



2014

NanoJapan: International Research Experience for Undergraduates (NSF-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 increasingly 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:

- One 1/2 Day 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
- Two-Day 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!



NanoJapan Faculty / 5



Junichiro Kono, Professor, Rice University

Departments of Electrical & Computer Engineering and Physics & Astronomy

TeraNano PIRE Principal Investigator

E-mail Address: kono@rice.edu

Dates in Japan: May 19 - 25 & June 25 - July 1, 2014

Japanese Cell Phone: [REDACTED]



Cheryl Matherly, Vice Provost for International Studies, University of Tulsa

TeraNano PIRE co-PI & Education Director

U.S. Office Phone: +1 (918) 631-3225 U.S. Cell Phone: [REDACTED]

E-mail Address: cheryl-matherly@utulsa.edu

Dates in Japan: July 1 - 7, 2014

Japanese Cell Phone: TBA



Sarah Phillips, Rice University, TeraNano PIRE Education & International Initiatives

NanpJapan Program U.S. Cell: +1 (832) 420-2751 Personal Cell Phone: [REDACTED] 2

E-mail Address: nanojapan@rice.edu or sphillips@rice.edu

Dates in Japan: June 25 - July 7, 2014

Japanese Cell Phone: TBA



Keiko Packard, NanoJapan Program Representative in Japan

E-mail Address: kip.jpn@gmail.com

Dates in Japan: May 18 - August 4, 2014

Japanese Cell Phone: [REDACTED]



Mitsuaki Shimojo, Associate Professor, Linguistics, University at Buffalo (SUNY)

TeraNano PIRE Japanese Language Director

U.S. Office Phone: [REDACTED]

E-mail Address: shimojo@buffalo.edu

Dates in Japan: May 18 - June 13, 2014

Japanese Cell: [REDACTED]



Jonathan Bird, Professor, Electrical Engineering, University at Buffalo (SUNY)

TeraNano PIRE co-PI, Introduction to Nanoscience Seminar Week 2

U.S. Office Phone: +1 (716) 645-3115 x 1140

E-mail Address: jbird@buffalo.edu

Dates in Japan: May 21 - 27, 2014

Japanese Cell Phone: TBA



Christopher Stanton, Professor, Physics, University of Florida

TeraNano PIRE co-PI, Introduction to Nanoscience Seminar Week 3

U.S. Office Phone: +1 (352) 392-8753

E-mail Address: stanton@phys.ufl.edu

Dates in Japan: May 24 - June 3, 2014

Japanese Cell Phone: TBA

6 / NanoJapan Students



Ms. Lisa Chiba, Rice University

Sophomore, Chemical Engineering

Prof. Kawata, LaSIE, Osaka University

U.S. PIRE co-Advisor: Prof. Junichiro Kono, Rice University, kono@rice.edu

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]



Mr. Skylar Deckhoff-Jones, Tulane University

Sophomore, Physics

Prof. Dani, Femtosecond Spectroscopy Unit, Okinawa Inst. of Science & Technology

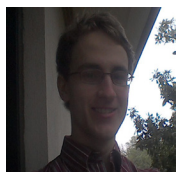
U.S. PIRE co-Advisor: Prof. Saikat Talapatra, SIUC, stalapatra@physics.siu.edu

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]



Mr. Benjamin Foust, Rice University

Sophomore, Physics and Mathematics

Prof. Saito, Tohoku University

U.S. PIRE co-Advisor: Prof. Chris Stanton, University of Florida, stanton@phys.ufl.edu

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]



Ms. Ramya Gurunathan, Pennsylvania State University

Sophomore, Materials Science & Engineering and Nanotechnology

Prof. Suemitsu, Solid State Electronics Lab, Tohoku University

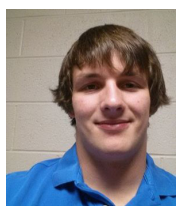
U.S. PIRE co-Advisor: Prof. Chris Stanton, University of Florida, stanton@phys.ufl.edu

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]



Mr. Vernon Londagin III, University of Tulsa

Sophomore, Physics & Mathematics

Prof. Otsuji, Ultraband Signal Processing Lab, Tohoku University

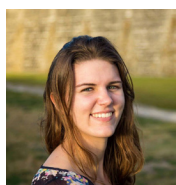
U.S. PIRE co-Advisor: Prof. Chris Stanton, University of Florida, stanton@phys.ufl.edu

E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]



Ms. Lauren McCarthy, University of Florida

Sophomore, Chemistry, Mathematics and Physics

Prof. Arikawa, Solid State Spectroscopy Group, Kyoto University

U.S. PIRE co-Advisor: Prof. Jon Bird, University at Buffalo, jbird@buffalo.edu

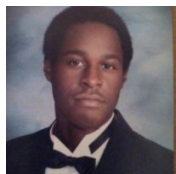
E-mail: [REDACTED]

US Phone: [REDACTED]

JP Cell Phone: [REDACTED]

Skype Name: [REDACTED]

NanoJapan Students / 7



Mr. Christopher Miller, University of North Carolina, Chapel Hill
Freshman, Physics and Asian Studies: Japanese Concentration
Prof. Kawano, Oda-Kawano Lab, Tokyo Institute of Technology
U.S. PIRE co-Advisor: Prof. Junichiro Kono, Rice University, kono@rice.edu
E-mail: [REDACTED] US Phone: [REDACTED]
JP Cell Phone: [REDACTED] Skype Name: [REDACTED]



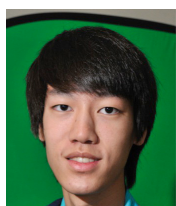
Ms. Nicole Moody, Rice University
Sophomore, Chemistry - Physical and Theoretical
Prof. Tonouchi, Terahertz Photonics Laboratory, Osaka University
U.S. PIRE co-Advisor: Prof. Junichiro Kono, Rice University, kono@rice.edu
E-mail: [REDACTED] US Phone: [REDACTED]
JP Cell Phone: [REDACTED] Skype Name: [REDACTED]



Ms. Julianna Richie, Southern Illinois University, Carbondale
Sophomore, Physics and Mathematics
Prof. Dani, Femtosecond Spectroscopy Unit, Okinawa Inst. of Science & Technology
U.S. PIRE co-Advisor: Prof. Saikat Talapatra, SIUC, stalapatra@physics.siu.edu
E-mail: [REDACTED] US Phone: [REDACTED]
JP Cell Phone: [REDACTED] Skype Name: [REDACTED]



Mr. Chris Salinas, Northwest Vista College
Sophomore, Nanotechnology & Engineering
Prof. Aoki, Ochiai-Aoki Lab, Chiba University
U.S. PIRE co-Advisor: Prof. Jon Bird, University at Buffalo, jbird@buffalo.edu
E-mail: [REDACTED] US Phone: [REDACTED]
JP Cell Phone: [REDACTED] Skype Name: [REDACTED]



Mr. Benjamin Wang, Rice University
Sophomore, Chemical & Biomolecular Engineering and Biochemistry & Cell Biology
Prof. Maruyama, University of Tokyo
U.S. PIRE co-Advisor: Dr. Robert Vajtai, robert.vajtai@rice.edu
E-mail: [REDACTED] US Phone: [REDACTED]
JP Cell Phone: [REDACTED] 5 Skype Name: [REDACTED]



Ms. Jade Warren, Harvard University
Freshman, Chemistry & Physics
Prof. Aoki, Ochiai-Aoki Lab, Chiba University
U.S. PIRE co-Advisor: Prof. Jon Bird, University at Buffalo, jbird@buffalo.edu
E-mail: [REDACTED] US Phone: [REDACTED] JP
Cell Phone: [REDACTED] Skype Name: [REDACTED]

8 / PICCELL PHONE INFO



Rates & Info

This document provides rates and specific information for cellular use in Japan. Be sure to refer to the User Guide for complete service information.



Japan Premium Package G2 (Standard Pricing)

Line Fee	\$5.00 per day	Minimum Traffic Required	\$5.00
U.S. Virtual Number Fee	\$0.00	Deposit	\$0.00

Rates in Japan All taxes and fees are included in the rates below. All calls are rounded up to the minute.

NEW! "Value Call" - Discount Calling:

Check out our "Value Call" discount calling! Save money on international calls* by using a special access number. See package details on our website for details.

Type of Call	TIME AND DATES	JPY / MINUTE	Type of Call	TIME AND DATES	JPY / MINUTE
Incoming Calls Calls to your Japan reservation number originating from anywhere in the world, while you are in Japan from calls to from the U.S.	24 hours, 7 days	6.00	Value Zone 3 International Calls to Greece, India, Austria, Netherlands, Spain, Czech Republic, Poland or Belgium using 0053 prefix	24 hours, 7 days	125
Friend to Friend Domestic calls between PicCell Wireless contract EMobile Japan phones. Pay connection fee only per call.	24 hours, 7 days	0.00	Zone 3 International Direct Dial to Greece, India, Austria, Netherlands, Spain, Czech Republic, Poland or Belgium	24 hours, 7 days	170
National Plan Domestic calls from Japan to Japan and Toll-Free numbers	24 hours, 7 days	63	Rest of the World Direct call to Rest of the World	24 hours, 7 days	295
Voice Mail Calls to voice mail while in Japan	24 hours, 7 days	63	National Text Messages (SMS) Mobile text messages sent within Japan.	Flat fee per message	4.2
Zone 1 International Direct dial to USA including Alaska, South Korea, China or from Korea	24 hours, 7 days	99	International Text Messages (SMS) Mobile text messages sent to numbers outside of Japan.	Flat fee per message	30
Value Zone 2 International* Calls to Alaska, Canada, UK, Italy, Sweden, Norway, France, Finland, Russia, Denmark, Australia or Germany using 0053 prefix	24 hours, 7 days	99	Video Call Selected upon connection, enables video transmission.	24 hours, 7 days	195
Zone 2 International Direct Dial to Alaska, Canada, UK, Italy, Sweden, Norway, France, Finland, Russia, Denmark, Australia, or Germany	24 hours, 7 days	120	GPRS / MMS Wireless Internet connection or MMS messages require call phone	Per 1 KB	2.1

*Value Calls - All at use 0053 prefix before dialing number. PLEASE NOTE: while calls to other countries cost less with this prefix, Zone 1 International calls do not, and it is recommended to dial directly to phones in those countries.

The connection fee for all answered outgoing voice calls is JPY 20. Voice Mail available in Japanese and English.

The rates listed above are valid for phone use in Japan, with the provider EMobile Japan. Phone use outside of Japan will be subject to roaming rates. Please refer to the roaming section for details. Offer valid thru October 15th, 2012. All contracts signed after August 28, 2011 and before October 15th, 2012 are subject to and guaranteed the above rates for the entire duration of the contract. PicCell Wireless does not decide the prices for any of the other wireless services available through your cell phone.

For U.S. Residents While you are overseas, you can give friends and family the ability to contact you without paying international calling rates. We call it our U.S. Virtual Number service. Please see the User Guide for more information.

US Virtual Number Incoming Calls	24 hours, 7 days	U.S. \$ 0.49 / min.
Calls to your U.S. Virtual Number, while you are in Japan		



[Rates & Info]

This document provides rates and specific information for cellular use in Japan. Be sure to refer to the User Guide for complete service information.

Calling Instructions

Value Call

Dialing the 0063 prefix will save you money on international calls, except on calls to USA.

Within Japan

All Japanese mobile numbers begin with a "0" when dialed within Japan. The "0" will be removed for international calls to Japan.

Ex: From within Japan 0123.456.789

Ex: From outside Japan +81 123.456.789

To the U.S. from Japan

First dial the international code for the US (0101) and then the area code followed by the phone number.

Ex: 0101 (123) 456-7890

To your Japanese number from the U.S.

The caller dials 011 followed by the Japanese country code (81) and then your phone number.

Ex: 011 81.123.456.789

Emergency numbers in Japan

Police: 110

Fire - Ambulance: 119

Voice Mail

A text message will be sent when you have new voice messages.

Checking your voicemail

1. Dial 1416.

2. Or hold the 1 key until voice message playback begins.

If your voicemail inbox is empty, you will hear "there are no messages"

To change your voicemail greeting

1. Dial 1417.

2. Record your message following the voice prompt.

To change your voice mail to English

1. Dial 1417 and complete the following steps.

2. When you hear the announcement, Press 5.

3. Press 6, after this your voice mail will be in English. If the voice was set to English, then it will be changed to Japanese.

MMS/GPRS in Japan

Domestic SMS (text messages) can be sent between EMobile and other provider handsets. GPRS (wireless data/internet protocol) can be used as an alternative to SMS when sending messages over 160 characters or media. Each PicCell Wireless EMobile phone has a corresponding email address.

Your EMobile email is: pw0[your phone number without country code]@emnet.ne.jp

Example: pw0909939393@emnet.ne.jp

To send an Multi-Media Message to a PicCell Wireless EMobile phone, the sender must use the corresponding email address. These messages are billed at the GPRS rate based on the message sizes in Kb (Kilobytes).

10 / DIALING INSTRUCTIONS & ER NUMBERS



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)

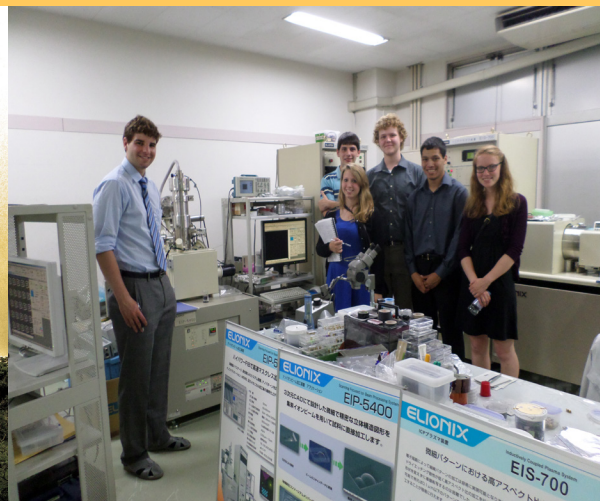
U.S. CONSULATE IN OSAKA: 06-6315-5900

U.S. CONSULATE IN SAPPORO: 011-641-1115

U.S. CONSULATE IN NAHA, OKINAWA: 098-876-4211

NanoJapan 2014 Schedule

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12 / ARRIVAL IN HOUSTON

Thursday, May 15, 2014 - Arrival in Houston and Pre-Departure at Rice University

Bush Intercontinental Airport (IAH)	Houston Hobby Airport (HOU)
<ul style="list-style-type: none"> Lauren McCarthy at 10:44 AM on DL #2556 Christopher Miller at 10:44 AM on DL #2556 	<ul style="list-style-type: none"> Julianna Richie at 8:20 AM on SW #947 Vernon Londagin at 10:35 AM on SW #11 Jade Warren at 10:44 AM on SW #4900 Skylar Deckhoff-Jones at 11:15 AM on SW #585 Benjamin Foust Arriving at 11:46 AM

Already in Houston or Driving

- Lisa Chiba, Nicole Moody, Chris Salinas, Benjamin Wang, Ramya Gurunathan

Arrange Own Transportation from Airport to Rice University, 6100 Main St., Brockman Hall, Room 300 (Bldg. 12 on campus map)
Call Sarah for assistance at (832) 420-2751 or Gaby Solis at (713) 348-6313

