



2012

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-Day Pre-Departure Orientation at Rice University
- Three-Week Language & Culture Orientation in Tokyo
- Eight-Week Research Internship in a Japanese Nanotechnology Laboratory
- 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!



Program Staff in Japan / 5



Junichiro Kono, Professor, Rice University
Departments of Electrical & Computer Engineering and Physics & Astronomy
TeraNano PIRE Principal Investigator, Introduction to Nanoscience Seminar Week 1
Japanese Cell Phone: + 81 (0) 9012514641 Dates in Japan: 5/14 - 5/20 & 7/6 - 7/14
E-mail Address: kono@rice.edu



Dr. Cheryl Matherly, Vice Provost for Global Education, University of Tulsa
TeraNano PIRE co-PI & Education Director
Dates in Japan: July 6 - July 12, 2012
U.S. Office Phone: +1 (918) 631-3225 [REDACTED]
E-mail Address: cheryl-matherly@utulsa.edu



Sarah Phillips, Rice University
Manager, TeraNano PIRE Education & International Initiatives
U.S. Office Phone: +1 (713) 348-6362 [REDACTED]
Dates in Japan: July 6, - July 14, 2012
E-mail Address: nanojapan@rice.edu or sphillips@rice.edu



Keiko Packard, NanoJapan Program Representative in Japan
Dates in Japan: May 13 - July 31, 2012
Japanese Cell Phone: [REDACTED]
E-mail Address: kip.jpn@gmail.com



Mitsuaki Shimojo, Associate Professor, Linguistics, University at Buffalo (SUNY)
TeraNano PIRE Japanese Language Director
U.S. Office Phone: +1 (716) 645-0131
Japanese Cell Phone: TBA Dates in Japan: May 13 - June 3
E-mail Address: shimojo@buffalo.edu



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
Japanese Cell: TBA Dates in Japan: May 21 - 27. 2012
E-mail Address: jbird@buffalo.edu



Christopher Stanton, Professor, Physics, University of Florida
TeraNano PIRE co-PI & Intro to Nanoscience Seminar Week 3
U.S. Office Phone: +1 (352) 392-8753
Japanese Cell: TBA Dates in Japan: May 28 - June 3. 2012
E-mail Address: stanton@phys.ufl.edu

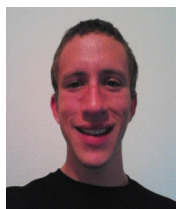
6 / NanoJapan Students



Ms. Emma Breen, Rice University, Freshman
Electrical & Computer Engineering and English
Research Host in Japan: Prof. Morinobu Endo, Shinshu University (Nagano)
U.S. PIRE Research Advisor: Dr. Robert Vajtai, Ajayan Lab, Rice University



Mr. Kofi Christie, Morehouse College, Freshman
Applied Physics and Materials Science & Engineering
Research Host in Japan: Prof. Takashi Arikawa, Kyoto University
U.S. PIRE Research Advisor: Dr. Thomas Searles, Morehouse College



Mr. Matthew Feldman, University of Florida, Sophomore
Electrical Engineering, Physics, and Japanese
Returning to Rice Univ. for research internship period. Host TBD.
U.S. PIRE Research Advisor: Prof. Junichiro Kono, Rice University



Ms. Preeya Kuray, Rutgers, the State University of New Jersey, Sophomore
Materials Science & Engineering and Nanotechnology
Research Host in Japan: Prof. Satoshi Kawata, Osaka University
U.S. PIRE Research Advisor: Prof. Junichiro Kono, Rice University



Mr. Jacob McAlpin, Louisiana State University, Sophomore
Chemistry with a Concentration in Materials
Research Host in Japan: Prof. Kazuhisa Sueoka, Hokkaido University (Sapporo)
U.S. PIRE Research Advisor: Prof. Junichiro Kono, Rice University



Ms. Grace Meikle, University of Notre Dame, Sophomore
Physics and Chinese
Research Host in Japan: Prof. Shigeo Maruyama, University of Tokyo
U.S. PIRE Research Advisor: Prof. Junichiro Kono, Rice University



NanoJapan Students / 7



Mr. Alec Nicol, University of Minnesota, Twin Cities, Sophomore
Chemistry and Biochemistry, Minor in Physics
Research Host in Japan: Prof. Yuichi Ochiai & Noboyuki Aoki, Chiba University
U.S. PIRE Research Advisor: Prof. Jonathan Bird, University at Buffalo (SUNY)



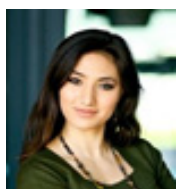
Mr. Jacob Olitsky, Carnegie Mellon University, Sophomore
Physics
Research Host in Japan: Prof. Kazuhiko Hirakawa, University of Tokyo
U.S. PIRE Research Advisor: Prof. Jonathan Bird, University at Buffalo (SUNY)



Mr. Eric Rosenthal, University of Pennsylvania, Freshman
Physics and Chemistry
Research Host in Japan: Prof. Riichiro Saito, Tohoku University (Sendai)
U.S. PIRE Research Advisor: Prof. Christopher Stanton, University of Florida



Mr. Aren Siekmeier, University of Minnesota, Twin Cities, Freshman
Physics and Mathematics
Research Host in Japan: Prof. Yuichi Ochiai & Noboyuki Aoki, Chiba University
U.S. PIRE Research Advisor: Prof. Jonathan Bird, University at Buffalo (SUNY)



Ms. Mika Tabata, Rice University, Sophomore
Bioengineering
Research Host in Japan: Prof. Masayoshi Tonouchi, Osaka University
U.S. PIRE Research Advisor: Prof. Junichiro Kono, Rice University



Mr. Mitchell Trafford, University of Tulsa, Freshman
Chemical Engineering and Mathematics
Research Host in Japan: Prof. Yukio Kawano, Tokyo Institute of Technology
U.S. PIRE Research Advisor: Prof. Jonathan Bird, University at Buffalo (SUNY)



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 (Student Pricing)

Line Fee	\$0.00 per day	Minimum Traffic Required	\$0.00
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	TIMES AND DAYS	JPY / MINUTE	Type of Call	TIMES AND DAYS	JPY / MINUTE
Incoming Calls Calls to your Japanese number originating from anywhere in the world, while you are in Japan (even calls from the U.S.).	24 hours, 7 days	0.00	Value Zone 3 International* Calls to Greece, India, Austria, Netherlands, Spain, Czech Republic, Poland or Belgium using 0063 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 Net 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) Emobile text messages sent within Japan.	Flat fee per message	4.2
Zone 1 International Direct calls to USA (not including Alaska), South Korea, China or Hong Kong	24 hours, 7 days	50	International Text Messages (SMS) Emobile 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 0063 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 sent via cell phone	Per 1 KB	2.1

***Value Calls** - Must use 0063 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 these 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 29, 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 various 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 Calls to your U.S. Virtual Number, while you are in Japan	24 hours, 7 days	U.S. \$ 0.49 / min.
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in collaboration with



Rates & Info online at: www.piccellwireless.com

Email us directly at info@piccellwireless.com or call us toll-free in the U.S. at 1-877-235-5742 or within Japan at: (+81) 345-790-242



[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 Calls

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 0 123.456.789

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: 010.1 (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 voice mail

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 voice mail 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 #, 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: pw09093939393@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).

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Rates & Info online at: www.piccellwireless.com
Email us directly at info@piccellwireless.com or **call us** toll-free in the U.S. at 1-877-235-5742
or **within Japan** at: (+81) 345-790-242

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 THE U.S. FROM YOUR JAPANESE CELL PHONE

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 office in the U.S. from your Japanese mobile you would dial 010-1-713-348-6362.



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

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

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

NanoJapan 2012 Schedule

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12 / ARRIVAL IN HOUSTON

Thursday, May 10, 2012 - Arrival in Houston

Bush Intercontinental Airport (IAH)		Houston Hobby Airport (HOU)	
<ul style="list-style-type: none">• Preeya Kuray at 1:07 PM on United #1110• Jacob McAlpin at 2:14 PM on United #5025• Eric Rosenthal at 5:02 PM on US Airways #1827• Grace Meikle at 7:48 PM on United #1744• Jacob Olitsky at 7:50 PM on United #671• Alec Nicol at 9:57 PM on United #5167• Matthew Feldman at 10:00 PM on American Airlines #2056		<ul style="list-style-type: none">• Kofi Christie at 6:50 PM on Southwest #54• Mitchell Trafford at 1:35 PM on Southwest #25• Aren Siekmeir at 4:41 PM on AirTran #0156	
Transportation to Hotel		<p>You must arrange and pay for your own transportation to the hotel.</p> <p><i>Shuttle Service:</i> 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.</p> <p><i>Taxis:</i> 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. After meeting and collecting your baggage, proceed to the taxi stand and ask for a cab. Most cabs in Houston take credit/debit cards and the flat fare from IAH is \$51 + a \$3.75 departure fee and fuel surcharge and from HOU it is \$27 + a \$2.25 departure fee and fuel surcharge.</p>	
Holiday Inn Hotel & Suites Medical Center, 6800 S. Main St., Houston, TX, 77030, (713) 528-7744 <p>A hotel reservation has been made on your behalf for Thursday and Friday night. NanoJapan will pay for the room rate, tax, and daily breakfast buffet, but you will be responsible for any incidental expenses (i.e. movies, room service, mini-bar, etc.). Rooms are double-occupancy, and when you arrive, please just give them your confirmation number as your roommate may have already checked in.</p> <ul style="list-style-type: none">• Kofi Christie & Matthew Feldman: Confirmation #1512191• Aren Siekmeier & Mitchell Trafford: Confirmation #1512195• Jacob McAlpin & Alec Nicol: Confirmation #1512193• Jacob Olitsky & Eric Rosenthal: Confirmation #1512194• Preeya Kuray & Grace Meikle: Confirmation #15192• Cheryl Matherly: Confirmation #1512196			
Dinner		<p>You will have dinner on your own Thursday night. The hotel offers a free shuttle and we recommend asking the shuttle driver to take you to Rice Village where there are a wide range of restaurants or the Galleria Mall where you will also find many restaurants. The Galleria Mall also has an indoor skating rink if you'd like to do something fun on Thursday evening. Arrange shuttle transportation with the front desk.</p>	

FINAL PRE-DEPARTURE STEPS / 13

Final Pre-Departure Steps: Review/complete before departure for Japan on Saturday

Make Two Photocopies of All Important Documents. *One copy should be left with Your designated POA or Parent/Guardian and one should be placed in your carry-on baggage.*

- Photograph Page of your Passport
- CISI Medical Insurance Card and CISI Insurance Booklet (*a PDF copy was emailed to you*)
- International Flight Itinerary
- NanoJapan Program Guidebook (email a PDF copy to your POA or parent/guardian)
- Front and back of all debit/credit card you will bring with you to Japan
- Notarized Designated Power of Attorney Form (leave original with your POA, bring copy with you)

Review Health and Safety Information. *Forward any questions to nanojapan@rice.edu*

- U.S. Department of State: Japan Country Information Sheet (see pg. 67)
- Registration with International SOS & U.S. Department of State STEP (see pg. 84)
- U.S. Department of State: Disaster Preparedness Checklist (see pg. 85)
- U.S. Embassy in Japan: Radiation, Health, and Food Safety Post-Fukushima (see pg. 90)
- Website: TEPCO Report on Recent Efforts: <http://www.tepco.co.jp/en/nu/fukushima-np/info/index-e.html>
- Website: FEMA: What to do before, during, and after an earthquake <http://www.ready.gov/earthquakes>
- Website: FEMA: What to do before, during, and after a tsunami <http://www.ready.gov/tsunamis>
- Website: CDC Overview of Tsunamis: <http://emergency.cdc.gov/disasters/tsunamis/>

Turn in All Required Documentation to Rice (see Assignments in OwlSpace)

- Rice University Participation Agreement
- Rice University Summer School Application & Required Documentation (Non-Rice Only) - Remember you will need to send in an official transcript with your Spring 2012 grades so speak with your university now about the best way to request a transcript as you will be in Japan when your spring grades are issued
- Registration with International SOS - Do this once your Rice Student ID has been issued
- Registration with the U.S. Embassy Smart Traveler Enrollment Program

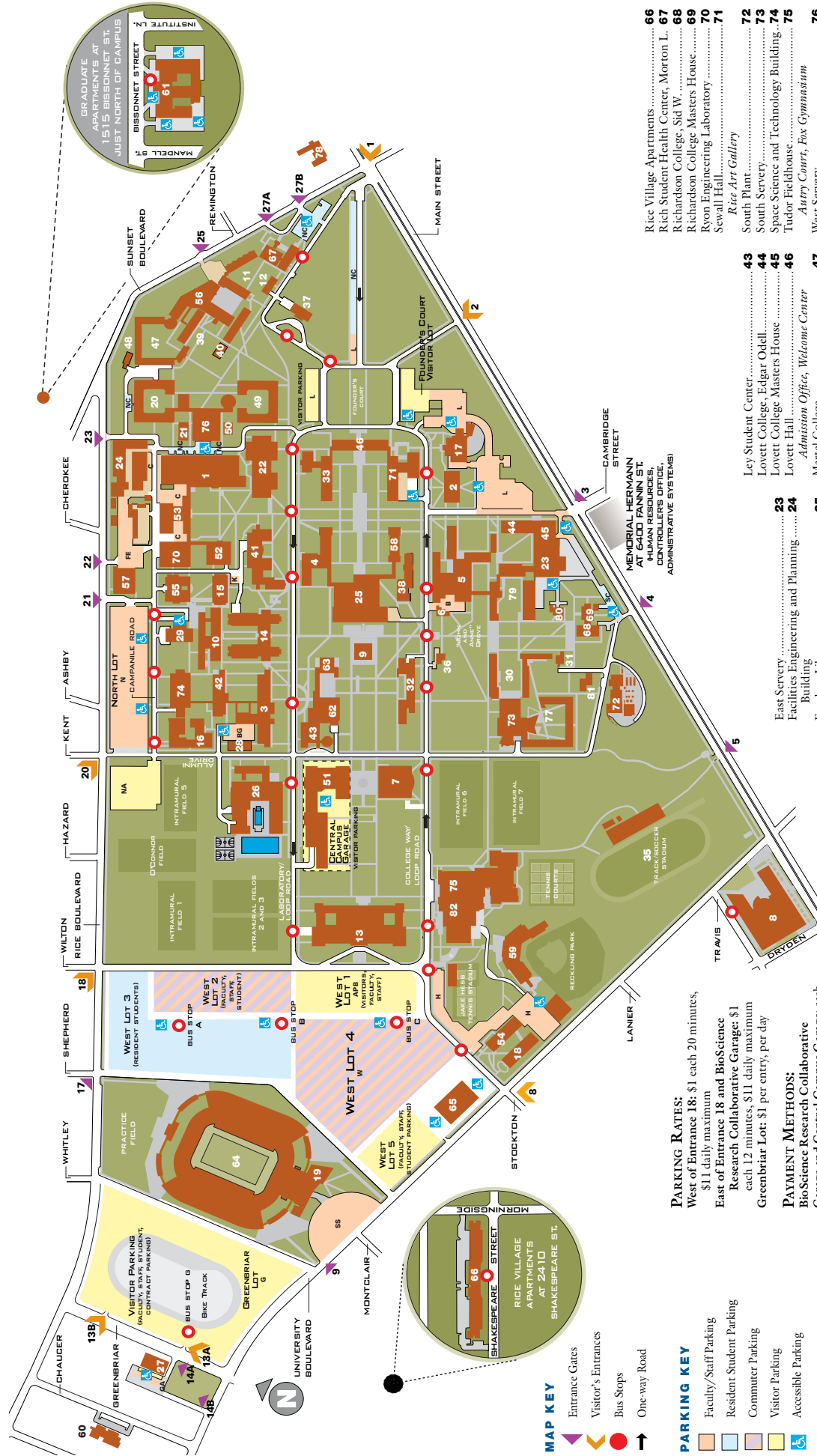
Be Sure to Pack These Items in Your Carry-on Baggage. *Also ensure that your checked bag has a luggage tag with your name, phone, and e-mail address on BOTH the outside and inside of your luggage.*

- Passport, Japanese Cell Phone, and Charger - Be sure to charge your cell phone at the hotel on Friday night.
- NanoJapan Guidebook! You will need to reference this for the hotel address & your Japanese cell phone number to complete immigration and customs forms upon arrival in Japan.
- Credit/Debit Cards and any cash you plan to exchange in Japan
- Japan Rail Pass Vouchers
- Photocopies of important documents (see above)
- Medications (RX and OTC)
- Immunization Card - Good to carry with your passport when traveling abroad. If you don't have one print off a blank card at <http://www.nfid.org/Content-Conversion/pdf/influenza/adultizcard.pdf> and ask your doctor's office to fill out.
- Glasses, contacts (including extra contacts and spare pair of glasses)
- A change of clothes and basic toiletries for one night in case checked luggage is delayed. Remember 3-1-1 carry-on rule for liquids and gels.
- Language textbooks
- Laptop, laptop cord, and international plug adapter (3-prong to 2-prong). Purchase an adapter in the airport prior to departure if you forgot to bring one with you.
- Other important electronic items you are bringing to Japan

14 / PRE-DEPARTURE ORIENTATION

Friday, May 11, 2012 - Pre-Departure Orientation at Rice University

7:00 - 8:45 AM	Students at Hotel - Breakfast buffet at hotel is included. Please eat before shuttle departs for Rice.
	Japanese Oral Proficiency Interviews for Students with Prior Language Experience Students with prior Japanese language experience must take a pre-OPI prior to departure for Japan to provide us with a baseline for your current spoken Japanese language level. The OPIs will be administered at Rice University so you may need to make arrangements with the shuttle to bring you to campus early. Leave the hotel at least 30 minutes prior to the start of your OPI and come to Sarah's office in Abercrombie Lab (bldg. 1 on map) room number A-127. <ul style="list-style-type: none"> • 8:00 AM - Jacob McAlpin and Mika Tabata • 8:30 AM - Grace Meikle • 9:00 AM - Jacob Olitsky • Emma Breen (TBA)
9:00 AM	Hotel Shuttle Departs for Rice - A hotel shuttle will depart from the lobby for the NanoJapan students staying at the Holiday Inn. Please meet in the lobby by 8:50 AM for an on-time departure for Rice. Aren Siekmeier will not be on the shuttle as he has to come to Rice early to take a final exam.
9:15	Arrival Rice Center for Engineering Leadership Conference Room - Abercrombie Lab A-102 (Bldg. 1 on campus map) <i>Note: Rice University students can arrive at 10:15 AM as they already have a Rice ID</i>
9:15 - 10:15	Obtain Rice University Student ID Cards (non-Rice students only) We will go as a group to the Rice Summer School to check-in and then visit the Rice Police Station to obtain your student IDs. Along the way we'll have an informal tour of campus.
10:15 - 10:30 AM	Break
10:30 - 12:00 PM	Orientation Begins - Abercrombie Laboratory A-102 - Building 1 on Campus Map <ul style="list-style-type: none"> • Welcome & Introductions, Dr. Cheryl Matherly, University of Tulsa • Icebreaker Activity
12:00 - 1:00 PM	Working Lunch - 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
1:00 - 1:30 PM	NanoJapan Alumni Panel
1:30 - 1:45 PM	Break
1:45 - 3:00 PM	NanoJapan Orientation <ul style="list-style-type: none"> • Program Schedule & Expectations • Health & Safety Abroad • Living in Japan • Assignments Abroad
3:00 - 4:30 PM	Cultural Adjustment & Living Abroad, Dr. Cheryl Matherly, University of Tulsa
4:30 - 5:00 PM	Wrap-up and Q&A
5:00 PM	Hotel Shuttle Pick-up from Abercrombie Lab for Students at Holiday Inn
6:15 PM	Hotel Shuttle Departs Holiday Inn for Prof. Kono's House <i>Meet in lobby at 6:10 for on-time departure.</i>
6:30 - 9:00 PM	Welcome Party at Prof. Kono's House with Dinner - 2303 North Blvd., Houston, Texas 77098, 713-529-2105 <ul style="list-style-type: none"> • For NanoJapan Students & Kono Group Members • Also celebrating graduation of five (!) Kono Group Ph.D. students
9:00 PM	Hotel Shuttle Returns to Holiday Inn



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

- PARKING KEY**
- Faculty/Staff Parking
 - Resident Student Parking
 - Commuter Parking
 - Visitor Parking
 - Accessible Parking

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

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

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

- BUILDINGS**
- 1 Abercrombie Engineering Laboratory
 - 2 Allen Business Center
 - 3 Anderson Biological Laboratories, M.D.
 - 4 Anderson Hall, M.D.
 - 5 Baker College
 - 6 Baker College Masters House
 - 7 Baker Hall, James A. III
 - 8 Dean of Social Sciences, James A. Baker III
 - 9 Institute for Public Policy
 - 10 BioScience Research Collaborative
 - 11 Brochstein Pavilion, Raymond and Susan
 - 12 Brockman Hall for Physics
 - 13 Brown College, Margaret Root
 - 14 Brown College Masters House
 - 15 Brown College
 - 16 Brochstein Hall, Robert and Agnes
 - 17 Continuing Studies, Martel Center for
 - 18 Dean of Suzanne M. Glascock School of Continuing Studies
 - 19 Cox Fitness Center, John L.
 - 20 Duncan College
 - 21 Duncan College Masters House
 - 22 Duncan Hall, Anne and Charles
 - 23 Dean of George R. Brown School of Engineering
 - 24 Jones College, Mary Gibbs
 - 25 Jones College Masters House
 - 26 Keck Hall
 - 27 Keith-Wess Geological Laboratories
 - 28 Humanities Building
 - 29 Dean of Humanities
 - 30 Jones College, Mary Gibbs
 - 31 Jones College Masters House
 - 32 Keck Hall
 - 33 Dean of George R. Brown School of Engineering
 - 34 Humanities Building
 - 35 Dean of Humanities
 - 36 Jones College, Mary Gibbs
 - 37 Jones College Masters House
 - 38 Keck Hall
 - 39 Keith-Wess Geological Laboratories
 - 40 Humanities Building
 - 41 Dean of Humanities
 - 42 Jones College, Mary Gibbs
 - 43 Jones College Masters House
 - 44 Keck Hall
 - 45 Dean of George R. Brown School of Engineering
 - 46 Humanities Building
 - 47 Dean of Humanities
 - 48 Jones College, Mary Gibbs
 - 49 Jones College Masters House
 - 50 Keck Hall
 - 51 Keith-Wess Geological Laboratories
 - 52 Humanities Building
 - 53 Dean of Humanities
 - 54 Jones College, Mary Gibbs
 - 55 Jones College Masters House
 - 56 Keck Hall
 - 57 Keith-Wess Geological Laboratories
 - 58 Humanities Building
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 - 85 Jones College Masters House
 - 86 Keck Hall
 - 87 Keith-Wess Geological Laboratories
 - 88 Humanities Building
 - 89 Dean of Humanities
 - 90 Jones College, Mary Gibbs
 - 91 Jones College Masters House
 - 92 Keck Hall
 - 93 Keith-Wess Geological Laboratories
 - 94 Humanities Building
 - 95 Dean of Humanities
 - 96 Jones College, Mary Gibbs
 - 97 Jones College Masters House
 - 98 Keck Hall
 - 99 Keith-Wess Geological Laboratories

- ACADEMIC SCHOOLS**
- Architecture, School of
 - Business, Jesse H. Jones
 - Graduate School of Continuing Studies, Susanne M.
 - Glasscock School of Engineering, George R. Brown
 - School of Humanities, School of
 - Music, The Shepherd School of
 - Natural Sciences, Wess School of
 - Social Sciences, School of

- Rice Village Apartments
- Rich Student Health Center, Morton L.
- Richardson College, Sid W.
- Richardson College Masters House
- Ryon Engineering Laboratory
- Sewall Hall
- Rice Art Gallery
- South Plant
- South Servery
- Space Science and Technology Building
- Tudor Fieldhouse
- Autry Court, Fox Gymnasium
- West Servery
- Wess College
- Wess President's House
- Will Rice College
- Will Rice College Masters House
- Wilson House
- Wess College Masters
- Youngkin Center

