

**JUNE 2026**

**HELLO  
SUMMER**

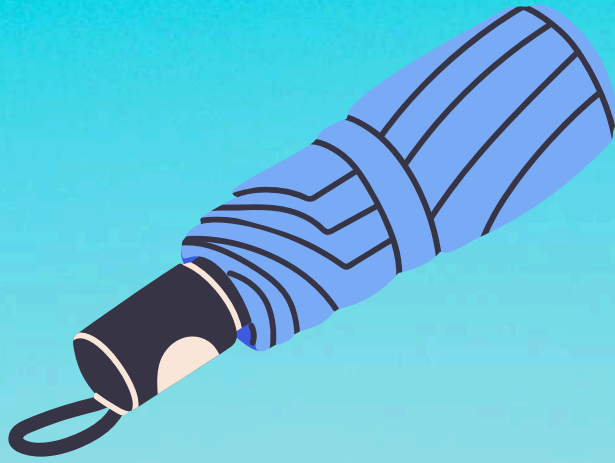


**SEIRAN ENGLISH JOURNAL**



I really don't like summer. It's too hot and humid. Every year is hotter due to climate change. To me, summer is something I have to endure.

In this issue, I wanted to give you some tips for getting through summer.

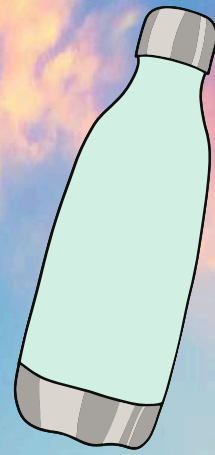


Carry a light,  
foldable UV  
umbrella.



Always have salt tablets with you. Use  
them after exercise when you feel tired.

**Carry a  
reusable water  
bottle with you  
at all times.**



**Carry as little as  
possible. Keep  
items in your school  
locker, don't carry  
them home with  
you every day.**



**Stay inside  
buildings with  
aircon on  
particularly hot  
days. Shopping  
malls like Aeon Ota  
are good places.**





**Drink a lot of water  
when you first wake  
up in the morning.  
You sweat a lot  
when you sleep.**



**The hottest part of  
the day is between  
lunchtime and  
4:00pm. I avoid  
outdoor activities at  
this time.**



If you can, wear clothes made from breathable, natural fabrics. Linen is best, followed by cotton or bamboo. Avoid fabric made from plastic like polyester, acrylics, or PVC.



Wear loose, light clothes. Clothes that are white will be less hot than dark colors.



Breathable (形容): 通気性のある Fabric (名): 織物  
Linen (名): 麻 Bamboo (名): 竹 Loose (形容): ゆるい



**Beaches are great places to enjoy summer. Swimming is a nice way to cool down. Just be careful to drink lots of water - you still sweat even in water!**



# Places to Cool Off

 Ashikaga Watarase Water Park 

 Mizutopia Fujioka Water Park 

 Lake Shima 

 Lake Haruna 

 Yubiso River (Minakami) 

 Kanna River 

 Arakawa River 

 Be very careful when swimming in rivers  
- swim only in safe areas with other people.

It's no secret that I love Minakami. In summer, Minakami is cooler than other parts of Gunma, especially at night. The river there is always cold too, so it's refreshing to swim in.



Refreshing (形容): 爽やかな

# Heat Stress



## Warning Signs



### 熱中症の警告サイン



Heavy sweating 大量の発汗

Strong thirst 強い喉の渴き

Dizziness めまい

Fatigue 倦怠感

Muscle pain and cramps 筋肉痛とけいれん

High body temperature 体温が高い

Pale, sticky skin 青白く、べたつく肌

Headache 頭痛

Feeling sick, vomiting 気分が悪い、嘔吐する

Fast heart rate 心拍数が速い

Confusion 混乱

In serious cases, the person will pass out, or even have a seizure. If this happens, get them to a cool place, and apply cold towels, ice packs, etc.

重症の場合、意識を失ったり、発作を起こしたりすることがあります。そのような場合は、涼しい場所へ移動させ、冷たいタオルや氷嚢などを当ててください。

Call emergency services (#119).

緊急通報サービス（119番）に電話してください。



**Have a  
happy and  
safe summer!**