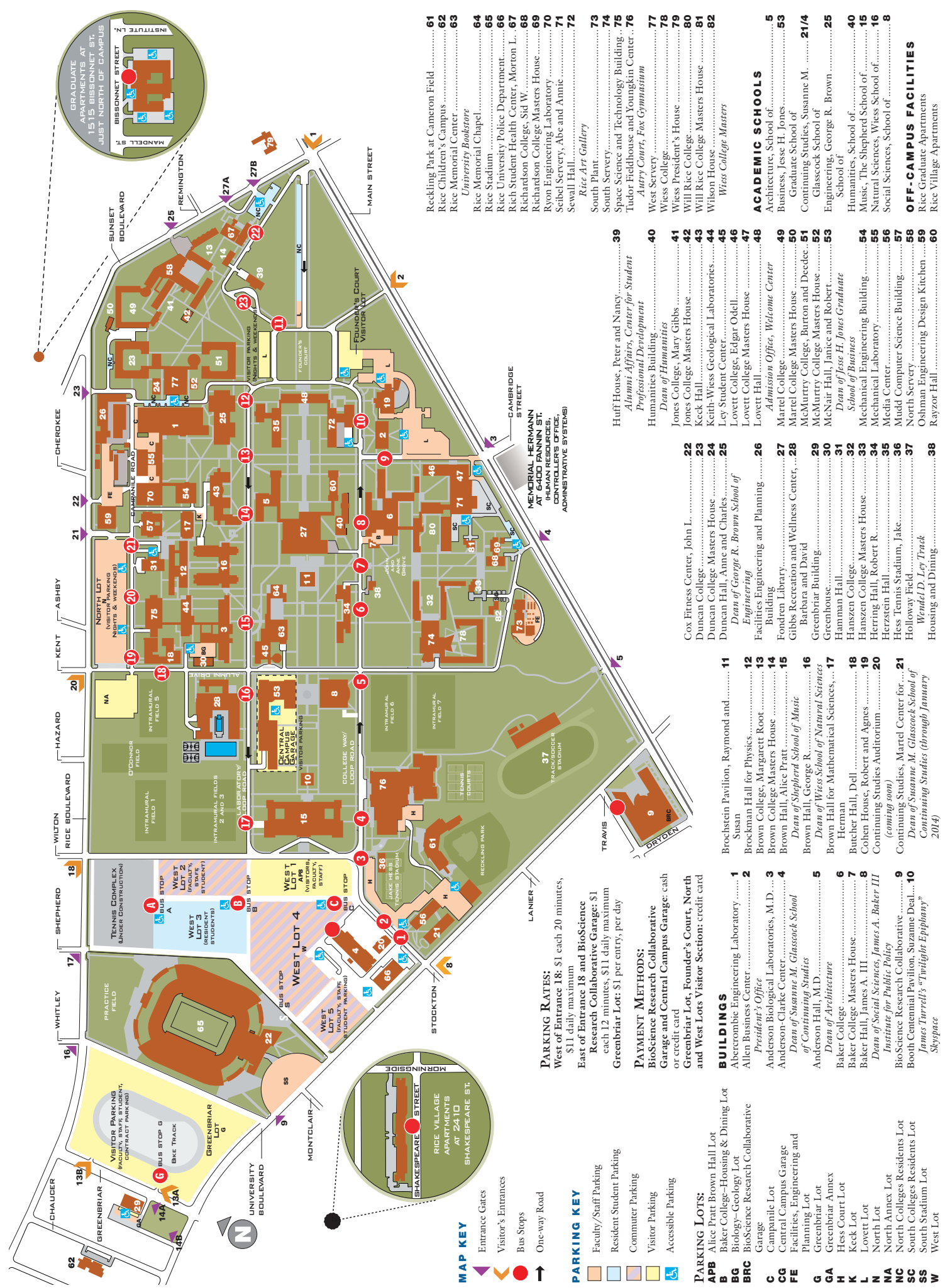
You must arrange and pay for your own transportation from the airport to Rice University. Bring a printed copy of the campus map with you to show the driver if needed. If you arrive prior to 12:00 PM you can come to Brockman Hall, Room 322 to store your luggage in Gaby's office. There is a coffee shop/cafe on campus and Hermann Park and the Museums are nearby. You can access wi-fi on the Rice Visitor network.

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 at. Most cabs in Houston take credit/debit cards and it is a flat fare from the airport to the Medical Center/Rice.

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.

12:00 - 1:00 PM	Casual Lunch - Sandwiches from Jason's Deli	
by 12:30 PM	Arrive Brockman Hall, Room 300 (Bldg. 12 on Campus Map)	
12:45 - 1:00 PM	Welcome and Introductions	
1:00 - 2:00 PM	Student Introductions & Ice Breakers	
2:00 - 3:30 PM	Check-in at RUPD & Obtain Rice University Student IDs Guided by 2014 Rice NJ students and Rice NJ Alumni	
3:30 - 4:00 PM	Overview of Final Pre-Departure Assignments	
4:00 - 4:15 PM	Meet with Rice University President David Leebron	
4:15 - 5:15 PM	Kono Group Lab Tour Led by JJ Allred (NJ 2013), an UG researcher in the Kono Lab, and Cody Sewell (NJ 2010) a current PhD student in ECE and graduate researcher in the Kono Lab.	
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	
	Room 1: Lisa Chiba & Nicole Moody #84126596 Room 2: Skylar Deckhoff-Jones & Christopher Miller #84128220 Room 3: Benjamin Foust & Vernon Londagin # 84133168	Room 4: Ramya Gurunathan & Lauren McCarthy # 84131135 Room 5: Julianna Richie & Jade Warren #84135932 Room 6: Chris Salinas & Ben Wang #84137778
Dinner	Have Dinner on Your Own. Speak with hotel front desk about nearby options. Ask if the hotel shuttle can take you to the Rice Village area where there are many restaurants. Rice will have fireworks for Commencement at 9:30 PM tonight and you should be able to see them from Rice Village area if you are having dinner there.	



14 / PRE-DEPARTURE ORIENTATION

Friday, May 16, 2014 - 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 300, Bldg. 12 on Map
9:30 - 11:00 AM	Research Overview & Expectations in the Lab, Prof. Junichiro Kono, Rice University <ul style="list-style-type: none"> • What is PIRE? • Research Design of NanoJapan Program • Introduction to a Research Lab • Introduction to the Unique Aspects of a Japanese Research Lab • Q&A With Prof. Kono
11:00 - 12:30 PM	NanoJapan Orientation <ul style="list-style-type: none"> • Program Schedule & Expectations • Health & Safety Abroad • Living in Japan
12:30 PM	Break and Pick Up Lunch
12:30 - 2:30 PM	Cultural Adjustment & Living Abroad, Dr. Cheryl Matherly, University of Tulsa
2:30 - 3:30 PM	Assessments
3:30 - 4:00 PM	Wrap-up and Q&A
4:00 - 5:15 PM	Free - Explore Campus on Your Own. Campus bookstore & coffe shop in Student Center.
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 addition 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: <ul style="list-style-type: none"> • Deputy-Consul General Takahiko Watabe, Consulate-General of Japan, Houston • Sonny Lim, Special Assistant for International Collaborations, Office of the President, Rice University • Alisa Tobin, Cultural Affairs Coordinator, Consulate-General of Japan, Houston • Visiting Research Students from Japan: Ayumu Ishijima • NJ 2010 Alumni: Cody Sewell • NJ 2011 Alumni: Andres Novoa • NJ 2013 Alumni: JJ Allred, Dante Zakhidov
8:00 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 **Japanese 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)

INT'L FLIGHT ITINERARY / 15

[Refresh](#)[Print](#)[Add schedule to My Account](#)[Display Rules](#)[Contact Agent](#)[Credit Card Information](#)

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

MAILING ADDRESS

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

CONTACT INFO:

1. 713-529-2105-HOME PHONE
2. 713-348-6362-BUSINESS PHONE
3. 713-348-5686-BUSINESS FAX

TRAVELER(S) NAME

CHIBA/LISA
DECKOFFJONES/SKYLAR
FOUST/BENJAMINTAYLOR
GURUNATHAN/RAMYALAKSHMI
LONDAGINIII/VERNONEUGENE
MCCARTHY/LAURENANN
MILLER/CHRISTOPHERWAYNE
MOODY/NICOLESUSANNE
RICHE/JULIANNAMARIE
SALINAS/CHRISANTHONY
WANG/BENJAMINKUENBOR
WARREN/JADEDAO

TRIP LOCATOR: LYPOJI

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

George Bush Intercontinental
Airport, Houston Geo
Sat 17 MAY 10:55 AM
DEPART TERMINAL: E

ARRIVAL

Narita Airport, Tokyo Narita, Japan
Sun 18 MAY 2:30 PM
ARRIVE TERMINAL: 1

FLIGHT NBR/CLASS

United Airlines 7 Class: S
AIRCRAFT: BOEING 777 MILES: 6658
FLIGHT TIME: 13h35m NON STOP STATUS: **Confirmed**
AIRLINE CONFIRMATION: D0VPMS.
Lunch

Narita Airport, Tokyo Narita, Japan
Tue 05 AUG 6:55 PM
DEPART TERMINAL: 1

George Bush Intercontinental
Airport, Houston Geo
Tue 05 AUG 5:10 PM
ARRIVE TERMINAL: E

United Airlines 2 Class: S
AIRCRAFT: BOEING 777 MILES: 6658
FLIGHT TIME: 12h15m NON STOP STATUS: **Confirmed**
AIRLINE CONFIRMATION: D0VPMS.
Dinner

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

16 / DEPARTURE FOR JAPAN

Saturday, May 17, 2014 - 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 - 8:00 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.
8:05 - 8:20 AM	Super Shuttle to Bush Intercontinental Airport - United - Terminal E <ul style="list-style-type: none"> An exclusive Super Shuttle Van has been reserved for students at the hotel. Be waiting out front with your luggage by 8:05. The vans will show up within this 20 minute window. The tip has already been included and pre-paid. Confirmation numbers are #7855262 and #7855292. The Super Shuttle phone number is 1-800-258-3826.
At least 2 hours prior to departure!	International Flight Check-in - United Counter - Terminal E <ul style="list-style-type: none"> 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. You should have time to buy any last minute gifts or items such as international plug converters after clearing 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.
10:55 AM	United Flight #7 Departs for Tokyo (Narita)

Lose one day as you cross international date line

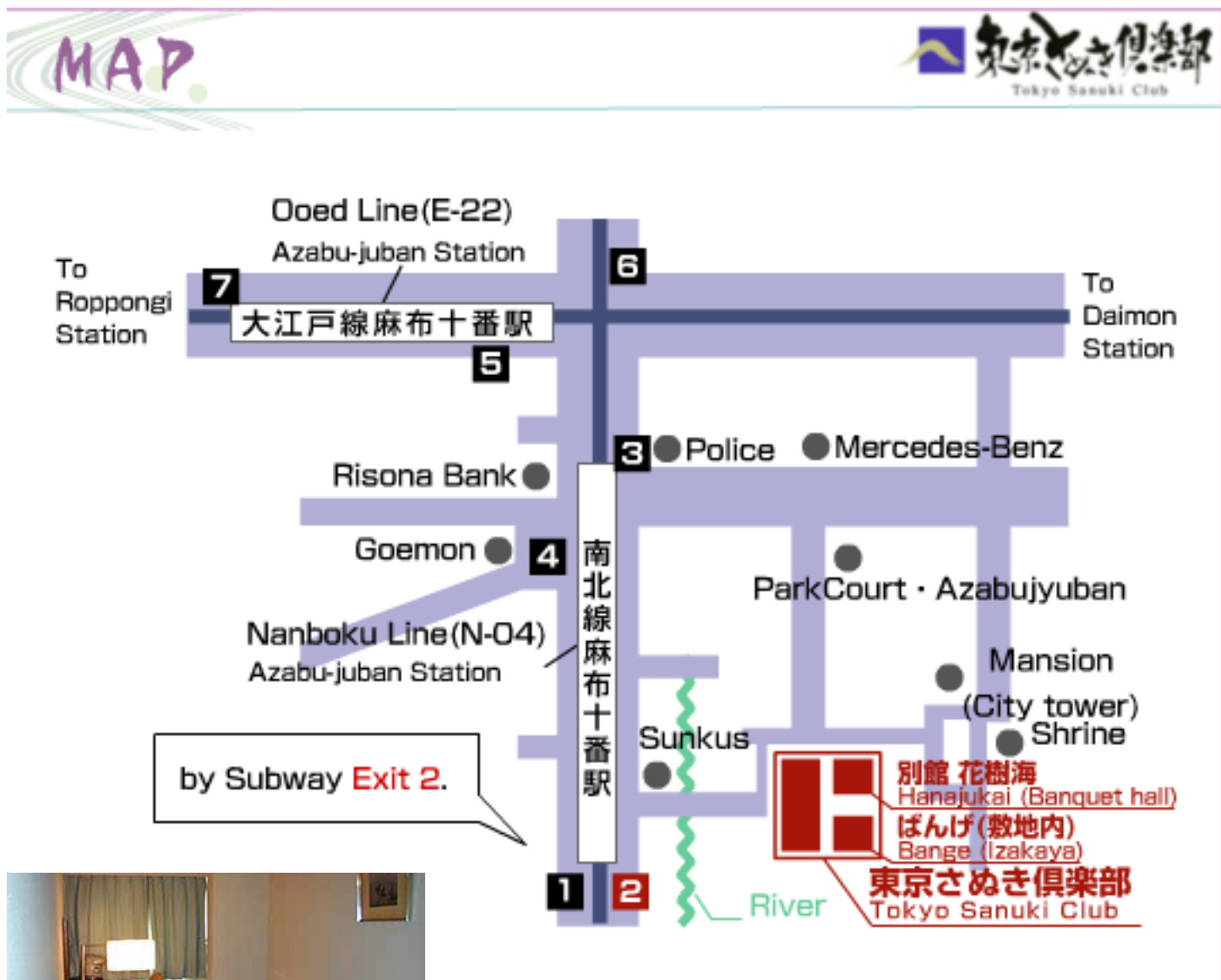
Sunday, May 18, 2014 - Arrival in Tokyo

2:30 PM	Continental Flight #7 Arrives in Tokyo (Narita) <ul style="list-style-type: none"> 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.
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TRAVEL TO SANUKI CLUB HOTEL / 17

~ 4:00 PM	Board Bus for Travel to Hotel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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. <div> Student Room Numbers: Write in everyone's room number for quick reference. <table> <tr> <td> <ul style="list-style-type: none"> Lisa Chiba - Room # Skylar Deckhoff-Jones - Room # Benjamin Foust - Room # Ramya Gurunathan - Room # Vernon Londagin - Room # Lauren McCarthy - Room # </td><td> <ul style="list-style-type: none"> Christopher Miller - Room # Nicole Moody - Room # Julianna Richie - Room # Chris Salinas - Room # Benjamin Wang - Room # Jade Warren - Room # </td></tr> </table> </div>	<ul style="list-style-type: none"> Lisa Chiba - Room # Skylar Deckhoff-Jones - Room # Benjamin Foust - Room # Ramya Gurunathan - Room # Vernon Londagin - Room # Lauren McCarthy - Room # 	<ul style="list-style-type: none"> Christopher Miller - Room # Nicole Moody - Room # Julianna Richie - Room # Chris Salinas - Room # Benjamin Wang - Room # Jade Warren - Room #
<ul style="list-style-type: none"> Lisa Chiba - Room # Skylar Deckhoff-Jones - Room # Benjamin Foust - Room # Ramya Gurunathan - Room # Vernon Londagin - Room # Lauren McCarthy - Room # 	<ul style="list-style-type: none"> Christopher Miller - Room # Nicole Moody - Room # Julianna Richie - Room # Chris Salinas - Room # Benjamin Wang - Room # Jade Warren - Room # 		
~ 7:30 PM	Sanuki Club Hotel Orientation with Packard-sensei - Lobby of Hotel <ul style="list-style-type: none"> 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 (i.e. quiet) so that our program can continue to use this hotel in future years. 		
Evening	Free - Dinner on your Own <ul style="list-style-type: none"> 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. Enjoy exploring Azabu-Juban by foot. <i>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.</i> 		

18 / Sanuki Club Maps



Azabu-juban Neighborhood / 19



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 in them.



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 Mount 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 about 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 ~ <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.

20 / 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 Pasmo 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.

On March 23, 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. For more information 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.



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.



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.



Kitaca is the prepaid IC card by JR Hokkaido for JR trains in the Greater Sapporo region. It will also become compatible with the Sapica card from June 22, 2013, extending its coverage to Sapporo's subways, buses and tram.



