

Send me:

Flight Itinerary by the end of April

Copy of your Passport (one for Kano, yourself, & family member

If you have already submitted to OIP with your application, you do not need to turn in again. I can get it from them.

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

Required Items for the course

1. **Web camera** for on-line course (before our trip to Japan). **Let's practice using Webex at the orientation.**
2. **MP3 Recorder** to record conversation with Japanese people in Japan. Recording some conversation with Japanese will be an assignment. I bought a small MP3 player (see below) but you may have a cell phone or other device to record your conversation with Japanese people.

You can use any device as long as you can submit your recording to me (avoid sending it to me via UNCW e-mail since it jams up my e-mail). You can send it to me via Blackboard e-mail. Try and see if you can use the Voice E-mail on the Blackboard, using your cell phone/i-phone. Send me the test message and let me know so that I can check the quality. **Let's clear the technical issue before we start the course. See the tech issue on the course web site.**

I will ask you to send me a test recording on the first day of the class so please have a MP3 recorder ready by May 18th.

The name of that small recorder I have is the following:

Sandisk Sansa clip zip

<http://www.bestbuy.com/site/SanDisk---Sansa-Clip-Zip-4-GB-Flash-MP3-Player---Black/3029051.p?id=1218373620544&skuld=3029051> \$40

It is so small with microphone (in the device) . A headphone is required to listen to it. It comes in different colors. If you clip it on to shirt, you can easily record your conversation with Japanese people, which is one of assignments in Japan to turn in to me.

3. **Camera or video camera** to take photos and videos. Most cameras nowadays have video function. You will be asked to take your photo with major site for your journal entry as assignments.
4. **A thumb-drive** to turn in files of presentations and photos to share with classmates.

Reference books:

(Optional if you have kanji book/dictionary but required for JPN201) **Kanji Look and Learn:**
512 Kanji with illustrations and Mnemonic Hints

Japan Times ISBN 978-4-7890-1349-9

Amazon <http://www.amazon.com/KANJI-LOOK-LEARN-bantian/dp/4789013499>

(Required if you are moving onto JPN201) **A dictionary of Basic Japanese grammar**, Seiichi Makino and Michio Tsutsui,

Japan Times, Second printing 2010

Amazon: <http://www.amazon.com/Dictionary-Basic-Japanese-Grammar/dp/4789004546>

If you are not moving onto JPN201, you do not need the grammar book (it is really a must-have item if you are planning to study on your own in the future). All the grammar is explained on my web site but the grammar book has more sample sentences with more details.

You do not need to buy any textbook (kanji reference book is a must) so please invest your book money for the required items such as **MP3 recorder/player, web camera, and thumb drive**.

The final cost and suggested allowances:

\$1,340.66 minus the \$500 deposit = \$840.66 (two payments of \$420.33 due on May 1 and June 1)

Souvenir to your homestay family.

Estimated Airfare:	\$1,500.00	Train to Tokyo (or one-week JR pass)	\$150 (or \$240)
Additional Meals:	\$300.00	Text and reference books	\$100.00
Laundry (one load wash and dry)	\$4.00	Admissions	\$50.00
shuttle bus to and from an airport	\$30 - \$57	Local transportation	\$50.00

Plus souvenirs to your friends and family.

JR pass at <http://online.jtbusa.com/JRpass.aspx> or <http://www.japan-rail-pass.com/>

Note: **Any medical expenses** have to be paid by students. Students need to contact the insurance company upon return for reimbursement. Most medical facilities in Japan accept a credit card.

Note: 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 will pay cash to the person who are paying the whole bill. The consumer tax in Japan is 8%. Find out a international transaction fee of your credit company. Mine is 3% to the amount spent.

Code of Conduct:

- No drinking with me, no guests in your room, no loud noise in hotel lobby, hallway, in the public transportation and places, etc.
- **Curfews: 10 p.m.** At night you need to work on your last-day presentation and organizing photos and assigned recordings to submit to me the following day.

- 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 OIP and the Dean of Student at UNCW.
- Remember you are **representing UNCW and the US**. Be a good ambassador.

