NanoJapan
International Research Experience for Undergraduates

2015

NanoJapan: International Research Experience for Undergraduates (NSF-PIRE)








RICE


THE
UNIVERSITY
of TULSA


Partnerships for International Research and Education
NSF
TERANANO
PIRE

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4 / Program Overview

This National Science Foundation Partnerships in International Research and Education (NSF-PIRE) grant supports the expansion of a unique interdisciplinary U.S. - Japan research and educational partnership focused on terahertz (THz) dynamics in nanostructures (OISE #0968405).

As the fields of science and engineering become increasing international there is a pressing need for the development of research and education programs to produce globally aware scientists and engineers. The strong educational portfolio of this project focuses on cultivating interest in nanotechnology among young U.S. undergraduate students, especially those from underrepresented groups, and encouraging such students to pursue graduate study and academic research in the physical sciences. The NanoJapan Program is the lead educational initiative of this center. Recognized as a model for international education programs for science and engineering students by the 2008 Institute of International Education's Andrew Heiskell Award and in 2012 by the National Academy of Engineering (NAE) as an effective model of infusing real world experience into engineering education, the NanoJapan Program provides students with structured research opportunities in Japanese university laboratories. The NanoJapan Program includes:

- Pre-Departure Orientation at Rice University
- Three-Week Language & Culture Orientation in Tokyo
- Eight-Week Research Internship in a Japanese Nanotechnology Laboratory
- Three-Day Mid-Program Meeting at the Okinawa Institute of Science & Technology
- Re-Entry Program at Rice University
- Research Project Poster Presentation at the Rice Quantum Institute's Summer Research Colloquium

The goals of the NanoJapan Program are to:

- Cultivate an interest in nanotechnology as a field of study among college students;
- Provide students with hands-on experience with THz-related research in the field of nanotechnology;
- Nurture the next generation of graduate students in nanotechnology;
- Add to the skill set of active nanoscience researchers;
- Create students who are internationally savvy and have a specific interest in and knowledge of Japan;
- Enable students to collaborate in an international research effort;
- Educate students in culture, language, and technology, in order that they may be more effective when addressing global scientific problems.

BE ON TIME!

While you are in Japan, you must be punctual for all program events and meetings designated by your research host. For example, a lecture to be held at 2:00 will begin exactly at 2:00. If you don't arrive until 2:00, you will be considered late and will disrupt the meeting already in progress. Always arrive 5 minutes early to be considered on-time in Japan!







Junichiro Kono, Professor, Rice University
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TeraNano PIRE Principal Investigator
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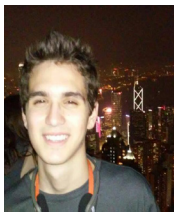
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JP Cell Phone: [redacted]

Japan Pay-Per-Use Rates:

National Calling and Texting Rates within Japan*:

- Incoming calls and texts: Free while in Japan (from anywhere, including the USA)
- Text message to all Japan mobile phones (including PicCell): ¥4.20/msg
- Direct Calls to Japan numbers (including PicCell phones): ¥63.00/min
- Value Calls to Japan numbers using 0063 prefix (including Piccell phones) ¥41.00/min
- Calls to Voicemail ¥63.00/min
- Incoming calls to your US Virtual Number while in Japan: $0.49c/min

International Rates - to the USA from Japan*:

- Calls to the USA from Japan: ¥63.00/min
- International outgoing text message: ¥30.00/msg

- Rates only apply within Japan. Usage outside of Japan is subject to Roaming Rates.
- Optional insurance for lost/stolen/broken phones and sim cards: $0.16 cents per day (less than $5/month). Replacement fees with insurance: $70. Replacement fees without insurance: $190.00

Voicemail Instructions:
A text message will be sent when you have new voice messages. Checking your voice mail:
- Dial 1416 - Or hold the 1 key until voice message playback begins.
To change your voicemail to English:
- Dial 1417 and complete the following steps.
- When you hear the announcement, Press 5.
- Press #, after this your voice mail will be in English. If the voice was set to English, then it will be changed to Japanese.

CUSTOMER SERVICE:
Call us toll-free in the US: 1-877-235-5742
Call PicCell while in Japan: (+81) 345-790-242
Or send email to: info@piccellwireless.com

BILLING
Billing occurs monthly for the previous calendar month's usage. A billing notice is emailed to you and you can log into your MY PICCELL account to view your itemized usage. Our automatic bill pay service draws funds from the credit card provided within 48 hours.

LOST/STOLEN
If your phone and/or SIM card is lost or stolen please report the loss immediately in order to block further outgoing calls, as you are responsible for all phone use until a report is properly made. A lost/stolen report can be made through your online "My PicCell" account or by calling our customer care center. Sending an email or leaving a voice message will **not** block your phone.

ROAMING
When you make and receive calls outside of Japan, you will pay roaming rates, which are much higher than your local rates for both incoming and outgoing calls. To avoid high roaming costs, we recommend that you use your phone only in emergencies or send text messages.

DATA & INTERNET
GPRS and WAP are wireless internet connections via cell phone. GPRS traffic is charged per kilobyte or megabyte of data transferred. We do not recommend using our SIM card or phone for an internet connection without an active data plan subscription with PicCell to avoid high data charges.



CALLING FROM THE U.S. TO YOUR JAPANESE CELL PHONE
The caller will need to dial 011 followed by the Japanese Country Code (81) and then your phone number. They should drop the 0.
Example: If your parents wanted to call Packard-sensei's Japanese cell phone they would dial 011 81 90-7699-0699.



CALLING FROM YOUR JAPANESE CELL PHONE TO THE U.S.
When placing an international call using your Japanese cell phone dial the international code for the U.S. (0101) then the area code followed by the number.
Example: To call the NanoJapan program phone in the U.S. from your Japanese mobile you would dial 010-1 (832) 420-2751.



CALLING A JAPANESE CELL PHONE NUMBER IN JAPAN
Remember to add the 0 at the front of the phone number when calling a cell phone in Japan. For example, to call Packard-sensei from your JP Cell dial 090-7699-0699.



EMERGENCY NUMBERS IN JAPAN
911 DOES NOT WORK IN JAPAN! PROGRAM IN THE JAPANESE ER NUMBERS NOW!

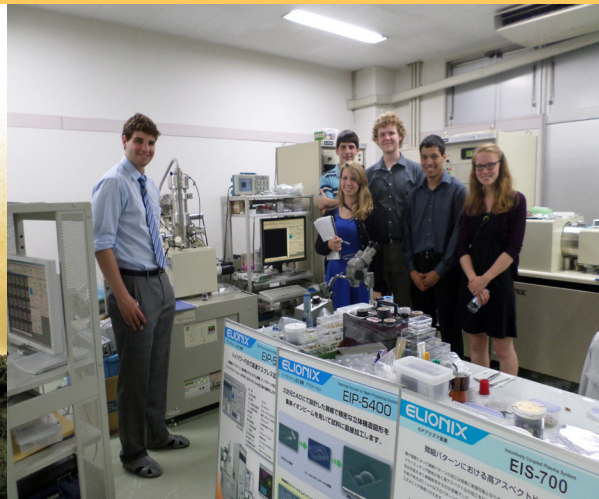
POLICE - 110 (JAPANESE ONLY) AMBULANCE/FIRE - 119
TOKYO ENGLISH SPEAKING POLICE HOTLINE: 03-3501-0110
TOKYO ENGLISH LIFE LINE FOR NON-EMERGENCIES: 03-3968-4099
JAPAN HELPLINE (24-HOUR/NATIONWIDE) - 0570-000-911
EMERGENCY MEDICAL INTERPRETATION - 03-5285-8185
U.S. EMBASSY IN TOKYO: 03-3224-5000 (INCLUDES SENDAI & CHIBA)
U.S. CONSULATE IN OSAKA: 06-6315-5900
U.S. CONSULATE IN SAPPORO: 011-641-1115
U.S. CONSULATE IN NAHA, OKINAWA: 098-876-4211

NanoJapan 2015 Schedule

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12 / Arrival in Houston

Wednesday, May 13, 2015 - Early Arrivals

- Arthur Win arriving into HOU at 9:45 AM on Branson Air #1405 (Hotel???)
- Katherine Kolar arriving into IAH at 1:55 PM and staying at Residence Inn (Pay individually for this night)
- Alena Klindziuk arriving into IAH at 7:40 PM on Frontier #251 and staying at hotel near the airport

Thursday, May 14, 2015 - Arrival in Houston

Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)
• Steven Ceron at 7:55 AM on United #1287X • Aaron Long at 9:20 AM on US Air #2061 • Jacqueline Baidoo at 10:42 AM on United #1457K • Dylan Renaud at 7:10 PM on Frontier #F9 251	• Anish Bhattacharya at 9:30 AM on SW #7 • Rebecca Wong at 11:15 AM on SW #645 • Rocco Vitalone at 11:15 AM on SW #645 • Julia Downing at 5:25 PM on SW #48

Already in Houston or Driving

Brandi Ransom (Rice University) & Cole Reynolds (Driving from TX A&M)

Arrange Own Transportation from Airport to Rice University, 6100 Main St., Brockman Hall, Room 103 (Bldg. 12 on campus map) ***Call Sarah for assistance at (832) 420-2751 or Michelle Roberts at (713) 348-6313***

You must arrange and pay for your own transportation from the airport to Rice University. Bring a printed copy of the campus map with you to show the driver if needed. If you arrive prior to 12:00 PM, come to room 103 as Sarah will be there and you can store your luggage. You can access wi-fi on the Rice Visitor network.

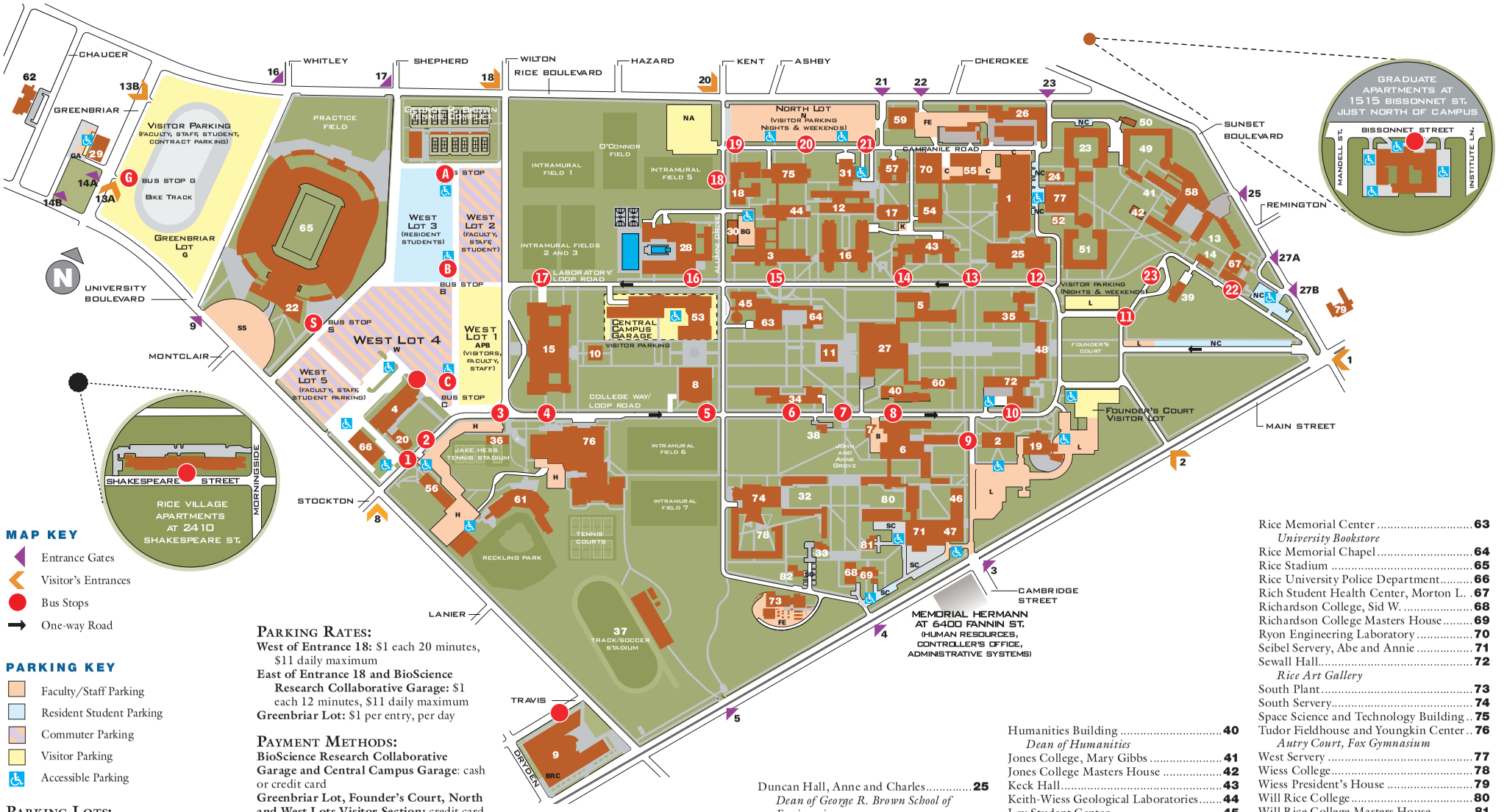
Driver Instructions: Use Entrance 21 off of Rice Blvd. (see map) and drive into campus. At the stop sign, pull into the U-shaped drive directly in front of you. Brockman Hall is the 3-story, glass building in front of the U-shaped drive.

- **Shuttle Service:** We recommend Super Shuttle (www.supershuttle.com). You can book this online and pay with a credit/debit card. Be sure to use the discount code **Owls1** to get the Rice University rate.
- **Taxis:** If you are arriving close to the same time as another NanoJapan student, it may be faster and cheaper to share a cab to the hotel. IAH has five terminals, so when looking to meet up, be sure you know which terminal you are in. Most cabs in Houston take credit/debit cards and it is a flat fare from the airport to the Medical Center/Rice.

by 1:00 PM	**Arrive Brockman Hall, Room 103 (Bldg. 12 on Campus Map)** Lunch boxes from Jason's Deli will be provided starting at 12:00 PM. - 1:00 PM Jacqueline Baidoo's OPI Assessment (Pre)	
1:15 - 1:30 PM	**Welcome and Introductions -** *Sarah Phillips*	
1:30 - 2:00 PM	**Student Introductions** - 1:30 PM Aaron Long's OPI Assessment (Pre)	
2:00 - 3:30 PM	**Check-in at RUPD & Obtain Rice University Student IDs** Guided by Lisa Chiba (NJ 2014) - 2:30 PM Rebecca Wong's OPI Assessment (Pre)	
3:00 - 4:00 PM	**Student Ice Breakers** - *Cheryl Matherly & Sarah Phillips*	
4:15 - 5:15 PM	**Kono Group Lab Tour** Led by JJ Allred (NJ 2013) and Cody Sewell (NJ 2010)	
5:30 PM	**Shuttle Pick-Up in Front of Brockman Hall**	
~6:00 PM	**Hotel Check-in: Residence Inn Houston Medical Center/Reliant Park, 7710 South Main Street · Houston, Texas, 77030**	
	Katherine & Alena: #81647200 5/13 & #81652886 5/14 - 5/16 Jacqueline & Brandi: #81654146 Julia & Rebecca: #81678804	Aaron & Dylan: #81680001 Steven & Cole: #81681397 Anish & Ajay: #81682804 Rocco & Arthur: #81684342
Dinner	**Dinner on Your Own.** The hotel rooms have a full kitchen and there is a Kroger and Target next door. Speak with the front desk about nearby restaurants or for a shuttle to Rice Village.	

Rice University Campus Map

1/09/2015



MAP KEY

- Entrance Gates
- Visitor's Entrances
- Bus Stops
- One-way Road

PARKING KEY

- Faculty/Staff Parking
- Resident Student Parking
- Commuter Parking
- Visitor Parking
- Accessible Parking

Parking Lots:

APB Alice Pratt Brown Hall Lot
B Baker College–Housing & Dining Lot
BG Biology–Geology Lot
BRC BioScience Research Collaborative Garage
C Campanile Lot
CG Central Campus Garage
FE Facilities, Engineering and Planning Lot
G Greenbriar Lot
GA Greenbriar Annex
H Hess Court Lot
K Keck Lot
L Lovett Lot
N North Lot
NA North Annex Lot
NC North Colleges Residents Lot
SC South Colleges Residents Lot
SS South Stadium Lot
W West Lot

Parking Rates:

West of Entrance 18: $1 each 20 minutes, $11 daily maximum
East of Entrance 18 and BioScience Research Collaborative Garage: $1 each 12 minutes, $11 daily maximum
Greenbriar Lot: $1 per entry, per day

Payment Methods:

BioScience Research Collaborative Garage and Central Campus Garage: cash or credit card
Greenbriar Lot, Founder's Court, North and West Lots Visitor Section: credit card

BUILDINGS

Abercrombie Engineering Laboratory 1
Allen Business Center 2
President's Office
Anderson Biological Laboratories, M.D. ... 3
Anderson-Clarke Center 4
Dean of Susanne M. Glasscock School of Continuing Studies
Anderson Hall, M.D. 5
Dean of Architecture
Baker College 6
Baker College Masters House 7
Baker Hall, James A. III 8
Dean of Social Sciences, James A. Baker III Institute for Public Policy
BioScience Research Collaborative 9
Booth Centennial Pavilion, Suzanne Deal.... 10
James Turrell's "Twilight Epiphany" Skyspace
Brochstein Pavilion, Raymond and Susan 11
Brockman Hall for Physics 12
Brown College, Margarett Root 13
Brown College Masters House 14
Brown Hall, Alice Pratt 15
Dean of Shepherd School of Music
Brown Hall, George R. 16
Dean of Wiess School of Natural Sciences
Brown Hall for Mathematical Sciences, ... 17
Herman
Butcher Hall, Dell 18
Cohen House, Robert and Agnes 19
Cox Fitness Center, John L. 22
Duncan College 23
Duncan College Masters House 24
Duncan Hall, Anne and Charles 25
Dean of George R. Brown School of Engineering
Facilities Engineering and Planning 26
Building
Fondren Library 27
Gibbs Recreation and Wellness Center, ... 28
Barbara and David
Greenbriar Building 29
Greenhouse 30
Hamman Hall 31
Hanszen College 32
Hanszen College Masters House 33
Herring Hall, Robert R. 34
Herzstein Hall 35
Hess Tennis Stadium, Jake 36
Holloway Field 37
Wendel D. Ley Track
Housing and Dining 38
Hudspeth Auditorium 20
Huff House, Peter and Nancy 39
Alumni Affairs, Center for Student Professional Development
Humanities Building 40
Dean of Humanities
Jones College, Mary Gibbs 41
Jones College Masters House 42
Keck Hall 43
Keith-Wiess Geological Laboratories 44
Ley Student Center 45
Lovett College, Edgar Odell 46
Lovett College Masters House 47
Lovett Hall 48
Admission Office, Welcome Center
Martel College 49
Martel College Masters House 50
McMurtry College, Burton and Deedee .. 51
McMurtry College Masters House 52
McNair Hall, Janice and Robert 53
Dean of Jesse H. Jones Graduate School of Business
Mechanical Engineering Building 54
Mechanical Laboratory 55
Media Center 56
Mudd Computer Science Building 57
North Servery 58
Oshman Engineering Design Kitchen 59
Rayzor Hall 60
Reckling Park at Cameron Field 61
Rice Children's Campus 62
Rice Memorial Center 63
University Bookstore
Rice Memorial Chapel 64
Rice Stadium 65
Rice University Police Department 66
Rich Student Health Center, Morton L. . 67
Richardson College, Sid W. 68
Richardson College Masters House 69
Ryon Engineering Laboratory 70
Seibel Servery, Abe and Annie 71
Sewall Hall 72
Rice Art Gallery
South Plant 73
South Servery 74
Space Science and Technology Building .. 75
Tudor Fieldhouse and Youngkin Center .. 76
Autry Court, Fox Gymnasium
West Servery 77
Wiess College 78
Wiess President's House 79
Will Rice College 80
Will Rice College Masters House 81
Wilson House 82
Wiess College Masters

ACADEMIC SCHOOLS

Architecture, School of 5
Business, Jesse H. Jones 53
Graduate School of
Continuing Studies, Susanne M. 21/4
Glasscock School of
Engineering, George R. Brown 25
School of
Humanities, School of 40
Music, The Shepherd School of 15
Natural Sciences, Wiess School of 16
Social Sciences, School of 8

OFF-CAMPUS FACILITIES

Rice Graduate Apartments
Rice Village Apartments

Friday, May 15, 2015 - Pre-Departure Orientation at Rice	
6:30 - 8:45 AM	**Complimentary Full Hot Breakfast Buffet At Hotel** Monday - Friday 6:00 am - 9:30 am and Saturday and Sunday 7:00 am - 11:00 am.
9:00 AM	**Hotel Shuttle to Rice University Campus, Brockman Hall, Room 103, Bldg. 12 on Map**
9:30 - 11:00 AM	**NanoJapan Orientation** • Program Schedule & Expectations • Health & Safety Abroad • Living in Japan
11:00 - 12:00 PM	**NanoJapan Alumni Panel** • Lisa Chiba (NJ 2014): Osaka University, LaSIE, Prof. Kawata • JJ Allred (NJ 2013): Osaka University, Tonouchi Lab • Rena Chen (Reverse NanoJapan 2011): Rice University, Ajayan Lab • Cody Sewell (NJ 2010): Chiba University, Ochiai and Aoki Lab
12:00 - 12:30	**Pick-up Lunch Boxes**
12:30 - 2:30 PM	**Cultural Adjustment & Living Abroad, Dr. Cheryl Matherly, University of Tulsa**
2:30 - 3:30 PM	**Assessments - You will need your laptop**
3:30 - 4:00 PM	**Wrap-up and Q&A**
4:00 - 5:00 PM	**Meeting with Rice University President David Leebron**
5:30 PM	**Hotel Shuttle Departs for Prof. Kono's House from front of Brockman Hall**
6:00 - 8:00 PM	**Welcome Party at Prof. Kono's House with Dinner - 2303 North Blvd., Houston, Texas 77098, 713-529-2105** In additional to NanoJapan staff and students, members of Prof. Kono's research group, some NanoJapan Alumni, and friends of the program will also be attending. Attendees confirmed so far include: • NJ 2010 Alumni: Kevin Chu, Jeff Lee • NJ 2011 Alumni: Rena Chen, Andres Novoa • NJ 2013 Alumni: JJ Allred • NJ 2014 Alumni: Lisa Chiba & Benjamin Wang
8:15 PM	**Hotel Shuttle Returns to Residence Inn**

Final Pre-Departure Steps: Be Sure You are Ready to Go on Saturday Morning

Take a few moments tonight to be sure that you have completed these steps and/or have packed these items with you so you are ready go to for your departure for Japan tomorrow morning!

- ☐ Don't forget to carry your **passport** with you in your carry-on bag. Do not pack in your checked luggage!
- ☐ Don't forget to **notify your bank** you may be using the card in Japan by calling the 800 number on the back
- ☐ Don't forget to **fully charge your Japanese cell phone** and pack the phone and charger in your carry-on
- ☐ Don't forget to **pack a full change of clothes and any RX medication in your carry-on**
- ☐ Don't forget to pack your **NanoJapan Program Guidebook** in your carry-on
- ☐ Don't forget to pack your J**apanese language textbooks**, notebook, and pen/pencil in your carry-on
- ☐ Don't forget to print and carry in your wallet your **Select Wisely Japanese Translation Card** (if applicable)
- ☐ Don't forget to carry your **Yakkan Shoumei Medical Import Certificate** with you (if applicable)

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HOUSTON TX 77251-1892

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1. 713-529-2105-HOME PHONE
2. 832-420-2751-CELLULAR
3. 713-922-1712-PERSONAL CELL
4. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
BAIDOO/JACQUELINEEWURAESI
BHATTACHARYA/ANISH
CERON/STEVEN
DOWNING/JULIAROCIO
KLINDZIUK/ALENA
KOLAR/KATHERINEMARY
LONG/AARONSAMUEL
RANSOM/BRANDINICOLE
RENAUD/DYLANLEVI
REYNOLDS/COLEBALDWIN
SUBRAMANIAN/AJAY
VITALONE/ROCCOALEXANDER

TRIP LOCATOR: 26MHH5
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
George Bush Intercontinental Airport, Houston Geo Sat 16 MAY 10:50 AM DEPART TERMINAL: E	Narita Airport, Tokyo Narita, Japan Sun 17 MAY 2:30 PM ARRIVE TERMINAL: 1	United Airlines 7 Class: S AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 13h40m NON STOP **AIRLINE CONFIRMATION: ILC4JX.** Lunch
Narita Airport, Tokyo Narita, Japan Tue 04 AUG 4:35 PM DEPART TERMINAL: 1	George Bush Intercontinental Airport, Houston Geo Tue 04 AUG 2:50 PM ARRIVE TERMINAL: E	United Airlines 6 Class: W AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 12h15m NON STOP **AIRLINE CONFIRMATION: ILC4JX.** Dinner

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

GATEWAY TOURIST
PO BOX 642027
LOS ANGELES CA 90064-9998
TEL 213-413-3200
INFO@GATEWAYLAX.COM

MAILING ADDRESS
MS SARAH PHILLIPS
DEPT ELECTRIC COMPU ENGINRING
MS 378 PO BOX 1892
RICE UNIVERSITY
HOUSTON TX 77251-1892

CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-922-1712-PERSONAL CELL
3. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
WIN/ARTHURMYO
WONG/REBECCAPOLUM

TRIP LOCATOR: 2V2HZS
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
George Bush Intercontinental Airport, Houston Geo Sat 16 MAY 10:50 AM DEPART TERMINAL: E	Narita Airport, Tokyo Narita, Japan Sun 17 MAY 2:30 PM ARRIVE TERMINAL: 1	United Airlines 7 Class: S AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 13h40m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: I229QH.** **SEAT NUMBER: N38K Requested .** Lunch
Narita Airport, Tokyo Narita, Japan Tue 04 AUG 4:35 PM DEPART TERMINAL: 1	George Bush Intercontinental Airport, Houston Geo Tue 04 AUG 2:50 PM ARRIVE TERMINAL: E	United Airlines 6 Class: W AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 12h15m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: I229QH.** **SEAT NUMBER: N39C Requested .** Dinner

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

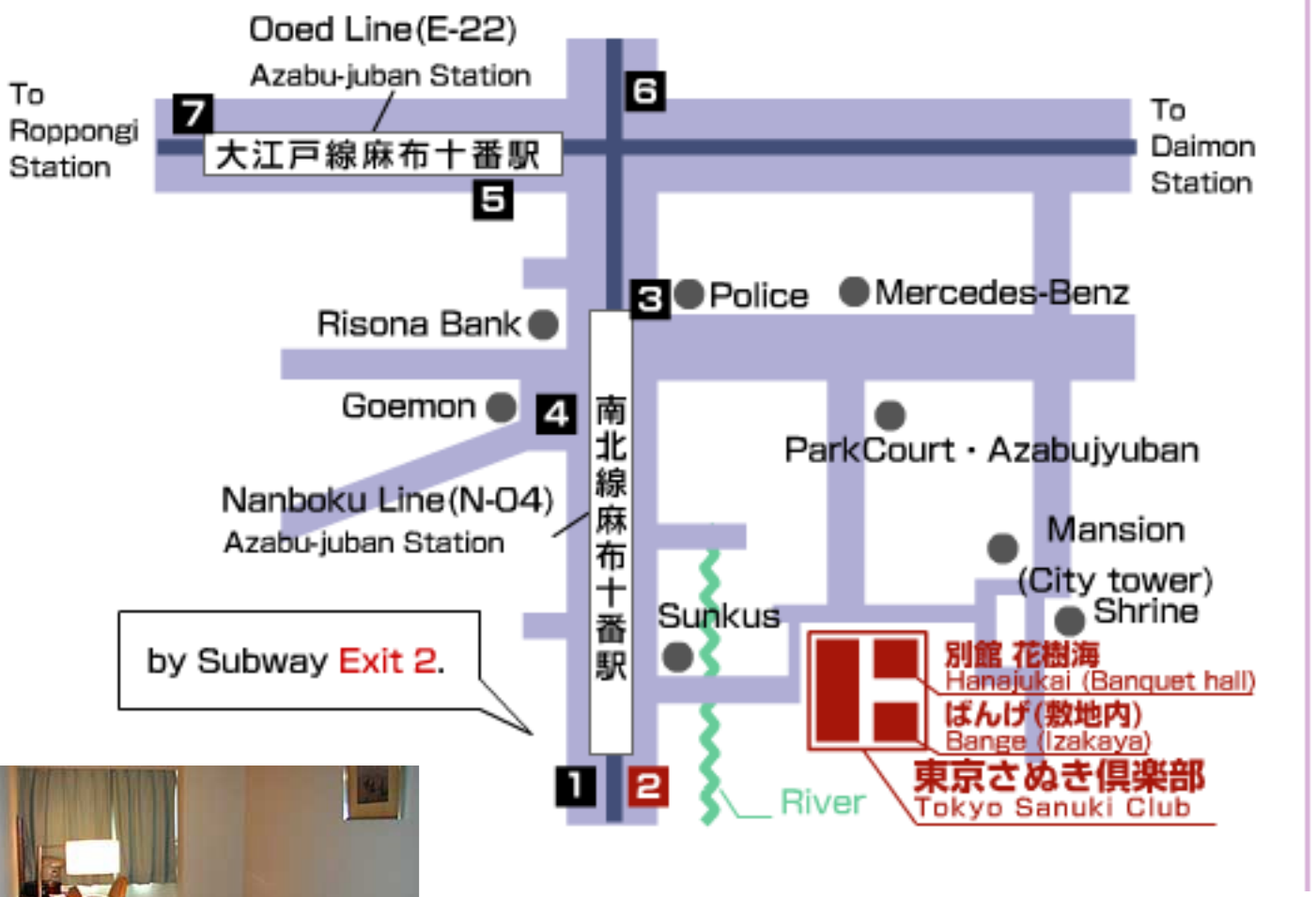
Saturday, May 16, 2015 - Travel to Japan	
By 7:00	**Hotel Check-Out** All students staying at the hotel must check out of their room and settle any incidental expenses (telephone, movies, room services, mini-bar, etc.) with the front desk.
7:00 - 7:45 AM	**Complimentary Full Hot Breakfast Buffet At Hotel** Monday - Friday 6:00 am - 9:30 am and Saturday and Sunday 7:00 am - 11:00 am.
8:00 AM	**Super Shuttle to Bush Intercontinental Airport - United - Terminal E** • Two 10-passenger Super Shuttle Van has been reserved for students at the hotel. • Be waiting out front with your luggage by 7:55. The vans will show up between 8:00 - 8:15 and you must board right away to depart for the airport. • **Confirmation numbers are #5482698 and #5482708. The Super Shuttle phone number is 1-800-258-3826.**
By 8:50 AM	**International Flight Check-in - United Counter - Terminal E** • Upon arrival at the airport, proceed to the United check-in kiosks • Scan your passport and enter your United Mileage Plus ID number (if applicable) • Review United's checked baggage policy at http://united.com/CMS/en-US/travel/Pages/CheckedBaggage.aspx • Proceed through security. Remember the 3-1-1 rule for liquids or gels in your carry-on luggage. • You must be at the gate **at least 45 minutes prior to departure**. You will need to show your passport to the agent at the gate counter for a final passport check prior to departure. Do this before they begin boarding.
10:50 AM	**United Flight #7 Departs for Tokyo (Narita)**
Lose one day as you cross international date line	
Sunday, May 17, 2015 - Arrival in Tokyo	
2:30 PM	**Continental Flight #7 Arrives in Tokyo (Narita)** • You will be given immigration and customs forms on the plane to fill out prior to arrival. Keep this guidebook, your passport, and a pen handy to complete. • You are a short-term visitor to Japan and should list the Sanuki Club Hotel address and your Japanese cell phone number for your address in Japan. Remember to complete the front and back of both cards. • You will proceed through immigration and customs as a group. When you get off the plane, wait for the other NanoJapan students to join you so you can stand together in the line. The lines will be long but they move quite quickly. Do not use your cell phone. • After clearing immigration, get your checked luggage and TURN YOUR JP CELL PHONE ON! Wait for all of the other NanoJapan students to get their bags and then clear customs as a group. In almost all cases, you will use the Green - Nothing to Declare line. • If you have a Yakkan Shoumei certificate, proceed through the Red line and be prepared to show the certificate and the medication/medical supplies you are bringing into Japan. • When you exit the baggage hall, you will be met outside by Packard-sensei. Once everyone is accounted for, she will give you time to go to the rest room and exchange money. Carefully follow her instructions and meet back at the designated time.
~ 3:30 PM	**Exchange or Withdraw Money in JPY** • International ATMs and Currency Exchange counters can be found in the arrival hall • Bring $1,000 - $1,500 in cash with you to exchange at the airport. • Keep in mind the daily withdrawal limit on your ATM/Debit card and international transaction fees. If you have to make a large payment (e.g. your internship housing) you may have to withdraw funds over several days OR just exchange that full amount plus $1,000 - $1,500 in cash at the airport.

18 / Travel to Sanuki Club Hotel

~ 4:00 PM	**Board Bus for Travel to Hotel** • A chartered bus has been arranged to the Sanuki Club Hotel. Be sure to meet Packard-sensei back at the designated meeting spot for an on-time departure. • You may want to purchase a drink or small snack before leaving the airport to bring with you on the bus if there is enough time after exchanging/withdrawing money in JPY • This bus ride will take between 1 - 2 hours depending on traffic
Around 6:00 PM	**Hotel Check-in at Sanuki Club** • You will be given the key to your room and will have time to take your bags up and freshen up. Jot everyone's room number down below so you can find each other. • Daily breakfast with a choice of Japanese, Western, or Udon Noodle is included. Choose your breakfast the night before to get the ticket you will need to bring with you in the morning. Sanuki is famous for their Udon, so try that at least once. **Student Room Numbers: Write in everyone's room number for quick reference.** • Jacqueline Baidoo - Room # • Julia Downing - Room # • Alena Klindziuk - Room # • Katherine Kolar - Room # • Brandi Ransom - Room # • Rebecca Wong - Room # • Anish Bhattacharya - Room # • Steven Ceron - Room # • Aaron Long - Room # • Dylan Renaud - Room # • Cole Reynolds- Room # • Ajay Subramanian - Room # • Rocco Vitalone - Room # • Arhtur Win - Room #
	Sanuki Club Hotel Guidelines and Rules • You will have a small private room with shared bathroom facilities, similar to a university dormitory. Rooms are furnished with a single-bed, television, desk and small closet. Each room will also have Yukata (Japanese-style robe), towel and slippers. You must leave the Yukata in the room when you check-out. All guest rooms and hallways are non-smoking. • The 7th floor is FEMALE ONLY! No boys are allowed on this floor, no exceptions. • No guests - including other NanoJapan students - are allowed in your room. No exceptions! • There are showers on the 7th floor for girls, and the 5th, 8th, and 10th floor for boys. There is a large Japanese-style bath located in the basement. Hours are 5:00 PM to 3:00 AM and 5:00 AM to 9:00 AM. Females may request a card key from the front desk for the female-only section of the large bath. You will leave your room key with the front desk in exchange for the bath key. • Free basic wireless internet is available in the 3rd Floor Seminar Room and/or lobby between the hours of 7:00 AM and 11:00 PM. • Refrain from using Video Skype, downloading movies, or playing MMO games as the bandwidth of their internet service will not support these uses. • Hotel staff will report any concerns or issues with student behavior directly to Packard-sensei. Please be a good representative of this program and be respectful of other guests.
Evening	**Free - Dinner on your Own** • To help with jet lag, do everything possible to stay awake until at least 10:00 PM tonight. • There are a number of inexpensive restaurants in the neighborhood, including fast food, and convenience stores where you can buy a bento box, snacks, and drinks. The neighborhood is easily walkable and quite safe but use common sense. Be sure to take a Sanuki Club Hotel Card with you to ask for directions in case you get lost. • There are international ATMs at the Post Office (see map) with limited hours but there is a 24 hour 7-11 just one street past the post office where you can access an international ATM. • Enjoy exploring Azabu-Juban by foot. • *Note: Eat More Greens is a vegan restaurant within walking distance of the Sanuki Club. Their map shows where the post-office is but the Wendy's is closed. That location is now Goemon.*

MAP

東京さぬき倶楽部
Tokyo Sanuki Club







Sanuki Club Hotel Rules

Access & Hours

- You will be given a room key to use for your door. When you leave the hotel, you must give this key to the front desk. When you return, simply tell the front desk attendant your room number and they will give you the key.
- No men are allowed on the 7th floor. This is a female only floor. There will be other female guests on the 7th floor and they will complain if there are men on this floor as they reserved the room specifically because it was a female only floor. No exceptions to this rule.
- No guests - including other NanoJapan students - are allowed in your room. No exceptions.
- No sitting, chatting, or using internet in stairwells. Use the lobby or 3rd floor seminar room or go out.
- There is no curfew at the hotel; you may leave and return at any time. You must leave your key at the front desk when you leave and ask for it when you return. However, the lobby and patio closes at 11:00 PM and all NanoJapan students should return to their rooms at that time. The lobby will re-open at 7:00 AM.
- Occasionally the Sanuki Club may hold a special event, concert, or other activity in the lobby. During these times the lobby will be closed to NanoJapan students. The hotel will provide you with a note letting you know of any upcoming event that requires them to close the lobby.

