

<http://time.com/79937/how-studying-or-working-abroad-makes-you-smarter/> (accessed 5-2-2014)

Research shows that experience in other countries makes us more flexible, creative, and complex thinkers.

Collect or prepare before the trip:

Flight Itinerary

A copy of student Passports (Make three copies: for a teacher & family member)

Food allergy?

Enroll your self at <https://step.state.gov/step/> for emergency situations in Japan.

Need a JR rail pass? <http://online.jtbusa.com/JRpass.aspx> or <https://www.japan-rail-pass.com>

Get reference materials: <http://www.into.go.jp/eng/> They provide information and maps for free. E-mail them to get some maps, lodging information, etc.

Make a card (wallet size) with information of hotels, and emergency contacts.

Purchase an International health insurance

Visa is not required for American citizens up to three months stay in Japan

Create a survey to evaluate student experiences before the trip and print them out.

Determine a Rendezvous Point in case of emergency

Rendezvous Points

1. If something happens (such as earthquake) and you are separated from the group: Go back to the your hotel (keep the hotel information in your wallet). If the hotel is damaged and not safe, we will leave a note somewhere in the hotel to notify where we are headed. If a nearby station seems to be safe, we will go to the station (higher floors).
2. Here is some information in case of disaster.

Tokyo Disaster Manual for foreigners:

<http://www.seikatubunka.metro.tokyo.jp/bousai.htm>

PDF pamphlet

<http://www.seikatubunka.metro.tokyo.jp/index3files/bousai.pdf>

Small card types (front)

<http://www.seikatubunka.metro.tokyo.jp/index3files/001helpC.pdf>

Small card types (back)

<http://www.seikatubunka.metro.tokyo.jp/index3files/002helpC.pdf>

Resources (Samples) Have student research and make a 5-10 min. presentation at the site in Japan:

Around Kyoto Station area <http://www.jnto.go.jp/eng/location/regional/kyoto/kyotoekishuhen.html>

At-a-glance **time line** for a quick reference http://afe.easia.columbia.edu/timelines/japan_timeline.htm

Overview of **Samurai** feudal governments

http://afe.easia.columbia.edu/special/japan_1000ce_samurai.htm

a quick survey of Japanese history from about **1600 to the near present**

http://afe.easia.columbia.edu/timelines/japan_modern_timeline.htm

If you are planning to travel on your own, here is the train search site: <http://www.hyperdia.com/en/>

Jet lag and time differences

Japan operates on the same time zone for the entire country. This is exactly **13 hours ahead** of Eastern Daylight Time.

In general, the group will always be a half-day ahead of friends & family here in the States. **Remind anyone who might try to call you while you are traveling.** They might look at the itinerary thinking that you are in one city but because of the International Dateline, the group will already have left for the next destination.

I recommend you to bring a medication to **assist sleeping such as Tylenol PM or natural sleep aid (test it before you travel to see if you do not get any adverse reaction or if it really works for you).** You may want to keep taking it the first few days anyway so that you will not wake up at 3:00 a.m. and fall over by 5:00 p.m.

How to call from US to Japan (Tell your family)

You have to **dial 011 and then country code (Japan is 81)** then area code such as 3 for Tokyo and 75 for Kyoto and then 3 digits and then 4 digits. For example, if your family needs to call from the U.S. to you in Japan at El Inn, the contact information says: **81 (075) 672-1100** but you actually call **011-81-75-661-7111 (take the number Zero off from the area code in calling from the U.S.)**

Please be careful. You sometimes see zero in front of an area code such as Kyoto “075” in the contact list. If you see zero in the area code, you have to take the zero off when calling from outside Japan (calling from the US), since it is the same as long distance “1” in the U.S. (You do not dial “1” if you use a cell phone, though). So the number zero is used to make a long distance call only within Japan. If you use zero before an area code, when calling outside Japan, it does not work. Please take zero off and give it to your family. It is confusing since you see zero in front of the area code when you receive a Japanese phone number. If a Japanese person is used to deal with foreign people, they usually remember to take the zero off before they give the phone number to a foreigner.

