



2013

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
- Three-Day Mid-Program Meeting at the Okinawa Institute of Science & Technology
- Two-Day Re-Entry Program at Rice University
- Research Project Poster Presentation at the Rice Quantum Institute's Summer Research Colloquium

The goals of the NanoJapan Program are to:

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

BE ON TIME!

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



NanoJapan Faculty / 5



Junichiro Kono, Professor, Rice University

Departments of Electrical & Computer Engineering and Physics & Astronomy

TeraNano PIRE Principal Investigator

E-mail Address: kono@rice.edu

Dates in Japan: May 13 - 23, July 3 - 16, and July 27 - 30, 2013

JP Cell Phone: [REDACTED]



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

TeraNano PIRE co-PI & Education Director

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

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Sarah Phillips, Rice University

Manager, TeraNano PIRE Education & International Initiatives

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Keiko Packard, NanoJapan Program Representative in Japan

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E-mail Address: [REDACTED]



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

TeraNano PIRE Japanese Language Director

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Christopher Stanton, Professor, Physics, University of Florida

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

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Dates in Japan: May 24 - June 3, 2013

Japanese Cell: TBA

6 / NanoJapan Students



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NanoJapan Students / 7



Ms. Jennifer (Meagan) Lloyd, Carnegie Mellon University
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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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[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).

10 / DIALING INSTRUCTIONS & ER NUMBERS



CALLING FROM THE U.S. TO YOUR JAPANESE CELL PHONE

The caller will need to dial 011 followed by the Japanese Country Code (81) and then your phone number. They should drop the 0.

Example: If your parents wanted to call Packard-sensei's Japanese cell phone they would dial 011 81 90-7699-0699.



CALLING FROM YOUR JAPANESE CELL PHONE TO THE U.S.

When placing an international call using your Japanese cell phone dial the international code for the U.S. (0101) then the area code followed by the number.

Example: To call the NanoJapan program 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 2013 Schedule

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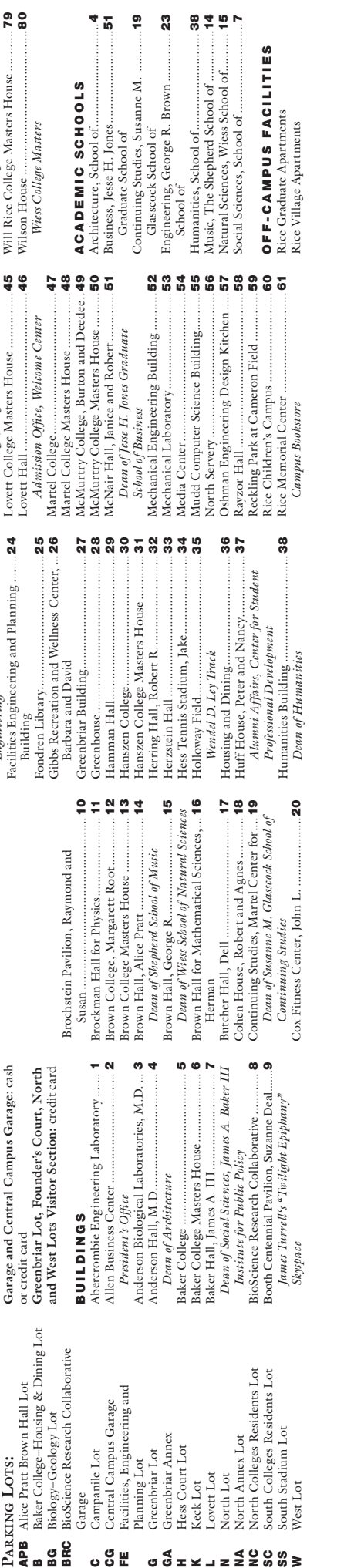


12 / ARRIVAL IN HOUSTON

Friday, May 10, 2013 - Arrival in Houston

Bush Intercontinental Airport (IAH)		Houston Hobby Airport (HOU)	
<ul style="list-style-type: none"> Michael Walker arriving on 5/9 at 2:04 PM Mitchell Connolly arriving on 5/9 at 7:55 PM Meagan Lloyd at 9:05 AM on United #570 Kevin McLaughlin at 9:33 AM on United #586 		<ul style="list-style-type: none"> Jason Giuliani at 7:40 AM on SW #141 Xavier Bick at 9:30 AM on SW #11 Jodan Hoyt at 9:55 on SW Ron Hobson at 10:20 AM on Air Tran #5149 Lila Rodgers at 11:54 AM on Delta #1045 	
Morning		<p>Arrange Own Transportation from Airport to Rice University, 6100 Main St., Houston, TX, 77005. Call Sarah for assistance at (713) 348-6362 or (713) 922-1712. You must arrange and pay for your own transportation from the airport to Rice University. You can store your luggage in Sarah's office (A-127) and, if you arrive early in the morning, can explore campus a bit on your own or nearby Hermann Park, the Museum District, or Houston Zoo. There is free wi-fi access via the Rice Visitor network on Rice campus.</p> <p>Driver Instructions: Use Entrance 23 off of Rice Blvd. (see map) and pull into campus. Past the curve turn right into the long, narrow drive that goes alongside Abercrombie Lab (Bldg. 1) and pull down to the end of this drive/parking area.</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. <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. Most cabs in Houston take credit/debit cards and it is a flat fare from the airport to the Medical Center/Rice.</p>	
by 12:30 PM		Arrive Abercrombie Lab, ECE Conference Room on Second Floor (A-232)	
12:30 - 12:45 PM		Welcome and Introductions	
12:45 - 1:45 PM		<p>Research Overview & Expectations in the Lab, Prof. Junichiro Kono, Rice University</p> <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 	
2:00 - 3:00 PM		NanoJapan Alumni Panel - Aleks Simicevic (NJ 2009), Jason Ball (NJ 2012)	
3:00 - 4:00 PM		<p>Check-in at RUPD & Obtain Rice University Student IDs Rice students do not have to join for this.</p>	
3:30 PM		Hotel Shuttle Pick-Up (Shuttle may need to take 2 trips to accommodate luggage)	
~5:00 PM		<p>Hotel Check-in: Residence Inn Houston Medical Center/Reliant Park, 7710 South Main Street · Houston, Texas, 77030</p>	
		<ul style="list-style-type: none"> May 9: Mitchell Connolly & Michael Walker: # 92830174 JJ Allred & Ray Moya: #92930585 Xavier Bick & Kevin McLaughlin: #92931801 	<ul style="list-style-type: none"> Ron Hobson & Jordan Hoyt: #92932712 Meagan Lloyd & Lila Rodgers: #92933656 Jason Giuliani: # 92937314
Dinner		<p>Have Dinner on Your Own. Speak with hotel front desk about nearby options. There is a Target and Kroger grocery store within walking distance. Or ask if hotel shuttle can take you to the Rice Village area where there are many restaurants. Rice will have fireworks for Commencement at 10:00 PM tonight and you should be able to see them from outside your hotel or the Rice Village area if you are having dinner there.</p>	

RICE UNIVERSITY CAMPUS MAP



14 / PRE-DEPARTURE ORIENTATION

Saturday, May 11, 2013 - Pre-Departure Orientation at Rice University, Bioscience Research Collaboration

6:30 - 9:30 AM	Breakfast Included at Hotel
8:30 - 11:30 AM	Optional: Rice University 2013 Commencement in Academic Quadrangle Commencement Address by Neil deGrasse Tyson. Webcast: http://edtech.rice.edu/www/?option=com_iwebcast If you would like to come to campus to watch commencement please speak with the hotel front desk about arranging an early morning shuttle to campus. Commencement will be held in the Academic Quadrangle but, out of respect for family and friends of graduates, please do not sit in the open seating chairs. Please stand along the edge or watch the live webcast online.
11:45 AM	Hotel Shuttle to Rice University Campus, Abercrombie Lab (Bldg. 1), A-232 Note: If building is locked call Sarah's cell at (713) 922-1712
12:00 - 1:00 PM	Orientation Begins with Included Lunch <ul style="list-style-type: none">• Welcome, Dr. Cheryl Matherly, University of Tulsa• Icebreaker Activity
1:00 - 2:30 PM	NanoJapan Orientation <ul style="list-style-type: none">• Program Schedule & Expectations• Health & Safety Abroad• Living in Japan• Assignments Abroad
2:30 - 4:00 PM	Cultural Adjustment & Living Abroad, Dr. Cheryl Matherly, University of Tulsa
4:00 - 5:00 PM	Assessments
5:00 - 5:30 PM	Wrap-up and Q&A
5:45 PM	Hotel Shuttle Pick-up Outside of Abercrombie Lab
6:00 - 8:00 PM	Welcome Party at Prof. Kono's House with Dinner - 2303 North Blvd., Houston, Texas 77098, 713-529-2105 For NanoJapan Students & Kono Group Members.
7:45 PM	Hotel Shuttle Returns to Residence Inn

FINAL PRE-DEPARTURE STEPS / 15

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

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
- Registration with the U.S. Embassy Smart Traveler Enrollment Program
- Call the 800 number on the back of your ATM and credit cards to let them know you will be using the cards in Japan. If you don't do this, they may shut down your card when you try to use it overseas; suspecting it might be a fraudulent charge.

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 Voucher/s and Domestic Air Pass Information
- Photocopies of important documents (see above)
- Medications (RX and OTC) with Your Yakkan Shoumei Certificate if required
- 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

16 / DEPARTURE FOR JAPAN

Sunday, May 12, 2013 - Travel to Japan

By 7:00 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. Included breakfast buffet opens at 6:30 AM.
7:15 AM	Super Shuttle to Bush Intercontinental Airport - United - Terminal E <ul style="list-style-type: none"> An exclusive Super Shuttle Van has been reserved for students at the hotel. Students not staying at the hotel must make their own travel arrangements to the airport. Be waiting outside the lobby with your luggage by 7:15 AM! Confirmation numbers are #2377076 and #2377087 and Super Shuttle phone number is 1-800-258-3826.
At least 2 hours prior to departure!	International Flight Check-in - United Counter - Terminal E <ul style="list-style-type: none"> Upon arrival at the airport, proceed to the United check-in kiosks Scan your passport and enter your United Mileage Plus ID number (if applicable) Review United's checked baggage policy at http://united.com/CMS/en-US/travel/Pages/CheckedBaggage.aspx Proceed through security. You should have time to buy any last minute gifts or items such as international plug converters after clearing security. Remember the 3-1-1 rule for liquids or gels in your carry-on luggage. You must be at the gate at least 45 minutes prior to departure. You will need to show your passport to the agent at the gate counter for a final passport check prior to departure. Do this before they begin boarding.
10:55 AM	United Flight #7 Departs for Tokyo (Narita)

Lose one day as you cross international date line

Monday, May 13, 2013 - 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 hall Most students exchange or withdraw between \$300 - \$500 in cash to use during the orientation and then withdraw additional funds as needed using international ATMs Keep in mind the daily withdrawal limit on your ATM/Debit card and international transaction fees. If you have to make a large payment (e.g. your internship housing) you may have to withdraw funds over several days

INT'L FLIGHT ITINERARY / 17

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* GATEWAY TOURIST *
* P.O BOX 642027 *
* LOS ANGELES CA 90064-9998 *

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DEPT ELECTRIC COMPU ENGINRING
MS 3766 PO BOX 1892
RICE UNIVERSITY
HOUSTON TX 77251-1892

NAME : 1.ALLRED/JAMESJONATHAN 2.BICKJR/FRANCISXAVIER
3.CONNOLLY/MITCHELLJEFFREY 4.GIULIANI/JASONGLENN
5.HOBSONII/RONALDKEITH 6.HOYT/JORDANDUNN
7.LLOYD/JENNIFERMEAGAN 8.MCLAUGHLIN/KEVINEUGENE
9.MOYAIIII/RAYMUNDO 10.RODGERS/LILAVANHELLEN
11.WALKER/MICHAELSTANLEYVINC 12.ZAKHIDOV/DANTEANVAROVICH

