

Living in Japan Guide

Living in Japan Guide

Seasons Guide

Understanding Japan's Four Beautiful Seasons and Weather

Prepared by JP Supports

Welcome

Japan is a country that experiences four distinct seasons, each offering unique weather, beautiful scenery, cultural festivals, and seasonal activities. Whether you're visiting for a few months or planning to live in Japan long-term, understanding the seasons will help you prepare for daily life, choose appropriate clothing, and enjoy everything the country has to offer.

From the famous cherry blossoms of spring to colorful autumn leaves and snowy winter landscapes, each season brings different experiences and responsibilities. Weather conditions can vary greatly depending on the region, so being prepared is essential.

This guide introduces Japan's four seasons, weather conditions, clothing recommendations, seasonal events, natural disasters, and practical tips for staying safe and comfortable throughout the year.

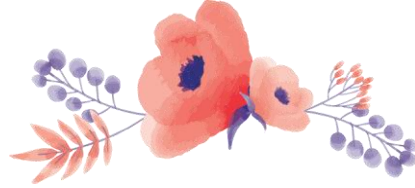
Understanding Japan's Climate

Japan stretches over 3,000 kilometers from north to south, meaning the climate varies significantly across the country.

For example:

- **Hokkaido** experiences long, snowy winters and cool summers.





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- **Tokyo** has hot, humid summers and mild winters.
- **Okinawa** enjoys a subtropical climate with warm temperatures throughout the year.

No matter where you live, understanding seasonal changes will help you adapt more easily.

Spring (March – May)

Spring is one of the most beautiful and popular seasons in Japan.

Temperatures become warmer after winter, making it comfortable for outdoor activities.

Average temperatures range between **10°C and 20°C**, depending on the region.

Highlights of Spring

Spring is famous for:

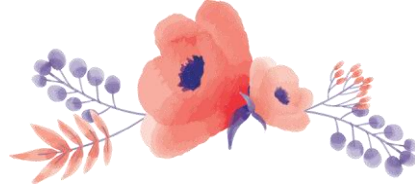
- Cherry blossom (Sakura) season
- Plum blossoms
- School entrance ceremonies
- Graduation ceremonies
- Outdoor festivals
- Hanami (flower viewing picnics)

Millions of people gather in parks to admire the blooming cherry blossoms.

Popular cherry blossom destinations include:

- Ueno Park (Tokyo)
- Maruyama Park (Kyoto)
- Osaka Castle Park
- Hirosaki Castle (Aomori)





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What to Wear

Recommended clothing includes:

- Light jackets
- Sweaters
- Comfortable shoes
- Light scarves for cooler mornings

Spring weather can change quickly, so carrying a small umbrella is also recommended.

Summer (June – August)

Summer in Japan is hot, humid, and full of exciting festivals.

The season usually begins with the **Rainy Season (Tsuyu)**, which lasts from June to mid-July in most regions.

Average temperatures range between **25°C and 35°C**.

Humidity can make the weather feel even hotter.

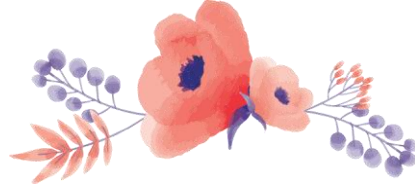
Summer Highlights

Summer offers:

- Fireworks festivals (Hanabi)
- Traditional festivals (Matsuri)
- Beach vacations
- Mountain hiking
- Outdoor concerts
- Bon Odori dance festivals

Many cities organize spectacular fireworks displays attended by thousands of people.





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Staying Safe During Summer

To avoid heat-related illnesses:

- Drink plenty of water.
- Wear lightweight clothing.
- Use sunscreen.
- Wear hats or umbrellas for shade.
- Stay indoors during extreme heat.
- Use air conditioning when necessary.

Heatstroke can occur quickly during Japanese summers, so take weather warnings seriously.

Autumn (September – November)

Autumn is considered one of the most comfortable seasons in Japan.

Temperatures become cooler, humidity decreases, and colorful autumn leaves transform parks and mountains into breathtaking landscapes.

Average temperatures range between **10°C and 25°C**.

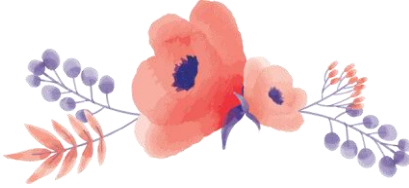
Autumn Highlights

Autumn is famous for:

- Red maple leaves
- Ginkgo tree festivals
- Harvest festivals
- Hiking
- Outdoor photography
- Cultural events

Many people travel throughout Japan to enjoy the spectacular autumn scenery.





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Popular destinations include:

- Kyoto
- Nikko
- Hakone
- Nara
- Mount Takao

What to Wear

Recommended clothing:

- Light sweaters
- Jackets
- Comfortable walking shoes
- Long trousers

Layering clothing is ideal because mornings and evenings become cooler.

Winter (December – February)

Winter brings cold temperatures and snowfall to many parts of Japan.

Northern regions such as Hokkaido experience heavy snow, while southern areas remain relatively mild.

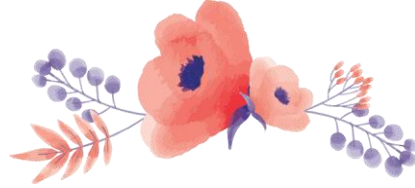
Average temperatures range from **-10°C to 10°C**, depending on location.

Winter Highlights

Popular winter activities include:

- Skiing
- Snowboarding
- Hot springs (Onsen)
- Snow festivals





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- Illuminations
- New Year celebrations

The **Sapporo Snow Festival** is one of Japan's most famous winter events.