Internet Access and computers

Wifi is now widely available in hotel room (free of charge) so you can easily **contact your friends and family via Facebook, Instagram, e-mail, text, FaceTime, Skype, etc.**

Here is the information on **Japan Connected-free Wi-Fi** : <http://www.ntt-bp.net/jcfw/en.html>

You can buy a prepaid telephone card to call if necessary. The public phone is usually available at a hotel lobby.



The hotel usually has a few computers in the lobby area for hotel guests to use (for fee). There is a printer as well but you have to pay for the printouts.

Some hotels in Japan offer computers for guests but you usually have to pay with coins (I think it is about 100 yen for 15 min but if you print out something the time will be shortened.)

Packing suggestions (including clothes)

•One medium to large suitcase and one carry-on or backpack should be sufficient for the trip. The

carry-one or **backpack can be also used for a one night stuff (traveling from Kyoto to Nagoya)**. You can bring one more empty bag for you to pack souvenir when you leave Japan but we will all be responsible for our own bags (?). If you cannot carry all of your suitcases/bags without assistance, you have packed too much. Usually **the two check-in luggage (up to 50 lb each) and one carry-on are allowed (economy class) for free but please read the contract with the airline (some allow only one suitcase to be checked in and charge \$100 for the second check- in bag)**. You can ship a box to the US but it will take about 2 months and not cheap.

Baggage fees are per traveler (This is United Air line as a sample) Check with your travel agent or airline for luggage allowance. If you got a cheap ticket deal, they may charge your check-in luggage.

Origin and destination for checked baggage	1 st bag	2 nd bag	Max wt / dim per piece
6/10/2013 Raleigh/Durham, NC (RDU) to Osaka, Japan (KIX)	0.00 USD	100.00 USD	50.0lbs (23.0kg) - 62.0in (157.0cm)
6/22/2013 Osaka, Japan (KIX) to Raleigh/Durham, NC (RDU)	0.00 USD	100.00 USD	50.0lbs (23.0kg) - 62.0in (157.0cm)

Carry-on: Have important documents (**passport, driver license, photo ID, E-ticket, flight itinerary**, medication, etc.) with you on the plane as well as **electronics** such as camera and lap top (make sure you can take the laptop out easily at the security gate at the airport and place it separately in a bin for them to scan it). Have at least **one night and day clothes** with you since your checked luggage could get lost. **Liquid, gel, etc. should be 3 oz or less in a clear zip lock bag. Only one medium plastic bag (like a sandwich bag size) per person** is allowed if you are taking them onto the airplane. Hotel offers amenities such as shampoos, conditioners, soaps, a hair dryer, etc.

I usually bring an empty water bottle, and, after I go through the security gate, fill it with water at the water fountain in the airport.

Room Amenities at a hotel (Sample)

<input type="checkbox"/> Air conditioning	<input type="checkbox"/> Refrigerator	<input type="checkbox"/> Night wear	<input type="checkbox"/> Conditioner
	<input type="checkbox"/> Hair dryer	<input type="checkbox"/> Face/Body Towel	<input type="checkbox"/> Body soap
<input type="checkbox"/> TV	<input type="checkbox"/> Shampoo	<input type="checkbox"/> Tooth-brush and Toothpaste	<input type="checkbox"/> Electric kettle with green tea

•**Casual dress** is fine—shorts, t-shirts, summer skirts or dresses, jeans, if you wish. The weather will be quite warm so light, fast-drying clothing (for sports) is best. Our hotels will have a laundry facility. You will need about 600 yen (200 yen for washing machine and 400 yen for drying for one hour) to do one load (wash and dry). Soap is included in the price and automatically dispensed into the washer. One thing to note is that the **dryers in Japan does not seem to work well for cotton clothes**. It takes forever to dry them in the dryer so please bring fast-drying sports type of clothes, which are made of materials such as **polyester, rayon, spandex**.

•Use common sense in choosing your clothing. Almost anything goes in terms of fashion in Japan these days but as foreigners, we will be conspicuous. Don't wear short-shorts, spaghetti-strap tops, tank tops

(men). **Clothes that expose shoulder and chest/breast area are not appropriate.** Dress comfortably but don't expose too much of your body. A lady can use a thin, short cover ups when wearing a tiny top such as spaghetti-strap tops.