- Levy Student Center
- Lovett College, Edgar Odell
- Lovett College Masters House
- Lovett Hall
- Admission Office, Welcome Center
- Martel College
- Gibbs Recreation and Wellness Center
- McMurry College, Burton and Decade
- McMurry College Masters House
- McNair Hall, Janice and Robert
- Dean of Jesse H. Jones Graduate School of Business
- Mechanical Engineering Building
- Mechanical Laboratory
- Media Center
- Mudd Computer Science Building
- North Servery
- Osman Engineering Design Kitchen
- Raylor Hall
- Rocking Park at Cameron Field
- Rice Children's Campus
- Rice Graduate Apartments
- Rice Memorial Chapel
- Rice Stadium
- Rice University Police Department

- East Servery
- Facilities Engineering and Planning Building
- Fondren Library
- Gibbs Recreation and Wellness Center
- Barbara and David Greenbriar Building
- Greenhouse
- Hamman Hall
- Hansen College Masters House
- Herring Hall, Robert R.
- Herzstein Hall
- Hess Tennis Stadium, Jake
- Holloway Field
- Wendell D. Ley Track
- Housing and Dining
- Huff House, Peter and Nancy
- Alumni Affairs
- Humanities Building
- Dean of Humanities
- Jones College, Mary Gibbs
- Jones College Masters House
- Keck Hall
- Keith-Wess Geological Laboratories

- Brown Hall, Alice Pratt
- Dean of Shepherd School of Music
- Brown Hall, George R.
- Dean of Wess School of Natural Sciences
- Brown Hall for Mathematical Sciences, Herman
- Butcher Hall, Dell
- Cohen House, Robert and Agnes
- Continuing Studies, Martel Center for
- Dean of Suzanne M. Glascock School of Continuing Studies
- Cox Fitness Center, John L.
- Duncan College
- Duncan College Masters House
- Duncan Hall, Anne and Charles
- Dean of George R. Brown School of Engineering

16 / DEPARTURE FOR JAPAN

Saturday, May 12, 2012 - Travel to Japan

By 7:30 AM	Hotel Check-Out <ul style="list-style-type: none">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.Breakfast is not included. Eat at the restaurant at the hotel prior to departure or plan to eat breakfast at the airport after checking in for your international flight.
Between 7:45 - 8:00 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 the 10 students staying at the hotel. Meet in the lobby by 7:40 with all of your baggage for an on-time departure. Confirmation number is 5182266 and Super Shuttle phone number is 1-800-258-3826.Students not staying at the hotel should travel on their own to Bush IAH Airport, Terminal E for international flight check-in. You must arrive for check-in at least two hours prior to international flight departure.
8:50 AM	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 kiosksScan 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.aspxProceed 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.
10:50 AM	Continental Flight #7 Departs for Tokyo (Narita) - Airline Reservation Code JDG2T7 (UA)

Lose one day as you cross international date line

Sunday, May 13, 2012 - 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.
~ 3:30 PM	Exchange or Withdraw Money in JPY <ul style="list-style-type: none">International ATMs and Currency Exchange counters can be found in the arrival hallMost students exchange or withdraw between \$300 - \$500 in cash to use during the orientation and then withdraw additional funds as needed using international ATMsKeep in mind the daily withdrawal limit on your ATM/Debit card and international transaction fees. If you have to make a large payment (e.g. your internship housing) you may have to withdraw funds over several days

INT'L FLIGHT ITINERARY / 17

12 MAY 2012 ▶ 31 JUL 2012 TRIP TO **TOKYO NARITA, JAPAN**

PREPARED FOR
EMMAELIZABETH BREEN
KOFI CHRISTIE
MATTHEWSTEPHEN FELDMAN
PREEYA KURAY
JACOBDANIEL MCALPIN
GRACEKAY MEIKLE
ALEXANDERWILLAM NICOL
JACOBOSCAR OLITSKY
ERICIRVING ROSENTHAL
ARENMICHAEL SIEKMEIER
MIKAMICHELLE TABATA
MITCHELLADAM TRAFFORD



JTB USA, Inc. Houston Office.
 1535 West Loop South, Suite 220
 Houston, TX 77027
 713-658-1933
 hou@jtbusa.com

RESERVATION CODE JRZAQZ
 AIRLINE RESERVATION CODE JDG2T7 (UA)



DEPARTURE: SATURDAY 12 MAY ▶ ARRIVAL: SUNDAY 13 MAY

Please verify flight times prior to departure

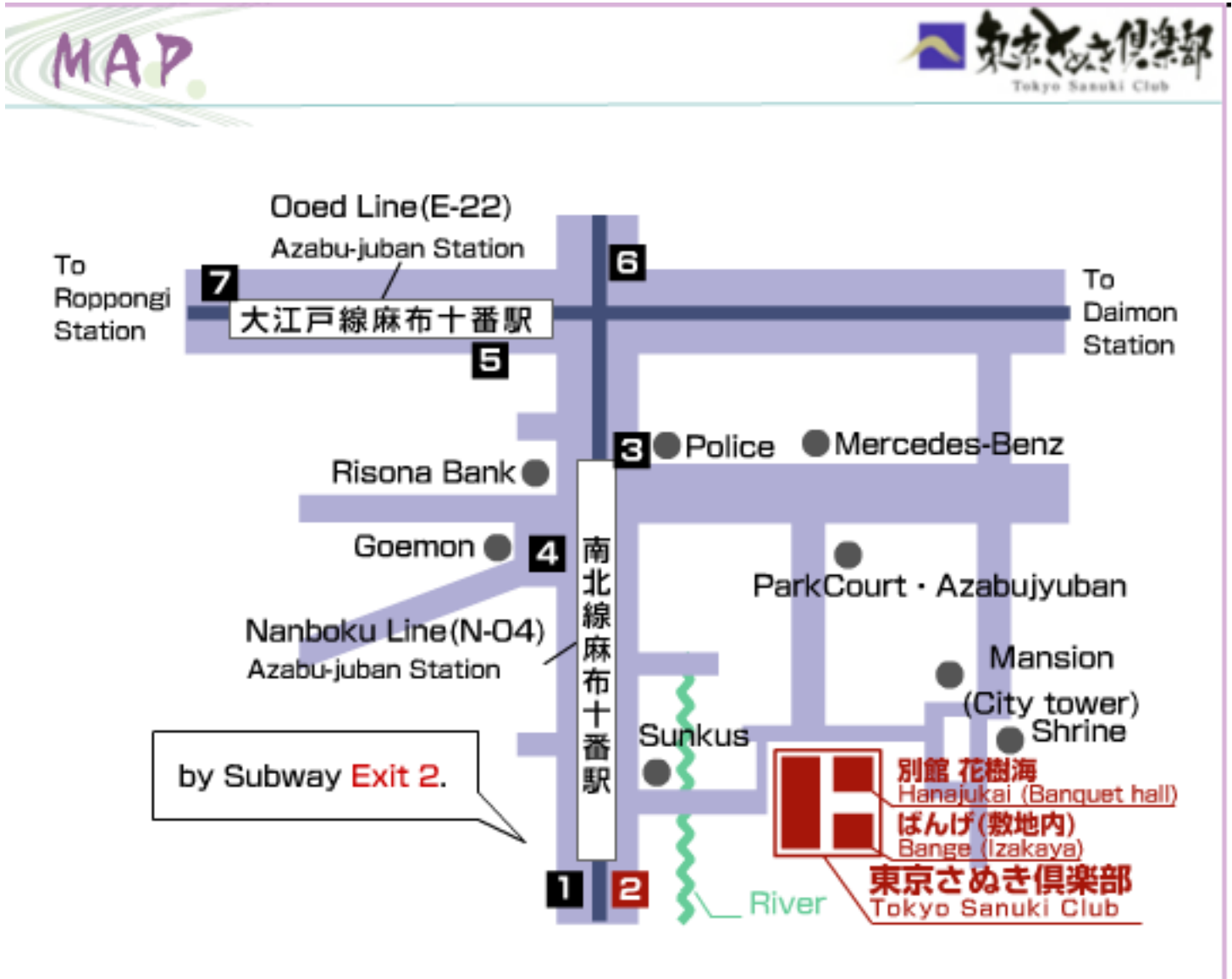
UNITED AIRLINES UA 0007 Duration: 13hr(s) :40min(s)	IAH HOUSTON GEO BUSH, TX		▶ NRT TOKYO NARITA, JAPAN	Aircraft: BOEING 777 JET Distance (in Miles): 6658 Stop(s): 0
	Departing At: 10:50am (Sat, May 12)	Arriving At: 2:30pm (Sun, May 13)		
	Terminal: TERMINAL E	Terminal: TERMINAL 1		

Passenger Name:	Seats:	Class:	Status:	eTicket Receipt(s):	Meals:
» EMMAELIZABETH BREEN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964279	Lunch
» KOFI CHRISTIE	Check-In Required	UNITED ECONOMY	Confirmed	0167049964280	Lunch
» MATTHEWSTEPHEN FELDMAN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964281	Lunch
» PREEYA KURAY	Check-In Required	UNITED ECONOMY	Confirmed	0167049964282	Lunch
» JACOBDANIEL MCALPIN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964283	Lunch
» GRACEKAY MEIKLE	Check-In Required	UNITED ECONOMY	Confirmed	0167049964284	Lunch
» ALEXANDERWILLAM NICOL	Check-In Required	UNITED ECONOMY	Confirmed	0167049964285	Lunch
» JACOBOSCAR OLITSKY	Check-In Required	UNITED ECONOMY	Confirmed	0167049964286	Lunch
» ERICIRVING ROSENTHAL	Check-In Required	UNITED ECONOMY	Confirmed	0167049964287	Lunch
» ARENMICHAEL SIEKMEIER	Check-In Required	UNITED ECONOMY	Confirmed	0167049964288	Lunch
» MIKAMICHELLE TABATA	Check-In Required	UNITED ECONOMY	Confirmed	0167049964289	Lunch
» MITCHELLADAM TRAFFORD	Check-In Required	UNITED ECONOMY	Confirmed	0167049964274	Lunch


18 / TRAVEL TO SANUKI CLUB HOTEL

~ 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. 	
	Student Room Numbers	
	<ul style="list-style-type: none"> Emma Breen - Room # Kofi Christie - Room # Matthew Feldman - Room # Preeya Kuray - Room # Jacob McAlpin - Room # Grace Meikle - Room # 	<ul style="list-style-type: none"> Alec Nicol - Room # Jacob Olitsky - Room # Eric Rosenthal - Room # Aren Siekmeier - Room # Mika Tabata - Room # Mitchell Trafford - Room #
~ 7:15	Sanuki Club Hotel Orientation <ul style="list-style-type: none"> Meet in lobby with Packard-sensei for brief overview and orientation to hotel 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. You can purchase coffee/drinks from the hotel bar but outside food/drinks are not allowed in the lobby or on the patio. If you purchase food/drinks to bring back to the hotel, these must be eaten in your room. Free basic wireless internet is available in the lobby between the hours of 6:00 AM and 11:00 PM. After 11:00 PM please return to your room so hotel staff can clean the lobby. Refrain from using Video Skype, downloading movies, or playing MMO games as the bandwidth of their internet service will not support these uses. The Sanuki Club is a working hotel and there will be other guests. Refrain from having other NanoJapan students in your room as Americans have a tendency to be loud and this will bother the other guests on your floor. Go outside to a restaurant instead. 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. If you continue walking down Azabu Juban St. and go one or two blocks past, where the Post Office is, you will come to the side street where the 7-11 and a 100 Yen Shop is located. There is also a small grocery store and pan-ya (bread shop) if you keep walking further along Azabu Juban St. 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. 	

Sanuki Club Maps / 19





20 / ORIENTATION SCHEDULE

Monday, May 14, 2012		
7:30 - 8:30 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. 	
8:30 - 8:50 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 8:30 AM. Do not be late. Arrive to the lobby with your language textbook, workbook, notebook, pen/pencil by 8:25 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. 	
9:00 - 12:00 PM	Japanese Language Classes <p>Japanese Language Classes</p> <ul style="list-style-type: none"> • <i>Beginner I A (AJALT Instructors)</i>: Kofi Christie, Eric Rosenthal, Aren Siekmeier • <i>Beginner I B (AJALT Instructors)</i>: Preeya Kuray, Alec Nicol, Mitchell Trafford • <i>Beginning II (AJALT Instructors)</i>: Jacob McAlpin • <i>Intermediate (Shimojo-sensei)</i>: Emma Breen, Matthew Feldman, Grace Meikle, Jacob Olitsky, Mika Tabata 	
12:00 - 1:00 PM	Lunch on Your Own and Walk Back to Sanuki Club	
2:00 - 4:00 PM	Orientation & Safety Briefing, Sanuki Club Conference Room, 3rd Floor Dr. Anne Emig, Director, NSF Tokyo Office Dr. David Roberts, Science Advisor to Ambassador John Roos, U.S. Embassy in Japan <ul style="list-style-type: none"> • Overview of U.S. Embassy and NSF Tokyo Office response to 3/11 diasaster • Role of U.S. Embassy during and after a natural disaster • Break-up into small groups for Q&A session 	
Evening	Free - Dinner on Your Own & Purchase Suica or PASMO Metro Cards Purchase a Suica or PASMO pre-paid metro card at a nearby Tokyo Subway or JR station tonight to use the JR & Tokyo Subway lines in and around Tokyo. You will need to use this card for travel to various activities during the orientation. Suica or PASMO cards can be purchased at vending machines. The initial cost consists of a refundable deposit of 500 yen plus an initial amount to be charged onto the card with 1500 yen for Suica or 2,000 yen and a choice of between 500 and 9500 yen on a PASMO card. The maximum amount to be charged onto a card is 20,000 yen. Start with just 10,000 yen as Suica and PASMO typically cannot be used outside of Tokyo. 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.	<div>  <p>PASMO cards may be purchased or re-filled at ticket vending machines any Tokyo Subway Station (e.g. Azabu-Juban) and used on any Tokyo-area JR or Tokyo Subway line.</p> </div> <div>  <p>Suica cards may be purchased or re-filled at ticket vending machines any JR Train Station (e.g. Hamamatsu-cho) and used on any Tokyo-area JR or Tokyo Subway line. Suica may also be used at kiosks, vending machines, and coin lockers in JR stations and for purchases at many konbinis such as 7-11.</p> </div>

ORIENTATION SCHEDULE / 21

Tuesday, May 15, 2012

7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
8:30 - 8:50 AM	AJALT Japanese Language Classes Walk to Language School Classes at Kikai Shinko Kaikan <ul style="list-style-type: none"> • Meet Packard-sensei in lobby of hotel to walk as a group.
9:00 - 12:00 PM	Japanese Language Classes
12:00 - 1:30 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 4:30 PM	Introduction to Nanoscience Seminar, Sanuki Club Conference Room, 3rd Floor Prof. Junichiro Kono, Rice University Topics to be covered in Week 1 include: <ul style="list-style-type: none"> • Quantum Mechanics • Solid-State Physics • Materials Science
5:00 - 6:00 PM	Free - Dinner on Your Own
6:30 - 9:00 PM	KIP Evening Discussion with Japanese Students, Sanuki Club Conference Room, 3rd Floor Topic: "The Education System in Japan and the U.S." <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 that is sponsored in part by the U.S. Embassy and directed 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.</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>
	 

22 / ORIENTATION SCHEDULE

Wednesday, May 16, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel You will walk to the language classes on your own today. Be sure to depart the hotel early enough to ensure you arrive on-time to your classes. It is very inconsiderate to your language teacher and fellow students to arrive late - for any reason. Classes begin at 9:00 so you should be at the building by 8:50.
9:00 - 12:00 PM	AJALT Japanese Language Classes
	Language School Classes at Kikai Shinko Kaikan
12:00 - 1:30 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Japanese Culture & Society Seminar, Sanuki Club Conference Room, 3rd Floor
	Topic: The 3/11 Disaster & Japan's Response
Evening	Free - Dinner on Your Own
Thursday, May 17, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 12:45	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 4:30 PM	Introduction to Nanoscience Seminar, Sanuki Club Conference Room, 3rd Floor
	Prof. Junichiro Kono, Rice University
	Topics to be covered in Week 1 include: <ul style="list-style-type: none"> • Quantum Mechanics • Solid-State Physics • Materials Science
5:00 - 6:00 PM	Free - Dinner on Your Own
Friday, May 18, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Free - Lunch on Your Own in Tokyo Tower Area
1:00 - 3:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
Evening	Free - Dinner on Your Own & Enjoy Tokyo!

ORIENTATION SCHEDULE / 23

Saturday, May 19, 2012

Morning	Breakfast at Sanuki Club Hotel & Free	
Daytime	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	
		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 estimated cost.
		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,
		Tsukiji Fish Market ~ http://www.japan-guide.com/e/e3021.html The number of visitors to the tuna auction is limited to 120 per day. Tourists have to apply at the Osakana Fukyu Center (Fish Information Center) at the Kachidoki Gate, starting from 5:00am on a first-come, first-serve basis. A first group of 60 visitors will be admitted to the auction between 5:25 and 5:50, while a second group of 60 visitors will be admitted between 5:50 and 6:15.
		Ghibli Museum http://www.ghibli-museum.jp/en/ If you are a fan of 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.
		Odaiba and Miraikan ~ http://www.japan-guide.com/e/e3008.html Odaiba is a popular shopping and entertainment district on a man-made island in Tokyo Bay. The bi-lingual Tokyo National Museum of Emerging Science, Miraikan, is a must-see here and there is also a mall with restaurants and 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 to Azabu-Juban.

24 / ORIENTATION SCHEDULE

Sunday, May 20, 2012

7:30 - 8:30 AM

Breakfast at Sanuki Club Hotel

Day

Day Trip to Kamakura - Optional but HIGHLY Recommended

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

- KIP students will serve as your volunteer guides for this special outing. Wear casual clothes with comfortable walking shoes and remember to bring your umbrella. You pay individually for transportation, admission fees, and food/drinks. 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:* From the Azabu-Juban station take the Oedo Line to Daimon Station. Walk across the street to the Hamamatsucho Station. Take the JR Yamanote Line to Shinagawa. Purchase a Kamakura/Enoshima Pass from a vending machine at the Shinagawa Station for JPY 1,970. From Shinagawa take the JR Tokaido Line train to Kita-Kamakura. Use your Free Pass in Kamakura and to get back to Tokyo but **DO NOT LOSE YOUR TICKET!** If you do, you will have to buy a new fare.



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.



Daibatsu (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.

ORIENTATION SCHEDULE / 25

Monday, May 21, 2012

7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	AJALT Japanese Language Classes
	Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own Change into business casual attire with comfortable walking shoes. You will pay for your own subway/train fare to/from Toshiba.
1:15 PM	Depart Sanuki Club Lobby
2:00 - 5:00 PM	Toshiba Company Visit ~ Website: http://www.toshiba.co.jp/index.htm

TOSHIBA
Leading Innovation >>>

Toshiba Corporation is a Japanese multinational electronics, electrical equipment and information technology corporation headquartered in Tokyo. It is a diversified manufacturer and marketer of electrical products, spanning information & communications equipment and systems, Internet-based solutions and services, electronic components and materials, power systems, industrial and social infrastructure systems, and household appliances. In 2010, Toshiba was the world's fifth-largest personal computer vendor measured by revenues (after Hewlett-Packard, Dell, Acer and Lenovo). In the same year it was also the world's fourth-largest manufacturer of semiconductors by revenues (after Intel Corporation, Samsung Electronics and Texas Instruments).

Evening **Free - Dinner on Your Own**

Tuesday, May 22, 2012

7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	AJALT Japanese Language Classes
	Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar - "Introductory Nanoelectronics", Prof. Jonathan Bird, University at Buffalo (SUNY), Sanuki Club Conference Room, 3rd Floor
	Guest Speaker: "Carbon Nanomaterials for Terahertz Science and Technology", Associate Prof. Yukio Kawano, Tokyo Institute of Technology Lab Website: http://diana.pe.titech.ac.jp/kawano/eng/index.html



Kawano-sensei is an Associate Professor at the Tokyo Institute of Technology in the Oda & Kawano Lab where his research focuses on a) sensing and imaging of THz waves, b) imaging of voltage and voltage fluctuation, c) and their application to materials science research.

5:00 - 6:00 PM **Free - Dinner on Your Own**

6:30 - 8:00 PM **Japanese Culture & Society Seminar, Sanuki Club Conference Room, 3rd Floor**

"Living and Working as a Foreigner in Japan", Prof. Jonathan Bird, University at Buffalo

Jonathan Bird was a JSPS visiting fellow at the University of Tsukuba (Japan) from 1991 - 1992, after which he joined the Frontier Research Program of the Institute of Physical and Chemical Research (RIKEN, also in Japan). In 1997, he was appointed as Associate Professor in the Department of Electrical Engineering at Arizona State University, where he served until joining the University of Buffalo where his research focuses on nanoelectronics. Since 2008 he has held a joint appointment as a Visiting Professor, Graduate School of Science and Technology at Chiba University in Japan.

26 / ORIENTATION SCHEDULE

Wednesday, May 23 2012

7:30 - 8:30 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 15 minute walk from the station to Elionix.
9:00 - 12:00 PM	AJALT Japanese Language Classes Language School Classes at Kikai Shinko Kaikan
12:00 - 12:45 PM	Lunch on Your Own & Meet Back in Front of Kamiyacho Crossing to Take Subway to Onarimon at 12:45 Sharp!
2:00 - 4:00 PM	Company Visit: Elionix, STS ~ Website: http://sts-elionix.com/
5:00 - 6:00 PM	<div data-bbox="397 672 800 768" data-label="Image"> </div> <div data-bbox="354 783 833 1064" data-label="Image"> </div> <p>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 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.</p>
12:00 - 12:45 PM	Free - Dinner on Your Own!

Thursday, May 24, 2012

7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	AJALT Japanese Language Classes Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar - "Graphene Nanostructures", Prof. Jonathan Bird, University at Buffalo (SUNY) Guest Speaker: "Terahertz Technology", Prof. Masayoshi Tonouchi, Osaka University Website: http://www.ile.osaka-u.ac.jp/research/thp/indexeng.html <div data-bbox="412 1568 613 1806" data-label="Image"> </div> <p>Prof. Masayoshi Tonouchi is the TeraNano PIRE Japan Research Director and he has served as a NanoJapan host professor since 2006. His Terahertz Photonics Laboratory at the Institute of Laser Engineering of Osaka University uses cutting-edge THz/nano technology to explore THz science in advanced electronic materials and develops novel THz devices and systems for sensing, imaging, and other applications. Materials and devices used include quantum/nano semiconductors, strongly correlated electron systems, superconductors, bio-molecules, etc.</p>
5:00 - 6:00 PM	Free - Dinner on Your Own

ORIENTATION SCHEDULE/ 27

Thursday, May 24, 2012 (cont.)

6:30 - 9:00 PM

KIP Evening Discussion with Japanese Students, Sanuki Club Conference Room, 3rd Floor

Topic: "What is an identity? What is a home-town?"

Friday, May 25, 2012

7:30 - 8:30 AM

Breakfast at Sanuki Club Hotel

9:00 - 12:00 PM

AJALT Japanese Language Classes

Language School Classes at Kikai Shinko Kaikan

Afternoon/Evening

Free - Enjoy Tokyo

Here are a couple 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>



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!



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.



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. It is also home to Ueno Zoo, Japan's first zoological garden.



Tokyo Sky Tree - Opening May 22, 2012

<http://www.tokyo-skytree.jp/en/>

The new Tokyo Sky Tree is the worlds tallest free-standing tower at 634 meters. Ride the high-speed elevator up 350 meters to the observation deck and enjoy 360 degree views of the Kanto Plain. Until July 10 tickets must be bought in advance from a travel agent (see website). After July 10, you can purchase day tickets at the tower so it may be a good stop when you come back to Tokyo your last weekend in Japan.