ORIENTATION SCHEDULE / 21

Monday, May 19, 2014	
7:00 - 7:45 AM	Breakfast at Sanuki Club Hotel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <p>Japanese Language Classes</p> <ul style="list-style-type: none"> <i>Beginner Class 1 (AJALT Instructors):</i> Ben Foust, Vernon Londagin, Nicole Moody, Julianna Richie, <i>Beginner Class 2 (AJALT Instructors):</i> Skylar Deckhoff-Jones, Ramya Gurunathan, Lauren McCarthy, Ben Wang <i>Intermediate (AJALT Instructors):</i> Lisa Chiba, Chris Miller, Chris Salinas <i>Advanced (Shimojo-sensei):</i> Jade Warren
12:00 - 1:45 PM	Lunch on Your Own and Walk Back to Sanuki Club
1:30 - 5:00 PM	Japanese Culture & Society Seminar <p>Science and Technology in East Asia and U.S.: A View from NSF</p> <p>Dr. Kellina Craig-Henderson, Director, National Science Foundation Tokyo Regional Office. Website: http://www.nsf.gov/mobile/staff/staff_bio.jsp?lan=khenders&org=IIA&from_org=</p> <div data-bbox="427 1213 630 1465" data-label="Image"> </div> <p>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.</p>
Evening	Free - Dinner on Your Own If you have not already done so, please call your parents or send them an email tonight.
	Recommended Evening Activity - 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 Nanboku line to Tameike-Sanno and transfer to the Ginza Line to Shibuya.


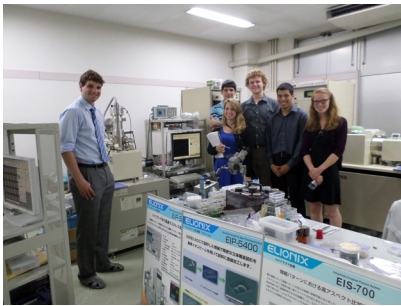


22 / ORIENTATION SCHEDULE

Tuesday, May 20, 2014	
7:00 - 7:45 AM	Breakfast at Sanuki Club Hotel <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> 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 <p>Japanese Language Classes</p> <ul style="list-style-type: none"> <i>Beginner Class 1 (AJALT Instructors):</i> Ben Foust, Vernon Londagin, Nicole Moody, Julianna Richie, <i>Beginner Class 2 (AJALT Instructors):</i> Skylar Deckhoff-Jones, Ramya Gurunathan, Lauren McCarthy, Ben Wang <i>Intermediate (AJALT Instructors):</i> Lisa Chiba, Chris Miller, Chris Salinas <i>Advanced (Shimojo-sensei):</i> Jade Warren
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 <p>Prof. Junichiro Kono, Rice University, Website: http://www.ece.rice.edu/~irlabs/</p> <p>Guest Speaker: Paul Fons, National Institute of Advanced Industrial Science and Technology (AIST) , Website: https://staff.aist.go.jp/paul-fons/</p> <div>   <p>Paul is an American physicist, receiving a Ph.D. in physics from the University of Illinois, Urbana-Champaign. He has lived in Japan for more than 20 years -- opposite to Prof. Kono's career. He will first briefly talk about his research and then describe his experience of working in a national lab in Japan for such a long time.</p> </div>
Evening	Free - Dinner on Your Own




ORIENTATION SCHEDULE/ 23


Wednesday, May 21, 2014	
7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel Wear business casual attire as you will go straight to Elionix after language classes. You will not have time to come back to the hotel to change. Wear comfortable walking shoes as it is about a 20 minute walk from the station to Elionix.
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:30 - 12:00 PM	Japanese Language Classes
12:00 - 12:30	Walk Back to Sanuki Club & Lunch on Your Own
12:40 PM	Meet in Sanuki Club Lobby to Travel to Kyodo News Building <i>Estimated transportation cost is 1,890 JPY (round-trip). You will not have time to add funds to your Passmo/Suica card prior to departure. Check your card balance on Tuesday night and add funds to your card if needed.</i>
2:00 - 5:00 PM	<div>   </div> <div> 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. </div>
5:00 - 6:00 PM	Free - Dinner on Your Own



24 / ORIENTATION SCHEDULE

Thursday, May 22, 2014	
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
ASAP	Meet Packard-sensei in Lobby for Travel to University of Tokyo, Hongo via Subway The sooner you arrive the more time you will have for lunch with students. Go directly to lobby after language class and when everyone is there you will depart.
ASAP	Meet Prof. Kono in front of the Seimon (Main Gate) to have lunch with University of Tokyo Students in Cafeteria (pay individually)
2:00 - 5:00 PM	Introduction to Nanoscience Seminar - Lab Tours at University of Tokyo, Hongo Campus <ul style="list-style-type: none"> • 1:30 - 1:50: Meeting with Vice President Matsumoto • Iwasa Group: http://iwasa.t.u-tokyo.ac.jp/index-e.html • Ishizaka Lab: http://ishizaka.t.u-tokyo.ac.jp/ • Maruyama-Chiashi Laboratory: http://www.photon.t.u-tokyo.ac.jp/ • Gonokami Lab: http://www.gono.t.u-tokyo.ac.jp/ • Shimano Lab: http://thz.phys.s.u-tokyo.ac.jp/toppage.htm
5:00 - 6:00 PM	Free - Dinner on Your Own
7:00 - 9:00 PM	KIPP Evening Discussion with Japanese Students, 3rd Floor Seminar Room Website: http://www.kipprograms.org Topic: Bio-ethics <p>Over the course of the orientation program there will be three scheduled evening discussion nights with Japanese college students. These events are part of the KIP Discussion Forum, a program organized and run by Packard-sensei. This program provides an opportunity for Japanese college students to discuss a wide range of global issues in English. Participants include undergraduate and graduate students from a range of academic fields. All participants speak English at the advanced level. . Please see to learn about the KIP (Knowledge Investment Programs).</p> <p>The topics for each week were chosen from a list of recommended topics submitted by the Japanese students. We encourage you to do some self-study of the weekly topics and be prepared to discuss in detail the U.S. side/position while being open to considering this topic from the perspective of a Japanese student.</p> <p>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!</p>
	

ORIENTATION SCHEDULE/ 25

Friday, May 23, 2014	
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
Day	<p>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</p> <div>  <p>Sanja Matsuri at Senso-ji ~ http://www.japan-guide.com/e/e3063.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!</p> </div> <div>  <p>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.</p> </div> <div>  <p>Ghibli Museum http://www.ghibli-museum.jp/en/ If you are a fan of Hayao 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.</p> </div> <div>  <p>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 bilingual 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.</p> </div>

26 / ORIENTATION SCHEDULE

Saturday, May 24, 2014

by 9:30 AM

Breakfast at Sanuki Club Hotel

Meet at the Sanuki Lobby at 9:30 am to leave for the museum. It will be a full day trip. Some mentors from the University of Tokyo and Chiba University are joining us to watch the sumo tournament with us. After Sumo, one of the KIP alumni who was born and grown up in Asakusa will take us a guide tour including a reasonable restaurant. Bring Suica/Passmo card and money for lunch, snacks, and dinner.

Morning

Cultural Outing to Tokyo Edo Museum Website: <http://www.japan-guide.com/e/e3070.html>



The museum's permanent exhibition vividly illustrates the past of Tokyo (formerly Edo) through its exhibits and covers many features of the capital from the Edo Period to relatively recent decades. and life-sized figures, the museum makes it interesting to find out about how towns were constructed in the past.

Lunch

Lunch - Purchase on your own

Afternoon

Cultural Outing to Nihon Sumo Kyokai Grand Tournament

Packard-sensei will distribute tickets to you on Friday and you should use them to enter the stadium and go directly to your seats. 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/>

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.



Evening

Walking Tour of Asakusa & Dinner (purchase on your own)

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.

ORIENTATION SCHEDULE/ 27

Sunday, May 25, 2014

Morning

Breakfast at Sanuki Club

Day

Free - Recommended to join KIP students for day trip to Kamakura!

Day

Day Trip to Kamakura - Pay your own transportation, admission fees, and food/drinks.

Website: <http://www.japan-guide.com/e/e2166.html>

Discuss plans with the KIP students on Thursday and meet promptly at designated time in lobby of Sanuki Club. 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. You will likely get back to Tokyo between 5:00 - 6:00 PM.
Route and Estimated Fare 1,900 JPY Round-trip + ~500 JPY for Tains/Buses in Kamakura



Engakuji Temple ~ 300 JPY

<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) ~ 200 JPY

<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.



Tsurugaoka Hachimangu Shrine ~ 200 JPY

<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/d8jk71000002rmu5.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.



28 / ORIENTATION SCHEDULE

Monday, May 26, 2014	
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
	Style of Japanese Communication: Humor Through Traditional Performance, Rakugo
	Guest Speaker: Kimie Oshima, Ph.D., Professor at Kanagawa University
	<div>  <p>In Japan, being a high context society, the style of communication is different even when speaking in English. There are many things left unsaid, expressed in gestures and between lines. The Japanese sense of humor is especially unknown to the rest of the world. In this lecture, the Japanese sense of humor and communication styles is discussed through the traditional performance artform, Rakugo. A story will be also performed. Oshima-sensei graduated from University of Colorado at Boulder. M.A. in International Communication at Aoyama Gakuin University, Ph.D. in Education and Sociolinguistics at International Christian University. She has been an English Rakugo performer since 1997.</p> </div>
5:00 - 6:00 PM	Free - Dinner on Your Own
7:00 - 9:00 PM	KIPP Evening Discussion with Japanese Students, 3rd Floor Seminar Room
	Website: http://www.kipprograms.org Topic: Environmental Issues
Tuesday, May 27, 2014	
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: Maruyama-sensei, University of Tokyo Website: http://www.photon.t.u-tokyo.ac.jp/
	<div>   <p>Maruyama-sensei is a Professor of Mechanical Engineering whose research interests with the science and technology of carbon nanotubes and fullerenes include:</p> <ul style="list-style-type: none"> • Catalytic CVD generation of single-walled carbon nanotubes (Alcohol CCVD) • Fluorescence spectroscopy of isolated SWNTs • FT-ICR mass spectroscopy of carbon clusters • Molecular dynamics simulation of formation process of carbon nanotubes </div>
Evening	Free - Dinner on Your Own & Enjoy Tokyo!

ORIENTATION SCHEDULE / 29

Wednesday, May 28, 2014	
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
	Keiko Packard, KIP Program, LLC & NanoJapan Program Representative in Japan
	<div>  <p>A discussion of various aspects of Japanese society prior to the weekend trip to Miyazaki in Kyushu.</p> </div>
5:00 - 6:00 PM	Free - Dinner on Your Own
Thursday, May 29, 2014	
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/
	<div> <div>   </div> <p>Guest Speaker: Kyoko Ishizaka, Department of Applied Physics, the University of Tokyo Website: http://ishizaka.t.u-tokyo.ac.jp/member_Ishizaka.html</p> <p>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.</p> </div>
Evening	Free - Dinner on Your Own & Enjoy Tokyo!

30 / KYUSHU TRIP

Friday, May 30, 2014	
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. Bring cash for taxi & Suica/Passmo card for travel to Haneda Airport
6:40 - 7:00 AM	Taxi to Shinagawa Station
7:18 - 7:41 AM	Keikyu Line to Haneda
8:00 AM	Meet with 6 KIP students in front of the ANA Counter & Flight Check-in You can check in using the self service check-in machine at the airport but will need to input your ANA confirmation number. See pg. 31. If you have a frequent flyer number (United is a partner of ANA), be sure to input that number upon check-in.
8:25 - 10:20 AM	ANA Flight #641 to Kumamoto
	Kyushu (Kyūshū, literally “nine provinces”) is Japan’s third largest island, located southwest of the main island Honshu. An early center of Japanese civilization, Kyushu offers many historic treasures, modern cities and natural beauty.
10:30 - 11:30 AM	Chartered Bus
12:00 PM	Tour of Mt. Aso Volcano
	Website: http://www.japan-guide.com/e/e4552.html
	 <p>Mount Aso is an active volcano in the center of Kyushu. Its ancient caldera ranks among the world’s largest, with a diameter of up to 25 kilometers and a circumference of over 100 kilometers. In the center of the caldera stand the mountain’s active volcanic peaks, including Mount Nakadake, whose spectacular crater is easily accessible to tourists by toll road or ropeway.</p>
3:00 - 4:00 PM	Visit Sangasho Kindergarten
	 <p>Enjoy some time to play with the children and perhaps share some fun games, songs, or stories with them.</p>
4:30 PM	Check-in to Local Inn & Early Dinner
7:00 PM	Leave for Shrine
8:30 - 9:00 PM	Kagura at the Shrine - An Ancient Folklore Dance
9:30 PM	Return to Inn

31

Osaka & Kyoto Students: ANA Confirmation Number B J Y 8 X C

NAME : 1.CHIBA/LISA

2.MCCARTHY/LAUREN.ANN

3.MOODY/NICOLE.SUSANNE

Sendai Students: ANA Confirmation Number B A 7 K D E

NAME : 1.FOUST/BENJAMIN.TAYLOR

2.GURUNATHAN/RAMYA.LAKSHMI

3.LONDAGINI II/VERNON.EUGENE

Tokyo & Chiba Students: ANA Confirmation Number A R S H E B

NAME : 1.MILLER/CHRISTOPHER.WAYNE

2.SALINAS/CHRIS.ANTHONY

3.WANG/BENJAMIN.KUENBOR

4 .WARREN/JADE .DAO

Skylar Deckhoff-Jones: ANA Confirmation Number A K M J F 6

Julianna Richie: ANA Confirmation Number B A 7 M Z 8

A FR 30MAY LV TOKYO-HANEDA APT

835A

ALL NIPPON

641M OK

AR KUMAMOTO

1020A

0STOP 787

A SU 01JUN LV KUMAMOTO

525P

ALL NIPPON

648M OK

AR TOKYO-HANEDA APT

705P



0STOP 787

32 / KYUSHU TRIP

Saturday, May 31, 2014	
7:30 AM	Breakfast at Inn & Check-out
8:30 AM	Leave Inn for School
9:00 - 12:00 PM	Handicrafts at Gokase School with Students
12:00 - 1:00 PM	Lunch with KIP Students
1:30 - 5:30 PM	<div>Discussion with Gokase High School Students<div></div><div><p>This will be an opportunity for you and the KIP students to interact and talk with Gokase High School students. In addition, Packard-sensei has asked that you prepare some fun scientific experiments/games or other activities that you can share with the students. Packard-sensei will discuss in greater detail during the first two weeks in Tokyo.</p></div></div>
5:30 PM	Homestay Host Families will Come to School to Pick You Up
Evening	Dinner and One-Night Stay with Homestay Family
Sunday, June 1, 2014	
Morning	Breakfast with Homestay Family
Morning	Activity with Homestay Family - Varies as you will be helping with their work
11:00 AM	Homestay family will drive you back to Gokase School
Afternoon	<div>Tour of Takachiho - Guided by KIP Students<div>Website: http://www.japan-guide.com/e/e8050.html<div>You will need money for any admission fees, snacks/drinks, and souvenirs.</div><div></div><div><p>Takachiho is a town in northern Miyazaki Prefecture that is steeped in Japanese mythology. It is the supposed site of legend where Amaterasu, the Shinto Sun Goddess, disturbed by her brother's cruel pranks, hid herself in a cave, prompting the other gods and goddesses to try and lure her out</p></div></div></div>
Late Afternoon	Return to Kumamoto Airport & Check-in For Flight
5:25 - 7:05 PM	ANA Flight #648 to Haneda
7:30 - 8:30 PM	Travel Back to Sanuki Club Via Subway

ORIENTATION SCHEDULE / 33

Monday, June 2, 2014

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	AJALT Japanese Language Classes
12:00 - 12:40 PM	Walk Back to Sanuki Club & Lunch on Your Own
12:50 PM	Meet in Lobby to Leave for Taiko - Be sure to have money on your Passmo/Suica Card
2:00 - 5:00 PM	<p>Cultural Outing: Taiko Drumming Learn more about Taiko at http://en.wikipedia.org/wiki/Taiko</p> <p>Taiko have a mythological origin in Japanese folklore and appears to be a drumming style of Japanese origin. Historical writings documented young Japanese men being sent to Korea to study specially the drumming of kakko, a drum from Southern China. The drums are similar to the instruments found in Korea and China from shape to ornament. Taiko is believed to have been introduced to Japan through Korean and Chinese cultural influence between 300–900 CE. Some taiko drums are similar to ones from India, Thailand, Vietnam and other cultures, which suggests a Southern Asia influence on the set of instruments. Archaeological evidence suggests that taiko have existed in Japan as far back as the Kofun period. Their function has varied through history, ranging from communication, military action, theatrical accompaniment, religious ceremony, festival performances, and entertainment. In contemporary times, taiko drums have been the basis for certain social movements for minorities both within and outside Japan.</p> <div>   </div>
Evening	Free - Dinner on Your Own!