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 around 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 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

You will have a wired internet access (the hotel will let you borrow an Ethernet cable if you do not bring one with you, free of charge, but remember to return in before you leave the hotel.) in your room so you can easily **contact your friends and family via e-mail or Skype**.

You can buy a prepaid telephone card to call



The hotel has a few computers in the lobby area for you to use (free of charge last year). There is a printer as well but you have to pay for the printouts by filling out self-claim sheet.

Some hotels in Japan offer computers for the quest 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 the weekend homestay. We will travel by bus from Kyoto station to Tsu City in Mie where one of our exchange partner universities is located, and they helped us to

find your homestay families. 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 can't carry your suitcases 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 but my airline Delta is free for 1st and 2nd baggage between US and Japan and (domestic if you are flying international). Check with your airline for luggage allowance.)

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, 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 clothes with you since your checked luggage could be lost. **Liquid, gel, etc. should be 3 oz or less in a clear zip lock bag. Only one bag per person** is allowed if you are taking them to airplane. Hotel offers amenities such as shampoos, conditioners, soaps, a hair dryer, etc.

You can bring an empty water bottle and fill it with water at the water fountain after you go through the security gate.

Room Amenities at El Inn

- Air conditioning
- Refrigerator
- Night wear
- Conditioner
- Direct dial phone
- Hair dryer
- Face/Body Towel
- Body soap
- TV
- Slippers
- Shampoo
- Tooth-brush and Toothpaste

• **Casual dress** is fine—shorts, t-shirts, summer skirts or dresses, jeans, if you wish. The weather will be quite warm so light, cotton clothing 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 one hour) to do one load (wash and dry). Soap is included in the price and automatically dispensed into the washer.

• 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.

• Pack a light-weight sweater or wrap. Flight can be cold.

• **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 fine as are sandals. 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. You can buy an umbrella in Japan at a convenience store for 500 -1000 yen and give it to the hotel for others to use when you leave the hotel.

- 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 envelop 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. 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 of the Kyoto station. There are so many places to shop and eat at the Kyoto Station. Mister Doughnuts is on the 2nd floor of the station. Isetan department store at the station is great. 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 floor of the department store is all restaurants. You need to get there early to have some seats.



- It is not included in the room amenities above but there is an **electric kettle** to boil water. Green tea bags are always provided for free in your room 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. I think it should be small than 3 oz (?) and they are all stored in a small plastic zip-log bag and take it out when you go through the security. 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 so make is 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 may be open.

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 when we leave for the weekend homestay as necessary. TSA approved locks are also sold if you want to lock the luggage.

- 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 item are most appropriate. You have to have a gift for your homestay family and your Japanese conversation partners who you will meet in Japan. My suggestion is a box of cadies/chocolate, book marks, T-shirt, baseball cap, etc. I usually buy UNCW log stuff at the UNCW bookstore or the Wal-Mart near the university.

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 longer/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 that are designed to accept polarized plugs, but these are the exceptions, and 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 iron and hair dryer, 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.)

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

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

For electricity around the world, check out:

<http://kropla.com/electric2.htm>

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 next flight.
6. Cash your travelor's check at a bank at the airport.
7. Find a ticket vending machine of airport shuttle bus to go to **Kyoto Station/Hachijo guchi 八条口**
8. Call me from a local phone to let me know you have arrived (if you have time) and what time the bus is leaving.

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

Refer to the handout (shuttle bus information) : Orientation-How to get to the hotel in Kyoto

Rendezvous Points in Kyoto

1. I will be in El Inn from the night before we start the program. Upon arriving in Kyoto **by shuttle bus/airport limousine bus**, look around and find the hotel. Go to the hotel as I showed you in the Google Earth or a photo shown in the handout "**How to get to the hotel in Kyoto.**"

Google Earth <http://www.google.com/earth/download/ge/agree.html>

エルイン京都 <http://www.elinn-kyoto.com/en/>

〒601-8004

京都市南区東九条東山王町 13

13 Higashisannocho Higashikujo Minami-ku Kyoto-City

TEL. 075-672-1100

2. If something happens (such as earthquake) and you are separated from the group: Go back to the El Inn. If El Inn is damaged and not safe, we will leave a note somewhere in the hotel to notify where we are headed. If Kyoto station seems to be safe, we will go to the 2nd or 3rd floor of the Kyoto Station.
3. 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>

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 on Cash, Traveler's check, and Credit cards

I recommend for all of us to take traveler's check instead of big amount of cash (you will get better exchange rate traveler's check in Japan) and VISA or Master credit card (but do not rely on a credit card in Asia unless you shop at a major department store). Small stores and flea market deal only cash.