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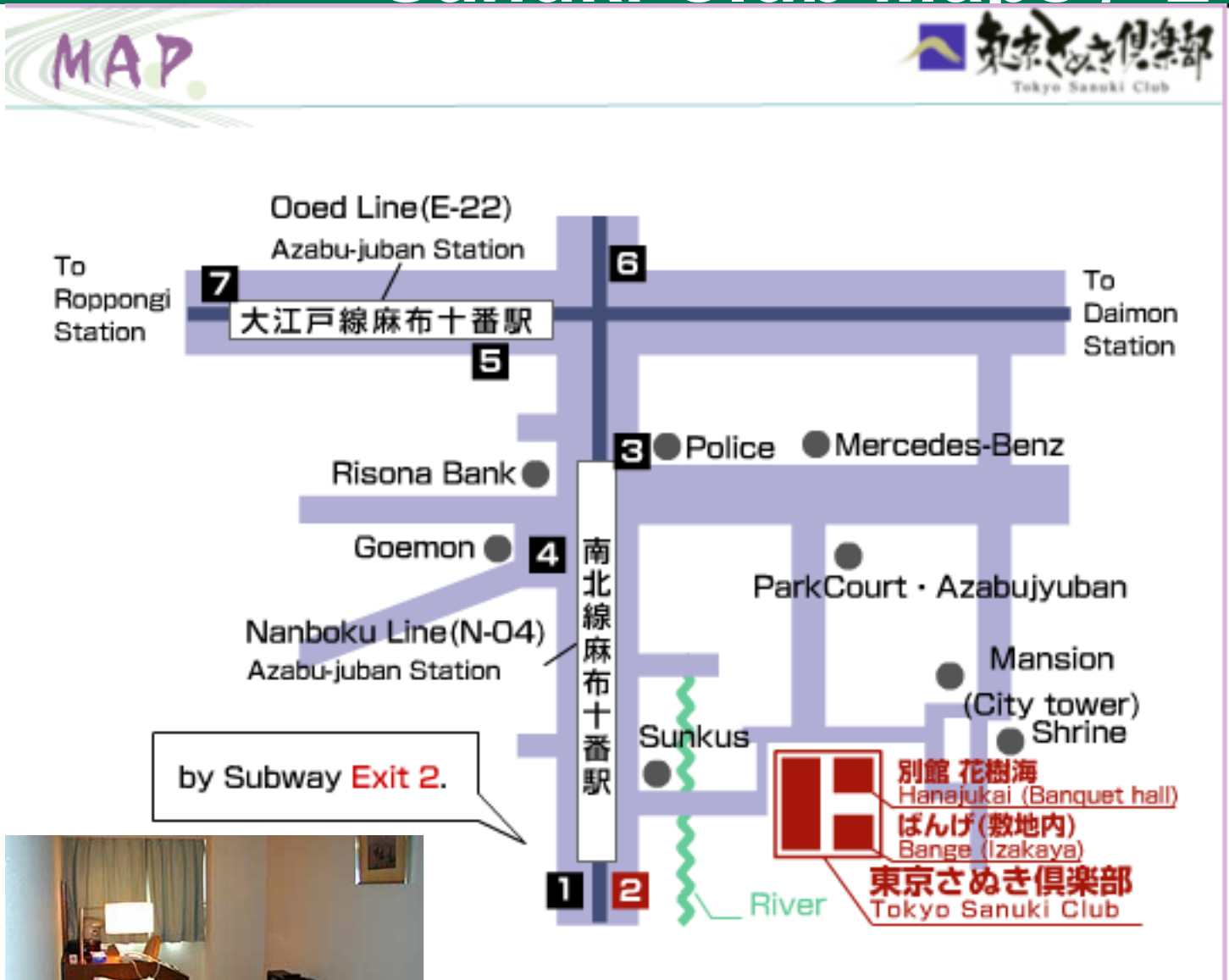
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18 / TRAVEL TO SANUKI CLUB HOTEL

~ 4:00 PM	<p>Board Bus for Travel to Hotel</p> <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	<p>Hotel Check-in at Sanuki Club</p> <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. 	
	<p>Student Room Numbers: Write in everyone's room number for quick reference.</p> <table> <tr> <td> <ul style="list-style-type: none"> JJ Allred - Room # Xavier Bick - Room # Mitch Connolly - Room # Jason Giuliani - Room # Ron Hobson - Room # Jordan Hoyt - Room # </td><td> <ul style="list-style-type: none"> Meagan Lloyd - Room # Kevin McLaughlin - Room # Ray Moya - Room # Lila Rodgers - Room # Michael Walker - Room # Dante Zakhidov - Room # </td></tr> </table>	<ul style="list-style-type: none"> JJ Allred - Room # Xavier Bick - Room # Mitch Connolly - Room # Jason Giuliani - Room # Ron Hobson - Room # Jordan Hoyt - Room #
<ul style="list-style-type: none"> JJ Allred - Room # Xavier Bick - Room # Mitch Connolly - Room # Jason Giuliani - Room # Ron Hobson - Room # Jordan Hoyt - Room # 	<ul style="list-style-type: none"> Meagan Lloyd - Room # Kevin McLaughlin - Room # Ray Moya - Room # Lila Rodgers - Room # Michael Walker - Room # Dante Zakhidov - Room # 	
~ 7:30 PM	<p>Sanuki Club Hotel Orientation with Packard-sensei - Lobby of Hotel</p> <ul style="list-style-type: none"> You will have a small private room with shared bathroom facilities, similar to a university dormitory. Rooms are furnished with a single-bed, television, desk and small closet. Each room will also have Yukata (Japanese-style robe), towel and slippers. You must leave the Yukata in the room when you check-out. All guest rooms and hallways are non-smoking. The 7th floor is FEMALE ONLY! No boys are allowed on this floor, no exceptions. No guests - including other NanoJapan students - are allowed in your room. No exceptions! There are showers on the 7th floor for girls, and the 5th, 8th, and 10th floor for boys. There is a large Japanese-style bath located in the basement. Hours are 5:00 PM to 3:00 AM and 5:00 AM to 9:00 AM. Females may request a card key from the front desk for the female-only section of the large bath. You will leave your room key with the front desk in exchange for the bath key. Free basic wireless internet is available in the 3rd Floor Seminar Room and/or lobby between the hours of 7:00 AM and 11:00 PM. Please see schedule notes about days the Seminar Room is not available and do not use at all on those days. Refrain from using Video Skype, downloading movies, or playing MMO games as the bandwidth of their internet service will not support these uses. Hotel staff will report any concerns or issues with student behavior directly to Packard-sensei. Please be a good representative of this program and be respectful of other guests (i.e. quiet) so that our program can continue to use this hotel in future years. 	
Evening	<p>Free - Dinner on your Own</p> <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 are located. There is also a small grocery store and the Mount Thabor Bread Shop (the best!) 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

Tuesday May 14, 2013	
7:00 - 7:45 AM	Breakfast at Sanuki Club Hotel <ul style="list-style-type: none"> Restaurant on second floor Pick-up your breakfast ticket the night before with a choice of Western, Udon Noodle, or Japanese Style.
7:55 - 8:15 AM	Walk to AJALT Language School Classes at Kikai Shinko Kaikan <ul style="list-style-type: none"> Meet Packard-sensei in the lobby and walk together as a group. We will DEPART at 7:55 AM. Do not be late. Arrive to the lobby with your language textbook, workbook, notebook, pen/pencil by 7:50 for an on-time departure. Leave your laptop in your hotel room. Wear nice casual attire for your first day. No flip flops please and refrain from eating, drinking or chewing gum in class. Your teacher will advise you on whether drinks can be brought back into the classroom after the break.
8:20 - 12:00 PM	Japanese Language Classes <p>Japanese Language Classes</p> <ul style="list-style-type: none"> <i>Beginner Class A (AJALT Instructors):</i> Mitch Connolly, Jason Giuliani, Jordan Hoyt, Meagan Lloyd, Michael Walker <i>Beginner Class B (AJALT Instructors):</i> Ron Hobson, Ray Moya, Lila Rodgers, Dante Zakhidov <i>Advanced Beginners (AJALT Instructors):</i> Xavier Bick & Kevin McLaughlin <i>Intermediate (Shimojo-sensei):</i> JJ Allred
12:00 - 1:45 PM	Lunch on Your Own and Walk Back to Sanuki Club
2:00 - 5:00 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room <p>Prof. Junichiro Kono, Rice University, Website: http://www.ece.rice.edu/~irlabs/</p> <p>Guest Speaker: Otsuji-sensei, Tohoku University, http://www.riec.tohoku.ac.jp/lab/ultra-broad/index-e.html</p> <div>   <p>Otsuji-sensei's research focuses on terahertz (sub-millimeter) coherent electromagnetic waves to explore the potential application fields of future information and communications technologies. His group is developing novel, ultra-broadband integrated signal-processing devices/systems operating in the millimeter and terahertz frequency regime.</p> </div>
Evening	Free - Dinner on Your Own <p>If you have not already done so, please call your parents or send them an email tonight. You will be very tired but try to stay awake until at least 10:00 PM tonight to help with jet lag.</p> <p>Recommended Evening Activity - Shibuya http://www.japan-guide.com/e/e3007.html</p> <p>Shibuya is one of Tokyo's most colorful and busy districts, packed with shopping, dining and nightclubs serving swarms of visitors that come to the district everyday. Shibuya is a center for youth fashion and culture, and its streets are the birthplace to many of Japan's fashion and entertainment trends. From Azabu-Juban take the Nanboku line to Tameike-Sanno and transfer to the Ginza Line to Shibuya.</p>



PRE-PAID SUBWAY CARDS/ 21

Purchasing Pre-Paid Subway Cards (IC cards)

IC cards are rechargeable cards that can be used to conveniently pay fares on public transportation and to make payments at a rapidly increasing number of vending machines, shops and restaurants by simply touching the card on a reader. One of the first things you should do in Tokyo is visit the Azabu-Juban Metro Station and obtain a Passmo Pre-Paid Subway Card from one of the ticket vending machines. You will need to use this card for travel to various activities during the orientation. Suica or Pasmo cards can be purchased at vending machines. The initial cost consists of a refundable deposit of 500 yen. Then you choose how much additional money you want to put on the Passmo card, from 500 up to 9,500 JPY. Then, 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.

You can obtain a Passmo card at the ticket vending machines in the Azabu-Juban metro station, and as of March 23, 2013, all of the cards below work interchangeably. So don't worry about not using up all the money you put on your Passmo as you'll likely be able to use it in your host city or at the end of summer when you come back to Tokyo.



Pasmo is the prepaid IC card of Tokyo's railway, subway and bus operators other than JR. These cards are issued at Tokyo Subway stations, but will work in all of the regions/cities listed on this page. Since the Azabu-Juban station is close to the hotel and is a Tokyo Subway station, this will be the easiest card to obtain during your first couple of days in Tokyo and you can continue to use it throughout the summer.



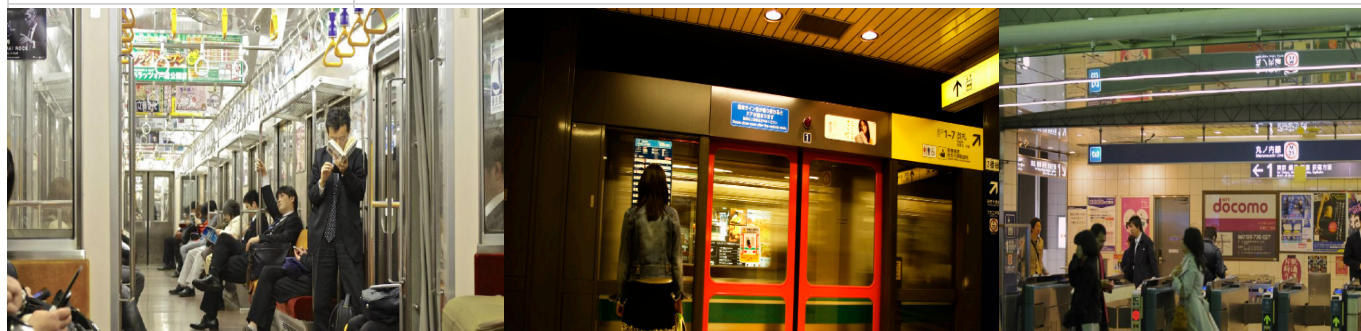
Suica is the prepaid IC card by JR East for JR trains in the Greater Tokyo, Niigata and Sendai regions. These cards are issued at JR train stations in Tokyo, Sendai, and Nagano.



