

## Housing and Sanitation

“So fresh and so clean...  
ain't nobody dope as me”

## MOVING OUT

- It is EXTREMELY difficult to move once you are in a place
- Depending on your contract, you may need permission from your C.O. and/or your supervisor before you move. If not, you must give them at least a month of notice before you move out.
- And if you do end up moving, moving costs and any other costs that arise will be your responsibility. Do not expect help from your C.O. as they likely don't want you to move anyway

## MOVING OUT

- Make sure you keep the receipts for gas, electricity and water are kept since they might double bill you when you move
- You will likely need a Japanese co-signor.
- Make sure you move for a good reason as moving will likely strain your relationship with your BOE.

## MAKING YOUR APARTMENT “YOUR HOME”

- It's important when you arrive in Japan to create a living space that's comfortable and relaxing for you
- Here are some places that will help you to create your own little “home away from home”:
  - **Recycle Shops**  
Hard Off, Off House
  - Sekichu Besia
  - Shimamura Joyful Honda
  - 100yen shops Cainz Home  
WORTH THE TRIP
    - IKEA – Chiba and Saitama
    - Loft – Tokyo
    - Jusco – Aeon
    - Tokyu Hands -Tokyo

## IN THE HOME

### ■ Tatami Care

-Every 2-3 months try to take the tatami outside and beat the dust out of them.

-You can also purchase tatami cleaner at places like Cainz Home and some super markets

### ■ Futon Care

-Air out/ beat your futon every couple of months.

### ■ Cleaning

- Drains
- Air conditioning unit
  - Clean the filters every 2-3 months for it to run effectively

## GUNMA IN THE SUMMER

### ■ A Summertime Equation :

- Heat + Humidity = Mold, Mildew and some funky smells...
- Prevention- *dorai petto* or *shiki tori*
  - Anything that will soak up that moisture
- Course of Action- *kabi kira* (カリーキパー)
- Keep your house well-ventilated
- If you get mould, clean it up with bleach.

## WINTER IN GUNMA

Welcome to Gunma! Strong winds and cold apartments

- With thinly insulated walls, your house can get very, very chilly. Here are some ways of staying warm when it's cold outside
  - Kerosene heater, electric heater, air con unit, *kotatsu*, electric carpet, electric blanket, heated toilet seat
  - Taping the inside of you windows with plastic
  - Stopping any drafts that are coming in through any openings
  - Remember that continuous A/C use is expensive.
  - Don't sleep under a *kotatsu* and keep your places ventilated if you have a kerosene heater.
- It can also get very dry in the winter, consider using a humidifier to add some moisture to the air

The End

■ Thanks for  
Listening