



Greetings in Winter Season ~knowing the person~

Student Healthcare Center, Counseling Team

In wintertime, what do you say as greetings?

In Japan, we say Merry Christmas and Happy New Year.

Greeting itself is as simple as it is. Greetings for the first met was a simple “Hi” or a “Hello” and it was easy during my graduate days in USA. “Hi Peter” was accepted in the graduates. Though when I was in elementary school in UK, I had to say “Good morning Mrs. Green” or any other.

In my first winter abroad, as a graduate student, I remember encountering “winter time greetings” which made me hesitate and wonder. Greeting itself is as simple as it is. Though I wonder whether to say “Merry Christmas” or to say “Happy Hanukkah”, or would be better to go with “Happy Holidays”. “What is the correct phrase to say, what should I say”.

That was the time to consider where I knew the person well or not. It would be easy if I knew the person well enough, and it would be OK to say

“Merry Christmas” or “Happy Hanukkah” as people celebrated differently.

We sometimes have to know their cultural backgrounds and their own way of interaction.

Another thing is that you won't know until you see the person under a face mask, guessing is not easy. My School was in an area where it was very cold, and three-hole knit was worn to protect your face. I once saw a person take off the face mask in the warm room, then a cute girl appeared under the face mask, and I was very surprised. You wouldn't know until you see and know.

Living in a different country would make us struggle and bring up stress, emotions, and feelings. If you have any issues or difficulties coming up, please stop by the Student Healthcare Center or visit the website to make an appointment. We'll try to find a way for you to feel easier!

Happy Holidays for all of you!

December 12, 2025

For more information about the Student Healthcare Center, please visit the website below.
<https://www.titech.ac.jp/english/student-support/students/counseling/counseling>

References

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<https://wtcs.pressbooks.pub/communications/chapter/chapter-8-cultural-communication/>
Reality Pathing website “How Do Cultural Differences Influence Greeting Styles?”
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