28 / ORIENTATION SCHEDULE

Saturday, May 26, 2012

7:30 - 8:30 AM

Breakfast at Sanuki Club Hotel

Day

Overnight Trip to Nikko - Hotel, Dinner, Breakfast & Transportation Included

Nikko Travel Guide: <http://www.japan-guide.com/e/e3800.html>

NanoJapan students will have the opportunity to take an overnight trip to Nikko, a town most famous for Toshogu, Japan's most lavishly decorated shrine and the mausoleum of Tokugawa Ieyasu, the founder of the Tokugawa shogunate. Nikko had been a center of Shinto and Buddhist mountain worship for many centuries before Toshogu was built in the 1600s, and Nikko National Park continues to offer scenic, mountainous landscapes, lakes, waterfalls, hot springs, wild monkeys and hiking trails. Bus transportation, lodging, admissions, and some meals will be included but bring spending money for snacks, drinks, and souvenirs. The bus is quite small so just bring an overnight bag (i.e. your backpack) with a change of clothes. Some of the highlights of this trip include:



Toshogu Shrine

<http://www.japan-guide.com/e/e3801.html>

The Toshogu is the mausoleum of Tokugawa Ieyasu, founder of the Tokugawa shogunate, which ruled Japan for over 250 years until 1868. The shrine is dedicated to the spirits of Ieyasu and two other of Japan's most influential historical personalities, Toyotomi Hideyoshi and Minamoto Yoritomo.



Lake Chuzenji (Chuzenjiko)

<http://www.japan-guide.com/e/e3806.html>

Lake Chuzenji (Chuzenjiko) is a beautiful lake with forested shores at the foot of the sacred volcano Mount Nantai in Okunikko ("Inner Nikko"). Access to Lake Chuzenji and the inner regions of the national park is via the "Irohazaka Winding Road". A nice panoramic view of the Kegon Falls and Lake Chuzenji can be enjoyed from the Akechidaira Plateau, which is accessible via a ropeway or on foot.



Ryokan Stay

<http://www.japan-guide.com/e/e2029.html>


Ryokans are Japanese style inns. They come in all sizes and are found across Japan. A stay at a ryokan offers the opportunity to experience a traditional Japanese atmosphere. Guests stay in Japanese style rooms with tatami floor, a futon bed, and a low table. Shoes are usually removed at the ryokan's main entrance, where slippers will be kept ready. You are supposed to remove even your slippers before stepping onto tatami mats. A yukata (Japanese robe) is provided to be worn during your stay. The yukata can be used for walking around the ryokan and as pajamas but the yukata should be left in your room when you check-out. Basic toiletries are also provided.

ORIENTATION SCHEDULE / 29

Sunday, May 27, 2012

Morning	Breakfast at Ryokan & Check-out
Day	Full Day Sight-Seeing in Nikko Lunch Not Included - Estimated Cost JPY 2,000 + drink
Evening	Return to Tokyo via Bus - Free - Dinner on Your Own

Monday, May 28, 2012

7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 4:00 PM	Japanese Culture & Society Seminar: "Modern & Traditional Japan", Keiko Packard, KIP Program LLC. Sanuki Club Conference Room, 3rd Floor
	Is there tension between tradition and modernity in Japan? Non-Japanese people often consider that old and new must be in conflict. If this is so, then why are there so many examples in Japan mixing old and new? Through a brief review of a few examples of foods, sports, architecture, etc., we can see old and new peacefully co-existing in Japanese culture. Why?
Evening	Free - Dinner on Your Own If you haven't had a chance to see the Tokyo skyline at night you might want to visit Tokyo City View in Roppongi Hills.
	 <p>Roppongi Hills & Tokyo City View http://www.japan-guide.com/e/e3031_hills.html Within walking distance of the Sanuki Club, Roppongi-dori is ever popular with foreigners in Tokyo, but a little further up you will find Roppongi Hills. At the center stands the 238 meter Mori Tower. Home to the amazing Mori Art Museum, the top floor hosts the Tokyo City View observation deck with views of the entire city. A bit pricey at 1,500 yen for admission but the view - particularly at night - is well worth it.</p>

30 / ORIENTATION SCHEDULE

Tuesday, May 29, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar - “Overview of Semiconductor Physics and Optics”, Prof. Christopher Stanton, University of Florida, Sanuki Club Conference Room, 3rd Floor
	Guest Speaker: “Theory of Carbon Nanotubes”, Prof. Riichiro Saito, Tohoku University Website: http://flex.phys.tohoku.ac.jp/
	 <p>Riichiro Saito received his PhD degree from the University of Tokyo in 1985. After being a Research Associate at the University of Tokyo in 1985 and an Associate Professor at the University of Electro-Communication in Tokyo in 1990, he became Professor at Tohoku University in Sendai in 2003. He was a Visiting Scientist of MIT in 1992 where he did pioneering work on carbon nanotubes with Professor Gene Dresselhaus and Professor Mildred S. Dresselhaus. He was Visiting Associate Professor at the University of Tokyo in 1991, 1994, and 1997 and was a Visiting Professor at Shanghai University from 2009 - 2012. His major subjects are solid state theory and the materials science of carbon. His English-language books include <u>Raman Spectroscopy in Graphene Related Systems (2001)</u> and <u>Physical Properties of Carbon Nanotubes (1998)</u>. His Japanese-language books include <u>Quantum Physics (1993)</u>, <u>Introduction and Application of Carbon Nanotubes (2004)</u>, and <u>Basic Solid State Physics (2009)</u>.</p>
Evening	Free - Dinner on your Own
Wednesday, May 30, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
	Japanese Culture and Society Seminar, Sanuki Club Conference Room, 3rd Floor
	“Global Communication Activities of Prime Minister’s Office after 3.11”, Mr. Noriyuki Shikata, Deputy Cabinet Secretary for Public Affairs, Director of Global Communications, Prime Minister’s Office
	Brief bio and photo?
5:00 - 6:00 PM	Free - Dinner on Your Own
Thursday, May 31, 2012	
7:30 - 8:30 AM	Breakfast at Sanuki Club Hotel
9:00 - 12:00 PM	Japanese Language Classes
	AJALT Language School Classes at Kikai Shinko Kaikan
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own

ORIENTATION SCHEDULE / 31

2:00 - 5:00 PM	Introduction to Nanoscience Seminar - “Femtosecond Laser Spectroscopy for Probing Semiconductor Nanostructures”, Prof. Christopher Stanton, University of Florida, Sanuki Club Conference Room, 3rd Floor	
	Guest Speaker: “Graphene Science and Technology”, Prof. Taiichi Otsuji, Tohoku University Website: http://www.riec.tohoku.ac.jp/lab/ultra-broad/index-e.html	
		Taiichi Otsuji is a Professor at the Research Institute of Electrical Communication's Ultra-Broadband Signal Processing Laboratory at Tohoku University. His group's research focuses on terahertz (sub-millimeter) coherent electromagnetic waves with exploration into the potential application of this research to the future of the information and communications technologies fields. They are developing novel, ultra-broadband integrated signal-processing devices/systems operating in the millimeter-wave and Terahertz frequency regime.
5:00 - 6:00 PM	Free - Dinner on Your Own	
6:30 - 9:00 PM	KIP Evening Discussion with Japanese Students, Sanuki Club Conference Room, 3rd Floor	
	Topic: “What is an identity? What is a home-town?”	
	Overview of Topic: TBA	
Friday, June 1, 2012		
by 7:00 AM	Breakfast at Sanuki Club & Check-out of Hotel & Ship Luggage to Lab Housing via Takkyubin Delivery Service <i>(or ship luggage on Thursday night if you pack early)</i>	
		Takuhaibin ~ http://www.japan-guide.com/e/e2278.html Takuhaibin is a convenient service for sending parcels, luggage and various other types of goods from door to door nationwide. You can ship items from any hotel and most convenience stores with the black cat logo and this is the BEST way to get your large luggage to your lab and back to the airport when you leave Japan. There will not be room for your large luggage on the train or bus during our Tohoku visit so you MUST only bring a small overnight bag (e.g. your backpack) for the trip. Obtain the address of your lab housing or lab office where your large luggage can be shipped to. Fill out the paperwork at the Sanuki Club front desk and they will do the rest. Your bags will magically be waiting for you when you arrive. Seriously, this is one of the best things about traveling in Japan - take advantage! Rates vary based on where your bags are being sent and students in Tokyo should send their large luggage on ahead too as no luggage can be left at Sanuki.
7:00 AM	Depart Sanuki Club Hotel for Tokyo Station - Packard-sensei will lead Bring your printed JR East Rail Pass or JR Full Rail Pass Voucher with you. When you arrive at the station, you will visit the JR Ticket Office to exchange your voucher for the actual Rail Pass, and have it activated as of today. You will need your passport to exchange your pass and Packard-sensei will help the ticket agents ensure you are all on the same train and car for the trip to Sendai. Shimojo-sensei and Stanton-sensei will also join for this trip.	
9:36 AM	Depart Tokyo Station on JR Hayabusa 3 Shinkansen Once tickets are issued, stay together as one group and walk quickly to your departure platform to board the train. There are bathrooms on the train and small snacks/drinks can be purchased onboard as well.	
11:12 AM	Arrive Sendai Station	
11:40 AM	Bus Departs Sendai Station for Minami-Sanriku Stay together as one group and follow all instructions given by Packard-senesi. Do not leave the group without her permission.	

Minami-Sanriku - "The Town That Disappeared"

Read more at <http://newpacificinstitute.org/jsw/?p=7091>



Minami-Sanriku lies on southern stretch of the Sanriku coast, which derives its name from three (san) of the five provinces formed from the Mutsu province following the 1869 Boshin War: Rikuo, Rikuchuu, and Rikuzen. Minami-Sanriku has been at the heart of media reports on the tsunami mainly due to the force by which it was hit and the brave stories from those that live there. The clearance work has been exceptional. On the other side of the thin urban strip built along the Shizugawa River, atop a large hill is a junior high school that provided safety and an incredible view of the town. One of the many signs of progress is the masses of pre-fabricated housing erected on the school grounds. The school was an evacuation center following the tsunami, but is now operating as a school again. According to an English teacher at the local high school located on a hill above the tsunami, "The entire town was simply swept away. It just no longer exists. There were around 7,000 of us on the hill that day. Perhaps a few thousand at the school on the hill opposite. But there were 17,000 in the town. All the others have gone." To the left are before and after photos of the town.

1:40 - 3:50 PM

Visit Local Junior High School

You will meet with two 5th and 6th grade English classes whose teacher is an American with the Japan English Teachers (JET) program. You will play English games in the classroom and some outdoor games with the children.

4:00 - 6:00 PM

Video of 3/11 and Traditional Storyteller followed by Bus Tour of Minami-Sanriku

7:00 - 9:00 PM

Check-in to Ryokan and Dinner with KIP Students

Saturday, June 2, 2012

7:00 - 8:30 AM

Breakfast at Ryokan & Check-out (we will change inns tonight so pack your bags)

9:00 AM

Bus Departs Ryokan for Elementary School

10:00 - 1:30 PM

Sports & Games with Elementary Schoolchildren with included Bento Box Lunch

1:30 - 2:00 PM

Bus to Second Ryokan for Check-in

2:30 - 5:00 PM

Play Baseball at Local Stadium with Temporary Housing Residents

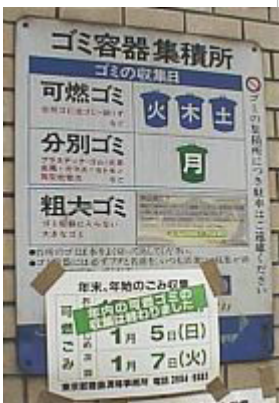
Time to see who is really better at baseball - Americans or the Japanese!

5:30 - 7:30 PM

Dinner at Ryokan with Local Residents

Due to the local situation, all shops close at 6:00 PM. If you want snacks or drinks for tonight, buy them earlier in the day.

Sunday, June 3, 2012

Morning	Breakfast at Ryokan & Hotel Check-out
Between 10:00 - 12:00 PM	Arrive at Sendai Station Once you arrive at Sendai Station you will travel on your own to your research host lab. Use Hyperdia to find the best route and applicable train times. Be sure to allow sufficient time to eat lunch or buy a bento box that you can eat on the train. For those traveling by air Sendai Airport is located about 20 kilometers southeast of the city center and can be accessed directly by train (15-25 minutes, 630 yen) or bus (40 minutes, 700 yen) from Sendai Station.
Afternoon	Arrival at Research Host City Within the first week in Japan you should email your host professor and research mentor to let them know you have safely arrived in Japan. When you send this email be sure to give them your Japanese cell phone number and ask if someone from the lab can meet you at the train station when you arrive to help you find the way to your research host lab housing. If you are arriving by air (e.g. into Chitose Airport) you will take the train from the airport into the main station (e.g. Sapporo Station). Be careful of the station names though as many can be similar. For example, Shin-Osaka and Osaka Station are different. Be sure you get off at the correct train station. Use your Japanese cell phone to find the lab member who is meeting you if you have difficulty finding them upon arrival at the station. They will likely be waiting for you outside the main ticket exit gates.
Evening	Check-in and Orientation at your Lab Housing 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 ~ http://www.japan-guide.com/e/e2222.html	
	 <p>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. Signs in the neighborhood inform residents about the weekdays on which what type of garbage is collected. Burnable garbage is usually collected on two or three days during the week, while non-burnable garbage is usually collected once a week. The disposal of large sized garbage such as furniture, bicycles and electric appliances is handled by a special collection service against a pick-up fee, usually on an appointment basis. Toxic and hazardous items should also be handled separately.</p>

34 / RESEARCH INTERNSHIPS

Monday, June 4 - Thursday July 5, 2012

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.

Your Job at Your Research Lab

- Understand the purposes and methods of your project ASAP
- Learn the experimental techniques used
- Become independent while interacting with your mentor and other researchers
- Work hard, be useful, and make significant contributions (possibly a publication)

Kono-sensei's Do's and Don'ts in Japan

- DO NOT BE LATE for appointments – When Japanese start work at 9 AM, they START WORK at 9 AM. Arrive at 5 - 10 minutes early to be sure you are on time.
- Do not chew gum when working or in other formal situations.
- Avoid lots of jewelry or very colorful clothes when going to work.
- Avoid shouting or speaking loudly at someone to get their attention--wave, or go up to them.
- If you have to blow your nose, leave the room.
- Japan has no tradition of making sarcastic remarks.
- The Japanese gesture for "Come here" is to put your hand palm out, fingers up, and raise and lower your fingers a few times. The western gesture of palm-up, closing your hand is only used to call animals to you.
- The Japanese gesture for no is fanning your hand sideways a few times in front of your face.
- It's polite to initially refuse someone's offer of help. Japanese may also initially refuse your offer to help them even if they really want it.
- After coming back from a vacation, it is normal to bring a small gift for all those you work with.
- It's polite to belittle the value of your gift or food when you offer it, even if it's blatantly untrue.

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 temiyage 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.

TRAVEL TO KYOTO / 35

Friday, July 6, 2012

Morning

Travel to Kyoto

JapanGuide.com Kyoto Travel Guide: <http://www.japan-guide.com/e/e2158.html>

Kyoto Access & Orientation Guide: <http://www.japan-guide.com/e/e2363.html>

Discount Rail Passes in Japan: <http://www.japan-guide.com/e/e2357.html>

You will travel on your own to Kyoto from your research lab and should use your stipend funds to pay for this travel. Students not in the Kansai area may want to use their Full Japan Rail Pass and load your weekend sight-seeing/travel in Japan into the weekends immediately prior to and/or following the Mid-Program Meeting. If you would like to extend your stay in Kyoto by 1 - 2 days, you may do so, but you must ask for permission first at least two weeks in advance from both your Japanese Research Host Professor and U.S. PIRE co-Advisor. Some regional passes that may also be helpful for sight-seeing in and around Kyoto include:

- **Full JR Rail Pass (7, 14, or 21 days):** 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. If you are in Tokyo, Nagano, or Tohoku you will need a full pass to get to Kansai as it is outside the JR East Pass area. This pass **MUST** be bought prior to departure for Japan from a designated travel agent in the U.S.
- **Kansai Thru Pass / Surutto Kansai Ticket (2-days for 3,800 yen or 3-days for 5,000 yen):** Unlimited travel on non-JR trains, subways and buses in the Kansai region (Osaka, Kyoto, Kobe). If you are in Tokyo, Nagano, Sapporo or Tohoku, purchase this pass when you arrive in Osaka or Kyoto, you cannot purchase it outside of the region.
- **JR West Rail Pass - Kansai Area (1, 2, 3, 4 or 5-day consecutive pass from 2,00 - 6,000 yen):** Unlimited travel on local and rapid (kaisoku) JR trains in the region around Osaka, Kyoto, Nara, Kobe and Himeji. Can be purchased at any JR West Ticket office in the Kansai area. If you are in Tokyo, Nagano, Sapporo or Tohoku purchase this pass when you arrive in Osaka or Kyoto, you cannot purchase it outside of the region.

by 5:00 PM

Iroha Ryokan (Japanese Inn) ~ One Minute Walk from Sanjo-Keihan Subway Station 84 Sanjo-ohashi Higashi Iru, Higashiyama-ku, Kyoto, Japan 605-0009

Website: <https://www.hotel-iroha.co.jp/english/index.html>

Tip: Print off the Ryokan Access Page in Japanese and bring this with you. That way if you get lost you can show it to someone on the street and they can easily direct you the correct way to go. See <http://www.hotel-iroha.co.jp/access/access.html>



Your hotel lodging and daily breakfast are paid for by the NanoJapan Program this weekend. Traditional Japanese-style tatami mat shared rooms with futon. Conveniently located in the heart of Kyoto and accessible to the major sightseeing spots. In addition to the private bath in your room, you may relax and enjoy in a large Sentō (public bath). Towels, razors, shampoo and other amenities are available. Before going into the Sentō, you should wash your body. You cannot use soap in the Sentō.

Evening

Free - Dinner on Your Own - Enjoy Kyoto

Kyoto City Travel Guide: <http://www.kyoto.travel/>

36 / MID-PROGRAM MEETING

Saturday, July 7, 2012

8:00 AM

Breakfast at Kyoto Ryokan/Hotel

8:55 AM

Meet in Lobby to Travel to IORI via Taxi (Share cabs with other students & split cost)

9:15 - 1:40 PM

IORI Traditional Japanese Culture Workshop

Kyoto City Travel Guide: <http://www.kyoto.travel/>



The Origin Program offers an unparalleled experience of traditional Japanese arts, taught in such a way that participants can appreciate the spiritual wisdom underlying the arts. Through hands-on practice of a selection of core arts in succession, guests are able to look past the differences of each art form and understand the principles essential to them all. IORI arts programs have been developed working closely with leading masters to provide the richest possible experiences for our guests. The arts workshop is located at the main IORI Machiya, a traditional Kyoto townhouse that has been lovingly restored and decorated with fine Asian art and antiques, bringing out the natural beauty of each space.



Shodo - Japanese Calligraphy Workshop

Calligraphy (shodo: "the way of writing") is the art of writing beautifully. Most children learn calligraphy in elementary school. It is a popular hobby among adults, too. Unlike the strokes of Roman letters, the strokes of Japanese characters have to be drawn in the correct order, not arbitrarily. When you learn Chinese characters, you draw one stroke after the other. This is called the square (Kaisho) style of writing kanji.



Waraku - Japanese Martial Arts

'Waraku' values various centers of body, heart, family, country, the world, etc. Everything moves smoothly when its movement comes from its center. It is like drawing a circle: unless you know where the center is, you cannot draw a circle. It can be said that 'Waraku' training is to find a center and to utilize it. By finding a center, you can increase the healing capacity of your body and restore your mental balance.

12:40 - 1:40 PM

Included Japanese Bento Box Lunch

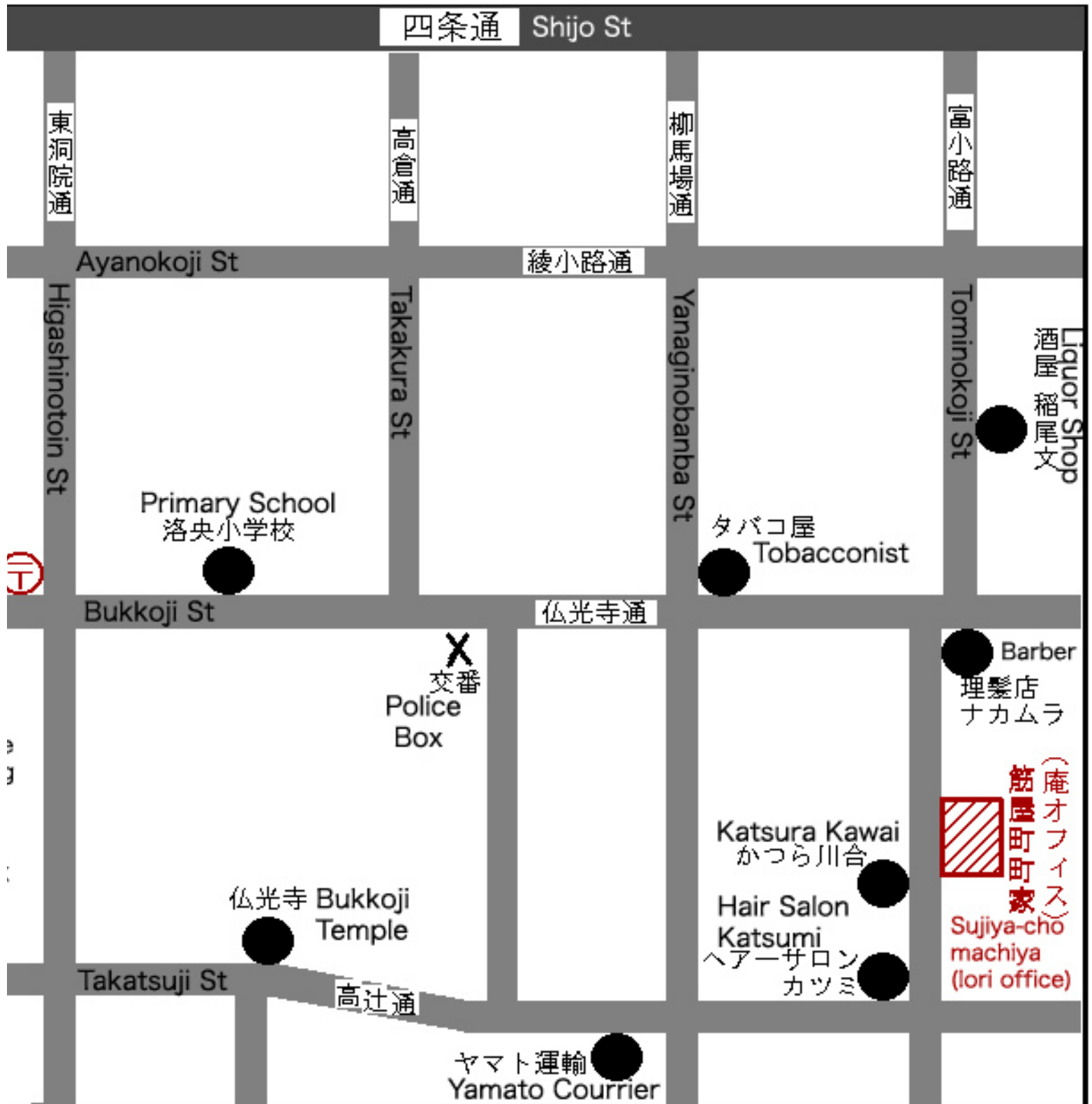
Afternoon

Free Sightseeing Time - See Suggestions on Pgs. 38 & 39

IORI SUJIYA-CHO MAP / 37

Sujiya-cho 144-6, Takatsuji-agaru, Tominokoji-dori
Shimogyo-ku, Kyoto 600-8061

Tel 075-352-0211 (office hours: 10am to 7pm)



38 / AFTERNOON SIGHT-SEEING

Saturday, July 7, 2012 (cont.)