Icoca is the prepaid IC card of JR West for JR trains in the Greater Osaka, Okayama and Hiroshima regions. Icoca is also compatible with a few minor IC cards in Western Japan, such as the Paspy card for non-JR transportation in Hiroshima; however, compatibility with these cards remains limited to Icoca.



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



22 / ORIENTATION SCHEDULE

Wednesday, May 15, 2013

7:00 - 7:55 AM

Breakfast at Sanuki Club Hotel

8:00 - 8:15 AM

Walk to Language School Classes at Kikai Shinko Kaikan

8:20 - 12:00 PM

Japanese Language Classes

12:00 - 1:15 PM

Walk Back to Sanuki Club & Lunch on Your Own

1:30 PM

Meet in Sanuki Club Lobby to Travel to Kyodo News Building

Be sure to have money on your Passmo/Suica Card.

2:00 - 5:00 PM

Japanese Culture & Society Seminar, Kyodo News, Shiodome Media Tower

“Characteristics of the American and Japanese Journalism”, Mr. Yasushi Fujii, Chief Editor, Foreign News Section

No bio or photo provided.

5:00 - 6:00 PM

Free - Dinner on Your Own

6:30 - 9:00 PM

KIPP Evening Discussion with Japanese Students, 3rd Floor Seminar Room

Guest Speaker: Inoue Debate Institute, Mr. Toshiyuki Inoue

Topic: “Is the Japanese style of communication better than American communication style?”

Over the course of the orientation program there will be three scheduled evening discussion nights with Japanese college students. These events are part of the KIP Discussion Forum, a program organized and run by Packard-sensei. This program provides an opportunity for Japanese college students to discuss a wide range of global issues in English. Participants include undergraduate and graduate students from a range of academic fields. All participants speak English at the advanced level.

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.

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!




ORIENTATION SCHEDULE / 23

Thursday, May 16, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel	
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan	
8:20 - 12:00 PM	Japanese Language Classes	
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own	
2:00 - 5:00 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room	
	Prof. Junichiro Kono, Rice University, Website: http://www.ece.rice.edu/~irlabs/	
	Guest Speaker: Tonouchi-sensei, Osaka University, http://www.ile.osaka-u.ac.jp/research/thp/indexeng.html	
	 	Through use of cutting-edge THz/nano technology, the Tonouchi Lab explores terahertz (THz) science in advanced electronic materials and develops novel THz devices and systems for sensing, imaging, and other applications. The materials and devices include quantum/nano semiconductors, strongly correlated electron systems, superconductors, bio-molecules, etc.
5:00 - 6:00 PM	Free - Dinner on Your Own	

Friday, May 17, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel	
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan	
8:20 - 12:00 PM	Japanese Language Classes	
12:00 - 2:30 PM	Free - Lunch on Your Own	
2:50 PM	Meet in Lobby of Sanuki Club Hotel to Travel to Cultural Outing <i>Be sure to have money on your Passmo or Suica card.</i>	
3:45 - 5:45 PM	Cultural Outing: Taiko Drumming	
	Learn more about Taiko at http://en.wikipedia.org/wiki/Taiko	
	<p>This is a special cultural outing and new for NanoJapan 2013! Wear comfortable, loose clothes as this will be an interactive session! The Taiko pictures below are from the 2011 Reverse NanoJapan Program when we had a similar event at Rice University.</p> 	
Evening	Free - Dinner on Your Own & Enjoy Tokyo!	

24 / ORIENTATION SCHEDULE

Saturday, May 18, 2013

7:00 - 7:55 AM

Breakfast at Sanuki Club Hotel

Note: The Seminar room is reserved today and you cannot use. Use lobby for internet.

Day

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

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

- Meet in lobby at 8:15 AM for on-time departure. 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. Bring extra money for great Kamakura snacks and souvenir shopping along Komachi St. You will likely get back to Tokyo between 5:00 - 6:00 PM.
- *Route and Estimated Fare 1,900 JPY Round-trip + ~500 JPY for Tains/Buses in Kamakura:* From the Azabu-Juban Station take the Oedo line to Daimon. Walk to the Hamatsucho Station and board the JR Yamanote Line bound for Shinagawa. At Shinagawa, transfer to the JR Yokosuka Line bound for Kamakura. About 74 minutes.



Engakuji Temple ~ 300 JPY

<http://www.japan-guide.com/e/e3103.html>

Engakuji is one of the leading Zen temples in Eastern Japan and the number two of Kamakura's five great Zen temples. Engakuji is built into the slopes of Kita-Kamakura's forested hills.



Daibutsu (Great Buddha of Kamakura) ~ 200 JPY

<http://www.japan-guide.com/e/e3100.html>

The Great Buddha of Kamakura (Kamakura Daibutsu) is a bronze statue of Amida Buddha, which stands on the grounds of Kotokuin Temple. With a height of 13.35 meters, it is the second tallest bronze Buddha statue in Japan.



Tsurugaoka-Hachimangu Shrine ~ 200 JPY

<http://www.japan-guide.com/e/e3102.html>

Tsurugaoka Hachimangu is Kamakura's most important shrine. The shrine is dedicated to Hachiman, the patron god of the Minamoto family and of the samurai in general. The shrine is reached via a long, wide approach that leads from Kamakura's waterfront with multiple torii gates along the way.



Komachi Dori

<http://www.japan-i.jp/explorejapan/kanto/kanagawa/kamakura-shonan/d8jk7I000002rmu5.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

Sunday, May 19, 2013

Morning

Breakfast at Sanuki Club Hotel & Free

Day

Free - Enjoy Sight-seeing in Tokyo on Your Own - Past Student Recommendations

See the Tokyo City Guide for even more great ideas at <http://www.japan-guide.com/e/e2164.html>



Hyperdia ~ <http://www.hyperdia.com/>

Hyperdia is a free, online trip scheduler for trains, buses, and planes in Japan. It will be invaluable to you this summer. All you need to know is your departure station and destination station and Hyperdia will tell you exactly how to get there, what train to take, the times, and the estimated cost.



Sanja Matsuri at Senso-ji ~ <http://www.japan-guide.com/e/e3063.html>

The Sanja Matsuri is an annual festival in the Asakusa district that takes place over the third full weekend in May. Nearly two million people visit Asakusa over the three days of the festival, making it one of the three biggest festivals in Tokyo and is being held this weekend. A great time to head out and visit Asakusa!



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 bilingual Tokyo National Museum of Emerging Science, Miraikan, is a must-see here and there is also a Ferris wheel with a great view of Tokyo at night. This might be a good late afternoon/evening stop as then you can see the Rainbow Bridge lit up when you return back. Look for the Trick Art Museum on the 4th floor of the DECKS Tokyo Beach shopping center, and the Ramen World on the 5th floor of Aquacity Odaiba.

26 / ORIENTATION SCHEDULE



Monday, May 20, 2013	
7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own
1:15 PM	Depart Sanuki Club Lobby
2:00 - 5:00 PM	Japanese Culture & Society Seminar, 3rd Floor Seminar Room There will be two culture talks this afternoon. The first one is not yet confirmed. <div> <div> “Working in Japan as a Foreigner”, Dr. Erik Einnarson, Assistant Professor, GMSI, University of Tokyo Dr. Erik Einnarson received a Japanese Ministry of Education (MEXT) fellowship to pursue his Ph.D. in Mechanical Engineering at the University of Tokyo, where his dissertation research focused on “Synthesis and Characterization of Vertically Aligned Single-Walled Carbon Nanotubes”. Following the completion of his Ph.D. in 2007, he received a Japanese Society for the Promotion of Science (JSPS) Post-Doctoral Fellowship and in 2009 was promoted to Assistant Professor through the University of Tokyo’s Global Center of Excellence for Mechanical Systems Innovation (GMSI). His informal talk tonight will highlight his experiences in Japan as a foreign student and researcher and provide helpful recommendation and advice for your upcoming research internship and for those who might want to pursue graduate or post-graduate study or research in Japan. </div>  </div>
Evening	Free - Dinner on Your Own
Tuesday, May 21, 2013	
7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room “Resonant-Tunneling Diode “, Prof. Vladimir Mitin, University at Buffalo, Website: http://www.ee.buffalo.edu/faculty/mitin/mitin_intro.html Guest Speaker: Suemitsu-sensei, Tohoku University, http://www.riec.tohoku.ac.jp/lab/suemitsu/index-e.html <div>   <div> Suemitsu-sensei’s research topics include: <ul style="list-style-type: none"> • Surface chemistry during formation of SiC films on Si substrates • High-speed devices based on graphene-on-silicon structures • Material processing using normal-pressure plasma-enhanced chemical vapor deposition </div> </div>
5:00 - 6:00 PM	Free - Dinner on Your Own
6:30 - 9:00 PM	KIPP Evening Discussion with Japanese Students, Sanuki Club Conference Room, 3rd Floor Topic: Does digitalization take away job opportunities? How does or will technology impact the workforce? What jobs will be created or eliminated? How should students prepare?

ORIENTATION SCHEDULE / 27

Wednesday, May 22, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel Wear business casual attire as you will go straight to Elionix after language classes. You will not have time to come back to the hotel to change. Wear comfortable walking shoes as it is about a 15 minute walk from the station to Elionix.
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
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! We must depart on a 1:05 PM subway. DO NOT BE LATE! <i>You will pay for your own transportation to/from Elionix. Estimated cost is 1,840 JPY.</i>
2:30 - 4:00 PM	Company Visit: Elionix, STS ~ Website: http://sts-elionix.com/   <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 a key partner of the NanoJapan program. You will likely see Elionix systems in use at your Japanese research host university and their systems may also be in use at your home university in the U.S.</p>
5:00 - 6:00 PM	Train back to Azabu-Juban
12:00 - 12:45 PM	Free - Dinner on Your Own!

Thursday, May 23, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:00 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room "Introduction to Field Effect Transistor (FET)", Prof. Vladimir Mitin, University at Buffalo, Website: http://www.ee.buffalo.edu/faculty/mitin/mitin_intro.html Guest Speaker: Kawano-sensei, Tokyo Institute of Technology, http://diana.pe.titech.ac.jp/kawano/eng/   <p>Kawano-sensei is an Associate Professor at the Tokyo Institute of Technology where his research focuses on:</p> <ul style="list-style-type: none">• Sensing and imaging of THz waves• Imaging of voltage and voltage fluctuations• and their application to materials science research
5:00 - 6:00 PM	Free - Dinner on Your Own

28 / ORIENTATION SCHEDULE

Friday, May 24, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
9:00 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Japanese Culture & Society Seminar, 3rd Floor Seminar Room
	U.S. Embassy Cultural Attache or Packard-sensei's Talk (TBA)
	Details TBA.
Evening	Free - Dinner on Your Own - Enjoy Tokyo

Saturday, May 25, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel <i>Note: The Seminar room is reserved today and you cannot use. Use lobby for internet.</i>
Morning	Free - Recommended Tokyo SkyTree This is highly recommended and is near where you will meet Packard-sensei for the Grand Sumo Tournament. <div>  <p>Tokyo Sky Tree - http://www.tokyo-skytree.jp/en/ The new Tokyo Sky Tree is the world's 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.</p> </div>
Afternoon	Cultural Outing to Nihon Sumo Kyokai Grand Tournament Packard-sensei will distribute tickets to you on Friday and you should use them to enter the stadium and go directly to your seats. Admission fee is included but you must pay for drinks, snacks and any souvenirs. No alcohol may be consumed by NanoJapan students at this required program event; even if you are of legal drinking age in Japan. No exceptions! <div> <p>Website: http://www.sumo.or.jp/eng/</p> <p>Sumo is a Japanese style of wrestling and Japan's national sport. It originated in ancient times as a performance to entertain the Shinto gods. Many rituals with religious background are still followed today. The basic rules of sumo are simple: the wrestler who first touches the ground with anything besides the soles of his feet, or who leaves the ring before his opponent, loses. Fights take place on an elevated ring, called a "dohyo", which is made of clay and covered in a layer of sand. The fights themselves usually last only a few seconds, or in rare cases, about a minute.</p> </div> <div>    </div>

ORIENTATION SCHEDULE / 29

Sunday, May 26, 2013

7:00 - 7:55 AM

Breakfast at Sanuki Club Hotel

Note: The Seminar room is reserved today and you cannot use. Use lobby for internet.

Day

Free - Enjoy Tokyo

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



REQUIRED - Exchange your JR Voucher for your Rail Pass. Ask to make a seat reservation for the 17:56-19:37 Shinkansen from Tokyo to Sendai on Thursday, May 30. Bring your passport!