Use of Wireless Internet/Computers

- There are two computers in the lobby that guests may use free of charge. Please be respectful of other guests and limit your use of these computers to no more than 30 minutes at a time. You can print from these computers for a small fee and should ask the front desk to assist you with printing.
- The Sanuki Club also provides free wireless internet in the lobby and on the patio for guest use. They will also allow NanoJapan students to use the third floor seminar room for internet in the evenings. This will close at 11:00 PM. There are some nights when the seminar room has been reserved and cannot be used. Those dates have been noted in the Orientation Program schedule.
- No MMO games, video chat, or downloading of videos. This will crash their inernet. They do not have the bandwidth for this. Please respect this rule or else you risk shutting down the internet for everyone at the hotel.
- Whenever possible, please limit your use of Sanuki Club wireless internet to e-mail, text-based chat, and web-browsing. Your observance of these restrictions will help ensure that the wireless internet remains working and available for all NanoJapan students and other hotel guests.

Bathrooms/Showers and Yukata

- Single-Occupancy rooms do not have their own bathroom. You will use the shared bathroom/shower facilities. A yukata (Japanese-style robe) is provided by the hotel and should be worn when walking to/from the bathroom and shower. This yukata must be left in your room when you check out.
- There are showers on the 7th floor for girls, and the 5th, 8th, and 10th floor for boys.
- There is a large Japanese-style bath located in the basement. Hours are 5:00 PM to 3:00 AM and 5:00 AM to 9:00 AM. Females may request a card key from the front desk for the female-only section of the large bath. You will leave your room key with the front desk in exchange for the bath key.

Vending & Food

- You can order drinks or small snacks from the bar in the lobby or patio garden in the evenings. This is the only food or drink that can be consumed in the lobby or on the patio. There is also a hotel restaurant where you may purchase lunch or dinner. Speak to front desk for hours.
- Vending machines are located in the basement for drinks/snacks. Food or drinks purchased from a vending machine or bought outside of the hotel can only be consumed in your room. They cannot be consumed in the lobby.

Azabu-juban Neighborhood / 21

	**Ramen Ya:** This is an excellent ramen restaurant that you can find just by walking straight down the Azabu-juban St. (see the green map). This is a great first night destination for Sunday evening as the restaurant is fairly large and, depending on how busy it is, may be able to accommodate a larger group of students.
	**100 Yen Shop:** There are actually two of these in the neighborhood, but this one is right next to the 7-11. As you are walking down the main Azabu-juban St. look to your left as you cross each street and you will see a street with a 7-11 and 100 Yen Shop. 100 Yen Shops are great places to buy office supplies, toiletries, candy, and other random things you may need. They often have rather nice, inexpensive souvenirs too.
	**7-11:** There is a 7-11 in the neighborhood and it's only about a 5 - 10 minute walk down one of the side streets to the left of Azabu-Juban St. The ATMs at other konbinis (e.g. Sunkus, Lawson, etc.) are not international ATMs and your U.S. debit card will not work with those ATMs.
〒	**Post Office:** Refer to the green map, and walk down the main Azabu-juban shopping street. At the second intersection turn left and you will see the Post Office about halfway down the block on your right. Post Offices also have international ATMs but with limited hours so if they are not open head down to the 7-11.
	**Bakeries:** If you like fresh baked bread then you are in luck. There are wonderful bakeries all throughout Japan but a very popular bakery in Azabu-Juban is Mont Thabor. It is also found along the main shopping street, Azabu-Juban St., and after 7:00 PM (I believe) they discount the remaining bread and pastries.
	Grocery Store: There are a number of grocery stores in the Azabu-Juban neighborhood and you can find one just by continuing down Azabu-Juban St. After 7:00 PM the bento-boxes and some baked goods are discounted, so shop late and you may get a good deal, but have limited selection. There is not kitchen to cook at the Sanuki Club and the rooms do not have fridges so it is best to just buy what you will eat that day.
	**Laundromat:** Just around the corner from the Sanuki Club, in the residential neighborhood, is a coin operated laundromat. There is a vending machine for small packets of laundry detergent and a dryer sheet. You may not know which is which at first, so buy both and then you'll remember for next time. Check on the hours though as they do close at night since there are houses all around. If you keep walking down this street there is also a small store that sells fruit. Look for the imperfect/bruised fruit which is usually much cheaper than the pristine fruit you find in the supermarkets.
HYPERDIA	**Hyperdia ~ http://www.hyperdia.com/** Hyperdia is a free, online trip scheduler for trains, buses, and planes in Japan. It will be invaluable to you this summer. All you need to know is your departure station and destination station and Hyperdia will tell you exactly how to get there, what train to take, the times, and the estimated cost.

For more on Azabu-Juban and nearby Roppongi see http://www.fodors.com/world/asia/japan/Tokyo/roppongi-and-azabu-juban/

22 / Pre-Paid Subway Cards

Purchasing Pre-Paid Subway Cards (IC cards)
IC cards are rechargeable cards that can be used to conveniently pay fares on public transportation and to make payments at a rapidly increasing number of vending machines, shops and restaurants by simply touching the card on a reader. One of the first things you should do in Tokyo is visit the Azabu-Juban Metro Station and obtain a Passmo Pre-Paid Subway Card from one of the ticket vending machines. You will need to use this card for travel to various activities during the orientation. Or, if you are at a JR train station, you can purchase a SUICA card. The initial cost consists of a refundable deposit of 500 yen. Then you choose how much additional money you want to put on the card, from 500 up to 9,500 JPY. When you enter the terminal, you will scan your card and the applicable fare will be deducted from your card when you re-scan upon exiting your destination station. The current credit balance is shown on a small display whenever you pass a ticket gate or it can be checked at ticket vending machines.

In March 2013, Suica, Pasmo, Icoca and seven more of Japan's most popular IC cards became compatible with each other. As a result, it is now possible to travel on almost all trains, subways and buses in most of Japan's largest cities with just a single of these cards. To learn more see http://www.japan-guide.com/e/e2359_003.html

	Pasmo is the prepaid IC card of Tokyo's railway, subway and bus operators other than JR. These cards are issued at Tokyo Subway stations, but will work in all of the regions/cities listed on this page. Since the Azabu-Juban station is close to the hotel and is a Tokyo Subway station, this will be the easiest card to obtain during your first couple of days in Tokyo and you can continue to use it throughout the summer. This card should work in Sendai, Osaka, and Kyoto. To learn more see http://www.japan-guide.com/e/e2359_003.html
	Suica is the prepaid IC card by JR East for JR trains in the Greater Tokyo, Niigata and Sendai regions. These cards are issued at JR train stations in Tokyo, Sendai, and Nagano. This card should also work in Osaka and Kyoto. To learn more see http://www.japan-guide.com/e/e2359_003.html
	Icoca is the prepaid IC card of JR West for JR trains in the Greater Osaka, Okayama and Hiroshima regions. Icoca is also compatible with a few minor IC cards in Western Japan, such as the Paspy card for non-JR transportation in Hiroshima; however, compatibility with these cards remains limited to Icoca. This card should also work in Tokyo and Sendai. To learn more see http://www.japan-guide.com/e/e2359_003.html





Basic Orientation

Tokyo is covered by a dense network of train, subway and bus lines, which are operated by about a dozen different companies. The train lines operated by JR East and the subway lines are most convenient for moving around central Tokyo.

Tokyo's most prominent train line is the JR Yamanote Line, a loop line which connects Tokyo's multiple city centers. The city's 13 subway lines are operated by two companies and run largely inside the Yamanote circle and the areas around Ginza and Shitamachi. Most of the many suburban train lines commence at one of the six major stations of the Yamanote Line (Tokyo, Ueno, Ikebukuro, Shinjuku, Shibuya and Shinagawa).

Day Passes in Tokyo

Only on days when you use trains or subways a lot, can it make sense to consider one of Tokyo's day passes. Day passes are sold at train stations and vending machines and are valid from the first train in the morning until the last train in the evening rather than for a 24 hour period.

- **Tokyo Free Kippu (aka Tokyo Tour Ticket)** (*1590 yen*)

  Unlimited use of all subway lines (Toei and Tokyo Metro) and JR trains in the central Tokyo area on one calendar day. It is also valid on buses and streetcars operated by Toei. The pass is overpriced and will unlikely provide any savings over regular tickets or prepaid cards.

- **Tokyo Subway Ticket** (*1-day: 800 yen, 2-day: 1200 yen, 3-day: 1500 yen*)

  Unlimited use of all subway lines (Toei and Tokyo Metro) on one calendar day. Not valid on JR trains. The pass is sold at Narita Airport, Haneda Airport and Bic Camera electronic stores in central Tokyo to foreign tourists only (passport required). Furthermore, it is sold to both, foreign tourists and residents of Japan, through selected travel agencies outside of the Kanto Region.

- **Toei and Tokyo Metro One-Day Economy Pass** (*1000 yen*)

  Unlimited use of all subway lines (Toei and Tokyo Metro) on one calendar day. The pass only pays off if you use the subways excessively. The pass is not valid on JR trains. Unlike the lower priced Tokyo Subway Ticket (see above), this pass can be purchased at the subway stations in central Tokyo.

- **Tokyo Metro Open Ticket** (*1-day: 600 yen; 2-day: 980 yen*)

  Unlimited use of the nine Tokyo Metro subway lines, but not the four Toei subway lines and JR trains. A regular one day pass costs 600 yen. A tourist version for two consecutive days is available to foreign touists only for 980 yen at Narita Airport and Haneda Airport. The regular one-day version is available through ticket machines at Tokyo Metro stations.

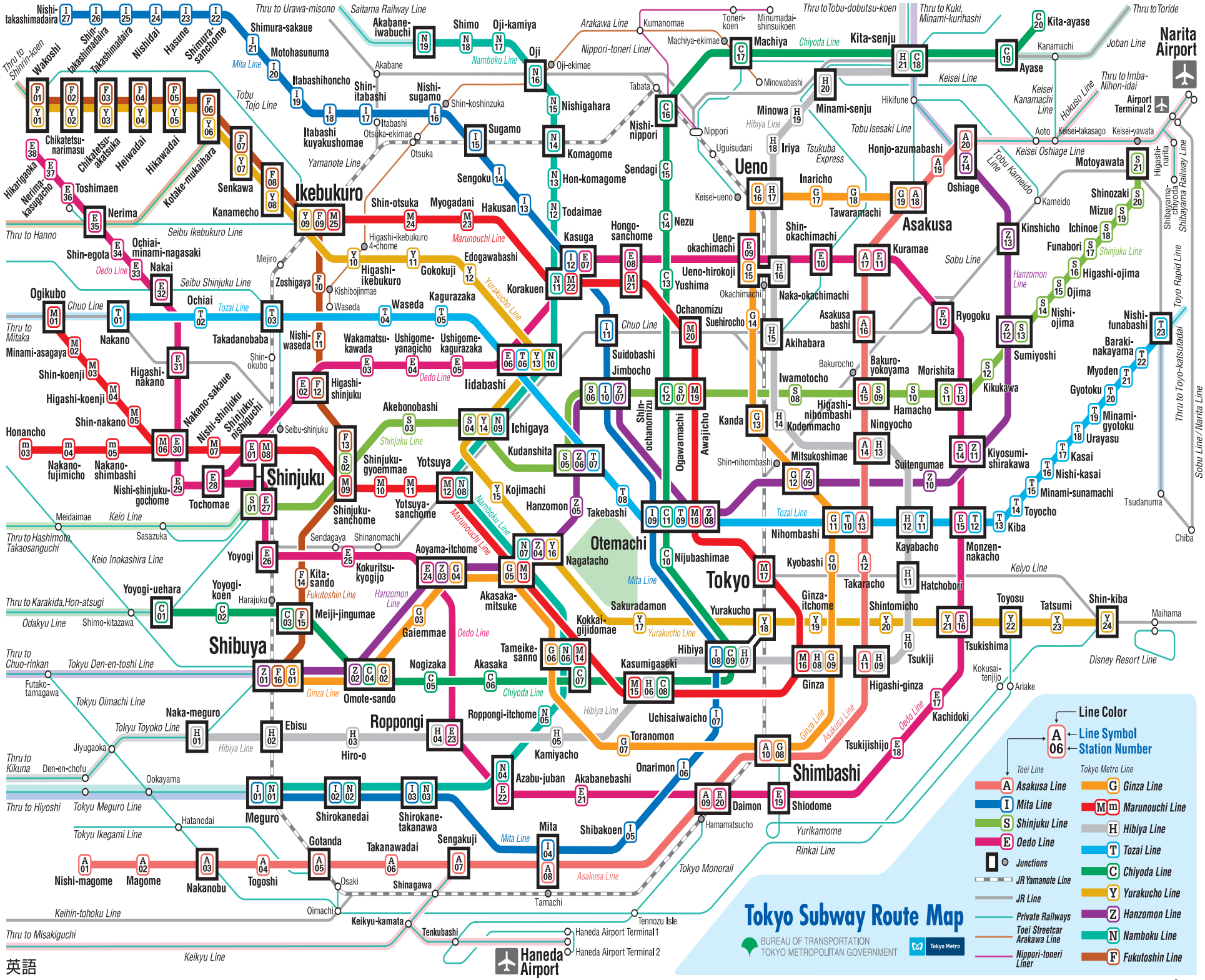
- **Toei One-Day Economy Pass** (*700 yen*)

  Unlimited use of the four Toei subway lines, buses and streetcars on one calendar day. It is not valid on the nine Tokyo Metro subway lines and JR trains. The pass is available at ticket machines at Toei stations.

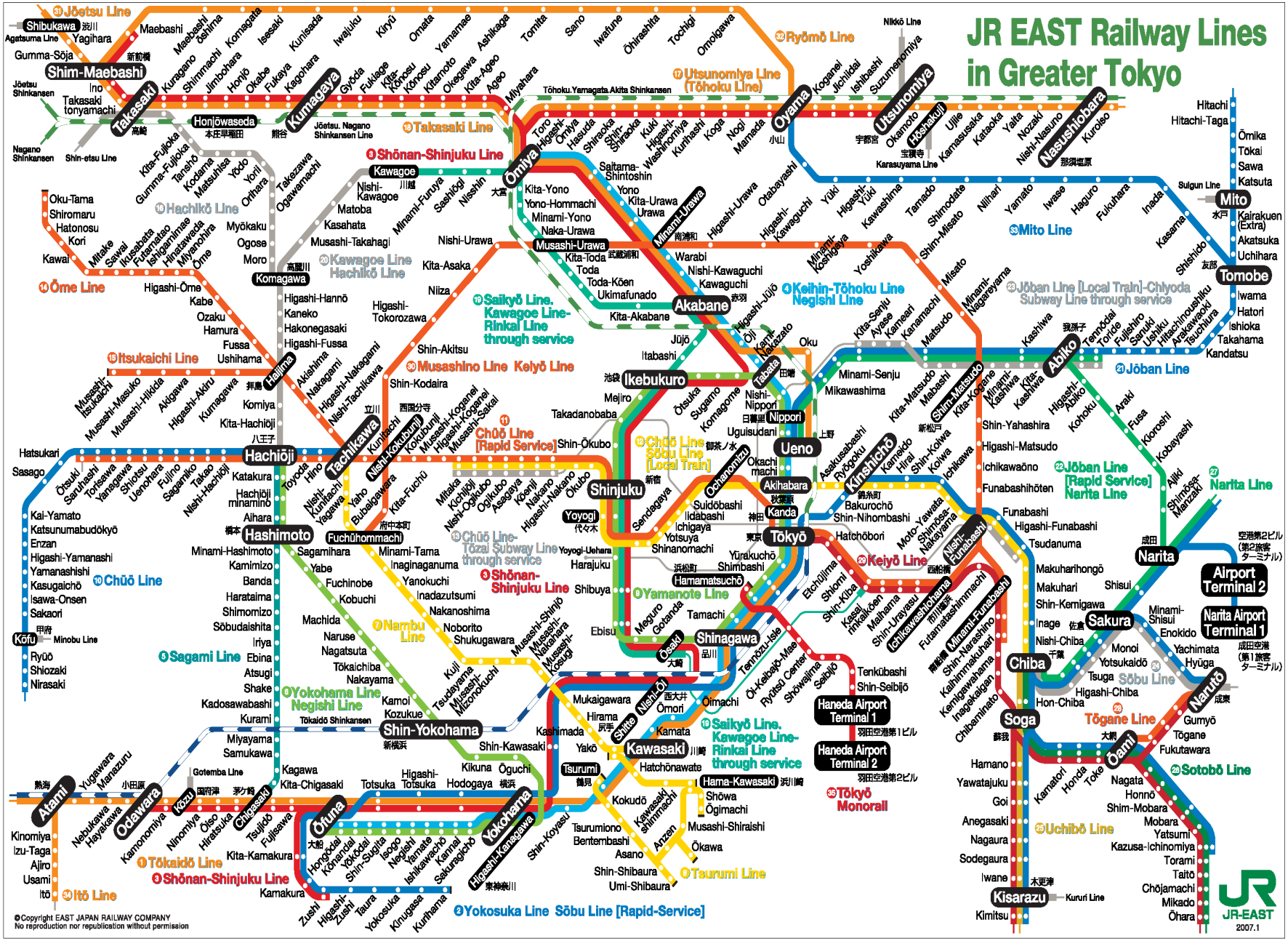
- **Tokunai Pass** (*750 yen*)

  Unlimited use of JR trains in the central Tokyo area on one calendar day. The pass is available at vending machines at JR stations.

The Japan Rail Pass, JR East Pass and JR Kanto Area Pass are valid only on JR trains and the Tokyo Monorail. They cannot be used on subways or any other non-JR train.


Tokyo Subway Route Map
BUREAU OF TRANSPORTATION
TOKYO METROPOLITAN GOVERNMENT
Tokyo Metro
Line Color
Line Symbol
Station Number
Toei Line
Asakusa Line
Mita Line
Shinjuku Line
Oedo Line
Junctions
JR Yamanote Line
JR Line
Private Railways
Toei Streetcar Arakawa Line
Nippori-toneri Liner
Tokyo Metro Line
Ginza Line
Marunouchi Line
Hibiya Line
Tozai Line
Chiyoda Line
Yurakucho Line
Hanzomon Line
Namboku Line
Fukutoshin Line
Ikebukuro
Shinjuku
Shibuya
Tokyo
Ueno
Asakusa
Otemachi
Roppongi
Shimbashi
Meguro
Shirokanedai
Shirokane-takanawa
Shinagawa
Gotanda
Nakanobu
Togoshi
Magome
Nishi-magome
Takanawadai
Sengakuji
Mita
Shibakoen
Hamamatsucho
Daimon
Shiodome
Onarimon
Uchisaiwaicho
Kasumigaseki
Ginza
Higashi-ginza
Tsukiji
Shintomicho
Tsukishima
Kachidoki
Tsukijishijo
Toyosu
Tatsumi
Shin-kiba
Kiba
Toyocho
Monzen-nakacho
Kayabacho
Hatchobori
Takaracho
Nihombashi
Mitsukoshimae
Suitengumae
Kodemmacho
Shin-nihombashi
Bakuro-yokoyama
Bakuro-nihombashi
Iwamotocho
Kanda
Akihabara
Suehirocho
Ochanomizu
Shin-ochanomizu
Ogawamachi
Awajicho
Jimbocho
Suidobashi
Iidabashi
Kudanshita
Ichigaya
Yotsuya
Yotsuya-sanchome
Shinjuku-sanchome
Shinjuku-gyoemmae
Akebonobashi
Shinjuku-nishiguchi
Nishi-shinjuku
Nishi-shinjuku-gochome
Nakano-shimbashi
Nakano-fujimicho
Higashi-shinjuku
Nishi-waseda
Waseda
Takadanobaba
Kagurazaka
Ushigome-kagurazaka
Ushigome-yanagicho
Wakamatsu-kawada
Shin-okubo
Higashi-nakano
Nakano-sakaue
Shin-koenji
Higashi-koenji
Shin-nakano
Honancho
Nakano
Ogikubo
Ochiai
Zoshigaya
Mejiro
Kishibojinmae
Waseda
Higashi-ikebukuro
Higashi-ikebukuro 4-chome
Gokokuji
Edogawabashi
Myogadani
Hakusan
Shin-otsuka
Kanamecho
Senkawa
Kotake-mukaihara
Hikawadai
Heiwadai
Chikatetsu-akatsuka
Chikatetsu-narimasu
Nerima
Toshimaen
Hikarigaoka
Nerima-kasugacho
Shin-egota
Ochiai-minami-nagasaki
Nakai
Sugamo
Shin-koshinzuka
Otsuka
Otsuka-ekimae
Itabashi
Itabashi kuyakushomae
Motohasunuma
Shimura-sakaue
Shimura-sanchome
Shin-takashimadaira
Takashimadaira
Nishidai
Hasune
Wakoshi
Thru to Shinrin-koen
Thru to Hanno
Thru to Mitaka
Thru to Hashimoto, Takaosanguchi
Thru to Karakida, Hon-atsugi
Thru to Chuo-rinkan
Thru to Kikuna
Thru to Hiyoshi
Thru to Misakiguchi
Thru to Urawa-misono
Saitama Railway Line
Akabane-iwabuchi
Akabane
Shimo
Oji-kamiya
Oji
Oji-ekimae
Nishigahara
Komagome
Hon-komagome
Todaimae
Kasuga
Korakuen
Nishi-sugamo
Shin-itabashi
Tobu Tojo Line
Mita Line
Namboku Line
Yamanote Line
Seibu Ikebukuro Line
Seibu Shinjuku Line
Oedo Line
Tozai Line
Chuo Line
Yurakucho Line
Marunouchi Line
Hanzomon Line
Fukutoshin Line
Ginza Line
Chiyoda Line
Hibiya Line
Asakusa Line
Keio Line
Keio Inokashira Line
Odakyu Line
Tokyu Den-en-toshi Line
Tokyu Oimachi Line
Tokyu Toyoko Line
Tokyu Meguro Line
Tokyu Ikegami Line
Keihin-tohoku Line
Keikyu Line
Meidaimae
Sasazuka
Yoyogi
Yoyogi-uehara
Yoyogi-koen
Harajuku
Meiji-jingumae
Kita-sando
Kokuritsu-kyogijo
Sendagaya
Shinanomachi
Aoyama-itchome
Gaiemmae
Omote-sando
Nogizaka
Akasaka
Akasaka-mitsuke
Tameike-sanno
Roppongi-itchome
Roppongi
Hiro-o
Ebisu
Naka-meguro
Jiyugaoka
Den-en-chofu
Ookayama
Hatanodai
Futako-tamagawa
Oimachi
Osaki
Shimo-kitazawa
Nishi-takashimadaira
Itabashihoncho
Kumanomae
Toneri-koen
Minumadai-shinsuikoen
Machiya-ekimae
Machiya
Minowabashi
Nippori
Uguisudani
Iriya
Minowa
Hikifune
Minami-senju
Kita-senju
Thru to Tobu-dobutsu-koen
Thru to Kuki, Minami-kurihashi
Thru to Toride
Kita-ayase
Kanamachi
Ayase
Joban Line
Keisei Line
Keisei Kanamachi Line
Hokuso Line
Thru to Imba-Nihon-idai
Narita Airport
Airport Terminal 2
Aoto
Keisei-takasago
Keisei-yawata
Keisei Oshiage Line
Higashi-narita
Shibayama-chiyoda
Shibayama Railway Line
Tobu Isesaki Line
Tsukuba Express
Tobu Kameido Line
Kameido
Motoyawata
Honjo-azumabashi
Oshiage
Inaricho
Tawaramachi
Asakusa
Shin-okachimachi
Naka-okachimachi
Ueno-okachimachi
Ueno-hirokoji
Yushima
Okachimachi
Keisei-ueno
Nezu
Sendagi
Nishi-nippori
Tabata
Arakawa Line
Nippori-toneri Liner
Sobu Line
Hanzomon Line
Kinshicho
Ichinoe
Mizue
Shinozaki
Funabori
Higashi-ojima
Ojima
Nishi-ojima
Sumiyoshi
Ryogoku
Kuramae
Asakusabashi
Morishita
Kikukawa
Hamacho
Higashi-nihombashi
Ningyocho
Kayabacho
Kiyosumi-shirakawa
Nishi-kasai
Minami-sunamachi
Minami-gyotoku
Urayasu
Gyotoku
Myoden
Baraki-nakayama
Nishi-funabashi
Toyo Rapid Line
Thru to Toyo-katsutadai
Sobu Line / Narita Line
Tsudanuma
Chiba
Keiyo Line
Kokusai-tenjijo
Ariake
Tokyo Monorail
Haneda Airport
Haneda Airport Terminal 1
Haneda Airport Terminal 2
Tennozu Isle
Keikyu-kamata
Tenkubashi
Rinkai Line
Yurikamome
Disney Resort Line
Maihama
Shin-kiba
Toyosu
Tsukishima
Kachidoki
Tsukijishijo
Shimbashi
Shiodome
Daimon
Hamamatsucho
Shibakoen
Mita
Sengakuji
Takanawadai
Gotanda
Meguro
Shirokanedai
Shirokane-takanawa
Azabu-juban
Akabanebashi
Roppongi-itchome
Roppongi
Hiro-o
Kamiyacho
Toranomon
Onarimon
Uchisaiwaicho
Kasumigaseki
Ginza
Higashi-ginza
Tsukiji
Shintomicho
Tsukishima

Tokyo JR Lines Map / 23



1. Tōkaidō Line
2. Yokosuka Line Sōbu Line [Rapid Service]
3. Shōnan-Shinjuku Line
4. Keihin-Tōhoku Line Negishi Line
5. Sagami Line
6. Yokohama Line Negishi Line
7. Nambu Line
8. Tsurumi Line
9. Yamanote Line
10. Chūō Line
11. Chūō Line [Rapid Service]
12. Chūō Line Sōbu Line [Local Train]
13. Chūō Line-Tōzai Subway Line through service
14. Ōme Line
15. Itsukaichi Line
16. Hachikō Line
17. Utsunomiya Line (Tōhoku Line)
18. Takasaki Line
19. Saikyō Line. Kawagoe Line-Rinkai Line through service
20. Kawagoe Line Hachikō Line
21. Jōban Line
22. Jōban Line [Rapid Service] Narita Line
23. Jōban Line [Local Train]-Chiyoda Subway Line through service
24. Sōbu Line
25. Uchibō Line
26. Sotobō Line
27. Narita Line
28. Tōgane Line
29. Keiyō Line
30. Musashino Line Keiyō Line
31. Jōetsu Line
32. Ryōmō Line
33. Mito Line
34. Itō Line
35. Tōkyō Monorail

Monday, May 18, 2015	
7:00 - 7:45 AM	**Breakfast at Sanuki Club Hotel** • Restaurant on second floor • Pick-up your breakfast ticket the night before with a choice of Western, Udon Noodle, or Japanese Style.
7:55 AM	**Walk to AJALT Language School Classes at Kikai Shinko Kaikan** • Meet Packard-sensei in the lobby and walk together as a group. • **We will DEPART at 7:55 AM. Do not be late.** Arrive to the lobby with your language textbook, workbook, notebook, pen/pencil by 7:50 for an on-time departure. Leave your laptop in your hotel room. • Wear nice casual attire for your first day. No flip flops and refrain from eating, drinking or chewing gum in class. Your teacher will advise you on whether drinks can be brought back into the classroom after the break.
8:30 - 12:00 PM	Japanese Language Classes **Japanese Language Classes** • *Beginner Class 1 (AJALT Instructors):* Steven Ceron, Julia Downing, Alena Klindziuk, Brandi Ransom, Cole Reynolds, and Arthur Win • *Beginner Class 2 (AJALT Instructors):* Anish Bhattacharya, Katherine Kolar, Dylan Renaud, Ajay Subramanian, and Rocco Vitalone • *Beginner Class 3 (AJALT Instructors):* Jacqueline Baidoo • *Intermediate/Advanced (Shimojo-sensei):* Aaron Long and Rebecca Wong
12:00 - 1:45 PM	**Lunch on Your Own and Walk Back to Sanuki Club**
2:00 - 5:00 PM	**Japanese Culture & Society Seminar** **Keiko Packard, KIP Programs, LLC & NanoJapan Program Representative in Japan**  An overview of Japanese culture and society & introduction to NanoJapan 2015 Orientation Program.
Evening	**Free - Dinner on Your Own** If you have not already done so, please call your parents or send them an email tonight. **Optional Evening Activities** **Shibuya http://www.japan-guide.com/e/e3007.html** Shibuya is one of Tokyo's most colorful and busy districts, packed with shopping, dining and nightclubs serving swarms of visitors that come to the district everyday. Shibuya is a center for youth fashion and culture, and its streets are the birthplace to many of Japan's fashion and entertainment trends. From Azabu-Juban take the Namboku line to Tameike-Sanno and transfer to the Ginza Line to Shibuya. **Shinjuku http://www.japan-guide.com/e/e3011.html** Shinjuku is the large entertainment, business and shopping area around Shinjuku Station. Shinjuku Station is the world's busiest railway station, handling more than two million passengers every day. It is served by about a dozen railway and subway lines. You can exchange JR Passes (Full or East) here. From Azabu-Juban take the Namboku line to Meguro and transfer to the JR Yamanote line to Shinjuku Station.





Tuesday, May 19, 2015	
7:00 - 7:45 AM	**Breakfast at Sanuki Club Hotel** • Restaurant on second floor • Pick-up your breakfast ticket the night before with a choice of Western, Udon Noodle, or Japanese Style.
7:55 AM	**Walk to AJALT Language School Classes at Kikai Shinko Kaikan** • Meet Packard-sensei in the lobby and walk together as a group. • **We will DEPART at 7:55 AM. Do not be late.** Arrive to the lobby with your language textbook, workbook, notebook, pen/pencil by 7:50 for an on-time departure. Leave your laptop in your hotel room. • Wear nice casual attire for your first day. No flip flops please and refrain from eating, drinking or chewing gum in class. Your teacher will advise you on whether drinks can be brought back into the classroom after the break.
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:45 PM	**Lunch on Your Own and Walk Back to Sanuki Club**
2:00 - 5:00 PM	**Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Christopher Stanton, University of Florida, http://www.phys.ufl.edu/~stanton/** **Guest Speaker: Kunie Ishioka, NIMS, http://samurai.nims.go.jp/ISHIOKA_Kunie-e.html**   Kunie Ishioka is a Principal Researcher in the Surface Characterization Group, Nano Characterization Unit of the Advanced Key Technologies Division at the National Institute for Materials Science. This group studies the ultrafast optical response of the photonic materials by using a pump-probe technique.
7:00 - 9:00 PM	**Japanese Culture Talk & Discussion: "The Internet: Friend or Foe?", Ian de Stains, OBE** **Website: http://telljp.com/**  The Executive Director of TELL (Tokyo English Life Line). Ian was appointed to his position in September 2013. He is responsible for overall management. Ian has made Tokyo his home since 1976 when he was seconded by the BBC to NHK. He has since pursued a career in corporate communications and public affairs. Ian was previously Executive Director of the British Chamber of Commerce in Japan until March 2011. He received the prestigious designation of Officer of the Order of the British Empire (OBE) for service to the community. Topics to be covered include 1) Products of the Global Society, such as cultural problems, gaps and discords, 2) An isolation of People caused by IT development, and 3) Cyber-bullying, especially in high schools. **KIP Evening Discussion with Japanese Students, 3rd Floor Seminar Room** **Topic: Global Society & IT Development** Website: http://www.kipprograms.org Over the course of the orientation program there will be three scheduled evening discussion nights with Japanese college students. The topics for each week were chosen from a list of recommended topics submitted by the Japanese students. Be sure to exchange email and cell phone information with the KIP students you meet tonight so you can make plans to spend time with them during your free time in Tokyo. There is no better way to experience the city than with someone who is from here!

Wednesday, May 20, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel** You will not return to the hotel today. Have money on your Suica/Passmo card for travel.
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:30 PM	Meet in Packard-sensei in Lobby of Kikai Shinko Kaikan. You will travel to the Grand Sumo Tournament via JR Lines/Subway. Be sure you have funds already added to your Suica/ Passmo card. You can eat lunch once you get to the Sumo Tournament. Bring a small snack in your bag to tide you over.
2:00 - 5:30 PM	**Cultural Outing to Nihon Sumo Kyokai Grand Tournament** Admission fee is included but you must pay for drinks, snacks and any souvenirs. No alcohol may be consumed by NanoJapan students at this required program event; even if you are of legal drinking age in Japan. No exceptions!
	Website: http://www.sumo.or.jp/eng/ and http://www.japan-guide.com/e/e3022.html
	Sumo is a Japanese style of wrestling and Japan's national sport. It originated in ancient times as a performance to entertain the Shinto gods. Many rituals with religious background are still followed today. The basic rules of sumo are simple: the wrestler who first touches the ground with anything besides the soles of his feet, or who leaves the ring before his opponent, loses. Fights take place on an elevated ring, called a "dohyo", which is made of clay and covered in a layer of sand. The fights themselves usually last only a few seconds, or in rare cases, about a minute.
6:00 - 8:00 PM	**Dinner (purchase on your own) & Walking Tour of Asakusa Area**
	Website: http://www.japan-guide.com/e/e3004.html
	Asakusa is the center of Tokyo's shitamachi (literally "low city"), one of Tokyo's districts, where an atmosphere of the Tokyo of past decades survives. Asakusa's main attraction is Sensoji, a very popular Buddhist temple, built in the 7th century. The temple is approached via the Nakamise, a shopping street that has been providing temple visitors with a variety of traditional, local snacks and tourist souvenirs for centuries. Asakusa can easily be explored on foot.