What to Wear

Essential winter clothing includes:

- Heavy coat
- Gloves
- Scarf
- Warm socks
- Winter boots
- Thermal clothing

If you live in snowy regions, waterproof footwear is highly recommended.

Rainy Season (Tsuyu)

The rainy season generally occurs between **June and July**.

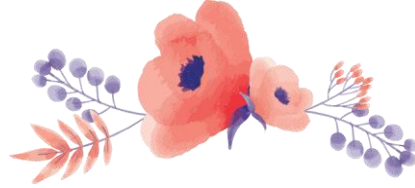
During this time:

- Frequent rainfall is expected.
- Humidity increases significantly.
- Laundry may take longer to dry.
- Roads may become slippery.

Helpful items include:

- Umbrella
- Waterproof shoes
- Raincoat
- Quick-drying clothing





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Many convenience stores sell affordable umbrellas if needed.

Typhoon Season

Typhoon season usually occurs between **August and October**.

Typhoons can bring:

- Strong winds
- Heavy rainfall
- Flooding
- Transportation delays

When a typhoon approaches:

- Monitor weather updates.
- Stay indoors if advised.
- Charge your mobile devices.
- Prepare emergency supplies.
- Follow instructions from local authorities.

Never ignore evacuation warnings.

Earthquakes and Natural Disasters

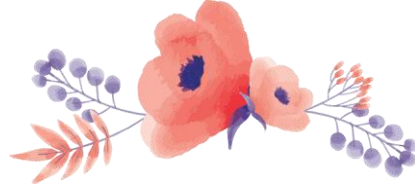
Japan is located in an active seismic region and experiences earthquakes throughout the year.

Most earthquakes are small, but it is important to know what to do.

If an earthquake occurs:

- Stay calm.
 - Protect your head.
 - Move away from windows.
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- Do not use elevators.
- Follow evacuation instructions if necessary.

Every household should prepare an emergency kit containing:

- Drinking water
- Non-perishable food
- Flashlight
- Batteries
- First aid supplies
- Mobile phone charger
- Copies of important documents

Preparation helps ensure your safety during emergencies.

Seasonal Festivals

Japan celebrates many traditional festivals throughout the year.

Examples include:

Spring

- Cherry Blossom Festivals
- Children's Day

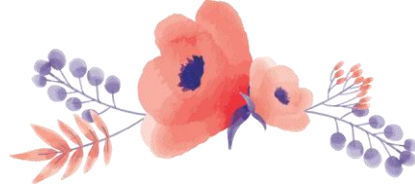
Summer

- Gion Matsuri
- Tanabata Festival
- Fireworks Festivals

Autumn

- Harvest Festivals
- Moon Viewing Festivals





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Winter

- New Year's Celebrations
- Sapporo Snow Festival
- Winter Illuminations

Participating in local festivals is a wonderful way to experience Japanese culture and meet new people.

Seasonal Health Tips

Changing seasons can affect your health.

Remember to:

- Stay hydrated during summer.
- Dress warmly during winter.
- Wear masks if you have seasonal allergies.
- Get enough sleep.
- Maintain a balanced diet.
- Keep emergency medications available if required.

Japan also experiences seasonal pollen, especially during spring, so allergy sufferers should take appropriate precautions.

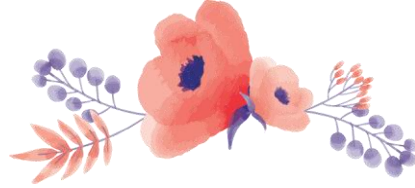
Need Help Preparing for Life in Japan?

Understanding Japan's climate and seasonal changes is an important part of preparing for your move. If you are planning to relocate from **Sri Lanka**, **JP Supports** proudly works with our trusted Sri Lankan consultation partner:

Moshi Moshi Nippon

Website: <https://moshimoshinippon.com/>





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Their experienced team can assist you with:

- Student Visa Consultation
- Work Visa Consultation
- Japan Travel Preparation
- Pre-Departure Guidance
- Living in Japan Advice
- Cultural Orientation
- Document Preparation Support
- General Information for Students and Workers

Whether you are moving to Japan for education, employment, or a long-term career, professional guidance can help you prepare with confidence.

Please note: Weather conditions, seasonal events, and natural disasters vary by region and year. Consultation services provide general relocation guidance but cannot predict weather or emergency situations.

For more information or to schedule a consultation, visit:

 <https://moshimoshinippon.com/>

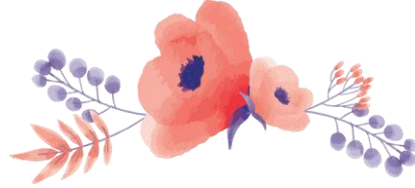
About JP Supports

JP Supports is dedicated to helping international students, professionals, and newcomers build successful lives in Japan. Through practical guides, reliable resources, and trusted partnerships, we aim to make your relocation experience smooth, informed, and enjoyable.

Conclusion

Japan's four seasons are one of the country's greatest attractions, offering breathtaking scenery, cultural traditions, and unforgettable experiences throughout the year. By understanding seasonal weather,





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dressing appropriately, preparing for natural disasters, and participating in local festivals, you'll enjoy a richer and safer life in Japan.

Every season brings something special—from the beauty of spring blossoms to the excitement of summer festivals, the colors of autumn, and the magic of snowy winters. We hope this guide helps you embrace every season with confidence as you begin your new journey in Japan.

Welcome to Japan, and enjoy every season of your adventure! JP 🌸 🍁 ❄️ 😊