You can only exchange your voucher for the pass at certain JR East Travel Service Centers including Tokyo, Ueno, Ikebukuro, Shinjuku, Shibuya, or Shinagawa. Depending on how long the lines are, this process can take 1 - 2 hours so go first thing in the morning.



Akihabara Electric Town

<http://www.japan-guide.com/e/e3004.html>

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



Ueno Park and Ueno Zoo

<http://www.japan-guide.com/e/e3019.html>

Ueno Park is a large public park next to Ueno Station in central Tokyo. Today Ueno Park is famous for the many museums found on its grounds, especially the Tokyo National Museum, the National Museum for Western Art, the Tokyo Metropolitan Art Museum and the National Science Museum. It is also home to Ueno Zoo, Japan's first zoological garden.



Harajuku



<http://www.japan-guide.com/e/e3006.html>

Harajuku is the center of Japan's most extreme teenage cultures and fashion styles, but also offers shopping for adults and some historic sights. The focal point of Harajuku's teenage culture is Takeshita Dori (Takeshita Street) and its side streets, which are lined by many trendy shops, fashion boutiques, used clothes stores, crepe stands and fast food outlets geared towards the fashion and trend conscious teens. In order to experience the teenage culture at its most extreme, visit Harajuku on a Sunday, when many young people gather around Harajuku Station and engage in cosplay ("costume play"), dressed up in excentric costumes to resemble anime characters, punk musicians, etc.





30 / ORIENTATION SCHEDULE



Monday, May 27, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
9:00 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own
2:00 - 5:00 PM	Introduction to Nanoscience Seminar, 3rd Floor Seminar Room
	Prof. Christopher Stanton, University of Florida, http://www.phys.ufl.edu/~stanton/
	Guest Speaker: Saito-sensei, Tohoku University, http://flex.phys.tohoku.ac.jp/
	<div>   </div> <p>Riichiro Saito is a Professor at Tohoku University and was a Visiting Scientist of MIT in 1992 where he did pioneering work on carbon nanotubes with Professor Gene Dresselhaus and Professor Mildred S. Dresselhaus. His major subjects are solid state theory and the materials science of carbon. His English-language books include <u>Raman Spectroscopy in Graphene Related Systems (2011)</u> and <u>Physical Properties of Carbon Nanotubes (1998)</u>.</p>
5:00 - 6:30 PM	Free - A bento box dinner will be provided during the KIP Evening Discussion
	KIPP Evening Discussion with Japanese Students, With Included Bento Box Dinner, 3rd Floor Seminar Room
	Topic: Should all students be required to study Liberal Arts, instead of taking vocational training?
	The bento box dinner tonight is sponsored by KIP Board Member Mr. Ito who is a graduate of the MIT Mathematics Department.

Tuesday, May 28, 2013


7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
	AJALT Japanese Language Classes
12:00 - 1:45 PM	Walk Back to Sanuki Club & Lunch on Your Own
	Introduction to Nanoscience Seminar, Sanuki Club Conference Room, 3rd Floor Seminar Room
	Prof. Christopher Stanton, University of Florida, http://www.phys.ufl.edu/~stanton/
	Guest Speaker: Maruyama-sensei, University of Tokyo, http://www.photon.t.u-tokyo.ac.jp/
	<div>   </div> <p>Maruyama-sensei is a Professor of Mechanical Engineering whose research interests with the science and technology of carbon nanotubes and fullerenes include:</p> <ul style="list-style-type: none"> Catalytic CVD generation of single-walled carbon nanotubes (Alcohol CCVD) Fluorescence spectroscopy of isolated SWNTs FT-ICR mass spectroscopy of carbon clusters Molecular dynamics simulation of formation process of carbon nanotubes

ORIENTATION SCHEDULE / 31

Wednesday, May 29, 2013	
7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel Wear business casual attire today for the company visit. <i>Note: The Seminar room is reserved today and you cannot use. Use lobby for internet.</i>
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
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 - 4:30 PM	Company Visit: iTRIX and GraphenePlatform ~ Website: http://grapheneplatform.com/ Map: http://goo.gl/maps/xfmRM <p>Meet in the Sanuki Club lobby at 1:15 sharp. You will pay your own transportation costs today. Estimated cost is 1,100 JPY. From Azabu-Juban take the Oedo line to Aoyama-Itchome and transfer to the Tokyo Metro Hanzomon Line towards Shibuya. At Shibuya, transfer to the Tokyu Den-en-toshi Line Exp. towards Nagatsuta where you will get on the LOCAL Tokyu Den-en-toshi Line Local to arrive at Suzukakedai. Estimated arrival at 2:19 PM Walk from the station to the Yokohama Venture Plaza on the side of the station closest to Tokyo Tech.</p> <div>  <p>iTRIX was established in 2000 and is based in Tokyo, Japan, where it focuses on semiconductor lithography equipment, including optical film development and biochips. The company is also involved with graphene - offering graphee producing equipment and graphene samples. It recently launched a new spin-off company called Graphene Platform to handle worldwide sales. The new company is fully equipped for large-scale production of graphene materials with two 4" thermal CVD systems and one 6" thermal CVD system.</p> <ul style="list-style-type: none"> • 3:00: Meet Patrick Frantz in Lobby • 3:15 - 4:00: Overview & Introduction • 4:00 - 5:00: Lab Tour </div>
4:30 - 5:30 PM	Train back to Azabu-Juban
Evening	Pack Large Luggage & Ship to Host Lab/Housing via Takuhaibin Website: http://www.japan-guide.com/e/e2278.html Pack Large Luggage & Ship to Host Lab/Housing via Takuhaibin All NanoJapan students are required to use the Baggage Delivery Service to ship their large luggage either to their research internship housing or their host lab. You cannot store your luggage at Sanuki and there is not room on the bus to Minami-Sanriku to bring it with you. You will only be allowed to bring a small, overnight bag with you on the Minami-Sanriku trip. <p>To ship your bag/s you will need to know the address they are going to and the cost will vary based on distance, size, and weight. You can ship your luggage directly from the Sanuki Club Front Desk. Packard-sensei can help you with this process but if you have the address that is really all you need. The front desk will give you the form to fill out and you just need to pay the fee to them. The bag will magically be waiting for you when you get to your internship housing or host lab. Again, trust us. This works and is a wonderful service that is well worth the money. When you return to Tokyo at the end of the summer you can do the same thing - just ship your bags directly to the Sanuki Club before leaving your host city as that way you don't have to worry about storing them while you are hiking Mt. Fuji or sight-seeing independently during your last few days in Japan. It is much easier to just travel with a small backpack/suitcase than a large one. Trust us!</p>
 <p>Logo for Yamato Transport - One of Japan's Takuhaibin Companies</p>	

32 / MINAMI-SANRIKU TRIP

Thursday, May 30, 2013

7:00 - 7:55 AM	Breakfast at Sanuki Club Hotel Following language class you will have a farewell lunch with your language teachers. Bring a signed thank-you card from each class for each teacher (perhaps include a photo of your class with the teacher), and any small gift you may want to give. You can print photos off from a flash/thumb driver at the copy machines in any konbini quite inexpensively.
8:00 - 8:15 AM	Walk to Language School Classes at Kikai Shinko Kaikan
8:20 - 12:00 PM	AJALT Japanese Language Classes
12:00 - 1:45 PM	Farewell Lunch with AJALT Teachers Meet Packard-sensei in the lobby of the language school building to go to lunch. You will need to pay your own lunch costs and the estimated amount per person, including drinks, is 1,300 JPY.
2:00 - 4:00 PM	Check out of Sanuki Club Hotel You must check out of your room this afternoon. If you have not already shipped your large luggage, do so today. If you have not exchanged your JR Voucher for the pass, you must do this before the group leaves the hotel for the train to Sendai. You will not have time to do this at the station.
4:15 PM	Meet in Lobby of Sanuki Club Hotel to Travel to Shinkansen You will pay for your own transportation to Sendai. You can use your JR East Pass on any JR lines you take, but the JR East Pass will not work on Tokyo Subway Lines. To use your JR East Pass to get to the station where the Shinkansen will depart, simply show the pass to the agent at the booth next to the turnstyles.
5:56 - 7:37 PM	Shinkansen (Japanese Bullet Train) to Sendai Learn more about riding the Bullet Train at http://www.japan-guide.com/e/e2018.html You will use your JR East or Full Japan Rail Pass to travel to Sendai today via the Shinkansen. Trains in Japan depart exactly on time. If you are late, you will miss the train. Follow the instructions that Packard-sensei and Shimojo-sensei have given you exactly and stay together as a group. Purchase some food/snacks to eat on the train ride. There is also a snack cart that comes around if you need to purchase something on the train (the ice cream is excellent!).
	 <div> Shinkansen Manners: <ul style="list-style-type: none"> • Don't block the aisle with luggage. • When having a conversation, keep your voice down. • Recline your seat with consideration for the person behind you. Return the seat to its original position before exiting the train. • Set your mobile phone to silent mode. Don't talk on your phone except in the deck areas between cars. • Line up on the platform before boarding. </div>
~ 8:00 PM	Hotel Check-in and Group Dinner Dinner tonight is provided but, as with all events and meals paid for by NanoJapan, students are not allowed to consume alcohol - even if you are of legal drinking age in Japan. No exceptions. No drinking alcohol at all the entire weekend in Minami-Sanriku. If you are offered beer or other alcohol, politely decline and ask for soda or tea instead.

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.

Friday, May 31, 2013

7:00 - 7:45 AM

Breakfast at Hotel & Check-out

8:00 - 10:00 AM

Bus from Sendai to Minami-Sanriku

10:00 - 1:30 PM

Visit Isatome Kindergarten with Included Bento Lunch Box

2:00 - 3:00 PM

Visit Isatome Elementary School

Plan for a fun science experiment with the students. Perhaps spaghetti marshmallow towers or something easy, interactive, and inexpensive. Talk with Packard-sensei about your ideas during the first week and go together as a group to the Dollar Store to buy any needed supplies.



4:00 - 6:00 PM

Guided Bus Tour of Minami-Sanriku Area

6:30 - 8:00 PM

Check-in to Ryokan and Included Dinner with NanoJapan and KIPP Students

A gentle reminder, no alcohol can be consumed by any NanoJapan student during meals or events that the program is paying for. No exceptions.

34 / MINAMI-SANRIKU TRIP

Saturday, June 1, 2013

7:00 - 8:30 AM

Breakfast at Ryokan

10:00 - 1:30 PM

Sports and/or Music with Isatome Elementary School Students



1:30 - 2:30 PM

Included Bento Lunch Boxes

2:30 - 5:00 PM

Volunteer Work at Temporary Housing in Village

6:30 - 8:30 PM

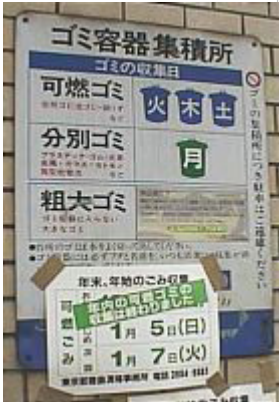
Dinner with Temporary Housing Villagers

A gentle reminder, no alcohol can be consumed by any NanoJapan student during meals or events that the program is paying for. No exceptions.

If you have an instrument with you, you could play songs for the villagers. There will likely be a guitar available there.