34 / ORIENTATION SCHEDULE

Tuesday, June 3, 2014		
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	Free - Lunch on Your Own	
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: Otsuji-sensei, Tohoku University, http://www.riec.tohoku.ac.jp/~otsuji/	
		 <p>Otsuji-sensei's research focuses on terahertz (sub-millimeter) coherent electromagnetic waves to explore the potential application fields of future information and communications technologies. His group is developing novel, ultra-broadband integrated signal-processing devices/systems operating in the millimeter and terahertz frequency regime.</p>
Evening	Free - Dinner on Your Own & Enjoy Tokyo!	
Wednesday, June 4, 2014		
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	Free - Lunch on Your Own	
2:00 - 5:00 PM	Japanese Culture & Society Seminar, 3rd Floor Seminar Room	
	“Social Media Guideline and Differences of Contexts Surrounding US-Japan Media”, Mr. Kazuo Abiko	
5:00 - 6:30 PM	Free - Dinner on Your Own	
7:00 - 9:00 PM	KIPP Evening Discussion with Japanese Students, 3rd Floor Seminar Room	
	Website: http://www.kipprograms.org Topic: Education Issues	
	Tonight is a good time to plan out your Friday afternoon and Saturday sight-seeing plans in Tokyo. See if any of the KIP students want to join you on Saturday.	
Thursday, June 5, 2014		
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	Free - Lunch on Your Own	
2:00 - 3:30 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room	
	Prof. Christopher Stanton, University of Florida, http://www.phys.ufl.edu/~stanton/	
Afternoon/Evening	Free - Enjoy Exploring Tokyo with Prof. Stanton! Prof. Stanton will suggest an outing for this afternoon that he will invite you to join him on. This will be a great opportunity to get to know Prof. Stanton in a more informal way and also talk with him more about his career path and research interests.	

ORIENTATION SCHEDULE / 35

Friday, June 6, 2014

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 - 2:00 PM	Farewell Lunch with AJALT Teachers
Afternoon/Evening	Free - Dinner on Your Own & Enjoy Tokyo!

Saturday, June 7, 2014

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 Friday afternoon or 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 Shinagawa. 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.

36 / TRAVEL TO RESEARCH LABS

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. 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 when you get to your internship housing or host lab. Again, trust us. This works and 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 Lab Sites

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

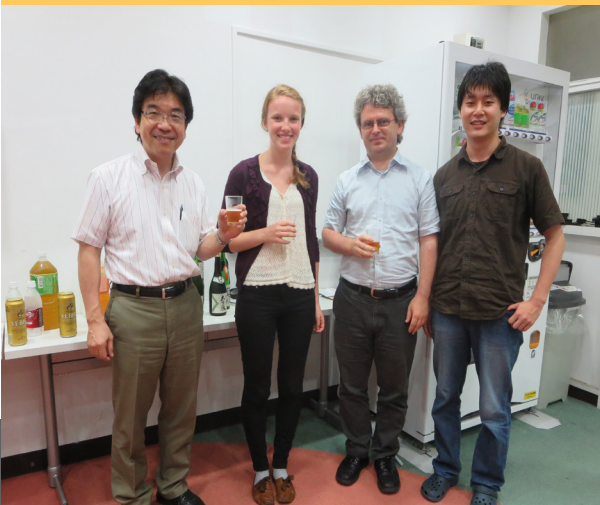
Tips for First Day

- 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.



38 / TRAVEL TO OKINAWA

Thursday, July 3, 2014

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. See flight itinerary information. If you have a frequent flyer number (United is a partner of ANA), be sure to input that number upon check-in. Use Hyperdia.com to determine your best route to the airport to ensure you arrive at least 1 1/2 hours before departure.

11:10 - 1:50 PM	Tokyo & Chiba Students: You will all depart on ANA #131 at 11:10 AM 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 to the airport. Carefully check your route on Hyperdia.com to ensure you can arrive on time and plan to eat an early lunch at the airport. See http://www.japan-guide.com/e/e2430.html for more information on Haneda Airport.
11:15 - 1:25 PM	Osaka and Kyoto Students: You will all depart on ANA #765 at 11:15 AM 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 to the airport. Carefully check your route on Hyperdia.com to ensure you can arrive on time and plan to eat an early lunch at the airport. See http://www.japan-guide.com/e/e2433.html for more information on Itami Airport.
11:50 - 2:45 PM	Sendai Students: You will all depart on ANA #1863 at 11:50 AM 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 to the airport. Carefully check your route on Hyperdia.com to ensure you can arrive on time and plan to eat an early lunch at the airport. See http://www.japan-guide.com/e/e5151.html for information on access to/from Sendai Airport.
by 3:00 PM	Meet in front of Airport Shuttle Counter: We will take an airport mini-bus to the Rizzan Sea Park Hotel. Wait to buy your tickets until everyone is there so we can all get on the same bus. You will purchase a round-trip ticket for return to airport on Monday and cost will be 3,200 JPY.
3:15 or 4:00 PM	Shuttle Bus Departs for Rizzan Sea Park Hotel
4:49 PM	Arrive at Rizzan Sea Park Hotel & Check-in
	Website: http://www.rizzan.co.jp/english/
Evening	Free - Have Dinner on Your Own

Marine Sports

You will have good time on the beautiful Rizzan Hotel beach! Family, friends, or couples will create fantastic memories of Okinawa.



Activities

Get your body moving and get refreshed! All members of your family will enjoy it here. We also have several activities to enjoy in the hotel.



Tennis

Restaurant & Lounge Guide



Japanese & Ryukyuan food "Shikifuku"



Seaside Restaurant "Tancha Bay"



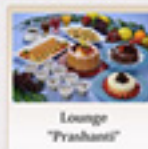
Casual Dining "Blue Lagoon"



Chinese Dining "Mandarin Court"



Charcoal BBQ "Mirakutei"



Lounge "Fruhanoti"

Swimming pool

We have a garden pool overlooking the ocean (seasonal) and an indoor pool.



Garden Pool

TOKYO & CHIBA FLIGHT ITINERARY /

39

NAME : 1.MILLER/CHRISTOPHER.WAYNE
3.WANG/BENJAMIN.KUENBOR

2.SALINAS/CHRIS.ANTHONY
4.WARREN/JADE.DAO

AGENT
RINKO

BRANCH
ARC

ACCOUNT NO.
7135292105

DATE
13MAY14

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
A FR	30MAY	LV TOKYO-HANEDA APT AR KUMAMOTO DEPART TERMINAL D2	835A 1020A	ALL NIPPON	641M	OK 0STOP 787
A SU	01JUN	LV KUMAMOTO AR TOKYO-HANEDA APT ARRIVE TERMINAL D2	525P 705P	ALL NIPPON	648M	OK 0STOP 787
A TH	03JUL	LV TOKYO-HANEDA APT AR OKINAWA DEPART TERMINAL D2	1110A 145P	ALL NIPPON	131M	OK 0STOP 772
A MO	07JUL	LV OKINAWA AR TOKYO-HANEDA APT ARRIVE TERMINAL D2	235P 505P	ALL NIPPON	130M	OK 0STOP 772

V TH 10JUL TICKET SERVICE FEE
2014

CONFIRMED
ITEM COST:160.00

TICKET NUMBER(S): 2057416387729-732

ANA CONFIRMATION NUMBER: A R S H E B

40 / SENDAI FLIGHT ITINERARY

NAME : 1.FOUST/BENJAMIN.TAYLOR
3.LONDAGINIII/VERNON.EUGENE

2.GURUNATHAN/RAMYA.LAKSHMI

AGENT
RINKO

BRANCH
ARC

ACCOUNT NO.
7135292105

DATE
13MAY14

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
A FR	30MAY	LV TOKYO-HANEDA APT AR KUMAMOTO DEPART TERMINAL D2	835A 1020A	ALL NIPPON	641M OK	0STOP 787
A SU	01JUN	LV KUMAMOTO AR TOKYO-HANEDA APT ARRIVE TERMINAL D2	525P 705P	ALL NIPPON	648M OK	0STOP 787
A TH	03JUL	LV SENDAI AR OKINAWA	1150A 240P	ALL NIPPON	1863M OK	0STOP 767
A MO	07JUL	LV OKINAWA AR SENDAI	215P 455P	ALL NIPPON	1864M OK	0STOP 767
V TH	10JUL 2014	TICKET SERVICE FEE				CONFIRMED ITEM COST:120.00

TICKET NUMBER(S): 2057416387723-728

ANA CONFIRMATION NUMBER: B A 7 K D E

OSAKA & KYOTO FLIGHT ITINERARY / 41

NAME : 1.CHIBA/LISA
3.MOODY/NICOLE.SUSANNE

2.MCCARTHY/LAUREN.ANN

AGENT
RINKO

BRANCH
ARC

ACCOUNT NO.
7135292105

DATE
13MAY14

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
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A FR	30MAY	LV TOKYO-HANEDA APT AR KUMAMOTO DEPART TERMINAL D2	835A 1020A	ALL NIPPON	641M OK	0STOP 787
A SU	01JUN	LV KUMAMOTO AR TOKYO-HANEDA APT ARRIVE TERMINAL D2	525P 705P	ALL NIPPON	648M OK	0STOP 787
A TH	03JUL	LV OSAKA-ITAMI AR OKINAWA	1120A 125P	ALL NIPPON	765M OK	0STOP 772
A MO	07JUL	LV OKINAWA AR OSAKA-ITAMI	215P 410P	ALL NIPPON	766M OK	0STOP 772
V TH	10JUL	TICKET SERVICE FEE 2014				CONFIRMED ITEM COST:120.00

TICKET NUMBER(S): 2057416387717-722

ANA CONFIRMATION NUMBER: B J Y 8 X C

42 / OIST CAMPUS VISIT

Friday, July 4, 2014 - Okinawa Institute of Technology Visits

Morning	Included Brekafast at Hotel
Day	Okinawa Institute of Technology Graduate University Talks & Lab Visits
	Website: http://www.oist.jp/
	<i>Visit will include an introduction and overview to OIST, campus tours, lab tours, and lunch in OIST cafeteria (~500 - 1,000 JPY). More details on the final schedule will be sent to you in June.</i>


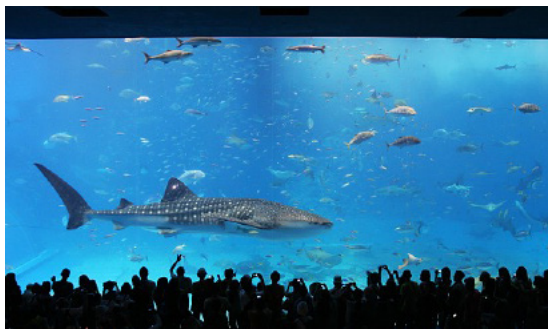


The Okinawa Institute of Science and Technology is an interdisciplinary graduate school offering a 5-year PhD program in Science. Over half of the faculty and students are recruited from outside Japan, and all education and research is conducted entirely in English. OIST researchers are conducting multi-disciplinary research in five major areas: Neuroscience, Molecular Sciences, Environmental and Ecological Sciences, Physical Sciences, and Mathematical Computational Sciences. In the six years leading up to graduate school accreditation, OIST received recognition for doing original research and sponsoring innovative international workshops and courses.

The graduate school accepts 20 students per year, creating a very low student to instructor ratio. Students also receive support for living costs, health care, housing, childcare, and other needs that would otherwise distract them from the science. Balancing lectures and lab work, the doctoral program places students in well-funded labs where they work side-by-side with top researchers on state-of-the-art equipment. Frequent visits from internationally-known scientists further enrich the program and provide opportunities for collaboration and exchange. By the time they graduate, students have accumulated not only abstract knowledge and practical skills but also the kind of professional connections necessary to launch their careers as world-class researchers.



MID-PROGRAM MEETING / 43

Saturday, July 5, 2014		
Morning	Included Breakfast at Hotel	
~ 9:30 AM	Taxis Depart for OIST Seaside House When students are not in session for the meeting, you will have free time to enjoy the Seaside House. There is free wi-fi.	
10:00 - 12:00 PM	U.S. NanoJapan Student Mid-Program De-Briefing This is a de-briefing session to provide an opportunity for students and NanoJapan Faculty talk about the experience in Japan thus far. Students often share frsutrations, lessons learned and best practices from their lab experiences. The meeting also allows for some guided re-assessment of your research, language, and personal goals for the remainder of the summer.	
12:00 - 1:00 PM	Included Lunch at Seaside House	
1:00 - 2:00 PM	Japanese Mentor Mid-Program Workshop Dr. Cheryl Matherly and Sarah Phillips will provide a guided discussion of Cross-cultural Issues in Mentoring U.S. Undergraduates.	
2:00 - 3:00 PM	Joint Discussion and De-Briefing	
3:30 PM	Taxis Depart Return to Rizzan Sea Park Hotel	
Evening	Dinner on Your Own or Group Dinner/Outing	
Sunday, July 6, 2014		
Morning	Included Breakfast at Hotel	
Day	Cultural Activities & Sight-seeing in Okinawa (tentative) The exact schedule is to be confirmed, but today's activities may include the following. Students will be responsible for paying all admission fees, cost of any meals/drinks/snacks, and should budget funds for souvenirs.	
		Ryukyu Mura (Ryukyu Village) is a small theme park about traditional Okinawan culture in the form of a recreated village from the times of the Ryukyu Kingdom. A wide range of performances are held at the village, including eisa taiko drumming, dances, concerts, parades and reenacted historical ceremonies. Of course, visitors also have the opportunity to eat some popular Okinawan dishes and purchase a wide range of local souvenirs. Estimated admission: 840 JPY
		The Churaumi Aquarium is widely considered Japan's best aquarium. It is the main attraction of the Ocean. The highlight of a visit to the Churaumi Aquarium is the massive Kuroshio Tank, one of the largest in the world. The tank contains a wide variety of species, the most striking of which are the giant whale sharks and manta rays. Estimated admission: 1.800 JPY E
Evening	Dinner on Your Own or Group Dinner/Outing	

44 / RESEARCH INTERNSHIPS

Monday, July 7, 2014

Morning	Included Breakfast at Hotel & Free Time
By 11:00 AM	Check-out of Hotel & Bus to Airport
Lunch	Eat Lunch On Your Own at Airport and Souvenir Shopping
2:15 - 4:10 PM	Osaka & Kyoto students depart on ANA #766 for Itami
2:15 - 4:55 PM	Sendai students depart on ANA #1846 for Itami
2:35 - 5:05 PM	Tokyo and Chiba students depart on ANA #130 for Haneda Airport

Tuesday, July 8 - Friday, August 1, 2014

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-together 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.

August 2 - 3, 2014 - Last Weekend in Japan!

Most students hike up Mt. Fuji Saturday night to see the sunrise on Sunday morning.	Climbing Mt. Fuji ~ http://www.japan-guide.com/e/e6901.html  <p>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.</p>
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.