Afternoon

Free Sight-seeing - Enjoy Kyoto! See pg. 60 for a **Kyoto Walking Tour Route**
You can't see everything in one afternoon but here are a few top recommendations.



Getting Around in Kyoto

Few of Kyoto's tourist attractions are located close to subway or train stations. Instead, Kyoto has a dense bus network and this is the best way to get around. Discount tickets can be purchased at major bus/train stations.

- **Kyoto Sightseeing Card (1,200 Yen for one day, 2,000 Yen for two days):** Unlimited usage of Kyoto City Buses, Kyoto Buses and the two subway lines in the city of Kyoto. The 2-day pass can be used on two consecutive days.
- **Kyoto City Bus One Day Card (500 Yen):** Unlimited use of Kyoto City Buses in central Kyoto. The area of validity is smaller than that of the Kyoto Sightseeing Card.
- **Kyoto Subway One Day Card (600 Yen):** Unlimited use of Kyoto's two subway lines on one calendar day.



Kinkakuji - Golden Pavillion ~ 400 yen

Kinkakuji is a Zen temple in northern Kyoto whose top two floors are completely covered in gold leaf. Kinkakuji was the inspiration for the similarly named Ginkakuji (Silver Pavilion) which is located across town. Kinkakuji can be accessed from Kyoto Station by direct Kyoto City Bus number 101 or 205 in about 40 minutes and for 220 yen. Alternatively, it can be faster and more reliable to take the Karasuma Subway Line to Kitaoji Station (15 minutes, 250 yen) and take a taxi (10 minutes, around 900 yen) or bus (10 minutes, 220 yen, bus numbers 101, 102, 204 or 205) from there to Kinkakuji.



Ginkakuji (Silver Pavilion) ~ 500 yen

Ginkakuji is a Zen temple along Kyoto's eastern mountains (Higashiyama). Despite its name, the Silver Pavilion was never covered in silver. Instead, it is believed that the name arose as a nickname more than a century after the building's construction to contrast it with the Golden Pavilion. It is enjoyed by walking along a circular route around its grounds, from which the gardens and buildings can be viewed. Be sure to take the path up to the top of the hill for an excellent view of Kyoto. Ginkakuji can be accessed by direct bus number 5, 17 or 100 from Kyoto Station in about 35-40 minutes and for 220 yen one way. Alternatively, you can reach Ginkakuji by foot along the Philosopher's Path from Nanzenji in about 30-45 minutes.



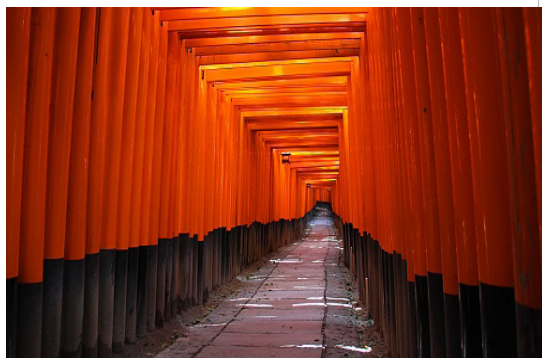
Kiyomizudera ~ 300 yen

Kiyomizudera (literally "Pure Water Temple") is one of the most celebrated temples of Japan. It was founded in 780 on the site of the Otowa Waterfall in the wooded hills east of Kyoto, and derives its name from the fall's pure waters. The Otowa Waterfall is located at the base of Kiyomizudera's main hall. Its waters are divided into three separate streams, and visitors use cups attached to long poles to drink from them. Each stream's water is said to have a different benefit, namely to cause longevity, success at school and a fortunate love life. However, drinking from all three streams is considered greedy. Kiyomizudera can be reached from Kyoto Station by bus number 100 or 206 (15 minutes, 220 yen). Get off at Kiyomizu-michi bus stop, from where it is a ten minute uphill walk to the temple.

Saturday, July 7, 2012 (cont.)

Afternoon

Free Sight-seeing - Enjoy Kyoto! See pg. 60 for a Kyoto Walking Tour Route
You can't see everything in one afternoon but here are a few top recommendations.



Fushimi Inari Shrine ~ Free

Fushimi Inari Shrine (Fushimi Inari Taisha) is an important Shinto shrine in southern Kyoto. It is famous for its thousands of vermilion torii gates, which straddle a network of trails behind its main buildings. The trails lead into the wooded forest of the sacred Mount Inari, which stands at 233 meters and belongs to the shrine grounds. The torii gates along the entire trail are donations by individuals and companies, and you will find the donator's name and the date of the donation inscribed on the back of each gate. The cost starts around 400,000 yen for a small sized gate and increases to over one million yen for a large gate. Fushimi Inari Shrine is located just outside JR Inari Station, the second station from Kyoto Station along the JR Nara Line (5 minutes, 140 yen one way from Kyoto Station).



Ryoanji Temple ~ 500 yen

Ryoanji Temple is the site of Japan's most famous rock garden, which attracts hundreds of visitors every day. Originally an aristocrat's villa during the Heian Period, the site was converted into a Zen temple in 1450 and belongs to the Myoshinji school of the Rinzai sect of Zen Buddhism, whose head temple stands just a kilometer to the south. From Kyoto Station Ryoanji can be reached directly by JR bus. The bus ride takes about 30 minutes, costs 220 yen and is covered by the Japan Rail Pass. There are buses every 15-30 minutes. Alternatively, Ryoanji is a five minute bus ride or 20 minute walk west of Kinkakuji.



Gion District

Gion is Kyoto's most famous geisha district, located around Shijo Avenue between Yasaka Shrine in the east and the Kamo River in the west. It is filled with shops, restaurants and ochaya (teahouses), where geiko (Kyoto dialect for geisha) and maiko (geiko apprentices) entertain. Many tourists visit Gion hoping to catch a glimpse of a geiko or maiko on their way to or from an engagement at an ochaya in the evenings or while running errands during the day. However, if you spot a geiko or maiko, act respectfully. Complaints about tourists behaving like ruthless paparazzi are on the increase in recent years. Gion can be reached by bus from Kyoto Station in about 20 minutes for 220 yen. Take number 100 and 206 and get off at Gion bus stop.

Etiquette When Visiting a Temple

Behave calmly and respectfully. Show your respect by throwing a coin into the offering box followed by offering a short prayer. At some temples, visitors burn incense (osenko) in large incense burners. Purchase a bundle, light them, let them burn for a few seconds and then extinguish the flame by waving your hand rather than by blowing it out. Finally, put the incense into the incense burner and fan some smoke towards yourself as the smoke is believed to have healing power. When entering temple buildings, you may be required to take off your shoes. Wear nice socks. Photography is usually permitted on the temple grounds. It is forbidden indoors at some temples. Watch for signs.

Etiquette When Visiting a Shrine

Behave calmly and respectfully. Traditionally, you are not supposed to visit a shrine if you are sick, have an open wound or are mourning because these are considered causes of impurity. At the offering hall, throw a coin into the offering box, bow deeply twice, clap your hands twice, bow deeply once more and pray for a few seconds. If there is some type of gong, use it before praying in order to get the kami's attention. Photography is usually permitted at shrines. Watch for signs.

40 / MID-PROGRAM & INTERNSHIPS

Saturday, July 7, 2012 (cont.)

By 5:30 PM	Return to Ryokan and Freshen Up for Dinner
6:00 - 8:00 PM	All You Can Eat Shabu Shabu Dinner ~ Cost is JPY 3,00 per person Non-alcoholic drinks are included.

Sunday, July 8, 2012


by 8:30 AM	Breakfast at Kyoto Ryokan/Hotel
9:00 - 11:00 AM	NanoJapan Mid-Program Meeting at Iroha Ryokan Meeting Room - REQUIRED This meeting will be attended by Kono-sensei, Dr. Matherly, Sarah Phillips, Packard-sensei, and Anne Emig, Director of the NSF Tokyo Office. Be prepared to discuss your experience in Japan thus far and any concerns or questions you may have. In particular, we will focus on adjustment to your research host lab and concerns about the progress of your research project to date. Following the meeting, you will check-out of the Ryokan and can either store your luggage at the hotel or take it to Kyoto Station and store it in a luggage locker there if you plan to sight-see some more in the afternoon.
Afternoon	Free - Enjoy Sight-Seeing in Kyoto and Make Your Way Back to Your Research Host Lab

Monday, July 9 - Friday, July 27, 2012

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) It is not uncommon for labs to have a going away party or dinner for you on Friday night, so the earliest you should plan to leave is Saturday morning, but you can stay at your lab until Sunday if you like. You will have likely made many close friends at your research host lab, and many people in your lab, dormitory, and host university have likely given you a great deal of help and support along the way. Recognize this by writing personal thank-you notes to these people. Before your last day in the lab, ask someone to help you ship your large luggage directly to Narita Airport. 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 you ask your dorm/housing manager about check-out procedures in advance and that your room is left clean and all keys and return items you have borrowed.

Final Weekend in Japan - July 28 & 29, 2012

	Climbing Mt. Fuji ~ http://www.japan-guide.com/e/e6901.html
	It has become a NanoJapan tradition that all students meet back up to hike Mt. Fuji together the last weekend in Japan. This is a student led, student organized trip. Climbing Mount Fuji (3776 meters), Japan's highest and most prominent mountain, can make for lifelong memories. The mountain itself may look more attractive from afar than from close up, but the views on clear days and the experience of climbing through the early morning hours among hundreds of equally minded hikers from across the world, are very rewarding. Plan to meet up late Saturday afternoon at the Fujinomiya 5th Station (Shizuoka Prefecture) and hike Fuji Saturday night so you can see the sunrise on Sunday.

RETURN TO TOKYO & U.S / 41

Sunday, July 29, 2012	
Afternoon/Evening	Check-in to Sanuki Club Hotel A room has been reserved on your behalf for the nights of July 29 & 30 at a rate of ~6,000 JPY (including breakfast). Use your stipend funds to pay for your hotel these two nights. Enjoy coming back to the Sanuki Club one last time and your last two nights in Tokyo!
Monday, July 30, 2012	
Morning	Breakfast at Hotel & Free Sight-seeing
1:00 or 1:45 PM	Japanese Oral Proficiency Interview (OPI) at AJALT This assessment will be held at the AJALT building. See their Access Map at http://www.ajalt.org/english/access/ . DO NOT BE LATE for your scheduled assessment. Arrive 15 - 20 minutes before your scheduled time. <ul style="list-style-type: none"> • 1:00 PM OPI Assessments: Kofi Christie, Eric Rosenthal, Alec Nicol, Mitchell Trafford, Preeya Kuray, Aren Seikmeier • 1:45 PM OPI Assessments: Jacob McAlpin, Jacob Olitsky, Grace Meikle, Mika Tabata, Emma Breen
Evening	Free - Enjoy Your Last Night in Tokyo!
Tuesday, July 31 2012	
By 11:00 AM	Check-out of Sanuki Club Hotel & Travel to Narita Airport If you will be taking the chartered bus it leaves at 10:30 AM from Sanuki. Cost is 3,500 JPY per person, payable directly to Packard-sensei.
By 1:30 PM	Check-in for United Flight #6 at Narita Airport - Terminal 1 Getting To/From Narita Airport: http://www.japan-guide.com/e/e2027.html Guide to Departing Narita for Int'l Passengers: http://www.japan-guide.com/e/e2027.html <ul style="list-style-type: none"> • Plan to arrive at Narita Airport by 1:30 to allow time to collect luggage & check-in. • <i>Using Narita Express:</i> Travel to Tokyo Station via subway. At Tokyo Station buy a Narita Express (N'EX) ticket at a JR East Ticket office for 2,940 JPY. From Tokyo Station it takes 54 minutes to Terminal 1. See http://www.hyperdia.com for timetables. • <i>Using Keisei Skyliner:</i> Travel via subway to Nippori or Ueno station. Purchase a ticket for the Keisei Skyliner for ~ 1,200 JPY. From Nippori it takes 39 minutes, from Ueno it takes 44 minutes to Terminal 1. See http://www.hyperdia.com for timetables. • If you shipped luggage, collect it from the black count baggage counter. • Check-in at the United Airlines and be sure to give your frequent flyer number. Ask the agent directly about any special meal or seating requests. • Be sure to carefully review United's baggage restrictions. See http://www.united.com/web/en-US/content/travel/baggage/default.aspx • Proceed through security and immigration and to your boarding gate. There are shops and some restaurants beyond security.
3:55 PM	United Flight #6 Departs Narita - Gain one day as you cross the international date line.
1:45 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/
2:45 PM	Rice University Shuttle to Holiday Inn Houston Medical Center <ul style="list-style-type: none"> • Driver Name: Jesus Rios 832-726-5300. Shuttle will be in ground transportation area. • Grace Meikle & Preeya Kuray - Room Confirmation # 60103117 • Jacob Olitsky & Jacob McAlpin - Room Confirmation # 60103149 • Alec Nicol & Aren Siekmeir - Room Confirmation # 60103187 • Eric Rosenthal & Mitchell Trafford - Room Confirmation # 60103220 • Kofi Christie & Matt Feldman - Room Confirmation # 60103239
Day/Evening	Free - Have Dinner on Your Own

42 / FLIGHT ITINERARY TO U.S.



DEPARTURE: **TUESDAY 31 JUL** Please verify flight times prior to departure

UNITED AIRLINES
UA 0006

Duration:
11hr(s) :50min(s)

NRT
TOKYO NARITA, JAPAN ▶ **IAH**
HOUSTON GEO BUSH, TX

Departing At:
3:55pm

Terminal:
TERMINAL 1

Arriving At:
1:45pm

Terminal:
TERMINAL C

Aircraft:
BOEING 777 JET

Distance (in Miles): 6658

Stop(s): 0

Passenger Name:	Seats:	Class:	Status:	eTicket Receipt(s):	Meals:
» EMMAELIZABETH BREEN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964279	Dinner
» KOFI CHRISTIE	Check-In Required	UNITED ECONOMY	Confirmed	0167049964280	Dinner
» MATTHEWSTEPHEN FELDMAN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964281	Dinner
» PREEYA KURAY	Check-In Required	UNITED ECONOMY	Confirmed	0167049964282	Dinner
» JACOB DANIEL MCALPIN	Check-In Required	UNITED ECONOMY	Confirmed	0167049964283	Dinner
» GRACEKAY MEIKLE	Check-In Required	UNITED ECONOMY	Confirmed	0167049964284	Dinner
» ALEXANDER WILLAM NICOL	Check-In Required	UNITED ECONOMY	Confirmed	0167049964285	Dinner
» JACOB OSCAR OLITSKY	Check-In Required	UNITED ECONOMY	Confirmed	0167049964286	Dinner
» ERIC IRVING ROSENTHAL	Check-In Required	UNITED ECONOMY	Confirmed	0167049964287	Dinner
» AREN MICHAEL SIEKMEIER	Check-In Required	UNITED ECONOMY	Confirmed	0167049964288	Dinner
» MIKAMICHELLE TABATA	Check-In Required	UNITED ECONOMY	Confirmed	0167049964289	Dinner
» MITCHELL ADAM TRAFFORD	Check-In Required	UNITED ECONOMY	Confirmed	0167049964274	Dinner

OTHER: MONDAY 31 DEC

OTHER

Status:
Confirmed

IAH
HOUSTON GEO BUSH, TX

Information:
GROUP HANDLING FEE

OTHER: MONDAY 31 DEC

OTHER

Status:
Confirmed

IAH
HOUSTON GEO BUSH, TX

Information:
GROUP TICKETING FEE

Notes

*****THANK YOU FOR YOUR BUSINESS*****

FOR AFTER HOURS ASSISTANCE PLEASE CALL 1-877-251-9316

JTB USA, Inc. Houston Office.
713-658-1933
hou@jtbusa.com

1535 West Loop South, Suite 220 Houston, TX 77027

RE-ENTRY PROGRAM AT RICE / 43

Wednesday, August 1, 2012 - Tentative Schedule

by 9:00 AM	Included Breakfast Buffet at Hotel
9:30 AM	Hotel Shuttle Departs for Rice - Meet in Lobby Upon arrival at Rice proceed to Duncan Hall, Room 1049.
10:00 - 12:00 PM	"NanoJapan Debriefing Session & Overview of RQI", Prof. Junichiro Kono, Dr. Cheryl Matherly, and Sarah Phillips Come prepared to discuss your overall experience on the NanoJapan Program. Prof. Kono will also provide a brief overview of the RQI Colloquium. <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 2013 participants?
12:00 - 1:00 PM	Working Lunch: "Poster Presentation Skills Workshop" - Dr. Tracy Volz, Office of Professional Communication, Rice Center for Engineering Leadership
1:00 - 1:15 PM	Break
1:15 - 3:00 PM	Practice Poster Presentations" - Schedule TBA - Office of Professional Communication
	<ul style="list-style-type: none"> Individual practice poster presentations with coaching and feedback by trained Professional Communication coaches. Following your coaching session you may only make minor formatting, layout, font, or misspelling edits to your posters based on feedback from the coaches and your audience No changes to research data, research content, or other major revisions will be allowed as your Japanese professor & U.S. co-advisor will not be able to review and comment on changes before printing. The final, final version of your poster must be sent via to nanojapan@rice.edu as a PDF document by 8:00 AM Thursday morning for printing. Only one copy of your poster will be printed. This will be given to you Thursday afternoon.
3:00 - 3:15 PM	Ice Cream Break
3:15 - 4:15 PM	Rice University Campus Tour
4:15 PM	Hotel Shuttle Back to Holiday Inn
Evening	Free - Dinner on Your Own

Thursday, August 2, 2012

by 9:15 AM	Included Breakfast Buffet at Hotel
9:30 AM	Hotel Shuttle Departs for Rice University - Meet in Lobby Upon arrival at Rice proceed to Duncan Hall, Room 1049.
10:00 - 11:30 AM	"Marketing Your International Experience", Dr. Cheryl Matherly, University of Tulsa
11:30 - 12:00 PM	Break & Pick-up Lunch
12:00 - 1:00 PM	"International Fellowship Opportunities for Engineering & Science Students", Dr. Madalina Akli, Assistant Director, Rice Office of Undergraduate Fellowship and Research
1:00 - 1:30 PM	Break
1:30 - 3:30 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.

44 / RQI SYMPOSIUM AT RICE

3:30 - 4:00 PM	Ice Cream Break
4:00 - 4:30 PM	Wrap Up and Assessments Overview
4:30 PM	Hotel Shuttle Returns to Hotel Take a brief rest but be sure to set your alarm so you don't miss the party!
6:15 PM	Hotel Shuttle Departs for Prof. Kono's House
6:30 - 9:00 PM	NanoJapan Closing Party at Prof. Kono's House ~ 2303 North Blvd., Houston, Texas 77098, 713-529-2105

Friday, August 3, 2012

by 9:30 AM	Included Breakfast Buffet at Hotel & Check-out Wear business attire and bring your luggage with you to Rice. Come to Sarah's office upon arrival to store your luggage for the day (Abercrombie Lab, A-127) and to pick-up your poster.
9:45 AM	Shuttle Departs Hotel for Rice
Day	Rice Quantum Institute Summer Colloquium See https://rqi.rice.edu/Content.aspx?id=76 for full schedule of talks

All sessions held in Duncan Hall. Upon arrival proceed to the registration table to pick up your name badge and program schedule.

- 9:00 - 10:15: Oral Presentations - *If you would like to attend the first session make arrangements with the hotel front desk for an earlier shuttle or walk to Rice. Let the other students know you are coming early so they don't wait for you.*
- 10:15 - 10:30: Coffee Break
- 10:30 - 11:45: Oral Presentations
- 11:45 - 1:30: Undergraduate/NanoJapan Poster Fair & Included Lunch
- 1:30 - 4:00: Oral Presentations
- 4:00 - 4:15: Coffee Break
- 4:15 - 5:30: Oral Presentations
- 5:30 - 7:30: Reception & Graduate Student Poster Presentations

Afternoon/Evening	NanoJapan Student Flights Back Home
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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 recommend you arrive at least 90 minutes prior to departure for domestic flight check-in.

- **Shuttle Service:** We recommend Super Shuttle <http://www.supershuttle.com>. You can book this online and pay with a credit/debit card. Use discount code Owls1 for Rice discount.
- **Taxis:** If you are departing close to the same time as another NanoJapan student it may be faster and cheaper to share a cab to the hotel. Call Yellow Cab at 713-236-1111 to arrange for your cab. Most cabs in Houston take credit/debit cards and the flat fare from the Rice/ Medical Center to IAH is \$51 + a \$3.75 departure fee and fuel surcharge and from Rice/ Medical Center to HOU it is \$27 + a \$2.25 departure fee and fuel surcharge.
- **Pick-up Address:** Rice University, 6100 Main St., Houston, TX 77005. Ask that the driver use entrance 23 off of Rice Blvd. and pull straight into campus. Follow the NanoJapan signs to Duncan Hall. Be sure the driver has your cell phone.

	Bush Intercontinental Departures (IAH)	Houston Hobby Departures (HOU)
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- Matthew Feldman AA #1027 at 4:15
- Eric Rosenthal on US Air #880 at 5:40
- Aren Siekmeier on UA #1261 at 6:01 - Aren you arrived into HOU but fly out of IAH. Be sure you go to the correct airport.
- Preeya Kuray on UA #1246 at 6:50
- Jacob McAlpin on UA #4975 at 6:50
- Alec Nicol on UA #1504 at 7:10 PM

- Mitchell Trafford on SW #3043 at 4:40
- Kofi Christie on Air Tran #119 at 5:15

Saturday, August 4 Departures

- Grace Meikle - Staying with a friend in Houston Friday night and departing Saturday on UA #1585 at 6:00 AM from IAH

Travel Resources & Guides

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46 / 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.
- There is no curfew at the hotel; you may leave and return at any time. 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.
- Guests are not allowed in your room including other NanoJapan students. You must meet with them in the lobby or outside the hotel.

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. This service is provided as a courtesy to guests and they have asked that our students abide by the following restrictions due to their limited bandwidth.
- Under no circumstances can you use video-enabled chat/telephone programs or webcams on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- Under no circumstances can you play MMO games on the Sanuki Club wireless internet. You must go to a nearby internet cafe if you wish to use these programs.
- No more than three NanoJapan students at any one time should use Skype or other telephone programs to speak with their family/friends. If there are already three students in the lobby using Skype, you must wait until one gets off the phone or go to a nearby internet cafe to use this program.
- Whenever possible please limit your use of Sanuki Club wireless internet to e-mail, text-based chat, and web-browsing. Your observance of these restrictions will help ensure that the wireless internet remains working and available for all NanoJapan students and other hotel guests.

Bathrooms/Showers and Yukata

- Single-Occupancy rooms do not have their own bathroom. You will use the shared bathroom/shower facilities. A yukata (Japanese-style robe) is provided by the hotel and should be worn when walking to/from the bathroom and shower. This yukata must be left in your room when you check-out.
- The female-only private bathroom with shower is located on the 7th floor. The other bathrooms with showers are located on the 5th, 9th, and 10th floors.
- 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 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>



Receiving Money in Japan Via International Postal Money Order

Western Union does not operate in Japan. If your family or friends would like to send you money while you are in Japan, the best option is for them to send a check to the person you have designated as your Limited Power of Attorney. This person would then be able to deposit this check into your US banking account and you could withdraw these funds via an international ATM in Japan. Your family/friends could also send money to you in Japan via an International Postal Money Order. To obtain they will need to visit their nearest United States Postal Office. They can then mail this to you in Japan and you would need to cash it at your nearest Japanese post office. For more information on International Postal Money Orders see <http://www.usps.com/money/sendingmoney/sendmoneyinternationally.htm>.

48 / BUDGET TRAVEL IN JAPAN

It is a widespread misconception that Japan is an expensive place to travel. Surveys show that a lot of foreign visitors are surprised with how inexpensive Japan can be despite the generally high quality of goods and services and even when the yen is strong. The reality is that with careful planning and a little know-how, it is easy to enjoy a budget trip in Japan.