Sunday, June 3, 2012

Morning	Breakfast at Ryokan & Hotel Check-out
Between 10:00 - 12:00 PM	<p>Arrive at Sendai Station Once you arrive at Sendai Station you will travel on your own to your research host lab. Use Hyperdia.com 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.</p> <p>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. Your JR East Pass should work for most of this route but there may be a portion that you need to purchase a separate ticket for.</p>
Afternoon	<p>Arrival at Research Host City Typically, someone from the lab will meet arriving NanoJapan students at your arrival station and help you get to your housing, but in some cases they may recommend you walk or take a taxi on your own from your arrival station. Some students may need to stay in a hotel their first night if their dormitory does not allow for check-in on Sundays. At least 7 days prior to arrival, be sure to email your host professor your exact planned arrival time (use Hyperdia.com) and ensure that your host professor, graduate student mentor, and any student who may be meeting you have your Japanese cell phone number. Be careful of the station names as many can be similar. For example, Shin-Osaka and Osaka 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.</p>
Evening	<p>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.</p>
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>

36 / RESEARCH INTERNSHIPS

Monday, June 3 - Thursday, July 4, 2013

Research Internships at Host University/Laboratory - Part I

Tips for First Day

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

Gift Giving in Japan

Temiyage and Omiyage

In order to thank somebody, one often presents a gift (temiyage), such as Japanese sweets or sake. Similarly, when a Japanese person returns from a trip, he or she brings home souvenirs (omiyage) to friends, co-workers and relatives. In Japan, tourist sites are generally surrounded by many omiyage shops specializing in souvenir gifts, often in the form of beautifully wrapped and packaged foods. Bring te 100OLYMP miyage 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 OKINAWA / 37

Thursday, July 4, 2013 - Early Departures

Due to flight schedules, some students must take flights to Okinawa on Thursday or travel from their host lab to the city of their departure flight. All students must pay for their own transportation between their host city and departure airport. You must arrive at the airport at least 1 1/2 hours prior to departure and should proceed to the ANA ticket counter to show them your flight itinerary and passport. They will then issue your boarding passes. If you have a frequent flyer number (United is a partner of ANA), be sure to give that card to the agent upon check-in. Use Hyperdia.com to determine your best route to the airport to ensure you arrive at least 1 1/2 hours before departure.

11:00 - 2:45 PM	Hokkaido University - Jason Giuliani: You will depart Chitose Airprot at 11:00 AM on ANA #993 and will arrive at Naha Airport at 2:45 PM. We will make a hotel reservation on your behalf at a hotel near the airport and will send you further information on this hotel by mid-June.
11:55 - 2:45 PM	Tohoku University - Ray Moya, Michael Walker, and Lila Rodgers: You will depart Sendai Airport on ANA #463 at 11:55 AM. We will make a hotel reservation on your behalf at a hotel near the airport and will send you further information on this hotel by mid-June. Lila will have a single room and Ray and Michael will share.
By Thursday Evening	Shinshu University - Dante Zakhidov: You will need to purchase another JR East Pass to travel from Nagano to Tokyo on Thursday. The new JR East Pass options should be announced by mid-June. Packard-sensei will make a hotel reservation for you at the Sanuki Club for Thursday night, and Friday morning you must travel from Sanuki to Haneda Airport.
	Chiba University - Kevin McLaughlin: You will not be able to get from Chiba to Haneda in time for your flight departure on Monday so must travel into Tokyo on Thursday night. Packard-sensei will make a hotel reservation for you at the Sanuki Club for Thursday night, and Friday morning you must travel from Sanuki to Haneda Airport.
	Kyoto University - Xavier Bick: You will need to travel from Kyoto to Osaka on Thursday. Ask JJ or Jordan if their dorm will allow you to spend Thursday night with one of them. If not, we will assist you with locating an inexpensive hotel near Kansai Airport for Thursday night.

Friday, July 5, 2013 - Flights to Okinawa

All students must pay for their own transportation between their host city and departure airport. You must arrive at the airport at least 1 1/2 hours prior to departure and should proceed to the ANA ticket counter to show them your flight itinerary and passport. They will then issue your boarding passes. If you have a frequent flyer number (United is a partner of ANA), be sure to give that card to the agent upon check-in. Use Hyperdia.com to determine your best route to the airport to ensure you arrive at least 1 1/2 hours before departure.

8:55 - 11:25 AM	Tokyo, Chiba, and Nagano Students - Ron Hobson, Meagan Lloyd, Kevin McLaughlin, and Dante Zakhidov: You will all depart on ANA #127 at 8:55 AM from Haneda Airport. You must arrive at Haneda Airport at least 1 1/2 hours in advance so you will need to take a very early morning subway to the airport. Carefully check your route on Hyperdia.com to ensure you can arrive on time and plan to eat breakfast at the airport.
9:00 - 11:00 AM	Osaka and Kyoto Students: You will all depart on ANA #1731 at 9:00 AM from Kansai Airport. You must arrive at Kansai Airport at least 1 1/2 hours in advance so you will need to take an early morning subway to the airport. Carefully check your route on Hyperdia.com to ensure you can arrive on time and plan to eat breakfast at the airport.
by 11:45 AM	Meet in front of Airport Shuttle Counter: We will take an airport mini-bus to the OIST/Seaside Resort Area. You will purchase the ticket individually and estimated cost is 1,710 JPY. Students who already arrived in Naha must travel back to the airport and meet the group so that we may all travel together.
by 1:00 PM	Arrival at Okinawa Institute of Technology (OIST)

38 / SENDAI FLIGHT ITINERARIES

3DQ3VJ

* GATEWAY TOURIST *
* P.O BOX 642027 *
* LOS ANGELES CA 90064-9998 *

130790 ITINERARY INVOICE
PAGE NO. 1
PNR: 1P-3DQ3VJ

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

NAME : 1.MOYAIIII/RAYMUNDO
3.WALKER/MICHAELSTANLEYVINC

2.RODGERS/LILAVANHELLEN

AGENT BRANCH ACCOUNT NO. DATE
RINKO ARC 7135292105 28APR13

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MOYAIIII/RAYMUNDO
SEAT 07-H **RESERVED**
RODGERS/LILAVANHELLEN
SEAT 07-K **RESERVED**
WALKER/MICHAELSTANLEYVINC

A TU	09JUL	LV OKINAWA	215P	ALL NIPPON	464M	OK
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SEAT 13-A **RESERVED**
MOYAIIII/RAYMUNDO
SEAT 13-C **RESERVED**
RODGERS/LILAVANHELLEN
SEAT 13-D **RESERVED**
WALKER/MICHAELSTANLEYVINC

V WE 10JUL TICKET SERVICE FEE
2013

CONFIRMED
ITEM COST:60.00

TICKET NUMBER(S) : 2057179890467-469

SAPPORO FLIGHT ITINERARIES / 39

MS65FF

 * GATEWAY TOURIST *
 * P.O BOX 642027 *
 * LOS ANGELES CA 90064-9998 *

130791 ITINERARY INVOICE
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 PNR: 1P-MS65FF

MS SARAH PHILLIPS
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 RICE UNIVERSITY
 HOUSTON TX 77251-1892

NAME : GIULIANI/JASONGLENN

AGENT	BRANCH	ACCOUNT NO.	DATE
RINKO	ARC	7135292105	28APR13

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
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A TH	04JUL	LV SAPPORO/CHITOSE AR OKINAWA DEPART TERMINAL D NH CONFO *A3Y5BT	1100A 245P	ALL NIPPON	993M OK	0STOP 737
			SEAT	03-C **RESERVED** GIULIANI/JASONGLENN		
A TU	09JUL	LV OKINAWA AR SAPPORO/CHITOSE OPERATED BY ANA WINGS ARRIVE TERMINAL D NH CONFO *A3Y5BT	1225P 340P	ALL NIPPON	994M OK	0STOP 737
			SEAT	04-H **RESERVED** GIULIANI/JASONGLENN		
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	2013			ITEM COST:40.00		

TICKET NUMBER(S) : 2057179890470

40 / TOKYO & CHIBA FLIGHT ITINERARIES

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* P.O BOX 642027 *
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HOUSTON TX 77251-1892

NAME : 1.HOBSONII/RONALDKEITH
3.MCLAUGHLIN/KEVINEUGENE

2.LLOYD/JENNIFERMEGAN

AGENT BRANCH ACCOUNT NO. DATE
RINKO ARC 7135292105 28APR13

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST SERV/AMNT
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A FR	05JUL	LV TOKYO-HANEDA APT	855A	ALL NIPPON	127M OK
		AR OKINAWA	1125A		0STOP 744
		DEPART TERMINAL D2			
		NH CONFO *BD4EFT			

A MO	08JUL	LV OKINAWA	725P	ALL NIPPON	136M OK
		AR TOKYO-HANEDA APT	945P		0STOP 744
		ARRIVE TERMINAL D2			
		NH CONFO *BD4EFT			

V WE 10JUL TICKET SERVICE FEE
2013

CONFIRMED
ITEM COST:60.00

TICKET NUMBER(S) : 2057179890463-465

NAGANO FLIGHT ITINERARIES / 41

3DPOEA

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130788 ITINERARY INVOICE
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NAME : ZAKHIDOV/DANTEANVAROVICH

AGENT	BRANCH	ACCOUNT NO.	DATE
RINKO	ARC	7135292105	28APR13

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
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A FR	05JUL	LV TOKYO-HANEDA APT	855A	ALL NIPPON	127M	OK
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		DEPART TERMINAL D2				
		NH CONFO *BD4QNX				

A MO	08JUL	LV OKINAWA	725P	ALL NIPPON	136M	OK
		AR TOKYO-HANEDA APT	945P			0STOP 744
		ARRIVE TERMINAL D2				
		NH CONFO *BD4QNX				

V WE	10JUL	TICKET SERVICE FEE	CONFIRMED
	2013		ITEM COST:20.00

TICKET NUMBER(S) : 2057179890466

42 / OSAKA & KYOTO FLIGHT ITINERARIES

MSYE57

* GATEWAY TOURIST *
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* LOS ANGELES CA 90064-9998 *

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RICE UNIVERSITY
HOUSTON TX 77251-1892

NAME : 1.ALLRED/JAMESJONATHAN
3.HOYT/JORDANDUNN

2.BICKJR/FRANCISXAVIER

AGENT BRANCH
RINKO ARC

ACCOUNT NO. DATE
7135292105 28APR13

CO	DATE	CITY-AIRPORT	TIME	FLIGHT NBR/CLASS	ST	SERV/AMNT
A	FR 05JUL	LV OSAKA-KANSAI ARPT	900A	ALL NIPPON	1731M	OK
		AR OKINAWA	1100A			0STOP 767
		DEPART TERMINAL 1				
		NH CONFO *B2XTI5				

SEAT 09-G **RESERVED**
ALLRED/JAMESJONATHAN
SEAT 09-H **RESERVED**
BICKJR/FRANCISXAVIER
SEAT 09-K **RESERVED**
HOYT/JORDANDUNN

A	MO 08JUL	LV OKINAWA	720P	ALL NIPPON	1740M	OK
		AR OSAKA-KANSAI ARPT	915P			0STOP 738
		ARRIVE TERMINAL 1				
		NH CONFO *B2XTI5				

SEAT 09-A **RESERVED**
ALLRED/JAMESJONATHAN
SEAT 09-B **RESERVED**
BICKJR/FRANCISXAVIER
SEAT 09-C **RESERVED**
HOYT/JORDANDUNN



V WE 10JUL TICKET SERVICE FEE
2013

CONFIRMED
ITEM COST:60.00

TICKET NUMBER(S) : 2057179890460-462

MID-PROGRAM MEETING / 43

Friday, July 5, 2013 - Okinawa Institute of Technology Visits

by 1:00 PM	Arrive at Okinawa Institute of Technology (OIST) and Store Luggage
1:00 - 2:00 PM	Lunch at OIST Cafeteria - Purchase on your Own, Estimated costs 500 - 1,000 JPY
2:00 - 6:00 PM	Okinawa Institute of Technology Graduate University Talks & Lab Visits
	Website: http://www.oist.jp/
<div></div> <p>The Okinawa Institute of Science and Technology is an interdisciplinary graduate school offering a 5-year PhD program in Science. Over half of the faculty and students are recruited from outside Japan, and all education and research is conducted entirely in English. OIST researchers are conducting multi-disciplinary research in five major areas: Neuroscience, Molecular Sciences, Environmental and Ecological Sciences, Physical Sciences, and Mathematical Computational Sciences. In the six years leading up to graduate school accreditation, OIST received recognition for doing original research and sponsoring innovative international workshops and courses.</p> <p>The graduate school accepts 20 students per year, creating a very low student to instructor ratio. Students also receive support for living costs, health care, housing, childcare, and other needs that would otherwise distract them from the science. Balancing lectures and lab work, the doctoral program places students in well-funded labs where they work side-by-side with top researchers on state-of-the-art equipment. Frequent visits from internationally-known scientists further enrich the program and provide opportunities for collaboration and exchange. By the time they graduate, students have accumulated not only abstract knowledge and practical skills but also the kind of professional connections necessary to launch their careers as world-class researchers.</p>	
6:30 - 8:30 PM	Included Dinner at OIST Restaurant, Level B
~ 9:00 PM	Taxis to Seaside Resort Housing

44 / MID-PROGRAM MEETING

Saturday, July 6, 2013

8:30 - 9:30 AM

Included Breakfast at Seaside Village Housing

9:30 - 12:00 PM

NanoJapan Mid-Program Meeting at Seaside Village Housing

This is a de-briefing session where students and NanoJapan Faculty talk about the experience in Japan thus far. Students often share frustrations, lessons learned and best practices from their lab experiences. The meeting also allows for some guided re-assessment of your research, language, and personal goals for the remainder of the summer.