- Pack a light-weight sweater or wrap. An international flight can be cold up in the almost 40,000 feet high.

- COMFORTABLE SHOES** are the most important! We will do a lot of walking and a lot of slipping in and out of shoes. Sneakers are as fine as sandals with backings to warp your feet. You might pack a pair of socks to slip on at temples if you are wearing sandals.

- We will be in Japan during rainy season so you need a rain gear. You should pack a small, collapsible umbrella or bring a hooded, waterproof jacket (this could be a jacket on the plane). You can buy an umbrella in Japan at a convenience store for 500 -1000 yen or a thin rain jacket (100 yen store may have it) and give the umbrella to the hotel for others to use when you leave Japan if you do not want to take it back with you.

- We do not have a safe in our hotel rooms but there will be a paper envelop for you to place your valuables and take it to the front desk (the size of the envelop is a bit larger than a passport).** Then seal the envelope and bring it to the front desk to store it in their safe. Remember to get a stab of the envelope with a number to retrieve your item. (I will show you at the hotel). You should carry passports with you at all times. You may wish to buy a "fanny pack" to carry such items. Figure out a secure way to carry them.

- To make your meal cheaper**, you can bring **peanut butter and/or cereal** for breakfast and buy some bread and milk in Japan. You need to bring a disposable bowl for cereal. Convenience stores are nearby so you will enjoy variety of food there instead of eating at a restaurant for breakfast. My favorite sushi take-out is underground shopping mall at the Kyoto station. There are so many places to shop and eat around the Kyoto Station. Mister Doughnuts is on the 2nd floor of the station. デパチカ (basement food floors) of the Isetan department store at the station is great after 6:20 before they closes at 7 p.m. for discounted Obento (boxed food). Go up to the top of the Kyoto Station, you can view the city of Kyoto. There are a few areas in/on the station that you can buy some food and take it to some area where you can enjoy the city view. Also the top two floors of the department store are all restaurants. You need to get there early to grab your seats or you may be in line.



- There is an **electric kettle** to boil water. Green tea bags are always provided for free in your room daily but I always bring my decaf English tea bags (decaf products are not widely available in Japan). If you are coffee drinker in the morning, bring a tea-bag type coffee (coffee singles) and a big disposable cup since a tea cup in Japan is tiny.

- Public restrooms in Japan don't tend to be equipped with toilet paper nor paper towel (especially at shrines and temples). Be sure to carry a small **package of tissues and handkerchiefs** with you for pit stops! Toilet papers are usually equipped at restrooms of a train station and shopping malls.

- Don't forget **prescription and other medicines**. You might want to take a travel-size container of Imodium or another anti-diarrhea medicine and/or a mild laxative. The combination of travel and new foods can play tricks on your digestive system.

- When packing your carry-on for the flight, be sure to check airline regulations about **liquid products** such as tonic, body lotion, your favorite toothpaste (it will be provide by the hotel, though, with the tooth brush), etc. It should be smaller than 3 oz and they are all stored in one small clear zip-log bag and take it out when you go through the security at the airport. If this is too much trouble, put them in the check-in luggage.

- You also have to take **out your computer in checking into the gate** at the airport so make it easily available to take out from your carry-on bags.

- You might pack a **light snack**—a granola bar or energy bar. People tend to wake up early and hungry the first couple of days after arrival. But the near-by convenience store is open 24/7.

You might also pack a **one-day clothes (at least underwear)**. A luggage can get lost during travel in the international flight.

- Don't lock your suitcases**—it is against airport regulations. But bring a key to the lock for leaving the luggage in hotel rooms and leaving it at hotel. TSA approved locks are also sold if you want to lock the luggage thorough airport.

- Bring two or three small, inexpensive gifts**. Japan is a gift-giving culture and you may meet someone

you'd like to give a gift to. Local items from the US are most appropriate. You have to have a gift for your homestay family (if you do homestay) and your Japanese conversation partners whom you may meet in Japan. My suggestion is a box of cadies/chocolate, book marks, T-shirt, baseball cap, etc. I usually buy stuff with school log or something it says "US" or "your city name".