Thursday, May 21, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:45 PM	**Lunch on Your Own and Walk Back to Sanuki Club**
2:00 - 5:00 PM	**Introduction to Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Christopher Stanton, University of Florida, http://www.phys.ufl.edu/~stanton/** **Guest Speaker: Riichiro Saito, Tohoku University, http://flex.phys.tohoku.ac.jp/**
5:00 - 6:00 PM	**Free - Dinner on Your Own**





Riichiro Saito is a Professor at Tohoku University and was a Visiting Scientist of MIT in 1992 where he did pioneering work on carbon nanotubes with Professor Gene Dresselhaus and Professor Mildred S. Dresselhaus. His major subjects are solid state theory and the materials science of carbon. His English-language books include **Raman Spectroscopy in Graphene Related Systems (2011)** and **Physical Properties of Carbon Nanotubes (1998).**







30 / Outing to Nagano

Friday, May 22, 2015	
6:30 AM	**Meet in Sanuki Club Lobby with Small Carry-on Bag Only** You do not have to check out of your room and can leave your large luggage and other belongings there. You will need money on your Suica/Passmo card to travel to Tokyo Station. Wear casual clothes that are okay to get dirty. It can be cooler in Nagano and may rain, pack accordingly.
6:30 - 8:00 AM	**Travel to Tokyo Station & Buy Breakfast for Train** Upon arrival, Packard-sensei will give you time to purchase breakfast to bring with you on the train. You should meet her at the desiganted location/time to get your Shinkansen ticket and proceed to the train. DO NOT BE LATE!
8:50 AM	Shinkansen (Bullet Train) to Ueda Station: Asama 607
	Your Shinkansen ticket to Nagano has already been purchased on your behalf.
11:32	Arrival at Ueda Station & Lunch
	Upon arrival, you will be given time to purchase lunch on your own. You should meet Packard-sensei at the desiganted time/location to board the bus.
Afternoon	**Chartered Bus for Sight-seeing** Bus transportation is provided, but you may need to pay any admission fees and should budget for drinks/snacks for the afternoon.
	Stone Buddhas
	Practice working in a Rice Paddy
By 4:30 PM	**Arrive at Fuijiya Ryokan (Traditional Japanese Inn) in Aoki Village**
5:00 - 7:00 PM	 You will check-in, have time for dinner and can use the ryokans onsen to take a traditional Japanese hot springs bath. **Ryokan** are Japanese style inns found throughout the country, especially in hot spring resorts. More than just a place to sleep, ryokan are an opportunity to experience the traditional Japanese lifestyle and hospitality, incorporating elements such as tatami floors, futon beds, Japanese style baths and local cuisine, making them popular with both Japanese and foreign tourists alike. **Natural hot springs (onsen)** are numerous and highly popular across Japan. Every region of the country has its share of hot springs and resort towns, which come with them. There are many types of hot springs, distinguished by the minerals dissolved in the water. Different minerals provide different health benefits, and all hot springs are supposed to have a relaxing effect on your body and mind. Hot spring baths come in many varieties, indoors and outdoors, gender separated and mixed, developed and undeveloped. Many hot spring baths belong to a ryokan, while others are public bath houses. An overnight stay at a hot spring ryokan is a highly recommended experience to any visitor of Japan.
7:30 PM	**Gimin Durm Performance & Opportunity to Practice on the Drums**
by 9:00 PM	**Return to Ryokan**

Saturday, May 23, 2015	
Morning	**Breakfast at the Ryokan & Free Sight-Seeing Time** Boys will check out of Ryokan this morning and stay in the village tonight. Girls remain at Ryokan.
11:00 AM	**Leave for Ueda Station by Bus**
11:35 AM	**Meet KIP Students at Ueda Station & Travel to Shinshu University**
12:00 PM	Lunch at Shinshu University Cafeteria with Japanese Students (KIP and Shinshu Univ.)
	Pay for lunch on your own.
Afternoon	**Shinshu University**
	• 1:00: Discussion with U.S. & Japanese Students • 2:30: Talk with AREC a local industrial firm
4:00 PM	**Leave for Yokate Camp/Village via Bus**
Evening	**Barbeque Dinner at Yokate Camp with Villagers**
	Food is provided but you must purchase drinks on your own. This is a Japanese style barbeque which is a bit different from the U.S. style. Bring a jacket/sweater in case it gets cool this evening as you will be eating outside.
8:00 PM	**Return to Ryokan (Girls) and or Bungalow in Village (Boys)**
Sunday, May 24, 2015	
Morning	**Breakfast at the Ryokan or Bungalow & Check-out** The breakfast will be delivered by the coordinator who is a member of prefectural assembly. He is bringing either sandwiches or rice balls to the bungalow and ryokan in the morning. He will order them to the local restaurant and he will deliver them for us. If some wants to sleep in, they will be able to eat it in the bus on the way to the soba making venue.
8:30 AM	**Depart via Bus for Aoki Village**
9:00 AM	**Soba Noodle Making in Aoki Village, see http://www.japan-guide.com/e/e2341.html**
	Soba noodles are noodles made of buckwheat flour, roughly as thick as spaghetti, and prepared in various hot and cold dishes. Soba dishes are very popular and easily available nationwide. Like pasta, soba noodles are available in dried form in supermarkets, but they taste best if freshly made by hand from flour and water. Soba making has long been a popular hands-on activity for domestic and international travelers. The activity is offered by many craft villages and travel tour companies.
11:30 AM	**Lunch will be local pizza and the soba noodles you just made!**
12:00 PM	**Sight-seeing in Aoki Village**
1:30 PM	**Leave via Bus for Ueda City**
2:00 PM	**Guided Tour by High School Students in Ueda City**
5:30 PM	**Chartered Bus Leaves Ueda for Tokyo Sanuki Club Hotel**
Late Evening	**Arrive at Sanuki Club Hotel**

32 / How to Use Onsen or Sento

1 STEP1 Completely undress in the changing room

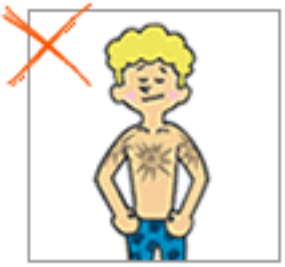
In principle, people take off all clothes before bathing in the onsen. Don't be shy because every bather will be naked. As most onsen and public baths are equipped with soap and shampoo, all you have to bring is a towel or a washcloth.

Dont's



■Wear a swimsuit

Unless otherwise indicated, no one is allowed to wear a swimsuit in the onsen.



■Have tattoos

People with tattoos may be asked not to bathe in the onsen.



■Bring in food or beverages (including alcohol)

Do not bring food or beverages to the onsen as eating or drinking may bother other bathers.



■Bathe after drinking alcohol

Bathing after drinking may put a strain on your heart and lead to an unexpected accident.

2 STEP2 Rinse your body with hot water before entering the bath

Note: It is quite common to wash throughly before getting in the bath. See step 4. By rinsing your body with hot water from the onsen, you will remove sweat and impurities. Please rinse the lower half of your body with particular care. Also, this step allows your body to get used to the water temperature before entering the bath.

3 STEP3 Soak in the bath

When you enter into the bath, slowly lower yourself while paying attention not to splash water on others around you. If you spend too much time in the bath, you may get heat exhaustion. Please leave the bath before feeling any symptoms of over heating.

Dont's



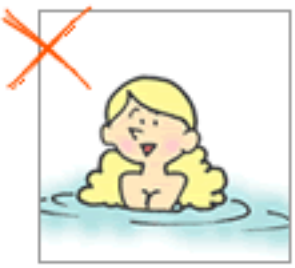
■Jump into or swim in the bath

Do not jump into or swim in the bath to avoid disturbing other bathers.



■Put your towel in the water

Place your towel on top of your head or next to the bath.



■Soak your hair in the water

If your hair is long enough to touch the water, tie it back.



■Use soap in the bath

Do not use soap or bodywash in the bath.

4 STEP4 Wash your body and hair at a washing area

Please take care not to splash water on the people around you. When you finish washing, rinse the washing bowl and stool and return them to where they originally were.

memo

Washing while standing is not considered good manners. Be sure to sit on the provided stool when washing your body.



5 STEP5 Finishing the bath

After soaking in the onsen once more to warm up, leave the bathing area without taking a second shower. If you take another shower, the beneficial minerals of the onsen water will be washed away.

memo

Dry yourself completely with a towel before going to the changing room.



memo

To learn proper etiquette and manners for bathing in the onsen, it is best to observe other bathers around you.



Monday, May 25, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
Afternoon	**Free - Enjoy Tokyo** See pg. 34 - 35 for sight-seeing ideas.
Tuesday, May 26, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Junichiro Kono, Rice University** **Website: http://www.ece.rice.edu/~irlabs/** Guest Speaker: Masayoshi Tonouchi, Tonouchi Lab, Osaka University Website: **http://www.ile.osaka-u.ac.jp/research/thp/indexeng.html**   Through use of cutting-edge THz/nano technology, the Tonouchi Lab explores terahertz (THz) science in advanced electronic materials and develops novel THz devices and systems for sensing, imaging, and other applications. The materials and devices include quantum/nano semiconductors, strongly correlated electron systems, superconductors, bio-molecules, etc.
Evening	**Free - Dinner on Your Own & Enjoy Tokyo!**
Wednesday, May 27, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Japanese Society & Culture Seminar: "Japan: The Super Nation Brand", Dr. Nancy Snow** **Website: http://nancysnow.com/brand-japan/**  Dr. Nancy Snow is a Visiting Professor at Keio University in Tokyo, and Abe Research Fellow in Japan. She is completing a book about Japan's global image and reputation in the world. Her latest book is American Propaganda and Democracy (LSU Press). Snow is a two-time recipient of a Fulbright (Germany, Japan) and has served as a U.S. Speaker and Specialist in Public Diplomacy for the U.S. Department of State and U.S. Embassy in Tokyo.
5:00 - 6:30 PM	**Free - Dinner on Your Own & Enjoy Tokyo!**
7:00 - 9:00 PM	**KIP Evening Discussion with Japanese Students, 3rd Floor Seminar Room** **Topic: Impact/Use of Robots in Service Industries in Japan**

Thursday, May 28, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
By 12:50 PM	**Meet Packard-sensei at Sanuki Club Lobby to Depart for Afternoon** You will need money on your Suica/Passmo to get to/from workshop.
1:30 - 5:00 PM	**Cultural Outing: Taiko Drumming** **Learn More About Taiko: http://en.wikipedia.org/wiki/Taiko**
	 
	"Taiko" in general is often used to mean the relatively modern art of Japanese drum ensembles (kumi-daiko), but the word actually refers to the taiko drums themselves. Literally, taiko means "fat drum," although there is a vast array of shapes and sizes of taiko. Within the last fifty years since kumi-daiko was created, it has seen phenomenal growth to the point where there are over 8,000 taiko groups in Japan by some counts.
Evening	**Free - Dinner on Your Own & Enjoy Tokyo!**
Friday, May 29, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Junichiro Kono, Rice University** **Website: http://www.ece.rice.edu/~irlabs/** Guest Speaker: Kyoko Ishizaka, Kyoko Ishizaka, Dept. of Applied Physics, University of Tokyo Website: http://ishizaka.t.u-tokyo.ac.jp/member_Ishizaka.html
	  Prof. Ishizaka is the first female faculty member in the history of the Department of Applied Physics of the University of Tokyo (Prof. Kono's alma mater). She has agreed to talk about not only her research on optical studies of strongly correlated electron systems and working as a female scientist (or 'rikejo') in Japan.
Evening	**Free - Dinner on Your Own & Enjoy Tokyo!**

Saturday, May 30, 2015	
Morning	**Breakfast at Sanuki Club**
Day	**Free - Recommended Day Trip to Kamakura**
Day	Optional Day Trip to Kamakura - KIP Students May Join

Kamakura Travel Guide: http://www.japan-guide.com/e/e2166.html
Getting There and Around: http://www.japan-guide.com/e/e3115.html

Kamakura is an easy day trip from Tokyo and you should coordinate plans for this trip with other NanoJapan students. We also recommend asking if any KIP students want to join you. This will be a great way to test the waters on using Japanese public transportation on your own to sight-seeing independently on the weekends. Wear casual clothes with comfortable walking shoes and remember to bring your umbrella. Bring extra money for great Kamakura snacks and souvenir shopping along Komachi St.



Engakuji Temple
http://www.japan-guide.com/e/e3103.html
Engakuji is one of the leading Zen temples in Eastern Japan and the number two of Kamakura's five great Zen temples. Engakuji is built into the slopes of Kita-Kamakura's forested hills.



Daibutsu (Great Buddha of Kamakura)
http://www.japan-guide.com/e/e3100.html
The Great Buddha of Kamakura (Kamakura Daibutsu) is a bronze statue of Amida Buddha, which stands on the grounds of Kotokuin Temple. With a height of 13.35 meters, it is the second tallest bronze Buddha statue in Japan.



Tsuruoka-Hachimangu Shrine
http://www.japan-guide.com/e/e3102.html
Tsurugaoka Hachimangu is Kamakura's most important shrine. The shrine is dedicated to Hachiman, the patron god of the Minamoto family and of the samurai in general. The shrine is reached via a long, wide approach that leads from Kamakura's waterfront with multiple torii gates along the way.



Komachi Dori
http://www.japan-i.jp/explorejapan/kanto/kanagawa/kamakura-shonan/d8jk7l000002rmu5.html
Along this shopping street are many stylish cafes, eateries serving traditional Japanese sweets, popular restaurants, and stores selling Japanese miscellaneous goods, craft products, and special Kamakura snacks.

Sunday, May 31, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
Day	**Free - Enjoy Sight-seeing in Tokyo on Your Own - Past Student Recommendations** See the Tokyo City Guide for even more great ideas at http://www.japan-guide.com/e/e2164.html



Senso-ji in Asaksua
http://www.japan-guide.com/e/e3001.html
The Sanja Matsuri is an annual festival in the Asakusa district that takes place over the third full weekend in May. Nearly two million people visit Asakusa over the three days of the festival, making it one of the three biggest festivals in Tokyo and is being held this weekend. A great time to head out and visit Asakusa!



Tsukiji Fish Market
http://www.japan-guide.com/e/e3021.html
The number of visitors to the tuna auction is limited to 120 per day. Tourists have to apply at the Osakana Fukyu Center (Fish Information Center) at the Kachidoki Gate, starting from 5:00am on a first-come, first-serve basis. A first group of 60 visitors will be admitted to the auction between 5:25 and 5:50, while a second group of 60 visitors will be admitted between 5:50 and 6:15.

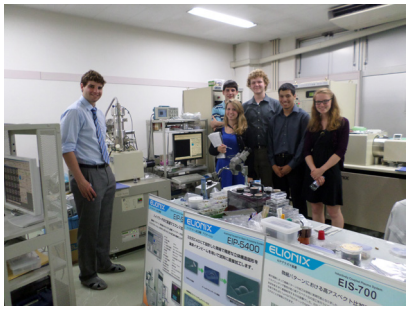


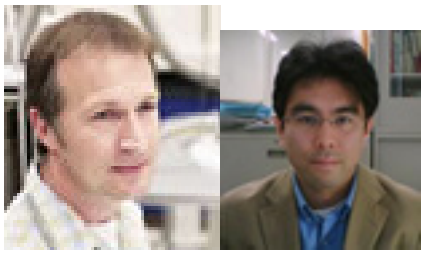
Ghibli Museum
http://www.ghibli-museum.jp/en/
If you are a fan of Hiyao Miyazaki movies (Spirited Away, Totoro, etc.), this museum is a must-see and is located in Mitaka, which is ~30 minutes west of Shinjuku Station. Entrance to the Ghibli Museum is strictly by advance purchase of a reserved ticket which specifies the appointed date of the reservation. Purchase these in advance from JTB USA (see website). Use Hyperdia to find the route that will get you there in time for your admission.



Odaiba and Miraikan
http://www.japan-guide.com/e/e3008.html
Odaiba is a popular shopping and entertainment district on a man-made island in Tokyo Bay. The bi-lingual Tokyo National Museum of Emerging Science, Miraikan, is a must-see here and there is also a Ferris wheel with a great view of Tokyo at night. This might be a good late afternoon/evening stop as then you can see the Rainbow Bridge lit up when you return back. Look for the Trick Art Museum on the 4th floor of the DECKS Tokyo Beach shopping center, and the Ramen World on the 5th floor of Aquacity Odaiba.

Monday, June 1, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:45 PM	**Walk Back to Sanuki Club & Lunch on Your Own**
2:00 - 5:00 PM	**Japanese Culture & Society Seminar, 3rd Floor Seminar Room** **Dr. Kellina Craig-Henderson, Head, NSF Tokyo Office**  Kellina M. Craig-Henderson, Ph.D. is the Head of the Tokyo office of the National Science Foundation. Before her current appointment, she served as the Deputy Division Director of the Social and Economic Sciences Division of the Social, Behavioral and Economic Sciences Directorate of the National Science Foundation (NSF). She is a former Professor of Social Psychology and retains an affiliation with the Department of Psychology at Howard University where she was promoted to the rank of Full Professor shortly before undertaking full-time Federal service at NSF.
5:00 - 6:00 PM	**Free - Dinner on Your Own**
Tuesday, June 2, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Jonathan Bird, University at Buffalo, SUNY** **Website: http://www.eng.buffalo.edu/~jbird/** Research Talk + Afternoon Seminar on “Living in Japan as a Foreigner”  Jonathan Bird joined the faculty of the UB Department of Electrical Engineering as Professor in Fall 2004. Prior to this, he obtained his B.Sc. (First-Class Honors) and Ph.D. degrees in Physics from the University of Sussex (United Kingdom), in 1986 and 1990, respectively. He was a JSPS visiting fellow at the University of Tsukuba (Japan) from 1991 - 1992, after which he joined the Frontier Research Program of the Institute of Physical and Chemical Research (RIKEN, also in Japan). In 1997, he was appointed as Associate Professor in the Department of Electrical Engineering at Arizona State University, where he spent seven years before joining UB. Prof. Bird’s research is in the area of nanoelectronics. He is the co-author of more than 300 peer reviewed publications as well as of undergraduate and graduate textbooks.
Evening	**Free - Dinner on Your Own & Enjoy Tokyo!**

Wednesday, June 3, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel** Attire for today should be business casual as you will likely not have time to change before leaving for the company visit. Wear comfortable walking shoes.
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
By 12:40 PM	**Meet Packard-sensei in Lobby to Depart for Company Visit** You will need to make sure there is money on your Passmo/Suica card for transportation to/ from Elionix. Estimated cost is 1,840 JPY.
2:00 PM	**Company Visit: Elionix, STS**
	Website: http://sts-elionix.com/
	 Elionix is a leading provider of electron beam lithography instruments in Asia and has recently entered the U.S. market. They have hosted NanoJapan company site visits since 2008 and are a key partner of the NanoJapan program. You will likely see Elionix systems in use at your Japanese research host university and their systems may also be in use at your home university in the U.S.
Evening	**Free - Dinner on Your Own**

Thursday, June 4, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Introduction to Nanoscience Seminar, 3rd Floor Seminar Room** **Prof. Jonathan Bird, University at Buffalo, SUNY** **Website: http://www.eng.buffalo.edu/~jbird/** **Guest Speaker: Noboyuki Aoki, Quantum Nano Device Group, Division of Nanomaterial Science, Graduate School of Advanced Integration Science, Chiba University**  Prof. Aoki is an Associate Professor (2008 - present) and was previously a Research Associate (1999 - present) at Chiba University where his research focuses on Transport properties of nano-carbon materials and quantum-structures. He was a Research Associate at Arizona State University (2004 - 2005) where his research focused on Low temperature transport in quantum wires and dots using scanning gate microscopy.
5:00 - 6:30 PM	**Free - Dinner on Your Own & Enjoy Tokyo!**
7:00 - 9:00 PM	**KIPP Evening Discussion with Japanese Students, 3rd Floor Seminar Room**
	Topic: Gender Issues & Marriage in the U.S. & Japan
Friday, June 5, 2015	
7:00 - 7:55 AM	**Breakfast at Sanuki Club Hotel**
8:00 - 8:15 AM	**Walk to Language School Classes at Kikai Shinko Kaikan**
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 1:00 PM	**Free - Lunch on Your Own**
2:00 - 5:00 PM	**Japanese Culture & Society Seminar, 3rd Floor Seminar Room** **Topic: Discussion & De-Briefing of NanoJapan Orientation Program with Packard-sensei** • What have you learned about Japanese society & culture to date? • What further questions/concerns do you have about Japanese culture & society?
Evening	**Free - Dinner on Your Own & Enjoy Tokyo!**

Saturday, June 6, 2015	
Morning	**Breakfast at Sanuki Club Hotel**
Day	**Free - Enjoy Tokyo - This is a great day to meet up with KIP Students!**

Sight-seeing Recommendations

Here are a couple of recommendations from past students but see the Tokyo City Guide for even more great ideas of things to see and do tonight at http://www.japan-guide.com/e/e2164.html



If you will be using a JR Rail Pass for travel to your host lab exchange your voucher for your actual Rail Pass on Saturday. You can also purchase one-way or round-trip Shinkansen tickets at JR East Travel Service Centers. You can only exchange your voucher for the pass at certain JR East Travel Service Centers including Tokyo, Ueno, Ikebukuro, Shinjuku, Shibuya, or Shinagagwa, Depending on how long the lines are, this process can take 1 - 2 hours so go first thing in the morning.



Akihabara Electric Town
http://www.japan-guide.com/e/e3004.html
Akihabara is famous for its many electronics shops. In more recent years, Akihabara has gained recognition as the center of Japan's 'otaku' culture, and many shops and establishments devoted to anime and manga are now dispersed among the electronic stores in the district. Check out Yodobashi Camera - like Best Buy but one million times better!



Ueno Park and Ueno Zoo
http://www.japan-guide.com/e/e3019.html
Ueno Park is a large public park next to Ueno Station in central Tokyo. Today Ueno Park is famous for the many museums found on its grounds, especially the Tokyo National Museum, the National Museum for Western Art, the Tokyo Metropolitan Art Museum and the National Science Museum.



Harajuku
http://www.japan-guide.com/e/e3006.html
The focal point of Harajuku's teenage culture is Takeshita Dori (Takeshita Street) and its side streets, which are lined by many trendy shops, fashion boutiques, used clothes stores, crepe stands and fast food outlets geared towards the fashion and trend conscious teens.

Saturday, June 7, 2014 (Cont.)	
By Saturday Evening	**Pack Large Luggage & Ship to Host Lab/Housing via Takuhaibin** **Website: http://www.japan-guide.com/e/e2278.html**
	Pack Large Luggage & Ship to Host Lab/Housing via Takuhaibin Traveling with large luggage in Japan is especially challenging and we *strongly* recommend that all students ship their large luggage to their research host lab or housing in advance. To ship your bag/s you will need to know the address they are going to and the cost will vary based on distance, size, and weight. You can ship your luggage directly from the Sanuki Club Front Desk. Packard-sensei can help you with this process, but if you have the address of your housing or host lab that is really all you need and you should be able to do this by yourself. The front desk will give you the form to fill out and you just need to pay the fee to them. The bag will magically be waiting for you on Monday when you get to your internship housing or host lab. Again, trust us. This is a wonderful service that is **well** worth the money. When you return to Tokyo at the end of the summer you can do the same thing - just ship your bags directly to the Sanuki Club before leaving your host city as that way you don't have to worry about storing them while you are hiking Mt. Fuji or sight-seeing independently during your last few days in Japan. It is **much** easier to just travel with a small backpack/suitcase than a large one. Trust us!
Sunday, June 8, 2014	
Morning	**Breakfast at Sanuki Club Hotel**
By 11:00 AM	**Check out of Sanuki Club Hotel and Travel to Research Host Lab** • During the first two weeks in Japan, you will communicate with your host lab about your arrival plans for Sunday. • In some cases, you may need to stay in a hotel on Sunday night and check-in to your housing on Monday. Refer to your housing details for additional information. • Must check out of rooms by 11:00 AM unless you are staying an extra night • Remember to turn in your room keys prior to departure. • You will likely need to pay for your research internship housing in full and in cash upon arrival, so be sure you have the appropriate amount of JPY available before you leave Tokyo. Remember the daily withdrawal limits on most ATMs may limit the amount of cash you can withdraw from an ATM within one day.
Afternoon	**Travel to Research Host Labs**
Late Afternoon/ Evening	**Check-in to Housing (or hotel for first night)** Housing will vary based on your host university. Refer to the specific housing information provided to you by NanoJapan. Typically, there are specific check-in procedures such as payment of any required deposit/entrance/key money and a general tour of the facilities. Carefully review any housing rules that you are given and be sure you abide by ALL of them. Dorm/building curfews are not uncommon in Japan as they not only protect the safety of the residents but also ensure that the front desk staff don't have to work all night. If your building has a curfew, please abide by it.
	Garbage Collection in Japan Website: http://www.japan-guide.com/e/e2222.html
	 In Japan, garbage is basically separated into burnable, non-burnable and recyclable items. At least two kinds of trash cans will be found in most households and in public places. The exact definition of what is burnable, non-burnable and recyclable depends on the municipality. Garbage collection days and hours depend on the area you live in. Carefully review any instructions given to you on garbage sorting by your housing and ask questions of your housing manager, front desk, or fellow residents if unsure of what to do.

Monday, June 9 - July 2, 2014

Research Internships at Host University/Laboratory - Part I

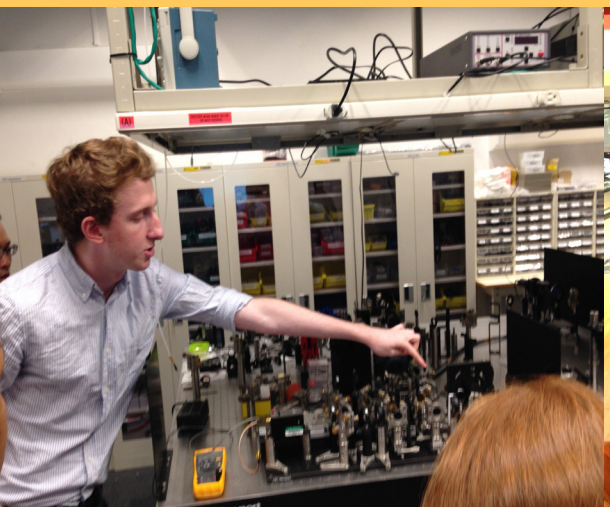
Tips for First Day

- Wake up early and dress up a bit for your first day to show respect for your lab and host professor. On other days casual attire will be fine.
- On your first day ask if someone from your lab can meet you at your housing to show you how to get to campus. Be sure you get detailed instructions from them on how to walk/bike/or take the subway on your own as starting on Tuesday you'll need to do this yourself.
- Practice introducing yourself in Japanese and be prepared to do this in front of the entire group during the first group meeting.
- Bring a small gift for your research host professor from your hometown or home state and a large box of candies or other treats to share with your research lab group. Don't forget a small gift for your lab secretary, too. These are the people who have likely made housing and other logistical arrangements on your behalf.

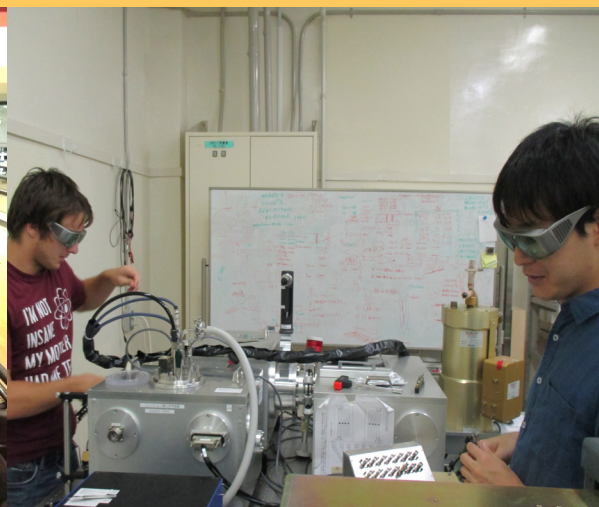
Gift Giving in Japan

Temiyage and Omiyage

In order to thank somebody, one often presents a gift (temiyage), such as Japanese sweets or sake. Similarly, when a Japanese person returns from a trip, he or she brings home souvenirs (omiyage) to friends, co-workers and relatives. In Japan, tourist sites are generally surrounded by many omiyage shops specializing in souvenir gifts, often in the form of beautifully wrapped and packaged foods. Bring gifts from your home-town or home state for your lab group, and if you take a weekend trip during the internship period, be sure to bring back omiyage for your lab. It is best to bring perishable/edible gifts as most Japanese houses are very small and don't have a lot of extra space.







GATEWAY TOURIST
PO BOX 642027
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MS 378 PO BOX 1892
RICE UNIVERSITY
HOUSTON TX 77251-1892

CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-922-1712-PERSONAL CELL
3. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
WIN/ARTHUR.MYO.MR
REYNOLDS/COLE.BALDWIN.MR
CERON/STEVEN.MR

TRIP LOCATOR: 37W82X
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
Sendai Airport, Sendai, Japan Wed 01 JUL 11:55 AM DEPART TERMINAL:	Naha Field, Okinawa, Japan Wed 01 JUL 2:45 PM ARRIVE TERMINAL: D	All Nippon Airways Co Ltd 1863 Class: M AIRCRAFT: BOEING 767 MILES: 1130 FLIGHT TIME: 2h50m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 47UZNR.** **SEAT NUMBER: 10D 10F 10G .**
Naha Field, Okinawa, Japan Sun 05 JUL 2:10 PM DEPART TERMINAL: D	Sendai Airport, Sendai, Japan Sun 05 JUL 4:50 PM ARRIVE TERMINAL:	All Nippon Airways Co Ltd 1864 Class: M AIRCRAFT: BOEING 767 MILES: 1130 FLIGHT TIME: 2h40m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 47UZNR.** **SEAT NUMBER: 10D 10F 10G .**

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

WIN/ARTHUR.MYO.MR
Confirmed Ticket Number 2057630508684
Confirmed Ticket Number 2057630508685
Confirmed Ticket Number 2057630508686

SDJ - OKA
OKA - SDJ

REYNOLDS/COLE.BALDWIN.MR
Confirmed Ticket Number 2057630508685
Confirmed Ticket Number 2057630508684
Confirmed Ticket Number 2057630508686

SDJ - OKA
OKA - SDJ

CERON/STEVEN.MR
Confirmed Ticket Number 2057630508686
Confirmed Ticket Number 2057630508684
Confirmed Ticket Number 2057630508685

SDJ - OKA
OKA - SDJ

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CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-922-1712-PERSONAL CELL
3. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
BAIDOO/JACQUELINE.EWURAESI.MS
KOLAR/KATHERINE.MARY.MS
BHATTACHARYA/ANISH.MR
RANSOM/BRANDI.NICOLE.MS
SUBRAMANIAN/AJAY.MR
VITALONE/ROCCO.ALEXANDER.MR

TRIP LOCATOR: N7YQGS
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
Haneda Airport, Tokyo Haneda, Japan Wed 01 JUL 11:05 AM DEPART TERMINAL: D2	Naha Field, Okinawa, Japan Wed 01 JUL 1:40 PM ARRIVE TERMINAL: D	All Nippon Airways Co Ltd 471 Class: M AIRCRAFT: BOEING 777-200 MILES: 984 FLIGHT TIME: 2h35m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 4768MV.** **SEAT NUMBER: 15A 15B 15C 16A 16B 16C .**
Naha Field, Okinawa, Japan Sun 05 JUL 2:35 PM DEPART TERMINAL: D	Haneda Airport, Tokyo Haneda, Japan Sun 05 JUL 5:05 PM ARRIVE TERMINAL: D2	All Nippon Airways Co Ltd 470 Class: M AIRCRAFT: BOEING 777-200 MILES: 984 FLIGHT TIME: 2h30m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 4768MV.** **SEAT NUMBER: 07A 07B 07C 07D 08C 08D .**

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

BAIDOO/JACQUELINE.EWURAESI.MS
Confirmed Ticket Number 2057630508691
Confirmed Ticket Number 2057630508692
Confirmed Ticket Number 2057630508693
Confirmed Ticket Number 2057630508694
Confirmed Ticket Number 2057630508695
Confirmed Ticket Number 2057630508696

HND - OKA
OKA - HND

KOLAR/KATHERINE.MARY.MS
Confirmed Ticket Number 2057630508692
Confirmed Ticket Number 2057630508691
Confirmed Ticket Number 2057630508693
Confirmed Ticket Number 2057630508694
Confirmed Ticket Number 2057630508695
Confirmed Ticket Number 2057630508696

HND - OKA
OKA - HND

RANSOM/BRANDI.NICOLE.MS
Confirmed Ticket Number 2057630508694
Confirmed Ticket Number 2057630508691
Confirmed Ticket Number 2057630508692
Confirmed Ticket Number 2057630508693
Confirmed Ticket Number 2057630508695
Confirmed Ticket Number 2057630508696

HND - OKA
OKA - HND

SUBRAMANIAN/AJAY.MR
Confirmed Ticket Number 2057630508695
Confirmed Ticket Number 2057630508691
Confirmed Ticket Number 2057630508692
Confirmed Ticket Number 2057630508693
Confirmed Ticket Number 2057630508694
Confirmed Ticket Number 2057630508696

HND - OKA
OKA - HND

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CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-922-1712-PERSONAL CELL
3. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
LONG/AARON.SAMUEL.MR
DOWNING/JULIA.ROCIO.MS
WONG/REBECCA.POLUM.MS
KLINDZIUK/ALENA.MS

TRIP LOCATOR: 377VBV
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
Itami Airport, Osaka Itami, Japan Wed 01 JUL 11:15 AM DEPART TERMINAL:	Naha Field, Okinawa, Japan Wed 01 JUL 1:20 PM ARRIVE TERMINAL: D	All Nippon Airways Co Ltd 765 Class: M AIRCRAFT: BOEING 777-200 MILES: 739 FLIGHT TIME: 2h05m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 48ECXW.** **SEAT NUMBER: 14D 14E 14F 14G .**
Naha Field, Okinawa, Japan Sun 05 JUL 2:10 PM DEPART TERMINAL: D	Itami Airport, Osaka Itami, Japan Sun 05 JUL 4:10 PM ARRIVE TERMINAL:	All Nippon Airways Co Ltd 766 Class: M AIRCRAFT: BOEING 777-200 MILES: 739 FLIGHT TIME: 2h00m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: 48ECXW.** **SEAT NUMBER: 05D 05E 05F 05G .**

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

LONG/AARON.SAMUEL.MR
Frequent Traveler UATJ163273 for NH
Confirmed Ticket Number 2057630508687
Confirmed Ticket Number 2057630508688
Confirmed Ticket Number 2057630508689
Confirmed Ticket Number 2057630508690

ITM - OKA
OKA - ITM

DOWNING/JULIA.ROCIO.MS
Confirmed Ticket Number 2057630508688
Confirmed Ticket Number 2057630508687
Confirmed Ticket Number 2057630508689
Confirmed Ticket Number 2057630508690

ITM - OKA
OKA - ITM

WONG/REBECCA.POLUM.MS
Confirmed Ticket Number 2057630508689
Confirmed Ticket Number 2057630508687
Confirmed Ticket Number 2057630508688
Confirmed Ticket Number 2057630508690

ITM - OKA
OKA - ITM

KLINDZIUK/ALENA.MS
Confirmed Ticket Number 2057630508690
Frequent Traveler UATJ163273 for NH
Confirmed Ticket Number 2057630508687
Confirmed Ticket Number 2057630508688
Confirmed Ticket Number 2057630508689

ITM - OKA
OKA - ITM

ANA
A STAR ALLIANCE MEMBER

ELECTRONIC TICKET ITINERARY/RECEIPT

For International Self Service Unit

- Please present all necessary country specific travel documentation or data such as staying address, Itinerary/Receipt, and positive identification such as passport, when you are requested to do so at check-in. or at Immigration/Customs.
- Please retain Itinerary/Receipt throughout your journey. Itinerary/Receipt may be required in case of itinerary change or refund.