12:00 - 1:00 PM

Included Lunch at Seaside Village Housing

1:00 PM

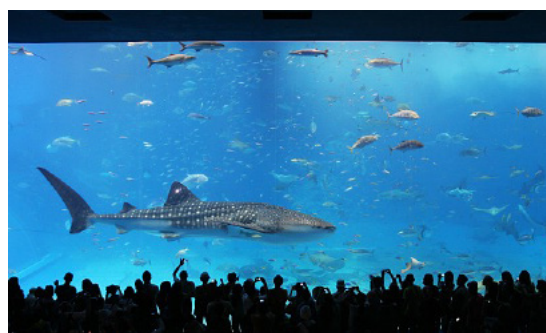
Board Bus for Afternoon Sight-Seeing

Bus transportation is included, but students must pay for admission fees, snacks, drinks, and souvenirs on their own. Some OIST students may join if there is space on the bus. Bring water, a hat, sunglasses, and sunscreen as it is very hot and humid in Okinawa. If you are not careful, you will get a sunburn easily.

~ 2:00 - 5:00 PM

Churaumi Aquarium ~ Admission: 1,800 JPY

Website: <http://www.japan-guide.com/e/e7109.html>



The Churaumi Aquarium is widely considered Japan's best aquarium. It is the main attraction of the Ocean Expo Park on the former grounds of the 1975 International Ocean Expo in northern Okinawa Honto. The aquarium was completely redesigned and reopened in 2002. The highlight of a visit to the Churaumi Aquarium is the massive Kuroshio Tank, one of the largest in the world. The tank takes its name from the warm Kuroshio current which plays a large part in the variety of Okinawa's of marine life. The tank contains a wide variety of species, the most striking of which are the giant whale sharks and manta rays.

6:00 - 8:00 PM

Included Dinner Highlighting Okinawan Cuisine and Culture - Details TBA

~ 8:30 PM

Bus Back to Housing

MID-PROGRAM MEETING / 45

Sunday, July 7, 2013

9:00 - 10:00 AM

Included Breakfast at Seaside Village Housing

10:30 AM

Board Bus for Afternoon Sight-Seeing

Bus transportation is included, but students must pay for admission fees, snacks, drinks, and souvenirs on their own. Some OIST students may join if there is space on the bus. Bring a water, a hat, sunglasses, and sunscreen as it is very hot and humid in Okinawa. If you are not careful you will get a sunburn easily. Also, remember your towel, swimsuit, and flip flops as we'll go snorkeling today too!

11:30 - 1:30 PM

Ryukyu Mura Village ~ Admission: 840 JPY

Website: <http://www.japan-guide.com/e/e7121.html>



Ryukyu Mura (Ryukyu Village) is a small theme park about traditional Okinawan culture in the form of a recreated village from the times of the Ryukyu Kingdom. The village includes a traditional residence with a red tiled roof and surrounding stone walls against typhoons, a shrine and various workshops where visitors may participate in hands-on experiences such as pottery, playing the sanshin guitar, weaving a coaster or painting a small shisa statue. A wide range of performances are held at the village, including eisa taiko drumming, dances, concerts, parades and reenacted historical ceremonies. Of course, visitors also have the opportunity to eat some popular Okinawan dishes and purchase a wide range of local souvenirs.

~ 2:00 - 4:30 PM

Snorkeling at Cape Maeda ~ Admission: 100 JPY + Snorkeling Gear Rental

Website: <http://www.japan-guide.com/e/e7119.html>



Cape Maeda is located in central Okinawa Honto and is the most popular spot for snorkeling and diving on the island, often busy with groups of snorkelers and divers. Maeda's popularity is well founded, as there is a wide variety of marine life in the area, as well as a cave that you can swim into. Good facilities are located at the site.


~ 4:30 PM

Bus Back to Housing

~ 6:00 PM

Included Dinner at Seaside Resort Housing

46 / MID-PROGRAM MEETING

Monday, July 8, 2013	
by 8:30 AM	Included Breakfast at Seaside Village Housing
9:00 AM	Check-out of Seaside Resort and Taxis to OIST
9:30 - 12:00 PM	Okinawa Institute of Technology Graduate University Talks & Lab Visits Morning talks and lab visits will continue at OIST. Details TBA
12:00 - 1:00 PM	Lunch at OIST Cafeteria - Purchase on Your Own, Estimated costs 500 - 1,000 JPY
1:30 PM	Board Bus for Afternoon Sight-Seeing Bus transportation is included but students must pay for admission fees, snacks, drinks, and souvenirs on their own. Some OIST students may join if there is space on the bus. Bring a water, a hat, sunglasses, and sunscreen as it is very hot and humid in Okinawa. If you are not careful, you will get a sunburn easily.
2:30 - 4:00 PM	Visit to Shuri Castle ~ Admission 800 JPY Website: http://www.japan-guide.com/e/e7103.html
	 <p>Shuri is the name of the former capital of the Ryukyu Kingdom. Shuri Castle (Shurijo) served as the administrative center and residence of the Ryukyu kings for several centuries until Okinawa became a Japanese prefecture in 1879. The castle is included as one of the UNESCO World Heritage designated Castles of the Ryukyu Kingdom sites.</p>
4:00 PM	Bus Departs for Airport or Drops Students at Hotel Jason, Lila, Michael, and Ray will need to spend Monday night in Naha as there is not an afternoon departure time that will work with our itinerary. NanoJapan will reserve a hotel on your behalf and information on this hotel will be sent to you by mid-June. You will have to arrange a taxi back to the airport to arrive at least 1 1/2 hours before departure time for your flight on Tuesday.
by 5:00 PM	Bus Arrives at Naha Airport and Flight Check-in for Departure Flights
7:20 - 9:15 PM	Osaka & Kyoto students depart on ANA #1740 for Kansai Airport Xavier, there is an express train from Osaka Airport to Kyoto that departs at about 10:00 PM. You should be able to catch this train back to Kyoto Monday night. Double check Hyperdia.com for exact train schedule and times.
7:25 - 9:45 PM	Tokyo, Chiba, and Nagano students depart on ANA #136 for Haneda Airport Kevin, it may be possible for you to get back to Chiba Monday night provided there are no flight delays. Check Hyperdia.com for subway and train schedule or, if you prefer, Packard-sensei can make a hotel reservation on your behalf at the Sanuki Club for Monday night. Dante, it will not be possible for you to make it back to Nagano on Monday night. Packard-sensei will make a reservation at the Sanuki Club hotel on your behalf or ask if you can stay with Ron if his dorm/housing allows overnight guests.
Tuesday, July 9, 2013	
12:25 - 3:40 PM	Jason Giuliani departs for Chitose Airport on ANA #994 You will need to arrange and pay for your own transport to Naha Airport on Tuesday.
2:15 - 4:45 PM	Sendai students depart for Sendai Airport on ANA #464 You will need to arrange and pay for your own transport to Naha Airport on Tuesday. Hotel check-out is likely at 11:00 AM or 12:00 PM so you will need to plan accordingly so as not to be charged for a second night.

RESEARCH INTERNSHIPS / 47

Tuesday, July 9 - Friday, July 26, 2013

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. Just confirm your exact departure date with your housing and lab.

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. You can even print off a photo of you with this individual/group to include with your card. Just bring your photo/s on a flash or thumb drive to your nearby konbini and use their copy/printing machine.

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

You will also need to print your research poster before leaving the lab and can send that on to Sanuki via Takyubin as well. You will be presenting your poster on Monday, and we will discuss this in more detail during the Mid-Program Meeting.

Final Weekend in Japan - July 27 - 28, 2013

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.

By Sunday Evening

Return to Tokyo and Check in to Sanuki Club Hotel

A room has been reserved on your behalf for the nights of July 29 & 30 at a rate of ~6,000 JPY/night (including breakfast). Use your stipend funds to pay for your hotel these two nights.

If you are a Tokyo-area student who would prefer to stay in your dorm, please let Packard-sensei know by the Mid-Program Meeting so she can cancel this room reservation. You should then plan to ship your luggage directly to Narita Airport and meet the bus at the Sanuki Club at the designated departure time on Tuesday.

48 / RESEARCH SYMPOSIUM IN TOKYO

Monday, July 29, 2013

Morning	Breakfast at Hotel
Day	NanoJapan Research Symposium Location: Nissho Hall ~ Access Map: http://www.nissho-jyohou.jp/nissho-hall/accesmap.html <p>This is a new addition to the NanoJapan Program for 2013, and will be co-organized by Prof. Junichiro Kono and Prof. Masayoshi Tonouchi of Osaka University. A detailed symposium schedule will be forwarded to all students by mid-July. You will use your stipend funds to travel to/from the symposium location. Attire for the day will be business casual as you will be presenting your NanoJapan research posters.</p> <ul style="list-style-type: none"> • NanoJapan Student Research Poster Presentation • Research Talks by Leading Terahertz and Nanoscience Experts in Japan • Talks or Networking with Japanese and U.S. Science Offices such as the NSF Tokyo Office, Japanese Ministry of Education (MEXT), or the Japan Society for the Promotion of Science (JSPS)
Evening	Free - Enjoy Your Last Night in Tokyo!

Tuesday, July 30, 2013

	Japanese Oral Proficiency Interviews at Sanuki Club Hotel or AJALT Office
10:00 - 11:30 AM	All students must complete a Japanese Oral Proficiency Interview prior to departure to assess the gains you have made in your spoken Japanese language proficiency over the course of the summer. This is a simple conversation in Japanese between you and the AJALT tester. There is no written component and nothing that you need to prepare. Packard-sensei will inform you of your exact OPI time and location. DO NOT BE LATE!
12:00 PM	Bus Departs Sanuki Club Hotel for Narita Airport
By 2:00 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"> • If you shipped luggage directly to the airport, collect it from the Black Cat 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.
4:00 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/
2:15 PM	Rice University Shuttle to Re-Entry Hotel Shuttle driver's name and phone number will be provided by mid-July.
Day/Evening	Free - Have Dinner on Your Own

RE-ENTRY PROGRAM AT RICE / 49

Wednesday, July 31, 2013 (Tentative - Exact Schedule to be Confirmed by mid-July)	
by 9:00 AM	Included Breakfast Buffet at Hotel
9:30 AM	Hotel Shuttle Departs for Rice - Meet in Lobby
10:00 - 12:00 PM	“NanoJapan Debriefing Session & Overview of RQI”, Prof. Junichiro Kono, Dr. Cheryl Matherly, and Sarah Phillips <p>Come prepared to discuss your overall experience on the NanoJapan Program. Prof. Kono will also provide a brief overview of the RQI Colloquium.</p> <ul style="list-style-type: none"> • What were the best aspects of the program? What aspects of the program would you like to see improved? • Has the program influenced your desire to conduct further research or graduate study in the field of nanotechnology? • Has the program influenced your desire to work or study again in Japan or any other nation? • What recommendations/tips would you give to NanoJapan 2014 participants?
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- 3:00 PM	Practice Poster Presentations” - Schedule TBA - Office of Professional Communication <p>Individual practice poster presentations with coaching and feedback by trained Professional Communication coaches.</p>
3:00 - 3:15 PM	Ice Cream Break
3:15 - 4:15 PM	Rice University Campus Tour
4:15 PM	Hotel Shuttle Back to Re-Entry Hotel
Evening	Free - Dinner on Your Own
Thursday, August 1, 2013	
by 9:15 AM	Included Breakfast Buffet at Hotel
9:30 AM	Hotel Shuttle Departs for Rice University - Meet in Lobby
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 - 4:00 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.

