



2 Rules/behavior for daily life/Customs

2-7 Lifestyle habits: Indoors

(1) Taking off your shoes at the entrance hall

In most homes in Japan, people take off their shoes at the entrance hall when entering home. Some people use slippers or indoor shoes at home except on tatami mats. In a building used by many people such as schools and hospitals, they may keep their shoes on, or else change to slippers provided.

(2) Futon and tatami mats

Futon (Japanese-style bedding) are usually laid out directly over the *tatami* mats, and are folded during the daytime to be kept inside a closet. Like bed linens, *futon* absorb sweat from the body, so it is advisable to hang them outside to dry on sunny days.

Bedding basically consists of a mattress-like *futon* called *shiki-futon*, a comforter-like futon called *kake-buton* and a pillow. Some people use a hard mattress under *shiki-futon*.

To keep *tatami* mats clean, it is best to use vacuum cleaners and brooms regularly, and occasionally wipe them with dampened (well wrung out) cloth.

2-8 Town associations/neighborhood associations

Most places in Japan have community associations called *chonai-kai* (town association) or *jichi-kai* (neighborhood association). For details, please refer to "[M Housing/Moving, 1-1 Japanese Housing, \(6\) Town and Neighborhood Associations.](#)"