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 urban and long distance transportation inside Japan. Some budget friendly travel options include:

- **City Day Passes:** Many major city subway and bus systems have special 1 - 2 day passes. See the JapanGuide.com page Access and Orientation page for the city you will be visiting to see if a free pass will save you money if you plan to be there for just 1 - 2 days.
- **Bicycle:** When you are at your research lab you will most likely want to purchase, rent, or borrow a bike to use during the internship period. Biking around your host city can be a great way to get to know your neighborhood and some housing may be close enough to bike to/from the lab - saving you money on daily subway/bus transportation. When you get to your lab ask your research mentor or lab secretary about the best way to find a bike to use during your stay.
- **Full & Regional 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. A wide range of regional passes are also available for sight-seeing in and around your research lab host city. See <http://www.japan-guide.com/e/e2357.html>
- **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.
- **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 routes. Skymark Airlines offers particularly good fares and an online reservation system in English.
- **Discount Air Passes:** 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. Students going to Sapporo (Hokkaido University) should definitely buy a discount air pass.
- **Ferries** (more information: 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 a) Akebono (Tokyo - Aomori)
- **Seishu Juhachi Kippu:** The Seishun Juhachi Kippu, meaning something like "Youthful 18 Ticket", is a seasonally available railway ticket, which gives you five days of unlimited, nationwide travel on local and rapid JR (Japan Railways) trains for only 11,500 Yen, or 2,300 Yen per day! In the summer it is sold from July 20 to September 10 and is valid to be used for travel from July 1 to August 31. The trains you take with this ticket are local trains that stop at almost every station though so it will take a long time if you are traveling from say Tokyo to Osaka. Rather,

Budget Food ~ 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. 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.

Lunch

- Low (400 - 700 JPY/day): Inexpensive lunch boxes are available in convenience stores and stands in railway stations and business districts. Various fast food restaurants, specializing in noodles, curry, domburi or hamburger, also offer relatively filling meals.
- Medium (700 - 1,200 JPY/day): At this level you will have an even larger range of inexpensive restaurants such as the above mentioned fast food places, plus restaurants which offer lunch set special, so called teishoku, for around 1000 Yen.
- High (above 1,200 JPY/day): Lunch at conventional restaurants, not a set lunch menu.

Dinner

- Low (400 - 700 JPY/day): Convenience stores sell various, inexpensive ready-to-eat meals. After about 7:00 most grocery stores also offer discounted boxed meals and o-bento.. Or fast food is an option.
- Medium (700 - 2,000 JPY/day): Conventional restaurants are generally more expensive in the evening than during lunch time, as there are no lunch specials. At this level, you will be able to enjoy a nice dinner at a wide range of fast food and conventional restaurants, including the restaurants found in department stores where meals typically cost between 1000 and 2000 Yen, not including alcoholic drinks.
- High (above 2,000 JPY/day): With 3000 Yen per person you will be able to have a good dinner at a wide range of restaurants. Calculate 5000 Yen upwards per person for a dinner at upper class restaurants specializing in sushi, French cuisine, sukiyaki, kaiseki ryori, steaks, etc.

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 offer 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.

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. 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.

Tokyo Vegetarian Guide: <http://www.vegetokyo.com/>

Vegetarian Restaurants in Japan: <http://www.happycow.net/asia/japan/>

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

While Japan has plenty of enjoyable sightseeing attractions that are free, most museums, temples, castles and gardens charge an admission of at least a few hundred yen. Yet there are a variety of discounts that can decrease your sightseeing expenses a little bit. Here are a few popular sites with no admission fees.

- 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: Hiroshima Peace Park with its almost free museum (50 yen), Mazda Museum and climbing Misen and visiting Daishoin Temple on nearby Miyajima.
- Nagoya: Atsuta Shrine, Osu Kannon Temple and joining a Toyota Factory Tour.
- Hakone: Owakudani, Hakone Shrine and Gora Park (Hakone Free Pass holders only).
- 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.

Goodwill Guides ~ <http://www.jnto.go.jp/eng/arrange/travel/guide/guideservice.html>

Goodwill Guide Groups, comprising mostly students, housewives and retirees, are engaged in different locations throughout Japan in a variety of volunteer activities using their foreign language skills. Some have a pre-set walking tour for which you only need to go to a pre-established place at certain dates and times to join, while others make arrangements to meet tourists' requests. There is no charge for their service as they are volunteers. You are only expected to pay for their travel expenses and admissions to tourist facilities as well as yours, and to pay for their meals if you eat with them.

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.

Shopping

- 100 Yen Shops: 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.
- 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.

52 / TRAIN ETIQUETTE IN JAPAN

Japanese Train Systems: The American's Guide

Website: <http://www.noelleinJapan.com/dec20.php>

If you visit Japan for even just a day, chances are you will ride on a Japanese train. The Japanese train system is fun and easy to use as long as you follow a few simple guidelines and learn a few good tricks.

- First, never be afraid to ask for help. Japanese people are very polite and always looking to help you on your way. If you can't figure out how to use the ticket machine, ask one of the men sitting in the stall booth. They will gladly come out and help you buy your ticket if you tell them the destination.
- Second, keep a subway map with you at all times. This can be shown to the station master for help if you are unsure of where to go; they would just compare your English-language map to a Japanese map to verify the station you are going to. If traveling outside of the city in more suburban or rural areas ask someone to write down the Kanji of the station/s you need as the signs in these stations might not use Romanji or English.
- Third, take your time and be patient. If you miss the train you wanted, another one will be along shortly. The doors do not stay open for stragglers so if you rush you may leave someone in your party behind at the train station. When traveling with a group be sure to allow enough time for everyone to get on and off the train together. Be aware that your cell phone might not get good reception in underground stations so have a plan ready for what to do if someone is left behind. Typically the best thing to do is get off the train at the next station and wait for them to catch up or agree to meet at the destination station if everyone knows where they are going.
- Fourth, eliminate your idea of "personal space." Japanese trains are generally very crowded, especially during rush hour, so know that there will be people pushed up next to you at all times. Keep your bag in front of you or on your lap if you are seated to avoid unintentionally hitting someone. The overhead racks should be used, especially for large bags or large back-packs to allow room for other travelers in your train car. If you are a woman and do not wish to have men so close to you, during the evenings most trains offer "Women Only" cars. You might want to consider using one of these if you are uncomfortable with the proximity of your male travel-mates.
- Fifth, remember the term "Sumimasen" meaning "excuse me" in Japanese. This will be very useful both when trying to get out of a crowded train and when trying to ask someone a question. When someone answers your question, it is polite to respond with "Arigato Gozaimasu" (thank you, the "u" at the end is silent).

Train Etiquette

- Keep talking to minimum, low voices on trains. It is appropriate to have light conversation, but keep it quiet. Most people do not talk on trains and prefer to sleep, read, or play video games.
- Eating and drinking are prohibited on a train. You may drink from a water bottle as needed on long train rides, of course, but do not eat or drink anything else. This keeps the trains clean and reduces the amount of smells in the train system. Typically, Japanese do not eat in public and, if they do, it is right next to a vending machine (conveniently the only places with waste receptacles).
- Cell phone use on a train is strictly prohibited. You can use the text/email features of a phone when in the normal seating areas. However, cell phones should be kept on silent/manner mode at all times and turned off completely if you are sitting in the Priority Seating area (see below).
- Respect the pregnant, elderly, and disabled while on the train. At the head of each car there is an area reserved specifically for them. If you see someone who looks like they need a seat more than you, offer it to them. Out of Japanese politeness, they will decline the offer the first time, but offer a second time and they will take it and GREATLY appreciate it. If no one who needs these seats are on the train, then it is acceptable to sit in the priority seating, knowing you will need to get up if someone else needs it.
- Try to avoid prolonged eye contact with anyone on a train. Most Japanese consider eye contact (or staring) rude on a train and would prefer to remain anonymous. Of course, kids will be kids and may still stare at you.
- Before you get on the train, wait in line at the arrows on the platform for the train to come. The arrows specify where the train doors will open. You will see people forming two lines at each arrow. When the train comes, the two lines will separate to let people departing from the train walk through the middle, then when they have all exited, the two lines can enter the train simultaneously. This makes for the very efficient train station stops required to keep the trains on-time.

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.

in Greater Tokyo





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Direction to Elionix from JR Hachiouji Station



TO ELIONIX FROM HACHIOUJI / 57

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.



58 / TO ELIONIX FROM HACHIOUJI

Image.2.

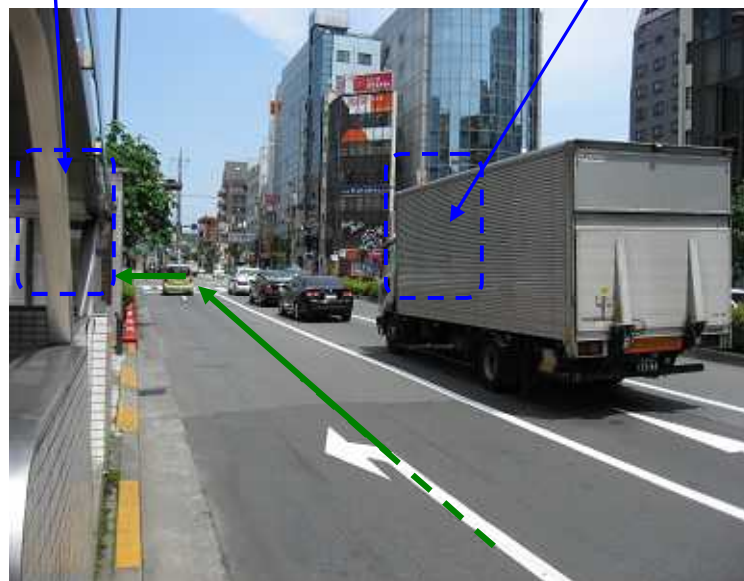


Image.3.



Image.5.



Cross the street and turn left

Image.4.



Keep going straight

Image.6.



PG-503

KYOTO WALKS



日本政府観光局 (JNTO)
Japan National Tourism Organization

JNTO Website : <http://www.jnto.go.jp>

Tourist Information Center (TIC)

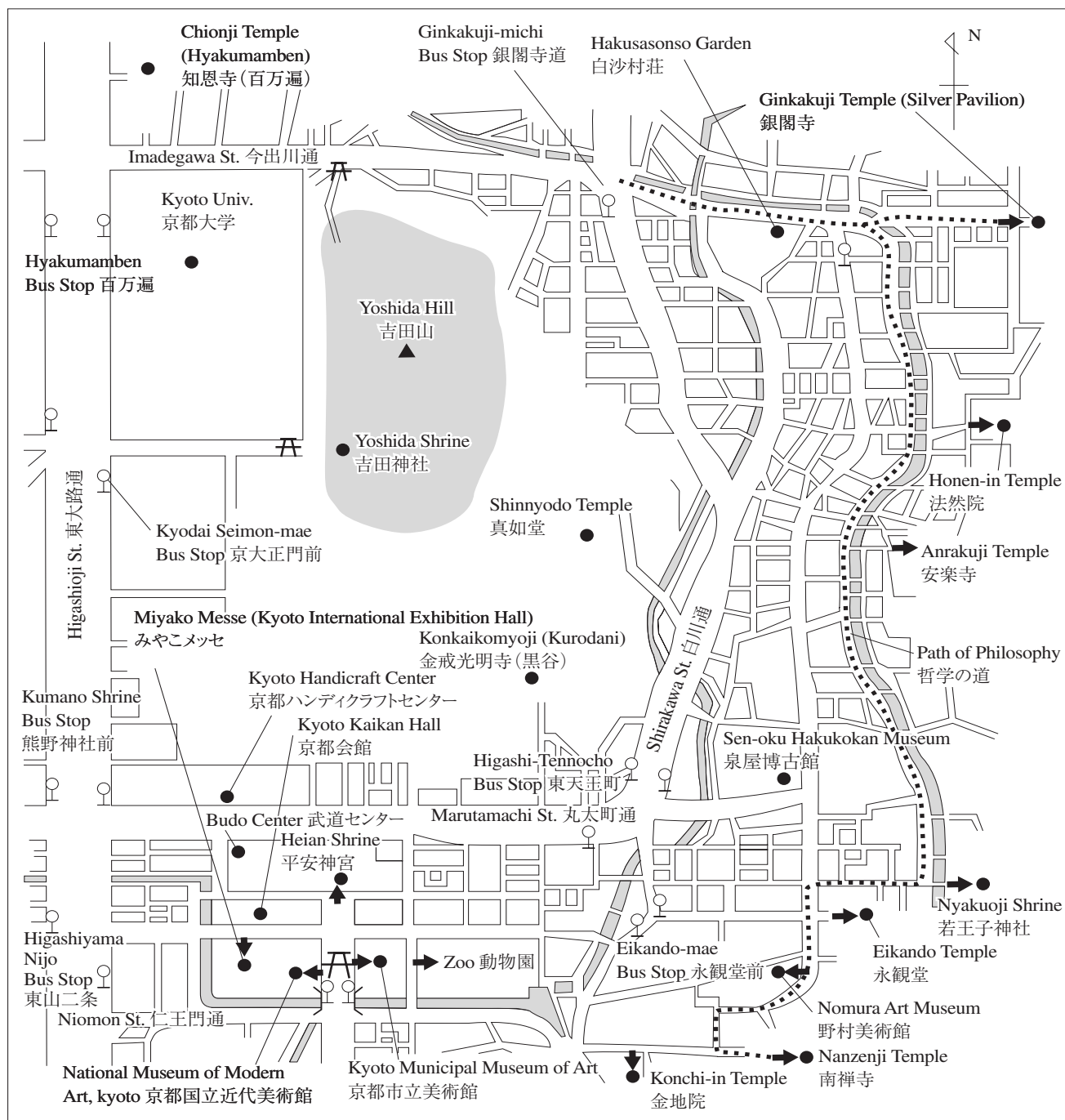
10th Fl., Tokyo Kotsu Kaikan Bldg., 2-10-1,
Yurakucho, Chiyoda-ku, Tokyo 100-0006
Tel. (03)3201-3331

The best things in Kyoto are reserved for those willing to walk. So try walking at leisure through some small parts of Kyoto simply to savor the atmosphere and life of the city. Given below are some of our suggested routes.

ALONG THE OLD CANAL (North-east Area/Ginkakuji Temple – Eikando Temple – Nanzenji Temple)

City bus No.5 (Bus Stop A-1 at the bus terminal in front of JR Kyoto Station), No.17 (Bus Stop A-2), No.100 (Bus Stop D-1), Kyoto bus No.51 (Bus Stop C-6) from Kyoto Sta. Get off at Ginkakuji-michi (銀閣寺道). ¥220. Time required for walking: about 50min.

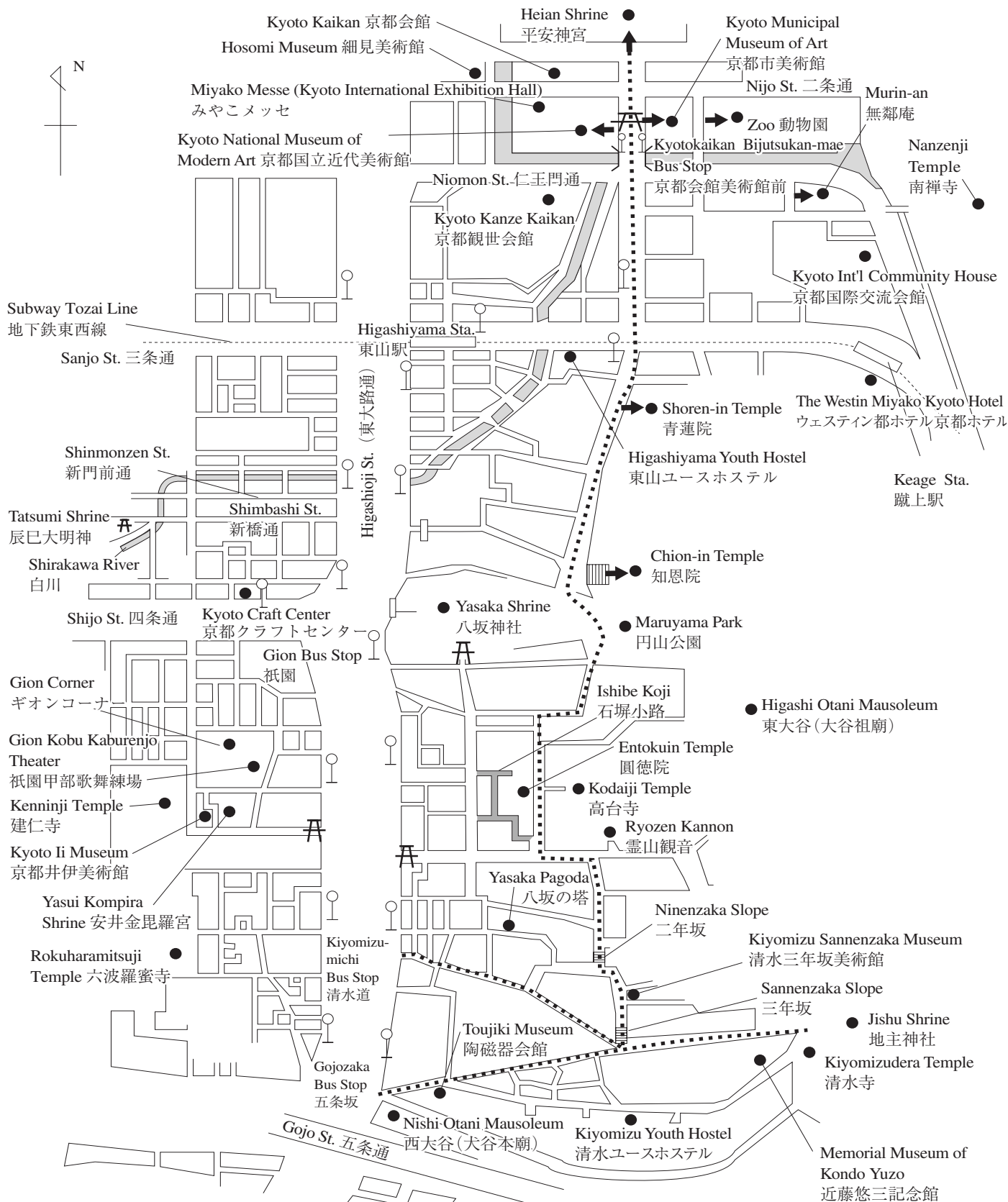
This is a pleasant city stroll following the old canal, lined with cherry trees, between Ginkakuji Temple and Nanzenji Temple. Local scholars call the little alley flanking the canal "The Path of Philosophy."



HIGASHIYAMA AREA (Eastern Area/Kiyomizu Temple – Sannenzaka – Maruyama Park – Chion-in Temple – Shoren-in Temple – Heian Shrine)

City bus No.206 (Bus Stop D-2), No.100 (Bus Stop D-1) from Kyoto Sta. Get off at Gojozaka (五条坂) or Kiyomizu-michi (清水道). Kyoto bus No.18 (Bus Stop C-3) from Kyoto Sta. Get off at Higashiyamagojo (東山五条). ¥220. Time required for walking: about 50min.

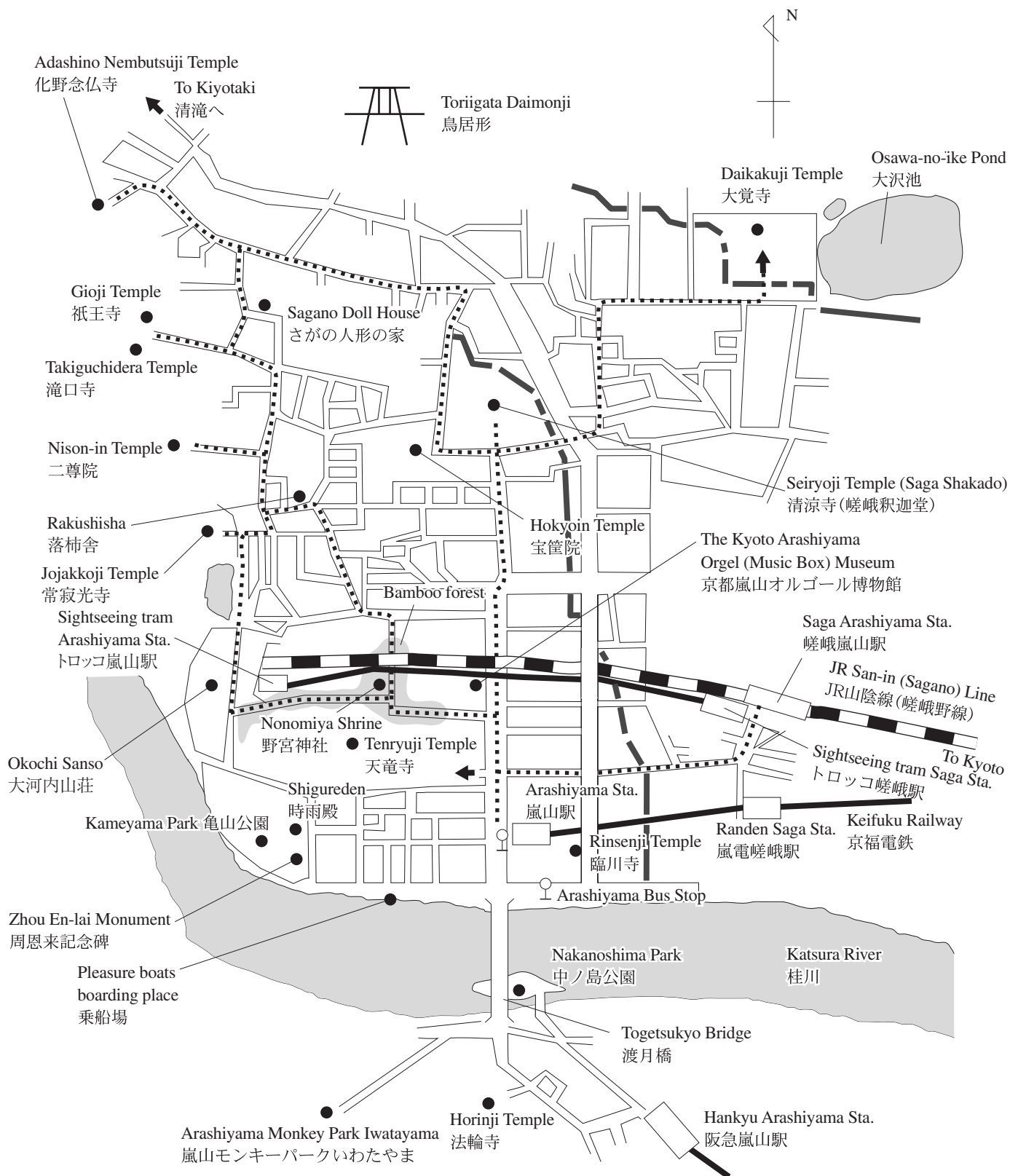
Start this walking tour course from Gojozaka Bus Stop, heading for Kiyomizu Temple. The approach to Kiyomizu Temple is an attractive winding road lined with colorful souvenir and curio shops. From Kiyomizu Temple to Maruyama Park there are curio shops, pottery workshops and an array of small and large temples and shrines. Crossing Maruyama Park, keep walking northward to Heian Shrine, whose garden is admired for its cherry and iris flowers in season.



