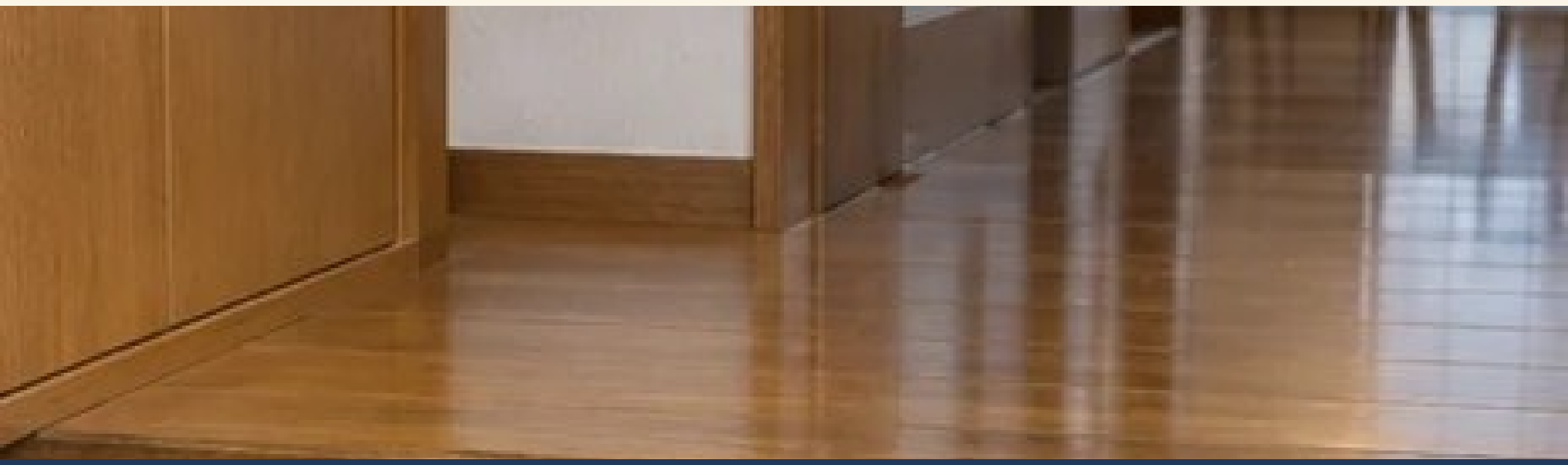
When Should You Take Off Your Shoes in Japan?

在日本進門，哪些地方要先脫鞋？

Find the threshold

先找室內外的界線



Illustrative scene · 情境示意

Genkan

玄關

In a Japanese home, outdoor shoes usually come off in the entrance area, before you step onto the raised indoor floor.

日本住家通常在玄關脫鞋，再踏上墊高的室內地板。

Look down

看地面

A change from tile to wood can mark the boundary. A shoe rack, rows of shoes or slippers add clues.

地磚接木地板處可能是界線，再找鞋架、成排的鞋或室內拖鞋。

Pause

等主人示意

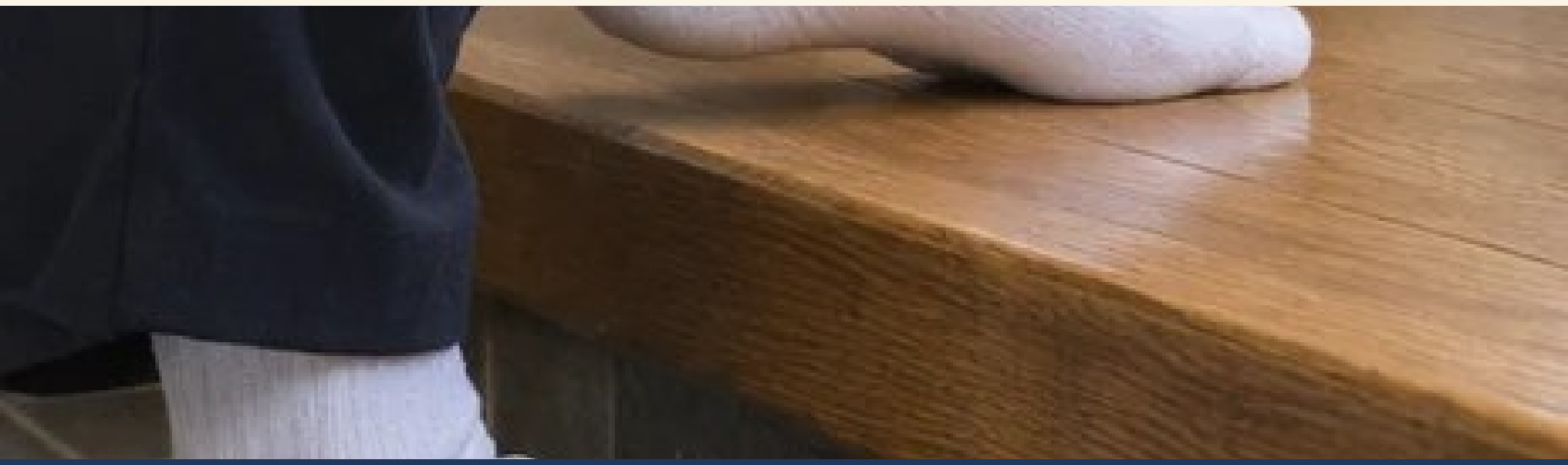
When the entrance is level or several doors share a lobby, pause with your shoes on and ask where to change.