RE-ENTRY PROGRAM AT RICE / 50

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!	
Friday, August 2, 2013		
by 9:30 AM	Included Breakfast Buffet at Hotel & Check-out Wear business casual 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).	
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. <ul style="list-style-type: none">9:00 - 10:15: Oral Presentations - <i>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.</i>10:15 - 10:30: Coffee Break10:30 - 11:45: Oral Presentations11:45 - 1:30: Undergraduate/NanoJapan Poster Fair & Included Lunch1:30 - 4:00: Oral Presentations4:00 - 4:15: Coffee Break4:15 - 5:30: Oral Presentations5:30 - 7:30: Reception & Graduate Student Poster Presentations	
Afternoon/Evening	NanoJapan Student Flights Back Home	
	You must arrange and pay for your own transportation to the airport. Allow at least one hour to get from Rice to either airport. It is recommended that you arrive at least 90 minutes prior to departure for domestic flight check-in. <ul style="list-style-type: none">Shuttle Service: We recommend Super Shuttle http://www.supershuttle.com. You can book this online and pay with a credit/debit card. Use discount code Owls1 for Rice discount.Taxis: If you are departing close to the same time as another NanoJapan student it may be faster and cheaper to share a cab to the hotel. Call Yellow Cab at 713-236-1111 to arrange for your cab. Most cabs in Houston take credit/debit cards, and the flat fare from the Rice/ Medical Center to IAH is ~\$51 + a \$3.75 departure fee and fuel surcharge, and from Rice/ Medical Center to HOU it is ~\$27 + a \$2.25 departure fee and fuel surcharge.Pick-up Address: Rice University, 6100 Main St., Houston, TX 77005. Ask that the driver use entrance 23 off of Rice Blvd. and pull straight into campus. After the curve turn left into the long, narrow drive next to Abercrombie Lab and pull to the end of this drive.	
	Bush Intercontinental Departures (IAH)	Houston Hobby Departures (HOU)
	<ul style="list-style-type: none">Lila Rodgers at 3:25 PMMitch Connolly at 5:40 PM	<ul style="list-style-type: none">Ron Hobson at 4:15 PMXavier Bick on at 4:30 PMJason Giuliani at 9:15 PMJordan Hoyt at 6:45 PM
		Saturday, August 4 Departures
		<ul style="list-style-type: none">Michael Walker (IAH) at 7:00 AMKevin McLaughlin (IAH) at 9:05 PM

Travel Resources & Guides

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52 / SANUKI CLUB RULES

Sanuki Club Hotel Rules

Access & Hours

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

Use of Wireless Internet/Computers

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

Bathrooms/Shower and Yukata

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

Vending & Food

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

International ATMs in Japan



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



Post Offices: Post offices in Japan have international ATMs and accept cards bearing the Visa, MasterCard, Maestro, Cirrus, American Express, Diners Club, JCB, China Unionpay and Discover logos. Hours are limited, so be sure to plan ahead and take out cash early so you aren't stuck late at night or on a holiday with no money.

Banks: The ATMs at most banks will not work as these are for Japan's domestic banking system only but you can withdraw money from a US banking account at any Citibank ATM.

Use of Cash

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

Banking Hours in Japan & Traveler's Checks

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

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

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

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

54 / BUDGET FOOD

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



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

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

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

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

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



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

Goods offered

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

Services offered

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

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Home - Food

Japanese dishes

Popular Dishes

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

Rice Dishes

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



Rice Bowl

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



Sushi ([more info](#))

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



Donburi ([more info](#))

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



Rice Balls (Onigiri)

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



Kare Raisu (Curry Rice) ([more info](#))

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



Fried Rice (Chahan)

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



Chazuke (Oohazuke)

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



Kayu

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

Seafood Dishes

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



Sashimi ([more info](#))

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



Yakizakana

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

Noodle Dishes

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



Soba ([more info](#))

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



Udon ([more info](#))

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

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Ramen (more info)

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



Somen

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



Yakisoba

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

Nabe Dishes

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



Oden

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



Sukiyaki

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



Shabu Shabu

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



Chanko Nabe

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

Meat Dishes

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



Yakitori (more info)

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



Tonkatsu

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



Yakimiku

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



Nikujaga (more info)

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



Teppanyaki

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

Soybean Dishes

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



Hiyayakko

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



Yudofu

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



Agedashi tofu

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

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Miso Soup

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

Yoshoku Dishes

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



Korokke ([more info](#))

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



Omuraisu

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



Hayashi Raisu

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



Hambagu

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

Other Dishes



Bento

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



Tempura ([more info](#))

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



Okonomiyaki ([more info](#))

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



Monjayaki

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



Gyoza ([more info](#))

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



Chawanmushi

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



Pickles ([more info](#))

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

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

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

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

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

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Rail Passes

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



Nationwide

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

Type: Unlimited travel on almost all JR trains nationwide, including bullet trains, limited express trains, local trains, some JR buses and the JR ferry to Miyajima.

Duration: 7, 14 or 21 consecutive days

Conditions: **Not available to residents of Japan.** Must be purchased outside of Japan. Not transferable.

Price:

7 days	28,300 Yen
14 days	45,100 Yen
21 days	57,700 Yen

[More details...](#)

JR Seishun 18 Kippu [click here for details](#)

Type: Unlimited travel on local and rapid (kaisoku) JR trains nationwide.

Duration: Any 5 days within the period of validity.

Conditions: Only available seasonally. Can be shared by several people.

Price: 5 days 11,500 Yen

[More details...](#)



Hokkaido

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

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

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

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

Price:

3 days	15,000 Yen
5 days	19,500 Yen
7 days	22,000 Yen
Flexible 4 days	19,500 Yen

[More details...](#)

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

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

Duration: 7 consecutive days

Conditions: Not transferable. Not available during peak travel seasons.

Price: 7 days 25,500 Yen

[More details...](#)

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Kanto / Tohoku

JR East Pass [click here for details](#)

Type:	Unlimited travel on trains operated by JR East (Kanto, Koshinetsu and Tohoku regions), including shinkansen (except Tokaido Shinkansen), limited express trains and local trains.	
Duration:	5 or 10 consecutive days or 4 flexible days within one month	
Conditions:	Not available to residents of Japan. Can be purchased outside or inside of Japan. Not transferable.	
Price:	5 consecutive days	20,000 Yen
	10 consecutive days	32,000 Yen
	4 flexible days	20,000 Yen

[More details...](#)



Kanto

JR Kanto Area Pass [click here for details](#)

Type:	Unlimited travel on JR trains and selected non-JR lines in the Kanto Region.
Duration:	3 consecutive calendar days
Conditions:	Only available to holders of non-Japanese passports.
Price:	8,000 yen

[More details...](#)

Tobu Nikko Free Pass [click here for details](#)

Type:	Tobu offers several types of free passes for Nikko. All consist of 1) a round trip to Nikko by Tobu train, 2) unlimited travel on Tobu buses and trains in the Nikko region and 3) discounted or free admission to selected tourist attractions.	
Duration:	2, 3 or 4 days	
Price:	World Heritage Pass	3,600 Yen
	All Nikko Pass	4,400 Yen

[More details...](#)

Odakyu Enoshima Kamakura Free Pass [click here for details](#)

Type:	1) Round trip to Fujisawa by Odakyu Railways and 2) unlimited travel on the Enoden train between Fujisawa and Kamakura and the Odakyu Line between Fujisawa and Enoshima.	
Duration:	1 day	
Price:	From Shinjuku 1,430 Yen	

[More details...](#)

Kamakura Enoshima Pass [click here for details](#)

Type:	Unlimited travel on the Enoden trains, the Shonan Monorail and the JR trains between Kamakura, Ofuna and Fujisawa.	
Duration:	1 day	
Price:	680 yen	

[More details...](#)



Hakone / Izu / Mt.Fuji

Hakone Free Pass [click here for details](#)

Type:	1) Round trip to Hakone by the Odakyu Line and 2) unlimited usage of most trains, cablecars, ropeways, boats and buses in the Hakone area.	
Duration:	2 or 3 days	
Price:	2 days (from Shinjuku)	5,000 Yen
	3 days (from Shinjuku)	5,500 Yen

[More details...](#)

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Fuji Hakone Pass [click here for details](#)

Type: 1) Round trip to the Mount Fuji region by Odakyu Railways and Fujikyu highway bus and 2) unlimited usage of designated trains, cablecars, ropeways, boats and buses in Hakone and the Fuji Five Lakes region.

Duration: 3 days

Price: From Shinjuku 7,200 Yen

[More details...](#)

JR Izu Free & Kippu [click here for details](#)

Type: 1) Round trip by shinkansen or limited express to Izu and 2) unlimited usage of trains and buses on the Izu Peninsula.

Duration: 4 days

Conditions: Not available during peak travel seasons.

Price: From Tokyo 13,190 Yen

From Yokohama 12,130 Yen

[More details...](#)

Odakyu Izu Free Passes [click here for details](#)

Type: Odakyu offers several types of free passes for the Izu Peninsula. Two of them are the Ito Kanko Free Pass for the Ito area the Minami Izu Free Pass for southern Izu. They consist of a round trip to Izu by Odakyu and JR/Izuky and unlimited use of local buses in the applicable area.

Duration: 2 days

Price: Ito Kanko Free Pass (from Shinjuku) 4,300 Yen

Minami Izu Free Pass (from Shinjuku) 8,930 Yen

[More details...](#)



Chubu

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

Type: Unlimited usage of local and rapid JR trains around Nagoya on a Saturday, Sunday or national holiday.

Duration: 1 day (Saturday, Sunday or national holiday)

Price: Aozora Free Pass 2,500 Yen

[More details...](#)



Kansai

Kansai Thru Pass / Surutto Kansai Ticket [click here for details](#)

Type: Unlimited travel on non-JR trains, subways and buses in the Kansai region (Osaka, Kyoto, Kobe).

Duration: 2 or 3 days

Conditions: Foreign visitors can purchase this ticket anywhere, while residents of Japan can purchase it only outside of the Kansai region, except during certain periods in spring, summer and autumn, when it can also be purchased inside the Kansai Region.

Price: 2 days 3,800 Yen

3 days 5,000 Yen

[More details...](#)

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

Type: Unlimited travel on local and rapid (kaioku) JR trains in the region around Osaka, Kyoto, Nara, Kobe and Himeji.

Duration: 1, 2, 3 or 4 consecutive days

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

Price: 1 day 2,000 Yen

2 days 4,000 Yen

3 days 5,000 Yen

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4 days 6,000 Yen

[More details...](#)

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

Type: Unlimited travel on local, rapid, limited express JR trains in the Kansai Region and the Sanyo Shinkansen between Osaka and Okayama.

Duration: 4 consecutive days

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

Price: 4 days 7,000 Yen

[More details...](#)

Kintetsu Rail Pass [click here for details](#)

Type: Unlimited travel on local, rapid and express trains and up to three rides on limited express trains on the Kintetsu railway network. A "wide" version additionally includes airport access.

Duration: 5 consecutive days

Conditions: **Not available to residents of Japan.** Must be purchased outside of Japan or at Kansai Airport. Not transferable.

Price: Regular 3,700 Yen
Wide 5,700 Yen

[More details...](#)

Koyasan World Heritage Ticket [click here for details](#)

Type: 1) Round trip to Koyasan by Nankai train and cablecar and 2) unlimited usage of Nankai buses on Koyasan.

Duration: 2 days

Price: From Namba (Osaka) 2,780 Yen

[More details...](#)

Kansai Wakayama Pass [click here for details](#)

Type: Unlimited use of designated non-JR trains and buses in the **Kumano, Koyasan, Wakayama and Osaka** area.

Duration: 2 or 3 days

Conditions: **Not available to residents of Japan.**

Price: 2 Days 3,500 Yen
3 Days 5,500 Yen

[More details...](#)



Western Japan

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

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

Duration: 5 consecutive days

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

Price: All Kyushu Version 25,000 Yen
Northern Kyushu Version 22,000 Yen

[More details...](#)



Chugoku

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

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

Duration: 4 or 8 consecutive days

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Rail Passes in Japan

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

Price: 4 days 20,000 Yen
8 days 30,000 Yen

[More details...](#)



Shikoku

All Shikoku Rail Pass [click here for details](#)

Type: Unlimited travel on all trains in Shikoku, including local and express trains by JR and private railway companies.

Duration: 2, 3, 4 or 5 consecutive days

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

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

[More details...](#)

JR Shikoku Free Kippu [click here for details](#)

Type: Unlimited travel on the JR trains in Shikoku, including limited express trains.