46 / RESEARCH SYMPOSIUM IN TOKYO

Monday, August 4, 2014		
Morning	Breakfast at Hotel & Meet in Lobby at Time Designated by Dr. Matherly & Packard-sensei	
	NanoJapan 2014 Tokyo Research Symposium	
	Location: Toranomon Square, 1-15-10 Toranomon, Minato-ku, Tokyo ~ 2nd floor of Meiwa Building ~ Access Map: http://spaceuse.net/toranomon_square/2f_room/	
	This workshop brings together U.S. and Japanese participants in the NanoJapan: International Research Experience for Undergraduates Program to highlight the need for and impact of U.S. and Japanese student research collaborations in terahertz nanoscience.	
9:10 - 9:15 AM	Welcome, Prof. Masayoshi Tonouchi, Osaka University	
9:15 - 9:45 AM	Opening Keynote, Dr. Kellina Craig-Henderson, Director, NSF Tokyo	
		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.
9:45 - 10:15 AM	“Introduction to the NanoJapan: IREU Program and Role of Intercultural Research Teams”, Prof. Masayoshi Tonouchi, Osaka University	
		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.
10:15 - 10:30 AM	Break	
10:30 - 11:00 AM	“Introduction to Terahertz Science”, Prof. Daniel Mittleman, Rice University	
		Dr. Mittleman received his B.S. in physics from the Massachusetts Institute of Technology in 1988, and his M.S. in 1990 and Ph.D. in 1994, both in physics from the University of California, Berkeley, under the direction of Dr. Charles Shank. His thesis work involved the spectroscopy of semiconductor nanocrystals using laser pulses with durations of less than 20 femtoseconds, at wavelengths from 480 nm to 670 nm. Dr. Mittleman joined the ECE Department at Rice University in September 1996, where he is a Professor. At Rice, his research interests involve various aspects of spectroscopy, sensing, and imaging using terahertz radiation.
11:00 - 12:00 PM	NanoJapan Student Research Presentations (Individual)	
	<ul style="list-style-type: none"> • Mr. Skylar Deckhoff-Jones (Tulane University - Okinawa Institute of Science and Technology, Dani Lab) • Mr. Benjamin Foust (Rice University - Tohoku University, Saito Lab) • Ms. Lisa Chiba (Rice University - Osaka University, LaSIE Lab) • Ms. Lauren McCarthy (University of Florida - University of Kyoto, Arikawa Lab) • Ms. Julianna Richie (S. IL Univ., Carbondale - Okinawa Institute of Science and Technology, Dani Lab) • Mr. Naoki Shiba (Rice University - University of Tokyo, Iwasa Lab) NanoJapan Associate • Ms. Ramya Gurunathan (Penn State University - Tohoku University, Suemitsu Lab) 	

RESEARCH SYMPOSIUM IN TOKYO / 47

Monday, August 4, 2014 (cont).	
12:00 - 1:00 PM	Lunch
1:00 - 2:00 PM	NanoJapan Student Research Presentations (U.S. Student & Japanese Research Mentor) <ul style="list-style-type: none"> • Mr. Christopher Miller (UNC, Chapel Hill - Tokyo Institute of Technology, Kawano Lab) and Mr. Tomoyuki Hirano, Tokyo Institute of Technology, Kawano Lab • Mr. Ben Wang (Rice University - University of Tokyo, Maruyama Lab) and Ms. Hua An, University of Tokyo, Maruyama Lab • Mr. Chris Salinas (NW Vista Community College - Chiba University, Aoki/Ochiai Lab) and Mr. Masahiro Matsunaga, Chiba University, Aoki/Ochiai Lab • Ms. Jade Warren (Harvard University - Chiba University, Aoki/Ochiai Lab) and Mr. Takeda, Chiba University, Aoki/Ochiai Lab, Student • Ms. Nicole Moody (Rice University - Osaka University, Tonouchi Lab) and Mr. Shinya Kawano, Osaka University, Tonouchi Lab • Mr. Vernon Londagin III (University of Tulsa - Tohoku University, Otsuji Lab) and Dr. Adrian Dobroiu, Tohoku University, Otsuji Lab
2:00 - 2:20 PM	“International Initiatives of the Japan Society for the Promotion of Science (JSPS)”, Mr. Hiroshi Ando, Head, International Policy Planning Division, International Program Department, Japan Society for the Promotion of Science
2:20 - 2:40 PM	
	“Current Status and Government Initiatives towards Student Mobility between the U.S and Japan”, Dr. Shingo Ashizawa, Toyo University <p>Shingo Ashizawa is a professor at Toyo University in Tokyo. His research involves the comparative study of higher education management and quality analysis of the internationalization review process. Currently, Prof. Ashizawa is leading a joint-research project focusing on learning outcome assessment of international programs, supported by a Japanese government agency (JSPS). His past professional experience includes positions at the Council on International Educational Exchange (CIEE), Keio University, Osaka University, and Meiji University.</p>
2:40 - 3:00 PM	Mr. Kuniaki Sato, Deputy Director, Higher Education Policy Planning Division, Higher Education Bureau Ministry of Education, Culture, Sports, Science and Technology (MEXT)
3:00 - 3:15 PM	Break
3:15 - 4:00 PM	Panel Discussion: “International Research Collaboration: The Student Experience” ~ Moderated by Dr. Cheryl Matherly, Vice Provost for Global Education, University of Tulsa <ul style="list-style-type: none"> • Ms. Nicole Moody (Rice University - Osaka University, Tonouchi Lab) • Mr. Chris Salinas (NW Vista Community College - Chiba University, Aoki/Ochiai Lab) • Dr. Adrian Dobroiu, Otsuji Lab, Tohoku University • Dr. Shota Ushiba, LaSIE Lab, Osaka University and Reverse NanoJapan 2011 • Mr. Kazunori Serita, Tonouchi Lab, Osaka University
4:00 - 4:30 PM	“NanoJapan as a Model for Facilitating US/Japanese Student Collaborations”, Dr. Cheryl Matherly, Vice Provost for Global Education, University of Tulsa
	 <p>Dr. Matherly' special area of interest is with the internationalization of science and engineering education. She directs the NanoJapan International Research Experience for Undergraduates, funded by the National Science Foundation. She has a second NSF grant for the investigation of how international experiences both in and outside of formal curricula impact engineering students' global competency. Dr. Matherly is the recipient of two Fulbright grants for international education administrators (Germany and Japan.) She has a BA in English and Political Science from the University of New Mexico, an MS in Education from Indiana University, and an Ed.D. from the University of Houston.</p>
4:30 - 4:45 PM	Closing Remarks, Prof. Masayoshi Tonouchi, Osaka University

48 / TRAVEL BACK TO U.S.

Tuesday, August 5, 2014

Morning	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.
~ 2:00 PM	Bus Departs Sanuki Club Hotel for Narita Airport Packard-sensei will confirm the exact departure time for you.
By 4:55 PM	Check-in for United Flight #2 at Narita Airport - Terminal 1
6:55 PM	United Flight #2 Departs Narita - Gain one day as you cross the international date line.
5:10 PM	Arrival at Bush Intercontinental Airport (IAH) <ul style="list-style-type: none">• 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/
6:30 PM	Rice University Shuttle Pick-up Outside Terminal E - Ground Transportation Look for the Rice University shuttle outside Terminal E. Your driver is Ponce Chandler. His phone number is (281) 969-5649. Sarah will not be available during this time. If there is any difficulty or urgent matter please call Dr. Matherly at (918) 808-5215.
~ 7:45 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. <ul style="list-style-type: none">• Confirmation #83440563: Cheryl Matherly• Confirmation #83439986: Sarah Phillips• Confirmation #83441202: Lisa Chiba & Ramya Gurunathan• Confirmation #83445690: Skylar Deckhoff-Jones & Benjamin Foust• Confirmation #83447299: Vernon Londagin & Ben Wang• Confirmation #83442434: Lauren McCarthy & Nicole Moody• Confirmation #83443110: Chris Miller & Chris Salinas• Confirmation #83444914: Julianna Richie & Jade Warren
Evening	Free - Have Dinner on Your Own

INTERNATIONAL FLIGHT ITINERARY /

49



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3. 713-348-5686-BUSINESS FAX

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GURUNATHAN/RAMYALAKSHMI
LONDAGINIII/VERNONEUGENE
MCCARTHY/LAURENANN
MILLER/CHRISTOPHERWAYNE
MOODY/NICOLESUSANNE
RICHIE/JULIANNAMARIE
SALINAS/CHRISANTHONY
WANG/BENJAMINKUENBOR
WARREN/JADEDADAO

TRIP LOCATOR: LYPOJI

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

George Bush Intercontinental
Airport, Houston Geo
Sat 17 MAY 10:55 AM
DEPART TERMINAL: E

ARRIVAL

Narita Airport, Tokyo Narita, Japan
Sun 18 MAY 2:30 PM
ARRIVE TERMINAL: 1

FLIGHT NBR/CLASS

United Airlines 7 Class: S
AIRCRAFT: BOEING 777 MILES: 6658
FLIGHT TIME: 13h35m NON STOP STATUS: Confirmed
AIRLINE CONFIRMATION: D0VPMS.
Lunch

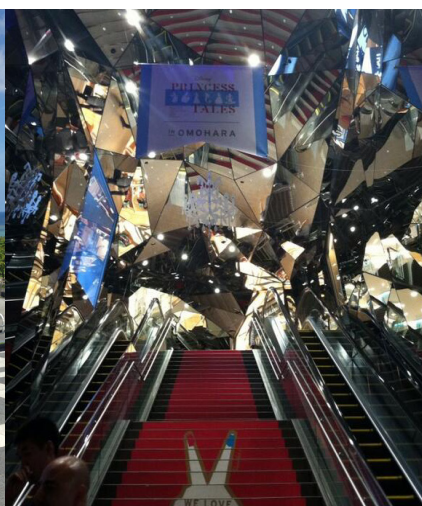
Narita Airport, Tokyo Narita, Japan
Tue 05 AUG 6:55 PM
DEPART TERMINAL: 1

George Bush Intercontinental
Airport, Houston Geo
Tue 05 AUG 5:10 PM
ARRIVE TERMINAL: E

United Airlines 2 Class: S
AIRCRAFT: BOEING 777 MILES: 6658
FLIGHT TIME: 12h15m NON STOP STATUS: Confirmed
AIRLINE CONFIRMATION: D0VPMS.
Dinner

50 / RE-ENTRY PROGRAM AT RICE

Wednesday, August 6, 2014	
6:30 - 9:30 AM	Complimentary Hot Breakfast Buffet in Lobby
Morning	Free - Relax at Hotel
11:15 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)
	<p>Come prepared to discuss your overall experience on the NanoJapan Program.</p> <ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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.
4:45 PM	Shuttle to the Hotel
6:00 - 7:30 PM	Complimentary Evening Social in Hotel Lobby
Evening	<p>Free - Dinner on Your Own</p> <p>You can speak with the hotel front desk about making arrangements 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.</p>



RE-ENTRY PROGRAM AT RICE / 51

Thursday, August 7, 2014	
6:30 - 8:45 AM	Complimentary Hot Breakfast Buffet in Lobby
9:00 AM	Hotel Shuttle Departs for Rice - Meet in Lobby You will need your laptop with you today to complete post-program assessments.
9:30 - 10:30 AM	“Graduate Study in the U.S. & Japan”, Prof. Junichiro Kono, Rice University (Duncan Hall, Room 1049)
10:30 - 11:30 AM	“International Opportunities for Science & Engineering Students”, Sarah Phillips, Rice University (Duncan Hall, Room 1049)
11:30 - 1:00 PM	Working Lunch: Joint Session with RQI REU Students “Post-Program Assessments”, Dr. Cheryl Matherly, University of Tulsa (Duncan Hall, Room 1049)
1:00 - 2:00 PM	Joint Session with RQI REU Students: “Poster Presentation Skills Workshop” - Dr. Sarah Birge, Senior Lecturer, Program in Writing & Communication, Rice Center for Engineering Leadership, (Duncan Hall, Room 1049)
2:00 - 4:00 PM	NanoJapan Students Only: One-on-One Poster Presentation Coaching
	<p><i>For NanoJapan Students Only</i> - 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.</p> <ul style="list-style-type: none"> • Group 1: Coaching with Steven Lu - RCEL Conference Room, Abercrombie Lab, A102 - Lisa Chiba, Skylar Dekchoff-Jones, Ben Foust, Ramya Gurunathan, Vernon Londagin, and Lauren McCarthy • Group 2: Coaching with Nick Vrvilo - Duncan Hall, Room 1049: Chris Miller, Nicole Moody, Julianna Richie, Chris Salinas, Ben Wang, and Jade Warren
4:00 - 5:30 PM	Wrap Up & Final Questions
5:45 PM	Hotel Shuttle to Prof. Kono’s House
6:00 - 8:00 PM	NanoJapan Final Party at Prof. Kono’s Prof. Kono and his family will again host us for a party at their home tonight. Members of his research group and Rice University faculty and staff will also be attending.
8:15 PM	Hotel Shuttle to Residence Inn - Enjoy your Last Evening Together!



52 / RQI SYMPOSIUM

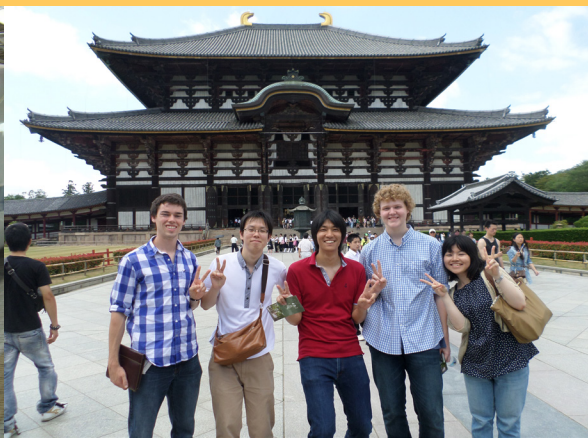
Friday, August 8, 2014	
6:30 - 7:45 AM	Complimentary Hot Breakfast Buffet in Lobby
By 8:00 AM	Check out of Hotel Attire for the day will be business or business casual as you will be presenting at the Colloquium. Bring all luggage with you to Rice.
8:15 AM	Shuttle Departs for Rice - Store Luggage in Duncan Hall, Room 1075
Day	Rice Quantum Institute Summer Colloquium, Duncan Hall
8:00 - 8:50 AM	Welcome Remarks by Alberto Pimpinelli, Executive Director, Rice Quantum Institute, and Organizing Committee Chair, McMurtry Auditorium
9:00 - 10:15 AM	Oral Session 1: McMurtry Auditorium, Presider: Pelham Keahey
10:15 - 10:30 AM	Coffee Break
10:30 - 11:45 AM	Oral Session 2: McMurtry Auditorium, Presider: Pelham Keahey
11:45 - 12:00 PM	Break and Undergraduate 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: Mark Schott
2:45 - 3:00 PM	Coffee Break
3:00 - 4:15 PM	Oral Session 4: McMurtry Auditorium, Presider: Jennifer Burnett
4:15 - 5:45 PM	Poster Session 2A: Graduate Students & Post-docs, Martel Hall
5:45 - 7:15 PM	Poster Session 2B: Graduate Students & Post-docs, Martel Hall <i>Food, wine, and beer will be served. Must be 21 or older to consume alcohol and ID will be required.</i>
7:30 - 7:45 PM	Awards Ceremony, McMurtry Auditorium
	NanoJapan Student Flights Back Home
	<p>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.</p> <ul style="list-style-type: none"> • 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. Ask that the driver use entrance 23 off of Rice Blvd. and pull straight into campus. After the curve turn left into the long, narrow drive next to Abercrombie Lab and pull to the end of this drive in front of the back of Duncan Hall.

Friday, August 8, 2014

	Bush Intercontinental Departures (IAH)	Houston Hobby Departures (HOU)
	<ul style="list-style-type: none"> Chris Miller: United #3258 departing at 5:20 PM Lauren McCarthy: DL #5099 departing at 7:05 PM 	<ul style="list-style-type: none"> Julianna Richie: SW #948 departing at 4:50 PM Skylar Deckhoff-Jones: SW#1095 departing at 7:30 PM Vernon Londagin: Departing HOU at 9:35 PM
		Students Staying in Houston or Driving <ul style="list-style-type: none"> Lisa Chiba Benjamin Foust Ramya Gurnathan Nicole Moody Chris Salinas (driving home) Ben Wang (driving home) Jade Warren (???)

