礼状は3日以内に

自宅についたら、無事に帰宅したことを電話で伝え、もてなしのお礼を述べます。あらたまった訪問の場合は、はがきで簡単なお礼状を出します。

### Sending a Thank-You Card

When you arrive home, call the host and tell him you have arrived home safely and thank him for his hospitality. If your visit was rather formal, send him a thank-you card within three days of your visit.

### お別れした後の余韻を大切に

玄関で見送ったあと、客人が去ってすぐにガチャリと鍵を閉めたり、門灯を消すのは印象がよくありません。客側も、出てすぐに大声で話すと、内容に関わらず相手も気になるので注意。

### After Saying Good-Bye

It does not leave a good impression when a host locks the door or turns off the outside lighting soon after a guest leaves. The guest should be aware that their voice can be heard if they start talking loudly after leaving.



## お土産の選び方、渡し方、受け取り方

Bringing a Small Gift

## お土産選びは話のネタにも

「つまらないものですが」と言うより、「おいしいので持ってきました」と言う方が好印象。自分のお気に入りの品や、自分の家の近くにあるおいしい物や、自分が食べておいしかった物を持っていくと、「どこのお店なの?」と会話がつながり、話題の提供にもなります。



## ● 季節感のある手土産

### Seasonal Presents

春

サクランボ餅、道明寺、  
草餅、かしわ餅  
いちごなどの春の  
フルーツ



Spring

Spring desserts like Sakuramochi, Kusamochi and Kashiwamochi. An assortment of spring fruits like strawberries.

Summer

Summer desserts like Anmitsu, Mizuyō kan, Kuzumochi, Warabimochi, fruit jellies, puddings. Summer fruits like cherries and peaches.



あんみつ、水ようかん、  
くす餅、わらび餅、  
フルーツゼリー、プリン  
マクランボ、桃などの  
夏のフルーツ

夏

秋

スイートポテト、  
モンブラン、  
マロングラッセ  
りんご、栗、  
ぶどうなどの  
秋のフルーツ



Autumn

Autumn desserts like sweet potatoes, chestnut cakes, marrons glacés. Autumn fruits like apples, pears and grapes.

Winter

Winter desserts like Taiyaki, Dorayaki, Shiruko and chocolates.



冬

## お土産のポイント

## Hints on Choosing a Small Gift

1. 訪問先の好みを知る。
  2. 訪問先の家族の人数や年齢構成を確認。  
→ お年寄りのいる家にかた焼きせんべいを持っていったり、家族の人数に対して多すぎる(少なすぎる)物を持っていったりするごとのないよう。
  3. 日持ちを考える。  
→ なま物は、「みんなで食べようと思って」と言える間柄にならOK。はじめての訪問では、日持ちする物のほうが無難。
1. Ask the host's likes and dislikes.
  2. Confirm the number of members in the family you will be visiting, as well as their age range. This would prevent you from, say, choosing hard rice crackers for an elderly person or buying too much, or too little, for the family.
  3. Choose something that has good keeping quality. If you are close to the host, you may bring fresh food that you can share with everybody during your visit.



## 渡し方(和室)



### Handing a Gift (In a Japanese-Style Room)

1. Greet first with the present placed on the entrance side.
2. Open the furoshiki wrapping, and take out the present.
3. Fold the furoshiki and place it on the entrance side. Place the present facing you.
4. Turn the present so it faces the host.
5. Lift the present slightly if it's placed on a table, and hand it to her. It is fine to drag the present if it's placed on a tatami mat.

## 渡し方(洋室)



### Handing a Gift (In a Western-Style Room)

Give the present before being seated. Hold the present with one hand and support it with the other.

## 渡し方(紙袋の場合)



### Handing a Gift (In a Paper Bag)

Just like the case of furoshiki, it is considered good manners to take the present out of the paper bag before handing it to the person.

## 受け取り方



### Receiving a Gift

Bow before taking hold of the present. Place the present on the Kamiza (toward the alcove), and say thank you. Take the present to another room and return to the room. A present is not opened in front of the guest unless they are close. Same rules apply in a Western-style room.



## デート時の食事

Going on a Date (dinner)



## デートの前に

服装のミスマッチがあった場合、相手は気にしていなくても、自分の心に「恥をかかされた」との思いが残るかもしれません。デートで食事をする前に、お店のタイプを聞いておきましょう(相手の服装を聞くのも手)。

## Before the Date

It is a good idea to ask your date what type of restaurant you will be going to or what he will be wearing in order to dress appropriately.



デートは共同作業。「盛り上げよう」という気持ちを共有できるかがポイント。相手に「サプライズ」を与えることはばかり考えても、成功するとは限りません。

Dating should be a cooperative activity. It's important to share the feeling that you both want to enjoy the time together. Thinking only about ways to surprise the other person won't necessarily lead to a successful date.



## デートのお礼は最初に

「今日はありがとう」など、お礼の言葉は待ち合わせ場所で、最初に顔を合わせたときに言いたい一言。このデートを楽しみにしていたことを伝える言葉にもなります。

## Say Thank You at the Beginning of the Date

It is polite to express your appreciation by saying, "Thank you so much for inviting me today," when you see each other at the meeting place.