Plugs of Electronics

Plugs of Electronics <http://www.japan-guide.com/for...display.html?0+10569>

There are two issues with using your appliances in Japan.

One is whether the plugs will fit the outlets. Japanese outlets are similar, but not identical, to North American outlets.

In particular: Most North American appliances these days come with polarized plugs, in which one prong is wider/bigger than the other. Japanese appliances have two prongs of the same size and shape as the *smaller* prong on a North American polarized plug. **The upshot: If you have a polarized plug on your North American appliance, it will NOT fit into a generic Japanese plug.** (I've seen some Japanese outlets at hotels that are designed to accept polarized plugs, but you can't count on finding them.)

If you have a three-prong plug on your North American appliance, it also will not fit into a standard Japanese outlet, as these only have two holes.

So if your plug is polarized or three-pronged, yes, you need an adapter.

The other question is whether your appliances will work at Japan's 100 Volts, which is less than the North American standard of 120 Volts (and if you're in eastern Japan, 50 Hz for the frequency rather than 60 Hz). [To adjust for voltage differences would require a transformer, not just a plug adapter.]

If you've got a typical hair dryer (but I do not recommend to bring them since hotels have dryers), they should be fine at this lower voltage. Your appliances might indicate what the input range of tolerated voltages is, but regardless, unless there's some fancy electronics in these things, I don't think there's a way these the lower voltage would cause problems in this situation. (Of course, since I pretty much never iron my clothes, I've not actually done this.) Do not bring clothes that needs ironing.

You can find some information on Japanese electrical service on this web site at:

<http://www.japan-guide.com/e/e2225.html>

Japan's socket type is A: <http://www.worldstandards.eu/electricity/plugs-and-sockets/>

For electricity around the world, <http://worldwanders.com/elec.htm>

The suggested allowances:

- \$??? --Local transportation and entrance fee to shrines, temples, museums.
- \$???--Meals (except the first day breakfast and the last day farewell dinner).
- \$??? --souvenir for yourself, friends and family

Meals (except the welcome breakfast and farewell dinner) are estimated as \$300 for one week but you can make it more economical, eating curry rice, ramen noodles, fast food near a hotel or a shopping mall or buying deli food at a grocery or convenience stores.

Any medical expenses have to be paid by students. Students need to contact the insurance company upon returning to the US for reimbursement if he/she did not use the insurance company specified clinic. Most medical facilities in Japan accept a credit card. If you use the insurance-company-specified doctors in Japan, they are most likely take care of the cost by submitting it to the insurance company so there is no cost on you.

If you are eating at a restaurant and want to pay with a credit card, to make it easier for a local restaurant to handle, I recommend that one person pay the whole amount with a credit card, and

the rest of the students will pay cash to the person who are paying the whole bill. The consumer tax in Japan is 8%. Find out a credit card that does not charge an international transaction fee or find it out from your credit company. Mine is 3% to the amount spent for each purchase.

Health Issue

Bring enough medication, an extra pair of glasses or contact lenses, etc. You do not want to waste your time, trying to find a replacement if one breaks or you lose it. Also, I cannot help you find it since it will take me away from the group.

If some of you do not feel comfortable in telling me all your medical conditions, I would like to have a **letter/memo, describing your health issue (if you have any) in a sealed envelope** and please give it to me (again in a sealed envelope). I will return it on the last day of the trip (unopened if we did not get to use it). I hope we will not need to open it during the trip but you never know.

Some medication is not permitted in Japan such as nose spray. If a Japanese custom finds you have one, you may end up with their strip search.

Vaccinations and Immunizations

Please discuss your travel plans and health with your own medical doctor and/or consult the Centers for Disease Control for information on recommended preparations for the country/countries you are visiting. (It is wise to ask my doctor for prescriptions for useful medications such as Cypro (an antibiotic) and Lomotil (for diarrhea). We recommend you are up-to-date on your vaccinations such as tetanus.

Immunizations against Hepatitis A and H1N1 are highly recommended. We will be traveling in major urban areas with international health facilities should any problem arise. Bring your regular medications with you on the plane in **your carry-on**, but also bring the generic name of each product. Extra contacts or glasses are also a good idea. Also, I recommend a medication for stomach upset such as Peptide or Imodium.