PASSENGER NAME: **KURAY/PREEYA MS**

TICKET NUMBER: **2052400580346**

RESERVATION CODE: 7GOVVO

DATE OF ISSUE: 13JUN15

PLACE OF ISSUE: JAPAN – NH WEB LAX R

ISSUING OFFICE CODE: 05999162

ITINERARY

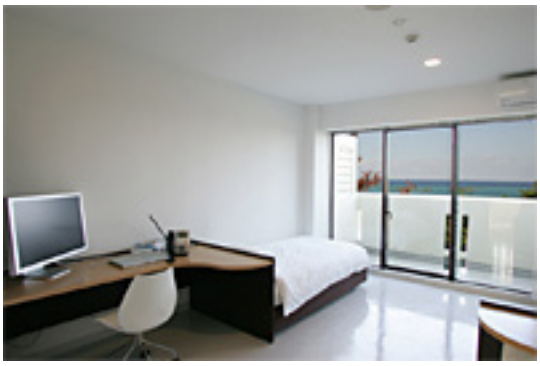
	CITY/AIRPORT	TERMINAL	FLIGHT NO.	DATE	DAY	TIME	CLASS	FARE BASIS	STATUS	BAGGAGE	INVALID BEFORE/AFTER
	DEPARTURE			DEPARTURE							
[1]	HIROSHIMA		NH1861	01JUL15	WED	1140	H(Y)	HNNEJ	OK	20K	01JUL/01JUL
	ARRIVAL		SEAT	ARRIVAL			OPERATING CARRIER				REMARKS
	OKINAWA(NAHA)	D	11D	01JUL15	WED	1330	ALL NIPPON AIRWAYS				
	DEPARTURE			DEPARTURE							
[2]	OKINAWA(NAHA)	D	NH1862	05JUL15	SUN	1315	H(Y)	HNNEJ	OK	20K	05JUL/05JUL
	ARRIVAL		SEAT	ARRIVAL			OPERATING CARRIER				REMARKS
	HIROSHIMA		17C	05JUL15	SUN	1500	ALL NIPPON AIRWAYS				

Wednesday, July 1, 2015

All students must pay for their own transportation between their host city and departure airport. You can check in using the self service check-in machine at the airport but will need to input your ANA confirmation number or simply show your itinerary and ID at the ANA ticket counter. Use Hyperdia.com to determine your best route to the airport to ensure you arrive at least 1 1/2 hours before departure.

11:05 - 14:35	**Tokyo & Chiba Students:** You will all depart on ANA #471M from **Haneda Airport.** You must arrive at Haneda Airport at least 1 1/2 hours in advance so you will need to take an early morning subway. See http://www.japan-guide.com/e/e2430.html for more information on Haneda Airport.
11:15 - 13:20	**Osaka and Kyoto Students:** You will all depart on ANA #765M from **Itami Airport.** You must arrive at Osaka-Itami Airport at least 1 1/2 hours in advance so you will need to take an early morning subway. Kyoto students may want to travle to Osaka on Tuesday night. See http://www.japan-guide.com/e/e2433.html for more information on Itami Airport.
11:40 - 13:20	**Preeya Kuray flies from Hiroshima to Okinawa on NH #1861**
11:55 - 14:45	**Sendai Students:** You will all depart on ANA #1863M from Sendai Airport. You must arrive at Sendai Airport at least 1 1/2 hours in advance so you will need to take an early morning subway. See http://www.japan-guide.com/e/e5151.html for information on access to/from Sendai Airport.
by 15:00	**Meet in front of Airport Shuttle Counter:** We will take an airport limousine bus from Naha airport to OIST campus. You must pay for your ticket individually but should wait to purchase until everyone has arrived so we can all be on the same bus. You should purchase a round-trip ticket to/from OIST campus departing on the 15:40 or 16:40 bus and returning to Naha airport from OIST on Sunday, July 5 at 10:15 AM. Estimated cost is 3,400 JPY. **OIST Contacts:** Atsuko Tomimoto: [redacted] Hitomi Miyazato (Ms): [redacted]
15:40 or 16:40	**Shuttle Bus Departs for OIST Campus**
17:03 or 18:03	**Arrive OIST Campus & Shuttles to Seaside House Hotel** Upon arrival, students will transfer to a shuttle or taxi to take them to the Seaside House where all students will be staying. There will be Japanese students attending the MTSA conference who will be staying there too.
Evening	**Check-in to OIST Seaside House** *Exact schedule & estimated meal/activity costs subject to change* **Website: http://www.oist.jp/seaside-house-0** Only 3 km from the Main Campus, Seaside House overlooks the East China Sea in Onna Village with a spectacular view of coral reefs and islands. There are 22 (as of April 2013) twin guest rooms located on the second and third floors of Seaside House. The guest rooms are used as accommodation for participants of workshops and courses. All rooms have internet access.
19:00	**Sushi Dinner at Seaside House - Included - In 3rd Floor Dining Hall**





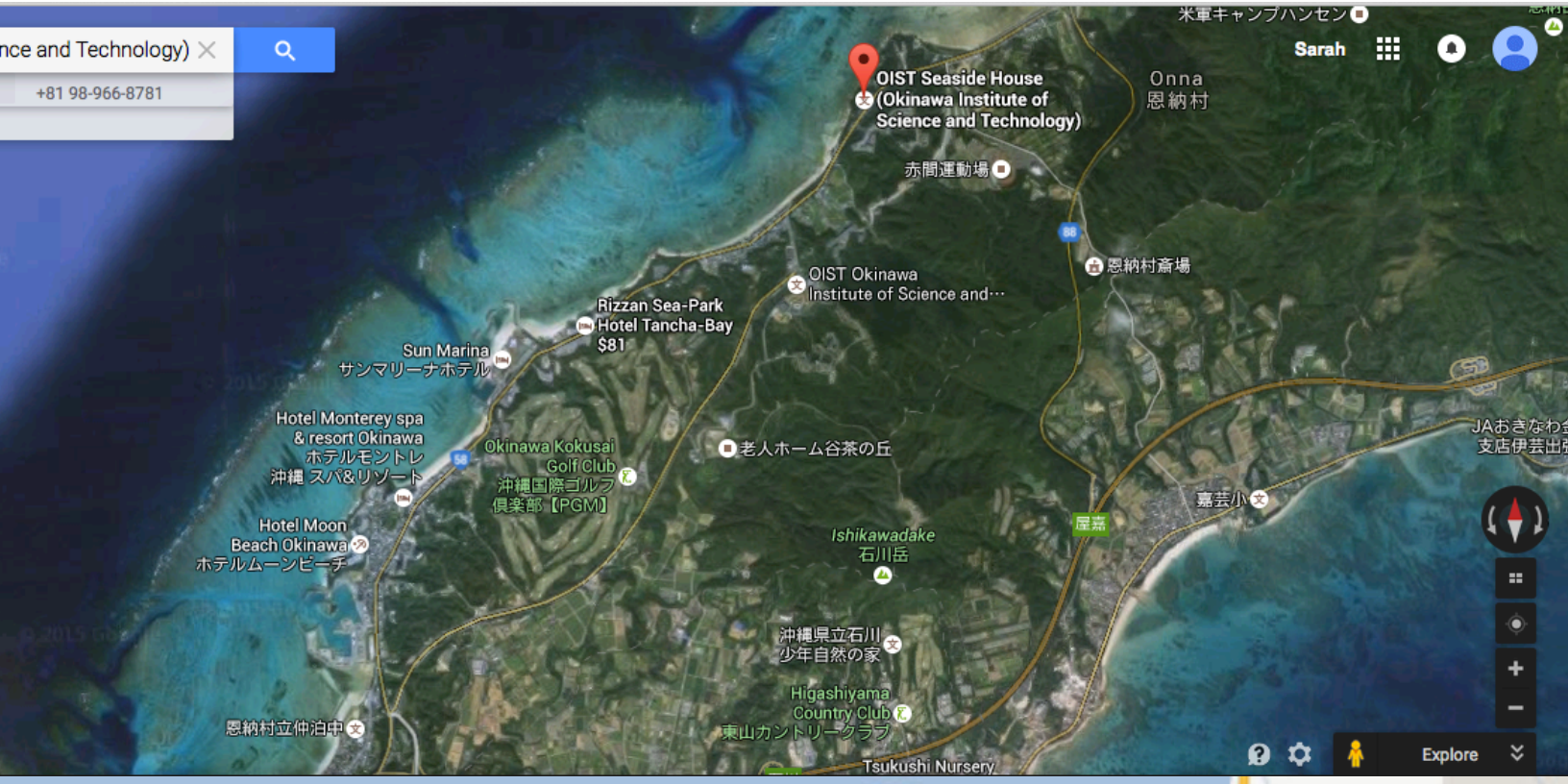


Thursday, July 2, 2015 - Okinawa Institute of Technology Visits	
8:00 - 8:30 AM	**Breakfast Box + Bottle of Water - No Cost, Included**
8:15 - 11:45 AM	**NanoJapan Mid-Program Meeting at Seaside House**
12:00 PM	**Shuttle from Seaside House to OIST Campus (Provided)**
Lunch	**At OIST Campus - Arranged by MTSA Conference** *Meet at 13:45 to begin afternoon session*
14:00 - 17:00	**Okinawa Institute of Technology Graduate University Tour & Lab Visits** **Website: http://www.oist.jp/** *Visit will include an introduction and overview to OIST, campus tours, and lab tours.* OIST 
17:30	**Shuttle from OIST Campus to MTSA Banquet at Rizzan Sea Park Hotel**
Evening	**MTSA Conference Banquet (Cost 3,000 JPY per person, students to pay Sarah)**
Late Evening	**Shuttle from Rizzan Sea Park Hotel to Seaside House :** Take shared shuttle with other conference participants staying at Seaside House.
Friday, July 3, 2015 - Okinawa Institute of Technology Visits	
Morning	**Shared shuttle from Seaside House to OIST with other MTSA Conference Participants.** Time TBA by Tonouchi-sensei or Otani-sensei. Have breakfast on your own at OIST.
Day	**MTSA Conference Sessions (Lunch provided by conference)** **Website: http://www.mtsa2015.riken.jp/index.html** The 3rd International Symposium on Microwave/Terahertz Science and Applications (MTSA 2015) will be held at Okinawa Institute of Science and Technology, in Okinawa, Japan, during June 30 (Tuesday) to July 4 (Saturday) in 2015. This symposium provides a forum for the exchange of information on the basic science, technology, and applications in microwave to terahertz wave region. In addition to covering all aspects of science and technology in this frequency range, the symposium will also encourage the combination with the industrial applications. Moreover, this symposium will be held in combination with The 6th International Symposium on Terahertz Nanoscience (TeraNano 6), offering the opportunity to promote the interdisciplinary domain between MW/MMW/THz technologies and nanotechnology. This symposium will also place special emphasis on international exchanges for students and young researchers in this highly interdisciplinary fields. **Morning:** Student Workshop where you will give short, 4 minute presentations on your research project thus far. **Lunch:** Provided by conference **Afternoon:** Attend MTSA Tutorial Sessions
Evening - Dinner	**Shared Shuttle with MTSA conference participants from OIST to Rizzan Sea Park Hotel.** Shuttle will take you to the Rizzan Sea Park where you can have dinner on your own at their food stall restaurant & watch an Okinawan dance show. When ready to return, take a taxi back to Seaside Park (pay individualy) from the hotel lobby.

Saturday, July 4, 2015	
8:00 - 8:30 AM	**Breakfast Box + Bottle of Water - No Cost, Included**
Day	**Free Day in Okinawa - Suggested to get a beach day pass from a nearby resort** We suggest arranging a taxi to take you to either the Moon Beach Hotel or the Rizzan Sea Park Hotel where you can purchase a day pass for visitors at the front desk to use their beach and facilities. They have wide sandy beaches that are perfect for relaxing at and also have restaurants inside and a convenience store where you can purchase snacks/drinks as well. Please do not try to use the resort beach without paying the visitor fee, this is something you should plan on/budget for. You will need to arrange a taxi on your own from the Seaside House to go to the hotel resort. The Security guard will be able to help arrange the taxi or you can call the taxi company (toll free 0120-23-5477) to arrange the taxi. They speak only Japanese. *Moon Beach Hotel:* Recommended by Dani-sensei as a nicer beach that Rizzan though slightly farther away. Day pass is 500 JPY. See the JapanGuide overview of Moon Beach at http://www.japan-guide.com/e/e7119.html and http://www.moonbeach.co.jp/international/english.html for the Moon Beach hotel website. *Rizzan Sea Park Hotel:* Closer to OIST but the day pass fee is 1,000 JPY. See http://www.rizzan.co.jp/english/
by 17:00	**Return to Seaside House via Taxi:** Give yourself time to get back to the Seaside House, shower and change for the 4th of July BBQ that OIST will host for us on Saturday night! See http://www.oist.jp/access-map#seaside for full access information for the Seaside House
18:00	**4th of July BBQ on Seaside House Deck** **We may be in Japan, but we can still celebrate the 4th of July in style with a BBQ!**
Sunday, July 5, 2015 (Tentative flight schedule, not yet booked)	
by 7:00	**Breakfast Box + Bottle of Water - No Cost, Included**
by 8:50	**Meeting in lobby with all luggage**
9:30	**Shuttle Provided from Seaside House to OIST**
10:15	**Airport Limousine Buses Departs OIST for Naha Airport**
11:50	**Airport Bus Arrives at Naha Airport, Check-in for Flights, & lunch on your own**
13:15 - 15:00	**Preeya Kuray Departs Naha for Hiroshima on NH #1862**
14:10 - 16:50	**Sendai Students Depart on ANA #1864M**
14:10 - 16:10	**Osaka & Kyoto Students Depart on ANA #766M**
14:35 - 17:05	**Tokyo & Chiba Area Students Depart on ANA #470M**
Evening	**Travel on your own back to your host lab. Pay individually**



Map of OIST Seaside House / 51





Monday, July 6 - Friday, July 31, 2015

Research Internships - Part II

Preparing Your RQI Poster and Abstract

During the second half of the research internship period, you will begin working on your Rice Quantum Institute Research Poster and Abstract. You will have to submit draft versions of these documents to your Japanese Research Host Professor and your U.S. PIRE co-advisor for revisions and feedback. Carefully review the applicable assignments in OwlSpace.

Getting Ready to Leave Your Lab & Shipping Your Large Luggage (Takuhaibin)

While some students may need to check out of their housing on Thursday evening (if you are billed on a monthly basis), It is not uncommon for labs to have a going-away party or dinner for you on Friday night. Speak with your lab about your departure so they know what your last housing date is and plan to stay until Friday or Saturday morning as you will likely have a small party, dinner, or get-togethe with your labmates on your last night in your host city.

Takuhaibin: Before your last day in the lab, ask someone to help you ship your large luggage directly to Sanuki Club hotel. You do not want to have to lug all of your heavy suitcase with you during your last weekend in Japan. Only pack what you need for the next few days in a small carry-on bag or backpack. Be sure to ask your dorm/housing manager about check-out procedures in advance and make sure that your room is left clean and all keys and return items you have borrowed.

SANUKI CLUB ADDRESS ~ 11-9 MITA 1-CHOME, MINATO-KU, TOKYO, 108-0073 ~ TEL. 03-3455-5551

August 1 - 2, 2015 - Last Weekend in Japan!

Optional Student Organized Hike of Mt. Fuji

Climbing Mt. Fuji ~ http://www.japan-guide.com/e/e6901.html



It has become a NanoJapan tradition that all students meet back up to hike Mt. Fuji together the last weekend in Japan. This is a student-led, student-organized trip. Climbing Mount Fuji (3776 meters), Japan's highest and most prominent mountain, can make for lifelong memories. The mountain itself may look more attractive from afar than from close up, but the views on clear days and the experience of climbing through the early morning hours among hundreds of equally minded hikers from across the world, are very rewarding. Plan to meet up late Saturday afternoon at the Fujinomiya 5th Station (Shizuoka Prefecture) and hike Fuji Saturday night so you can see the sunrise on Sunday. Remember that Prof. Mittleman wants to join you! His email is daniel@rice.edu.

By Sunday Evening

Return to Tokyo and Check in to Sanuki Club Hotel
A room has been reserved on your behalf for the nights of August 3 & 4 at a rate of ~6,000 JPY/night (including breakfast). Use your stipend funds to pay for your hotel these two nights.

Monday, August 3, 2015	
by Evening	**Return to Tokyo and/or Sanuki Club Hotel** We strongly recommend you stay at the Sanuki Club Hotel on Monday night. You will need to make this reservation on your own and pay individually (~5,800 JPY/night). The Sanuki Club has become very popular, so we recommend making this reservation during the three-week orientation at the start of summer so you know you have a place to stay in Tokyo on Monday night. If you wait too long there may be no rooms available at Sanuki and you will then need to make other lodging arrangements for Monday night. It is much, much easier to stay at Sanuki as then you can send your luggage there via Takuhaibin (baggage delivery services) if you will be spending your last weekend sight-seeing in Japan.
Evening	**Free - Enjoy Your Last Night in Tokyo!**
Tuesday, August 4, 2015	
Morning	**Breakfast at Sanuki Club Hotel**
by 8:30 AM	**Meet in Sanuki Club Lobby** If you did not stay at the Sanuki Club hotel Monday night, you must be at the hotel by this time to confirm the time and location of your OPI with Packard-sensei.
8:40 - 12:00 PM	**Japanese Oral Proficiency Interviews at Sanuki Club Hotel or AJALT Office**
	All students must complete a Japanese Oral Proficiency Interview prior to departure to assess the gains you have made in your spoken Japanese language proficiency over the course of the summer. This is a simple conversation in Japanese between you and the AJALT tester. There is no written component and nothing that you need to prepare. Exact time and location TBA.
by 1:00 PM	**Bus Departs Sanuki Club Hotel for Narita Airport** Packard-sensei will confirm the exact departure time for you.
by 2:35 PM	**Check-in for United Flight #6 at Narita Airport - Terminal 1**
4:35 PM	**United Flight #2 Departs Narita - Gain one day as you cross the international date line.**
2:50 PM	**Arrival at Bush Intercontinental Airport (IAH)** • Clear immigration as a group and then collect baggage and clear customs together. • US Customs & Border Protection - Know Before you Go: http://www.cbp.gov/xp/cgov/travel/vacation/kbyg/
4:15 PM	**Rice University Shuttle Pick-up Outside Terminal E - Ground Transportation** Look for the Rice Unviersity shuttle outside Terminal E. Your driver is Chandler. His phone number is [redacted] Call Sarah at [redacted] if there are any difficulties.
~ 5:30 PM	**Hotel Check-in: Residence Inn Houston Medical Center/Reliant Park, 7710 South Main Street · Houston, Texas, 77030** Double-occupancy Hotel room and taxes only paid by NanoJapan for Tuesday, Wednesday, and Thursday night. Daily buffet breakfast is included. Room 1: Rebecca & Alena #81731135 Room 2: Jacqueline & Brandi #81725969 Room 3: Julia & Katherine #81723615 Room 4: Aaron & Dylan #86855485 Room 5: Steven & Cole #86855979 Room 6: Anish & Ajay # 86856641 Room 7: Rocco & Arthur #86857120
Evening	**Free - Have Dinner on Your Own** There is a free evening reception with food in the lobby. Check with front desk on timing. Or you can purchase food at Kroger/Target next door, eat at nearby restaurants, or speak with the front desk about shuttle arrangements to Rice Village where there are many restaurants.

GATEWAY TOURIST
PO BOX 642027
LOS ANGELES CA 90064-9998
TEL 213-413-3200
INFO@GATEWAYLAX.COM

MAILING ADDRESS
MS SARAH PHILLIPS
DEPT ELECTRIC COMPU ENGINRING
MS 378 PO BOX 1892
RICE UNIVERSITY
HOUSTON TX 77251-1892

CONTACT INFO:
1. 713-529-2105-HOME PHONE
2. 832-420-2751-CELLULAR
3. 713-922-1712-PERSONAL CELL
4. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
BAIDOO/JACQUELINEEWURAESI
BHATTACHARYA/ANISH
CERON/STEVEN
DOWNING/JULIAROCIO
KLINDZIUK/ALENA
KOLAR/KATHERINEMARY
LONG/AARONSAMUEL
RANSOM/BRANDINICOLE
RENAUD/DYLANLEVI
REYNOLDS/COLEBALDWIN
SUBRAMANIAN/AJAY
VITALONE/ROCCOALEXANDER

TRIP LOCATOR: 26MHH5
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
George Bush Intercontinental Airport, Houston Geo Sat 16 MAY 10:50 AM DEPART TERMINAL: E	Narita Airport, Tokyo Narita, Japan Sun 17 MAY 2:30 PM ARRIVE TERMINAL: 1	United Airlines 7 Class: S AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 13h40m NON STOP **AIRLINE CONFIRMATION: ILC4JX.** Lunch
Narita Airport, Tokyo Narita, Japan Tue 04 AUG 4:35 PM DEPART TERMINAL: 1	George Bush Intercontinental Airport, Houston Geo Tue 04 AUG 2:50 PM ARRIVE TERMINAL: E	United Airlines 6 Class: W AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 12h15m NON STOP **AIRLINE CONFIRMATION: ILC4JX.** Dinner

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

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HOUSTON TX 77251-1892

CONTACT INFO:
1. 832-420-2751-CELLULAR
2. 713-922-1712-PERSONAL CELL
3. 713-348-6362-BUSINESS PHONE

TRAVELER(S) NAME
WIN/ARTHURMYO
WONG/REBECCAPOLUM

TRIP LOCATOR: 2V2HZS
PAYMENT METHOD: Credit Card
TICKET STATUS: E-Ticket is issued.
Photo ID must be presented at check-in.
Passenger's credit card will be required for self check-in.

Flight number and time are changed by airline often without notice, please check them before your travel date.

DEPART	ARRIVAL	FLIGHT NBR/CLASS
George Bush Intercontinental Airport, Houston Geo Sat 16 MAY 10:50 AM DEPART TERMINAL: E	Narita Airport, Tokyo Narita, Japan Sun 17 MAY 2:30 PM ARRIVE TERMINAL: 1	United Airlines 7 Class: S AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 13h40m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: I229QH.** **SEAT NUMBER: N38K Requested .** Lunch
Narita Airport, Tokyo Narita, Japan Tue 04 AUG 4:35 PM DEPART TERMINAL: 1	George Bush Intercontinental Airport, Houston Geo Tue 04 AUG 2:50 PM ARRIVE TERMINAL: E	United Airlines 6 Class: W AIRCRAFT: BOEING 777 MILES: 6658 FLIGHT TIME: 12h15m NON STOP **STATUS: Confirmed** **AIRLINE CONFIRMATION: I229QH.** **SEAT NUMBER: N39C Requested .** Dinner

CLASS OF SERVICE F/P FIRST CLASS C/D/J-BUSINESS CLASS Y/B/M/Q/S/L/M ETC COACH CLASS

Wednesday, August 5, 2015	
6:30 - 9:30 AM	**Complimentary Hot Breakfast Buffet in Lobby**
Morning	**Free - Relax at Hotel**
11:45 AM	**Hotel Shuttle Departs for Rice - Meet in Lobby**
12:00 - 2:00 PM	**Working Lunch: "NanoJapan Debriefing Session & Overview of RQI", Prof. Junichiro Kono, Dr. Cheryl Matherly, and Sarah Phillips (Duncan Hall, Room 1049)**
	Come prepared to discuss your overall experience on the NanoJapan Program. • What were the best aspects of the program? What aspects of the program would you like to see improved? • Has the program influenced your desire to conduct further research or graduate study in the field of nanotechnology? • Has the program influenced your desire to work or study again in Japan or any other nation? • What recommendations/tips would you give to NanoJapan 2014 participants?
2:00 - 2:15 PM	**Break**
2:15 - 3:15 PM	**"Marketing Your International Experience", Dr. Cheryl Matherly, University of Tulsa**
3:15 - 4:30 PM	**NanoJapan Resume Critique & Mock Interviews**
	• Staff from the Rice Career Services Center will give a brief presentation on resume preparation and interview tips followed by one-on-one advising. • Be sure to bring a printed copy of your updated resume with you to the meeting today. • Your updated resume should reflect your NanoJapan experience.
4:30 - 4:45	**Wrap Up**
4:45 PM	**Shuttle to the Hotel**
6:00 - 7:30 PM	**Complimentary Evening Social in Hotel Lobby**
Evening	**Free - Dinner on Your Own** You can speak with the hotel front desk about making arrangments to take the regularly scheduled hotel shuttle to Rice Village or the Galleria Mall where there are many restaurants, shops, and an indoor ice skating rink. There are also restaurants in the hotel or within walking distance of the hotel.

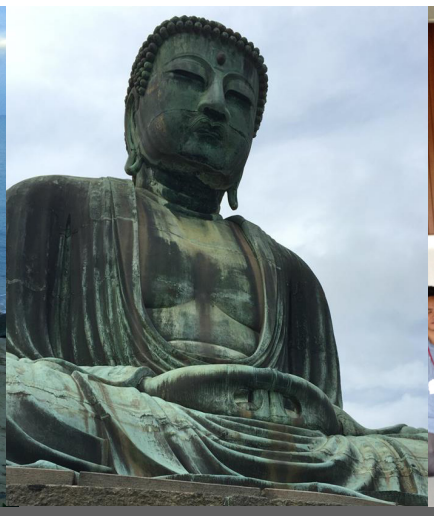






Thursday, August 6, 2015	
6:30 - 8:30 AM	**Complimentary Hot Breakfast Buffet in Lobby**
8:45 AM	**Hotel Shuttle Departs for Rice - Meet in Lobby** You will need your laptop with you today to complete post-program assessments.
9:00 - 10:00 AM	**Joint Session with RQI REU Students: "Poster Presentation Skills Workshop" - Dr. Beata Krupa, Program in Writing & Communication, Rice Center for Engineering Leadershp, (Duncan Hall, Room 1049)**
10:00 - 12:00 PM	**NanoJapan Students Only: One-on-One Poster Presentation Coaching**
	For NanoJapan Students Only - Individual practice poster presentations with coaching and feedback by trained Professional Communication coaches. You will divide up into two groups and present your poster from the final PDF/PPT you submitted via OwlSpace Assignments. • **Group 1: Coaching with TBA - RCEL Conference Room, Abercrombie Lab, A102 -** Jacqueline Baidoo, Anish Bhattacharya, Steven Ceron, Julia Downing, Alena Klindziuk, Katherine Kolar, Aaron Long • **Group 2: Coaching with Dr. Krupa - Duncan Hall, Room 1049):** Brandi Ransom, Dylan Renaud, Cole Reynolds, Ajay Subramanian, Rocco Vitalone, Arthur Win, Rebecca Wong
12:00 - 1:30 PM	**Working Lunch: Joint Session with RQI REU Students "Post-Program Assessments", Dr. Cheryl Matherly, University of Tulsa (Duncan Hall, Room 1049)**
1:30 - 3:00 PM	**"Applying to Graduate School & Programs at Rice University"**
	1:30 - 2:00 PM: Prof. Kevin Kelly, Assoc. Professor, Department of Electrical & Computer Engineering & Chair, Applied Physics Program. "Applying to Graduate School" 2:00 - 2:15 PM: Prof. Jun Lou, Professor & Assoc. Chair, Materials Science & Nanoengineering 2:15 - 2:30 PM: Prof. Kevin Kelly - "Overview of ECE & Applied Physics Grad Programs"
3:00 - 4:00 PM	**"International Opportunities for Science & Engineering Students", Sarah Phillips, Rice University (Duncan Hall, Room 1049)**
4:00 PM	**Wrap Up & Final Questions for Friday**
4:15 PM	**Hotel Shuttle to Residence Inn**
6:45 PM	**Hotel Shuttle to Prof. Kono's House**
7:00 - 9:00 PM	**Party at Prof. Kono's House**
	This will be a 10-year anniversary party for NanoJapan. Tex-Mex food will be catered and many NanoJapan alumni and members of the Japanese community will be invited.
9:00 PM	**Hotel Shuttle to Residence Inn**







Friday, August 7, 2015	
6:30 - 7:45 AM	**Complimentary Hot Breakfast Buffet in Lobby**
By 8:00 AM	**Check out of Hotel** Attire for the day will be business or business casual as you will be presenting at the Colloquium. Bring all luggage with you to Rice.
8:30 AM	**Shuttle Departs for Rice - Store Luggage in Duncan Hall, Room 1042**
Day	**Rice Quantum Institute Summer Colloquium, Duncan Hall**
9:00 - 10:15 AM	**Oral Session 1:** McMurtry Auditorium, Presider: TBA
10:15 - 10:30 AM	Break
10:30 - 11:45 AM	**Oral Session 2:** McMurtry Auditorium, Presider: TBA
11:45 - 12:00 PM	Break (Undergradute Students and Judges Get Lunch)
12:00 - 1:30 PM	**Poster Session 1: Undergraduate Students** & Lunch, Martel Hall
1:30 - 2:45 PM	**Oral Session 3:** McMurtry Auditorium, Presider: TBA
2:45 - 3:15 PM	Break
3:15 - 4:30 PM	**Oral Session 4:** McMurtry Auditorium, Presider: TBA
4:30 - 5:30 PM	**Poster Session 2A: Graduate Students & Post-docs**, Martel Hall
5:30 - 6:30 PM	**Poster Session 2B: Graduate Students & Post-docs,** Martel Hall *Food, wine, and beer will be served. Must be 21 or older to consume alcohol and ID will be required.*
7:00 PM	**Awards Ceremony, McMurtry Auditorium**
	Afternoon & Evening: NanoJapan Student Flights Back Home
	You must arrange and pay for your own transportation to the airport. Allow at least one hour to get from Rice to either airport. It is recommended that you arrive at least 90 minutes prior to departure for domestic flight check-in. • *Shuttle Service:* We recommend Super Shuttle http://www.supershuttle.com. You can book this online and pay with a credit/debit card. Use discount code Owls1 for Rice discount. • *Taxis:* If you are departing close to the same time as another NanoJapan student it may be faster and cheaper to share a cab to the hotel. Call Yellow Cab at 713-236-1111 to arrange for your cab. Most cabs in Houston take credit/debit cards, and the flat fare from the Rice/ Medical Center to IAH is ~$51 + a $3.75 departure fee and fuel surcharge, and from Rice/ Medical Center to HOU it is ~$27 + a $2.25 departure fee and fuel surcharge. • Pick-up Address: Duncan Hall, Rice University, 6100 Main St., Houston, TX 77005. This is building 26 on the campus map. The driver can use etrances 2 or 1 off of Main St.

Friday, August 7, 2015 - Departing Flights for 2015 NanoJapan Students		
	Bush Intercontinental Departures (IAH)	**Houston Hobby Departures (HOU)**
	• Aaron Long at 4:51 PM on Delta #2208 • Ajay Subramanian at 5:35 PM (Airport/Flight info not provided) • Dylan Renaud at 6:45 PM on Frontier #F9 242 • Alena Klindziuk at 6:55 PM on Delta #1731 • Jacqueline Baidoo at 7:05 PM on United # 1268K • Steven Ceron at 7:13 PM on United #291	• Anish Bhattacharya at 5:10 PM on SW #4816 • Ajay Subramanian at 5:35 PM (Airport/Flight info not provided) • Rebecca Wong at 7:40 PM (Flight info not provided) • Rocco Vitalone at 9:10 PM on SW #783 **Students Staying in Houston or Driving** • Cole Reynolds will drive to TX A&M University • Brandi Ransom: Staying in Houston on Friday but making own housing arrangements • Room 1 at Residence Inn: Arthur Win leaving on Saturday, August 8 from HOU at 9:45 AM on American #945 • Room 2 at Residence Inn: Julia Downing leaving on Saturday, August 8 from HOU at 8:40 AM on SW #4306 • Room 2 at Residence Inn: Katherine Kolar leaving on Saturday, August 8 from IAH at 11:00 AM on DL #5386

Travel Resources & Guides

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International ATMs in Japan



7-11: All 7-11 stores in Japan have international ATMs and many are open 24 hours. 7-11 ATMs accept cards with a Visa, Plus, American Express, JCB, Union Pay, Discover or Diner's Club logo. If your card has a MasterCard or Cirrus logo, check the machine as they have changed their policy a number of times and we are not sure if 7-11 ATMs currently accept these cards. If not, you will need to access funds from a post office ATM (see below).



Post Offices: Post offices in Japan have international ATMs and accept cards bearing the Visa, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay and Discover logos. Hours are limited, so be sure to plan ahead and take out cash early so you aren't stuck late at night or on a holiday with no money.
Banks: The ATMs at most banks will not work as these are for Japan's domestic banking system only but you can withdraw money from a US banking account at any Citibank ATM.

Use of Cash

Japan is a cash-based society and you will use cash for almost all of your daily purchases. High-end restaurants, large department stores, electronics stores, and hotels will take credit cards but for daily purchases cash is king. When you arrive in Japan, you will have time to exchange money or withdraw JPY from an international ATM. If you need to exchange USD into JPY later you can do so at the hotel front desk or a nearby bank. We recommend you keep the equivalent of USD $100 - $150 in JPY on you at all times while you are in Japan. This will ensure that you have sufficient cash for subway transportation, that you have sufficient cash for food/daily purchases, and that in a pinch you have sufficient cash to take a taxi home late at night if you miss the last train.

Banking Hours in Japan & Traveler's Checks

Most banks are open Monday to Friday, 9:00 AM to 3:00 PM and most are closed on Saturday and Sunday. If you need to exchange traveler's checks, you will likely have to visit a bank during regular operating hours Monday through Friday. There are very few international banks in Japan - almost all are domestic bank branches. However, listed below are a few of the major international banks and the website where you can find their nearest branch.

- Citibank Locations in Japan http://www.citigroup.com/locations/ap/jp/jp/tokyo/tokyo.htm
- HSBC Money Exchange Services http://www.hsbc.co.jp/1/2/money-exchange

Sending Money to Japan via Western Union ~ http://www.westernunion.co.jp/en/

Western Union recently re-opened in Japan, making it much easier for your family or friends to send you money in Japan if needed. The easiest and fastest way for them to get money to you will still likely be to deposit it into your bank account and then you can withdraw these funds from an international ATM, but if your ATM card is lost or stolen, this could be a fast and easy way to send you money in Japan. Western Union services are available at Family Mart ATMs. For more information on how to receive money in Japan via Western Union, see http://www.westernunion.co.jp/en/how_to_receive_money.php.

Budget Sightseeing ~ http://www.japan-guide.com/e/e2028_sightseeing.html

Free Sightseeing Options

- Tokyo: Tsukiji Market, Meiji Shrine, Imperial Palace and East Gardens, Sensoji Temple, observation deck of the Tokyo Government Office and people watching and window shopping in bustling Shinjuku, Shibuya, Harajuku, Akihabara and Ginza.
- Kyoto: Fushimi Inari Shrine, the Imperial palaces and villas (Kyoto Imperial Palace, Sento Palace, Katsura Villa, Shugakuin Villa), Nishiki Market, walking the Philosopher's Path and exploring the historic districts around Gion and Kiyomizudera.
- Nara: Yoshikien (foreigners only), Heijo Palace and strolling through Nara Park and Naramachi.
- Yokohama: Kirin Beer Village and exploring Minato Mirai and Chinatown and the pleasant waterfront promenade in between, featuring Osanbashi Pier and Yamashita Park.
- Hiroshima: Hiroshima Peace Park with its almost free museum (50 yen), Mazda Museum and climbing Misen and visiting Daishoin Temple on nearby Miyajima.
- Kamakura: Tsurugaoka Hachimangu, walking the hiking trails and washing money at Zeniarai Benten.
- Nagoya: Atsuta Shrine, Osu Kannon Temple and joining a Toyota Factory Tour.
- Hakone: Owakudani, Hakone Shrine and Gora Park (Hakone Free Pass holders only).