Travel Resources & Guides

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55 / SANUKI CLUB RULES

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 internet. 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/Shower 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.

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.

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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.

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.

59 / POPULAR DISHES IN JAPAN

Home - Food

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 / 60



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 specialty.



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 of 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, katsubushi (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.

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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-glaze 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-glaze 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-glaze 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 ginkgo 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.

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.

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Rail Passes in Japan

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Rail Passes

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

JR 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...](#)

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: 5 days 11,500 yen

[More details...](#)



Hokkaido

JR Hokkaido Rail Pass [click here for details](#)

Type: Unlimited travel on all trains, including limited express trains and most buses, operated by JR Hokkaido and JR Hokkaido Bus.

Duration: 3, 5 or 7 consecutive days or 4 flexible days within a 10-day period

Conditions: **Not available to residents of Japan.** Can be purchased outside or inside of Japan.

Price: 3 days 15,430 yen
5 days 20,060 yen
7 days 22,630 yen
Flexible 4 days 20,060 yen

[More details...](#)

JR Hokkaido Free Pass [click here for details](#)

Type: Unlimited travel on all trains, including limited express trains and most buses, operated by JR Hokkaido and JR Hokkaido Bus.

Duration: 7 consecutive days

Conditions: Not available during peak travel seasons.

Price: 7 days 26,230 yen

[More details...](#)

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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.** Can be purchased outside or inside of Japan.

Price: 5 flexible days 22,000 yen

[More details...](#)



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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...](#)



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...](#)

65 / RAIL PASSES IN JAPAN

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 Passes [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 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

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 West Rail Pass - Kansai Area [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.** Can be purchased outside or inside of Japan.

Price: 1 day 2,060 yen

2 days 4,110 yen

3 days 5,140 yen

4 days 6,170 yen

[More details...](#)

JR West Rail Pass - Kansai Wide Area [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: 4 consecutive days

Conditions: **Not available to residents of Japan.** Can be purchased outside or inside of Japan.

Price: 4 days 7,200 yen

[More details...](#)

RAIL PASSES IN JAPAN / 66

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 5,700 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...](#)



Western Japan

JR Sanyo-Shikoku-Kyushu Rail Pass [click here for details](#)

Type: Unlimited travel on the Sanyo and Kyushu Shinkansen and other JR trains on Shikoku, on Kyushu, along the Sanyo Line, in central Osaka and between Kansai Airport and Osaka. The Northern Kyushu Version does not include Southern Kyushu.

Duration: 5 consecutive days

Conditions: **Not available to residents of Japan.** Can be purchased outside or inside of Japan.

Price: All Kyushu Version 25,720 yen
Northern Kyushu Version 22,640 yen

[More details...](#)



Chugoku

JR West Rail Pass - Sanyo Area [click here for details](#)

Type: Unlimited travel on the Sanyo Shinkansen and the local Sanyo Line, local JR trains in Osaka, Kyoto and Nara, and the JR trains to Kansai Airport.

Duration: 4 or 8 consecutive days

Conditions: **Not available to residents of Japan.** Can be purchased outside or inside of Japan.

Price: 4 days 20,570 yen
8 days 30,860 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.** Can be purchased outside or inside of Japan.

Price: 2 days 6,300 yen
3 days 7,200 yen
4 days 7,900 yen
5 days 9,700 yen

67 / RAIL PASSES IN JAPAN

[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.** Can be purchased outside or inside of Japan.

Price:	All Kyushu 3 days	14,400 yen
	All Kyushu 5 days	17,480 yen
	Northern Kyushu 3 days	7,200 yen
	Northern Kyushu 5 days	9,260 yen

Budget Accommodation ~ http://www.japan-guide.com/e/e2028_accommodation.html

Unless you can stay at a friend's or relative's home, accommodation is going to be one of your biggest expenses. While Japan offers the standard budget oriented places like youth hostels, dormitories and inexpensive business hotels, there are also some unique types of accommodation, which you may want to try out, such as capsule hotels, manga kissa and 24 hour baths .

Types of Budget Accommodation

Hostels, Backpackers and Dorms (1500-3000 yen/person): Hostels, backpackers and dormitories are budget oriented accommodation that are mostly found in Japan's larger cities. Although private rooms may be available, guests usually stay in shared rooms that may be segregated by gender. Other facilities, such as showers, toilets, kitchens and other living spaces are typically also shared. Hostel style accommodation tend to be frequented by international travelers who may enjoy the sociable atmosphere that a hostel cultivates. In addition, some hostels offer their guests free or discounted bicycle rentals and sightseeing tours. Be aware that hostels tend to be in older buildings, and some hostels maintain a curfew at night when the entrance doors are locked. Also, some hostels require their guests to be members of a hostel association, in which case registration can usually be made at check in for a small fee. Hostelworld is a leading online reservation site for hostels in Japan.

Ryokan, Minshuku and Pensions (3000-10000 yen/person): If you prefer Japanese style accommodation, consider a minshuku (Japanese style bed and breakfasts) or low budget ryokan (Japanese style inns). The two are similarly styled and typically charge between 5,000 and 10,000 yen per person per night, sometimes including one or two meals. No-frills, budget minshuku and ryokan can be found for as little as 3,000 yen per person per night, but do not usually include meals. Pensions are comparable to minshuku except that they offer Western rooms instead of Japanese rooms.

Business Hotels (5000-7000 yen single room, 8000-10000 yen double room): Business hotels offer small, simple Western style rooms that usually consist of a bed, desk, TV, and private bathroom and toilet. They are often conveniently located near train stations and may include breakfast. This option is especially attractive if traveling in pairs as the cost is similar to cheaper options, but at a higher level of comfort. Popular business hotel chains include Route Inn, APA Hotel, Toyoko Inn and Super Hotel.

Internet Cafes and Manga Kissa (1000-3000 yen/person): Internet cafes and manga kissa (lit. comic book cafes) are establishments where you can rent time at a computer either hourly or for the night. The simplest places offer just some banks of computers with chairs, a selection of comic books and little to no privacy and are not suited for an overnight stay. A lot of establishments, however, also offer their customers drinks, snacks, shower facilities, game rooms and quiet areas to rest or private booths, which may be equipped with couches or Japanese mattresses (futon). Some internet cafe and manga kissa chains require that you sign up for a membership which may come with a small registration fee.

Capsule Hotels (2500-5000 yen/person): Capsule hotels accommodate their guests in small capsules rather than rooms. The capsules are essentially enclosed bunk beds that are often stacked two high and may include a television, internet, light and heating controls inside. Shared showers and toilets are provided, while personal belongings are usually stored in lockers. Some hotels also have lounges, restaurants and a public bath. Capsule hotels are mainly found around major train stations and tend to cater towards men. These days, however, you can also find an increasing number of women only capsule hotels, or hotels that have gender segregated floors.

24 Hour Baths (2000-3000 yen/person): 24 hour baths are a type of public bath usually found in large cities that are open 24 hours a day. In addition to the baths, some facilities provide lounging areas, large comfortable chairs, or private rooms where visitors can rest for the night. The baths are gender segregated while the rest areas generally are not. Some well known 24 hour baths include Oedo Onsen and LaQua in Tokyo and Spa World in Osaka.

Camping in Japan is generally allowed only on designated campgrounds, which are found across Japan, especially in the countryside and national parks. Campgrounds in cities are rare to non-existent. The overnight cost is a few hundred yen per person or around 1000 yen per tent if you bring your own tent. Some campgrounds also provide tents or cabins for rental. Note that many campgrounds are closed during winter.

69 / BUDGET SIGHTSEEING

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 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.

From Azabu-Juban to Tokyo

1. At the Azabu-Juban station board the Namboku (Teal) subway line towards Akabane-iwabuchi.
2. Ride 2 stops and transfer to the Marunouchi (Red) subway line at Tameike-sanno station.
3. Board the Marunouchi (Red) subway line in the direction of Tokyo and Ikebukuro.
4. Ride 3 stops and exit at Tokyo Station.

From Azabu-Juban to Shinjuku

1. At the Azabu-juban station board the Oedo (Pink) subway line in the direction of Shinjuku and Tochomae.
2. Ride 5 stops and exit at Shinjuku Station.

From Azabu-Juban to Shibuya

1. At the Azabu-juban station board the Namboku (Teal) subway line towards Meguro.
2. Ride 3 stops and transfer at Meguro station to the JR Yamanote Line.
3. Board the JR Yamanote Line towards Shibuya
4. Ride 2 stops and exit at Shibuya station.

From Azabu-Juban to Harajuku

1. At the Azabu-juban station board the Namboku (Teal) subway line towards Meguro.
2. Ride 3 stops and transfer at Meguro station to the JR Yamanote Line.
3. Board the JR Yamanote Line towards Shibuya
4. Ride 3 stops and exit at Harajuku Station

From Azabu-Juban to Asakusa

1. At the Azabu-juban station board the Oedo (Pink) line towards Daimon
2. Ride 2 stops and transfer to the Asakusa (Coral) line at Daimon.
3. Board the Asakusa (Coral) line at Daimon going towards Asakusa.
4. Ride 9 stops and exit at Asakusa station.

From Azabu-Juban to Akihabara

1. At the Azabu-juban station board the Oedo (Pink) line towards Daimon
2. Ride 2 stops and exit at Daimon Station. Follow the signs to exit the station and walk across the street to the Hamamatuscho Station to transfer to the JR Yamanote Line.
3. At Hamamatuscho station board the JR Yamanote line heading towards Tokyo Station
4. Ride 6 stops and exit at Akihabara station.

From Azabu-Juban to Ginza

1. At the Azabu-Juban station board the Namboku (Teal) subway line towards Tameike-sanno station.
2. At Tameike-sanno station transfer to the Ginza (Orange) subway line going towards Ginza.
3. Ride 3 stops and exit at Ginz station.

From Sanuki Club to Shinagawa

Shinagawa Station is one of the principal transportation hubs of Tokyo and connects many lines, including the Yamanote Line and the Tokaido Shinkansen. Direct train connections to both Haneda Airport and Narita Airport are provided by Keikyu Railways and the Narita Express, respectively.

1. Walk to the JR Tamachi Station and take the JR Yamanote Line to Shinagawa
- OR
2. Take the Oedo Line from Azabujuban towards Daimon. Ride two stops and exit Daimon Station.
 3. Walk to the JR Hamamatsucho Station and take the JR Keihin-Tohoku Line to Shinagawa Station.

71 TOKYO JR LINES MAP



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73

Direction to Elionix from JR Hachiouji Station



TO ELIONIX FROM HACHIOUJI / 74

Image.1.



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

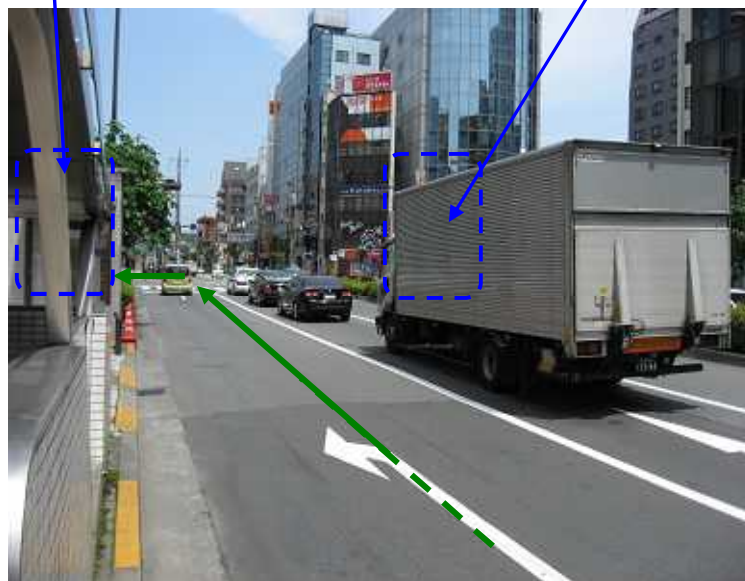


Do not go into downstairs. Keep walking on 2nd floor.



75 / TO ELIONIX FROM HACHIOUJI

Image.2.



TO ELIONIX FROM HACHIOUJI / 76

Image.3.



Image.5.



Cross the street and turn left

Image.4.



Keep going straight

Image.6.



Emergency & Medical Resources

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Powered by:



Control Risks

Japan

Security Advice

STANDARD TRAVEL SECURITY ADVICE

- Maintain a low profile. Dress as inconspicuously as possible and avoid ostentatious displays of wealth. Avoid displaying money, wearing jewellery or carrying valuables such as laptop computers or cameras. When walking in the street, keep your bags and briefcases away from passing traffic.
- Always carry some form of communication equipment, such as a cellular phone programmed with numbers that would be useful in an emergency (police, embassy, International SOS Assistance Centre, etc).
- Understand the basic geography of your destination, and ensure you familiarise yourselves with key routes; avoid high-crime or low-income areas if possible. If you find yourself disorientated, be discreet when consulting a map – or ask for directions from someone in a public, client-facing role, such as a shop assistant or police officer.
- Avoid disputes, demonstrations, political rallies and commotions on the street. Do not stay to watch or photograph them.
- Carry cash in more than one pocket, and keep a small amount in a top pocket to hand over to a criminal who confronts you. A dummy wallet – with a small amount of local currency, an expired credit card and some useless receipts – can be useful to satisfy a mugger.
- Where possible, obtain small denominations of currency and keep the bulk of cash and cards in a money belt, which should only be accessed in private places.
- Ignore verbal 'bait' from passers-by – do not get into an argument – and avoid eye contact with strangers. If you suspect that you are being followed, enter any busy public place and call for help.
- Maintain a high level of information security. Do not give out personal information. Do not discuss your plans with strangers. Do not carry unnecessary amounts of information, either in hard copy or on laptops, removable drives etc.
- Memorise important local phrases (yes, no, how much, stop here etc).
- Be alert to your surroundings: if possible, understand the pattern of life, and be alert for – and ready to respond to changes.
- Limit your alcohol intake: it is likely to reduce your level of awareness and judgment.
- Do not accept food or drinks from strangers. Always keep your food and drink in sight in entertainment venues.

ADDITIONAL ADVICE FOR WOMEN TRAVELLERS

- Call for advice from our security specialists if you have any concerns about the risks you might face in a given destination.
- Observe and respect local clothing customs. Dress modestly to avoid drawing attention.
- In some countries, a lone female traveller is a source of curiosity: you may be stared at if travelling alone. As a precaution, avoid eye contact with strangers, especially on the street and on public transport. If travelling alone, restrict evening entertainment to business-class hotels or membership clubs.
- A wedding ring – even a fake one – can reduce levels of unwanted male attention.
- Decline politely but firmly any invitations which make you feel uncomfortable, even if faced by amicable pressure to accept.
- Ignore suggestive comments.
- Some hotels offer women-only floors; ask about them when you book your room. Ensure your hotel only allows guest access to accommodation floors. You might want to consider using a door wedge and/or portable alarm for extra security.
- Check the available transport options at your destination, and if there are any additional precautions advised for women – such as not using a taxi alone, or where to sit on a bus.

Risk Ratings

- LOW MEDICAL RISK for Japan
- LOW TRAVEL RISK for Japan

Risk 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.

[STANDING TRAVEL ADVICE](#)

Alerts

There are no active alerts for Japan

Vaccinations For Japan

Hepatitis A

[Recommended travel vaccines and capsules.](#)
[Read more](#)

Hepatitis B Recommended for most travellers and expatriates,
[Read more](#)

Japanese encephalitis Vaccine is recommended for people who will
[Read more](#)

Routine Vaccinations

- All routine vaccinations should be current; these include: [Measles-Mumps-Rubella](#), [Tetanus-Diphtheria-Peritussis](#), and [Varicella](#).
- Influenza occurs in the northern and southern hemisphere winters and year-round in the tropics. Consider an annual [vaccination](#).

Other Medical Precautions

- [Before you go - Routine Medical Care](#)
- [Malaria](#)
- [Diseases](#)

Summary

TRAVEL RISK 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.