\$\$\$ Issues

I recommend for all of us to bring cash (they do not accept traveler checks anymore. If they do, there is a \$300 or \$500 transaction limit and you have to wait for a long time for them to clear the checks) and VISA or Master credit card (but do not rely on a credit card in Asia unless you shop at a major department stores). Small stores and a flea market only deal with cash.

You cannot use US dollars in restaurants and stores in Japan. You need to exchange them at **a bank in the airport in Japan** (Please check your arrival time and the business hours of the banks at the airport if you are arriving late at night). You need at least 2000 yen to buy a shuttle bus ticket from the airport to the hotel. Once you arrive in Kyoto, you can use your debit card to withdraw money from the Kyoto Central Post Office next to the Kyoto station (the opposite entrance of Hachijo guchi, where our hotel is located). Again, find out the business hours of ATM in Japan. It is not available 24/7. There are also seven eleven and other convenience stores near hotel where you can find ATM but no guarantee that your card will be accepted. I have the best luck at the Kyoto Central Post Office.

Information of business hours at the Kyoto Central Post Office

<http://map.japanpost.jp/pc/syousai.php?id=300144089000>

Hotels and Ryokan (Japanese style inns) in small cities do not usually exchange foreign currency.

The best way to exchange money used to be at the banks in the airport but nowadays ATM at a convenience store and a postal service seem to work better with a foreign ATM card. Big hotels in Tokyo and Osaka/Kyoto area exchange traveler's check for you if you stay in the hotel. It would be very difficult to find a bank on the street and I am afraid that we will not have time to stop by a bank during the trip. Also, you do not want to waste your time trying to find a bank that can deal with your check or credit cards to get cash. So my recommendation is to get some cash (about \$50) while you are in the US. or exchange it at the airports while in the US or Japan since you need Japanese cash to buy a shuttle bus ticket to get to the hotel, If you are planning to cash it in Japan, please remember to do so when you arrive at an airport in Japan. There are banks after going through the Custom. Many small stores do not take credit cards. If they take it, it should be usually VISA or Master cards, and they may charge you a fee to use a credit card.

What I do: I have an on-line checking account with Capital One credit card company (**No longer works with Master, Maestro, Cirrus**). I get cash using the banking card from **ATM at the Kyoto Central Post Office**. Amazingly, the Capital One do not charge any fees (fees often included in the exchange rate), and their exchange rate is better than I have seen at a bank or hotel in Japan. There is **a limit of about \$400 to withdraw per day**. I used it in Paris before and it worked at any ATM and the Capital one does not charge any fee but the ATM machine itself in Chicago charged me about \$3 to withdraw. They usually let you know how much they charge when you withdraw from an ATM machine.

So far **the best place to get cash from ATM was a post office in front of Kyoto station** (the other side of the station, not hotel side of the station). The post office in Japan does banking business so there is an ATM machine but it closes at night.

Credit Cards

Just a reminder to everyone to **notify your credit card companies and banks if you use credit or debit cards abroad**. Give them dates of your travel. When you use it abroad, they sometimes stop the transaction until you call them and ask them to allow the transaction from Japan.

Also, ask them how much they charge a fee for foreign transaction. This will be added expense for you so I recommend to use at the Kyoto Central Post Office before or on the first day of the program. **Some bank takes fees in addition to the fees of the local machine** (one time, it cost my friend \$8 to get cash from ATM in Taiwan.) One of my ATM card charge me 1% or minimum \$5 per transaction, which I would avoid to use. Also, **find out how much is the limit per day (24 hours)**.

Also, always have a **back-up credit card**.

When I forgot to notify my credit card company about my foreign travel, my credit card company stopped my card since it was used abroad, and I had to have my husband call them to reactivate it again. Some banks do this for security reasons. It was a pain. I have had my credit card hacked before, and purchases were made in Brazil. My credit card company notified us immediately to make sure we were not making a foreign purchase, and did not charge us for the purchases in Brazil.