ARASHIYAMA AREA (Western area/Tenryuji Temple to the Sagano Area)

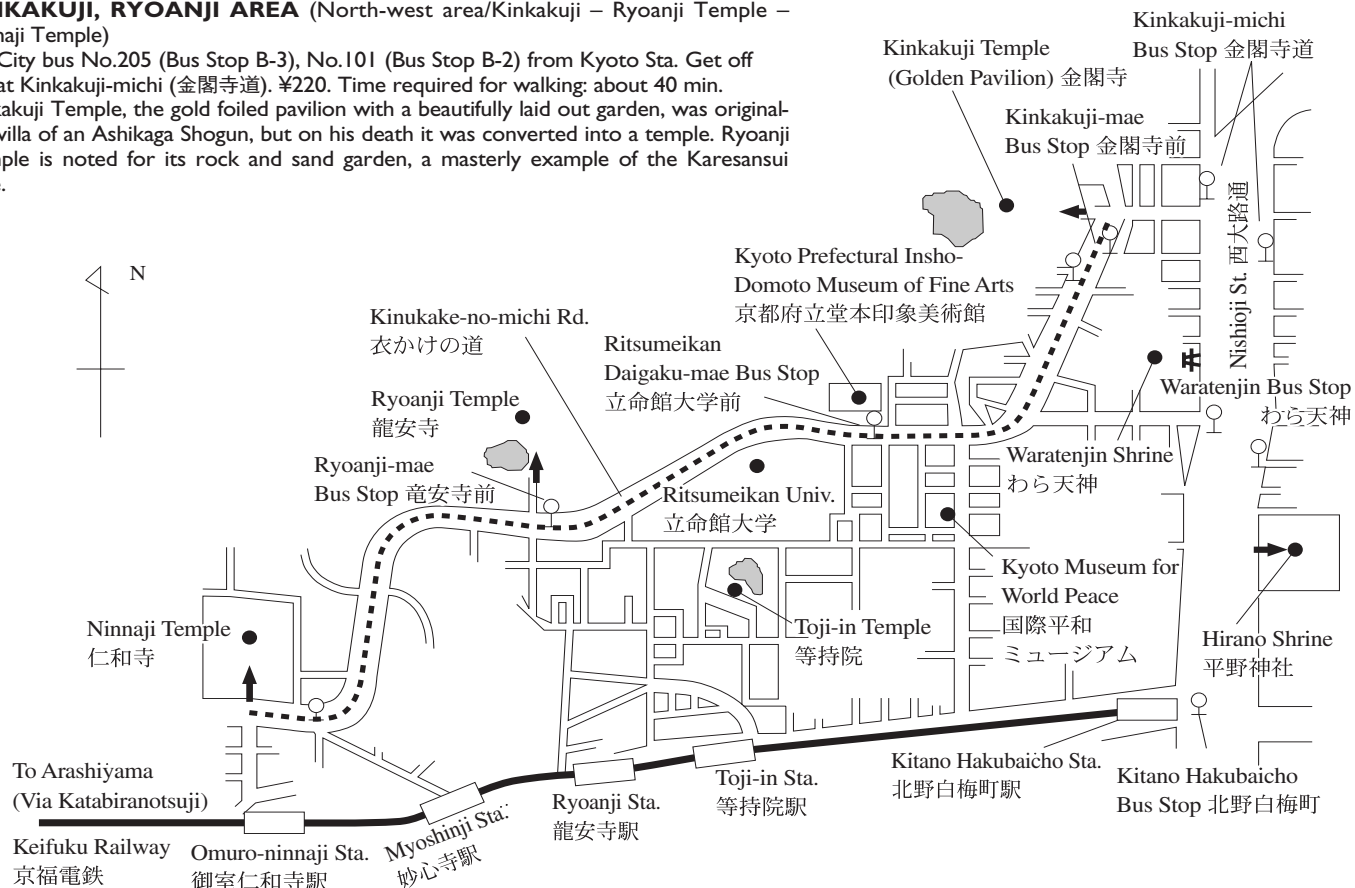
Kyoto Bus (京都バス) No.71, 72 or 73 (Bus Stop C-6) from Kyoto Sta., or Kyoto Bus No.61, 62, or 63 (Bus Stop ⑭) from Sanjo Keihan Sta. Get off at Arashiyama (嵐山). ¥240. JR train from Kyoto Sta. to Saga Arashiyama Sta.(嵯峨嵐山駅). ¥230. Time required for walking: about 1 to 4 hours depending on the route.

Once an excursion place for Emperors of Heian Period (794-1192), Kyotoites today make annual excursions here to see cherry blossoms in spring and maples in their autumn colors.



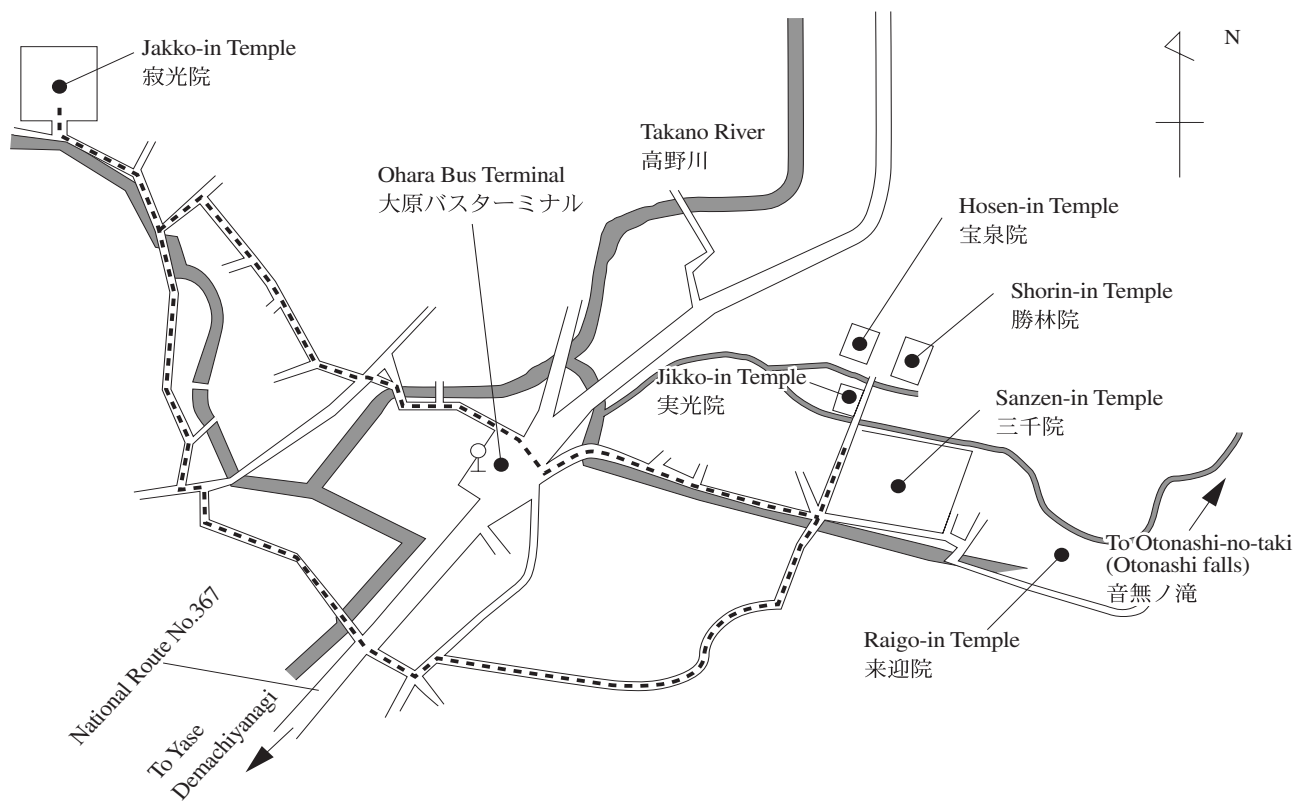
KINKAKUJI, RYOANJI AREA (North-west area/Kinkakuji – Ryoanji Temple – Ninnaji Temple)

City bus No.205 (Bus Stop B-3), No.101 (Bus Stop B-2) from Kyoto Sta. Get off at Kinkakuji-michi (金閣寺道). ¥220. Time required for walking: about 40 min. Kinkakuji Temple, the gold foiled pavilion with a beautifully laid out garden, was originally a villa of an Ashikaga Shogun, but on his death it was converted into a temple. Ryoanji Temple is noted for its rock and sand garden, a masterly example of the Karesansui style.



OHARA AREA (Far north area/Sanzen-in Temple – Jakko-in Temple)

Kyoto Bus (京都バス) No.17 or 18 (Bus Stop C-3) from Kyoto Sta. (¥580), or Kyoto Bus No.16 or 17 (Bus Stop ⑰) from Sanjo Keihan Sta. (三条京阪) (¥490). Get off at Ohara (大原). Time required for walking: 1.5 hours. A nice walking area somewhat comparable to Arashiyama is that of Ohara, where you can touch the heart of rural Japan.



Facility	Admission fee(¥)	Opening hours (Ticket windows are closed 30min. before closing time)
Chion-in Temple 知恩院	400	9:00–16:00
Daikakuji Temple 大覚寺	500	9:00–17:00
Kyoto Prefectural Insho-Domoto Museum of Fine Arts 京都府立堂本印象美術館	500	9:30–17:00 (Closed on Mon. and Dec. 28–Jan. 4)
Ginkakuji Temple 銀閣寺	500	8:30–17:00 (Mar. 1–Nov. 30) 9:00–16:30 (Dec. 1–The end of Feb.)
Gioji Temple 祇王寺	300	9:00–17:00
Chishaku-in Temple 智積院	500	9:00–16:30
Heian Jingu (Garden) Shrine 平安神宮	600	8:30–17:30 (–16:30 Nov.–Feb.)
Hosomi Museum 細見美術館	depend on exhibitions	10:00–18:00 (Closed on Mon.)
Arashiyama Monkey Park Iwatayama 嵐山モンキーパークいわたやま	550	9:00–17:00(–16:30 the middle of Nov. – the middle of Mar.)
Jakko-in Temple 寂光院	600	9:00–17:00 (–16:30 Dec.–Feb.)
Jokakkoji Temple 常寂光寺	400	9:00–17:00
Kinkakuji Temple 金閣寺	400	9:00–17:00
Kiyomizu Temple 清水寺	300	6:00–18:00 (–18:30 Aug. – Sep.)
Kodaiji Temple 高台寺	600	9:00–17:30
Konchi-in Temple 金地院	400	8:30–17:00 (–16:30 Dec.–Feb.)
Nijo Castle 二条城	600	8:45–16:00 (Closed on Tue. in Jan., Jul., Aug. & Dec.)
Sanjusangendo Temple 三十三間堂	600	8:00–17:00. 9:00–16:00 (Nov. 16–Mar.)
Kyoto Handicraft Center 京都ハンディクラフトセンター	Free	11:00–18:00 (Closed on Jan.1–3.)
Kyoto Museum for World Peace, Ritsumeikan University 立命館大学国際平和ミュージアム	400	9:30–16:30 (Closed on Mon.)
Kyoto Municipal Museum of Art 京都市美術館	depend on exhibitions	9:00–17:00 (Closed on Mon.)
Kyoto Municipal Zoological Garden 京都市動物園	500	9:00–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.) (Closed on Mon.)
The National Museum of Modern Art, Kyoto 京都国立近代美術館	depend on exhibitions	9:30–17:00 (Closed on Mon.)
Murin-an Garden 無鄰菴	400	9:00–17:00 (Closed on Dec.29–Jan.3)
Kyoto Ii Museum 京都井伊美術館	1,500	13:00–17:00
Nanzenji Temple 南禅寺	500	8:40–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.)
Nison-in Temple 二尊院	500	9:00–16:30
Ninnaji Temple 仁和寺	500	9:00–17:00, –16:30 (Dec. –Feb.)
Toji temple 東寺	500	8:30–17:30 (–16:30, Sep. 20–Mar. 19)
Okochi Sanso (Garden) 大河内山荘	1,000 (including tea and sweet)	9:00–17:00
Rokuharamitsuji Temple 六波羅蜜寺	600	8:00–17:00
Ryoanji Temple 龍安寺	500	8:00–17:00 (Mar.–Nov.) 8:30–16:30 (Dec.–Feb.)
Sanzen-in Temple 三千院	700	8:30–17:00 (Mar.–Nov.) –16:30 (Dec.–Feb.)
Shoren-in Temple 青蓮院	500	9:00–17:00
Tenryuji Temple 天龍寺	500	8:30–17:30 (Feb.–Nov.) 8:30–17:00 (Nov.–Mar.)
Toji-in 等持院	500	8:00–17:00
Kyoto International Manga Museum 京都国際マンガミュージアム	800	10:00–18:00 (Closed on Wed.)

Note 1. Most museums and some other facilities are closed from late December to early January.

(Dates differ depending on the facilities.)

2. When Monday falls on a national holiday, some facilities are closed on the following day.

Bus and Subway Passes and Pre-paid Cards

◆Kyoto City Bus Exclusive One Day Card ◆¥500

* Can be used for one day on Kyoto City buses within the designated area.

◆Kyoto Subway One Day Card ◆¥600

* Can be used for one day on all Kyoto City Subway Lines.

◆Kyoto Sightseeing Card (one day or two days) ◆¥1,200 (one day) or ¥2,000 (two days)

* Can be used for one or two days on all Kyoto City buses and subways, Kyoto buses within the designated area. This ticket comes with a guide map with discount and privilege coupons for some temples, museums, shops, etc.

◆Trafica Kyo Card ◆¥1,000 (worth ¥1,100) ¥3,000 (worth ¥3,300)

* Valid on all Kyoto City buses and subway lines.

◆Surutto Kansai Miyako Card ◆¥1,000, ¥2,000, ¥3,000 or ¥5,000

* Valid on all Kyoto City buses and subway lines and cooperating private train and buses such as Hankyu, Keihan, Keihanbus and others.

◆City Bus Card ◆¥2,000 (worth ¥2,250)

* Valid on all Kyoto City bus lines.

☆ Where to Purchase these Cards ☆

Available at automatic subway ticket machines (except for the City Bus Card, the Kyoto City Bus Exclusive One Day Card, and Kyoto Sightseeing Card), Kyoto City bus and subway information centers, and some automatic ticket vending machines.



TOURIST INFORMATION

Kyoto Tourist Information Center

2nd fl., Kyoto Station Bldg., Shiokoji-sagaru, Karasuma-dori, Shimogyo-ku, Kyoto City.

8:30 – 19:00

Tel. (075)343-0548

Kyoto Handicraft Center

21, Shogoin Entomi-cho, Sakyo-ku, Kyoto City.

10:00 – 19:00; Closed on Jan. 1 – 3

Tel. (075)761-8001

Ryokan Kyoraku

231, Kogawa-cho, Shichijo-agaru, Akezu-dori, Shimogyo-ku, Kyoto City.

10:00 – 15:00; Closed irregularly

Tel. (075)371-1260

Ryokan Rakucho

67, Higashihangi-cho, Shimogamo, Sakyo-ku, Kyoto City.

10:00 – 18:00; Closed on Dec. 28 – Jan. 7 & irregularly

Tel. (075)721-2174

aksh Inc.

2nd fl., Inoue Bldg., 9, Higashimaruta-cho, Sakyo-ku, Kyoto City.

10:00 – 17:00, 15:00 (Sat.); Closed on Sun. & national holidays

Tel. (075)752-6257

C. Coquet -Communication Service-

2nd fl., Marutaka Bldg., 686, Sakamoto-cho, Nakagyo-ku, Kyoto City.

10:00 – 20:00; Closed on Sun.

Tel. (075)212-0882



Welcome Inn Reservation Center (WIRC) is

here to help you book economical accommodations at participating inns throughout the country. Our participating establishments, called "Welcome Inns", comprise a range of accommodations from hotels, business hotels, Ryokan, minshuku, pensions and Shukubo (temple lodgings) to youth hostels. Most of them have guest rooms at rates which do not exceed ¥8,000 yen per night (excluding tax and service charges) for a single room.

Reservation over the Internet

Visit our website at <http://www.itcj.jp> and apply through our system.

Application deadline – generally 5 days ahead of your check-in date

Reservation at booking counters in Japan

To take advantage of our service, you must appear in person at any of the Welcome Inn reservation counters located at the Tourist Information Centers: Tokyo (10th fl. Tokyo Kotsukaikan Bldg., 2-10-1, Yurakucho, Chiyoda-ku), Kyoto (9th fl. of JR Kyoto Sta.), Narita International Airport, Kansai International Airport.

Welcome Inn Reservation Center

c/o International Tourism Center of Japan

<http://www.itcj.jp>



Goodwill Guide Groups offer tourists from overseas

local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website

www.jnto.go.jp/eng/arrange/essential/guideservice.html

All information, including transportation schedules, fares, prices and accommodation charges, which is contained in this leaflet is based on data as of March 2010, and is subject to change without notice. While every effort is made to ensure the accuracy of all information, regrettably errors do occasionally occur. Therefore, you should check with organizations concerned for updated and accurate information on your chosen destination. JNTO shall not be liable for any loss or damage of whatever nature that may arise as a result, directly or indirectly, from the use of any of the information or material contained in this leaflet.

Emergency & Medical Resources

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Japan

Country Specific Information



Recent Embassy Notices for American Citizens



April 05, 2012

COUNTRY DESCRIPTION: Japan is a stable, highly developed parliamentary democracy with a modern economy. Tourist facilities are widely available, except in coastal areas of Northeast Japan still recovering from the aftermath of the March 11, 2011, earthquake and tsunami. Please read the Department of State’s [Background Notes on Japan](#) for additional general information and the most recent [Travel Alert for Japan](#) for specific information related to the region rebuilding after the disaster.

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SMART TRAVELER ENROLLMENT PROGRAM (STEP) / EMBASSY LOCATION: If you are going to live in or visit Japan, please take the time to tell our Embassy or one of our Consulates in Japan about your trip. If you enroll in the [Smart Traveler Enrollment Program](#), we can keep you up-to-date with important safety and security announcements. It will also help your friends and family get in touch with you in an emergency. In accordance with the Privacy Act, information on your welfare or whereabouts may not be released to inquirers without your expressed written authorization.

Local embassy information is available below and at the [Department of State’s list of embassies and consulates](#).

Find information quickly and easily on consular services for all of Japan, including travel enrollment, passport renewal, legal matters, and safety and security, using the convenient, alphabetized links on the [U.S. Embassy's website](#). Please see our [list of U.S. and Japanese holidays](#). See maps to all our [consular offices in Japan](#), along with directions on using public transportation to reach us.

U.S. Embassy in Tokyo

1-10-5 Akasaka, Minato-ku, Tokyo 107-8420 Japan

Telephone: 81-3-3224-5000

Emergency after-hours telephone: 81-3-3224-5000

Facsimile: 81-3-3224-5856

U.S. Consulate General in Osaka-Kobe

2-11-5 Nishitenma, Kita-ku, Osaka 530-8543

Telephone: 81-6-6315-5900

Emergency after-hours telephone: 81-6-6315-5900

Facsimile: 81-6-6315-5914

U.S. Consulate General in Naha

2-1-1 Toyama, Urasoe, Okinawa 901-2104

Telephone: 81-98-876-4211

Emergency after-hours telephone:

81-3-3224-5000 (Emergency calls are routed through the Embassy switchboard after hours)

Facsimile: 81-98-876-4243

U.S. Consulate General in Sapporo

Kita 1-Jo Nishi 28-chome, Chuo-ku, Sapporo 064-0821

Telephone: 81-11-641-1115

Emergency after-hours telephone: 81-11-641-1115

Facsimile: 81-11-643-1283.

U.S. Consulate in Fukuoka

2-5-26 Ohori, Chuo-ku, Fukuoka 810-0052

Telephone: 81-92-751-9331

Emergency after-hours telephone:

81-3-3224-5000 (Emergency calls are routed through the Embassy switchboard after hours)

Facsimile: 81-92-713-9222

U.S. Consulate in Nagoya

Nagoya International Center Bldg. 6th floor, 1-47-1 Nagono, Nakamura-ku, Nagoya 450-0001

Telephone: 81-52-581-4501

Emergency after-hours telephone: 81-52-581-4501

Facsimile: 81-52-581-3190.

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ENTRY / EXIT REQUIREMENTS FOR U.S. CITIZENS: You must have a valid passport and an onward/return ticket for tourist/business "visa free" stays of up to 90 days. Your passports must be valid for the entire time you are staying in Japan. U.S. citizens cannot work on a 90-day "visa

free" entry. As a general rule, "visa free" entry status may not be changed to another visa status without departing and then re-entering Japan with the appropriate visa, such as a spouse, work, or study visa.

For more information about the Japanese visa waiver program for tourists, Japan's rules on work visas, special visas for taking depositions, and other visa issues, you should consult the Consular Section of the Embassy of Japan at 2520 Massachusetts Avenue NW, Washington, DC 20008, tel. (202) 238-6800, or the nearest Japanese consulate. Please visit the [Japanese Embassy's website](#) for location details. The U.S. Embassy and U.S. consulates in Japan cannot assist in obtaining visas for Japan.

All foreign nationals entering Japan, with the exception of certain categories listed below, are required to provide fingerprint scans and to be photographed at the port of entry. This requirement is in addition to any existing visa or passport requirements. Foreign nationals exempt from this requirement include special permanent residents, persons under 16 years of age, holders of diplomatic or official visas, and persons invited by the head of a national administrative organization. U.S. travelers on official business must have a diplomatic or official visa specifying the nature of travel as "As Diplomat," "As Official," or "In Transit" to be exempt from biometric collection. All other visa holders, including those with diplomatic and official visas stating "As Temporary Visitor," are subject to this requirement. Status of Forces Agreement (SOFA) personnel, are exempt from biometrics entry requirements under SOFA Article IX.2.

If you are a U.S. citizen entering or transiting Japan, you should ensure that your passport and visa are up-to-date before you leave the United States. Occasionally, airlines mistakenly board U.S. citizens coming to Japan even though their passports have already expired. The U.S. Embassy and U.S. consulates cannot "vouch for" you without a valid passport, and passport services are not available at the airport. In some prior instances, travelers have been returned immediately to the United States, while in other cases, they have been issued 24-hour "shore passes" and required to return the next day to Japanese Immigration for lengthy processing.

Many Asian countries require you to hold a passport valid for at least six months after you enter the country. Airlines in Japan will deny you boarding for transit if you don't have the required travel documents for an onward destination in Asia. For the entry requirements of the country you're traveling to, visit the [State Department's Country Specific Information](#) website

Airlines in Japan will deny you boarding for onward flights to China if your passport does not have a valid Chinese visa. You will then have to obtain a Chinese visa in Japan, which can be a long and complicated process. The U.S. embassy and U.S. consulates cannot assist in obtaining Chinese visas. More information is available in the [Country Specific Information for China](#). Entry requirements for Hong Kong are available on our web site as well.

Military/SOFA Travelers: While active-duty U.S. military personnel may enter Japan under the Status of Forces Agreement (SOFA) with proper Department of Defense (DOD) identification and travel orders, all SOFA family members, civilian employees, and contractors must have valid passports and, in some cases, SOFA visas to enter Japan. Military members with non-U.S. citizen family members seeking to have them accompany them to Japan should consult with their command and Japan Immigration for requirements, as entry to Japan may differ depending on nationality. Active-duty military personnel should obtain a tourist passport before leaving the United States to accommodate off-duty travel elsewhere in Asia, as obtaining one in Japan can take several weeks. Personnel whose duties will include official travel should also obtain an Official

Passport before coming to Japan to avoid delays of up to two months, as overseas applications for these passports must be referred to a special office in Washington, which increases the processing times. DOD travelers should consult the DOD Foreign Clearance Guide, DOD 4500.54, before leaving the United States.

Long-Term Residency Requirements: Japan amended its [Immigration Control and Refugee Recognition Act](#) in 2009, and the changes will take effect July 12, 2012. In addition, under the 2006 revision of the same law, if you are a long-term resident who obtained residence through your Japanese ancestry, you may have to provide evidence that you do not have a criminal record in your home country before you can renew residency status in Japan. As Japanese Immigration regulations are complex and changing, the Embassy recommends that you consult directly with your local immigration office for specific guidance. You can obtain a Proof of no U.S. [criminal record](#) through the [FBI Identification Record Request](#).