Discounted Sightseeing Options

- Discounts for Foreigners: Keep an eye out for discounts offered to foreigner travelers, such as some Tobu Nikko Free Passes that combine travel and admission to the sights of Nikko and Kinugawa. Other notable discounts for foreigners include free admission to all the prefectural sites in Nara and discounted admission to selected attractions around Matsue. So called "Welcome Cards" provide foreign visitors with discounts and small gifts in various regions of Japan. There currently exist such cards among others for the northern Tohoku Region, Narita, the Mount Fuji area, Kagawa Prefecture and Fukuoka. Check out tourist information centers to find out what deals are available, and note that you may need to present your passport to qualify for the discounts.
- Coupons: Some tourist attractions, such as museums, theme parks and public baths, distribute coupons at local tourist information centers and hotels to be picked up and used freely by tourists. Some of these coupons can also be found as printable online versions, posted on their websites (and usually linked from the corresponding page of our sightseeing guide).
- Combination Tickets: Some places offer combination tickets that combine admission to two or more attractions in one area at a discounted cost. A popular example is the combination ticket to Nikko's shrines and temples, which offers substantial savings (and convenience) over paying individually. Check our sightseeing guide for local details.
- Grutt Museum Pass: The Grutt Museum Pass provides free or discounted admission to over 60 museums and zoos in the Tokyo area. The pass costs 2000 yen and is sold from April through January at participating museums and zoos and at selected convenience stores and travel agents. The pass is valid for two months from its first use. A similar pass exists for the Kansai Region.

Shopping:

The easiest way to save money on shopping is to not go shopping at all, or at the very least to limit yourself to window shopping. But realistically most travelers will want to do some shopping if only to buy souvenirs for their friends and relatives or themselves. The following are some other shopping tips:

- 100 yen shops are a found all over Japan and sell a wide range of products for 105 yen per item (100 yen plus 5 percent consumption tax) including candy, stationary, household goods and tools. And they are popular with travelers since they usually carry a good selection of Japanese souvenirs, such as chopsticks, bowls and sake sets that are of surprisingly good quality and considerably cheaper than at regular souvenir shops.
- Sales: There are two major sale seasons per year in Japan, one beginning in December and another around June. A popular item during these sales are lucky bags (fukubukuro), which cost anywhere from 5,000 to 30,000 yen or more. While the contents are a mystery, the value of the items inside is supposed to be worth more than the price tag.
- Duty Free Shopping: Visitors to Japan can have the 5% consumption tax waived when spending more than 10,001 yen in one day at one store. Consumption tax exemption is only available at licensed stores, typically department stores and large chain electronics stores in larger cities, and does not apply to the purchase of cosmetics, food, alcohol, cigarettes, medicine, film and batteries. Be aware of eventual import limits of your home country in order to avoid being charged duty fees by customs upon returning home.

Budget Food in Japan ~ http://www.japan-guide.com/e/e2028_food.html





It is not necessary to starve yourself to save money when traveling in Japan, as it is easy to find a wide selection of cheap, quality meals throughout the country. The extremely budget conscious could thrive on as little as 1500 to 2000 yen per day on food without sacrificing much variety or their health.

Also when shopping around for accommodation, consider hotel and tour packages that include meals with the stay. Minshuku and ryokan usually include both dinner and breakfast, hotels tend to have various meal plans, and business hotels, manga kissa and capsule hotels often include a complimentary light breakfast.

Finally, consider making lunch your main meal of the day. Many restaurants offer inexpensive set menus (teishoku) for around 1000 yen during the lunch hours, while lunch boxes (bento) are available for around 500 yen or less. Higher class restaurants also have less expensive lunch options, making it a great way to check out places that may otherwise be outside of your budget.

- Konbinis (Convenience Stores): Convenience stores are open 24 hours a day, and can be found virtually anywhere in Japan, resulting in inexpensive meals always being close at hand. Convenience stores offer a selection of fresh sandwiches and rice balls (onigiri), snacks, sweets, bakery items, sushi, noodles, lunch boxes, alcohol and other drinks. Thanks to the fierce competition between convenience store chains, the quality of many food items is surprisingly high
- Supermarkets: Japanese supermarkets are comparable to those found in Western countries and offer much of the same items including fresh fruits and vegetables, seafood, meat, canned and dry foods, drinks, alcohol and prepared foods. Imported foods are also widely available, but expect them to be more expensive than back home. While easily found in the suburbs and smaller towns, (normally priced) supermarkets are rare in the centers of large cities. Note that many supermarkets begin to mark down their unsold lunch items around 14:00 and their other prepared foods from around 19:00. Discounts start off at a modest 10 to 20 percent, but progressively increase until closing and may end up as high as 50 to 70 percent. Many supermarkets also discount fruits and vegetables that are either blemished, overripe or otherwise not fit for sale at full price.
- Fast Food: Japan has a lot of international fast food chains such as McDonald's and Kentucky Fried Chicken, as well as many Japanese chains that specialize in one type of dish such as gyudon, udon, soba, ramen, curry or boxed meals (bento). Among these chains are the Yoshinoya, Sukiya, and Matsuya gyudon chains, Hanamaru Udon, Coco Curry House, and the Hokka Hokka Tei and Hotto Motto lunch box chains. Low budget conveyor belt sushi chains could also be listed under this category. The cost of a meal rarely exceeds 1000 yen per person.
- Family Restaurants: Family restaurants are another type of restaurant that are a modest step up from fast food establishments, yet still offer a quality selection of inexpensive meals. Chains such as Gusto, Coco's, Royal Host and Denny's offer a wide variety of Western and Japanese dishes, while Saizeriya is popular for its cheap and filling Italian food and Bamiyan for its Chinese dishes.
- Business Districts and Train Stations: Especially during lunch hours the competition is fierce among restaurants in large business districts, resulting in competitive prices for filling set meals (around 1000 yen) or lunch boxes (around 500 yen), the latter of which are sometimes sold at temporarily erected stands. Large business districts and busy railway stations also usually offer a wide range of small fast food restaurants, where you can easily have a full meal for under 1000 yen.

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Convenience Stores in Japan ~ http://www.japan-guide.com/e/e2071.html



More than 40,000 convenience stores, known as konbini, can be found across Japan. Strong competition between the major operators, such as Seven Eleven, Lawson and Family Mart, constantly produces new innovative products and services and makes Japanese convenience stores truly convenient. Most convenience stores are open 24 hours a day and 7 days a week.

Goods offered

- Convenience stores primarily sell food including a large range of meals, snacks and sweets, such as onigiri (rice balls), sandwiches, bread, chips, candy, obento (lunch boxes), instant ramen, microwave meals and hot foods like fried chicken, nikuman and oden. Some cold foods, such as onigiri, can be heated up by the store staff.
- The stores also sell all kinds of hot and cold beverages including soda, coffee, tea, water, sport drinks, juice, milk and vitamin drinks. The selection changes frequently and often varies by season as well. Many convenience stores also sell alcoholic beverages including beer, happoshu, chuhai, nihonshu, shochu and wine.
- Other goods available include body care products, cosmetics, batteries, blank CDs and tapes, umbrellas, newspapers, magazines and comics. Some stores, particularly outside of the city centers, have a toilet.

Services offered

- Convenience stores also offer a wide range of services, many of which can be accessed through automated multi-purpose terminals (the user menu is usually in Japanese only):
- ATM: ATMs offer various banking services and often also serve as the above mentioned multi-purpose terminals. Foreign credit and debit cards are usually not recognized by the ATMs found in convenience stores, except at 7-Eleven.
- Copier/Fax: A copy machine and fax is available at most convenience stores. If not the ATM, it is usually the copy machine which serves as the store's multi-purpose terminal.
- Ticket Reservations: Tickets for sport events, concerts, theme parks, highway buses and other travel services can be purchased at the multi-purpose terminal.
- Digital Camera Prints: You can get prints of digital pictures by inserting your camera's memory card into the multi-purpose terminal. Depending on the store, the prints will be ready instantly or can be picked up later.
- Bill Payment: Many bills, including utility, cell phone and insurance bills, can be paid at convenience stores.
- Delivery Services: At many stores, it is possible to drop off or pick up deliveries (takuhaibin), such as parcels or luggage. A limited range of postal services, such as the sale of post cards and stamps, is also available.

Beginners Guide to Supermarket Shopping in Japan

By James Darnbrook
October 23, 2014
Website: http://blog.gaijinpot.com/supermarkets-shopping-japan/



When I first came to Japan I had no knowledge of Japanese and zero understanding of a country's language means that at any time, a normal day to day task can turn into a frustrating experience because you just can't beat the language/cultural barrier involved.

For me, this happened most often in the supermarket. I can still remember the heartbreak of my third day in Japan; desperate for a taste of home, I bought some strawberry donuts to cheer myself up. Instantly revitalized, I rushed home to eat them, only to find out when I bit into them that they weren't filled with strawberry, but Red Bean Paste. Now Red Bean Paste has grown on me since then, but at the time it felt like the final straw on an already difficult day.

Everyone who has lived in Japan long enough will have similar stories to this (look no further than GaijinPot's own Grace Mineta's article for another example) and in some ways it is just a part of the overall process of acclimatizing to a new country.

Having said that, the more you know starting out, the fewer times you have to go home frustrated, so here is everything I've learnt since coming to Japan when it comes to supermarkets.

Let's start by focusing on the supermarket themselves. In many ways Japanese supermarkets are exactly the same as those in any other country, but they also differ in one or two ways too. Firstly, most supermarkets in Japan are actually better described as grocery stores, in that they exclusively sell food. Don't go in expecting to buy bubble bath, a razor and a few cheap t-shirts because most supermarkets just won't stock these kinds of items.

Secondly, most average supermarkets in Japan are somewhat limited when it comes to exotic foods. There are plenty of fruits and vegetables on the shelves but if you are looking for something specific that isn't already a part of Japan's culinary landscape, you may have to search a little harder for it.

Import/export shops, dedicated exotic food stores or, in my experience, the high quality supermarkets attached to department stores may all shave the items you seek, but an average supermarket probably won't.

Finally, Japan is known for being in tune with the different seasons and nowhere is this more obvious than in supermarkets. For example, if you want strawberries in January you are probably going to search a little bit longer, and pay a little bit more for them than you would if you wanted them at other times of the year. That isn't to say that it is impossible; only that picking up a bag of mikans (tangerines) will be easier and cheaper during mikan season.

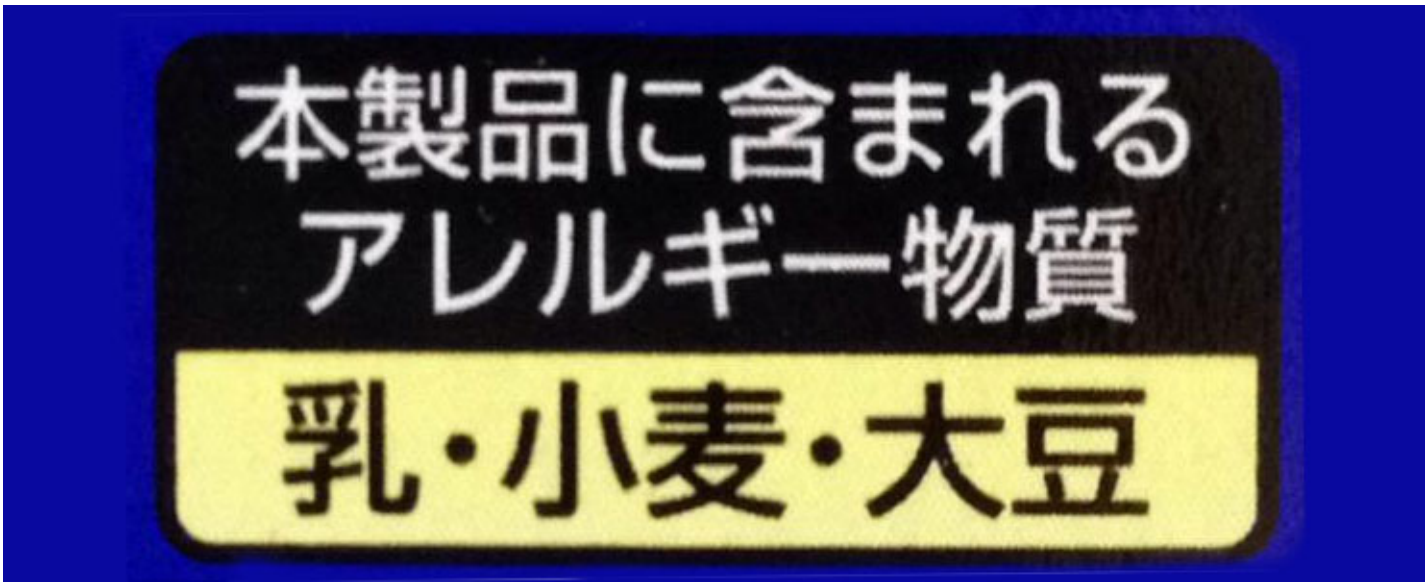
This brings us on to the language barrier. It doesn't matter how good you are at guessing what's inside the packaging, or how many pictures you look at on the box, at some point you will come up against the language barrier involved in supermarket shopping. So here

is a list of some essential ingredients, their kanji and how to read them in hiragana and English. Hopefully this will help you avoid mixing up the sugar and the salt.

Item	Kanji Reading	Kana Reading	Romaji Reading
Bamboo shoots	竹の子	たけのこ	takenoko
Bean sprout		もやし	moyashi
Beef	牛肉	ぎゅうにく	gyuuniku
Buckwheat Noodle	蕎麦	そば	soba
Chicken	鶏肉	とりにく	toriniku
Crab	蟹	かに	kani
Cucumber	胡瓜	きゅうり	kyuuri
Dairy products	乳	にゅう	nyuu
Egg	卵	たまご	tamago
Fish	魚	さかな	sakana
Gluten	麩質	ふしつ	fushitsu
Lamb	羊肉	ようにく	youniku
Milk	牛乳	ぎゅうにゅう	gyuunyuu
Miso Paste	味噌	みそ	miso
Miso Soup	味噌汁	みそしる	misoshiru
Oil	油	あぶら	abura
Onion	玉葱	たまねぎ	tamanegi
Peanuts		ピーナッツ	peanuts
Pepper	胡椒	こしょう	koshou
Pork	豚肉	ぶたにく	butaniku
Pumpkin		カボチャ	kabocha
Ramen		ラーメン	ramen
Rice Cake	餅	もち	mochi
Rice Wine	お酒	おさけ	osake
Salt	塩	しお	shio
Shrimp	海老	えび	ebi
Soy Milk	豆乳	とにゅう	tonyuu
Soy Sauce	醤油	しょうゆ	shouyu
Sugar	砂糖	さとう	satou

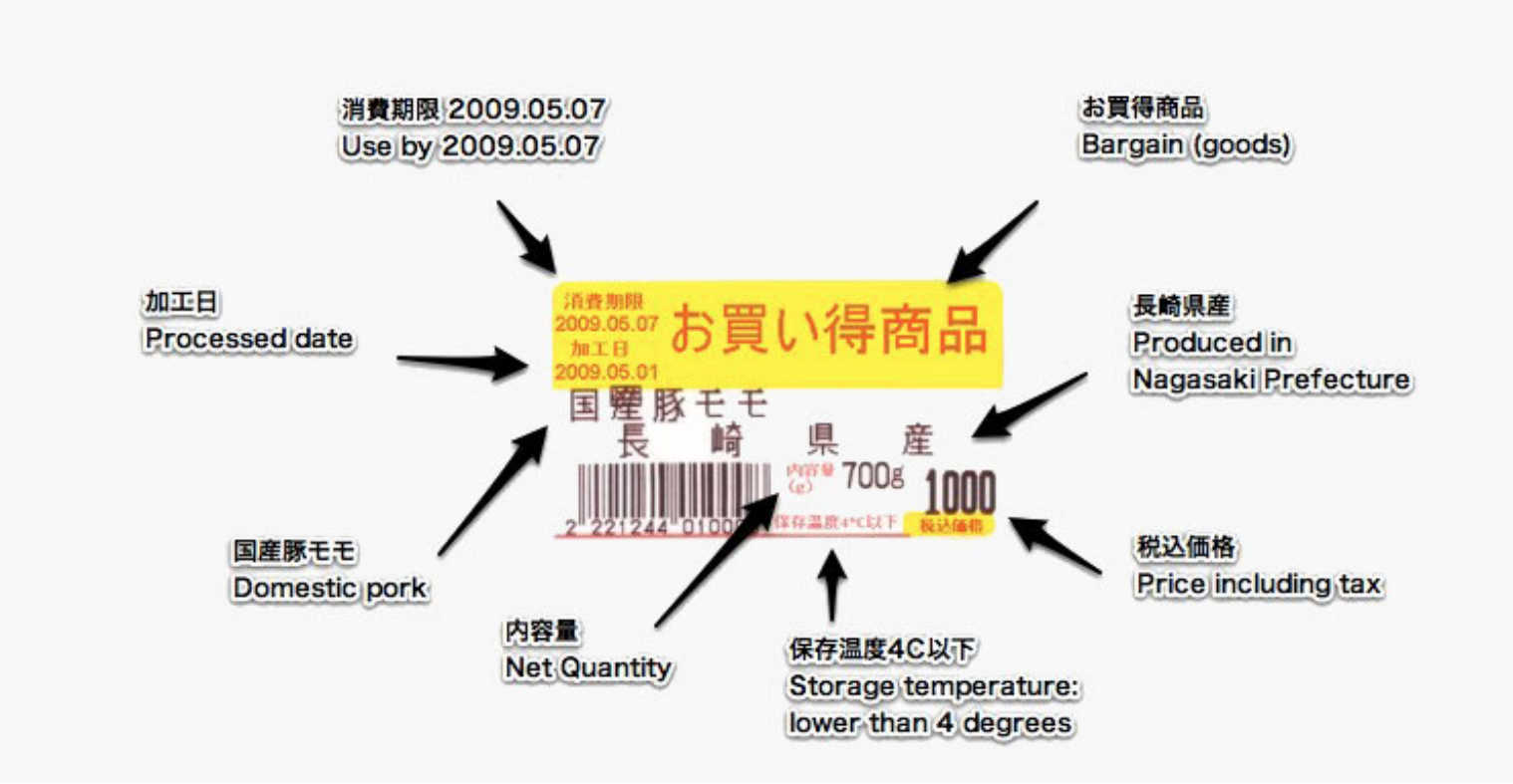
Tofu	豆腐	とうふ	toufu
Vinegar	酢	す	su
Wasabi	山葵	わさび	wasabi
Wheat	小麦	こむぎ	komugi
Wheat Flour Noodle		うどん	udon

Any vegetarian or person with allergies will tell you that it isn't enough just to know what something is, you also sometimes need to know what is inside your food. Here is a breakdown of two common Japanese labels to help you understand more about what you are buying.



The label above is used to explain what allergies may be triggered by the product if consumed. The allergies that could be triggered are written in black on the yellow background (this product is not suitable for those with allergies to dairy, wheat or soy). Most processed foods will have this sign, or one similar to it, to let you know of the possible dangers for those with allergies. Keep your eyes out for these signs but also be aware some products simply don't have an allergy warning.

Next is the label explaining the origin and important information regarding a supermarket's fresh produce. A Japanese food label will tell you what a product is, its quantity, its price and, most importantly, its storage instructions and its expiration date.



So that's it! This is everything I have learnt about supermarket shopping over my time in Japan. It is by no means a complete guide and I learn of new ingredients; and the kanji for them, every day. If you are already a seasoned pro when it comes to food shopping, please feel free to add to this guide by adding in the comment section below.

UPDATE: If you need to avoid eating any gluten in your diet you can print this card out
http://www.celiactravel.com/file_uploads/cards/japanese-gluten-free-restaurant-card.pdf

Japanese dishes

Popular Dishes

jump to: links

Japanese cuisine offers a great variety of dishes and regional specialties. Some of the most popular Japanese and Japanized dishes are listed below. They are categorized below into rice dishes, seafood dishes, noodle dishes, nabe dishes, meat dishes, soya bean dishes, yoshoku dishes and other dishes. Please note that some dishes may fit into multiple categories, but are listed only once.

Rice Dishes

For over 2000 years, rice has been the most important food in Japanese cuisine. Despite changes in eating patterns over the last few decades and slowly decreasing rice consumption in recent years, rice remains one of the most important ingredients in Japan today.



Rice Bowl

A bowl of plain cooked rice is served with most Japanese meals. For breakfast, it is sometimes mixed with a raw egg and soya sauce (tamago kake gohan) or enjoyed with natto or other toppings.



Sushi (more info)

Sushi may refer to any dish that contains sushi rice, cooked white rice flavored with seasoned rice vinegar. There are various kinds of sushi dishes, such as nigirizushi (hand formed sushi), makizushi (rolled sushi), and chirashi (sushi rice topped with raw fish). Sushi is the most famous Japanese dish outside of Japan, and one of the most popular dishes among the Japanese themselves.



Donburi (more info)

Donburi refers to a bowl of plain cooked rice with some other food on top of it. Donburi are served at specialty restaurants, but they are also a common dish that can be found on all kinds of restaurants' menus. Some of the most popular varieties are gyudon (stewed beef), katsudon (tonkatsu), tendon (tempura), oyakodon (chicken and egg), tekkadon (maguro), and kaisendon (raw seafood).



Rice Balls (Onigiri)

Rice balls, or Onigiri, are made of cooked rice and are usually wrapped in nori seaweed. They are usually lightly seasoned with salt and often contain a filling such as umeboshi (pickled Japanese plum), okaka (dried bonito shavings and konbu), or salmon. Rice balls are a popular and inexpensive portable snack available at convenience stores, but are also commonly served at general restaurants and izakaya.



Kare Raisu (Curry Rice) (more info)

Kare Raisu (Curry Rice) is cooked rice with a Japanese curry sauce. It can be served with additional toppings such as tonkatsu. Curry is not a native Japanese spice, but has been used in Japan for over a century. Kare Raisu is a very popular dish, and many inexpensive Kare Raisu restaurants can be found especially in and around train stations.



Fried Rice (Chahan)

Fried rice, or chahan, is a dish that was originally introduced from China. There are an infinite variety of ingredients that can be added to fried rice. Some common ones are peas, egg, green onions (negi), carrots and pork. Chahan is a suitable dish for using left over rice.



Chazuke (Ochazuke)

Chazuke, or ochazuke, is another simple comfort food consisting of hot water, tea, or light fish stock poured over rice (sometimes made with leftover rice). Chazuke is often garnished with toppings such as umeboshi, grilled salmon, or pickles. Chazuke is commonly served at izakaya, and is a popular dish to eat after drinking.



Kayu

Kayu, or okayu, is Japanese rice porridge made by slow cooking rice in lots of water. It tends to be thicker than other types of rice porridge or gruel, and is a suitable dish for using left over rice. Kayu is often garnished with umeboshi, and is commonly served to sick people because it is easily digestible.

Seafood Dishes

Hundreds of different fish, shellfish and other seafood from the oceans, seas, lakes and rivers are used in the Japanese cuisine. They are prepared and eaten in many different ways, such as raw, dried, boiled, grilled, deep fried or steamed.



Sashimi (more info)

Sashimi is raw seafood. A large number of fish can be enjoyed raw if they are fresh and prepared correctly. Most types of sashimi are enjoyed with soy sauce and wasabi.



Yakizakana

Yakizakana means grilled fish. Many varieties of fish are enjoyed in this way, including mackerel (saba), salmon (sake), mackerel pike (sanma), horse mackerel (aji), Okhotsk atka mackerel (hokke), sea bream (tai) and sweetfish (ayu).

Noodle Dishes

There are various traditional Japanese noodle dishes as well as some dishes which were introduced to Japan and subsequently Japanized. Noodle dishes are very popular in Japan, and are served both hot and cold depending on the season. Noodle restaurants and food stands are ubiquitous, and it is common to find noodle stands along train platforms.



Soba (more info)

Soba are native Japanese noodles made of buckwheat flour or a mixture of buckwheat and wheat flour. Soba are about as thick as spaghetti, and are served either hot or cold and with various toppings.



Udon (more info)

Udon are Japanese noodles made of wheat flour. Udon are thicker than soba and are also served either hot or cold and with various toppings such as fried tofu (kitsune udon), tempura (tempura udon), and mountain vegetables (sansai udon).

POPULAR DISHES IN JAPAN / 71



Ramen (more info)

Ramen is Chinese style noodles prepared in a soup with various toppings. Ramen is one of the many popular dishes that were originally introduced from China but have become completely Japanized over time.



Somen

Like Udon noodles, somen are Japanese noodles made of wheat flour, but they are much thinner than Udon and Soba. Somen are usually eaten cold and are considered a summer speciality.



Yakisoba

Yakisoba are grilled or fried Chinese style noodles mixed with pieces of meat, cabbage, carrots, or other vegetables, and garnished with red ginger. It is a popular festival food.

Nabe Dishes

Nabe, or hot pot dishes, are prepared in a hot pot, usually at the table. Typical ingredients are vegetables such as negi (Japanese leek) and hakusai (Chinese cabbage), various mushrooms, seafood and/or meat. There are many regional and personal varieties, and they are especially popular in the cold winter months. Some special nabe dishes are:



Oden

A nabe dish prepared with various fish cakes, daikon, boiled eggs, konyaku and kombu seaweed, slow simmered in a soy sauce based soup. Oden is a popular dish available at convenience stores in the winter.



Sukiyaki

A nabe dish prepared with thinly sliced meat, vegetables, mushrooms, tofu and shirataki (konyaku noodles) simmered in a sweet soy sauce broth. The pieces o food are dipped into raw beaten egg before being eaten.



Shabu Shabu

Shabu shabu is Japanese style meat hot pot where pieces of thinly sliced meat, seafood, vegetables, mushrooms and tofu, are cooked by dipping them into a hot soup. The bite sized pieces are then dipped into a ponzu citrus or sesame sauce before being eaten.



Chanko Nabe

Chanko nabe is the traditional staple diet of sumo wrestlers. There are many varieties of chanko nabe, which can be tried at one of the several specialty chanko nabe restaurants found around Ryogoku, the sumo district in Tokyo.

Meat Dishes

Meat has been eaten in Japan in larger amounts only since the second half of the 19th century. Nowadays there are a variety of popular Japanese meat dishes.



Yakitori (more info)

Yakitori are skewered grilled chicken pieces seasoned with salt or sauce. Almost every part of the chicken is used for yakitori including the white and dark meat, gizzards, skin, and other organs.



Tonkatsu

Tonkatsu are deep fried pork cutlets. Tonkatsu is usually served accompanied by shredded cabbage or on top of cooked rice (katsudon). It is also a common addition to Japanese style curry rice (katsu kare).



Yakiniku

Yakiniku literally means "grilled meat" and refers to grilling bite-size pieces of meat - mostly beef and pork - on a grill at the table. Specialized yakiniku restaurants are among the most popular restaurant types in Japan and usually serve a wide variety of meat parts at multiple quality (and cost) levels.



Nikujaga (more info)

Nikujaga is a popular dish of home style cooking made of sweet stewed meat (niku) and potatoes (jagaimo).



Teppanyaki

Meat, seafood and vegetables are prepared on a large iron griddle (teppan) around which the diners are seated. The chef artfully prepares the dishes in front of his customers.

Soybean Dishes

Tofu, natto, miso and many other important ingredients of Japanese cooking are made of soybeans. The following are some of the most popular soybean based dishes:



Hiyayakko

Hiyayakko is fresh chilled tofu (usually soft tofu) commonly garnished with grated ginger, katsuobushi (shaved bonito flakes), and green onions and seasoned with soy sauce. Diners should pour a little soy sauce over the tofu before eating it if it did not come already seasoned.



Yudofu

Yudofu are tofu pieces boiled in a clear, mild soup and dipped into soy sauce or ponzu (citrus sauce) before being eaten. Yudofu is a specialty of Kyoto and commonly served during the colder winter months.



Agedashidofu

Agedashidofu is made of lightly breaded tofu which is fried and served hot in a dashi soy sauce broth and commonly garnished with green onions or grated daikon. Agedashidofu can be found in a variety of restaurants and is common izakaya food.



Miso Soup

Miso soup is made by dissolving miso paste in dish stock (dashi). Common additions include wakame seaweed, small pieces of tofu, and sliced aburaage, etc.

Yoshoku Dishes

A large number of Western dishes have been introduced to Japan over the centuries. Many of them have become completely Japanized, and are referred to as Yoshoku dishes. Some of the most popular ones are:



Korokke (more info)

Korokke has its origins in the croquettes which were introduced to Japan in the 19th century. Korokke consist of a filling that is breaded and deep fried, and are eaten with a worcestershire tonkatsu sauce and shredded cabbage. They come in many varieties depending on the filling, the most common of which is a mix of minced meat and mashed potatoes.



Omuraisu

Omuraisu, short for omelete rice, is fried rice wrapped in a thin egg omelete. Omuraisu is usually shaped like an American football and may be garnished with ketchup or demi-glace sauce. It is a common diner or cafe food, although specialty omuraisu restaurants also exist.



Hayashi Raisu

Hayashi rice is Japanese style hashed beef stew, thinly sliced beef and onions in a demi-glace sauce served over or along side cooked rice. It resembles kare raisu, and, like kare raisu, is also eaten with a spoon.



Hambagu

Hambagu is Japanese style hamburger steak (as opposed to hambaga, which are hamburgers in a bun). Hambagu is usually served on a plate along side vegetables and rice or bread, and seasoned with a demi-glace sauce.

Other Dishes



Bento

Bento, or boxed meals, are inexpensive, single portion take out meals served in a box. They usually consist of small portions of meat, vegetables, fish, or pickles together with rice. Bento come in both hot and cold varieties and are sold at specialty restaurants, supermarkets, and convenience stores, and are a favorite item at train stations (ekiben) and airports (soraben).



Tempura (more info)

Tempura consists of seafood, vegetables, mushrooms, or meat coated with batter and deep fried. The resulting food has a light, but crispy texture, that may be seasoned with salt or dipped in a light sauce before eating. Tempura was introduced to Japan by the Portuguese in the 16th century, and has become one of Japan's most famous dishes internationally.



Okonomiyaki (more info)

Okonomiyaki is a type of pancake where various ingredients such as seafood, vegetables and meat are mixed into a batter and grilled. Okonomiyaki specialty restaurants have a large hotplate built into the table where the patrons cook their own food.



Monjayaki

Monjayaki is a Kanto region specialty that is similar to okonomiyaki; however, the batter used is much thinner than okonomiyaki resulting in a moister, less uniform dish. Monjayaki is often served at okonomiyaki restaurants.



Gyoza (more info)

Gyoza are dumplings stuffed with a filling made of minced vegetables and ground meat. Gyoza were introduced to Japan from China. Japanese gyoza are usually prepared by frying them, and they are commonly served as a side dish to ramen.



Chawanmushi

Chawanmushi is savory steamed egg custard that usually contains pieces of chicken, shrimp, fish cake and a ginko nut mixed inside. It is served in a small, lidded cup, and eaten with a spoon.



Pickles (more info)

Japanese pickles, or tsukemono, come in many varieties, and are served as an appetizer, side dish, or snack, or used as a garnish or topping. They are though to aid in digestion, and a small dish of pickles is usually served with traditional Japanese meals.



Photo by Eric (https://flic.kr/p/9dtXWp)

January 9, 2015

Finding a short term place to stay in Japan can be expensive. GaijinPot has a listing of short term apartments (http://apartments.gaijinpot.com/en/short-term/listing) but if even these prices are too high for you, I have listed 10 options below for free or very cheap places to stay in Japan.

I. Internet Cafes / Comic Book Cafes / Manga Kissaten

Price: Around 800 yen to 1,500 yen per night (5 to 8 hours)

I stumbled upon this option one desperate night, having missed the last train home. The only hotel in sight was a Hilton, and since that was beyond my budget I took to the streets.

As luck would have it, there was a comic book cafe/internet cafe, which are known as “manga kissa” (漫画喫茶) or “manga kissaten” in Japanese, right down the street.

I walked into the dark building and was greeted by a large room filled with computer cubicles, nerdy-looking guys and shelves upon shelves of comic books. The receptionist told me it would be 1500 yen for a five hour stay with a private

cubical. This also included unlimited access to the comic books, a shower, and all the soda I could drink.

I was sold. I grabbed a Calpis, took a quick look at the comic books, and then headed to my cubical to check my e-mail. The cafe was surprisingly quiet and since my cubical had a very comfy chair, so I was easily able to fall asleep.

A number of internet cafes have a "long stay" option, where you can go in and out of the internet cafe freely if you pay a set amount per week or month. I've been told that a small number of internet cafes even have beds. I did not take advantage of the shower, but I now feel like a more worldly person for the experience of sleeping in an internet cafe. Next time you find yourself without a place to sleep, ask around for a manga kissa.

Popular Manga Cafes

Manboo (http://www.manboo.co.jp/shop/)
Gera Gera (http://www.geragera.co.jp/store/index.html)
Japanese Manga Café Yellow Pages (http://www.sunnypages.jp/search/modern_tokyo/manga_internet_cafes)

2. Hostels

Price: From free to about 6,000 yen per night

The traditional refuge of the traveling poor (read: students), hostels are great places to stay in Tokyo. Personally, I mostly use Hostel World to book, but there are a ton of other sites, so be sure to shop around.

Unfortunately, I've heard that the hostel community in Japan just isn't as vibrant and the travelers aren't as social as in many other parts of the world. Overall, I've found Japanese hostels to be clean, well-staffed, and quiet (if that's what you prefer).

As with any accommodation, it's a good idea to check the reviews, hostel rules, and location, since there are a few bad apples, a few rather early curfews, and a few hostels that are far away from tourist sites.

That's the "almost free" part. Now, on to the free part!

If you are familiar with hostels, you may know about the practice of volunteer work exchange, where you do cleaning or other tasks at the hostel for a small, set amount of time in exchange for a free or reduced price lodging.

Just to clear up any confusion about tourist visas ahead of time, the Ministry of Foreign Affairs of Japan states that a tourist visa covers stays for "tourism…etc. that does not include paid activities". However, please contact the hostel and immigration ahead of time to make sure of requirements and details.

Volunteer for Guesthouse/Hostel Accommodations (Tokyo)

Khaosan (http://www.khaosan-tokyo.com/staff/recruitment/#c)
Asakusa Smile (http://blog.asakusasmile.com/)
Yayoda Guesthouse (http://www.cheap-hostel-tokyo.com/e/volunteer.php)

3. WWOOF Japan (and Other Volunteer Accommodations)

Price: 5,500 yen for a one year membership

Less an accommodation, more an experience. WWOOF stands for "World Wide Opportunities on Organic Farms" and is a volunteer work exchange program. You work at a host family's home, business, or farm on average about 6 hours a day, 6 days a week (although this varies with the host) in exchange for food and accommodation.

The membership costs 5,500 yen for one year, and having paid that fee, you get access to the online list of hosts looking for volunteers.

The two months I spent WWOOFing in Japan were among the most amazing times of my life. Many of the hosts are organic (or striving-to-be-organic) farmers, and farm work isn't always easy. However, the hosts often take the volunteers to famous sightseeing spots, parties, or other interesting events and cultural experiences, and it is a great way to meet people who like to travel a bit off the beaten path.

There are other websites and programs similar to WWOOF Japan, which aren't as extensive as WWOOF, but still seem to have a lot to offer.

Volunteer for Farmstay/Homestay Accommodations

WWOOF (http://www.wwoofjapan.com/main/index.php?lang=en)
helpx.net (http://www.helpx.net/index.asp)
workaway.info (http://www.workaway.info/)

4. Camping

Price: From free to about 8,000 yen per night

When you think of camping, this is possibly what most people imagine: bringing a tent or camper to a campground, renting an area to place said tent or camper, and spending fun times with your family/friends/lover/dog. Indeed, there are places like that in Japan as well. The cost to rent a space seems to be, on average, about 3,000 yen to 8,000 yen per night.

Yet this wasn't quite the camping I was going for. Notice how the price I listed says, "from free…"

Slightly less legitimate than your typical bonfire-and-s'mores affair, this is a camping experience a WWOOFing couple told me about. Armed with a tent and Japanese learned from animated Miyazaki movies, the couple would attempt to hitchhike to their next WWOOFing location.

Whenever they were unable to get to the next scheduled location by nightfall, they would ask to be dropped off in a semi-populated area and then would proceed to ask local residents if they could pitch tent on their farmland. To my amazement, they said that they got permission a surprising number of times. If this bohemian way of traveling doesn't intimidate you, it's worth a try!