Tips for in-flight comfort

A long flight in an economy seat is one of the prospects that air travelers tend to dread. Here are a few tips to try and make it more comfortable.

- Place one of the provided pillows between your lower back (just below your ribs) and the seat. Helps

ease back soreness.

- Pack your own neck pillow, or scrunch one provided by the airline to support your neck.
- Do periodic stretches. Place your hands on the armrests and slowly twist your torso to loosen your upper body.
- When the seatbelt light is off, stretch your legs by walking down the aisle of the aircraft with a bit more bend in your knees.
- Limber up swollen feet by slowly turning your feet at the ankle in circular patterns. Should help maintain good blood flow. Flexing and extending your feet from the ankle can help as well.
- I always use some special socks that tighten your feet for circulation. I do not know how you call it but if you go to a travel-item store they may know. It also helps for long-walk.
- Moisturize hands, lips, and face with heavy/lasting creams or petroleum jelly (don't do this one if your skin is naturally on the oily side). The air is very dry inflight and thin moisturizers wear or rub off.
- Keep the air vent above you open. Dampen a facecloth, place it over your face, and aim the air vent at the cloth. Helps with dryness. I also like to dilute an essential oil like lavender (good for refreshing shoes as well) with water and pour it into a mini spray bottle, then dampen the cloth with that. A more loosely woven material like cheesecloth is also a good option as you can throw it away at the end of your flight.
- Bring lots of chewing gum for changes in air pressure. Ears don't always pop just during take-off and landing times, but during the flight. Helps with the nerves as well!
- Wear loose fitting, slip on shoes. Feet swell, and if you take shoes off at any point in a flight, a shoe that just fits can be painful to put back on.
- Wear loose fitting clothes. Inflight dining and drinking may leave you feeling bloated.
- If you are wearing pantyhose or tights make sure that you moisturize your legs well. The dryness inflight can make legs feel very itchy in tights or pantyhose if you don't.
- Try and drink as many non-alcoholic beverages as possible. Perhaps bring an extra bottle of water with you but you cannot bring it in through the security gate so I usually bring an empty water bottle and fill it in the fountain inside the airport terminal.
- When traveling with a broken arm, or toe, etc., make sure that your doctor has provided you with adequate pain medication. The compression inflight can make a broken bone feel excruciatingly painful.
- If you are concerned about blood clots and the much publicized economy class syndrome (deep vein thrombosis) consider taking an aspirin before flying as it has blood thinning properties.
- Try not to keep your hair in a ponytail, or use hair clips in the back of your head. These will dig into your head after a few hours of the rigid seat.

My recommendation is to enjoy the in-flight movies and a dinner (not that great but better than nothing...) and then take a sleeping pill and sleep until you get to Japan. 📺

Non-smoking room:

I requested "NON-smoking rooms" for everyone in Kyoto. After the program is over and you are off to different hotels and get a smoking room, you can request a deodorizer but you are most likely get a spray to refresh the smell for an hour or so. I have experienced this before in Japan. I got a smoking room and requested a deodorizer. It worked well but I stayed at expensive hotel so they had a great deodorizer. The only place I am worried about it the hotel is a Japanese style inn (Ryokan or Minshuku). I think you will smell smoke since they are usually old establishment. If you cannot handle smoke like I cannot, you may want to bring your allergy medication for sinus. I know it is hard to sleep in a smoky room but we will be quite tired in the trip so it may help you sleep (?)

Resources (Web sites and maps)

Here are web sites to get a subway and train maps. I hope this will help you to navigate yourself but always carry your hotel information (hotel business card available at the front desk) in Japanese to show a cab driver when you get lost. Remember to pick up hotel card or match boxes (if available) at hotels.

If you need more maps and information for your extra travels, contact **Japan National Tourist Organization**. They send you for free.

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

http://www.jnto.go.jp/eng/contact/regional_offices.html

Kyoto City bus map: http://inst.uno.edu/japan/docs/bus_navi_en.pdf

Kyoto Subway route map (but the City bus is more convenient.)