Starting July 12, 2012, the Japanese government will institute a new residency system impacting the following groups:

- * Foreign nationals with Permanent Resident status;
- * Foreign nationals who have long-term residence in Japan based on familial relationships with Japanese citizens;
- * Foreign nationals with "College Student" status; and
- * Foreign nationals issued a working visa in various professional classifications such as Engineer, Specialist in Humanities/International Services, Research, Business Management, Designated Activities, etc.

The changes in the new residency system include new residence cards, a new maximum stay of five years, a new re-entry permit system, updated requirements for reporting to the Japanese Immigration Bureau, as well as new regulations requiring aliens legally resident in Japan to report to the city offices where they reside. As part of the new policy, a new Residence Card (zairyu kaado) will replace the current Alien Registration Certificate (ARC). Resident aliens will also be required to be registered by household in the same manner as Japanese citizens.

The new procedures also include updates and changes to penalties for those who are unable to maintain legal status in Japan or fail to comply with new the new reporting regulations. Both prospective and current resident aliens in Japan should be familiar with updated procedures to ensure compliance with current policies.

As the changes in Japanese immigration and resident registration procedures and the affected groups described above are not a comprehensive listing, please check directly with the Japan Immigration Bureau or the Ministry of Internal Affairs and Communications (MIC). The Japanese government websites below have more information on these changes:

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/qa_en.html

http://www.soumu.go.jp/main_sosiki/jichi_gyousei/c-gyousei/zairyu_english.html

http://www.immi-moj.go.jp/newimmiact_1/en/index.html

http://www.immi-moj.go.jp/english/newimmiact/newimmiact_english.html

Also, it is important to remember that "Long-Term Resident" (teijusha) and "Permanent Resident" (eijusha) are different and therefore are subject to different requirements.

For a renewal of visa status or a change in visa status, you should bring your Japanese health insurance card (social insurance or national health insurance) to immigration offices in addition to your passport. Immigration officials will urge those applicants without a health insurance card to join the Japanese public health insurance system.

HIV/AIDS Restrictions: The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors or foreign residents of Japan.

Information about [dual nationality](#) or the [prevention of international child abductions](#) can be found on our website. For further information about customs regulations, please read our [Customs Information page](#).

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THREATS TO SAFETY AND SECURITY: There have been no major terrorist incidents in Japan since 1995. However, you should be aware of the potential risks and take these into consideration when making travel plans.

The Government of Japan maintains heightened security measures at key facilities and ports of entry as antiterrorism precautions. At times, these security measures may increase because of regional tensions with North Korea. The Government of Japan is vigilant in tracking terrorist threat indicators and remains at a high state of alert. You can contact local police substations (koban) and police emergency dispatchers (tel. 110) to report any suspicious activity.

Our offices in Japan communicate threat information through our nationwide e-mail message system and post current threat information on the [U.S. Embassy's American Citizens Services \(ACS\) web page](#). If you reside in or visit Japan, we encourage you to [sign up for an e-mail newsletter](#). Anyone may register for our e-mailed messages through our website.

Stay up to date by:

- Bookmarking our [Bureau of Consular Affairs website](#), which contains the current [Travel Warnings and Travel Alerts](#) as well as the [Worldwide Caution](#).
- Following us on [Twitter](#) and the Bureau of Consular Affairs page on [Facebook](#) as well.
- Downloading our free [Smart Traveler iPhone App](#) to have travel information at your fingertips.
- Calling 1-888-407-4747 toll-free within the United States and Canada, or a regular toll line, 1-202-501-4444, from other countries.
- Taking some time before travel to consider your personal security—Here are some useful tips for [traveling safely abroad](#).

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CRIME: The general crime rate in Japan is well below the U.S. national average. Crimes against U.S. citizens in Japan usually involve personal disputes, theft, or vandalism. Violent crime is rare but does exist. Sexual assaults do not happen often but do occur, and females may be randomly targeted. Hate-related violent crimes rarely occur, though some U.S. citizens have reported being the target of comments or actions because of their nationality or their race. There have been some incidents of pick pocketing of foreigners in crowded shopping areas, on trains, and at airports.

Every year, a number of U.S. citizens report their passports lost or stolen at international airports, especially passports that were carried in their pockets.

Some U.S. citizens report that Japanese police procedures appear to be less sensitive and responsive to a victim's concerns compared to the procedures in the United States, particularly in cases of domestic violence or sexual assault, or when both the victim and the perpetrator are foreigners. Few victim's assistance resources or battered women's shelters exist in major urban areas, and they are generally unavailable in rural areas. Investigations of sexual assault crimes are often conducted without female police officers present and police typically ask about the victim's sexual history and previous relationships. The quality of Japanese-English interpretation services can vary, and for some U.S. citizen victims, this has caused a problem.

Don't buy counterfeit and pirated goods, even if they are widely available. Not only are such goods illegal in the United States, if you purchase them you may also be breaking local law.

Concerns Regarding Roppongi and other Entertainment and Nightlife Districts:

- Roppongi is an entertainment district in Tokyo that caters to foreign clientele and is considered a high-risk area for crime, particularly misappropriation of credit card information in bars to make fraudulent credit card charges. Other high-risk areas for crime in the Tokyo area include Shinjuku (especially the area of Kabuki-cho), Shibuya, and Ikebukuro. However, you should use caution in all entertainment and nightlife districts throughout Japan. Incidents involving U.S. citizens since the spring of 2008 in these areas include physical and sexual assaults, drug overdoses, theft of purses, wallets, cash and credit cards at bars or clubs, and drugs allegedly slipped into drinks.
- Drink-spiking has routinely led to robbery and has also resulted in physical and sexual assaults. In most drink-spiking reports, the victim unknowingly drinks a beverage that has been mixed with a drug that makes the victim unconscious or dazed for several hours, during which time the victim's credit card is used for large purchases or the card is stolen. Some victims regain consciousness in the bar or club; other victims may awaken on the street or in other unknown locations. Several U.S. citizens have also reported being charged exorbitant bar tabs in some bars and clubs in Roppongi and other entertainment and nightlife districts. Please be aware that Roppongi and other entertainment and nightlife districts have also been the scenes of violence between criminal syndicates in the past.

We urge you to keep these incidents in mind and use caution in all entertainment areas and nightlife districts.

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VICTIMS OF CRIME: If you or someone you know becomes the victim of a crime abroad, you should contact the local police and the nearest U.S. embassy or consulate. We can:

- Replace a stolen passport.
- Help you find appropriate medical care if you are the victim of violent crimes such as assault or rape.
- Put you in contact with the appropriate police authorities, and if you want us to, we can contact family members or a friend.
- Help you understand the local criminal justice process and direct you to local attorneys, although it is important to remember that local authorities are responsible for investigating and

prosecuting the crime.

The local equivalents to the "911" emergency line in Japan are 110 (police) or 119 (ambulance/fire).

Contacting Police, Fire and Ambulance Services: You can reach the police throughout Japan by dialing 110. Fire and ambulance services can be contacted by dialing 119. Note that these numbers may not work from cell phones and English-speaking dispatchers may not be available. Please review advice on [how to call for help](#). If you need assistance, you should be able to describe your address/location in Japanese or find someone who can do so, since few police officers speak English.

Please see our [information on victims of crime](#), including possible victim compensation programs in the United States.

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CRIMINAL PENALTIES: While you are traveling in another country, you are subject to its laws even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. In Japan, you may be taken in for questioning if you don't have your passport or Japanese alien registration card to show your identity and visa status. Driving under the influence could also land you immediately in jail. If you violate Japanese law, even unknowingly, you may be arrested, imprisoned, or deported. If you are arrested in Japan, even for a minor offense, you may be held in detention without bail for several months or more during the investigation and legal proceedings. [A list of English-speaking lawyers](#) located throughout Japan is available on our website. There are also some things that might be legal in the country you visit, but still illegal in the United States, and you can be prosecuted under U.S. law if you buy pirated goods or purchase child pornography. While you are overseas, U.S. laws don't apply. If you do something illegal in your host country, you are subject to the laws of the country even though you are a U.S. citizen. It's very important to know what's legal and what's not wherever you go.

- **Illegal Drugs:** Penalties for possessing, using, or trafficking in illegal drugs, including marijuana, are severe, and convicted offenders can expect long jail sentences and fines. In most drug cases, suspects are detained and barred from receiving visitors or corresponding with anyone other than a lawyer or a U.S. consular officer until after the first hearing. Solitary confinement is common.
- You could be convicted of drug use based on positive blood or urine tests alone, and several U.S. citizens are now serving time in Japanese prisons as the result of sting operations that used informants. The Japanese police routinely share information on drug arrests with Interpol, assuring that notification of the arrest will reach U.S. law enforcement agencies. About a quarter of all U.S. citizens now in prison in Japan are incarcerated for drug-related crimes.
- Japanese authorities aggressively pursue drug smugglers with sophisticated detection equipment, "sniffing" dogs, and other methods. When entering Japan, you and your luggage will be screened at ports of entry. Incoming and outgoing mail, as well as international packages sent via DHL or FedEx, is also checked carefully. The Japanese police make arrests for even the smallest amounts of illegal drugs. Several U.S. citizens have been arrested, tried, and convicted after having mailed illegal drugs to themselves from other countries, or for having tried to bring drugs into Japan as paid couriers working out of Southeast Asia or Europe.

- **Knives:** Possession of a knife with a locking blade, or a folding blade that is longer than 5.5 cm (a little more than two inches), is illegal in Japan. U.S. citizens have been arrested and detained for more than 10 days for carrying pocket knives that are legal in the United States but illegal in Japan.
- **Immigration Penalties:** Japanese work visas are not transferable and are issued outside of Japan for a specific job with a specific employer at a specific place of employment. It is illegal for you to work in Japan while in tourist or visa-waiver status. Japanese authorities do not allow foreigners to change their immigration status from visa-waiver status to work status while in Japan. Japanese immigration officers may deny you entry if you appear to have no visible means of support. Please contact the Japanese Embassy or nearest Japanese consulate in the United States for information on what is considered enough financial support. If you work in Japan without a work visa, you may be subject to arrest, which can involve several weeks or months of incarceration, followed by conviction and imprisonment or deportation. If you are deported, you will have to pay the cost of deportation, including legal expenses and airfare.
- **Overstaying your visa or working illegally** may lead to fines of several thousands of dollars, and in some cases, re-entry bans can be as long as ten years or indefinitely for drug offenders. For additional information please see [Japan's Immigration Control and Refugee Recognition Act](#).

Arrest notifications in Japan: Generally, when you are arrested in Japan, the police will ask if you would like the U.S. embassy or consulate to be notified of your arrest. To ensure that the United States is aware of your circumstances, request that the police and prison officials notify the nearest U.S. embassy or consulate as soon as you are arrested or detained overseas.

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SPECIAL CIRCUMSTANCES: Customs Regulations: Japan has very strict laws regarding the importation and possession of firearms and other weapons. Persons bringing a firearm or sword into Japan (including target and trophy pistols, air guns, some pocket knives, and even Japanese-origin swords) may have these items confiscated by Japanese customs authorities and may be arrested, prosecuted, and deported or jailed. Some prescription medications, as well as some over-the-counter medications, cannot be imported into Japan. (Please see the "Confiscation of Prescription Drugs and other Medication" section below.) Please contact the Japanese Embassy or nearest Japanese consulate in the United States, or [visit the Japanese Customs website](#) for specific information regarding import restrictions and customs requirements.

Japanese customs authorities encourage the use of an Admission Temporaire/Temporary Admission (ATA) Carnet in order to temporarily import professional equipment, commercial samples and/or goods for exhibitions and trade fairs into Japan. The ATA Carnet Headquarters is located at the [U.S. Council for International Business](#) (U.S. CIB), 1212 Avenue of the Americas, New York, NY 10036 issues and guarantees the ATA Carnet in the United States. For additional information, please call (212) 354-4480, or [email the U.S. CIB](#) for details.

Confiscation of Prescription Drugs and Other Medication: The Japanese government decides which medications may be imported legally into Japan. The Embassy and Consulates of Japan in the United States have limited information available and do not have comprehensive lists of specific medications or ingredients.

You can bring up to a two-month supply of allowable over-the-counter medication and up to a two-month supply of allowable vitamins into Japan duty-free. However, it is illegal to bring some

over-the-counter medicines commonly used in the United States, including inhalers and some allergy and sinus medications into Japan. Specifically, products that contain stimulants (medicines that contain pseudoephedrine, such as Actifed, Sudafed, and Vicks inhalers) or codeine are prohibited. You can generally bring up to one month's supply of allowable prescription medicine into Japan. You must bring a copy of your doctor's prescription as well as a letter stating the purpose of the drug. However, some U.S. prescription medications cannot be imported into Japan, even when accompanied by a customs declaration and a copy of the prescription. You should not mail prescription medicines, including insulin and injectors, without obtaining an import certification called "Yakkan-Syoumei" from the Ministry of Health, Labor, and Welfare. Please see more [information on importing medicines](#) into Japan.

Japanese physicians can often prescribe similar but not identical substitutes for medicines available in the United States. You can consult a Japanese doctor by phone before you travel to Japan, to find out what medications are available and/or permitted in Japan. See the [list of English-speaking medical facilities](#) throughout Japan on our website. Some popular medications that are legal in the United States, such as Prozac and Viagra, are sold illegally in Japan on the black market. You risk arrest and imprisonment if you purchase such drugs illegally while in Japan.

If you travel to Japan carrying prescription and non-prescription medications, you should consult the [Japanese Embassy or a Japanese consulate](#) in the United States before leaving the United States to confirm whether or not you will be allowed to bring the particular medication into Japan.

Pets: The Japanese [Animal Quarantine Service](#) (AQS) sets procedures for importing pets. At a minimum, the process will take 7-8 months, though the process can take up to a year before a pet may enter Japan. Advance planning is critical. You can find more information about [importing a pet into Japan](#) or information about [exporting a pet from Japan](#) on our embassy website.

Consular Access: You must carry your U.S. passport or Japanese alien registration card with you at all times so that if questioned by local officials, you can prove your identity, citizenship, and immigration status. Under Japanese law, the police may stop any person on the street at any time and demand to see identification. If you do not have with you either a passport or valid Japanese Alien Registration Card, you are subject to arrest. In accordance with the U.S.-Japan Consular Convention, U.S. consular officers are generally notified within 24 hours of the arrest of a U.S. citizen, if the U.S. citizen requests consular notification.

Conditions at Prisons and Detention Facilities: Japanese prisons and detention facilities maintain internal order through a regime of very strict discipline. U.S. citizen prisoners often complain of stark, austere living conditions and psychological isolation. No one arrested in Japan is allowed access to personal medication of any type, often causing problems and health risks to those arrested with medical conditions, as substitute medication provided by prison medical officials is seldom the same in effect or strength. As a prisoner, you can become eligible for parole only after serving about 60-70% of your sentence. Early parole is not allowed for any reason -- humanitarian, medical, or otherwise. Access to interpreters is not always required under Japanese criminal law. Additional [information on arrests in Japan](#) is available on our embassy website. Japan acceded to the Council of Europe Convention on the Transfer of Sentenced Persons on June 1, 2003. Please see our information on [Prisoner Transfer Treaties](#).

Employment Issues: U.S. citizens should not come to Japan to work without having the proper employment visa arranged ahead of time, or in the hopes of earning a large salary. Teaching English, even privately, and serving as hosts/hostesses are both considered "work" in Japan and

are illegal without the proper visa.

Some U.S.-based employment agencies and Japanese employers do not fully discuss or correctly represent the true nature of employment terms and conditions. U.S. consular officers in Japan receive numerous complaints from U.S. citizens who come to Japan to work as English teachers, carpenters, models, actors, entertainers, exotic dancers, and bar hosts/hostesses. The complaints include contract violations, non-payment of salary for months at a time, sexual harassment, intimidation, and threats of arrest, deportation, and physical assault.

A minimum requirement for effectively seeking the protection of Japanese labor law is a written and signed work contract. Without a signed contract, Japanese authorities do not get involved on behalf of foreign workers. If you're coming to Japan to work, carefully review your contracts and the history and reputation of your Japanese employer before traveling to Japan. We cannot confirm information about prospective Japanese employers although we may be familiar with organizations or have received complaints in the past. If you are asked to do something you find troubling, you should reconsider being in Japan and think about terminating your employment and returning to the United States. Complaints against U.S.-based employment agencies or recruiters may be directed to the [Better Business Bureau](#) or the Office of the Attorney General in that particular state.

Living and Travel Expenses: Japan's cost of living is one of the highest in the world. The use of credit/debit cards is not widespread, particularly outside major cities. While there are ATMs in Japan, most are not open 24 hours a day, and only a very limited number accept U.S.-issued cards. ATMs at major airports, foreign bank branches, Japanese post offices, 7-11 stores and some convenience stores are more likely to accept foreign cards than are those at other locations. You should make sure that you have access to sufficient funds through credit cards, debit cards, or cash to carry out your travel, and know how to contact your banking or credit card establishments in an emergency.

In summer 2010, Western Union resumed service in Japan, offering cash-to-cash transfers across 200 countries and territories to and from some areas in Japan. Western Union service is available at the following Travelex offices.

- Chiba: Narita Airport Terminal 1, Narita Airport Terminal 2
- Tokyo: Roppongi, Shinjuku (Ome-Kaido Ave), Shinjuku South Gate, Hibiya, Aqua City Odaiba, Keisei Ueno, Otemachi, Tokyo Station (Yaesu Shopping area) T-CAT, LaLaport Tokyo Bay, Shiodome, Ikebukuro (West)
- Yokohama: Yokohama Sky Bldg
- Kyoto: Kyoto Shijo (Nippon Travel), TiS Kyoto (Kyoto Station)
- Osaka: Nankai Namba, TiS Osaka (Osaka Station)
- Hyogo: TiS Sannomiya
- Nagoya: Meitetsu Department Store B1 (Nagoya Station), Nagoya Chunichi Bldg 2F (Sakae)
- Sapporo: Chuo-ku, Asty 45 Building
- Fukuoka: Tenjin
- Sendai: Aoba-ku, Ever-I Building

More information can be found in English at <http://www.westernunion.com/> and in Japanese at <http://www.travelex.jp/>.

Please see our website for [additional information on financial arrangements in Japan](#).

Taxi fares from airports to downtown Osaka and Tokyo can cost hundreds of dollars; bus fare can run US\$40 or more. The airport departure fee is generally included in the ticket prices for flights departing from international airports in Japan. Bus fare between Narita (Tokyo) International Airport and Haneda Airport in Tokyo is approximately \$40 and takes from 90 to 120 minutes.

English Help and Information Lines: As a tourist or foreign resident in Japan, you can have access to valuable information, including professional counseling, through help and information telephone hotlines. The [Tokyo English Lifeline](#) ("TELL") provides English-speaking counseling and referrals at 03-5774-0992. The [Japan Help Line](#) provides similar assistance nationwide at 0570-000-911 (domestic), 813-3435-8017 (international).

Disaster Preparedness: Japan is faced with the ever-present danger of deadly earthquakes, tsunamis, and typhoons. Japan is one of the most seismically active locations in the world; minor tremors are felt regularly throughout the islands. **On March 11, 2011, an earthquake registering 9.0 on the Richter scale struck the northeastern coast of Japan and triggered tsunami waves that caused extensive damage to life and property and severely damaged the Fukushima Nuclear Power Plant.** Additional information on the aftermath of the March 11 earthquake is available on the [U.S. Embassy's American Citizens Services \(ACS\) web page](#). While responsibility for caring for disaster victims, including foreigners, rests with the Japanese authorities, one of the first things you should do upon arriving in Japan is to learn about earthquake and disaster preparedness from hotel or local government officials. Self-preparedness information is available on the on the [U.S. Embassy's American Citizens Services \(ACS\) web page](#) and on the [U.S. Federal Emergency Management Agency \(FEMA\) home page](#).

Radiation: Fukushima Daiichi Nuclear Power Plant Agencies of the U.S. government continue to review the conditions at and around the Fukushima Daiichi Nuclear Plant and the measures taken by the Government of Japan. Additional data are now available from Japanese authorities, allowing for a fuller assessment by U.S. government scientists.

Areas We Recommend U.S. Citizens Avoid: Based on current data from Japan, we recommend that U.S. citizens avoid all unnecessary travel to areas within 20 kilometers of the Fukushima Daiichi Nuclear Plant. In addition, U.S. citizens should avoid all unnecessary travel to the area northwest of the plant that the Government of Japan has designated as the "Deliberate Evacuation Area." This oblong area in a northwestern direction from the power plant covers Iitate-mura, the Yamagiya district of Kawamata-machi, Katsurao-mura, Namie-machi and parts of Minamisoma. U.S. citizens should also avoid all "Specific Spots Recommended for Evacuation" by the Government of Japan. U.S. citizens who are still within any of these areas should evacuate. Government of Japan maps and information on evacuation areas may be found at http://www.kantei.go.jp/foreign/incident/health_and_safety.html.

Other Areas Within 80km of Fukushima Daiichi Plant

- **Temporary Visitors:** Government of Japan data measurements show varying levels of radiation in land areas outside of the area described above, but within 80 kilometers of the Fukushima Daiichi Nuclear Plant. The U.S. government believes the health and safety risks to temporary visitors to these areas are low and exposure does not pose significant risks to U.S. citizens making visits of less than one year. We recommend U.S. citizens contemplating travel to these areas consult with Japanese authorities regarding local conditions at the proposed destination.
- **Long-Term Residents:** The risks may be higher for U.S. citizens who reside for more than one year within 80 kilometers of the Fukushima Daiichi Nuclear Plant. Out of an abundance of

caution, we recommend that U.S. citizens who choose to reside for more than one year within 80 kilometers of the Fukushima Daiichi Nuclear Plant consult with local authorities to receive current guidance on expected levels of radiation and recommendations for reducing exposure to radiation. In addition, pregnant women, children, and the elderly should avoid residing within 30 km of the Fukushima Daiichi Nuclear Plant.

Additional information about radiation and its effects on human health may be found at the following websites:

<http://japan2.usembassy.gov/e/acs/tacs-health.html>

<http://emergency.cdc.gov/radiation/japan2011.asp>

<http://epa.gov/radiation/understanding-radiation-overview.html>

http://www.kantei.go.jp/foreign/incident/health_and_safety.html

Accessibility: While in Japan, individuals with disabilities may find accessibility and accommodation very different from what they find in the United States. Although Japan's accessibility laws mandate that new construction projects for public use include provisions for persons with disabilities, older buildings are not likely to have been retrofitted for accessibility. At major train stations, airports, and hotels, travelers with disabilities should encounter few accessibility problems. Accessibility at other public facilities continues to improve through the installation of elevators and wheelchair ramps. However, travelers should note that many smaller stations are inaccessible to those who cannot climb stairs. Most major urban hotels have wheelchair accessible rooms, while smaller "business hotels" and traditional Japanese-style inns may not accommodate wheelchair users.

Information on travel in Japan for travelers with disabilities is available at Tesco Premium Search Co., Ltd. website " [the Travel Guide for Wheelchair Users](#)." American travelers in wheelchairs should be aware that wheelchairs must be no more than 120 centimeters in length/height and no more than 70 centimeters in width in order to be allowed in trains, and large American size wheelchairs may not be allowed in trains. Accessibility information regarding the East Japan Railway Company is also available at [the company's website](#). Reduced train fares for individuals with disabilities are not available for temporary visitors to Japan. If you do not speak Japanese, you may wish to ask your travel agent to make advance arrangements for your travel in Japan.

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MEDICAL FACILITIES AND HEALTH INFORMATION: While medical care in Japan is good, English-speaking physicians and medical facilities that cater to U.S. citizens' expectations are expensive and not widespread. Japan has a national health insurance system which is available only to those foreigners with long-term visas for Japan. National health insurance does not pay for medical evacuation. Medical caregivers in Japan require payment in full at the time of treatment or concrete proof of ability to pay before they will treat 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.