You will have a hard time using travelers' checks in restaurants and stores. You may wish to use them for the sake of safety but will need to exchange them at **a bank in the airport in Japan** when you arrive. Please check your arrival time and the business hours of the banks.

Our hotel in Kyoto do not exchange foreign currency, however there is a bank across from the hotel that deal with foreign traveler check but Japanese banks open from 9am – 3pm.

You can exchange from dollar to yen (up to about 800 dollar a day) at the hotel in a big city such as Tokyo but about \$200 in a smaller city such as Kyoto (but the exchange rate is so much better at the banks in the airport) if you stay in the hotel. Hotels in other smaller cities do not usually exchange foreign currency. If many of us request an exchange on the same day; they may lower the limit since they will be afraid of running out of cash. Ryokan (Japanese style inns) usually do not do exchanges.

The best way to exchange money is at the banks in the airport. You get better exchange rate with traveler's check since it does not take so much process for Japanese banks to exchange it to yen (traveler's checks are easier than real foreign cash to transfer). So they prefer traveler's check and give a

better exchange rate. 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 bring traveler's check in US dollar and exchange it at the airport when we get there (Please remember to do so when you arrive at an airport in Japan) and then exchange it to yen as necessary at the hotel in Tokyo or Kyoto. There are banks outside the custom exit door. 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.

Debit card usually do not work in Japan. In some cases, it worked at the Seven Eleven stores in Japan but there is no guarantee that we will see one on our way to the destination.

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 a post office or in Seven Eleven Japan**. Amazingly, both Eleven and the Capital One do not charge any fees, 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 in Paris before and it worked at any ATM and the Capital one does not charge any fee but the ATM machine in Chicago charged me about \$3 to withdraw. They usually let you know how much they charge when you withdraw from an ATM machine. There is a big post office located in front of the Kyoto station (the opposite entrance of Hachijo guchi where our hotel is close by.)

So far **the best place 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 a ATM machine but it closes at night.



Right at the Hachijo-guchi side of the Kyoto station.

You get breakfast, lunch and dinner here as well but enjoy Japanese noodle shops and Izakaya style cool restaurants at around the Kyoto station.

Get my favorite coffee jello and other deserts!

Seven Eleven ATM issue (Master, Maestro, Cirrus cannot be used anymore)

<http://www.sevenbank.co.jp/support/info2013040501.html>

See this happens so it is a good idea to have an extra credit card or cash.

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 start 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 either on-line banking card to be cashed at Seven Eleven Japan (convenience stores) or exchanging traveler checks at a bank in Tokyo or Osaka. **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. However, I have had my credit card hacked before, and purchases were made in Brazil. My credit card company (Bank of America is good at this) notified us immediately to make sure we were not making a foreign purchases, 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 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.

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 (?)

Homestay:

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.)

Web sites and maps

Let me post web site for you 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 are lost. Remember to pick up hotel card or match boxes 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 Subway route map

http://www.city.kyoto.lg.jp/ko...etro_map20080116.gif

JR (Japan Railway) train route map in Tokyo http://www.jreast.co.jp/e/info/map_a4ol.pdf

Subway map in Tokyo http://www.tokyometro.jp/rosen...zu/pdf/rosen_eng.pdf

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 at people.

- Try new foods**. If you don't want to eat something, decline politely.

- 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 10 p.m. The hotel front door closes at 2 a.m.

- 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 hotels 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** 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 me (Kano-sensei) 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 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 missed getting off:

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.

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 of course. 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 ok, 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 **medical 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.

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 flash 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 rock 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>

<http://uncw.webex.com>