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STANDING TRAVEL ADVICE

- Normal travel can continue.
- Personnel should comply with restrictions imposed by the government and local authorities in areas affected by the March 2011 earthquake and tsunami.
- Travellers with concerns about public health issues in the aftermath of the March 2011 earthquake and tsunami, especially the radiological effects around the Fukushima and Daiichi nuclear power plants, should seek advice from their medical provider and treat media reporting with caution.
- Crime rates are low; take sensible basic precautions against petty and street crime.
- As a high-profile commercial centre and prominent ally of the US, Japan is a potential target for terrorist attacks by Islamist extremists. Domestic leftist, ~~radicalised~~ and other extremists have used violence in the past and further attacks are possible. The risk posed to travellers is low; nevertheless, report suspicious behaviour or suspect packages to the authorities.

Personal Risk

CRIME

Crime rates are low. Streets in the central business areas of major cities are generally safe for foreigners at all times, though petty crime such as pickpocketing can occur in crowded areas such as shopping centres, train stations and airports. Personnel are advised to exercise extra caution and remain alert against louts at bars or clubs who offer lucrative deals to extort large bills and do not accept food or drinks from strangers or leave drinks unattended, as spiked drinks have resulted in assaults and robberies. The activities of organised criminals (the yakuza) should not affect personnel on legitimate business.

TERRORISM

There is no evidence of domestic terrorist groups in Japan, though left-wing activists and ultra-right nationalists have attempted to implement small-scale attacks. However, Japan's effective domestic security forces and tight immigration controls render it difficult for militants to infiltrate and operate successfully in the country.

SOCIAL UNREST

Politically motivated protests occur with some frequency, though demonstrations require a permit and activity is closely monitored by the police. Activists have on some occasions carried out minor arson attacks against military installations and symbols of the imperial family. However, incidents of arson usually occur late at night and do not target foreigners.

Anti-nuclear sentiments run quite high in the country due to the crisis at the Fukushima Daiichi plant; the facility was significantly damaged during a 9.0-magnitude earthquake and a subsequent tsunami in March 2011. Protests take place occasionally but generally pass off peacefully; such protests are held to demand that Japan end its use of nuclear power and adopt alternative energy sources instead. Potential venues for such events include public parks, main thoroughfares and the headquarters of nuclear plant operator Tokyo Electric Power Co (TEPCO) in the capital Tokyo.

Opposition to US presence on Okinawa Island has resulted in relatively large demonstrations outside the US military base and the prefectural office on the island; similar related protests have also been held in Tokyo. However, such gatherings have passed without incident. Protest over territorial disputes with South Korea and China can also occur, resulting in localised disruption.

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.

CONFLICT

Japan is involved in territorial disputes over three sets of islands

- Kurile Islands north of Hokkaido, which the former Soviet Union occupied in 1945 and are now under Russian jurisdiction;
- Senkaku (Diaoyu in Chinese) Islands in the East Japan Sea, which are occupied by Japan, but claimed by Taiwan and China. The establishment of an Air Defence Identification Zone (ADIZ) by China in November 2013 escalated regional tensions in the East China Sea; the Chinese ADIZ includes the airspace over the abovementioned islets and partly covers Japan's ADIZ as well as those of South Korea and Taiwan;
- Takeshima (Dokdo or Tokdo in Korean) Islands in the Sea of Japan, which are occupied by South Korea but claimed by Japan.

These disputes occasionally escalate, often because of domestic political considerations in one of the countries.

EMERGENCY NUMBERS

Emergency Numbers	
Ambulance	119
Fire	119
Police	110

Country Stability

POLITICAL SITUATION

Japan is a constitutional monarchy with a parliamentary democracy based on a multi-party system. The constitutional monarch (emperor) is the official head of state, though his functions are purely ceremonial. The country's legislative power resides with a bicameral legislature, the Diet, comprising a 480-seat lower house (House of Representatives) and a 242-member upper house (House of Councillors). Elections to the upper house are held every three years and to the lower house at least once every four years. The prime minister, who is the leader of the party with the greatest representation in the Diet, heads the government. Executive power is vested in a cabinet consisting of the prime minister and ministers of state.

Major political parties are: the Democratic Party of Japan (DPJ), the Social Democratic Party (SDP), Japan Restoration Party, the Liberal Democratic Party (LDP), People's Life Party, the New Clean Government Party (Komeito), the Japan Communist Party (JCP) and Your Party (YP). The major parties are characterised by factional infighting and prime ministers have been known to serve short terms, but this has little effect on governance. In the August 2009 general elections, the DPJ defeated the LDP, which had been in power for nearly 50 years.

Yoshihiko Noda of the ruling DPJ was appointed prime minister in September 2011 following a run-off vote among parliamentarians that was triggered by the resignation of Naoto Kan (2010-11). Noda and his cabinet survived a parliamentary no-confidence motion in August 2012, which was brought by six small opposition parties. The ruling DPJ suffered a heavy defeat from the LDP in the December 2012 general elections; the LDP's leader Shinzo Abe is the current prime minister.

RULE OF LAW

The legal system is based on both European continental civil law and common law Anglo-American traditions. The judiciary has the Supreme Court at its apex and is independent of the legislature and executive, whose activities it is empowered to review.

Japan has a unique prosecutorial system. Ninety-nine percent of defendants are convicted following their own confession. Japan has a death penalty that can be invoked by the minister of justice for crimes including murder and arson.

The National Police Agency determines policies and standards for the police system. General policing is conducted by the Prefectural Police, who are highly capable, efficient and helpful, including with petty crimes. The police maintain cabins (koban) at the intersections of main streets which are operational throughout the day.

CORRUPTION

Japanese society has a long, intricate and iron-clad system of patronage between corporations, government, bureaucracy and politicians. This produces a system of governance that is as questionable as many of the more corrupt regimes in developing countries. News reports have reinforced the image of Japanese politicians as profoundly corrupt and lacking transparency.

The behaviour of politicians has led to the belief that corruption is part of the country's political culture and, in consequence, its business culture as well. However, the everyday corruption associated with life and work in corrupt countries in the developing world is absent in Japan.

NATURAL DISASTERS

Japan is in a seismically active zone and earthquakes of varying magnitude occur frequently. There is also a risk of tsunamis due to seismic activity in the Pacific, though the country has established an advanced early warning and evacuation system. A magnitude 9.0 earthquake on 11 March 2011 struck off the north-eastern coast, with its epicentre in the Pacific Ocean. The massive tsunami precipitated a tsunami that inundated areas along the north-eastern coastal areas, including Miyagi prefecture (Tōhoku Region) on Honshu Island; the prefecture capital Sendai was the worst affected.

The country is also affected by tropical storms from May to October each year. Strong typhoons usually result in flooding in coastal areas; these tend to occur in September and October. Japan also has several active volcanoes.

RECENT HISTORY

After its defeat in the Second World War, Japan recovered to become an economic power and a staunch US ally. In 1947, a new constitution took effect and the emperor became a symbolic head of state. Japan regained full independence when the San Francisco Peace Treaty came into force in April 1952.

Japan saw tremendous economic growth in the post-war years, with the political system dominated by the Liberal Democratic Party (LDP). New technologies and manufacturing were undertaken with great success. A shrewd trade policy gave Japan larger shares in many Western markets, an imbalance that caused some tensions with the US. The close involvement of the Japanese government in banking and industry produced accusations of protectionism. Trade disputes, a floating exchange rate and oil shocks in 1973 and 1979 challenged the economy. However, economic growth continued through the 1970s and 1980s, eventually making Japan the second-largest economy in the world (after the US).

During the 1990s, Japan suffered an economic downturn prompted by scandals involving government officials, business and business of industry. Japan succumbed to the Asian financial crisis in 1998, experiencing its worst recession since the war. The LDP returned to power after less than a year in opposition. Since 1998, a weak economy and shifting political alliances produced a succession of prime ministers. The Democratic Party of Japan (DPJ) in August 2009 won a landslide victory after a

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gradual reduction in support for the LDP. Yukio Hatoyama of the DPJ in September 2009 became prime minister. Naoto Kan, who assumed leadership of the DPJ, was appointed as prime minister in June 2010, though he resigned from the post in August 2011 following criticism over the management of the post-March earthquake situation. Yoshihiko Noda of the DPJ was appointed prime minister in September 2011 following a run-off vote among parliamentarians.

Since the September 2001 terrorist attacks in the US, Japan has become increasingly active in international diplomacy and is now regarded as a reliable and constructive partner of the West on a wide range of issues, including Iraq, the Middle East peace process, Afghanistan, North Korea and counter-terrorism. Japan's relations with neighbouring South Korea and China became tense after a long-running territorial disputes resurfaced in 2012.

Before You Go

Routine Medical Care

- ◆ Obtain routine medical and dental care before you leave. 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 prescriptions. 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).

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 travelers and expatriates.
Hepatitis B	Recommended for most travellers and expatriates, especially: <ul style="list-style-type: none"> ◆ 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. (Consult the "Diseases" section to see specific location details for this country.) You are engaging in a 'higher risk' activity if you: <ul style="list-style-type: none"> ◆ Travel during the peak Japanese encephalitis season (consult the "Diseases" section to see specific season details for this country). ◆ Spend a significant amount of time outdoors, particularly in the evening and nighttime, 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.

Standard of Care

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

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.

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.

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.

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.

Clinics & Hospitals

Medical Providers

No matter where you are, contact International SOS 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

Hospitals / Clinics

These hospitals and clinics are often recommended by embassies and/or used by expatriates.

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

Food & Water

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](#)

Diseases

These pages display diseases in approximate order of risk

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.

[More on Rabies and its presence in Japan](#)

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.

[More on Hepatitis A](#)

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.

[More on Japanese encephalitis and its presence in Japan](#)

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:

[More on HIV, Hepatitis B and C, & STIs](#)

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.

[More on Cutaneous Larva Migrans](#)

Getting There

METHOD OF ARRIVAL

By air

The country's main international airports include: Narita International Airport ([NRT](#)), which serves the capital Tokyo; Fukuoka Airport ([FUK](#)), which serves the city of Fukuoka; Kagoshima Airport ([KGO](#)) in Kagoshima city; Central Japan International Airport ([NJO](#)) in Tokoname city and Kansai International Airport ([KIX](#)), located in Osaka city. Narita and Kansai airports are the largest; the others mainly provide short-haul international flights. Signs are in English as well as Japanese. Flight delays and cancellations may periodically occur due to typhoons and tropical storms between May and October, as well as heavy snowfall during the winter season (December-March).

Narita is one of the world's most secure airports. Visitors may see armed security force personnel patrolling at airports. Airlines have variable security standards. You may wish to consult the European Commission's [website](#) for a list of airlines banned within the EU and the US Federal Aviation Administration's [website](#) for a database of aviation accidents and statistics.

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 adviser, 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/3	Yes
Europe	Yes	No/1/2/3	Yes
United States	Yes	No/2	Yes

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, Bulgaria, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia and the US for stays of up to 90 days;
3. Nationals of Belgium, Canada, Cyprus, Denmark, Finland, France, Greece, Italy, Luxembourg, Malta, Netherlands, Portugal, Slovenia, Spain and Sweden for stays of up to three months.

Visitors from Andorra, Argentina, the 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 accommodation listed at the port of entry.

Japanese encephalitis transmission during the day.

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- Nationals of Australia, Bulgaria, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Slovakia and the US for stays of up to 90 days;
- Nationals of Belgium, Canada, Cyprus, Denmark, Finland, France, Greece, Italy, Luxembourg, Malta, Netherlands, Portugal, Slovenia, Spain and Sweden for stays of up to three months.

Visitors from Andorra, Argentina, the 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.

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LANGUAGE

Japanese is the official language. English is spoken in major hotels and in shops catering for tourists, but only minimally elsewhere. Many Japanese business people who deal with foreigners speak good English, but business negotiations are often conducted through an interpreter. It is unwise to try to speak Japanese in business meetings, even with a relatively high degree of fluency. However, in social contexts some familiarity with the Japanese language or Japanese customs will be greatly appreciated.

MONEY

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 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.

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 you 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 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.

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.

Working Week

- 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.

Phone & Power

Japan Telecommunications

Emergency Numbers	
Assistance	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

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:



Geography & Weather

[Weather data provided by weather.com](#)

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](#).

GEOGRAPHY

An archipelago in the Pacific, Japan lies to the east of China, Korea and Russia, stretching from the Sea of Okhotsk in the north to the East China Sea in the south. Japan has four main islands, running from north to south; Hokkaido, Honshu (the largest island, where the capital Tokyo and most major cities are located), Shikoku, and Kyushu. There are also about 3,000 smaller islands stretched in an arc between the Sea of Japan, the East China Sea and the Pacific Ocean.

Approximately 75% of the country is forested and mountainous. Due to the generally steep elevations, climate and risk of landslides, this mountainous land is ~~unsuitable~~ unsuitable for agricultural, industrial or residential use. This has resulted in an extremely high population density in the habitable zones that are mainly located in the coastal areas. The country is divided into eight regions and 47 prefectures. Major cities include Yokohama, Osaka, Nagoya, Sapporo, Kobe, Kyoto, Fukuoka, ~~Kansai~~ and Hiroshima.

Embassies & Consulates

Embassies

Australia Consulate

Fukuoka

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

Fukuoka 810-0001

Japan

Telephone: +81 52 7345255

Facsimile: +81 92 7345058

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

Osaka

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

Osaka 540-6126

Japan

Telephone: +81 6 69419448

Facsimile: +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

Facsimile: +81 3 52324149

Email: auscitreg.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

Facsimile: +81 3 32 620651

Email: tokyo@diplomatie.fed.be

website: <http://www.diplomatie.be/tokyo/>

Canada Consulate

Nagoya

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

Nagoya 460-0002

Japan

Telephone: +81 52 9720450

Facsimile: +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

Facsimile: +81 3 54126289

Email: tokyo-consul@international.gc.ca

website: <http://www.japan.gc.ca>

China Consulate

Fukuoka

Chuo-ku Jigyohama 1-3-3; Fukuoka

Fukuoka

Japan

Telephone: +81 92 7131121

Fax: +81 52 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

Fax: +81 52 9321169

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

Osaka

3-9-2 Utsubonomachi Nishi-ku; Osaka

Osaka

Japan

Telephone: +81 6 64459481

Fax: +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

Fax: +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

Fax: +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

Fax: +81 3 57986084

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 531-6036

Japan

Telephone: +81 6 69405870

Fax: +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

Fax: +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

Fax: +81 6 62010590

Email: segreteria.osaka@esteri.it

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

Italy Embassy

Tokyo

2-5-4 Miya, Minato-ku, Tokyo

Tokyo 108-8302

Japan

Telephone: +81 3 34535291

Fax: +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

Fax: +81 6 69447275

Email: osa@minbuza.nl

website: <http://japan.niembassy.org/>

Netherlands Embassy

Tokyo

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

Tokyo 105-0011

Japan

Telephone: +81 3 57765400

Fax: +81 3 57765535

Email: tok@minbuza.nl

website: <http://japan.niembassy.org/>

South Africa Embassy

Tokyo

3-4 Floor, Office Building, Hirafune-cho 2-chome 1-1, Chiyoda-ku, Tokyo

Tokyo

Japan

Telephone: +81 3 32653366

Facsimile: +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

Facsimile: +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

Facsimile: +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

Facsimile: +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

Facsimile: +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

Facsimile: +81 3 52753164

Email: embassy.tokyo@fco.gov.uk

website: <http://ukinJapan.fco.gov.uk/>

United States Consulate

Fukuoka

5-25 Otori 2-chome, Chuo-ku, Fukuoka

Fukuoka

Japan

Telephone: +81 52 7519331

Facsimile: +81 52 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

Facsimile: +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 32345000

Facsimile: +81 3 35051862

website: <http://tokyo.usembassy.gov>

Calendar

2014

21 Jul Marine Day (Umi no hi)

This holiday is celebrated on the third Monday of July.

16 Sep Respect for the Aged Day (Keiro no hi)

This holiday is celebrated on the third Monday of September.