U.S. prescriptions are not honored in Japan, so if you need ongoing prescription medicine you

should arrive with a sufficient supply for your stay in Japan or enough until you are able to see a local care provider. Certain medications, including some commonly prescribed for depression and Attention Deficient Hyperactivity Disorder (ADHD), are not widely available. Please see the section above entitled, "Confiscation of Prescription Drugs and Other Medication," regarding the importation of medicine into Japan. Also see [information on importing medicines into Japan](#) and a [list of medical facilities in Japan](#) with English-speaking staff.

You can find detailed information on vaccinations and other health precautions, on the [Centers for Diseases Control \(CDC\) website](#). For information about outbreaks of infectious diseases abroad, consult the [World Health Organization \(WHO\) website](#). The WHO website also contains additional health information for travelers, including [detailed country-specific health information](#).

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MEDICAL INSURANCE: Serious medical problems requiring hospitalization and/or medical evacuation can cost anywhere from \$30,000 to \$120,000 or more, depending on your location and medical condition. U.S. military hospitals in Japan do not treat or provide military medical evacuation to private U.S. citizens. The military strictly controls access to U.S. military facilities; veterans with service-connected disabilities should contact the appropriate U.S. military hospital before traveling to Japan. Most small clinics and some large hospitals do not accept credit/debit cards. No facility accepts checks drawn on U.S. bank accounts.

You can't assume your insurance will go with you when you travel. It's very important to find out BEFORE you leave whether or not your medical insurance will cover you overseas. You need to ask your insurance company two questions:

- Does my policy apply when I'm out of the U.S.?
- Will it cover emergencies like a trip to a foreign hospital or an evacuation?

In many places, doctors and hospitals still expect payment in cash at the time of service. Your regular U.S. health insurance may not cover doctors' and hospital visits in other countries. If your policy doesn't go with you when you travel, it's a very good idea to take out another one for your trip. For more information, please see our [medical insurance overseas page](#).

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TRAFFIC SAFETY AND ROAD CONDITIONS: While in a foreign country, you may encounter road conditions that differ significantly from those in the United States. The information below concerning Japan is provided for general reference only, and it may not be totally accurate in a particular location or circumstance.

Driving in Japan is quite complicated and expensive. Those who cannot read the language will have trouble understanding road signs. Highway tolls are assessed at about \$1 (U.S.) per mile. City traffic is often very congested. A 20-mile trip in the Tokyo area may take two hours. There is virtually no legal roadside parking. In mountainous areas, roads are often closed during the winter, and cars should be equipped with tire chains. Roads in Japan are much narrower than those in the United States. Japanese compulsory insurance (JCI) is mandatory for all automobile owners and drivers in Japan. Most short-term visitors choose not to drive in Japan. Traffic moves on the left side of the road. Turning on red lights is forbidden, unless it is specifically authorized.

Japanese law provides that all drivers in Japan are held liable in the event of an accident, and assesses fault in an accident on all parties. Japan has a national zero percent blood-alcohol level

standard for driving, and drivers stopped for driving under the influence of intoxicants will have their licenses confiscated. If you're found guilty of "drunken, speeding, or blatantly careless driving resulting in injury" you are subject to up to 15 years in prison.

All passengers are required to fasten their seat belts.

Please refer to our [Road Safety page](#) for more information. The National Police Agency (NPA) oversees the administration and enforcement of traffic laws in Japan. You can find further information in English on the [NPA's website](#).

Emergency Assistance: Within Japan, please dial 110 for police, and 119 for ambulance. For roadside assistance, please contact the Japan Automobile Federation (JAF) at 03-5730-0111 in Tokyo, 072-645-0111 in Osaka, 011-857-8139 in Sapporo, 092-841-5000 in Fukuoka, or 098-877-9163 in Okinawa.

Please refer to our [Road Safety](#) page for more information.

For specific information concerning Japanese driving permits, vehicle inspection, road tax and mandatory insurance, please refer to the [Japan National Tourist Organization website](#) for locations in Chicago, Los Angeles, New York, or San Francisco. In addition, information about roadside assistance, rules of the road, and obtaining a Japanese driver's license is available in English from the [Japan Automobile Federation \(JAF\) web site](#).

International Driving Permits (IDPs): An international driving permit issued in the United States by the American Automobile Association (AAA) or the American Automobile Touring Alliance (AATA) is required of short-term visitors who drive in Japan. You must obtain an international driving permit (IDPs) issued in your country of residence prior to arriving in Japan. The U.S. Embassy or its consulates do not issue IDPs. IDPs issued via the Internet and/or by other organizations are not valid in Japan.

"Residents" – the exact definition is unclear - must convert to or obtain a Japanese driver's license. Residents in Japan who use an international driver's license may be fined or arrested. In practice, the term "resident" involves more than simply visa status or length of stay in Japan and is determined by the police. In short, an international license is not a substitute for a valid Japanese license. See our [website for more information on driving in Japan](#).

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AVIATION SAFETY OVERSIGHT: The U.S. Federal Aviation Administration (FAA) has assessed the government of Japan's Civil Aviation Authority as being in compliance with International Civil Aviation Organization (ICAO) aviation safety standards for oversight of Japan's air carrier operations. Further information may be found on the [FAA's safety assessment page](#).

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CHILDREN'S ISSUES: Please see our Office of Children's Issues web pages on [intercountry adoption](#) and [international parental child abduction](#). [Japan-specific information on international parental child abduction may be found here](#).

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Illness/Accident During Orientation

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

International SOS Japan Ltd.

<http://www.internationalsos.com>

Tel: 03-3560-8161, Tel: 03-3560-7170 (Alarm Center/English available)

Fax: 03-5572-2104

11th Floor, Sumitomo Fudosan Shin-Akasaka Bldg., 4-2-6 Akasaka, Minato-ku, Tokyo 107-0052

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

Illness/Accident During Research Internship

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

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

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

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

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

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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.

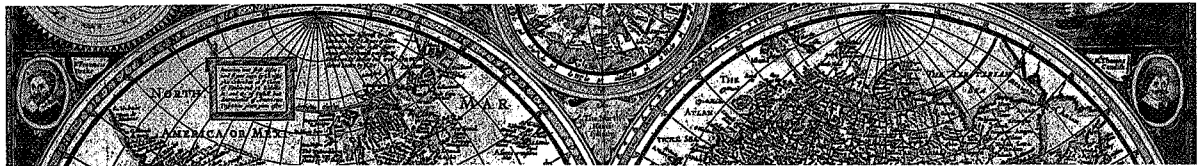
Toll-free in the U.S.: (877) 577-9504

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.



World Class Coverage Plan

designed for

University of Tulsa Study Abroad Participants 2010-2011

Administered by Cultural Insurance Services International • River Plaza • 9 West Broad Street • Stamford, CT 06902-3788

This plan is underwritten by ACE American Insurance Company

Policy terms and conditions are briefly outlined in this Description of Coverage. Complete provisions pertaining to this insurance are contained in the Master Policy on file with University of Tulsa under form number AH-15090. In the event of any conflict between this Description of Coverage and the Master Policy, the Policy will govern

Schedule of Benefits Coverage and Services	Policy # GLM N0495094A Maximum Limits
Section I	
• Accidental Death and Dismemberment Per Insured Person	\$10,000
• Medical expenses (per Accident or Sickness):	
Deductible	zero
Basic Medical	\$100,000 at 100%
• Extension of Benefits	30 days
• Emergency Medical Reunion	\$3,000
Section II	
• Medical Evacuation	100% of expenses
• Repatriation/Return of Mortal Remains	100% of expenses
Section III	
Comprehensive Security Rider	\$100,000

Section I - Benefit Provisions

Benefits are payable under this Policy for Covered Expenses incurred by an Insured Person for the items stated in the Schedule of Benefits. Benefits shall be payable to either the Insured Person or the Service Provider for Covered Expenses incurred Worldwide. The first such expense must be incurred by an Insured Person within 30 days after the date of the Covered Accident or commencement of the Sickness; and:

- All expenses must be incurred by the Insured Person within 52 weeks from the date of the Covered Accident or commencement of the Sickness; and
- The Insured Person must remain continuously insured under the Policy for the duration of the treatment.

The charges enumerated herein shall in no event include any amount of such charges which are in excess of Reasonable and Customary charges. If the charge incurred is in excess of such average charge such excess amount shall not be recognized as a Covered Expense. All charges shall be deemed to be incurred on the date such services or supplies, which give rise to the expense or charge, are rendered or obtained.

Accidental Death and Dismemberment Benefit

Accidental Death Benefit. If Injury to the Insured Person results in death within 365 days of the date of the Covered Accident that caused the Injury, the Company will pay 100% of the Maximum Amount.

Accidental Dismemberment Benefit. If Injury to the Insured Person results, within 365 days of the date of the Covered Accident that caused the Injury, in any one of the Losses specified below, the Company will pay the percentage of the Maximum Amount shown below for that Loss:

For Loss of:	Percentage of Maximum Amount
Both Hands or Both Feet	100%
Sight of Both Eyes	100%
One Hand and One Foot	100%
One Hand and the Sight of One Eye	100%
One Foot and the Sight of One Eye	100%
Speech and Hearing in Both Ears	100%
One Hand or One Foot	50%
The Sight of One Eye	50%
Speech or Hearing in Both Ears	50%
Hearing in One Ear	25%
Thumb and Index Finger of Same Hand	25%

"Loss" of a hand or foot means complete severance through or above the wrist or ankle joint. "Loss" of sight of an eye means total and irrecoverable loss of the entire sight in that eye. "Loss" of hearing in an ear means total and irrecoverable loss of the entire ability to hear in that ear. "Loss" of speech means total and irrecoverable loss of the entire ability to speak. "Loss" of thumb and index finger means complete severance through or above the metacarpophalangeal joint of both digits.

If more than one Loss is sustained by an Insured Person as a result of the same accident, only one amount, the largest, will be paid. Only one benefit, the largest to which you are entitled, is payable for all losses resulting from the same accident. Maximum aggregate benefit per occurrence is \$1,000,000.

Accident and Sickness Medical Expenses

The Company will pay Covered Expenses due to Accident or Sickness only, as per the limits stated in the Schedule of Benefits. Coverage is limited to Covered Expenses incurred subject to Exclusions. All bodily

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 number they can sign up for this service. Bring a copy of your printed SOS International Card 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 May 13 - June 3, 2012: 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 Tokyo, Japan

Disaster Preparedness Checklist for Americans in Japan

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

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

Please read on for information on how to best prepare.

The Role of the Embassy

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

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

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

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

Earthquake Survival Manual

Though a bit distracting in parts ("Avoid being caught up in such a panic and try to keep your head," "Day Three: Residents, companies and the government will work together to rebuild the community," "Pack cloth tape... for the arrangement of the baggage"), most of the Tokyo Metropolitan Government's bilingual [Earthquake Survival Manual](#) (PDF 3,299 kb) is very useful.

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

Early Warning System

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

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

Earthquake Simulators

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

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

Take the Namboku Subway line to Nishigahara Station, about 30 minutes from central Tokyo. The Center is about a five minute walk from the subway station, just past the gigantic Tokyo Hospital and the local fire station.

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

Essential Supplies (Store enough for three-five days)

DISASTER PREPAREDNESS CHECKLIST / 87

American Citizen Services | Embassy of the United States Tokyo, Japan

<http://japan.usembassy.gov/e/acs/tacs-7111.html>

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

Essential Home Preparations Before a Disaster

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

Essential Planning Before a Disaster

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

Essential Steps Immediately After a Disaster

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

Keeping in Touch: NTT's 171 Disaster Line

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

To utilize the service, U.S. citizens can simply dial 171 and then follow the instructions to record or listen to messages. To record a voice message, users dial 171, then 1 followed

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

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

Evacuations

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

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

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

Useful Links

- [Tokyo Metropolitan Government's \(TMG\) Disaster Prevention Information website](#)
- [TMG Earthquake Preparedness Information](#)
- [Osaka Disaster Prevention Net by Osaka Prefecture](#)
- [Daily Life Information by Fukuoka Prefecture](#)
- [Information on Daily Life by Okinawa Prefecture](#)
- [Hokkaido Government website](#)
- [Living in Aichi, Disaster Prevention, by Aichi Prefecture](#)

Embassy of the United States

[Skip Left Navigation](#)

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

Resources by Locality:

[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](#)

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](#)

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Embassy of the United States Tokyo, Japan

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 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".

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 NAMA E 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>
Inconscious	<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?"

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 operate free while medical expenses are charged.

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

SEE ALSO ...

[International Dialing Instructions](#)

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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?



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.

FOR WOMEN TRAVELERS / 99

go from here

Language Resources 100

社団法人国際日本語普及協会
Association for Japanese-Language Teaching

AJALT



Survival Japanese

Particles are omitted to make it easier.

(1) Taxi

Tokyo station, please.

「Tōkyō-eki onegai shimasu」

Go straight on, please.

「Massugu onegaishimasu」

Turn right, please.

「Migi onegaishimasu」

Turn left, please.

「Hidari onegaishimasu」

Stop here, please.

「Koko desu」

Stop there, please.

「Asoko desu」

What's the fare?

「Ikura desuka」

A receipt, please.

「Reshīto onegaishimasu」

**(2) Train**

Does this go to Shinjuku?

「Kore Shinjuku ikimasuka」

Does this stop at Shinjuku?

「Kore Shinjuku tomarimasuka」

**(3) Shopping**

I'll take this.

「Kore kudasai」

Do you accept credit card?

「Kurejitto kado daijōbu desuka」

Will you reduce the price?

「Disukaunto onegaishimasu」

(4) Telephone

I don't speak(understand) Japanese.

「Nihongo wakarimasen」

Speak English, please.

「Eigo onegaishimasu」

Excuse me. Is English OK?

「Sumimasen. Eigo daijōbu desuka」

(He/she) is not here.

「Ima imasen」

(I/he/she) will call you back later.

「Atode denwa shimasu」

Please give me(he/she) a call later.

「Atode denwa kudasai」

Medical Vocabulary and Phrases

(1) Useful structures

1. I have a pain in my _____.

_____ ga itai desu.
_____ が痛いです。

2. My _____ itches.

_____ ga kayui desu.
_____ が痒いです。

Body Parts

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

[Common expression]

(1) Onaka ga itai desu. ^{なか} ^{いた} お腹が 痛いです。
 have a pain
 abdomen, stomach, bowel, (tummy)



(2) Koshi ga itai desu. ^{こし} ^{いた} 腰が 痛いです。 I have a backache.



(2) Name of disease

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

(3) Other useful expressions

(1) I have a fever. Netsu ga arimasu. 熱があります。

(2) I have a fever of 38 degrees. 38 do desu. 38°Cです。

How to convert Fahrenheit to Celsius

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

(3) I have an allergy. Arerugi ga arimasu. アレルギーがあります。

(4) I don't have an appetite. Shokuyoku ga arimasen. 食欲がありません。

(5) I have a cough. Seki ga demasu. 咳がでます。

(6) I have been sneezing. Kushami ga demasu. くしゃみが出ます。

(7) I have a runny nose. Hanamizu ga demasu. はなみずが出ます。

(8) I feel nauseous. Hakike ga shimasu. 吐き気がします。

(9) I have been having chills. Samuke ga shimasu. 寒気がします。

(10) I feel dizzy. Memai ga shimasu. めまいがします。

(11) I feel sluggish. Karada ga darui desu. 体がだるいです。

(12) I have diarrhea. Geri desu. 下痢です。

(13) I'm constipated. Bempi desu. 便秘です。

(14) I feel itchy. Kayui desu. 痒いです。

(15) I have bad teeth. Mushiba desu. 虫歯です。

(16) I have a cold. Kaze desu. 風邪です。

(17) I have the flu. Infuruenza desu. インフルエンザです。

(18) I have a hangover. Futsukayoi desu. 二日酔いです。

(19) I'm sick at my stomach. I ga mukamuka shimasu. 胃がむかむかします。

(20) Sharp pain in his stomach. I ga kirikiri shimasu. 胃がきりきりします。

(21) I feel dizzy. Atama ga kura kura shimasu. 頭がくらくらします。

(22) My head is throbbing. Atama ga zukizuki shimasu. 頭がずきずきします。

(23) I have a prickly pain. Chikuchiku shimasu. ちくちくします。

(24) I have a burning pain. Hirihiri shimasu. ひりひりします。



(4) At the hospital or drugstore

Please give me _____.

_____ o kudasai.
をください。

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



MLC Meguro Language Center

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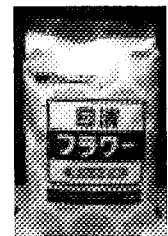
Special thanks to
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Arkansas, United States of America

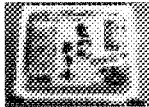

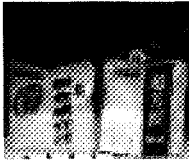
Shopping Words

1. Milk	Gyūnyū	ぎゅうにゅう	牛乳
2. Low-fat milk	Teishibōnyū	ていしぼうにゅう	低脂肪乳
3. Condensed milk	Kondensu miruku	コンデンスミルク	
4. Soybean milk	Tōnyū	とうにゅう	豆乳
5. Fresh cream	Nama kurīmu	なまクリーム	生クリーム
6. Butter	Batā	バター	
7. Unsalted butter	Muenbatā	むえんバター	無塩バター
8. Yogurt	Yōguruto	ヨーグルト	
9. Low fat yogurt	Teishibō yōguruto	ていしぼうヨーグルト	低脂肪ヨーグルト
10. Salt	Shio	しお	塩
11. Pepper	Koshō	こしょう	
12. Sugar	Satō	さとう	砂糖
13. Granulated sugar	Guranyūtō	グラニューとう	グラニュー糖
14. Powder sugar	Konazatō	こなざとう	粉砂糖
15. Raw sugar (Brown sugar)	Kurozatō	くろざとう	黒砂糖
16. Soy sauce	Shōyu	しょうゆ	
17. Low salt soy sauce	Gen'enshōyu	げんえんしょうゆ	減塩しょうゆ
18. Vinegar	Su	す	酢
19. Rice vinegar	Komezu	こめず	米酢
20. Grain vinegar	Kokumotsusu	こくもつす	穀物酢
21. Soba soup	{ Sobatsuyu Mentsuyu	そばつゆ めんつゆ	
22. Ajinomoto	Ajinomoto	あじのもと	味の素
23. Instant bouillon	Dashinomoto	だしのもと	だしの素
24. Consomme	Konsome	コンソメ	
25. Bouillon, Broth	Buiyon	ブイヨン	
26. Oyster sauce	Oisutā sōsu	オイスターソース	
27. Mayonnaise	Mayonēzu	マヨネーズ	
28. Low fat mayonnaise (Calorie half)	Teishibō mayonēzu (Karorī hafu)	ていしぼうマヨネーズ (カロリーハーフ)	低脂肪マヨネーズ



29. Ketchup	Kecchappu	ケチャップ	
30. Sour cream	Sawā kurīmu	サワークリーム	
31. Margarine	Magarin	マーガリン	
32. Japanese horseradish	Wasabi	わさび	
33. Japanese mustard	Karashi	からし	
34. Mustard	Masutādo	マスタード	
35. Shortening	Shōtoningu	ショートニング	
36. Yeast	Īsuto	イースト	
37. Baking powder	Bēkingu paudā	ベーキングパウダー	
38. Vanilla essence	Banira essensu	バニラエッセンス	
39. Vanilla oil	Banira oiru	バニラオイル	
40. Gelatin	Zerachin	ゼラチン	
41. Flour	Komugiko	こむぎこ	小麦粉
42. Strong powder	Kyorikiko	きょうりきこ	強力粉
43. Soft flour (for cakes)	Hakurikiko	はくりきこ	薄力粉
44. Tempura powder	Tempurako	てんぷらこ	てんぷら粉
45. Potato starch	Katakuriko	かたくりこ	片栗粉
46. Cornstarch	Konsutāchi	コーンスターチ	
47. Bread crumbs	Panko	パンこ	パン粉
48. Agar-agar	Kanten	かんてん	寒天
49. Japanese tea	Nihoncha	にほんちゃ	日本茶
50. Green tea	Ryokucha	りょくちゃ	緑茶
51. Roasted green tea	Hōjicha	ほうじちゃ	ほうじ茶
52. Coarse tea	Bancha	ばんちゃ	番茶
53. Oolong tea	Ūroncha	ウーロン茶	
54. Brown rice tea	Genmaicha	げんまいちゃ	玄米茶
55. Powdered green tea	Maccha	まっちゃ	抹茶
56. Dust tea	Konacha	こなちゃ	粉茶
57. Rice	Kome	こめ	米
58. Sweet rice	Mochigome	もちごめ	もち米
59. No-rinse rice	Musenmai	むせんまい	無洗米



60. Tofu	Tōfu	とうふ	豆腐	
61. Cotton tofu	Momendōfu	もめんどうふ	木綿豆腐	
62. Silk tofu	Kinudōfu	きぬどうふ	絹豆腐	
63. Oil	Abura	あぶら	油	
64. Salad oil	Sarada oiru	サラダオイル		
65. Olive oil	Orību oiru	オリーブオイル		
66. Sesame oil	Goma abura	ごまあぶら	ごま油	
67. Tempura oil	Tempura abura	てんぷらあぶら	てんぷら油	
68. Rapeseed oil	Nataneabura	なたねあぶら	なたね油	
69. Linoleic acid	Rinōrusan	リノールさん	リノール酸	
70. Chicken	Toriniku	とりにく	鳥肉	
71. Beef	Gyūniku	ぎゅうにく	牛肉	
72. Pork	Butaniku	ぶたにく	豚肉	
73. Minced meat	Hikiniku	ひきにく	ひき肉	
74. Combination minced meat (Beef and pork)	Aibikiniku	あいびきにく	合挽肉	
75. Rice ball	Onigiri	おにぎり		
{ Pickled ume [plum]	Ume(boshi)	うめ(ぼし)	梅(干)	
{ Salmon	Syake	しゃけ	鮭	
{ Seaweed	Konbu	こんぶ	昆布	
{ Spicy fish eggs(cod roe)	Mentaiko	めんたいこ	明太子	
{ Bonitoflakes	Okaka	おかか		
{ Tuna flakes	Shī chikin	シーチキン		
76. Bread (Loaf)	Syokupan	しょくパン	食パン	
77. Peanut butter	Pīnattsu batā	ピーナッツバター		
{ Smooth type	Sumūsu taipu	スムースタイプ		
{ Crunchy type	Kuranch itaipu	クランチタイプ		
78. Soup stock	Sūpusutokku	スープストック		
79. Throat candy	Nodoame	のどあめ	のど飴	
80. Sugarless	Nonsyuga	ノンシュガー		

81. Chemical-free vegetable	Munōyaku yasai	むのうやくやさい	無農薬野菜
82. Draft beer	Namabīru	なまビール	生ビール
83. Low-malt beer	Happusyu	はっぼうしゅ	発泡酒



84. Detergent	Senzai	せんざい	洗剤
85. Detergent (for clothes)	Sentaku yō senzai	せんたくようせんざい	洗濯用洗剤
86. Dishwasher detergent	Shokkīarraiki yō sennzai	しよつきあらいきようせんざい	
87. Wash-up requid	Shokki yō sennzai	しよつきようせんざい	食器用洗剤
88. Toilet bowl cleaner	Toire yō senzai	トイレようせんざい	トイレ用洗剤
89. Bathroom cleaner	Ofuro yō senzai	おふろようせんざい	お風呂用洗剤
90. Softner	Jūnanzai	じゅうなんざい	柔軟剤



Useful structures

1. Is this _____? Kore wa _____ desuka. これは_____ですか。
2. Where is _____? _____ wa doko desuka. _____は どこですか。
3. Does this contain beef? Gyūniku, haitte imasuka. 「^{ぎゅうにく}牛肉、^{はい}入っていますか」

Partnerships for International Research and Education



NanoJapan is funded by a National Science Foundation Partnership for International Research and Education (NSF-PIRE) grant (OISE-0968405) awarded to Prof. Junichiro Kono at Rice University and his co-PIs. NanoJapan is administered by the Department of Electrical & Computer Engineering at Rice University and the Center for Global Education at the University of Tulsa.

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