<https://www2.city.kyoto.lg.jp/koho/eng/access/subway.html>

JR (Japan Railway) train and subway route map in Tokyo

http://www.tokyometro.jp/en/subwaymap/pdf/routemap_en.pdf or

http://www.jreast.co.jp/e/info/map_a4ol.pdf

Code of Conduct:

- No drinking alcohol, no guest in your room, no loud noise in hotel lobby, hallway, in the public transportation and places, etc.
- Do not have a small party (eating together) at hotel hallway or lobby.
- **Curfews: ? p.m.** At night you need to work on your last-day presentation and organize photos and assigned recordings so that you can submit them to me as indicated in the course calendar. Also you need a good night sleep to keep you healthy.
- If we have a meeting about your conduct, a letter will be sent as a follow up to you, which will be also sent to school principle and your parents (?).
- Remember you are **representing your school and the US**. Be a good ambassador.

Upon arrival in Japan

1. **Immigration** (could be crowded)
2. **Pick up** all of your checked luggage (carts are provided free).
3. Go through **the Custom**.
4. Go to the exit.
5. If you are transferring from Tokyo to Osaka, **check the luggage (the same luggage as you checked before) again** at the airline counter of the next flight.
6. Exchange your US dollars to Japanese yen at a bank at the airport (traveler's checks are not used nowadays).

Note: There are dogs constantly sniffing around your bags (both checked and carry-on) at the airport.

When In Japan: Etiquette and Safety

1) Etiquette:

- **Be on time.** Be sure to assemble at appointed times and places each morning and at each destination. When you are late—even a few minutes—you make everyone else wait for you. This is considered extremely rude in Japan.
- Be careful of **shoe and slipper etiquette.** Watch carefully for where you must remove your shoes and change into slippers—particularly at temples and restaurants.
- Be careful of **sitting etiquette** if sitting on the floor (which we may do at some restaurants). Women should not sit cross-legged; don't point your feet or face shoe bottoms at people.
- **Try new foods.** If you don't want to eat something, decline politely. We will learn this.
- **Try to use Japanese** as much as you can! A simple “arigato” will go a long way!
- **Don't get loud and rowdy in public places** including on buses and trains—also particularly temples and shrines.
- **Do not party in hotel rooms.** The walls are thin and other guests will complain. Do not invite any stranger or friend in your hotel room. Please meet them in the lobby.
- **Come back to the hotel by ?? p.m.** The hotel front door closes at ??
- **Don't tip at restaurants and in taxis**—it is not necessary and sometimes considered rude. No price negotiations, either (except the flea market). The price is the price.
- **Do not take slippers and yukata** robes from hotel rooms without paying for them. Some hotel provide disposable paper slippers which are free for you to take with you.
- **Be mindful of your trip-mates.** It can be stressful being so far from home. If you see someone having difficulty of any kind, reach out to them and let me know.

2) Safety:

- Japan is safe but street sense is important. If you go out at night, **travel in groups.**
- Always take a **business card from the hotel** (or refer to the provided information card) with its phone number and address in case you get lost.
- Buy a pre-paid phone card right away—in case you get lost and need to call the hotel.
- **Let the teacher know IMMEDIATELY** if you feel ill or are experiencing problems of any kind.
- We will establish a “**buddy system**” and a “count-off” system. Keep track of your buddy when we are moving as a group.

When you get lost in Japan or separated from the group

1. Obtain a **business card or something that has a hotel name** and address and phone number in Japanese so that you can show it to a taxi driver.
2. **Print a map of the hotel** which you can show to a taxi driver.

When traveling by train or bus with the group and separated from the group:

1. We will talk about this at the morning meeting each day.

When traveling by taxi separately:

1. Wait where you are dropped off for me to join you or wait at the place instructed.

Water Issue in Japan

Is water from the tap safe? Yes and no. (Yes for most people, though).

The problem is not so much that the water is unsafe, but that it is bacteriologically and chemically different from what your body has adapted to. Bottled water is readily available and most hotel rooms have provisions for boiling water in each room for green tea. Ice and any beverages offered to you in the hotels and restaurant would be safe.

Food issue:

Food is great in Japan but there are some issues to keep in mind. You might take some powdered Gatorade and add it to a bottle of water once a day to be **sure you stay hydrated**. In Japan tap water is fine, and you can eat raw vegetables and fruits.