Not at all recommended and probably not even legal, is something called

"nojuku", which is basically just sleeping in a park or field. Equally cautioned against is "ekine", which means to sleep at a station overnight. Those who have been to Japan before have without a doubt seen drunk businessmen or the homeless sleeping at the station, and there are even entire websites devoted to the endeavor. There are obvious dangers associated with this practice, one of which is having your picture taken by someone amused by your plight.

5. Couchsurfing

Price: Free

Couchsurfing is staying at a friend, family, or acquaintance's dwelling for free, presumably sleeping on the couch, and the Couchsurfing website (https://www.couchsurfing.com/) has turned this into an art.

You create a free profile, filling in details such as name and hobbies and whether you are willing to host, and then you're good to start sending messages to hosts requesting lodging. There are ways to get "verified," by providing proof of identify, and a section for reviews, which make you look more trustworthy as a host and guest.

I've known some people who were lucky enough to find hosts who'd let them stay at their place for weeks or let guests have run of the house while the host was away on vacation. It's really a fascinating project!

6. Overnight Buses

Price: About 2,500 yen to 11,000 yen one way (one night)

The overnight bus, known as "yako bus" (夜行バス) in Japanese, is probably going to be the most expensive suggestion on this list. I feel justified in adding it because, in addition to having a place to sleep, you'll wake up in a place far away that could have easily cost you over 25,000 yen or more by bullet train.

Since I'm someone who can sleep just about anywhere, the night buses suit me just fine. The major cautions I have are to double check the departure and arrive times and get to the pick-up area early, since sometimes it is difficult to find where the bus is parked.

Japanese Overnight Buses

Willer Express (http://willerexpress.com/en/)
Orion Bus (http://www.orion-tour.co.jp/orionbus/)

7. Homestays

Price: Free to about 50,000 yen per month

Home stays are a wonderful way to experience the Japanese lifestyle short-term and visit Japan without putting a strain on your budget. There are some websites devoted to matching travelers with households looking to host. Also, although homestays are often thought of as options only for students and the young but don't let age be a factor in whether you look into doing a homestay, as there are many hosts happy to have you stay, regardless of age.

Homestay Opportunities

Homestay Web (http://www.homestayweb.com/)
Homestay in Japan (http://www.homestayinjapan.com/)
Homestay Booking (https://www.homestay.com/japan)

8. Capsule Hotels

Price: 2,000 yen to 5,000 yen per night (also available around 300 yen to 600 yen per hour for naps)

If you aren't too claustrophobic (or too tall), then a capsule hotel, might be just the right for you. In your capsule, you'll most likely have a TV, radio, alarm clock, reading light, and, of course, a bed. There are even curtains or little doors that you can close for privacy. Just try not to think about how you are mere inches from the person next to you, separated only by thin wall.

The only downside is that, because of safety and privacy issues, women typically aren't allowed at these hotels. The capsule hotels are most often found clustered around stations, since they are most popular among drunk business men who've missed the last train.

Capsule Hotels

Shinjuku Kuyakusho-mae Capsule Hotel (http://www.japanican.com/en/hotel/detail/4016A42/?ty=rsv&pn=1&rn=1)
Capsule Hotel Asakusa River Side (http://www.hostelworld.com/hosteldetails.php/Capsule-Hotel-Asakusa-River-Side/Tokyo/36022)
Hotel Maruchu (http://www.hotelmaruchu.com/?hotel=top&lang=en)

9. Economy Hotels

Price: 2,500yen to 6,000yen per night

Often advertised in English as hostels, economy hotels, known as kanshuku ("simple accommodations") in Japanese, are actually slightly different accommodations from hostels. While the bathrooms and dining areas are shared, all the rooms are private and typically are outfitted with tatami mats and futons.

Hotel rooms are generally small compared to US hotel rooms, and economy hotel rooms doubly so (although not as small as capsule hotels). At the one I stayed at in Tokyo, I could almost, but not quite, touch both walls while sitting in the middle of the room.

Still, they are a great deal for the price. The rooms often have TVs, a comfy futon, hangers, and sometimes a robe, and occasionally will have free breakfast.

Again, since economy hotels, like many other cheap accommodations in Japan, are aimed at traveling (or drunk) business men, they can be found clustered around stations.

Economy Hotels

Economy Backpacker's Hotel New Koyo (http://www.newkoyo.com/index.html)
Economy Hotel Azuma (http://e-conomyhotels.jp/english/hotels/newazuma.html)

10. Japan McDonald's

Price: Free to about 700 yen (for one value meal)

You may think I'm joking about sleeping at McDonald's in Japan, but, sadly, I'm not. One day, soaking wet from the rain, running on two hours of sleep, and miserable because my hotel reservation had been mixed up, I needed to sleep and since the hotel I had booked didn't allow check-in until much later in the day, I wandered, dead-eyed, around the city.

Luckily, I stumbled upon a five-story McDonald's. I looked up absently at the higher floors and that's when I saw it: dozens of people asleep in their chairs in the McDonald's upper floors. I couldn't believe it. Needless to say, I rushed inside and ordered a shaka-shaka chicken, then made a beeline for the third floor, where I had seen the most people asleep. It turns out that many of the people there were students who had fallen asleep on their books. So, I got too it.

After eating my shaka-shaka chicken, I took out a book and promptly fell asleep. I got a good three or so hours of sleep there. I'm not proud of this fact, but I can honestly say McDonald's saved my life — or at least my sanity. Seriously, thank you, McDonald's.

Granted, fast food restaurants aren't exactly the most recommended place to sleep, and it certainly could get you kicked out (actually, it is common practice in Japan to ask someone to leave a restaurant if they've been there for a long time and if there are people waiting, even at fast food places). So, while I can't say that I advocate sleeping there, I will say that it is at least a good place to have a shaka-shaka chicken.

For one more extra suggestion, consider:

A popular option for students, dormitories in Japan are very similar to those on college campuses in the US, with individual rooms (although they may have the option for a roommate) and shared bathrooms and living areas. Dorms typically house students, college faculty, or factory workers — mainly people who are going to be staying for a month or longer.

However, several dormitories are available for non-students. Dormitories start at 30,000 yen per month for the cheapest. Dormitories are one of the more expensive options, but can be a deal if you plan to stay for a month or longer or stay in connection with studies or a job.

I hope that this list has given you an idea of the cheap accommodations options in Japan. Happy travels!

Topics: GP Apartments (http://blog.gaijinpot.com/tag/gp-apartments/)



(http://blog.gaijinpot.com/author/wandertokyo/)
LYNN ALLMON (HTTP://BLOG.GAIJINPOT.COM/AUTHOR/WANDERTOKYO/)

Budget Transportation ~ http://www.japan-guide.com/e/e2028_transportation.html

Transportation expenses will make up a considerable part of your travel budget. They consist of the cost for your flight to Japan as well as urban and possibly long distance transportation inside Japan. Careful planning of your itinerary can have a huge effect on your transportation budget. The most wallet friendly way of travel is to avoid the costs of long distance domestic travel altogether and concentrate on just one region or city. For example, limiting your visit to either the Kanto Region around Tokyo or the Kansai Region around Kyoto and Osaka rather than doing both in the same trip can save you tens of thousands of yen per person in transportation costs.

However, if you do wish to visit multiple regions of Japan, then the following collection of options and deals can save you some money:

- Japan Bus Pass: On sale since summer 2010, the Japan Bus Pass is a revolutionary pass for long distance bus travel in Japan. If used efficiently, the pass can reduce transportation costs to unbelievably low levels for those willing to spend some nights on a bus. The pass is available as a 3-day, 4-day and a 5-day version and does not need to be used on consecutive days.
- Japan Rail Pass: All foreign visitors to Japan who wish to visit more than one region should consider the Japan Rail Pass, which offers unlimited, nationwide travel on almost all trains operated by Japan Railways, including most shinkansen (bullet trains). The passes can be bought to cover either 7, 14 or 21 consecutive days, and at a cost that residents of Japan (who cannot use the pass) can only dream of.
- Highway Buses: Highway buses are one of the most economical ways to travel medium to long distances in Japan. While slower than trains, buses cost usually less than half, especially on the competitive Tokyo routes where discount fares can be incredibly low. Every prefecture is served by at least one bus company, with the major cities serving as regional hubs.
- Overnight buses further increase the cost-effectiveness by saving on a night's accommodation and increasing your sightseeing time. Willer Express is one of the few highway bus companies with an English online reservation and payment system and highly competitive prices. They also offer the above mentioned Japan Bus Pass
- Domestic Flights: Competition between discount airlines, regular airlines, railways and overnight buses has produced a wide range of discount air fares and has made air travel a competitive budget alternative on many long distance routes, especially on the competitive Tokyo and Osaka routes. Skymark Airlines, Peach Aviation, Jetstar Japan and Air Asia Japan offer particularly low fares and online booking in English. In addition to discount fares available to the general public, there exist air passes for exclusive use by foreign visitors. These air passes entitle holders to a flat rate of 10,000 to 13,000 yen per domestic flight, which can be a substantial saving over regular fares. Note, however, that the air passes cannot be used during certain blackout periods.
- Ferries: On a small number of routes, domestic ferries can be an alternative option to trains, buses and planes. Second class fares for ferries tend to be relatively inexpensive.
- Overnight Trains: Of the dwindling number of night trains left in Japan, few qualify as a budget travel option due to their relatively high fares and the fact that most are not fully covered by the Japan Rail Pass. However, there are some night trains that are worth considering as they offer seat classes that are completely covered by the Japan Rail Pass, namely the: Akebono (Tokyo - Aomori), Hamanasu (Aomori - Sapporo), Sunrise Izumo (Tokyo - Okayama - Izumo), Sunrise Seto (Tokyo - Okayama - Takamatsu). Also consider overnight trains classified as rapid trains, which are fully covered by both the Japan Rail Pass and the Seishun 18 Kippu: the Moonlight Nagara (Tokyo - Nagoya - Ogaki) and Moonlight Echigo (Tokyo - Niigata)
- Seishun 18 Kippu: The Seishun 18 Kippu (Seishun Juhachi Kippu), is a seasonal railway ticket, which gives you five days of unlimited, nationwide travel on local and rapid JR (Japan Railways) trains. It is available three times per year during the school holiday seasons and costs 11,500 yen. The ticket does not need to be used on consecutive days and can be split among multiple people, for example one person can use it on five days, or five people can share it on a single day. While the Seishun 18 Kippu is an excellent value purely in terms of cost, it cannot be used on the faster limited express trains or shinkansen, greatly limiting its practical usefulness, as travel by local trains is very time-consuming over long distances.

A large variety of rail passes exists in Japan, providing unlimited travel in a certain area, or a round trip to plus unlimited travel in a given region. Some of the best rail passes available are introduced below:



Nationwide

Japan Rail Pass	**click here for details**
Type:	Unlimited travel on almost all JR trains nationwide, including bullet trains, limited express trains, local trains, some JR buses and the JR ferry to Miyajima.
Duration:	7, 14 or 21 consecutive days
Conditions:	Not available to residents of Japan. Must be purchased outside of Japan.
Price:	7 days 29,110 yen 14 days 46,390 yen 21 days 59,350 yen
More details...	
Tokaido-Sanyo Shinkansen Tourist Pass	**click here for details**
Type:	Unlimited travel along the Tokaido-Sanyo Shinkansen (including Nozomi), selected local transportation and admission to a few sightseeing spots.
Duration:	5 consecutive days
Conditions:	Not available to residents of Japan. Must be purchased outside of Japan. Available for use from October 2014 through June 2015.
Price:	35,000 yen
More details...	
JR Seishun 18 Kippu	**click here for details**
Type:	Unlimited travel on local and rapid (kaisoku) JR trains nationwide.
Duration:	Any 5 days within the period of validity.
Conditions:	Only available seasonally. Can be shared by several people.
Price:	11,850 yen
More details...	



Kanto

JR Kanto Area Pass click here for details	
Type:	Unlimited travel on JR trains and selected non-JR lines in the Kanto Region.
Duration:	3 consecutive calendar days
Conditions:	Only available to holders of non-Japanese passports.
Price:	8,300 yen
More details...	
Tobu Nikko Free Pass click here for details	
Type:	Tobu offers several types of free passes for Nikko. All consist of 1) a round trip to Nikko by Tobu train and 2) unlimited travel on Tobu buses and trains in the Nikko region.
Duration:	2, 3 or 4 days
Conditions:	Only available to holders of non-Japanese passports.
Price:	2 Day Nikko Pass 2,670 yen All Nikko Pass 4,520 yen
More details...	
Odakyu Enoshima Kamakura Free Pass click here for details	
Type:	1) Round trip to Fujisawa by Odakyu Railways and 2) unlimited travel on the Enoden train between Fujisawa and Kamakura and the Odakyu Line between Fujisawa and Enoshima.
Duration:	1 day
Price:	From Shinjuku 1,470 yen
More details...	
Kamakura Enoshima Pass click here for details	
Type:	Unlimited travel on the Enoden trains, the Shonan Monorail and the JR trains between Kamakura, Ofuna and Fujisawa.
Duration:	1 day
Price:	700 yen
More details...	



Kanto / Tohoku

JR East Pass	click here for details
Type:	Unlimited travel on trains operated by JR East (Kanto, Koshinetsu and Tohoku regions), including shinkansen (except Tokaido Shinkansen), limited express trains and local trains.
Duration:	5 flexible days within a 14 day period
Conditions:	Not available to residents of Japan.
Price:	5 flexible days 22,000 yen
More details...	



Hakone / Izu / Mt.Fuji

Hakone Free Pass	click here for details
Type:	1) Round trip to Hakone by the Odakyu Line and 2) unlimited usage of most trains, cablecars, ropeways, boats and buses in the Hakone area.
Duration:	2 or 3 days
Price:	2 days (from Shinjuku) 5,140 yen 3 days (from Shinjuku) 5,640 yen
More details...	

Fuji Hakone Pass	click here for details
Type:	1) Round trip to the Mount Fuji region by Odakyu Railways and Fujikyu highway bus and 2) unlimited usage of designated trains, cablecars, ropeways, boats and buses in Hakone and the Fuji Five Lakes region.
Duration:	3 days
Conditions:	Only available to foreign visitors.
Price:	From Shinjuku 7,400 yen
More details...	

Ito Free Pass	click here for details
Type:	A round trip to the Izu Peninsula by Odakyu and JR and unlimited use of local buses in the Ito area.
Duration:	2 days
Price:	Ito Free Pass (from Shinjuku) 4,400 yen
More details...	



Chubu

JR Kansai Hokuriku Area Pass	click here for details
Type:	Unlimited use of JR trains in the Kansai and Hokuriku Regions and Okayama.
Duration:	7 consecutive days
Conditions:	Not available to residents of Japan.
Price:	Outside Japan 15,000 yen Inside Japan 16,000 yen
More details...	

Takayama-Hokuriku Tourist Pass	click here for details
Type:	Unlimited use of JR trains between Nagoya and Takayama and between Osaka and Kanazawa and of buses between Takayama and Kanazawa.
Duration:	5 consecutive days
Conditions:	Not available to residents of Japan. Must be purchased outside of Japan. Available for use from October 2014 through June 2015.
Price:	10,500 yen
More details...	

JR Hokuriku Area Pass	click here for details
Type:	Unlimited use of JR trains in the Hokuriku Region around Kanazawa.
Duration:	4 consecutive days
Conditions:	Not available to residents of Japan.
Price:	Outside Japan 5,000 yen Inside Japan 5,500 yen
More details...	

JR Aozora Free Pass	click here for details
Type:	Unlimited usage of local and rapid JR trains around Nagoya on a Saturday, Sunday or national holiday.
Duration:	1 day (Saturday, Sunday or national holiday)
Price:	Aozora Free Pass 2,570 yen
More details...	



Kansai

See also our separate page about passes for the Kansai Region.

Kansai Thru Pass / Surutto Kansai Ticket	**click here for details**
Type:	Unlimited travel on non-JR trains, subways and buses in the Kansai region (Osaka, Kyoto, Kobe).
Duration:	2 or 3 days
Conditions:	Foreign visitors can purchase this ticket anywhere, while residents of Japan can purchase it only outside of the Kansai region, except during certain periods in spring, summer and autumn, when it can also be purchased inside the Kansai Region.
Price:	2 days 4,000 yen 3 days 5,200 yen
More details...	

JR Kansai Area Pass	**click here for details**
Type:	Unlimited travel on local and rapid (kaisoku) JR trains in the region around Osaka, Kyoto, Nara, Kobe and Himeji.
Duration:	1, 2, 3 or 4 consecutive days
Conditions:	Not available to residents of Japan.
Price:	1 day 2,200 yen 2 days 4,300 yen 3 days 5,300 yen 4 days 6,300 yen
More details...	

JR Kansai Wide Area Pass	**click here for details**
Type:	Unlimited travel on local, rapid, limited express JR trains in the Kansai Region and the Sanyo Shinkansen between Osaka and Okayama.
Duration:	5 consecutive days
Conditions:	Not available to residents of Japan.
Price:	5 days 8,500 yen
More details...	

Kintetsu Rail Pass click here for details	
Type:	Unlimited travel on local, rapid and express trains and up to three rides on limited express trains on the Kintetsu railway network. A "wide" version additionally includes airport access.
Duration:	5 consecutive days
Conditions:	Not available to residents of Japan. Must be purchased outside of Japan or at Kansai Airport or Central Japan Airport.
Price:	Regular 3,800 yen Wide 5,860 yen
More details...	

Koyasan World Heritage Ticket click here for details	
Type:	1) Round trip to Koyasan by Nankai train and cablecar and 2) unlimited usage of Nankai buses on Koyasan.
Duration:	2 days
Price:	From Namba (Osaka) 2,860 yen
More details...	



Chugoku

JR Sanyo Sanin Area Pass click here for details	
Type:	Unlimited travel on JR trains in the Chugoku Region and parts of the Kansai Region, including non-reserved seats on shinkansen and limited express trains.
Duration:	7 consecutive days
Conditions:	Not available to residents of Japan.
Price:	Outside Japan 19,000 yen Inside Japan 20,000 yen
More details...	

JR Kansai Hiroshima Area Pass click here for details	
Type:	Unlimited travel on JR trains in the Kansai Region and along the Sanyo Coast as far as Hiroshima, including non-reserved seats on shinkansen and limited express trains.
Duration:	5 consecutive days

Conditions:	Not available to residents of Japan.
Price:	Outside Japan 13,000 yen Inside Japan 14,000 yen
More details...	

JR Hiroshima Yamaguchi Area Pass click here for details	
Type:	Unlimited travel on JR trains in Hiroshima and Yamaguchi Prefectures, including non-reserved seats on shinkansen and limited express trains.
Duration:	5 consecutive days
Conditions:	Not available to residents of Japan.
Price:	Outside Japan 11,000 yen Inside Japan 12,000 yen
More details...	

JR Sanin Okayama Area Pass click here for details	
Type:	Unlimited travel on JR trains in the Sanin Region and between Okayama and the Sanin Region.
Duration:	4 consecutive days
Conditions:	Not available to residents of Japan.
Price:	Outside Japan 4,500 yen Inside Japan 5,000 yen
More details...	



Shikoku

All Shikoku Rail Pass click here for details	
Type:	Unlimited travel on all trains in Shikoku, including local and express trains by JR and private railway companies.
Duration:	2, 3, 4 or 5 consecutive days
Conditions:	Not available to residents of Japan.
Price:	2 days 6,300 yen 3 days 7,200 yen 4 days 7,900 yen

	5 days 9,700 yen
More details...	

JR Shikoku Free Kippu	click here for details
Type:	Unlimited travel on the JR trains in Shikoku, including limited express trains.
Duration:	3 consecutive days
Price:	3 days 16,140 yen
More details...	



Kyushu

Kyushu Rail Pass	click here for details
Type:	Unlimited travel on the trains in Kyushu, which are operated by JR Kyushu, including the Kyushu Shinkansen and limited express trains, but excluding the Sanyo Shinkansen. The *Northern Kyushu* version is limited to northern Kyushu.
Duration:	3 or 5 consecutive days
Conditions:	Not available to residents of Japan.
Price:	All Kyushu 3 days 14,400 yen All Kyushu 5 days 17,490 yen Northern Kyushu 3 days 7,200 yen Northern Kyushu 5 days 9,260 yen
More details...	

WORK (HTTPS://JOBS.GAIJINPOT.COM/INDEX/INDEX/LANG/EN)
STUDY (HTTP://STUDY.GAIJINPOT.COM/)
TRAVEL (HTTP://TRAVEL.GAIJINPOT.COM/COUNTRY/JP.EN-US.HTML?AID=371483)
APARTMENTS (HTTP://APARTMENTS.GAIJINPOT.COM/EN/RENT/LISTING)

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THE IMPORTANCE OF GIVING OMIYAGE

BY LISA HONG (HTTP://BLOG.GAIJINPOT.COM/AUTHOR/LISAHONG/)



Photo by jpellgen (https://www.flickr.com/photos/27917561@N00/7060962743/)

October 28, 2014

While working or studying in Japan, many take the opportunity to travel around the country. However, some travelers are surprised to learn about the Japanese gift giving culture called Omiyage. Some foreigners find this expectation annoying, although they can often get away with not bringing back souvenirs by playing the "foreigner card".

Even so, if one looks deeper into the Omiyage culture, it is actually quite sincere and generous. When the traveler brings something back from the region they have visited, he or she is sharing experiences via local specialty.

For me, taking part in giving Omiyage is about including and educating my friends, family, and co-workers. I love sharing what a particular region has to offer. In a few cases, friends were inspired to travel to that region themselves.

In my experience, the most crowd-pleasing Omiyage is shareable and edible, such as a box of sweets. This also happens to be the most convenient and cost-effective route for the gift-giver. Win-win!

Below is a list of well-traveled areas in Japan and simple Omiyage suggestions:

Okinawa

Benimo (purple sweet potato). You can find these in the form of cookies, cakes, tarts, Kit Kat's, etc.

Goya (bitter melon). Usually served as a savory dish, fried with eggs and Spam. In gift format, you can offer it as a fun cookie flavor (the sugar alleviates the bitter taste).

Hiroshima

Lemon. Hiroshima produces the most in all of Japan. You can share this fact with others through lemon-flavored treats.

Momijimanju. Maple-leaf shaped cakes originally from Miyajima, where maple leaves run wild. Traditionally, the cakes are filled with sweet red bean, but you can find other flavors such as custard, chocolate, sesame, etc.

Kyoto

Matcha-flavored treats. Green tea powder is amazing in dessert format! You will find many varieties in Kyoto.

Yatsuhashi. A soft, flat, square piece of Mochi folded into a triangle, holding a dollop of sweet bean paste. Other flavors include sesame, Matcha, cinnamon, etc.

Mt. Fuji

You could offer a box of Mt. Fuji-shaped cookies, but note that Mt. Fuji is actually located in Yamanashi, and there are great many local flavors to be shared!

Seasonal Fruit Flavors. Yamanashi is a huge fruit growing area with many farms offering all-you-can-eat fruit picking. Share what's in season through fruit-flavored snacks.

Shingen Mochi. Pillowy mochi cubes covered in Kinako (soybean powder) and brown sugar syrup. You may need to prepare this before serving.

Hakone

Sulfur Egg. Hakone is known for their hot springs and eggs boiled in sulfur water. While I don't recommend bringing the eggs back from Hakone, I do suggest nose-friendly treats (cookies, cakes) that promise a hint of that sulfur so your friends don't miss out.

Manju. Hakone is also known for their buckwheat soba noodles, so it would be appropriate to share Manju, which is a cake made of buckwheat and filled with sweet bean paste.

Izu Peninsula

Wasabi-flavored treats. Potato chips, crackers, Kit Kats, the list goes on. Shock and awe your friends!

Mikan (Mandarin Orange). You can find this flavor in candies and jellies, but if

you're kind enough, bring a box of these easy-to-peel crowd pleasers.

Hokkaido

Snacks with milky or cheesy flavors. Hokkaido is Japan's Mecca for dairy production. Good dairy isn't easy to come by in Japan, so share the love!

Lavender. In the summer, visitors flock to Furano to view gorgeous purple fields. Bring some of that beauty back with Lavender-flavored sweets.

The same Omiyage rules apply for when you are returning from travel outside of Japan. You should've seen the look on my co-workers' faces when biting into Durian candy from Malaysia! But hey, it was authentic and made them more curious about that country.

After being exposed to Omiyage culture, sharing my travel experience through taste has become part of my coming-home routine. There is just something about local flavors that can really transport you to that region!

Topics: Food (http://blog.gaijinpot.com/tag/food/) GP Travel (http://blog.gaijinpot.com/tag/gp-travel/)

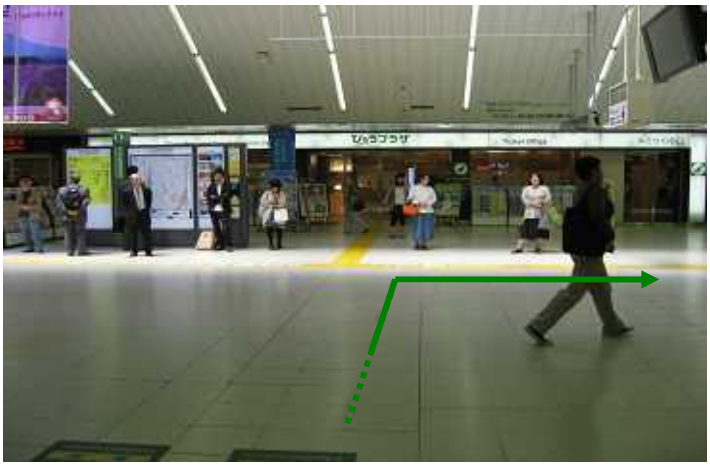


(http://blog.gaijinpot.com/author/lisahong/)
LISA HONG (HTTP://BLOG.GAIJINPOT.COM/AUTHOR/LISAHONG/)
Traveling, eating, writing through Nihon.

Dirction to Elionix from JR Hachiouji Station



Image.1.



Turn right after go out from the exit, and go to the north entrance





Do not go into downstairs. Keep walking on 2nd floor.





Image.2.



Image.3.



Image.5.



Cross the street and turn left

Image.6.



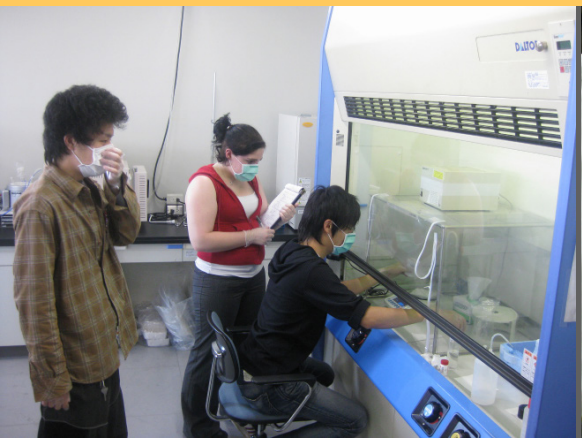
Image.4.



Keep going straight

Emergency & Medical Resources

94







- Medical Summary
- Medical Care
- Diseases
- Medical Referral
- Safety
- Contact SOS

International SOS
Japan Country Guide

Medical Country Risk Rating Low

Medical Alerts

Created: Friday, Apr 10, 2015 15:55 GMT
Updated: Saturday, May 02, 2015 05:17 GMT



Japan

On Our Radar – Hand, foot and mouth disease

Since the beginning of 2015, a significant increase in cases of hand, foot and mouth disease (HFMD) has been recorded nationwide. Notifications are much higher than those expected for the season. HFMD is usually a relatively mild illness which mostly affects children under the age of 5. There is no vaccine.

Prevention
Maintain good personal hygiene and wash your hands frequently. Do not share personal items.

If you want to know more . . .

- About HFMD: see the Disease and Prevention article "Hand Foot and Mouth Disease" on the International SOS Country Guides
- About Japan: see the International SOS Country Guide
- Contact any International SOS assistance centre

View Japan Country Report

Before you go

Routine Medical Care

- Obtain routine medical and dental care before you leave. All routine vaccinations should be current (polio; varicella; measles, mumps and rubella; tetanus, diphtheria and pertussis). In addition, see a travel health practitioner 6 to 8 weeks before departure. Some vaccinations require a series of doses spaced weeks apart. Some malaria medications should be taken a week or more before arriving in the malarial country.
- Arrange a copy of your personal health record to carry with you when you travel.
- Pack an ample supply of prescription and routine medications *in their original packaging.* Place them in your carry-on luggage, with copies of your prescription. Consider carrying a doctor's note explaining your need for legal, non-prescription drugs you have packed - in English and the language of your destination(s).

Routine Vaccinations

- All routine vaccinations should be current: these include Measles, Measles-Mumps-Rubella, Measles-Mumps-Rubella Vaccination, Mumps, Polio, Rubella, Tetanus-Diphtheria-Pertussis, and Varicella.
- Influenza occurs in the northern and southern hemisphere winters and year-round in the tropics. Consider an annual vaccination.

Vaccinations for Japan

Recommendations may vary for short-term visitors. Always consult your travel health advisor or contact International SOS to discuss your specific needs.

Hepatitis A	Recommended for all travellers and expatriates.
Hepatitis B	Recommended for most travellers and expatriates, especially: • For long-term or frequent visitors, and health-care workers. • For adventurous travellers who travel to more remote locations. • If possibility of new sexual partner, needle sharing, acupuncture, dental work, body piercing or tattooing during visit. Many travel health professionals recommend hepatitis B vaccination for all travelers, regardless of destination.
Japanese encephalitis	Vaccine is recommended for people who will participate in 'higher risk' activities while in an area where Japanese encephalitis risk exists. You are engaging in a 'higher risk' activity if you: • Travel during the peak Japanese encephalitis season (consult the "Diseases" section of the International SOS country guides to see specific season details for this country). • Spend a significant amount of time outdoors, particularly in the evening and night-time, in areas outside of cities. (ex. camping, trekking, biking, fishing, hunting, farming). • Stay in accommodation that will likely have mosquitoes indoors, ex. lacking air conditioning, window screens, and bed nets. • Spend a month or more in a risk area during transmission season. Japanese encephalitis vaccine is not available in many of the risk countries. Have the complete vaccine series before departure.

More on diseases in Japan

Malaria

There is no malaria in Japan.

While in Japan

Food and Water Precautions

Travellers have a small risk of developing diarrhea in any country. It may be advisable to drink bottled water only, especially on short trips. Always wash your hands with soap before eating, or use an alcohol-based hand sanitizer. See the following country-specific recommendations:

Water and Beverages

Tap water is safe to drink.

Use caution in Okinawa during water shortages or typhoons. Use only bottled or boiled water during these times.

Food Risk

Japan is an extremely clean country, and the food is safe. The practice of eating sashimi (raw fish) or sushi is popular, and, in general, the quality of the fish is extremely good. However, it is recommended that tourists eat at popular and recommended places to avoid the small risk of food poisoning.

Nuclear Incident, Earthquake and Tsunami damage

On March 11, 2011, a magnitude 9.0 earthquake and subsequent tsunami struck the northeast coast of the main Japanese island of Honshu. The Fukushima Daiichi Nuclear Power Plant was severely damaged and a state of nuclear emergency was declared. The government evacuated all residents within 20km of the Daiichi plant ("restricted zone"), as well as several areas beyond 20km to more than 30km zone from the nuclear plant ("Deliberate Evacuation Area").

Authorities continue to monitor radiation levels in the environment, and food and drinking water. As of late September 2011, monitoring of drinking water showed no elevated levels of contaminants. All restrictions associated to drinking water have

subsequently been lifted.

Authorities have also restricted the harvest, distribution and sale of any foods that may be contaminated at a level potentially harmful to health. Some seafood is contaminated at levels above the regulatory limits. Control measures are in place to prevent its distribution.

For further information:

- See the Prime Minister of Japan and His Cabinet Great East Japan Earthquake Health and Safety website (in English)
- See the World Health Organization FAQ: Japan Nuclear Concerns

More on food and water safety

Standard of Health Care

In large cities, hospitals have excellent, modern, Western equipment and often have English-speaking physicians. Outside major cities, English-speaking physicians may be difficult to find. The medicine practiced in Japan is the same as that of Western countries in the large medical institutions. In general, the major hurdle is the language barrier between medical staff and patient. However, the majority of Japanese doctors write/comprehend English very well.

It is sometimes difficult to see an English-speaking doctor in an emergency department in Japan, even in Tokyo. Also, house calls and hotel calls are not common. When ambulances are called for, they will take the patient to the closest available hospital. However, the patient may not necessarily be admitted to this hospital if there are no available beds and may be transferred within 24 hours after being initially stabilized to a hospital organized by the attending doctor.

The necessity for politeness and deference to seniors often frustrates many westerners, who seek more medical information and rapid medical attention and action. Doctors are generally very knowledgeable. However, there is an emphasis on protocol, which sometimes causes physicians to fail in taking rapid action, even when it is medically warranted.

Doctors will always discuss and organize secondary referrals with the appropriate specialist if a patient may be more appropriately cared for elsewhere. In large teaching hospitals, you will often be cared for by a "team" of doctors. They will confer to discuss your care and treatment plan.

Please note that Japanese doctors will be happy to accommodate questions from the patient, immediate family or concerned company staff/medical liaison. However, this can only occur after the patient or relatives have directly approached the treating doctor concerned and requested the release of information.

Japan has a national health insurance system, which does not cover care for foreigners who are not insured in Japan to receive medical care. However, most hospitals take care of patients in an emergency regardless of insurance coverage if the situation is life-threatening.

More on medical care in Japan

Emergency Response

Always try to call International SOS whenever medical care or advice is required, especially in emergencies.

Japan's public emergency ambulance service is efficient and can be reached by phone or by going to the nearest police station at no charge. This ambulance service will deliver you to the nearest hospital, regardless of whether there are English-speaking staff there or not.

Private ambulances are very costly and are not normally used for emergencies. Large hospitals also have their own ambulances, but they are also not used for emergencies.

Emergency Numbers	
Ambulance	119
Fire	119
Police	110

Standard of Health Care

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OutPatient Care

The university and private hospitals have outpatient departments. However, most do not accept appointments for a first consultation. Patients must register at the hospital outpatient unit between 0830 and 1130 and are expected to wait for his/her name to be called. These systems are improving. Most hospital outpatient units are closed on Saturdays, Sundays and public holidays.

If a consultation is required on Saturday, Sunday or a public holiday, patients are advised to go to the hospital emergency department. Although the emergency department is meant for serious medical emergencies, they usually do not refuse walk-in patients. However, they will not pre-schedule appointments.

There are several private clinics in Tokyo that are very accustomed to treating foreigners. These clinics have expatriate doctors, and a variety of medical specialists usually visit at specified times each week. These clinics are generally open during office hours Monday through Friday and on Saturday mornings.

Paying for Health Care

Doctors, clinics and hospitals will expect immediate cash payment for health services and may require proof of ability to pay prior to treatment. Credit card payment is rarely acceptable, even in large hospitals.

Supplemental medical insurance with specific overseas repatriation coverage is strongly recommended.

Do not defer medical treatment because of financial concerns. Contact International SOS, and if our terms allow, we will make financial arrangements on your behalf.

Dental Care

The standard of dental care is high, and there are many dental clinics in Japan's large cities. Some dentists speak English, but most clinic staff members do not.

Most clinics accept appointments for first consultations and are usually open during office hours (Monday through Friday, 900 through 1700) and on Saturday mornings. Some dental clinics in large cities stay open until 9 PM.

Medication Availability

In Japan, a doctor's prescription is required for medication, including antibiotics. Most hospitals and clinics have an appointed pharmacy near or on their premises to dispense medications.

Since brand names vary, know the generic (chemical) names of your medications. It is always advisable to bring an adequate supply of prescription and other medications from your home country. Check the expiration date on all medications.

Blood Supplies

Blood is considered safe and is screened according to international standards. As in other Asian cities, there is often a shortage of Rh negative blood supplies.

Even in areas where the blood supply is considered safe, it's best to avoid blood transfusions if possible. Screening cannot detect every blood-borne disease, and immune reactions can vary from minor to life-threatening. If a blood transfusion is recommended and circumstances permit, seek a second opinion from International SOS or your health advisor.