22 Sep Autumnal Equinox Day

13 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

21 Mar Vernal Equinox

29 Apr Showa Day (Showa no hi)

This holiday celebrates the birthday of former emperor Showa (also 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 various dolls.

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.

95 / SAMPLE CISI INSURANCE LETTER



LISA CHIBA

09-Apr-2014

Dear LISA:

Your request for insurance coverage has been processed. Below you will find your identification card which reflects your dates of coverage: **15-May-2014** through **08-Aug-2014**, and your **Participant ID: 1301554** under the protection plan policy number: **13 GLM N0495094A**.

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



GROUP SPONSOR: UNIVERSITY OF TULSA

Your protected plan policy number is 13 GLM N0495094A
Your participant ID is 1301554

Participant Name: CHIBA, LISA

Coverage Dates: 15-May-2014 to 08-Aug-2014

For 24/7 emergency assistance call AXA ASSISTANCE at (855) 327-1411 (in U.S.), (312) 935-1703 (call collect from outside the U.S.), Email:

MEDASSIST-USA@AXA-ASSISTANCE.US.

Your Team Assist ID # is 13 GLM N0495094A.

KEEP THIS CARD WITH YOU AT ALL TIMES

It is proof of identification as an insured under this plan. 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 provider/emergency assistance services, and I understand they may contact my next of kin or my nominated emergency contact without my prior consent.



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



Linda Langin -Sr. Vice President
Cultural Insurance Services International

The Consul General of Japan

April 09, 2014

Dear Sir/Madam:

Please accept this letter as confirmation that **LISA CHIBA** has **worldwide insurance coverage** for a study abroad program sponsored by **UNIVERSITY OF TULSA**. The dates of coverage extend from **15-May-2014** through **08-Aug-2014** under policy number **13 GLM N0495094A**. This plan is offered by **Cultural Insurance Services International** and underwritten by **ACE AMERICAN INSURANCE CO.**

The benefits under this plan provide **100.00%** payment of covered medical expenses up to **\$100,000.00** for injury and illness. Each participant is covered if, as the result of a covered accident or 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 Medical 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 (855) 327-1411 or call collect from outside of the U.S. to (312) 935-1703.

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

Sincerely,

A handwritten signature in cursive script that reads "Linda Langin".

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, (0) 90 - 7699-0699
- 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

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Public Services

In Case of Earthquake

Japan is, and always has been, a seismically active country. Earthquakes are not unusual here; so it is important for you to know how to stay as safe as possible when an earthquake occurs. After a major earthquake, other earthquakes may occur. These are called aftershocks. Bigger earthquakes cause bigger aftershocks. Aftershocks can continue for weeks, months, or even years after the main earthquake.



If you live in an earthquake-prone area, being prepared can help you avoid injury. Learn what to do [before an earthquake occurs](#).

If an earthquake occurs, you can help protect yourself with three steps: DROP, COVER, and HOLD ON. Here is more information about [what to do during an earthquake](#).

The USAID Regional Advisor shares information about [what to expect after a major earthquake](#). (YouTube video)

After an earthquake, you can still be injured. Learn how to [stay safe following an earthquake](#). For more information about "Drop, Cover, Hold on!" visit www.dropcoverholdon.org.

What to Do During an Earthquake ~ <http://www.ready.gov/earthquakes>

Drop, cover and Hold On. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

- DROP to the ground;
- take COVER by getting under a sturdy table or other piece of furniture;
- and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Do not use a doorway except if you know it is a strongly supported, load-bearing doorway and it is close to you. Many inside doorways are lightly constructed and do not offer protection.
- Stay inside until the shaking stops and it is safe to go outside. Do not exit a building during the shaking
- Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- DO NOT use the elevators.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

If Outdoors: Stay there. Move away from buildings, streetlights, and utility wires. Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

Embassy of the United States

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Public Services

Protect Yourself from a Tsunami

Tsunamis are a series of ocean waves that can be very large and destructive when they come to shore. They are often caused by underwater earthquakes. If a major earthquake or landslide occurs close to shore, the first wave could reach the beach in a few minutes. Tsunamis can be extremely violent and destructive and also can have serious health effects. Waves and flooding that follows can contaminate water and food supplies and cause injuries, and loss of shelter. This information from U.S. government agencies can help you prepare for a tsunami or recover after one occurs.



[What to do Before and During a Tsunami](#) from FEMA

The [Centers for Disease Control and Prevention website](#) does a good job covering tsunamis.

The National Oceanic and Atmospheric Administration operates a [Pacific Tsunami Warning Center](#) that provides early alerts of possible tsunami waves.

What to Do Before & During a Tsunami ~ http://www.fema.gov/hazard/tsunami/ts_before.shtm

What to Do Before a Tsunami

- Be aware telephone lines during a tsunami watch or warning may be overloaded and routes may be jammed.
- Know your community's warning systems and disaster plans, including evacuation routes.
- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.
- If you are a tourist, familiarize yourself with local tsunami evacuation protocols. You may be able to safely evacuate to the third floor and higher in reinforced concrete hotel structures.
- If an earthquake occurs and you are in a coastal area, turn on your radio to learn if there is a tsunami warning.

What to Do During a Tsunami

- Follow the evacuation order issued by authorities and evacuate immediately.
- Move inland to higher ground immediately. Pick areas 100 feet (30 meters) above sea level or go as far as 2 miles (3 kilometers) inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference.
- Stay away from the beach. Never go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it. CAUTION - If there is noticeable recession in water away from the shoreline this is nature's tsunami warning and it should be heeded. You should move away immediately.
- Save yourself - not your possessions.

What to Do After a Tsunami

- Return home only after local officials tell you it is safe. A tsunami is a series of waves that may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk.
- Stay away from debris in the water; it may pose a safety hazard to people or pets.
- Stay out of any building that has water around it. Tsunami water can cause floors to crack or walls to collapse.
- Use caution when re-entering buildings or homes. Tsunami-driven floodwater may have damaged buildings where you least expect it. Carefully watch every step you take.

Embassy of the United States

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American Citizen Services

Radiation, Health and Food Safety Information Post-Fukushima

Visit the website of the [Prime Minister's Office of Japan](#) for up-to-date information on the post-March 2011 earthquake situation.

People are exposed to small amounts of radiation every day, both from naturally occurring sources (such as elements in the soil or cosmic rays), and man-made sources. Man-made sources include medical sources (such as x-rays, certain diagnostic tests, and treatments). The amount of radiation from natural or man-made sources to which people are exposed is usually small, and this "background radiation" is different in different locations. A radiation emergency, such as a nuclear power plant accident or a terrorist event, could expose people to small or large doses of radiation, depending on the situation.

After the March 11, 2011 earthquake and tsunami damaged the Fukushima Dai-ichi nuclear power plant, Japanese and U.S. government officials took steps to protect public health. These actions included evacuating the area around the plant, alerting people who could not leave to shelter-in-place, and stopping production and distribution of food from affected areas to other parts of Japan and the world. Nonetheless, concern about the effects of radiation continues.

About radiation exposure or contamination

A person who has been exposed to radiation is not necessarily contaminated with radioactive material. A person who has been exposed to radiation has had radioactive waves or particles penetrate the body, like having an x-ray. Contamination occurs when the radioactive material gets on or inside the body. External contamination occurs when radioactive material gets on a person's body. It can be removed by changing clothing and carefully and gently washing hands, face and hair. Avoid scrubbing your skin. Scrubbing can irritate the skin, allowing radioactive material to more easily penetrate the body, resulting in internal contamination. Internal contamination occurs when radioactive material gets inside a person's body by eating or drinking contaminated food or drink, or through an open wound.

The [Centers for Disease Control and Prevention](#) and the [Environmental Protection Agency](#) give helpful information about radiation and its health effects.

Water and Food

As in the United States, the Japanese government has set drinking water standards to protect public health. Although Japanese standards may differ from those in the United States, Japanese drinking water standards are appropriate and protective of public health.

Drinking water and environment radioactivity measurements are updated daily by Japan's Ministry of Education, Culture, Sports, Science and Technology (<http://radioactivity.mext.go.jp>). Also see Japan's Ministry of Health, Labor and Welfare's [English language website](#) for its latest information on the safety of water and specific foods in Japan.

[Government of Japan's new standards for cesium in food and water](#) (March 29, 2012)

[Government of Japan's Special Report on Beef Safety](#) (Aug. 29, 2011)

[Q&A on Japanese Government Health Protections](#) (July 27, 2011)

[Information on contamination of food by radioactive particles](#)

More resources

[Tokyo](#)

[Saitama](#)

[Gunma Air radiation levels, radioactivity level of tap water](#) (Note: English website doesn't include fallout analysis.)

[Chiba Reference-English website of Disaster Prevention](#)

Ibaraki [Reference-English website of Emergency and Disaster](#)

Kanagawa [Reference-Earthquake Information](#)

[Operation Tomodachi Registry by the U.S. Department of Defense](#)

The Japanese Ministry of Land, Infrastructure and Transportation updates conditions at airfields and ports.

[Information on Radioactivity Level \(Metropolitan Airports and Ports\)](#)

[Latest report](#)

The Nuclear Regulatory Commission:

[Provides a radiation dose calculator](#)

[Answers your questions about radiation](#)

[Lets you ask an expert](#)

The Environmental Protection Agency

Here you can find further information about the radioactive isotopes identified at the Fukushima Dai-ichi nuclear power plant site.

[Cesium](#)

[Iodine-131](#)

[Plutonium](#)

[Strontium](#)

Embassy of the United States Tokyo, Japan

AMERICAN CITIZEN SERVICES

Calling for Help

In case of an emergency in Japan, being able to communicate with the emergency dispatcher can literally be a life-saver.

Throughout Japan, an emergency phone call can be made free of charge from any phone including public pay phones.

Ambulance - Dial 119

Fire - Dial 119

Police - Dial 110

For further information on [calling an ambulance or the fire department](#), check the following websites. Although these websites are published by the Tokyo Metropolitan Government, the information contained in them is generally applicable throughout Japan.

- [Emergency Call by the Tokyo Fire Department](#)
- [Calling 119 for Medical Emergency by the Tokyo Metropolitan Government website](#)
- [Calling 119 for Fire by the Tokyo Metropolitan Government website](#)

For further information on calling the police, check the following website.

- [Calling 110 for police by the Tokyo Metropolitan Government website](#)

Persons seeking assistance should be able to describe their address/location in Japanese or enlist a friend who can do so, as few police officers and fire department staff speak English.

The Tokyo Metropolitan Government website has information on emergency calls at http://www.tokyo-icc.jp/guide_eng/kinkyu/01.html. The phone numbers and procedures also apply to other areas in Japan.

The Tokyo fire department emergency operator staff, which can be reached by dialing 119, has English-speaking staff available. In addition, the Tokyo Metropolitan Health & Medical Information Center offers an emergency interpretation service with English-speaking doctors at (03) 5285-8185. Their website, himawari.tokyo-hpc.or.jp, contains an excellent, comprehensive "Guide to Emergency Medical Treatment in Tokyo".

[The Osaka Municipal Fire Department](#) also has useful information in English, including [Osaka Municipal Emergency Hospital Information Service](#), 06-6582-7119.

103 / CALLING FOR HELP

Here's how to deal with emergency calls for ambulance in Japan.

First Steps

- In case of emergency, dial **119** (may not work from cell phones);
- In case of fire, say: *KAJI DESU*;
- To call an ambulance, say: *KYUU-KYUU DESU*;
- Do not hang up until the dispatcher understands your address and telephone number;
- Send someone out to the nearest major intersection to meet the ambulance or fire truck.

What May Happen During Your Call

Dispatcher: *SHOU BOU CHOU... KAJI DESU KA? KYUU KYUU DESU KA?* (Fire department... Fire or ambulance?)

Caller: *KYUU KYUU DESU*. (Ambulance)

Dispatcher: *DOU SHIMASHITA KA?* (What happened?)

Caller: (see vocabulary below)

Telephone number is...	<i>DENWA BANGO WA (number)... DESU.</i>
My name is...	<i>WATASHI NO NAMAЕ WA (name)... DESU.</i>

Bleeding	<i>SHUKKETSU DESU</i>
Broken bone	<i>KOSSETSU DESU</i>
Burn	<i>HIDOI YAKEDO DESU</i>
Difficulty Breathing	<i>KOKYUU KONNAN DESU</i>
Convulsions	<i>KEIREN DESU</i>
Chest Pains	<i>MUNE GA TAIHEN KURUSHII DESU</i>
High Fever	<i>KOU NETSU DESU</i>
Injury	<i>KEGA DESU</i>
Poison	<i>DOKUBUTSU DESU</i>
Poison Gas	<i>DOKU GASU DESU</i>
Sick	<i>BYOUKI DESU</i>
Unconscious	<i>KI FUMEI DESU</i>

Giving Your Address

The emergency service people need to know how to locate you in order to help. The dispatcher may say *JU-SHO WA?* (or) *NANI-KU, NANI- MACHI, NAN-BAN DESU KA?*, asking "What is your address?"

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For example, the address of the American Embassy in English is: 10-5 Akasaka 1-chome, Minato-ku, Tokyo

In Japanese, this is reversed, and best understood, as follows: *Tokyo-to, Minato-ku, Akasaka itt-chome juu no go.*

Front	MAE
Behind	URA
Diagonally in Front	NANA ME MAE
Next to	TONARI
Intersection	KOOSATEN

Since many Japanese streets do not bear names and house/building numbers are not consecutive, it is very important that you learn how to give adequate directions to your residence in case you need to explain it to a dispatcher, usually guiding them by way of major landmarks.

One of the best tests to determine if you have the capability to guide someone to your residence is being able to order a taxicab, and not from a company which has your information already programmed into its computer.

Japanese neighbors are a great source of information - ask them to tell you, word by word, how they direct people to their residences. Practice these directions on a regular basis and keep a cheat sheet by your telephone for family, babysitters, or friends to use in case of need.

Assuming you are not calling from a cell phone, just stay on the line. Emergency operators at the fire department in most major urban centers have the ability to trace calls to your location.

Other Important Points

You can call an ambulance anytime and anywhere in Japan by simply dialing **119** (may not work from cell phones). Ambulances as a part of municipal fire departments, do not charge for transportation to hospitals. However, patients are responsible for medical expenses.

Ambulance personnel transfer the patient to the nearest, most suitable medical center depending on the symptoms and condition of the patient as well as on the situation and location. The patient may not therefore be taken to the hospital of his or her choice.

To call an ambulance from a public phone, no coins nor telephone cards are needed if the public phone has an emergency call button (exceptions include red and pink phones, which operate only with 10 yen coins). Pick up the receiver, press the red emergency call button and dial 119. Newer public phones do not have an emergency call button, but do allow you to call for help by simply dialing **119**.

International Telephone Dialing Instructions

Dialing direct to the U.S. from Japan:

1. First dial Japan's International Access Code (dial 010)
2. Then dial the U.S. Country Code, Area Code, and local phone number: dial 1, then the 3-digit Area Code, and 7-digit Phone Number.

Example: dial 010 +1+202-555-1234

Intl Access Code + U.S. Country Code + U.S. Phone Number

Dialing Japan from the U.S.:

1. First dial the International Access Code in the U.S. (dial 011)
2. Then dial the Japan Country Code, the City Code (delete the first zero), and the local phone number.

Example (a): the phone number in Tokyo is 03-3224-9999; from a phone in the U.S., dial 011 + 81 (Japan Country Code) + 3 (City Code) + 3224-9999 (local phone number). Do not dial the "0" in the "03" when dialing internationally.

Example (b): the cell phone number in Tokyo is 080-1234-5678; from a phone in the U.S., dial 011 + 81 (Japan Country Code) + 80-1234-5678. All Japanese cell phones have 090 or 080 as the first three digits, when dialing internationally do not dial the first "0".

Calling Collect from Japan to the U.S.:

Try one of the below numbers to reach U.S. telephone companies (Home Country Direct Service):

AT&T: 00539-111

VERIZON: 00539-121

SPRINT: 00539-131

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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?



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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 paraphernalia 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 travelling 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.

stay safe.
go from here.



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.

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