If you have a concern, eat **Pepto Bismol before eating anything else**, (something about the chemistry of pepto bismol protecting the lining of her stomach). I don't do it myself, but I know others who do.

Food restrictions

In Asia, people do not understand "vegetarian (**basically you have to appreciate and eat anything you are served**)" Please tell me your **medial issue such as nuts, meat, etc. that makes you sick**.

With regard to vegetarianism...including beef and pork especially... "vegetable" dishes are not necessarily vegetarian. You may have to adapt to the extent of picking the vegetables out of a mixed dish of vegetables (mostly) and meat (small pieces mixed in). So people will have to distinguish between preferences (which may require some bending and violation) and medical reasons for not consuming particular items.

Homestay: (if you are not doing homestay, skip this section.)

1. Prepare your **family and friends' photos (digital or analogue)** for conversation with homestay. It would be fun to talk about your favorite family trip, school event, graduation, hometown, etc.
2. I will send your homestay information. We will write cards (as assignments). (Please submit a draft to me before you send it for corrections.)
3. Bring a carry-on roller, backpack, or a bag for two-night homestay.
4. **Get souvenir** (refer to homestay information) for the family. My suggestion is a box of candies/chocolate for the entire family as well as small local or UNCW gift (T-shirt, baseball hat, stationaries, etc.)
5. You will write a Thank-you card before you leave Japan. . (Please submit a draft it to me before you send it for corrections.)

How to use Japanese style bathrooms.

Japanese bath and toilet are in separate spaces.

Toilet

- Bring tissue and handkerchief since some public toilet (such as shrines and temples) does not provide paper. Toilet in the train station, shopping center, and restaurants are equipped with toilet paper but they usually do not provide paper towel to wipe your hand. Most place has very good dryers to dry your hands.
- When you are at Japanese home or at some establishment where toilet slippers are provided, be sure to change to toilet slippers upon entering to the toilet.
- Stand over the toilet stool facing the side with the hood.
- Then squat over it and place yourself close but not to the point of contact with the stool.
- Do not push buttons of high tech toilet (unless you know how to use them and want to try it). You will find a lever on the tank as you see in the U.S. to flush the toilet.
- Be sure to change your shoes or house slippers when you go out of the toilet.

This is not the best video but it is good on to learn how to use it for a visual learner.

Youtube: <http://www.youtube.com/watch?v=gJazvumHNyk>

Bath

When sharing a bath with others at someone's home or at Japanese Inn (public bath)

- Basic rules: **Do Not** use soap in the bathtub. Please remember that the tub water is for multiple uses and not for one person only and will be used repeatedly, therefore, do not pull out the drain plug if you are using a bath at a private housing.
- Place all of your clothing in the basket or shelf in the changing room (Remember to take a lock with you to the bath. The lock is attached to a wrist band). Nothing is to be worn inside the bathroom and only bring your small towel (provided in your room at the Japanese Inn) to wrap around your waist upon entering the bathroom and later wash yourself inside of the bathroom (Do not wash inside the bathtub). The bathroom floor is tiled and drainage is on the floor.
- Cleanse your body with soap outside the bath tub.
- After thoroughly washing off the soap, step into the bathtub. (Often Japanese just scrub the body with hands, step into the tub to relax and warm up, and later wash themselves with soap outside the bathtub.)
- When you immerse yourself in a tub of water that is a little on the hot side, you will be able to relax your strained nerves and muscles. When the water is too hot you can adjust it by running cold water into the tub but be sure not to overdo it so that the others do not need to make it warmer again.
- Bath robes (Yukata, Kimono style cotton robe) are also provided in your room. You can take the towels with you but do not take Yukata. If you do, they will charge us/you later.
- Enjoy the experience.

This is NOT where we are going but just a nice sample image (PR) of a Onsen (hot spring).

<http://www.youtube.com/watch?v=2IvSSnIeh3c>

This is a good video about Onsen and how it is used in Japan (medicinal effect).

http://www.youtube.com/watch?v=nr-w_MD6Awc

Vendors:

EF (Educational Tour) www.eftours.com

Explorica.com

JTB USA

more can be found on web site