Diseases Spread By
Animals: Rabies
Food and/or water: Hepatitis A
Insect Bites: Japanese encephalitis
Sex/blood/needles: HIV, Hepatitis B and C, & STIs
Soil: Cutaneous Larva Migrans

Rabies	**Spread By:** *Animals* Rabies is a viral disease contracted when bitten or scratched by an infected (rabid) animal, often a dog. Once it enters the body, the virus travels along nerves and causes paralysis. As it reaches important organs like the spinal cord and the brain, it causes coma and death. In countries with rabies, ALL animal bites, scratches and licks to broken skin must be treated seriously. Rabies vaccination is very effective in preventing rabies, even after a bite/scratch by a rabid animal. **Rabies vaccination** Pre-exposure vaccination is often recommended for expatriates and long-term visitors to destinations where rabies is present. It's especially recommended if quality medical care may not be available after being bitten or scratched by an animal. Pre-exposure treatment can be especially useful for children, since they may not tell their parents that they have been bitten/scratched. Pre-exposure vaccination makes it easier to treat a bite or scratch. That's important because some types of rabies treatment can be in short supply in many countries, even in cities. **If bitten, scratched or licked (on broken skin) by an animal:** • Immediately cleanse the wound with soap and water and a povidone-iodine solution if available. • Seek medical advice from a qualified source or your assistance company. • Notify local health authorities immediately. You may need *post-exposure vaccination*, even if you have had pre-exposure vaccination. (THIS CAN BE LIFE SAVING.) **Japan** Rabies-like virus may be present in bats. Cases of animal and human rabies have not been notified since 1957. Risk of exposure for average travellers is low. Back to Top
Hepatitis A	**Spread By:** *Food and/or water* Hepatitis A is a viral disease that affects the liver. It is transmitted person-to-person and by contaminated food and water, especially in areas with poor sanitation and overcrowding. Symptoms begin two to seven weeks after infection and can include fever, chills, weakness, loss of appetite, nausea and/or abdominal discomfort followed by jaundice (yellowing of the skin and eyes). Urine may become dark. Many people, especially children, suffer only a mild flu-like illness with no specific symptoms. In other cases, the

	jaundice is severe. Occasionally, hepatitis A causes life-threatening liver failure. This is more common in the very young, those with underlying health problems and those over 50 years old. **Vaccination** Hepatitis A vaccination should be considered for all non-immune travelers. As hepatitis A is more severe in persons suffering chronic hepatitis, both hepatitis A and B vaccination is advised for all infected with hepatitis C. Hepatitis A vaccination is also recommended for all infected with hepatitis B. • *Individual* hepatitis A vaccination consists of a series of two injections given on days 0 and after six months. Adequate immunity to hepatitis A develops soon after the first dose. The second dose is necessary to ensure sustained immunity. • A *combined* hepatitis A and B vaccine is available in many countries. It requires of a series of three injections given on days 0, 30 and after six months. The first two doses are required before immunity to hepatitis A or B can be assumed. The third dose is necessary to ensure sustained immunity to both diseases. Back to Top
Japanese encephalitis	**Spread By:** *Insect Bites* Japanese encephalitis occurs in rural agricultural areas throughout Asia and is transmitted by the *Culex* mosquito. These mosquitoes breed where there is abundant water, such as in rice paddies, and feed primarily on birds and local domestic animals, usually pigs. The mosquitoes are night feeders, so there is less chance of Japanese encephalitis transmission during the day. Although encephalitis means inflammation of the brain, most Japanese encephalitis infections cause no symptoms. If symptoms do develop, they include nausea, vomiting, headache and fever. A severe attack may cause coma and has a mortality of up to 25 percent. Of those who survive severe infections, about 30 percent have permanent brain damage. To prevent Japanese encephalitis, sleep in well-screened accommodation and avoid sleeping outdoors near large concentrations of animals. Prevent mosquito bites and consider vaccination when risk is significant. **Japan** Cases occur rarely, however there is a local vaccination programme in place, with a high uptake rate. People who live and work in rural areas, such as rice fields, are at higher risk. Peak transmission season runs from May to October on most islands. On Ryuku Islands (Okinawa) transmission occurs from April through December. Vaccination is generally not recommended for travel confined to Tokyo and other major cities. Back to Top
HIV, Hepatitis B and C, & STIs	**Spread By:** *Sex/blood/needles* HIV/AIDS, hepatitis B, and hepatitis C are spread by contact with bodily fluids (especially blood and semen). Transmission most commonly occurs through: • unprotected sex, • needle sharing during IV drug use, or • unsafe blood or medical/dental instruments. Genital herpes (HSV), genital warts (HPV), gonorrhoea, chlamydia, syphilis and most other sexually transmitted diseases are spread by genital contact. Prevention: • In many countries, hepatitis B is now a routine childhood immunisation and need not be repeated. All non-immune travellers should consider vaccination. • Always use new condoms (preferably brought from your home country, if travelling to a less-developed nation). • IV drug users should not share needles. • Avoid having tattoos or piercings done. • In healthcare settings, make sure that needles and syringes are new. • Call International SOS or your corporate medical department if you are hospitalised. • Be aware of your risk when assisting anyone with an injury. Protect your skin from contact with bodily fluids. • Seek medical attention within 24 hours if you accidentally come into contact with someone else's bodily fluids. Back to Top
Cutaneous Larva Migrans	**Spread By:** *Soil* Cutaneous Larva Migrans (CLM) is a skin infection caused most commonly from hookworms. Animals such as dogs and cats host these parasites and shed the parasite eggs in their faeces. The eggs then hatch into larvae. Transmission

	occurs through direct skin contact with contaminated sand or soil. The larva penetrates the outermost layers of the skin. A pricking or itching sensation may be experienced when the larva penetrates the skin. Within a few hours a rash can develop at the entry point. As the larva moves, creeping tracks or snake-like reddish tracks will develop. Severe itching and mild swelling may also occur. CLM usually resolves itself without any treatment. Some anti-parasitic medications may be used to shorten the duration of infection. There is no medication or cure to prevent the infection. Avoid walking barefoot at the beach and avoid direct skin contact with infected sand or soil. Use a clean towel or mat to sit or lie on the sand. Back to Top

Medical Providers

No matter where you are, contact International SOS first **if you are sick, injured or need medical advice.**

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS **before accessing medical care in Japan**

Tokyo-to

St. Luke's International Hospital

Category: Hospital

Address: 9-1 Akashicho
Tokyo-to, Tokyo-to 104-8560

Telephone: 81 (0)3 5550 7166

Japan: Business Traveler Summary

Japan is one of the world's safest destinations for foreign travellers. Petty crime is the main risk to visitors, especially in major cities, but levels remain low. Japan supported the US-led interventions in Iraq and Afghanistan. While a terrorist attack in Japan remains feasible, it is not a target for Islamist extremists, not least because of the operational difficulties such groups would face in such a homogeneous society.

Japan experiences frequent tremors and occasional more severe earthquakes; thousands of people were killed in March 2011 due to a 9.0-magnitude earthquake off Miyagi prefecture on the country's north-eastern coast. However, as a result of long experience dealing with such risks, the national infrastructure is highly resilient and Japanese civil authorities have a very high level of capability.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

Japan: Driving Safety

Traffic drives on the left. Unfamiliarity with local traffic customs can make driving awkward and even dangerous for foreigners. Roads are narrow and traffic is often severely congested. Turning on red lights without authorisation is prohibited. Strict penalties, including prison sentences, are imposed for drunk driving; the national blood-alcohol limit is zero percent. In urban areas, road signs are posted in English and Japanese, while in remote areas signage is mostly in Japanese.

All major car-rental companies such as Avis, Hertz and Budget have offices at airports and in city centres. Foreign visitors require an international driving licence, plus their national driver's licence, for visits of up to a year; after a year, foreigners require a Japanese driving licence. Drivers are obliged to pay tolls on many highways.

Luxury cars are a favoured target for criminals and should be parked in secure locations and kept locked at all times when unoccupied. Snowfall is common in the northern, central and western regions during the winter (December-February) often causing road closures. Road travel in coastal areas may periodically be affected by heavy rainfall between May and October, as flash floods and landslides can block roads, resulting in delays and lengthy diversions. The Japan Automobile Federation offers roadside assistance.

International SOS Assistance Centers

If appropriate, use your company's specific number or procedure.

Assistance Center to Call	
Tokyo, Japan	+81 3 3560 7183

Alternate Assistance Centers	
Singapore, Singapore	+65 6338 7800
London, United Kingdom	+44 (0)20 8762 8008
Philadelphia, USA	+1 215 942 8226
Sydney, Australia	+61 2 9372 2468

If experiencing difficulty, you may call any of the International SOS Assistance Centers.

International SOS Worldwide Network

Assistance Center Directory

Please Select

Clinic Directory

Please Select

Office Directory

Please Select

Japan Emergency Information

Always try to call International SOS whenever medical care or advice is required, especially in emergencies.

Emergency Numbers	
Ambulance	119
Fire	119
Police	110

Japan's public emergency ambulance service is efficient and can be reached by phone or by going to the nearest police station at no charge. This ambulance service will deliver you to the nearest hospital, regardless of whether there are English-speaking staff there or not.

Private ambulances are very costly and are not normally used for emergencies. Large hospitals also have their own ambulances, but they are also not used for emergencies.

Japan Telecommunications

Emergency Numbers	
Ambulance	119
Fire	119
Police	110

Dialing Codes	
Country Code	81
IDD Prefix (International Direct Dialing)	001 (KDD)0061 (Cable & Wireless IDC)0041
NDD Prefix (National Direct Dialing)	0

Directory Assistance	
International Directory Assistance	0051
National Directory Assistance	Kyoto,3371-5649;Tokyo, 3201-3331;outside of Kyoto and Tokyo(0120)-44-4800

Telephone Information

The telecommunications system is excellent and mobile network coverage is extensive. However, the country does not have a GSM network; most networks are 3G or 4G based. Major network providers include KDDI Corporation, Docomo, SoftBank and eAccess. SIM cards may be purchased online or from stores. It is often better to fax, which is considered sympathetic towards business partners who may have difficulty with spoken English. Public telephones are plentiful, though international calls can only be made from green public telephones with gold-coloured face plates. These public phones accept both coins and cards. Internet and email connections are reliable and major hotels can provide these. The postal service is also quick and reliable.

Japan Electricity

Voltage and Frequency

Additional Electrical Information

Voltage: 100 volts
Frequency: 50/60 Hz

These are the most common plug types used:



Japan Financial Information

The currency is the yen (¥). Japan is a cash-based country, though international credit cards such as American Express, Visa, Diners Club and MasterCard are widely accepted at most hotels, shops and restaurants in major cities. ATMs at airports, foreign bank branches, some convenience stores and post offices generally accept international cards. Outside major cities, cash transactions are generally the norm. Not all ATMs accept cards issued outside Japan and many do not operate 24 hours a day. Traveller's cheques can be exchanged at major banks and larger hotels. It is often better to use hotel facilities rather than banks to exchange money; banking processes and linguistic difficulties can present problems and queues for services can be very long.

Departure Tax

- Included in the cost of the airline ticket.

Tipping

Tipping is not customary. It is not expected in any situation and attempting to tip may cause embarrassment or be considered insulting. A service charge of 10-15% may be added to the bill at hotels and restaurants.

Find an ATM

VISA

MasterCard/Maestro/Cirrus

American Express "Express Cash"

Japan Cultural Tips

General Tips

- Japanese life is governed by a strict code of manners. The Japanese do not expect visitors to be familiar with their customs, but it is essential to try to adapt to this code of behaviour.
- Only ask people about their spouse or children if you are sure your conversational partner is married/has children. Asking an unmarried person about a spouse, or a childless person about children, may cause embarrassment.
- If using chopsticks, avoid using them to point at someone and do not leave them sticking up in a bowl of rice.
- When entering a Japanese home, it is customary to remove shoes and position them facing the door. Follow your host's example. Shoes may also be removed at traditional restaurants.
- It is customary to bring chocolate, cookies or cakes when invited to a Japanese home. Purchasing them in a

department store where they will be wrapped is recommended.
- The Japanese do not usually open gifts when they are presented.

Business Tips

- Bowing is normally preferred to hand-shaking, but most Japanese adapt to Western practice by shaking hands with foreign guests. If your are bowed to, return the gesture by bowing either to the same depth or lower – the depth of your bow is indicative of the status relationship between you and your counterpart.
- In business meetings, the most junior member of staff should be positioned closest to the door.
- Japanese business associates should be referred to by their surname with the honorific suffix 'san' added, hence Junichi Yamazaki should be addressed as Yamazaki-san.
- Japanese businesspeople prepare extensively for their own overseas business trips and would like (but do not necessarily expect) visitors to do the same.
- Business cards are usually exchanged upon introductions. It is advisable to have yours printed in both English and Japanese. Both hands should be used for giving and receiving cards, which should be studied closely, placed in front of you and collected at the end. Do not put away during the meeting.
- Make business appointments in advance and be punctual.
- Entertainment is an important part of business arrangements and usually takes place after business hours at a bar or restaurant. Although business may be discussed, these outings are primarily occasions for building friendships.
- Business dress is formal and conservative. Men should wear a suit and women should wear either a dress or a suit.
- It is traditional to give gifts to business associates. They should be given at the start of a meeting and not opened in front of the giver. Visitors should not give four of anything: the number four signifies death.
- Be aware that the Japanese try not to disagree openly. They may avoid saying 'no' by giving an unenthusiastic 'yes'.

Businesswomen

There are no specific risks for female travellers or businesswomen. However, all women are advised to follow commonsense security precautions such as:

- Dress modestly to avoid drawing unwanted attention.
- Say no politely to invitations that would take you beyond your personal comfort levels, even if faced by amicable pressure to behave otherwise.

Business Hours

- Working week: Monday to Friday.
- Banking hours: 09.00-15.00.
- Office hours: 09.00-17.00.
- The formal lunch hour is 12.00-13.00; many offices do not take calls during this period.

Tipping

Tipping is not customary. It is not expected in any situation and attempting to tip may cause embarrassment or be considered insulting. A service charge of 10-15% may be added to the bill at hotels and restaurants.

Embassies

Display All

Australia Consulate

Fukuoka

7th Floor Tenjin Twin Building, 1-6-8 Tenjin, Chuo-ku; Fukuoka

Fukuoka 810-0001
Japan
Telephone: +81 92 7345055

Fascimilie: +81 92 7345058

website: http://www.australia.or.jp/

Osaka

16th Floor, Twin 21 MID Tower, 2-1-61, Shiromi, Chuo-ku; Osaka

Osaka 540-6126

Japan
Telephone: +81 6 69419448
Fascimilie: +81 6 69204543
website: http://www.australia.or.jp/

Australia Embassy

Tokyo
2-1-14 Mita, Minato-Ku; Tokyo

Tokyo 108-8361
Japan
Telephone: +81 3 52324111
Fascimilie: +81 3 52324149
Email: auscitzreg.tokyo@dfat.gov.au
website: http://www.australia.or.jp/

Belgium Embassy

Tokyo
Nibancho 5-4, Chiyoda-ku; Tokyo

Tokyo 102-0084
Japan
Telephone: +81 3 32620191
Fascimilie: +81 3 32 620651
Email: tokyo@diplobel.fed.be
website: http://www.diplomatie.be/tokyo/

Canada Consulate

Nagoya
6th Floor, Nakota Marunouchi Building, 3-17-6 Marunouchi, Naka-ku; Nagoya

Nagoya 460-0002
Japan
Telephone: +81 52 9720450
Fascimilie: +81 52 9720453
Email: ngoya@international.gc.ca
website: http://www.japan.gc.ca

Canada Embassy

Tokyo
7-3-38 Akasaka, Minato-ku; Tokyo

Tokyo 107-8503
Japan
Telephone: +81 3 54126200
Fascimilie: +81 3 54126289
Email: tokyo-consul@international.gc.ca
website: http://www.japan.gc.ca

China Consulate

Fukuoka
Chiuo-ku Jigyohama 1-3-3; Fukuoka

Fukuoka
Japan
Telephone: +81 92 7131121

Fascimilie: +81 92 7818906

Email: chinaconsul_fuk_jp@mfa.gov.cn

website: http://fukuoka.chineseconsulate.org/

Nagoya

2-8-37 Higashisakura, Higashi-ku; Nagoya

Nagoya 461-0005
Japan
Telephone: +81 52 9321098

Fascimilie: +81 52 9321169

website: http://nagoya.chineseconsulate.org/

Osaka

3-9-2 Utsubohonmach Nishiku; Osaka

Osaka
Japan
Telephone: +81 6 64459481

Fascimilie: +81 6 64459480

Email: chinaconsul_osa_jp@mfa.gov.cn

website: http://osaka.chineseconsulate.org/chn/

China Embassy

Tokyo

3-4-33 Moto-Azabu, Minato-ku; Tokyo

Tokyo
Japan
Telephone: +81 3 34033388

Fascimilie: +81 3 334035447

Email: lsb@china-embassy.or.jp

website: http://jp.chineseembassy.org/

Finland Embassy

Tokyo

3-5-39, Minami-Azabu, Minato-ku; Tokyo

Tokyo 106-8561
Japan
Telephone: +81 3 54476000

Fascimilie: +81 3 54476042

Email: sanomat.tok@formin.fi

website: http://www.finland.or.jp/public/default.aspx

France Embassy

Tokyo

4-11-44, Minami-Azabu, Minato-ku; Tokyo

Tokyo 106-8514
Japan
Telephone: +81 3 57986000

Fascimilie: +81 3 57986094

Email: infoconsul.tokyo-amba@diplomatie.gouv.fr

website: http://www.ambafrance-jp.org/

Germany Consulate

Osaka

35 Floor, Umeda Sky Building, Tower East, 1-1-88, Oyodo-naka, Kita-ku; Osaka

Osaka 531-6035
Japan
Telephone: +81 6 64405070

Fascimilie: +81 6 64405080

website: http://www.osaka-kobe.diplo.de/Vertretung/osaka/en/Startseite.html

Germany Embassy

Tokyo

4-5-10, Minami-Azabu, Minato-ku; Tokyo

Tokyo 106-0047
Japan
Telephone: +81 3 57917700

Fascimilie: +81 3 57917773

Email: info@tokyo.diplo.de

website: http://www.japan.diplo.de/Vertretung/japan/ja/Startseite.html

Italy Consulate

Osaka

11th Floor, Asahi Shimbun Building, 3-2-4, Nakanoshima, Kita-ku; Osaka

Osaka 530-0005
Japan
Telephone: +81 6 47065820

Fascimilie: +81 6 62010590

Email: segreteria.osaka@esteri.it

website: http://www.consosaka.esteri.it/

Italy Embassy

Tokyo

2-5-4 Mita, Minato-ku; Tokyo

Tokyo 108-8302
Japan
Telephone: +81 3 34535291

Fascimilie: +81 3 34562319

Email: ambasciata.tokyo@esteri.it

website: http://www.ambtokyo.esteri.it/ambasciata_tokyo

Netherlands Consulate

Osaka

33rd Floor, Twin 21 MID Tower, Shiromi 2-1-61, Chuo-ku; Osaka

Osaka 540-6133
Japan
Telephone: +81 6 69447272

Fascimilie: +81 6 69447275

Email: osa@minbuza.nl

website: http://japan.nlembassy.org/

Netherlands Embassy

Tokyo

3-6-3 Shiba-koen, Minato-ku; Tokyo

Tokyo 105-0011
Japan
Telephone: +81 3 57765400

Fascimilie: +81 3 57765535

Email: tok@minbuza.nl

website: http://japan.nlembassy.org/

South Africa Embassy

Tokyo

3-4 Floor,Oriken Hirakawacho Building, Hirakawa-cho-2-chome 1-1, Chiyoda-ku; Tokyo

Tokyo
Japan
Telephone: +81 3 32653366

Fascimilie: +81 3 32653573

website: http://www.sajapan.org/index.htm

Spain Embassy

Tokyo

1-3-29, Roppongi, Minato-ku; Tokyo

Tokyo 106-0032
Japan
Telephone: +81 3 35838531

Fascimilie: +81 3 35828627

Email: emb.tokio@maec.es

Sweden Embassy

Tokyo

1-10-3-100 Roppongi, Minato-ku; Tokyo

Tokyo 106 0032
Japan
Telephone: +81 3 5562 5050

Fascimilie: +81 3-5562 9095

Email: ambassaden.tokyo@foreign.ministry.se

website: http://www.swedenabroad.com/Page____4032.aspx

Switzerland Embassy

Tokyo

5-9-12 Minami-Azabu, Minato-ku; Tokyo

Tokyo
Japan
Telephone: +81 3 5449 8400

Fascimilie: +81 3 3473 6090

Email: tok.vertretung@eda.admin.ch

website: http://www.eda.admin.ch/tokyo

United Kingdom Consulate

Osaka

19th Floor, Epson Osaka Building,3-5-1 Bakuro-machi, Chuo-ku; Osaka

Osaka 541- 0059
Japan
Telephone: +81 6 61205600

Fascimilie: +81 6 62811731

website: http://ukinjapan.fco.gov.uk/en/

United Kingdom Embassy

Tokyo

No.1, Ichiban-cho, Chiyoda-ku; Tokyo

Tokyo 102-8381
Japan
Telephone: +81 3 52111100

Fascimilie: +81 3 52753164

Email: embassy.tokyo@fco.gov.uk

website: http://ukinjapan.fco.gov.uk/

United States Consulate

Fukuoka

5-26 Ohori 2-chome, Chuo-ku; Fukuoka

Fukuoka
Japan
Telephone: +81 92 7519331

Fascimilie: +81 92 7253772

website: http://japan.usembassy.gov/fukuoka/f-main.html

Nagoya

6th Floor,Nagoya International Center Building,1-47-1, Nakono, Nakamura-ku; Nagoya

Nagoya 450-0001
Japan
Telephone: +81 52 5814501

Fascimilie: +81 52 5813190

Email: http://nagoya.usconsulate.gov/

United States Embassy

Tokyo

1-10-5 Akasaka, Minato-ku; Tokyo

Tokyo 107-8420
Japan
Telephone: +81 3 32245000

Fascimilie: +81 3 35051862

website: http://tokyo.usembassy.gov

Entry & Departure Requirements

Passport and visa requirements are subject to change and vary depending on the length of stay and visa type (business or tourist). Check with your travel advisor, embassy or consulate in your home country. Passports must be valid for at least six months from the date of entry.

	Passport Required?	Visa Required?	Return Ticket Required
Australia	Yes	No/2	Yes
United Kingdom	Yes	No/1	Yes
Canada	Yes	No/2	Yes
Europe	Yes	No/1/2	Yes
United States	Yes	No/2	Yes

Exceptions may apply, please read the Additional Immigration Information for comprehensive information on entry requirements.

Additional Immigration Information

Visas

Not required by all nationals referred to in the chart above for the following durations:

1. Nationals of Austria, Germany, Ireland and the UK who, though initially granted a 90-day stay, may apply while in Japan to the local immigration department for an extension of up to a further 90 days, making the visa-free stay up to six months.
2. Nationals of Australia, Belgium, Bulgaria, Canada, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Greece, Hungary, Italy, Luxembourg, Latvia, Lithuania, Malta, Netherlands, Portugal, Poland, Romania, Slovenia, Slovakia, Spain, Sweden and the US for stays of up to 90 days

Visitors from Andorra, Argentina, Bahamas, Chile, Costa Rica, Croatia, Dominican Republic, El Salvador, Guatemala, Honduras, Hong Kong (China), Iceland, Israel, Macao (China), Macedonia, Mauritius, New Zealand, Norway, San Marino, Singapore, Suriname, Tunisia, Turkey (biometric passport holders only) and Uruguay can travel and stay in Japan without a visa for up to three months. Nationals of Liechtenstein, Mexico and Switzerland can stay for up to six months without a visa.

Nationals of Thailand, Philippines, Vietnam, Malaysia and Indonesia can travel and stay without a visa in Japan for tourism purposes for up to 15 days (30 days for citizens of Indonesia); for stays exceeding this period, a visa is required. Multiple-entry visas are issued to nationals of Myanmar which allows them to stay in Japan for 15 days in a single visit. All these nationals may additionally be required to present an itinerary of their visit, proof of funds to sustain their stay and an onward/return ticket at the port of entry.

Nationals of other countries require a temporary visitor's visa to enter Japan, which is normally valid for stays of up to 90 days. Visitors can refer to the foreign affairs website for the latest visa information. Documents stating the purpose of visit are required to be submitted at the time of visa application for both tourism and business purposes. However, a business visa is required for executives intending to work or engage in fee-based activities. The processing of visas usually takes five days.

Entry/Exit requirements

Visitors who do not possess a visible means of support for their stay, onward or return tickets, or other documents for their next destination, may be refused entry. The visitor's passport should be valid for the intended duration of the stay. There is no restriction on the import and export of any currency; however, travellers carrying more than 1,000,000 yen are required to fill out a customs declaration. Passengers must also complete a customs declaration form upon arrival.

Foreign visitors should carry their passports at all times. This is a legal requirement and, while spot-checks are infrequent, offenders are subject to lengthy bureaucracy. Visitors intending to stay for more than three months will be issued a resident card, instead of the alien registration certificate, up to a maximum of five years on arrival. This card will provide foreign nationals with the status of residency for long-term stays in the country. In addition, travellers who require to re-enter Japan within a year of their departure can do so on a special re-entry permit, provided they hold a valid resident card. Visitors overstaying their visa duration can be subjected to fines, imprisonment and even deportation.

Procedures

Narita airport (Tokyo) has only one runway and taxiing to and from the new terminal can take up to 30 minutes. Some airlines operating out of Narita have check-in desks at Tokyo City Air Terminal (T-CAT) in the city centre, but baggage should be checked in three to four hours before the flight's scheduled departure. Immigration and customs formalities are usually hassle-free, though customs officers often question incoming foreign nationals regarding their purpose of stay. All travellers, including permanent residents, will have their fingerprints scanned and will also be photographed upon arrival; non-adherence to these procedures can result in denial of entry into the country. The usual green (nothing to declare) and red (goods to declare) channels are in operation. Immigration delays are most common at Narita. Visitors, who are issued a resident card on arrival, are required to register with the local municipal office and the Ministry of Justice within 14 days of arrival.

Departure Tax

- Included in the cost of the airline ticket.

Additional Customs Information

The following may be imported if accompanied by a health certificate: eggs, bones, horns and other parts of many animals, including artiodactyls (cows, goats, sheep, etc.), dogs, horses, chickens, ducks, geese, turkeys, rabbits, bees.

Passengers carrying unaccompanied baggage to arrive on a later flight must make a written declaration at the time and place of entry, as declaration after entry may not be accepted.

Because it is illeagal to import of certain medications, all prescription medications should be left in their original labeled containers. You should also carry the doctor's prescription with you, especially for habit-forming or narcotic drugs.

Articles purchased tax-free in Japan must be shown to customs at time of departure.

Climate

Japan has a temperate climate with four distinct seasons. Spring in March-May is warm with some rainfall. June to August are summer months with extreme humidity and temperatures as high as 40°C (104°F). The country receives heavy rainfall in June-July. Temperatures during autumn or fall in September to November are tolerable but winter months between December and February are very cold. The average minimum temperature is -1°C (30°F) and the average maximum temperature is 31°C (88°F). Travellers can check the latest weather updates on the meteorological agency's website.

Public Holidays in the Next 12 Months

2015
20 Jul Marine Day (Umi no hi)
This holiday is celebrated on the third Monday of July.
21 Sep Respect for the Aged Day (Keiro no hi)
This holiday is celebrated on the third Monday of September.
22 Sep Autumnal Equinox Day
12 Oct Sports Day (taiku no hi)
This holiday is celebrated on the second Monday of October.
03 Nov Culture Day
23 Nov Labour Thanksgiving Day
23 Dec Emperor's Birthday
If this day falls on a weekend, it is celebrated on the following Monday.
29 Dec - 31 Dec Bank holiday

2016
01 Jan New Year's Day
In many countries, if this holiday falls on a Saturday or Sunday, a public holiday is declared for the following Monday.
11 Feb Foundation Day
20 Mar Vernal Equinox
29 Apr Showa Day (Showa no hi)
This holiday celebrates the birthday of former emperor Showa (alos known as emperor Hirohito), who died in 1989. If this day falls on a weekend, it is celebrated on the following Monday. It also marks the beginning of the Golden Week holiday.
03 May Constitution Day
This public holiday commemorates the implementation of Japan’s post-war constitution.
04 May Greenery Day (Midori no hi)
This public holiday is dedicated to the environment because the former emperor Showa had an affinity for plants and nature.
05 May Children's Day (Kodomo no hi)
This day typically sees families pray for the health and future success of their sons by hanging up carp streamers and displaying samurai dolls.

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Illness/Accident During Orientation

If you are experiencing a medical emergency, you should call 119, which is the emergency Ambulance/Fire number. You can request an English-speaking operator but it may be faster to find a Japanese person to assist you. You can also call the English-speaking Police Hotline at 03-3501-0110. These numbers should be programmed into your Japanese cell phone. There is an International SOS International Medical Clinic located near the Sanuki Club hotel that we will use in case a program participant needs medical care or attention. This phone number should be programmed into your Japanese cell phone.

International SOS Japan Ltd.

http://www.internationalsos.com
Tel: 03-3560-8161, Tel: 03-3560-7170 (Alarm Center/English available)
Fax: 03-5572-2104
11th Floor, Sumitomo Fudosan Shin-Akasaka Bldg., 4-2-6 Akasaka, Minato-ku, Tokyo 107-0052

If you should become ill during the orientation but it is not a medical emergency, you should contact Packard-sensei via her cell phone. She will make arrangements to take you to the International SOS clinic for medical treatment.

Illness/Accident During Research Internship

City by City Listings of Medical Resources in Japan: http://japan.usembassy.gov/e/acs/tacs-7119.html

During the first week you are at your research lab you MUST locate your nearest English-speaking medical clinic or doctor. Call the CISI phone number on the back of your insurance card or review the US Embassy in Japan's Medical Resources website. You can also speak with your university's International Student Office or Center to see what clinics they recommend to international students. Update the back of your Emergency Information Card with the applicable information for medical and emergency care at your research internship site and program the numbers into your cell phone.

If you become ill or require medical attention during the research internship period and it is not a medical emergency call the phone number on the back of your CISI insurance card first to see if they can make arrangements to pre-pay your medical expenses. Speak with your research advisor and mentor as well and ask if someone from your lab can help you schedule a medical appointment and/or come with you to the clinic.

If you are experiencing a medical emergency, you should call 119, which is the emergency Ambulance/Fire number. You can request an English-speaking operator but it may be faster to find a Japanese person to assist you. You can also call the English-speaking Police Hotline at 03-3501-0110. These numbers should be programmed into your Japanese cell phone.

If you have sought out medical treatment during the internship period call Packard-sensei via her Japanese cell phone and send an e-mail to nanojapan@rice.edu notifying us that you have been ill or had an accident that required medical attention. Provide as much detail as you are comfortable with as this will help us determine if you require additional assistance.

Medical Care in Japan

Japan Country Information Sheet: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1148.html#medical

While medical care in Japan is good, English-speaking physicians and medical facilities that cater to Americans' expectations are expensive and not widespread. Medical caregivers in Japan require payment in full at the time of treatment or concrete proof of ability to pay before treating a foreigner who is not a member of the national health insurance plan. U.S.-style and standard psychiatric care can be difficult to locate in major urban centers in Japan, and generally is not available outside of Japan's major cities. Extended psychiatric care for foreigners in Japan is difficult to obtain at any price; see http://japan.usembassy.gov/e/acs/tacs-psychadmissions.html for more information. U.S. prescriptions are not honored in Japan, so travelers with ongoing prescription medicine needs should arrive with a sufficient supply to see them through their stay in Japan, or enough until they are able to see a local care provider. Certain medications, including some commonly prescribed for depression and Attention Deficient Disorder (ADD), are not widely available. More information on importing medicines into Japan is also available at http://japan.usembassy.gov/e/acs/tacs-medimport.html. A list of medical facilities in Japan with English-speaking staff is available on our web site at http://tokyo.usembassy.gov/e/acs/tacs-7119.html. Information on vaccinations and other health precautions, such as safe food and water precautions and insect bite protection, may be obtained from the Centers for Disease Control and Prevention's hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the CDC's web site at http://wwwn.cdc.gov/travel/default.aspx. For information about outbreaks of infectious diseases abroad, consult the World Health Organization's (WHO) web site at http://www.who.int/en. .

CISI International Insurance Policy

All NanoJapan students are provided with a CISI International Health Insurance policy through the University of Tulsa. This insurance provides you with the following coverage limits for the full duration of your time abroad. If you have an emergency or urgent medical need, proceed directly to your nearest English-speaking clinic or doctor. If you have time to schedule an appointment in advance, call the phone number on the back of your CISI card for clinic/doctor recommendations and to see if they can arrange to pre-pay your medical expenses. If this is not possible or if you are not able to contact CISI ahead of your visit, you will need to pay all costs up front and file a claim reimbursement form through CISI. Consult your CISI brochure for more information and your claim form.

Toll-free in the U.S.: (877) 577-9504
Outside the U.S. (Call Collect): (240) 330-1520
Email: ops@europassistance-usa.com

Medical Expense (Accident/Sickness) - $100,000; Deductible per injury/illness - $0; Accidental Death & Dismemberment - $10,000; Emergency Family Reunion Benefit - $3000; Emergency Evacuation/Repatriation/ Return of Mortal Remains - $100,000 evacuation; Nervous/mental coverage - $ 500 outpatient, $ 2,500 inpatient; Home country coverage - $5,000 limit; Pre-existing conditions covered - $500 limit; Expenses resulting from alcohol and drugs covered.

Security Rider extends the evacuation benefit to the following non-medical occurrences: 1) expulsion from a Host Country or being declared persona non-grata on the written authority of the recognized government of a Host Country; 2) political or military events involving a Host Country, if the Appropriate Authorities issue an Advisory stating that citizens of the Insured Person's Home Country or citizens of the Host Country should leave the Host Country; 3) Verified Physical Attack or a Verified Threat of Physical Attack from a third party; 4) the Insured Person had been deemed kidnapped or a Missing Person by local or international authorities and, when found, his or her safety and/or well-being are in question within 7 days of his or her being found; 5) following a natural disaster where "Natural Disaster" means a storm (wind, rain, snow, sleet, hail, lightning, dust or sand), earthquake, flood, volcanic eruption, wildfire or other similar event that: is due to natural causes; and results in such severe and widespread damage that the area of damage is officially declared a disaster area by the government of the Host Country and the area is deemed to be uninhabitable or dangerous.

CISI
Cultural Insurance Services International

BADOO JACQUELINE

28-Apr-2015

Dear BADOO:

Your request for insurance coverage has been processed. Below you will find your identification card which reflects your dates of coverage: 14-May-2015 through 04-Aug-2015, and your Participant ID: 1582593 under the protection plan policy number: 14 GLM MD4503954A.

Should you require medical attention please be sure to present your identification card to the medical provider. This will ensure that the claim will be sent to us and will enable us to properly identify you as a covered participant under this insurance.

If you should have any questions, at any time, regarding your insurance please contact us at 800-303-8120. We look forward to providing the best coverage and service to you and we hope that your study abroad experience will be both memorable and rewarding!

Sincerely,

Cultural Insurance Services International

CISI Cultural Insurance Services International

First Health Network

GROUP SPONSOR: UNIVERSITY OF TULSA

Your present plan policy number is 14 GLM MD4503954A
Your participant ID is 1582593

Participant Name: JACQUELINE BADOO
Coverage Dates: 14-May-2015 to 04-Aug-2015

For 24/7 emergency assistance call AEA ASSISTANCE at
(855) 327-1491 (in U.S.), (312) 935-1703 (call collect from
outside the U.S.), Email:
MEDNETSET-USA@AEA-ASSISTANCE.US.
Your Travel Assist ID # is 14 GLM MD4503954A.