入口無高低差，或大廳通往多個空間時，穿著鞋先問在哪裡換。

[1] [2]

Cross in one movement

換鞋時腳要踩在哪裡



Illustrative scene · 情境示意

Outside

室外側

Keep your outdoor shoes on the lower or designated side. Loosen fastenings before you move your foot across the threshold.

室外鞋留在低處或指定區，先鬆開鞋帶，再把腳移過界線。

Inside

室內側

Place each socked foot directly on the clean side as it leaves the shoe. Use a seat or support if needed.

腳離開鞋子後直接踩室內側。需要坐著換鞋時，請主人指引。

Make room

鞋子靠邊

Place your shoes together where your host indicates. Leaving the middle of the entrance clear gives the next visitor room to change.

依指示將鞋並排放好，玄關中間留給下一位換鞋。

[1] [2]

Three floor surfaces

不同地面穿什麼



Illustrative scene · 情境示意

Hallway

室內走廊

When slippers are offered, use them on the indoor floors indicated by your host. A household may also welcome guests in socks.

主人備有拖鞋時依指示穿著，有些住家直接穿襪子即可。

Tatami

榻榻米

At the woven edge of a tatami room, slip out of indoor slippers. Leave them on the adjoining hard floor.

看到草蓆編織的榻榻米，先把室內拖鞋留在門外硬地板上。

Restroom

洗手間

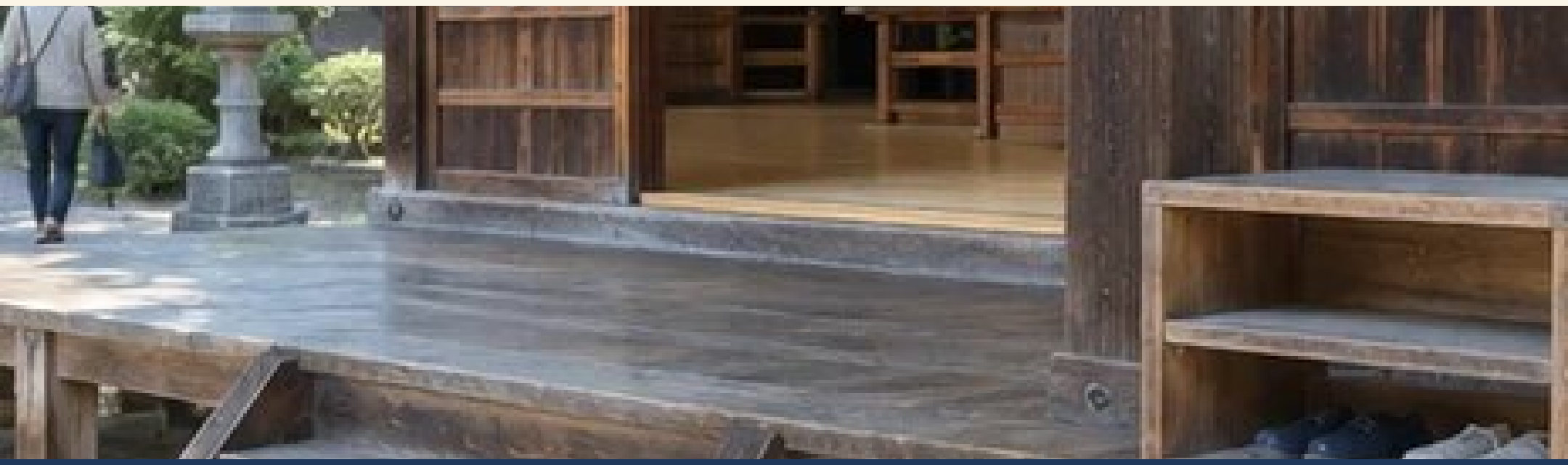
If dedicated toilet slippers are set out, change into them at the doorway and change back before returning to the corridor.