Duration: 3 consecutive days

Price: 3 days 15,700 Yen

[More details...](#)



Kyushu

Kyushu Rail Pass [click here for details](#)

Type: Unlimited travel on the trains in Kyushu, which are operated by JR Kyushu, including the Kyushu Shinkansen and limited express trains, but excluding the Sanyo Shinkansen. The Northern Kyushu version is limited to northern Kyushu.

Duration: 3 or 5 consecutive days

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

Price: All Kyushu 3 days 14,000 Yen
All Kyushu 5 days 17,000 Yen
Northern Kyushu 3 days 7,000 Yen
Northern Kyushu 5 days 9,000 Yen

[More details...](#)

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

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

Types of Budget Accommodation

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

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

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

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

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

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

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

66 / BUDGET SIGHTSEEING

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

Free Sightseeing Options

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

Discounted Sightseeing Options

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

Shopping:

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

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

From Azabu-Juban to Tokyo

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

From Azabu-Juban to Shinjuku

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

From Azabu-Juban to Shibuya

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

From Azabu-Juban to Harajuku

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

From Azabu-Juban to Asakusa

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

From Azabu-Juban to Akihabara

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

From Azabu-Juban to Ginza

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

From Sanuki Club to Shinagawa

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

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

in Greater Tokyo



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70 / TO ELIONIX FROM HACHIOUJI

Direction to Elionix from JR Hachioji Station



TO ELIONIX FROM HACHIOUJI / 71

Image.1.



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

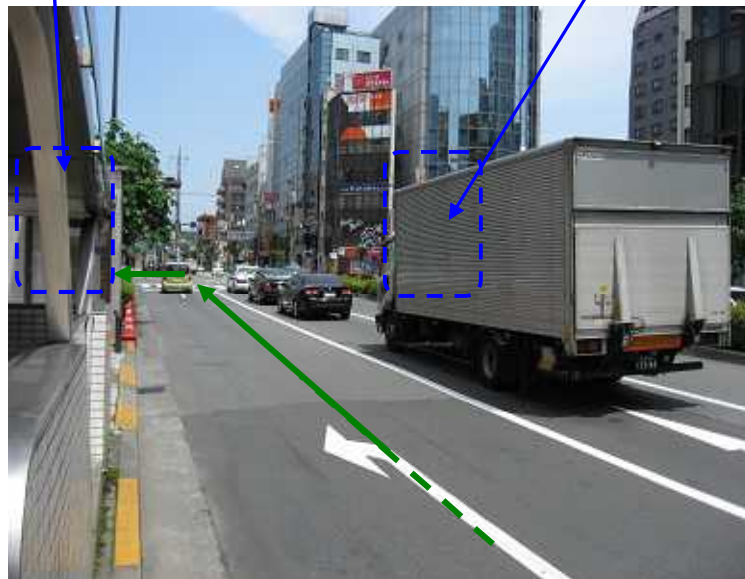


Do not go into downstairs. Keep walking on 2nd floor.



72 / TO ELIONIX FROM HACHIOUJI

Image.2.



TO ELIONIX FROM HACHIOUJI / 73

Image.3.



Image.5.



Cross the street and turn left

Image.4.



Keep going straight

Image.6.



Emergency & Medical Resources

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Japan

Country Specific Information



[Recent Embassy Notices for American Citizens](#)



December 06, 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.

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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,

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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 valid and 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. U.S. citizen travelers who are not legally resident in Japan have reported difficulties in obtaining a Chinese visa during a short stay in Japan. The U.S. embassy and U.S. consulates in Japan cannot assist in obtaining Chinese visas. More information is available on the [Country Specific Information page for China](#). Entry requirements for Hong Kong are available on [this web page](#) 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 took effect on July 9, 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](#).

The current residency system, instituted by the Japanese government on July 9, 2012, impacts 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.

PLEASE NOTE: "Long-Term Resident" (teijusha) and "Permanent Resident" (eijusha) are different and therefore are subject to different requirements. The current residency system includes updated residency cards with a maximum stay of five years, a revised re-entry permit system, updated requirements for reporting to the Japanese Immigration Bureau, as well as a regulation requiring legal resident aliens in Japan to report to their local city offices. As part of the current policy, a Residence Card (zairyu kaado) has replaced the previous Alien Registration Certificate (ARC). Resident aliens are also required to register their households in the same manner as Japanese citizens.

The current procedures also updated and changed penalties for those who fail to maintain legal status in Japan or do not comply with current reporting requirements. 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

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 the [Smart Traveler Enrollment Program](#) (STEP) 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 enroll in STEP, so that the Embassy can keep you up-to-date with important safety and security announcements.

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 app, available through [iTunes](#) or the [Android market](#), 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 at bars and entertainment venues, especially in areas such as Roppongi and Kabuki-cho, near Shinjuku, 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. Although firearms and brandishing knives in public are illegal in Japan, there have been reports by U.S. citizens of being threatened with gun or knife violence in such venues in order to force them to pay bar tabs or withdraw money. There have also been reports of beatings of U.S. citizens who have refused to pay or hand over money.

There have been recent reports of U.S. citizens being forcibly taken to ATM machines and robbed, or to withdraw funds after being unable to pay exorbitant bar tabs. Please be aware that Roppongi and other entertainment and nightlife districts have also been the scenes of violence between criminal syndicates in the past. In 2012, a member of a Japanese criminal organization was beaten to death in a bar in Roppongi by several masked men.

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 residence 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. A large proportion of all U.S. citizens now in prison in Japan are incarcerated for drug-related crimes. In recent months, there have been arrests of individuals selling and possessing synthetic drug – like substances, such as the synthetic marijuana called "spice."

- 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 Residence Card (Zairyu Ka-d%u014D) 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 Residence 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 money transfer service is available at the following Travelex offices.

- Tokyo: Akasaka Mitsuke, Minami Aoyama, 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: Y-CAT
- Kyoto: Kyoto Shijo (Nippon Travel), TiS Kyoto (Kyoto Station)
- Osaka: Nankai Namba, TiS Osaka (Osaka Station)
- Hyogo: TiS Sannomiya
- Nagoya: Nagoya Station (Chikagai Eat-In Street) Nagoya Chunichi Bldg 2F (Sakae)

- Sapporo: Chuo-ku, Asty 45 Building
- Sendai: Ever-1 Building (Atago Kamisugi Ave.)
- Shizuoka: Hamamatsu MAY ONE
- Fukuoka: Tenjin

More information can be found in English at <http://www.westernunion.com/> and in Japanese at <http://www.travelex.co.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 Daiichi 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 [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: The Government of Japan and agencies of the U.S. government continue to work together to monitor the conditions at and around the Fukushima Daiichi Nuclear Power Plant. In addition, on September 19, 2012, Japan established an independent organization to oversee the safety of its atomic reactors, the [Nuclear Regulation Authority](#).

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 described by the Japanese government on the following [map](#) (Japanese version [map](#)). In addition, U.S. citizens should avoid all unnecessary travel to the area northwest of the Plant that the Government of Japan has designated the "Deliberate Evacuation Area" that includes Iitate-mura, the Yamagiya district of Kawamata-machi, Katsurao-mura, Namie-machi and parts of Minamisoma. For a more detailed description of the differences in travel restrictions between the various zones [click here](#). Out of an abundance of caution, we recommend that those considering travel to affected areas in Fukushima Prefecture consult with local authorities to receive current guidance on expected levels of radiation and recommendations for reducing exposure to radiation in these areas.

Areas We Recommend Caution for Long Term Residence by U.S. Citizens: 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 Power Plant, and especially within the current Deliberate Evacuation Area, consult with local authorities to receive current guidance on expected levels of radiation and recommendations for reducing exposure to radiation.

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

<http://registry.csd.disa.mil/otr>.

Please note that many of the coastal areas in the Fukushima, Iwate, and Miyaga Prefectures affected by the earthquake/tsunami/nuclear disaster in 2011 are still undergoing significant reconstruction. If you wish to travel to these areas, you should exercise caution as you may experience disruption in travel or infrastructure. We recommend that you contact local authorities, or travel/accommodation service providers in advance.

Accessibility: While in Japan, individuals with disabilities may find accessibility and accommodation very different from what they are 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. 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. The embassy is unable to arrange for treatment of veterans at any U.S. military hospitals in 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. Traffic moves on the left side of the road. Those who cannot read the language will have trouble understanding road signs. Highway tolls can

be as high as \$1 (U.S.) or more 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, however, traffic is commonly blocked or partially-blocked by those illegally parked curbside. 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. Other than a few exceptions, turning on red lights is generally not permitted.

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 (IDP) 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 IDP 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](#).

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.

90 / MEDICAL CARE IN JAPAN

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.



Linda Langin -Sr. Vice President
Cultural Insurance Services International

The Consul General of Japan

April 25, 2013

Dear Sir/Madam:

Please accept this letter as confirmation that **JAMES ALLRED** has **worldwide insurance coverage** for a study abroad program sponsored by **UNIVERSITY OF TULSA**. The dates of coverage extend from **12-May-2013** through **30-Jul-2013** under policy number **12 GLM N0495094A**. This plan is offered by **Cultural Insurance Services International** and underwritten by **ACE AMERICAN INSURANCE CO.**

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

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

Payments will be made directly to foreign providers and can be made in foreign currency by Cultural Insurance Services International. To arrange payments, please contact Cultural Insurance Services International toll-free within the U.S. at (800) 303-8120 or contact EUROPASSIST 24 hours a day, 7 days a week at (877) 577-9504 or call collect from outside of the U.S. to +1 (240) 330-1520.

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

Sincerely,

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

Linda Langin - Sr. Vice President
Cultural Insurance Services International

Rice University International SOS Policy - REQUIRED

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

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

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

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

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

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

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

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

- Address for Orientation Program: Sanuki Club Hotel, 11-9 MITA 3-CHOME, MINATO-KU, TOKYO, 108-0073, TEL. 03-3455-5551
- Contact Phone in Japan: List your Piccell Japanese Cell Phone
- Emergency Contact Person in Japan: Keiko Packard, (0) 90 - 7699-0699
- List Rice University staff/faculty as designated emergency contacts: Rice University, 6100 Main St., Houston, TX, 77005 ~ NJ Office: (713) 348-6362 ~ Rice ER Number: (713) 348-6000 ~ nanojapan@rice.edu
- List your parent/guardian/POA as an emergency contact

Embassy of the United States

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Public Services

In Case of Earthquake

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



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

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

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

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

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

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

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

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

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Public Services

Protect Yourself from a Tsunami

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



What to do Before and During a Tsunami from FEMA

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

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

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

What to Do Before a Tsunami

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

What to Do During a Tsunami

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

What to Do After a Tsunami

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

Embassy of the United States

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American Citizen Services

Radiation, Health and Food Safety Information Post-Fukushima

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

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

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

About radiation exposure or contamination

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

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

Water and Food

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

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

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

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

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

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

More resources

[Tokyo](#)

[Saitama](#)

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

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

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

[Kanagawa Reference-Earthquake Information](#)

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

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

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

[Latest report](#)

The Nuclear Regulatory Commission:

[Provides a radiation dose calculator](#)

[Answers your questions about radiation](#)

[Lets you ask an expert](#)

The Environmental Protection Agency

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

[Cesium](#)

[Iodine-131](#)

[Plutonium](#)

[Strontium](#)

Embassy of the United States Tokyo, Japan

AMERICAN CITIZEN SERVICES

Calling for Help

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

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

Ambulance - Dial 119

Fire - Dial 119

Police - Dial 110

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

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

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

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

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

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

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

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

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

First Steps

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

What May Happen During Your Call

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

Caller: *KYUU KYUU DESU*. (Ambulance)

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

Caller: (see vocabulary below)

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

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

Giving Your Address

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

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

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

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

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

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

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

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

Other Important Points

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

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

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

International Telephone Dialing Instructions

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

<http://japan.usembassy.gov/facs/tacs-call.html>

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

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



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.

go from here

Language Resources 105

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.

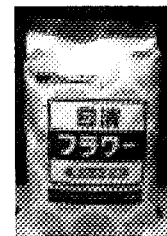
「Atode denwa kudasai」

Shopping Words

1. Milk	Gyūnyū	ぎゅうにゅう	牛乳
2. Low-fat milk	Teishibōnyū	ていしほうにゅう	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	ていしほうヨーグルト	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)	ていしほうマヨネーズ (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 <i>ume</i> [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」

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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