KEEP THIS CARD WITH YOU AT ALL TIMES

As proof of identification when treated outside the U.S. If you lose it or have questions about your insurance coverage, call CISI at 1-800-303-8120. Present this card and another form of identification to the hospital or doctor. Complete the claim form, sign and mail to CISI with originals of all medical bills.

Submit claims to: CISI, 1 High Ridge Park, Stamford CT 06905

Should an emergency arise, I authorize any medical provider to release information regarding my condition to CISI or their insurance providers or payor assistance services, and I understand they represent my next of kin or any contacted emergency contact when my part ceased.

First Health Network phx

To receive a listing of preferred providers in the U.S., please visit our website:
www.firsthealthnetwork.com

Linda Langin –Sr. Vice President
Cultural Insurance Services International

The Consul General of Japan

April 20, 2018

Dear Sir/Madam:

Please accept this letter as confirmation that **BAIDOO JACQUELINE** has worldwide insurance coverage for a study abroad program sponsored by **UNIVERSITY OF TULSA**. The dates of coverage extend from **14-May-2018** through **04-Aug-2018** under policy number **14 GLM N04980084A**. This plan is offered by Cultural Insurance Services Internationaland underwritten by **ACE AMERICAN INSURANCE CO.**

The benefits under this plan provide 100.00% payment of covered medical expenses up to $100,000.00 per injury or illness. Each participant is covered if, as the result of a covered accident o a covered sickness, he/she incurs expenses for the services of a physician, hospital, emergency room, ambulatory medical center, laboratory tests, local ambulance service, prescription medicines, therapeutics, anesthetics (including administration thereof), X-ray or prosthetic appliances. Hospital room and board is covered at the normal semiprivate room rate.

An Accidental Death & Dismemberment benefit of up to $10,000.00, and a $100,000.00 maximum Me Evacuation benefit and a $100,000.00 maximum Repatriation benefit are also included in this plan.

Payments will be made directly to foreign providers and can be made in foreign currency by Cultural Insurance Services International. To arrange payments, please contact Cultural Insurance Services International toll-free within the U.S. at (800) 303-8120 or contact AXA ASSISTANCE 24 hours a day, 7 days a week at (866) 327-1411 or call collect from outside of the U.S. to (312) 935-1705.

For more information about the benefits of this policy, please contact Cultural Insurance Services International directly.

Sincerely,

Linda Langin - Sr. Vice President
Cultural Insurance Services International

Rice University International SOS Policy - REQUIRED

Register at: http://riskmanagement.rice.edu/Default.aspx?id=38

Rice's Global Assistance Program is managed by International SOS. Operating in over 70 countries, International SOS is the world's leading international healthcare, medical assistance and security services company organization with international operations. A global team of 6,000 employees led by 900 full-time physicians and 200 security specialists provides health and security support to enable its members to operate wherever they work or travel. Anyone traveling on University business or for a University related activity is eligible. University business and University related activities/programs are broadly defined as part of professional or academic work including research, attendance or speaking at a conference, study abroad, summer jobs or internships.

Once all NanoJapan students have been issued their Rice Student ID numbers the NanoJapan Program will forward your information to the Risk Management office and they will enroll you in the International SOS policy. You will be given an International SOS card during the Pre-Departure Orientation that you should carry with you abroad. This is NOT international health insurance but provides the following:

- Helping you prepare before you travel with medical and security advisories
- Assisting on your trip with problems such as lost passports, medical emergencies, and theft
- Storing critical emergency information where International SOS can access information during a crisis including: health information (such as allergies, current prescriptions and past medical history), your emergency contact information, and copies of your passport and visas
- Offering a personal travel locator service, which allows you to enter your travel itinerary via a protected Website so International SOS or Rice's administrator can contact you in case of an urgent need
- Providing emergency translation and interpreter services
- Referring you to medical, dental or legal professionals in the country you are traveling
- Arranging for your evacuation due to security problems

U.S. Department of State Smart Traveler Enrollment Program (STEP) - REQUIRED

Register at https://step.state.gov/step/

The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. STEP also allows Americans residing abroad to get routine information from the nearest U.S. embassy or consulate.

All NanoJapan students must register with STEP prior to departure for Japan and should be sure to remember or write down their password. When they get to their research host labs they will need to update their STEP enrollment (and International SOS enrollment) with the address of their research internship housing.

- Address for Orientation Program: Sanuki Club Hotel, 11-9 MITA 3-CHOME, MINATO-KU, TOKYO, 108-0073, TEL. 03-3455-5551
- Contact Phone in Japan: List your Piccell Japanese Cell Phone
- Emergency Contact Person in Japan: Keiko Packard, [redacted]
- List Rice University staff/faculty as designated emergency contacts: Rice University, 6100 Main St., Houston, TX, 77005 ~ NJ Office: (713) 348-6362 ~ Rice ER Number: (713) 348-6000 ~ nanojapan@rice.edu
- List your parent/guardian/POA as an emergency contact

Embassy of the United States Tokyo, Japan

AMERICAN CITIZEN SERVICES

4

Emergency Preparedness for Americans in Japan

This information is provided to help prepare U.S. citizens and their families in the unlikely event of natural disasters, civil emergencies, and other situations that might necessitate an evacuation.

In the event of an actual emergency, the Embassy will place up to date instructions specific to the circumstances of the event.

Emergency Messages for U.S. Citizens | Earthquake | Typhoon Tips | Tsunami Tips

Before an emergency occurs there are a number of things that you can do to prepare:

- Read "Emergencies and Crisis - What the Department of State can and can't do in a crisis"
- Sign up for the free Smart Traveler Enrollment Program (STEP) - U.S. citizens living or traveling in Japan are encouraged to register with the Embassy or the Consulates through the State Department's travel enrollment website. In the event of an emergency, we use the enrollment information to communicate with you. By signing up for the STEP, you can also automatically receive our most up-to-date travel and security information as well as our monthly newsletters.
- Read "Be Prepared for Emergencies" (PDF 166KB) - Whether or not you have to consider the prospect of an evacuation or natural disaster, it is sound advice to follow the information in this document.

Staying informed during an emergency situation:

- Monitor our website - we will issue updated messages for U.S. citizens and post appropriate information specific to the circumstances on our website.
- Monitor local radio stations such as AFN (American Forces Network) or InterFM (English language news alerts) and follow the international and local

news outlets for additional information. AFN Tokyo-AM 810kHz, AFN Iwakuni-AM 1575kHz, AFN Sasebo-AM 1575kHz, AFN Okinawa-FM 89.1MHz, InterFM Tokyo-FM 76.1Mhz, InterFM Nagoya-FM 79.5Mhz.

- During natural disasters such as typhoons or tropical storms, monitor the Japan Meteorological Agency website for current weather and environmental conditions.
- Read the latest security information worldwide. U.S. citizens should regularly monitor the State Department's website where the current Worldwide Caution, Travel Warnings and Travel Alerts can be found. Up-to-date information on security can also be obtained by calling 1-888-407-4747 toll free in the United States, or, for callers from outside the United States and Canada, a regular toll line at 1-202-501-4444. These numbers are available from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday (except U.S. federal holidays).

EARTHQUAKE (also read about Tsunami Tips)

Japan is the most seismically active piece of real estate in the world. The Tokyo metropolitan area experiences regular tremors of varying intensities and the probability that a severe and damaging earthquake will occur is high. The consequences of such a quake will vary greatly depending upon the time of day and year that the quake occurs, and no one can predict with any certainty what conditions will be like immediately following an intensive shock.

It is prudent that everyone be prepared to fend for themselves in the immediate aftermath of a big earthquake. Every family and company should develop its own emergency plan and make sure its personnel and their family members are familiar with earthquake emergency procedures and precautions for their safety. Companies and organizations should coordinate carefully with their ward or city office to ensure that they are familiar with Japanese government plans for their area.

Please read on for information on how to best prepare.

The Role of the Embassy

The Japanese Government will be responsible for assisting foreigners immediately after a major earthquake. Telephone services will be severely overloaded and the Japanese Government will restrict phone use to priority users. Nonetheless, the Embassy will quickly want to ascertain the welfare and whereabouts of American Citizens.

To aid in this process, American citizens should cooperate with Japanese authorities at evacuation sites and clearly identify themselves as Americans. Those connected with larger organizations such as companies, schools or church groups should try to let these organizations know of their welfare and whereabouts if this is practical.

The Embassy will be in touch with the Japanese Government and with larger umbrella organizations to attempt to identify as many American citizens as possible and determine their welfare. In the likely event that it is impossible to communicate by telephone or use motor vehicles, Embassy consular assistance teams are prepared to walk to major evacuation sites, international schools, hotels and so on and collect information about American citizens. The Embassy will help you get information about the situation and communicate with Japanese government officials if necessary in order to obtain proper food, shelter and medical attention.

We will pass as much information as possible about the welfare of individual U.S. citizens back to the Department of State in Washington, D.C. so that this information may be shared with your families, friends and employers.

Earthquake Survival Manual

Though a bit distracting in parts ("Avoid being caught up in such a panic and try to keep your head," "Day Three: Residents, companies and the government will work together to rebuild the community," "Pack cloth tape... for the arrangement of the baggage"), most of the Tokyo Metropolitan Government's bilingual **Early Warning System**

The Japan Meteorological Agency (JMA) provides residents in Japan with earthquake early warnings. These are new rapid earthquake alerts to be issued immediately after the occurrence of early tremors, in order to secure time to protect yourself before strong tremors arrive. Please note that these warnings, when accurate, may just give you a couple of seconds advance notice. Preparation is of the utmost importance. The JMA started providing earthquake early warnings through several means such as TV and radio on 1 October 2007. For more details please go to:

www.jma.go.jp/jma/en/Activities/eew.html (ENGLISH) or,
www.seisvol.kishou.go.jp/eq/EEW/kaisetsu/index.html (JAPANESE)

Earthquake Simulators

If you've been in Japan more than a few weeks, you have likely felt at least a light tremor.What does a real earthquake feel like?The Tokyo Northern Disaster Research Center has an earthquake simulator that you can experience free of charge.They'll simulate a series of small quakes, ranging from 2 to 8 on the Japanese scale.

The simulator can also let you experience the exact magnitude and duration of the 1923 Kanto Earthquake and the 1995 Kobe Earthquake.The Center also has a simulator showing how to escape from a smoke-clogged hotel fire and offers demonstrations on the proper use of fire extinguishers.While all the demonstrations are in Japanese only, even kids can follow along without much trouble.

Take the Namboku Subway line to Nishigahara Station, about 30 minutes from

central Tokyo.The Center is about a five minute walk from the subway station, just past the gigantic Tokyo Hospital and the local fire station.

For more information call 03-3940-1811 (Japanese only).

Essential Supplies (Store enough for three to five days)

- Water (four liters/one gallon per person per day.Change water every three to five months)
- Food (canned or pre-cooked, requiring no heat or water.Consider special dietary needs, infants, the elderly, pets)
- Flashlight with spare batteries and bulbs
- Radio (battery operated with spare batteries)
- Large plastic trash bags (for trash, waste, water protection, ground cloth, temporary blanket)
- Hand soap and/or disinfecting hand cleaner gel that does not require water
- Feminine hygiene supplies, infant supplies, toilet paper
- Essential medications as required; glasses if you normally wear contacts
- Paper plates, cups, plastic utensils, cooking foil and plastic wrap (wrapped around plates so that they were re-usable) and paper towels
- First Aid kit with instructions
- Yen in small bills (ATMs may not work after a disaster), with coins and phone cards for public phones.
- Place emergency supplies and your telephone in places where they are less likely to be knocked over or buried by falling objects (on the floor under a strong table is a good choice).

Essential Home Preparations Before a Disaster

- Secure water heaters, refrigerators and tall and heavy furniture to the walls to prevent falling.
- Move heavy items to lower shelves, and install latches or other locking devices on cabinets.
- Install flexible connections on gas appliances.
- Remove or isolate flammable materials.
- Move beds and children's play areas away from heavy objects which may fall in an earthquake.
- Register at Embassy or Consulate serving your area; contact information is

on the Embassy's website.

Essential Planning Before a Disaster

- Draw a floor plan of your home showing the location of exit windows and doors, utility cut off points, emergency supplies, food, tools, etc.Share it with baby-sitters and guests.
- Establish family meeting points with alternate sites inside and outside of your home for all members to gather in the event of an evacuation.
- Establish reunion sites with alternate sites for when the family is not at home, e.g., local shelter, neighbor's house, park, school.
- Designate a person outside of your immediate area for separated family members to call to report their location andcondition if separated.
- Learn or establish disaster policy/planning at your children's school.
- Know your neighbors and make them aware of the number of people living in your home.
- Learn where the nearest designated shelter for your neighborhood is.
- Photocopy passports and other important documents.Store copies away from home (for example, at work).
- Learn how to contact the police, fire and rescue services in Japanese.Be able to provide your address in Japanese.

Essential Steps Immediately After a Disaster

- Check your immediate surroundings for fire, gas leaks, broken glass and other hazards.
- Open doors and/or windows to avoid being locked in if there are after-shocks.
- Contact one friend or relative in the U.S., and ask them to inform other parties of your situation.
- Monitor local TV and radio for evacuation information (If available in your area, for English info, listen to American Forces Network: AFN Tokyo-AM 810kHz, AFN Iwakuni-AM 1575kHz, AFN Sasebo-AM 1575kHz, AFN Okinawa-FM 89.1MHz).

Keeping in Touch: NTT’s 171 Disaster Line

The 171 Emergency Line is a voice message board service provided by NTT that is available when a disaster such as an earthquake or volcanic eruption occurs. If regular phone service is interrupted in the disaster-stricken area, this service can help keep in touch with family members and friends.

To utilize the service, U.S. citizens can simply dial 171 and then follow the

instructions to record or listen to messages. To record a voice message, users dial 171, then 1 followed by their phone number. Concerned family and friends in Japan can hear the message by dialing 171, followed by 2 and the phone number. For detailed information on using the voice system, please see this link. Unfortunately, while detailed instructions in English exist on the website, the actual voice prompts are in Japanese only. Please note that the site lists days during which the public can practice using the service.

The voice-based messaging service is currently limited to domestic contacts. However, U.S. citizens can leave messages for family members overseas using NTT's Web 171 service. To post an Internet message, users need to go to the Web 171 site and enter their message and phone number. Messages can be viewed by typing in the phone number on the site. The site is currently closed, but will be opened in the event of an emergency. Web 171 also is in Japanese only. NTT has stated that it has no plans to offer this service in English. U.S. citizens interested in using either service, particularly those individuals with a limited knowledge of Japanese language, are thus strongly encouraged to familiarize themselves with the detailed English instructions on NTT's website. Printing these and keeping them close to the family's emergency kit may also be a good idea.

Evacuations

Evacuations will likely occur after an earthquake when fires are spreading or buildings are in danger of being destroyed by landslides, etc. City police and fire authorities will issue evacuation advice.Americans, as well as others affected by the disaster, will need to seek assistance from the Japanese authorities.

To prepare, take a walking pre-survey of the designated place of evacuation nearest your home and office. Also be familiar with the location of the ward office and the telephone number of the Disaster Relief Headquarters for your ward. The Tokyo Metropolitan Government has maps of evacuation points. You should phone your ward office and ask which evacuation points are nearest your home and office. Try to get detailed maps (with landmarks/street names in kanji as well) of those locations.

Even if your building is standing after the quake and you are not asked to evacuate, the evacuation points will have fresh water, food and medical supplies.

Useful Links

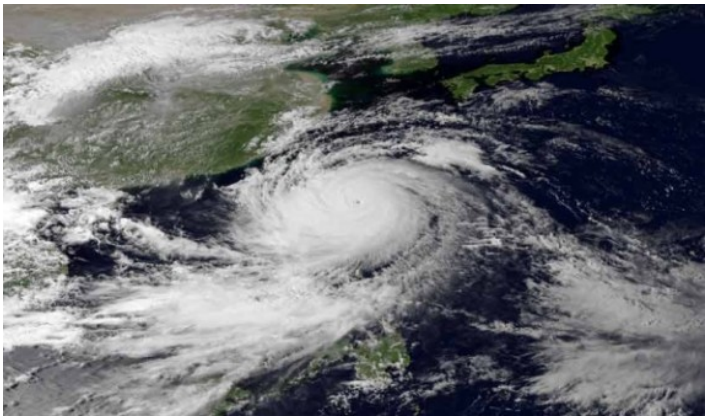
- Tokyo Metropolitan Government's (TMG) Disaster Prevention Information website
- TMG Eearthquake Preparedness Information
- Living Information, Kanagawa Prefectural Government
- Osaka Disaster Prevention Net by Osaka Prefecture

- Daily Life Information by Fukuoka Prefecture
- Information on Daily Life by Okinawa Prefecture
- Hokkaido Government website
- Living in Aichi, Disaster Prevention, by Aichi Prefecture
- Portal Site on Policies for Foreign Residents by Cabinet Office, GOJ

Earthquake Survival Manual (PDF 3,299 kb) is very useful.

Of particular value are bilingual sections on calling for help, communicating with emergency medical staff and phrases useful for locating food, water and shelter. In the aftermath of the 1995 Hanshin earthquake many Americans who could not speak Japanese had a difficult time seeking assistance. Sustainment assistance, such a water and shelter, will come from the Government of Japan for all residents in a disaster area equally - there will be no special accommodations for foreigners and the Embassy will not be able to provide special facilities or general evacuation for Americans.

This site is managed by the U.S. Department of State. External links to other Internet sites should not be construed as an endorsement of the views or privacy policies contained therein.



Staying Safe During Typhoon Season in Japan

Ruth Marie Garman (Shiraishi)
Jul. 16, 2015

Typhoon season in Japan usually runs from June to December, but most typhoon activity occurs between the months of July and September. Southern parts of Japan, such as Okinawa or Kagoshima are particularly affected by these storms, but residents of any part of the archipelago are likely to experience one or more during their time here. A typhoon is the same as a hurricane or a tropical cyclone. All three are regionally specific names for a storm that falls in the highest classification of storm based on wind speed. Lower levels of storms include tropical depressions and tropical storms, among others. The preparation and safety tips remain the same for these lower level storms.

A typhoon is characterized by:

- High winds powerful enough to damage or destroy buildings, trees, power and telephone lines, and hurl debris at dangerous speeds.
- Storm surges, or temporary rises in sea levels, which can flood coastal areas and damage buildings near the shore.
- Very heavy rainfall that can cause flooding and mudslides.

What to do if a typhoon is approaching

Typhoons are notoriously difficult to accurately predict where, when and at what strength they will strike land. They will often veer off-course, change their speed or intensify quite suddenly. Many times storms that are predicted to hit miss completely, or vice versa—suddenly bearing down on a city it was expected to miss.

Watch NHK Television

- NHK, the national TV station, while not always in English, will post important notices in languages other than Japanese.

Listen to US Armed Forces Network (AFN) radio

AFN Radio provides regular weather bulletins in English. You can listen to AFN on:

- 89.1 FM in Okinawa
- 1575 AM in Nagasaki and Hiroshima regions
- 810 AM in the Kanto region

Prepare an emergency kit

- See this guide to creating a 3 Day emergency / disaster kit (http://japaninfoswap.com/build-a-3-day-emergency-kit/)

What to do if a typhoon strikes **Keep safe from heavy rainfall**

- If possible, stay at home and keep advised of the situation by watching NHK.
- Be prepared to evacuate by knowing where to go and having a disaster kit prepared and on hand.
- Stay clear of rivers, streams and large drains. There is potential for any of them to overflow without warning.
- Avoid using a vehicle, especially in the dark, as it's difficult to see flooded areas and it's often too late once you enter them. Kindly note that your insurance is, for the most part, unlikely to cover the loss of your vehicle due to flooding.
- If your parking spot is in a low lying area, move your car to a local supermarket or other such car parks that are on higher land. This would be advisable especially if there is already 5-10 centimeters of water that you need to wade through around your vehicle.

Keep safe from high winds

- Stay inside and keep advised of the situation by watching NHK.
- Secure or move inside your outdoor items such as toys, grills, bicycles, furniture, plants and anything movable on the balcony. Move potted plants and other heavy objects away from windows inside, as well.
- If you have shutters on your windows and doors, pull them shut. Shutters can prevent your windows from being broken by flying items.
- Set your freezer to the coldest temperature setting to minimize spoilage if the power is cut off
- Watch for leaks around windows and doors. If the wind is strong enough, water may be blown into your home even if the windows are closed. Have towels handy as well as rags and mops
- If the storm becomes severe, move into a hallway or area where there is the least exposure to external glass windows.
- Draw curtains across the windows to prevent against flying glass should windows crack.
- A window on the side of the house away from the approaching storm should be opened a few inches. This will compensate for the differences of indoor and outdoor air pressure.
- Remember that typhoons have “eyes,” areas in their center where the weather appears calm. If the eye passes over your area, it may appear that the storm has finished, with winds then picking up again as the remainder of the storm arrives.
- After the typhoon is gone, check for broken glass, fallen trees and downed power lines which may present safety hazards near children’s school bus stops, outdoor trash areas and around your car.

Keep safe from storm surges

- Keep advised of the situation by watching NHK (Channels 1 and 3).
- Be prepared to evacuate by knowing where to go,and having a disaster kit prepared and on hand.

For More Information

- Japan Meteorological Agency
- Joint Typhoon Warning Center (JTWC) (US Military Site)
- Weather Underground- Wunderground
- Weathernews (Japanese site, but good graphics)



With preparation, your trip abroad can not only be a fun, eye-opening experience, but it can also be safe.

Register Your Trip

Extra paperwork can be a hassle, but we promise our free travel registration service is quick, easy, and can be done online. Travel registration makes it possible for us to contact you if necessary, whether it's a family emergency back in the States or a crisis in the country you're visiting. (No, it's not to keep tabs on you!) Register for free at www.studentsabroad.state.gov.

Don't Forget the Details

Make sure you sign your passport and fill in the emergency information page. Check with your airline to see if they will require you to have a minimum amount of validity on your passport. If required, also make sure you have valid visas for the countries you will visit.". Leave copies of your itinerary, passport data page, and visas with family or friends, so you can be contacted in case of an emergency.

Contact Home Periodically

No, your mom didn't bribe us to say that. It's just a good idea so your family and friends know your whereabouts. It's especially important to contact home if there's been an emergency in the country you're visiting. It will let everyone know that you're okay. And besides, you'll earn you some brownie points with Mom.

go from here.

Check Your Overseas Medical Insurance Coverage

Ask your medical insurance company if your policy is valid overseas, and if it covers emergency expenses such as medical evacuation. If it doesn't, consider purchasing supplemental insurance. Will your insurance company pay for expenses if you don't get advance approval for treatment? We know it's cliché, but it's better to be safe than sorry.

Research, Research, and More Research (Not Just for Your Term Papers)

Thoroughly investigate the country you're traveling to. Review Country Background Notes, Country Specific Information, Travel Alerts, and any Travel Warnings available at *www.travel.state.gov*. Familiarize yourself with local conditions, laws, and the culture. You wouldn't want to cause an international incident now, would you?





Let's be serious about this. When traveling overseas, it's important to obey the laws and regulations of the country you're visiting, especially those pertaining to drug and alcohol use. Every year, many American students are arrested abroad on drug charges or because of their behavior under the influence. Ignorance of the law is no excuse, so be informed.

Avoid Underage and Excessive Alcohol Consumption

Many arrests, accidents, and violent crimes have occurred as a result of alcohol abuse. While abroad, driving under the influence and drinking on the street or on public transportation may be considered criminal activities by local authorities, as they would be in many places in the United States.

Make Sure Your Prescription Medication is Not Considered an Illegal Narcotic

If you are going abroad with a preexisting medical condition, you should carry a letter from your doctor describing your condition and medications, including the generic names of prescribed drugs. Any medications carried overseas should be in their original containers and clearly labeled. Check with the foreign country's embassy here in the U.S. to make sure your medications are not considered illegal narcotics. Go to www.studentsabroad.state.gov for a listing of foreign consulates and embassies in the United States.

go from here.

Don't Accept Packages From Anyone

Some Americans think it's a good idea to take advantage of an offer for an all-expense paid vacation abroad in exchange for carrying a small package in their luggage. If you are caught, ignorance is no excuse. If the package contains illegal drugs or substances, the fact that you didn't know will not reduce the charges. You could miss your flight, your exams, or several years of your life during a stay behind bars.

Don't Import, Purchase, Use, or Have Drugs in Your Possession

Drug charges can carry severe consequences, including imprisonment without bail for up to a year before a case is tried, physical abuse, and sentences ranging from fines and jail time, to years of hard labor. Some crimes even carry the death penalty. Contraband or paraphrenalia associated with illegal drug use can also get you in trouble.

Ignorance of the law is no excuse, so be informed!

You could become victim of a crime while traveling overseas. Plan ahead so that you will be prepared—not panicked—if it happens to you.

Be Safe, Not Sorry

Before you leave:

1. Register your trip with the U.S. embassy or consulate in the country you are visiting. That way, they will know where you are. Registering will save time if you need to report a crime or get help contacting your family back in the U.S. Register online at www.studentsabroad.state.gov.

2. Leave copies of important documents (passports, credit cards, visas, etc.) with your family back home in case the originals are lost or stolen.

While overseas:

1. Stay with a group when exploring the local scene.
2. Don't flash your cash! Be subtle with your money.
3. Keep credit cards, valuables, and jewelry to a minimum.
4. In short, don't draw attention to yourself as a potential target for crime.

Changing your itinerary?

Go online to update U.S. embassies or consulates about your change of plans.

go from here.

Crime Happens

Even if you are cautious, you may, through no fault of your own, become a victim of a crime in another country. Use the following resources if you are in trouble.

1. Contact the nearest U.S. embassy, consulate or consular agency for assistance. Officials at these offices can help you with a number of crises, including replacing a stolen passport, contacting family and friends, obtaining appropriate medical care, and addressing emergency needs that arise as a result of the crime. Emergency assistance is available 24 hours a day, 7 days a week, at embassies, consulates, consular agencies overseas, and in Washington, D.C. To contact Overseas Citizens Services, call ***1-888-407-4747***.

2. **Contact local police** to report the incident and obtain immediate help. Don't forget to request a copy of the police report.

3. **Depending on the type of crime**, there are various hotlines available to offer help for Americans:

- The *toll-free* ***24 hours a day /7 days a week*** hotline for sexual assault crisis counseling and referrals in the United States is 1-800-656-HOPE. It is operated by a non-profit organization, RAINN (Rape, Abuse and Incest National Network). Also on the Internet at *www.rainn.org*.

- Information for non-emergency victim assistance services in communities throughout the U.S. is available at the website of the U.S. Department of Justice Office for Victims of Crime, *http://ovc.ncjrs.org/findvictimservices/*.

A list of more resources is available at:
www.studentsabroad.state.gov



Everyone traveling abroad should research local customs, but women should be especially attentive.



131 FOR WOMEN TRAVELERS



Walk this Way (And Talk this Way)

If you are a woman in a foreign country, even dressing in a burlap sack and sensible shoes may not protect you against the unwelcome advances of strangers. Always try to stay with a group when exploring locally and avoid walking alone at night. In addition, don't feel the need to be overly polite if you are bothered by someone. While it may seem rude to be unfriendly to a stranger, creating boundaries to protect yourself is important. Use facial expressions, body language, and a firm voice to fend off any unwanted attention.

I am Woman: Hear Me Roar?

Traveling through foreign lands gives you a unique opportunity to observe a rich tapestry of cultures and customs—which may include very different ideas about gender roles. Some countries have more conservative views about what constitutes appropriate female behavior. Remember, you're a visitor. Do some research on social mores before you go and respect the customs of the nation. You may not agree with all of the cultural practices you learn about, but you should abide by them while in that country.

What NOT to Wear: Use Your Fashion Sense

In some countries, wearing the wrong things can get you arrested or lead to a dangerous situation. Different countries have different standards of what is appropriate. Research the culture before you go and pack accordingly. On arrival, note the clothes and makeup local women are wearing and try to follow their lead. Keep flashy jewelry to a minimum to prevent attracting the attention of criminals looking for targets. Any fashion statement you DO make should show consideration for the country you are visiting.

go from here

Language Resources

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Survival Japanese

Particles are omitted to make it easier.

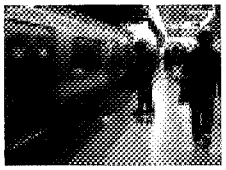
(1) Taxi

Tokyo station, please.	「Tōkyō-eki onegai shimasu」
Go straight on, please.	「Massugu onegaishimasu」
Turn right, please.	「Migi onegaishimasu」
Turn left, please.	「Hidari onegaishimasu」
Stop here, please.	「Koko desu」
Stop there, please.	「Asoko desu」
What's the fare?	「Ikura desuka」
A receipt, please.	「Reshīto onegaishimasu」



(2) Train

Does this go to Shinjuku?	「Kore Shinjuku ikimasuka」
Does this stop at Shinjuku?	「Kore Shinjuku tomarimasuka」



(3) Shopping

I'll take this.	「Kore kudasai」
Do you accept credit card?	「Kurejitto kādo daijōbu desuka」
Will you reduce the price?	「Disukaunto onegaishimasu」

(4) Telephone

I don't speak(understand) Japanese.	「Nihongo wakarimasen」
Speak English, please.	「Eigo onegaishimasu」
Excuse me. Is English OK?	「Sumimasen. Eigo daijōbu desuka」
(He/she) is not here.	「Ima imasen」
(I/he/she) will call you back later.	「Atode denwa shimasu」
Please give me(he/she) a call later.	「Atode denwa kudasai」

Medical Vocabulary and Phrases

(1) Useful structures

1. I have a pain in my_____. _____ | ga itai desu. / が痛(いた)いです。



2. My _____ itches. _____ | ga kayui desu. / が痒(かゆ)いです。

Body Parts

		[kana]	[kanji]
(1) head	atama	あたま	頭
(2) eyes	me	め	目
(3) eyelid	mabuta	まぶた	瞼
(4) teeth	ha	は	歯
(5) ears	mimi	みみ	耳
(6) ear lobe	mimitabu	みみたぶ	耳たぶ
(7) nose	hana	はな	鼻
(8) chest・breast	mune	むね	胸
(9) back	senaka	せなか	背中
(10) bone	hone	ほね	骨
(11) shoulder	kata	かた	肩
(12) neck	kubi	くび	首
(13) stomach	i	い	胃
(14) arm	ude	うで	腕
(15) hand	te	て	手
(16) wrist	tekubi	てくび	手首
(17) fingers	yubi	ゆび	指
(18) nails	tsume	つめ	爪
(19) hip	oshiri	しり	尻
(20) leg・foot	ashi	あし	脚・足
(21) toes	tsumasaki	つまさき	爪先

[Common expression]

(1) Onaka ga itai desu. お腹(なか)が 痛(いた)いです。
- Onaka: abdomen, stomach, bowel, (tummy)
- itai desu: have a pain



(2) Koshi ga itai desu. 腰(こし)が痛(いた)いです。 I have a backache.



(2) Name of disease

(1)	measles	hashika	はしか	麻疹
(2)	chicken pox	mizubōso	みずぼうそう	水疱瘡
(3)	mumps	otafuku	おたふく	
(4)	whooping cough	hyakunichizeki	ひゃくにちぜき	百日咳
(5)	tetanus	hashofū	はしょうふう	破傷風
(6)	atopy	atopī	アトピー	
(7)	ulcer	kaiyō	かいよう	潰瘍
(8)	stomach ulcer	ikaiyō	いかいよう	胃潰瘍
(9)	influenza	infuruenza	インフルエンザ	
(10)	melancholy	utsubyō	うつびょう	うつ病
(11)	stiff shoulder	katakori	かたこり	肩こり
(12)	backache	yōtsū	ようつう	腰痛
(13)	hepatitis	kan' en	かんえん	肝炎
(14)	liver cirrhosis	kankōhen	かんこうへん	肝硬変
(15)	cancer	gan	がん	癌
(16)	eyestrain	ganseihirō	がんせいひろう	眼精疲労
(17)	high blood pressure	kōketsuatsu	こうけつあつ	高血圧
(18)	cavity	mushiba	むしば	虫歯
(19)	canker sore	kōnaien	こうないえん	口内炎
(20)	hemorrhoid	ji	じ	痔
(21)	slipped disc	tsuikamban herunia	ついかんばんヘルニア	椎間板ヘルニア
(22)	petit mal	tenkan	てんかん	
(23)	diabetes	tōnyōbyō	とうにょうびょう	糖尿病
(24)	sunstroke	nisshabyō	にっしゃびょう	日射病
(25)	stroke	nōsocchū	のうそっちゅう	脳卒中
(26)	cataract	hakunaishō	はくないしょう	白内障
(27)	glaucoma	ryokunaishō	りょくないしょう	緑内障
(28)	leukemia	hakketsubyō	はっけつびょう	白血病
(29)	asthma	zensoku	ぜんそく	
(30)	constipation	bempi	べんぴ	便秘
(31)	burn	yakedo	やけど	火傷
(32)	athlete's foot	mizumushi	みずむし	水虫
(33)	anemia	hinketsu	ひんけつ	貧血
(34)	a menopausal disorder	kōnenkishōgai	こうねんきしょうがい	更年期障害

(3) Other useful expressions

(1) I have a fever.	Netsu ga arimasu.	熱があります。
(2) I have a fever of 38 degrees.	38 do desu.	38℃です。

How to covert Fahrenheit to Celsius

$5F-9C=160 \quad \therefore F=\frac{160+9C}{5} \quad \therefore C=\frac{5(F-32)}{9}$

(3) I have an allergy.	Arerugī ga arimasu.	アレルギーがあります。
(4) I don't have an appetite.	Shokuyoku ga arimasen.	食欲がありません。
(5) I have a cough.	Seki ga demasu.	咳がでます。
(6) I have been sneezing.	Kushami ga demasu.	くしゃみが出ます。
(7) I have a runny nose.	Hanamizu ga demasu.	鼻水が出ます。
(8) I feel nauseous.	Hakike ga shimasu.	吐き気がします。
(9) I have been having chills.	Samuke ga shimasu.	寒気がします。
(10) I feel dizzy.	Memai ga shimasu.	めまいがします。
(11) I feel sluggish.	Karada ga darui desu.	体がだるいです。
(12) I have diarrhea.	Geri desu.	下痢です。
(13) I'm constipated.	Bempi desu.	便秘です。
(14) I feel itchy.	Kayui desu.	痒いです。
(15) I have bad teeth.	Mushiba desu.	虫歯です。
(16) I have a cold.	Kaze desu.	風邪です。
(17) I have the flu.	Infuruenza desu.	インフルエンザです。
(18) I have a hangover.	Futsukayoi desu.	二日酔いです。
(19) I'm sick at my stomach.	I ga mukamuka shimasu.	胃がむかむかします。
(20) Sharp pain in his stomach.	I ga kirikiri shimasu.	胃がきりきりします。
(21) I feel dizzy.	Atama ga kura kura shimasu.	頭がくらくらします。
(22) My head is throbbing.	Atama ga zukizuki shimasu.	頭がずきずきします。
(23) I have a prickly pain.	Chikuchiku shimasu.	ちくちくします。
(24) I have a burning pain.	Hirihiri shimasu.	ひりひりします。







(4) At the hospital or drugstore

Please give me_____.

_____ o kudasai.
をください。



(1)	headache specific	zutsūyaku	ずつうやく	頭痛薬
(2)	painkiller	chintsūzai	ちんつうざい	鎮痛剤
(3)	sleeping pill	suiminyaku	すいみんやく	睡眠薬
(4)	antipyretic	genetsuzai	げねつざい	解熱剤
(5)	band aid	bandoeido	バンドエイド	
(6)	eye drops	megusuri	めぐすり	目薬
(7)	compress	shippu	しっぷ	湿布
(8)	mouth wash	ugaigusuri	うがいぐすり	うがい薬

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