如果洗手間另備專用拖鞋，進門換上，出來時記得換回原本的拖鞋。

[1] [2]

Away from home

餐廳、旅館和參觀場所



Illustrative scene · 情境示意

Dining
用餐

A restaurant may keep shoes on in the entrance yet require removal at a raised tatami dining area. Check where your table is.

餐廳入口可能可穿鞋，到架高的榻榻米座位才脫鞋，先看自己的座位在哪。

Inns
日式旅館

At check-in, ask whether shoes stay at reception or come off at your room. Note where the staff put your pair.

辦理入住時先問在櫃檯或客房門口脫鞋，留意工作人員將鞋放在哪。

Temple halls
寺院殿堂

A temple courtyard and its wooden hall can have different rules. Look for racks, carry bags or staff at the hall entrance.

寺院庭院和殿堂可能規定不同，入殿前找鞋架、提鞋袋或工作人員。

[1] [2]

Follow the floor

地面判讀練習

Entry tile

玄關地磚：室外鞋

Imagine arriving in wet sneakers. Keep both soles on the entrance tile while you check where the clean indoor floor begins.

想像你穿著濕球鞋到訪，鞋底先留在入口地磚上，找出室內地板從哪裡開始。

Indoor wood

室內木地板：依主人指示

You are in hallway slippers and see woven mats beyond a sliding door. Step out of the slippers before crossing onto the mats.

你穿著走廊拖鞋，拉門後是榻榻米，就在木地板上脫下拖鞋。

Tatami

榻榻米：先脫拖鞋

When you return to the entrance, bring each indoor foot directly into its outdoor shoe and keep the passage open.

回到玄關，一腳一腳從室內側直接穿進自己的鞋，把通道留出來。

Three phrases at the door

玄關用得到的三句話

Where?

靴はどこで脱ぎますか？

Kutsu wa doko de nugimasu ka? means “Where should I take off my shoes?” Point to the threshold if needed.

「靴はどこで脱ぎますか？」是「請問在哪裡脫鞋？」也可指向地面確認。

Slippers?

スリッパを履きますか？

Surippa o hakimasu ka? means “Should I wear slippers?” Ask before stepping onto an unfamiliar floor with the pair you were offered.

「スリッパを履きますか？」是「要穿拖鞋嗎？」進入不同地面前可先問。

May I sit?

座ってもいいですか？

Suwatte mo ii desu ka? means “May I sit down?” Ask staff for a stable place to change if you need one.

「座ってもいいですか？」是「可以坐下嗎？」需要時請對方指引穩固的座位。

[1] [2]

At the tatami threshold

走到榻榻米入口時

Read the entrance

先看入口提示

Check the sign or wait for staff before stepping onto a raised floor. Some temple halls that visitors enter require shoes to come off.

跨上高起的地板前先看標示或等店員指引，有些能進入的寺院殿堂會要求脫鞋。

Carry clean socks

準備乾淨襪子

Kyoto’s visitor guidance recommends socks when removing shoes at temple visits. Keep a clean pair in your day bag in sandal weather.

京都旅遊指引建議進寺院脫鞋時穿襪。穿涼鞋旅遊可隨身備一雙乾淨襪子。

Use the designated spot

按現場放鞋指引

Follow the rack, shoe bag or staff instructions at that building. Check separately whether slippers are allowed on tatami.

用現場指定的鞋架、鞋袋或依工作人員指引。榻榻米能不能穿拖鞋，要另外看標示。

[3]

REFERENCES

Sources & links

資料來源與原文連結

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點選條目可開啟原文。版本日期為 2026 年 11 月 24 日。

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Illustrative scene · 情境示意

Diagrams redrawn for this edition. Scene images are illustrative.
圖解依資料重新編排。內頁影像用於說明情境。